

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,

We had our inaugural "Run to the Sun" as a part of the Gallatin Valley Earth Day events last month and had quite the turnout! Read on for results, as well as part two of David's journey climbing Mt. Blanc in this issue of the Mature Runner. We also have a Summer Fun Run schedule ready, and good news about races, including the Baldy Blitz.

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

FROM THE PREZ

By Gary Hellenga

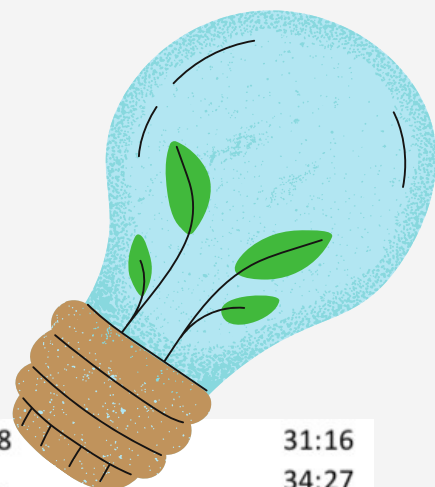
Lots going on this month, and lots to read about! I'll shut up, and let you get to it!

Earth Day "Run for the Sun"

The Wind Drinkers and Gallatin Valley Earth Day partnered to start a brand new event that we hope will grow to become a major annual race, as part of the Earth Day set of activities on April 24th. This year, we set a 5K course in the Gallatin County Regional Park, to coincide with Earth Day exhibits as part of the Earth Day in the Parks.

With adaptations to address COVID precautions, we were able to hold our first non-virtual race event of 2021. We had 3 wave starts, with about 50 runners participating. Proceeds will go to the Solar Club at Bozeman High School, who is raising funds to add solar power to BHS and other schools in Bozeman. The Bozeman Daily Chronicle covered the event, and the photos included here are by Rachel Leathe of the Chronicle.

| Overall | Bib | Name | Age | Division | Time |
|---------|-----|---------------------|-----|------------------------|-------|
| 1. | 534 | Justin Barth | 31 | Male Overall: 1 / 25 | 17:34 |
| 2. | 538 | Linard Kindschi | 28 | Male Overall: 2 / 25 | 19:10 |
| 3. | 535 | Clayton Birkes | 26 | Male Overall: 3 / 25 | 19:39 |
| 4. | 536 | Ryan Grady | 35 | Male 19 - 39: 1 / 10 | 21:58 |
| 5. | 539 | Alex Nordquest | 35 | Male 19 - 39: 2 / 10 | 22:12 |
| 6. | 544 | Todd Erdody | 44 | Male 40+: 1 / 11 | 22:42 |
| 7. | 549 | Gerard Ligotti | 24 | Male 19 - 39: 3 / 10 | 23:42 |
| 8. | 556 | Josephine Vardell | 19 | Female Overall: 1 / 22 | 24:15 |
| 9. | 546 | Michaela Hackner | 42 | Female Overall: 2 / 22 | 24:29 |
| 10. | 537 | Kenneth Ketchum | 62 | Male 40+: 2 / 11 | 25:22 |
| 11. | 551 | Dillon Murray | 28 | Male 19 - 39: 4 / 10 | 26:28 |
| 12. | 554 | Maren Stubenvoll | 23 | Female Overall: 3 / 22 | 27:16 |
| 13. | 545 | Charlie Firer | 27 | Male 19 - 39: 5 / 10 | 27:16 |
| 14. | 563 | Craig Hildreth | 64 | Male 40+: 3 / 11 | 27:18 |
| 15. | 578 | M. England | 50 | Male 40+: 4 / 11 | 27:54 |
| 16. | 553 | Elizabeth Nordquest | 37 | Female 19 - 39: 1 / 10 | 27:59 |
| 17. | 555 | Eric Vardell | 65 | Male 40+: 5 / 11 | 28:12 |
| 18. | 558 | Colter Anderson | 39 | Male 19 - 39: 6 / 10 | 28:16 |
| 19. | 585 | Joseph Lazarus | 26 | Male 19 - 39: 7 / 10 | 28:17 |
| 20. | 541 | Karl Baer | 37 | Male 19 - 39: 8 / 10 | 28:26 |
| 21. | 589 | Blayne Meyer | 22 | Female 19 - 39: 2 / 10 | 30:22 |
| 22. | 586 | River Hancey | 22 | Female 19 - 39: 3 / 10 | 30:23 |
| 23. | 588 | Annika Schaecher | 22 | Female 19 - 39: 4 / 10 | 30:23 |
| 24. | 587 | Mia Voss | 22 | Female 19 - 39: 5 / 10 | 30:24 |
| 25. | 552 | Sarah Murray | 25 | Female 19 - 39: 6 / 10 | 30:48 |



