

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,

"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

The Mature Skier Has The Oldest Duct-Taped Together Boots in the Group

Enough already of calling this column "The Mature Runner," (tongue-in-cheek for saying us aged runners are mature when we're hardly mature, but the exact opposite). Case-in-point: yesterday I ran into Tom Hayes – the epitome of a "Mature Runner" – again, meaning he (like most of us) does silly things – all in the name of staying "in shape" – and is proud of it.

There we were standing together in the Bridger Creek Golf Course parking lot, each having finished a good ski. I thought my skate boots were ancient (they are), and looked at his, and they made my boots look brand new. His were covered all over with a whitish duct tape (he admitted the tape was glued onto the boots so they wouldn't come off). Mind you, these are black boots, covered in a white maze. Handsome. You'd think Tom doesn't have the cash to buy new boots (well, I don't have that much extra cash – my last pair bought 13 years ago cost \$400.00 on sale...). But back to our conversation. After the usual "Good to see ya, how ya doin?" we did notice each others' boots. And I felt rather embarrassed having the "better-looking" pair. I could feel a definite air of pride in Tom's stubbornness to keep his old boots going way beyond their expiration date. "I mean, after all, these boots are SO comfortable – why change them?"



My "old" ski boots.

Well, that made me reconsider the title of these articles. Enough poking fun at us older running club members. Having a counselor/therapist as a spouse, I'm learning to "embrace" my foibles, but not go so far as to be proud of my weird quirks. And by "embrace" I really mean admit them, own them, don't hide it or call them something else. There, how's that? A new moniker for these articles could be "The Young-at-Heart Runner" - ...hmmm, that could be a 1940's song title with Fred Astaire in a top hat. Or, more honest – "What Older Runners Do To Stay As Young As Possible." No, TOO honest. Let's see, "Young and Foolish in Your 70's"? No, makes me think of Bobby Darin on crutches (never heard of him – you youngin?). Look him up. Oops, I did (Google) and saw he died (aged 37) from an infection due to a

dental procedure. Oh well, I'm at a dead end. (I could poke fun at that one!) "Mature Runner" it shall remain for now.

Back to talking to Tom in the parking lot, I realized I was in the middle of a COVID-approved gathering – outside – spaced apart, and everyone drinking their beer of choice. (And speaking of beer, my 1st taste of beer was at a BSWD Board meeting at Bob Wade's and Kathy Brown's – and there was a case of PBRs in a cooler next to the table. That's where I realized most runners must really like PBRs, right?) I'd say there were about 15 runners/skiers in the parking lot, all meeting on a regular basis outside, call it "fellowship," and not too many youngin's (none). I can't make fun of them. They were maintaining their sanity in the best way possible. One could say I'm keeping MY sanity by sitting down to write articles like this one.

Does poking fun at our insanities really keep us sane? So that brings us full-circle – learning to admit our weird tendencies – that's what therapy sessions accomplish, right? Well, such sessions don't make weirdnesses go away, that's for sure. I'll keep putting on old ski boots no matter what. In fact now, I can't wait to see the 1st crack open up which will require some duct tape. Ha, I better go stock up so it's handy when the time comes, which



Tom's duct-taped ski boots.

may be today. With winter on the slow downturn (really), I don't have that many days left of decent skiing.

Thanks Tom for making me feel normal, howbeit wearing much too new-looking old boots.

– David Summerfield

FROZE NOSE FUN RUN RESULTS

This was another semi-virtual run. We used our Summer short, medium, and long courses at Glen Lake Rotary Park for this run (or runners could elect to run a course of their own choosing). Weather was a bit brisk and snowy, so it wasn't our best turn-out, but it was still fun!

Name	Course:	Course Length (in miles)	Time
Jean MacInnes	Glen Lake - Short	1	0:28:05
Merel, Tycho, Otto, and Menno Ohler	Glen Lake - Short	1	0:40:00
Ryan Grady	Glen Lake - Medium	3	0:27:13
Bence Bécsy	Glen Lake - Medium	3	0:27:43
Leigh Holleman	Pete's hill loop	3	0:28:08
Gary Hellenga	Glen Lake - Medium	3	0:36:24
Leonard Baluski	Glen Lake - Medium	3	0:38:40
Villő Bécsy-Jakab	Glen Lake - Medium	3	0:42:00
Billy Dutton	Glen Lake - Medium	3	0:57:27
Jennifer Barth	Beatty to Rainbow	3.1	0:35:41
Charles Smith	Santa Run	3.12	0:29:27
Andrea Abrahamson	Highland Blvd area	3.4	
Craig Hildreth	From my house by the Ridge to Bozeman ponds to Regional park and back	5	1:07:30
Christopher Ashland	Glen Lake - Long	5.1	0:32:24
Rob Maher	Glen Lake - Long	5.1	0:45:16

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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
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- 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