

THE WIND DRINKER

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



Saddle Peak, Jan. 2021. Photo by Darryl Baker

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From the Prez
BSWD President, Gary Hellenga

"Wind Drinker race directors are currently busy planning out our 2021 race season. While we might not know the impact of the public health situation on events still several months away, we are planning to hold these events in-person, and have established our planned race dates:
:Old Gabe 30k and 50k - June 12th, 2021
Sweet Pea 5k and 10k - August 7th, 2021
Bridger Ridge Run - August 14th, 2021
John Colter Run - September 18th, 2021

As information on our various events becomes available, we will update race information on our website, at <https://winddrinkers.org/trailhead/races/>"

THE MATURE RUNNER

By David Summerfield

Are you chasing security, the perfect workout, or just your best friend's name?

While sorting through some old Ridge Run boxes, I came across a typed article I wrote for the Wind Drinker sometime around 2002 – almost 20 years ago. I couldn't help but imagine what I was doing and running that long ago. I was stunned that even though I was around 55 years old, I was fully into the obsession of NOT growing old. And back then, I was still running around four hour marathons (walking was still a dirty word for me), and all in the middle of my having to run my age in miles each week. I kept that up until my 60th birthday, and then with great relief backed off a bit – no more filling journals with endless numbers. So I offer up this article to warn the reader NOT to go to such extremes themselves, even in their 50's. It really doesn't look very good in hindsight. I will copy most of it here (with some editing, though you might wish the editing would reduce the old article down to just a sentence or two)!

“The month of December was anguishing. I'm still rebelling (will always rebel) against apparent growing-oldness. It doesn't make sense. I don't like it. What have I done to deserve getting old (decrepit)? I'm going to kick and fight and scream and bite every step of the way, CUZ THERE'S NO WAY I'M GROWING OLD. DO YOU HEAR THIS? IS THIS PERFECTLY CLEAR? Some articles are written about ‘growing old gracefully.’ HA. Those two thought forms cannot coincide. Growing old only means death, and death is not welcomed here. Not being able to cover my age in miles each week can only mean I might as well be dead.

“In the December article, I was dealt with a self-help book which had a chapter on flexibility. I've become noticeably less flexible every year. I admit that. Running megamiles hasn't made me more flexible, but stiffer and stiffer. And I haven't found the way to stretch and regain that flexibility (ok, I'm too lazy to do stuff like that, ok?). So far, I've gotten by – I've been able to live my life decently enough not to worry about being stiff after running. The flexibility chapter came right to the point: loss of flexibility is the body's way of saying it's finished the course, and needs to die off (are we talking about leaves on a tree in the fall?). My little pea brain seized on that statement and went wild. It took a nanosecond to reason: the body reflects the mind that drives it, and therefore my mind has lost its flexibility...so the body doesn't stand a chance. I might as well curl up and die right now, why wait? To make matters worse, flexibility was defined as the willingness to step into the unknown – the field of all possibilities. Sounds good.

“That's how I lived my life back when I was still really flexible. And I've been telling myself I still live life that way. I mean, I'm an easy-going guy, I do things spontaneously, I'm not that set in my ways (besides not liking to stretch). Suddenly I could feel the noose around my neck. Getting attached to the past, to the known, is the source of no flexibility. Do you follow? The past is stagnation and inertia (bad words), but attachment to things (to things that are known) also means security – and I've always thought that was a good word. What gives? Do you mean that to chase security, I have to give up flexibility? Recently I've wanted more security – you know, good relationships, good bank account and savings account with something in it, retirement fund. As these were coming true, why in God's name do I have to pay for this security with the loss of my flexibility? Am I paving this wonderful road with the seeds of my own death? There. I said it. That's what's been bugging me all month. I can't find the flaw in the reasoning. I can finally define my own loss of flexibility, and why I'm slowing down, and getting all “stoved up” after long runs (imagine the luxury of actually taking a long run – the heck with the consequences) or time trials on the track.

“I guess I can now explain why I'm dying, while all the time thinking I'm cheating the grim reaper. That's demoralizing. Great Christmas gift. How can I send out such an article to start the New Year? Dummy, finish the chapter. So, I kept reading, turned the page, and I found a way out. I just need to find ‘real’ security. Simple enough. A security not based on things that have to appear at a specific time (ok, a 15 minute mile time trial as opposed to a 5-minute mile time trial....) and in a specific way (walking and not sweating...). Give myself up to the principle of uncertainty. These times require constant change, so when it comes knocking, open up to it. Does that mean I have to give up running – don't ask me that (back then, it was unthinkable to not run anymore – did I see it coming?). I want a happy ending. Like reading an article in the latest Self magazine – a study out of the Cleveland Clinic Foundation – they discovered that people who imagined working specific muscles on a regular basis increased their strength up to 35%, without actually working out. They believe the people were improving the brain's ability to signal to the muscles, and that alone improved strength (January 2002, page 58). So, think your workout if you can't fit it in physically. (I just shook my head in disbelief – would I ever really try that?) Or, how about the 2 long-time running friends who met for lunch. When they got to the table, one guy said to the other “Don't get mad at me, I know I've known you for a long time, but I just can't remember your name”. There was a long silence. The other guy scowled back and then said “Well, how soon do you need to know it?”