| | | | |
|-----|-----------------------|----------------------------|-------|
| 26. | 543 Gail Cary | 68 Female 40+: 1 / 8 | 31:16 |
| 27. | 567 Dustyn Padderud | 41 Male 40+: 6 / 11 | 34:27 |
| 28. | 550 Lauren Mattern | 23 Female 19 - 39: 7 / 10 | 34:28 |
| 29. | 557 Natalee Wheeler | 22 Female 19 - 39: 8 / 10 | 34:29 |
| 30. | 548 Anna Lee | 23 Female 19 - 39: 9 / 10 | 34:29 |
| 31. | 542 Leonard Baluski | 65 Male 40+: 7 / 11 | 34:31 |
| 32. | 547 Angie Johnson | 45 Female 40+: 2 / 8 | 35:11 |
| 33. | 540 Robert Able | 73 Male 40+: 8 / 11 | 35:28 |
| 34. | 564 Nicole Lowry | 53 Female 40+: 3 / 8 | 35:35 |
| 35. | 565 Robert Lowry | 54 Male 40+: 9 / 11 | 38:44 |
| 36. | 566 Kyle Moriarty | 32 Male 19 - 39: 9 / 10 | 38:46 |
| 37. | 559 Roger Barnes | 76 Male 40+: 10 / 11 | 41:05 |
| 38. | 570 Deirdre Quinn | 52 Female 40+: 4 / 8 | 42:21 |
| 39. | 560 Marian Birdsall | 53 Female 40+: 5 / 8 | 42:21 |
| 40. | 577 Peng-Wen Su | 28 Female 19 - 39: 10 / 10 | 44:47 |
| 41. | 571 Jonathon Ready | 26 Male 19 - 39: 10 / 10 | 44:48 |
| 42. | 561 Katharine Cassidy | 71 Female 40+: 6 / 8 | 47:02 |
| 43. | 568 Barbara Phinney | 73 Female 40+: 7 / 8 | 56:06 |
| 44. | 569 Benjamin Phinney | 73 Male 40+: 11 / 11 | 56:17 |
| 45. | 579 Luke MacDonald | 13 Male 0 - 18: 1 / 1 | 57:28 |
| 46. | 580 Mariah MacDonald | 9 Female 0 - 18: 1 / 1 | 57:30 |
| 47. | 581 Tammy MacDonald | 48 Female 40+: 8 / 8 | 57:30 |



Fun Runs are BACK!

Yes, after the Virtual Summer Fun Run season in 2020, we will be holding semi-"normal" fun runs again in 2021! Of course, we will be implementing some precautions to address the continuing public health situation, but this season's runs will look a lot more like those you were used to, before 2020! Our tentative schedule is listed below (some dates and venues are not yet finalized); our most up-to-date information will be on the Events Calendar of our website (winddrinkers.org).

We will be using chip-timing once again. This year, the chips will be on race bibs, which you will re-use each run - you will have the option to take it with you, so you can come to the next one ready to race, or, if you tend to forget things (be honest with yourself - how good are you at remembering to bring a mask every time you leave the house?), you can drop the bib in our collection bin at the end of the run, and it will be re-distributed to you at the next event.

In order to speed up the bib-assignment process, which can take quite a while, especially for the first run or two, we are asking you to pre-register, if you know you will be coming to the next run. By pre-registering before your first fun run of the season, you'll allow us to assign you a bib before race day, and then we'll have someone to hand it out to you without you having to go through the registration process. This will make weekly sign-ins go smoothly, as we'll only need to check in those who haven't done a run yet, or those who opt to run a different distance than they normally do. To pre-register for our first Fun Run, coming up May 5th at the Gallatin Regional Park, please visit <https://winddrinkers.org/trailhead/fr-preregistration>.

