

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,

Here's an update of the Winter Fun Run schedule. To ensure we can keep doing in-person runs, please wear a face covering when close to others, stagger your start times and self-time your run.

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

Gary Hellenga, BSWD President

I hope this article finds you all well and enjoying your Thanksgiving holiday! After a short, fairly quiet spell, things are starting to ramp up again for the Wind Drinker running scene – though most of you won't see the impacts for a number of months yet.

We are beginning our main planning and budgeting activities for the 2021 season – one we hope will find us in a place that allows us to gather once again in person, and hold our traditional races and fun runs. But we will do our best to apply lessons learned from 2020, as we come up with primary and back-up plans for our future events.

Earlier this month, we held our first in-person event in many months – the Jim Banks Turkey Trot. We traditionally have lower attendance at our winter fun runs, but I think pent-up demand for one we could do together helped increase the turn-out. We had anticipated this, and used a "show up and go", time-staggered starting scheme to keep all inter-personal contact to minimal amounts – a few seconds, in most cases. Thanks to all who showed up and respected the event rules, to keep your fellow runners safe! As we navigate the fluctuating public health situation over the next several months, expect that our events will continue to evolve and adapt to the latest restrictions. Please continue to check club emails and the Wind Drinker website for updates on how we will conduct each event!



Burned trees along the east side of Baldy, Nov. 2020

THE MATURE RUNNER

By David Summerfield

Does The Mature Runner Do (Life-extension) Drugs?

OK. This is definitely my last month dealing with Dr. David Sinclair's book "Lifespan." After this, I'll set you free to confront your own personal relations with mortality. I ask most of you (not those under 50 who still view themselves as immortal...) – how are you dealing with the concept of "decline," "stiffness," "muscle-loss" – however slight or advanced? Is it seen as something inevitable, perhaps even with a sense of relief...perhaps you can now stop working out so much, take it easy a bit, eh? I have to admit that when I turned 60, there was an inaudible sigh of relief. I didn't have to cram in daily 10 milers anymore. I never saw it as excessive, just following my own personal program for "being in shape."

The problem now, 13 years later, is that I do keep getting stiffer, muscle mass is going down, and the guy in the mirror is mostly unrecognizable (to me). And, now, I want to do something about it, because "It" did happen!

Enter David Sinclair and his Harvard Medical School research, which was performed through the work/research of a 40-year-old who became his own guinea pig – and is now a 50 years old. Having 23 years on him makes me think I know a thing or two as well. What? I have never ingested his litany of chemicals every day. I think I'm healthy. My only goal (researched in my lab) has been to follow the likes of Arthur Lydiard. He was my fast-and-healthy-body Guru as I neared my 40's. At the time, Lydiard was the most respected distance running coach from New Zealand. He had coached many Olympic Gold Medalists. I even attended one of his long weekend coaching workshops in Denver. Basically, my goal for going to his workshop was to help tone the "young" bodies I was coaching (18-22 year old's). This meant shepherding them to build-up slowly and safely to long distance training. The college where I coached offered no athletic scholarships, so my team really only attracted high schoolers who had always wanted to run, and to run for fun. There were no superstars. Many learned they could aspire to become "elite" runners, but it was in a light-hearted way. Most all of our sessions were great socializing events, with lots of stretching, strength workouts, and the various tempo/LSD/interval runs.

To continue the story, I only started running to keep in shape for the lengthy mountaineering expeditions I was taking at the time (after I left coaching). I never had a thought of trying to make my body last any longer than what was happening around me. So delving into this new discipline called "life extension" never interested me. When it was "my time," then it was "my time." Simple enough.

So why this sudden preoccupation with living “longer”? Well, it’s really just wanting to remain healthy – to enjoy the life currently being lived. And the pandemic helped bring the whole issue into focus. The media keeps reminding us that the most vulnerable are the “aged” and those with “pre-existing” conditions. Am I now in this elite group? I’ve watched my mind wander into the area of...Oh-oh, I better do things that will enhance wellbeing, like – don’t do stupid things I might have done earlier: eat more good stuff, don’t compromise my normal state-of-being, and perhaps research into how to be MORE healthy than I am! Hasn’t my 40 years of LSD (long slow distance) training resulted in a somewhat resilient body? What more do I want? Along came David Sinclair who expounds about crafting a solid, healthy physical state so one can easily welcome one’s great-great grandchildren into this world.....that WAS a new concept! I took the bait.