I finished the article by asking the readers to “take stock” of where they are on this subject, write down their thoughts as I did, and send it to me. It's a cathartic experience to actually write down in black and white what's ruminating around in your head. May I ask you, 19 years later, to do the same? Happy dealing with our body – at lease take good care of it, and of yourself!!

- David Summerfield

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FAT ASS - RESOLUTION RUN RESULTS

Due to COVID, we weren't able to hold this as a club event at Headwaters State Park, but it was done as a virtual event over the period Jan. 1-3. Runners had the option of two suggested 5K courses: Glen Lake/Cherry River, or MSU Stadium and Trails, or any course of their choosing. Many opted to run the traditional course at Headwaters. Some organized virtual teams for the event, and some took advantage of the multi-day event period to perform and report multiple runs on more than one day!

"Thank you, Wind Drinkers, for getting out onto the roads and trails of the community for this year's Resolution Run (a Fatass 50k race)," said Race Director Kathrynn Hohmann. "Held within the guidelines of social distancing, our runners racked up a lot of distance! Weather was wonderful for the entire weekend, and many runners used trails near their homes, and a few chose our traditional route at Headwaters State Park over a three-day weekend. We hope that by the end of this year, we can be meeting in person again, and enjoying the kind of in-person kick-off of the new year that the FatAss race has offered in the past. Stay tuned, and meanwhile, keep moving!"

Resolution Run Awards

Fastest Woman at 5k: Leigh Holleman

Fastest Man at 10k: James Jong

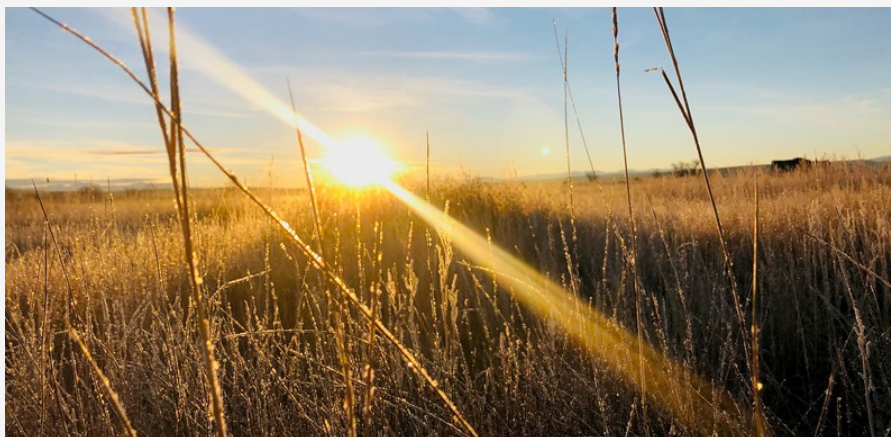
Fastest Man at 20k: Rob Mayer

Longest distances (single-day): Nick Waliser (40k), Randy Oostema (40k), Terry Leist (35k)

Longest distance (team, multi-day): Sanity Seekers (Andrea Abrahamson; Gail Carey; Steve McGuire, Jacki McGuire; Sheila Nielsen; Kathryn Hohmann)

Longest distance (team, single-day): A-Team: Alycia and Andrew Kappler
Random Prize winners: Alaric Skjelver and Villő Bécsy-Jakab

Challenge winner: Alycia Kappler with the below photo submission!