We will continue to have all participants and volunteers wear masks while not actively running, and bring your own water (we will have pre-bagged goodies for after the run, as well as bottled water, if anyone forgets)! As in our events this winter, we will require groups to maintain physical distancing before and after the race, and may perform the start in waves, depending on numbers.

Keep in mind, too, that volunteers are always needed to help support these runs! For the time being, we intend to use our pre-2020 Participation Awards criteria of 2 required volunteer stints, so be sure to include helping out at a run as part of your summer plans!

Summer Fun Run schedule:

5-May Regional Park
12-May Hyalite road run
19-May Story Mill Park
26-May Andy Blank MSU track/trail run
2-June Bozeman creek - dog run, no watch
9-June Triple Tree
16-June Tour de Critters
(Franklin Coles' property, Jackson Creek Road)
23-June South Side Trails
30-June Drinking Horse + M
7-Jul TBD
14-July Cherry Creek
21-July Middle Cottonwood
28-July South Cottonwood
4-Aug Peets Hill - Bite of Bozeman
11-Aug Hyalite
18-Aug Jacki McGuire Treasure Run (potluck)
25-Aug Bear Canyon
1-Sep Highland Glen from the Dougher's yard (potluck)
8-Sep Glen Lake Rotary Park
(formerly East Gallatin)
15-Sep Kirk Hill
22-Sep Surprise Run
29-Sep Annual Meeting - Lindley Center

The Baldy Blitz is back too!

Last year, the Baldy Blitz was our most snake-bitten event - first, we postponed from May to October, hoping COVID would have died down by Fall, then the Bridger Foothills Fire took away our course! But, for 2021, the Baldy Blitz will be back to its customary mid-May date (May 15th this year). Under our renewed Forest Service Special Use Permit, though, it will look a little bit different. Due to having a cap on the number of runners we're allowed, runners will need to pre-register for the event. Details on the race, and registration information, should be up on the Baldy Blitz page of the Wind Drinkers website within the week.



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THE MATURE RUNNER

By David Summerfield

Confessions of a Reluctant Runner – Part

2

With Mt. Blanc under my belt, I still had absolutely no intention of being a runner. I'd worked hard to be a good climber, and nothing could beat the exhilarating feeling of summiting a challenging peak. Back when I was only nine, a series of events was to mold what my life was to become. It was all part of my unconscious training to become a runner later in life ... howbeit a very immature one.

One could say I like taking chances. Soloing Mt. Blanc when no one else would venture out on the mountain – it was just me and the mountain. I like those chances. I get to call the shots, and listen incredibly intensely to my intuition and mountain-sense. It forced me to move in rhythm with the mountain. And that is what seems so immature to others who call this foolish, selfish, immature. I'd say that once a mountain climber puts in years of climbing: a finely-tuned skill gets honed to perfection.



The next year in Switzerland as Leif turned one, we had a chance to climb the Matterhorn (meaning we left a one-year-old back in Lausanne with a friend). Burned in my memory was seeing an old movie in Zermatt (where climbers start their ascent) when I was nine. It was a recreation of the first “successful” climb in 1865. The ascent turned to tragedy as the team of seven were trying to rope back down.

Mistakes happened (the accounts never revealed what really happened) and while the film kept running I could see bodies free-falling down thousands of feet onto the glacier below. I can replay that scene anytime I want, and I have.

Why relate this? It did influence my psyche and inner workings. I wanted to climb mountains, but it had to be under my terms, and not be part of a guided tour. The 1865 climbers were Englishmen guided by two local Swiss guides (father/son both with the same name: Peter Taugwalder) and the well-known French guide Michel Croz who had the upmost respect from the entire climbing community. The whole team included Edward Whymper, the Brit who organized the climb (having already tried seven times to find a way up), Lord Francis Douglas, Charles Hudson and Douglas Hadow.

