

# THE WIND DRINKER

NEWSLETTER OF THE BIG SKY WIND DRINKERS, A  
RUNNING CLUB FOR ALL AGES AND ABILITIES IN  
BOZEMAN, MT



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*Wind Drinkers,*

Between COVID-19 and the Bridger Foothills Fire we've had a lot of obstacles in the way of hosting races and fun runs. Read on for important information regarding the annual meeting, Baldy Blitz, future trail projects, winter fun runs (including the famous turkey Trot!) as well as summer fun run participant awards.

# FROM THE PRZ

## Gary Hellenga

The Wind Drinker Board of Directors met this past Wednesday night. Here are some notes that all our members should be aware of:

Annual Meeting – we have re-scheduled the Annual Meeting to Oct. 21, 6 p.m. We will review our summer activities and plans for winter runs, as well as give updates on the club's financial status and hold elections of club officers. Unfortunately, we won't be able to do this as a group meeting, but will hold it virtually, over Zoom. Look for further details in club emails in the next couple of weeks.

Elections – we are looking for new volunteers to help with club operations, especially those willing to serve in leadership and/or run-organizing roles. Any member is welcome. Please let one of our existing officers or the Membership team know, if you are interested in an open Vice-President or Co-President position, or in being on the Fun Run Committee.

Winter Runs – since our winter fun runs are usually smaller than our summer runs, we are exploring ways to hold these as in-person runs. We are planning to start our winter series with the Turkey Trot run in November. We will adjust our planning of these events to comply with the current COVID-19 guidance, which may result in different venues, different start times for each distance, modified timing procedure, and other best practices. Even since our Wednesday meeting, the positive case count in Montana has jumped, so be aware that this is an ever-changing process, and we'll need to be flexible with our plans. Keep tabs on the latest by checking your Inbox for club communications!

This has been a most interesting year for the club. Beyond the coronavirus issue, the Bridger Foothills Fire came along just as we thought we had a good chance of holding a "semi-normal" race (the re-scheduled Baldy Blitz), and destroyed our race course! In future months, the club hopes to participate in some way to help restore and rehabilitate some of the damaged area. In the meantime, we will do our best to help you all continue to keep running, and connecting with each other!

P.S. For those who've been accumulating points for your Fun Run activities, don't forget to use those points to claim your BSWD swag! We are adding new items onto our list this weekend, so act soon to claim your rewards - many items have very limited quantities! For more on this, see <https://winddrinkers.org/trailhead/summer-2020-participation-awards/>.

# THE MATURE RUNNER

By David Summerfield

## Mature Runners Need Red Wine at Every Aid



As promised last month, I've continued reading David Sinclair's book "Lifespan" and this is my next take on the research being done to reverse the ageing process. (Sinclair is a PhD Professor of genetics at Harvard Medical School – look him up – it's impressive). A common theme that keeps coming up in the book is what happens when a "system" is stressed (like a body!). The

stressed system goes through a series of stress-induced actions, which result in the system going into a kind of overdrive to counter the distress. It has been found to occur in plants (going through a drought period) or fruit (tasting better after having gone through a lack of water) or animals (mice being deprived of nutrition) and down to yeast and smaller organisms. So, that's the constant for reversing the ageing process in humans. Go through periods of NOT eating as much....as long as you can handle it (it seems). And as distance runners – that's our built-in theme while running – stress the body over and over and over. Then when you want to – go all out (a race) and see how long you can last!! And usually, that race will burn more calories than usual, and that's added stress. Who knew that all this stress was what you were running for...and living for....and making you age more slowly?