Individual Resolution Run Results

Individual Results						
Name	Run Date	Course	Distance (km)	Distance	Time	Team
Leigh Holleman	1/3/2021	Regional park	5	5k	0:27:00	
Crystal Beckman	1/3/2021	Glen Lake / Cherry River trails	5	5k	0:27:30	Team Crystal & Kimber
Bence Bécsy	1/1/2021	Story St	5	5k	0:27:40	
Charles Smith	1/1/2021	Headwaters	5	5k	0:32:38	
Leonard Baluski	1/2/2021	Sweet Pea 5K route	5	5k	0:34:52	
Janet Heiss Arms	1/1/2021	S. Cottonwood trail	5	5k	0:34:59	
Greg Young	1/1/2021	Tuckerman Park	5	5k	0:35:38	
Trina Rainey and kids	1/2/2021	Own course	5	5k	0:44:11	
Villő Bécsy-Jakab	1/1/2021	Own course	5	5k	0:45:00	
Jean MacInnes	1/2/2021	Glen Lake / Cherry River trails	5	5k	1:01:36	
Kristin Harbuck	1/2/2021	Linear Trail	5	5k	1:16:00	
Merel, Nathaniel, Tycho, Otto, and Menno Ohler	1/3/2021	Around our neighborhood	5	5k	1:22:22	
Shawna Oostema	1/2/2021	Headwaters	5	5k	1:26:00	
Jake Oostema	1/2/2021	Headwaters	5	5k	1:26:00	
CJ Oostema	1/2/2021	Headwaters	5	5k	1:26:00	
Alaric Skjelver	1/1/2021	Headwaters	5	5k	No time recorded	
Jacki McGuire	1/1/2021	Neighborhood west of Jackrabbit	5	5k	No time recorded	Sanity Seekers
Steve McGuire	1/1/2021	Neighborhood west of jackrabbit	5	5k	No time recorded	Sanity Seekers
James Jong	1/3/2021	Highland Glen	10	10k	0:55:20	
Neal Rainey	1/2/2021	Glen Lake / Cherry River trails	10	10k	0:56:52	
Ryan Grady	1/3/2021	MSU Stadium and south trails	10	10k	0:58:06	
Andrew Kappler	1/1/2021	Three Forks	10	10k	1:11:00	A-Team
Darryl Baker	1/1/2021	M Foothills Trail to Bear Den below Sypes	10	10k	1:49:25	
Jacki McGuire	1/3/2021	Headwaters	10	10k	No time recorded	Sanity Seekers
Steve McGuire	1/3/2021	Headwaters	10	10k	No time recorded	Sanity Seekers
Natasha Walth	1/2/2021	Highland, down kagy to Wilson and loop back	10.56	10.56k	1:02:03	
Gail Cary	1/3/2021	Headwaters	12.5	12.5k	1:45:00	Sanity Seekers
Dave Kascht	1/3/2021	Headwaters	15	15k	1:35:29	
Jeff Skjelver	1/1/2021	Headwaters	15	15k	No time recorded	
Jacki McGuire	1/2/2021	Headwaters	15	15k	No time recorded	Sanity Seekers
Steve McGuire	1/2/2021	Headwaters	15	15k	No time recorded	Sanity Seekers
Andrea Abrahamson	1/3/2021	Neighborhood and Headwaters	15	15k	No time recorded	Sanity Seekers
Mark Genito	1/3/2021	Glen Lake / Cherry River trails	17	17k	2:04:43	
Rob Maher	1/1/2021	Glen Lake / Cherry River trails	20	20k	1:48:12	
Robbie Lamb	1/3/2021	A 10K loop from my house to Tuckerman Park on Goldenstein	20	20k	1:54:00	Team Solo Robbie
Alycia Kappler	1/1/2021	Three Forks & Tuckerman	20	20k	2:18:00	A-Team
Danielle Skjelver	1/1/2021	Headwaters	20	20k	No time recorded	
Terry Leist	1/1/2021	Headwaters	35	35k	3:15:30	
Nick Waliser	1/2/2021	Headwaters	40	40k	5:07:00	
Randy Oostema	1/2/2021	Headwaters	40	40k	5:23:00	

Multi-day Resolution Run Results

Multiple Day Results						
Name	Run Dates	Course	Distance	Time	Team	
Andrea Abrahamson	1/1-1/3/2021	Neighborhood and Headwaters	15k	No time recorded	Sanity Seekers	
Sheila Nielsen	1/1-1/3/2021	Headwaters	30k	5:06:00	Sanity Seekers	
Kathryn Hohmann	1/1-1/3/2021	Headwaters	30k	No time recorded	Sanity Seekers	
Jacki McGuire	1/1-1/3/2021	Headwaters and west of Jackrabbit	30k	No time recorded	Sanity Seekers	
Steve McGuire	1/1-1/3/2021	Headwaters and west of Jackrabbit	30k	No time recorded	Sanity Seekers	

(Continued on next page)

Team Resolution Run Results

Team Results					
Name	Run Dates	Course	Distance	Time	Team
Gail Cary	1/1-1/3/2021	Headwaters	12.5k	1:45:00	Sanity Seekers
Andrea Abrahamson	1/1-1/3/2021	Neighborhood and Headwaters	15k	No time recorded	Sanity Seekers
Kathryn Hohmann	1/1-1/3/2021	Headwaters	30k	No time recorded	Sanity Seekers
Sheila Nielsen	1/1-1/3/2021	Headwaters	30k	5:06:00	Sanity Seekers
Jacki McGuire	1/1-1/3/2021	Headwaters and west of Jackrabbit	30k	No time recorded	Sanity Seekers
Steve McGuire	1/1-1/3/2021	Headwaters and west of Jackrabbit	30k	No time recorded	Sanity Seekers
Totals			147.5K		
Alycia Kappler	1/1/2021	Three Forks & Tuckerman	20k	2:18:00	A-Team
Andrew Kappler	1/1/2021	Three Forks	10k	1:11:00	A-Team
Totals			30.0K		
Crystal Beckman	1/3/2021	Glen Lake / Cherry River trails	5k	0:27:30	Team Crystal & Kimber
Totals			5.0K		
Robbie Lamb	1/3/2021	A 10K loop from my house to Tuckerman Park on Goldenstein	20k	1:54:00	Team Solo Robbie
Totals			20.0K		

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

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Jacki McGuire

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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