At I sit writing this, I just realized I could probably just google “first Ascent of Matterhorn film.” With utter disbelief, there it was – the exact same film I saw as a nine-year-old. It's

simply called "The Challenge." I couldn't help but replay the whole tragic scene in my mind again, and actually hesitated opening up the YouTube film. Would I be opening up a Pandora's Box? Perhaps. But I do give credit to watching that movie in 1957 for probably saving my life. So, I clicked on the 1938 film and felt my heart start racing once more.

Back in 1959, my family and I sat in a really small, rather dingy theater. Zermatt has always been a draw for dirtbag climbers and their opposites – socialites from around Europe. I do remember wondering how they made the movie – the original was a silent movie made in 1928, and had a very dramatic orchestra helping theater-goers get an adrenaline rush just from the sound. The film actually takes the viewer up a very treacherous mountain side with wild cliffs all around, and then the four bodies flying down a cliffside. To a nine-year-old, it looked like the real thing. I had to keep telling myself that there was no film crew on the Matterhorn back in 1865. And I must give credit to Michel Croz – who seems like the epitome of the perfect mountain guide. The surviving Swiss guides and the expedition leader Whymper got much scrutiny for coming down alive, while the other four died. A book written by Claire Engel (Mountaineering in the Alps, p. 121) 50 years ago characterized Croz as follows:

"At each step [on the descent] Croz had to make Hadow's feet secure, and to do so he had to lay down his ice axe so that he had no support himself. Suddenly, while Croz was turning round to continue the descent, after having made Hadow secure, Hadow slipped and both of his feet struck Croz in the back. The guide lost his footing and fell headlong down the steep slope, dragging the boy with him. Hudson came next, then Douglas; none had time to react."



I remember researching the incident as I was becoming a guide myself, and admired what Croz had to do, and how I needed to learn a lesson from him! The survivor's account told how all seven climbers were roped on one rope, and the length of rope between Taugwaler and the rest of the party below him went over a sharp rock that snapped when all four climber's weight put too much stress on the rope.

With that in mind, here I was about to make my third attempt on climbing the Matterhorn. The first and second attempts were just reconnaissance. First, to know how to find the Hornli Hutte (the shelter at the foot of the mountain we'd stay in before going up), and the second to actually get onto the ridgeline, and go several rope lengths to see what the normal route looked like. And then our chance came. September weather is usually clear and cold, but we hiked up to the hut with dark gloomy clouds all around. This was

before cell phones and instant weather reports. As in all mountains, the weather is fickle, and changes all the time. As we entered the hut, the "hut master" checked us in, took our passports. Why? In a rather flat voice, it makes identifying the bodies easier when they bring the bodies down.

There's confidence before a big climb!

That night rain turned to snow, and by 10 p.m., it was a raging storm. At that point I was ready to just spend the night, and walk back to Zermatt the following morning. The only other party in the hut was an American and his guide, a Swiss. I asked them of their plans, and the American said they'd be going out at 2 a.m. no matter what. You forfeit your fee if you cancel! Sure enough, at 2 a.m., I heard the two climbers make their preparations, and said: (you can anticipate this) "well, if they can do it, so can we." Yes, that was an ego trip about to be tempered.



We were not far behind them when we reached the first rock pitch. It was snowing hard enough, we couldn't see a thing more than 20 feet in front of us. We climbed under horrible conditions, gaining the first third of the ridge where there's a flat rocky cleft. It wasn't getting any better; like a moon coming out, clouds dispersing, and stars greeting you on a beautiful climb. I then started feeling really apprehensive about the two men in front of us. We carefully downclimbed back to the hut, found our bedding on the ancient wooden cots, and snuggled into the thick heavy wool blankets you find in every mountain hut. At dawn, we had breakfast, retrieved our passports, and headed into Zermatt. Then the sun DID come out. We walked around town, visiting the mandatory tour of the local cemetery with headstones clearly visible of the doomed first ascent party. Then, to my absolute amazement, we passed the American strolling along the touristy shops. I stopped him and asked what happened. He nonchalantly recounted how they reached the metal cross on top, couldn't see more than five feet in front of their faces, and came back down.



What did I learn? There was absolutely NO way I'd ever pull a stunt like that, ever. Not worth it. And I really didn't ever want to become a mountain guide like that. And next month (if you can stand it) you'll find out the exact clear-cut reason I grudgingly started the less exhilarating journey to becoming a runner!

– David Summerfield



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