The 2nd part of the book becomes a lesson in biological chemistry. The thought here is that if scientists can discover various ways to give pills to patients which have been proven to reverse the ageing process, it will be easier and more effective – since few humans have the desire or propensity to STOP eating or stressing themselves voluntarily!!! (again, the bonus of being a distance runner – we LOVE stressing ourselves all the time) I was reminded of a fad several years ago concerning drinking red wine. This was around 2006. Red wine contains resveratrol, a natural molecule that was seen as responsible for the "French paradox" – the French have lower rates of heart disease even though they have a diet high in saturated fats (cheese and butter). Feeding resveratrol to laboratory mice did indeed prolong their lives. And the highest concentration of resveratrol is found in Pinot Noir – no coincidence – those grapes grow in sun-drenched soil, more so than for other grapes.

Back to the world of chemistry. David Sinclair's father (they are Australian) was around my age, and was going through the various stages of "ageing" – losing hearing, sitting too long in front of a computer, eyes were "going", being grumpy, beginning of diabetes. He was a biochemist, and agreed to take whatever his son offered him. Now this sounds pretty chemically: he took metformin (diabetes), and NMN supplements (nicotinamide mononucleotides) – produced by the body, and also from avocados, broccoli, and cabbage. The process of discovering it took about 10 pages, and MY eyesight was going fuzzy! Anyway, NMN was unproven, not written up in any scientific journals, etc. But it was his dad after all.

Six months into the protocol, and his dad told him "I don't want to get carried away, but something is happening." (page 142). He wasn't tired anymore, he was "outpacing" his friends on his "bushwalks" – aches and pains had gone away, and he was "outrowing" his friends in the gym. Now, all that sounds pretty darn exciting to me. I'm way too full of pains these days, and going on long walks and vigorous walks aren't "doing it" anymore – I come back more sore and stay that way. (You might notice that I'm a bit unconsciously putting myself in his dad's shoes.) He did a six-day mountain climb in Tasmania, did a zipline tour in Germany, ice caving in Austria, whitewater rafting in Montana, you get the picture.

The next way Sinclair helped make his point in "reprogramming" the body is to compare it to a DVD. Our DNA holds about the same amount of data as a DVD, "but in six feet of DNA that's packed into a cell a tenth of the size of a speck of dust. Together, all the DNA in our body, if laid end to end, would stretch twice the diameter of the solar system." (page 159) I love that analogy. A DVD has 30 miles of data spiraling around the disk. If some of it is scratched (like our body getting tired and worn out), then the disk has to get cleaned up (Sinclair recommends toothpaste for DVD's). His thinking is to find ways to " 'reset' our cells..., our epigenetic landscape..., sending "sirtuins" back to where they came from." (page 164).

Googling Sinclair is quite interesting. I recommend it. He claims to have shaved 10 years off his life already (he's 50, and says it's physically like 40). And he does skip breakfast, and instead ingests a white powder made in his lab of course. Sound a bit suspicious? Here's a little depiction that might explain who he is: he drives a Tesla, has founded 17 companies (working on the various discoveries he's made), he became rich – selling his resveratrol company (Sirtris) for \$720 million. He's definitely a Harvard Medical School scientist who irks many in his field because of his braggadocio. It doesn't seem to intimidate him at all. One final item to show his utter conviction that he has found the "Fountain of Life" – he convinced his dentist to fix some wear on his teeth, normally a procedure reserved for teenagers...and dedicated the book "Lifespan" to his grandmother, mother, wife and to his "great-great-great-grandchildren; I am looking forward to meeting you."

- David Summerfield (and I am looking forward to meeting all of you too!)