Several places in Sinclair’s narrative does imply a sense of pity for those who don’t start his regimen until their advanced years ... like me! (Poor me.) So I do face a dilemma. I grew up never needing any medications, pills, added chemicals and the thought of ingesting daily doses of Nicotinamide Mononucleotides, Nicotinamide adenine dinucleotides, Sirtuin Boosters, Resveratrol and ...wouldn’t that make me not much more than a glorified lab rat? Well, yes, and (so the story goes...) those lab rats DO live longer, so don’t you want to also? I’m asking a lot of questions here. In going through several of Sinclair’s talks to distinguished audiences, I understand his argument that the medical industry needs to eventually accept aging as a disease, so it can be treated more fairly and equitably in our society. Classifying it as a bone fide disease would allow insurance companies to prescribe all of his chemicals more equitably. And I have to admit that these chemicals I so clearly despise and make fun of....are....well....no different than taking ibuprofen or aspirin to thin the blood to relieve inflamed joints (head included). Oh no, am I talking myself into being okay with taking these proven ingredients to guard my arduously-sought “shape” I’m in....from being susceptible to what normally happens to aging bodies? (Yes, you are witnessing the breakdown of my resistance to taking various “supplements” – will I admit to it?) Whatever I just wrote in between those parentheses is illegible to me, so perhaps I didn’t really write it....no, I must not have. Let’s see, where was I....oh yes, something about ingesting a whole pile of chemicals, like being a lab rat and all that. Well, I’ll never do that!

And you won’t either, right?

– David Summerfield (the chemical-free one)

THE GARNET MOUNTAIN BLAST

The Garnet Mountain Blast was a semi-virtual, last-minute replacement for the Baldy Blitz, which we'd intended to hold Oct. 3, but had to cancel due to damages to the trail in the Bridger Foothills Fire. The Forest Service allowed us to substitute a new course in Gallatin Canyon, subject to only advertising the event within our club. Open from Oct. 10 to the 25, our Garnet Mountain course climbed a steep 2,000 feet up the western flank of Garnet Mountain, from the Storm Castle trailhead. Unfortunately, our fine fall weather didn't hold out for the whole period, and wintry weather over the second week really damped down our participation. Congratulations to those who completed the run, and especially to Ryan Fitzpatrick and Jessica Bosch, our fastest male and female finishers, and winners of gift certificates to Bozeman Running Company! Special thanks to Kurt Buchl for organizing the event, and to Bozeman Running Company for donating prizes!

Garnet Mountain Blast results

Timestamp	Your name	What was the date of your run?	What was the time duration of your run?	Sex
10/12/2020 17:23:09	Charles Smith	10/12/2020	1:02:17	Male
10/15/2020 7:13:07	Crystal Beckman	10/12/2020	1:35:02	Female
10/16/2020 11:33:59	Darryl Baker	10/16/2020	1:03:30	Male
10/17/2020 15:31:31	Ryan Fitzpatrick	10/16/2020	0:48:03	Male
10/17/2020 16:14:08	Angie Kociolek	10/17/2020	1:10:22	Female
10/17/2020 16:15:43	Lori Johnson	10/17/2020	1:10:22	Female
10/18/2020 9:48:33	Jessica Bosch	10/16/2020	0:49:24	Female



Garnet Mountain lookout, taken earlier this fall.

JIM BANKS TURKEY TROT

Photo gallery and results

Name	Distance	Time	Turkey				
Andrea Abrahamson	l	54:05		Sheila Nielsen	l	55:07	
Kristina Kilts	l	47:13		Kristin Harbuck	m	41:32	
Rob Maher	l	36:05		Kenneth Ketchum	m	25:17	
Charles Smith	m	25:17		Patrick Hatfield	l	37:58	WINNER
Katrina Ivancic	l	35:16	WINNER	Gail Cary	l	46:21	
Jacki McGuire	m	73:00		Greg Young	l	38:16	
Bob Wade	s	26:54		Merel Ohler	s	32:00	
Jean MacInnes	s	26:35		Nathaniel Ohler	s	32:00	
Teresa Galli	l	28:08		Tycho Ohler		32:00	
Leonard Baluski	m	32:19		Otto Ohler	s	32:00	
Robbie Lamb	m	36:06		Menno Ohler	s	38:00	
Corey Johnson	m	36:19		Molly Ward	m	41:32	
Steve McGuire	m	73:00		Nick Waliser	l	40:06	
Kathryn Hohmann	l	54:05		Joanna Cary	l	46:21	
				Shad Clingsmith	l	46:31	WINNER
				Tracy Dougher	m	32:00	





BIG SKY WIND DRINKERS 2020 OFFICERS

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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

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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