

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,

I'm putting our Winter Fun Run Schedule on the front cover since it's the most exciting and "normal" thing we've done all year. Here's the plan so far:

November 14, 2020 - Jim Banks Turkey Trot

December 12, 2020 - Jingle Bell Jog

January 2, 2021 - Resolution Run 50k (aka, the 'Fat Ass' run)

February 6 2021 - Froze Nose Run

March 6, 2021 - Handicap Run

April 10, 2021 - Back From The 'M' Run

Details on events will be posted on the website at least a few weeks in advance, and members will receive an email reminder in the week before the event.

FROM THE PRZ

With our Annual Meeting, held on October 21st, the Wind Drinkers wrapped up another year – or started a new one, depending on your point of view! We are certainly hoping the new year offers us more opportunities to run "normal" events –but that remains to be seen! Here are some highlights from the Annual Meeting, in case you weren't able to attend:

Despite not holding our major races – our largest sources of income – we were able to keep our bank balance on a pretty even keel for 2020. The Board will be creating our 2021 budget in our December meeting, with plans to handle whatever 2021 throws at us– a year with races, if we're lucky, or a repeat of this year.

We had 162 runners participate in at least one of our 2020 events; 62 earned enough Participation Points to claim at least one Participation Award prize. There were 479 summer virtual fun runs logged and 7 runners had a perfect "attendance" record at the summer virtual runs!

We are planning to do our Winter 20-21 runs in-person, if at all possible, starting with the Jim Banks Turkey Trot on November 14th. We may need to make some modifications to event protocols to make this happen, such as holding different distances at different start times – look for updates via email or on the club website.

New and continuing officers were elected for the September 2020 to September 2021 year:

- President - Gary Hellenga
- Vice-Presidents - Frank and Tracy Dougher, Neal Rainey, Robbie Lamb, Kathryn Hohmann, Danielle Skjelver
- Secretary - Mira Brody
- Treasurer - Jacki McGuire
- Membership Chair - Darryl Baker

We look forward to the coming year, and hope that things will go better with the public health situation. As we work toward what happens next, we will shortly be distributing a survey on the 2020 season, and looking for your feedback to help us make our events and operations better in the coming year (so look for it in your email soon)!

– Gary

THE MATURE RUNNER

By David Summerfield

Artificial Intelligence Is No Match for the Mature Runner

Here's one more investigation into Dr. David Sinclair's book "Lifespan."

If you haven't read the last two newsletter articles, Sinclair is a scientist trying to figure out how to keep the body from aging – and now has a world-wide following. He claims to have found the "Fountain of Youth". In his world at the Harvard Medical School lab, aging is no different than any of the myriad diseases doctors are treating. To do him justice, he reminds us that he doesn't claim to be a doctor – he's just the investigator working with



his graduate students to test lab mice using all sorts of exotic-sounding chemicals and analyzing the results. An additional factor is how Sinclair tests his various discoveries of various chemical compounds on himself and his family.

Continuing to read Lifespan (50 more pages this month), I think if Sinclair could really do whatever he wanted, he'd take his discoveries and present them to the world for everyone to ingest. Just try "googling" Sinclair/Lifespan, and you'll see the world-wide following he has garnered. Most of what you'll find are transcripts of his interviews over the years. You'll see an exact menu of what he ingests every day, at what hour, and how many ounces of each substance. He even tells you what are the best brands to buy. He's very proud to be the world's example of good (ageless) health. You'll find side-by-side pictures of him at 40 and at 50 (with much more gleaming eyes at 50).

Ever the curious one, I looked up his big discovery a few years ago called NMN (Nicotinamide Mononucleotide). It's all over the internet now – 1 oz/day will cost between \$5-\$10. The best deal of course is at Walmart. Why is it I feel like I'm being "bamboozled"? This article is trying to figure this out. Here's a fact: after reading the first part of the book, I've started drinking much more Pinot Noir red wine. Hmmm....and me not really liking red wine to start with? Was I being sucked into something? Sinclair did say in one article that the resveratrol in Pinot Noir explains why the French are so healthy - even with all their eating foods high in fats. A further interview with Sinclair went further – there is such a miniscule amount of resveratrol in Pinot Noir, one should

really just take a resveratrol pill supplement instead. Well....okay...down to Walmart I go again, right? HA – bamboozled! Sinclair usually skips breakfast to reduce his caloric count, but uses yogurt to down his NMN in the morning. What? That’s not fasting, which he encourages everyone to do occasionally. This type of thinking encourages me (the follower of Sinclair) to do whatever he does... so am I to start skipping breakfast (my favorite meal of the day)? How did he squeak out of this one? He told the interviewer that yogurt doesn’t count as food. Whew. Now I can at least have my yogurt now. Can you see the trend here? Underneath everything that’s going on, I think the average person probably really wants to NOT age, meaning not have any of those horrible things happen as one ages – loss of hearing, weight gain, loss of muscle mass, memory loss, brittle bones, susceptibility to heart failure, cancer, and the list goes on. And, I also don’t want to be gullible.

What I really intended to discuss is his reliance on DNA sequencing, which he thinks everyone should do. His reasons are convincing. His mom was diagnosed with a type of cancer and given the normal treatments for it. She kept getting worse, so he urged her to have her DNA “done” which revealed the diagnosis was wrong – but only detectable by knowing her exact DNA, even though every sign pointed to a specific well-known type of cancer. The next step seems obvious – once you know your exact DNA – this will help you know what’s really going on in your body. Then, to keep from getting wrong information, why not wear a type of Smartwatch. It will send signals (alarms?) when its sensors detect something wrong going on inside. The way Sinclair sees it, the obvious next step is to have the watch flash on its screen where the nearest pharmacy is, and what substance you need....in fact, it will probably be able to email the pharmacy before you get there, so your drugs are waiting at the drive-thru.

Sinclair did actually say – wouldn’t it be a lot easier to just have a simple little chip inserted under your skin (somewhere...!) and then (this is my imagination now) – arrive at the pharmacy where a robot asks you to open your mouth wide so it can insert “x” oz. of the remedy needed. No need to worry about it, or even think about it. It’ll be all taken care of for you. Are you following me here? If you think I’ve slipped over the “edge”, there’s more.

I just realized all of Sinclair’s discoveries have relied on a huge pile of lab mice. His students seem always busy injecting this or that into mice to see if they live longer than the average mouse. Can you imagine where I’m going with this? After every slate of experiments, the test mice are cut open, with thin slices of tissue put under the microscope to see if there are any ill-effects. If there is a sign of promise, then it is all replicated over several years, and the best results are sent to a pharmaceutical company to produce a pill....wait a minute...how many pharmaceutical companies does Sinclair own now? (at least 8) There must be no conflict of interest. But at least now you know you have something important in common with common lab mice J You can even donate your body parts to science so the scientists can cut “whatever” open to see what made you fail. Oh, how morbid.

And to think I was going to opine about AI in this article. That got left far behind. I think our society is happily going down the road of developing AI as fast as possible...to solve all our ills. I do wonder about the effects on humanity though – is this the legacy we're going to leave behind – to give the AI memory banks something to look at in the not too far future? "Oh yes, I remember those creator beings who tried to progress as a species...I mean after all, they created us, but as one of their so-called intellectuals once said, 'only the fittest survive'."

– David Summerfield

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.

BIG SKY WIND DRINKERS 2020 OFFICERS

Gary Hellenga

President

Tracy and Frank Dougher

Vice President

Robbie Lamb

Vice President

Kathryn Hohmann

Vice President

Neal Rainey

Vice President

Danielle Skjelver

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 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

THE WIND DRINKER

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