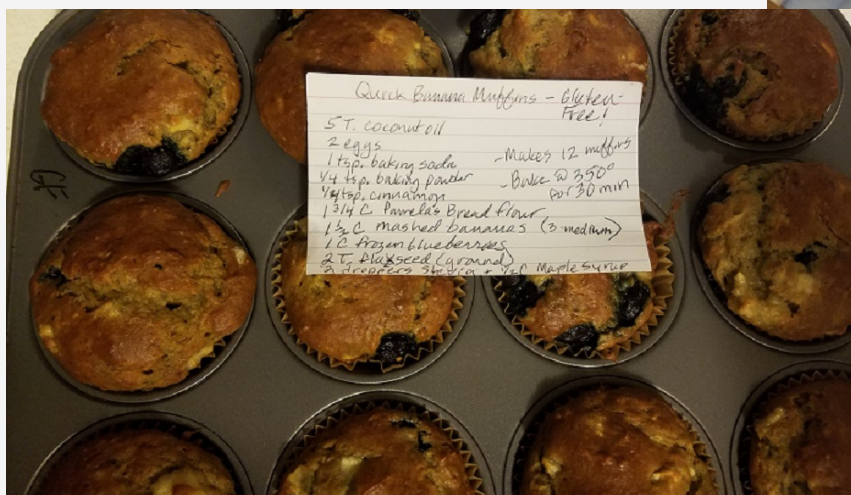
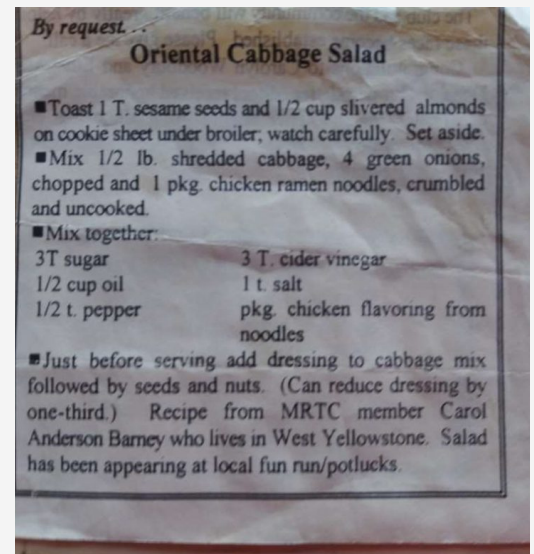


# SEPTEMBER FUN RUN RESULTS

**Week 14 Challenge (Summer Potluck Challenge): The winning recipe is the Oriental Cabbage Salad! The Banana-Blueberry Muffins and Chubble Bread (recipe at [this link](#)) look yummy, too!**

Week 14 Results – Summer 2020

Name	Distance	Location
Leanne Roulson	13.3	Triple Tree
Teresa Galli	9.88	Bozeman (Sourdough) Creek
Charles Smith	8	Other (not in list below, or custom route)
Ryan Grady	8	Other (not in list below, or custom route)
Natasha Walth	6.7	Regional Park
Don Rodgers	6	Other (not in list below, or custom route)
Kelly Sprinkle	5.06	Peets Hill/Bite of Bozeman
Robyn Miller	5.05	Peets Hill/Bite of Bozeman
Andrea Abrahamson	5	Cherry River Fishing Access
Don Rodgers	5	Middle Cottonwood
Darryl Baker	3.9	Drinking Horse
Kristin Harbuck	3.6	Treasure Run (McGuire potluck)
Leslie Schmidt	3	Other (not in list below, or custom route)
Corey Johnson	2.95	Other (not in list below, or custom route)
Leonard Baluski	2.8	Lindley Park
Gail Cary	2.7	Other (not in list below, or custom route)
Asher Rodgers	2.4	Drinking Horse
Jean MacInnes	1.1	MSU Stadium/Track trails
Bob Wade	1.1	Other (not in list below, or custom route)



## Week 16 Challenge (Oldest/Rattiest Running Shoes): This week's Challenge was judged a tie between Leonard's Nike Cortezes and Gary's Lava Domes! Here are the accompanying stories:

Leonard Baluski: "These are a nylon/suede version of the Nike Cortez I purchased sometime around 1980 originally for use in an MSU racquetball class. I bought well before they were made "famous" in the 1994 movie "Forrest Gump" in which Jenny gave him a 1974 leather model in 1976 which he ran in for three years."

Gary Hellenga: "These are my first pair of 'trail runners', Nike Lava Domes – actually, I think they might have been the first shoe model specifically designed as a trail shoe. Got these in the early '80's – so they are approaching 40 years old, and they've got many Yellowstone backcountry miles on them! I see on eBay that brand-new pairs of this vintage are selling for hundreds of dollars! I wonder if I could make a few bucks, if I cleaned them up a little?"

Leigh Holleman: "My fave shoes right now, I can't find a brand new exact version anywhere!!"

### Week 16 Results – Summer 2020

Name	Distance	Location
Andrea Abrahamson	11.8	Triple Tree
Ryan Grady	6.7	Other (not in list below, or custom route)
Charles Smith	5.44	Drinking Horse
Kelly Sprinkle	5.14	Treasure Run (McGuire potluck)
Charles Smith	5	Middle Cottonwood
Don Rodgers	5	Other (not in list below, or custom route)
Rob Maher	4.8	Other (not in list below, or custom route)
Teresa Galli	4.44	Highland Glen
Leanne Roulson	3.85	Lindley Park
Kristin Harbuck	3.01	Hyalite Reservoir
Gail Cary	3	Treasure Run (McGuire potluck)
Leslie Schmidt	3	Other (not in list below, or custom route)
Corey Johnson	2.86	Treasure Run (McGuire potluck)
Asher Rodgers	2.6	Peets Hill/Bite of Bozeman
Leonard Baluski	2.2	Kirk Hill
Jean MacInnes	1.4	Lindley Park
Bob Wade		Other (not in list below, or custom route)



## CALLING ALL VOLUNTEERS!

We're looking for more Big Sky Wind Drinkers for our team! Anyone interested in helping out the club should contact [memberships@winddrinkers.org](mailto:memberships@winddrinkers.org).

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### BIG SKY WIND DRINKERS 2020 OFFICERS

**Gary Hellenga**

Co-President

**Carly Urban**

Co-President

**Tracy and Frank Dougher**

Vice President

**Ana Brown and Jenna Fallaw**

Vice President

**Nick Waliser**

Vice President & Membership Team

**Robbie Lamb**

Vice President

**Jennifer Wirth**

Vice President

**Kathryn Hohmann**

Vice President

**Eric Veca**

Vice President

**Neal Rainey**

Vice President

**Mira Brody**

Secretary & Newsletter Editor

**Jacki McGuire**

Treasurer

**Darryl Baker**

Membership Chair

**Merel Ohler**

Membership Team

**Toby Holleman**

Equipment Manager

**Kay Newman**

Results, Calendar & much more

**Tom Hayes**

Newsletter Publisher

**Lisa Verwys**

Website & Facebook Manager

**Tomas Dumbrovsky**

Website Admin



# BSWD INFORMATION

*DISCOUNTS FOR MEMBERS ARE AVAILABLE AT MANY LOCAL BUSINESSES:*

- BOZEMAN RUNNING CO.
- GALLATIN ALPINE SPORTS
- BOB WARDS
- SCHNEES
- ROUNDHOUSE
- UNIVERSAL ATHLETICS
- BOZEMAN HOT SPRINGS
- EXCEL PHYSICAL THERAPY
- WHOLISTIC RUNNING
- ROOTSTOCK ACUPUNCTURE
- SIGNS OF THE MOUNTAINS
- CLINICAL MASSAGE CONCEPTS

See [www.winddrinkers.org](http://www.winddrinkers.org) for updates and more information



**“FITNESS CANNOT BE BORROWED,  
BOUGHT OR BESTOWED; LIKE  
HONOR, IT MUST BE EARNED.”**



Proud member of the  
road runners club of  
America

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Published monthly by the Big Sky Wind Drinkers, a non-profit organization devoted to the promotion of physical fitness.

Membership is obtained by signing up online under "Membership," or sending dues to:  
BSWD, PO Box 1766, Bozeman, MT 59771.

Memberships are \$15 annually, for individuals and families. Benefits of membership are receiving our newsletter, discounts at local businesses, the opportunity to vote in club elections and participate in fun runs.

Submissions to newsletter must be in by the 25th of each month to [miracbrody@gmail.com](mailto:miracbrody@gmail.com)