

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,

Short newsletter this time – I think we're all out running in this beautiful spring weather! Fun Runs are off to a great start and the Baldy Blitz was a huge success. After being postponed from spring to fall due to the pandemic, then cancelled all together due to the Bridger Foothills Fire, it felt good to be able to run this Wind Drinkers classic. Thanks to race director Kurt Buchl and Jim Nalick of Muddy Dog Sports for timing. Congrats to our first place male and female: David Ayala and Heidi Makoutz. Read on for Fun Run results and a new Mature Runner!

FUN RUN RESULTS

Regional Park – May 5

Place	Name	Age Group	Time
May 5, 2021			
Regional Park - 1.0 miles			
1.	C J Oostema	Youth	8:44
2.	Angela Kociolek	Adult	8:56
3.	Madison Oostema	Kids	14:39
4.	Zolani Khumalo	Kids	14:40
5.	Tobias Holleman	Adult	14:48
6.	Floyd Khumalo	Adult	14:57
7.	Leon Shearman	Adult	16:06
8.	Shawna Oostema	Adult	20:21
9.	Megan Buecking	Adult	20:30
10.	Tycho Ohler	Kids	20:57
11.	Otto Ohler	Kids	21:00
12.	Merel Ohler	Adult	21:03
13.	Menno Ohler	Kids	21:08
14.	Nathaniel Ohler	Adult	21:09
15.	Robert Wade	Adult	26:11
16.	Jean MacInnes	Adult	26:12
Regional Park - 3.1 miles			
1.	Cooper Johnson	Youth	27:58
2.	Sebastian Ross	Kids	30:07
3.	Katy Ross	Adult	30:08
4.	Gail Cary	Adult	31:56
5.	Leonard Baluski	Adult	33:10
6.	Bryce Ross	Adult	34:23
7.	Estyn Ross	Kids	34:24
8.	Carrie Gaffney	Adult	36:50
9.	Andrea Abrahamson	Adult	36:54
10.	Angie Johnson	Adult	37:20
11.	Corey Johnson	Adult	37:24
12.	Kathryn Hohmann	Adult	39:12
13.	Jacqueline McGuire	Adult	44:58
14.	Steve McGuire	Adult	44:58
15.	Kristin Harbuck	Adult	47:34
16.	Kathy Carey	Adult	47:55
Regional Park - 4.8 miles			
1.	Zeke Smith	Adult	33:12
2.	Mike Carey	Adult	33:49
3.	Robbie Lamb	Adult	35:42
4.	Rob Maher	Adult	36:17
5.	Randy Oostema	Adult	37:51
6.	Jeff Johnson	Adult	41:32
7.	Libby Khumalo	Adult	42:47
8.	Sheila Nielsen	Adult	50:57
9.	Susan Byorth	Adult	51:32

Hyalite Road – May 12

Place	Name	Age Group	Time
May 12, 2021			
Hyalite Road Run - 1.0 miles			
1.	Angela Kociolek	Adult	8:10
2.	Alisha Grady	Adult	9:43
3.	Frank L Dougher	Adult	15:46
4.	Jean MacInnes	Adult	15:54
5.	Deb Newman	Adult	17:16
6.	Teresa Galli	Adult	18:02
7.	Kay Newman	Adult	18:03
Hyalite Road Run - 3.0 miles			
1.	Ryan Grady	Adult	21:59
2.	Kelly Sprinkle	Adult	27:43
3.	Katy Ross	Adult	29:05
4.	Sebastian Ross	Kids	29:06
5.	Sam Bogan	Adult	30:20
6.	Jennifer Barth	Adult	32:33
7.	Craig Hildreth	Adult	33:13
8.	Leonard Baluski	Adult	33:13
9.	Andrea Abrahamson	Adult	34:33
10.	Gail Cary	Adult	35:25
11.	Bryce Ross	Adult	35:27
12.	Estyn Ross	Kids	35:46
13.	Gus Hayes	Kids	35:48
14.	Tracy Dougher	Adult	36:12
15.	Kristin Harbuck	Adult	40:00
16.	Lynne Hubert	Adult	40:13
17.	Lauren Tevebaugh	Adult	41:49
18.	Theo Tevebaugh	Kids	41:49
19.	Kathryn Hohmann	Adult	43:06
20.	Jeff Shanafelt	Adult	46:29
21.	Joanna Cary	Adult	48:09
22.	Christa Hayes	Adult	52:42
Hyalite Road Run - 5.0 miles			
1.	Rob Maher	Adult	38:37
2.	Steve McGuire	Adult	41:12
3.	Sheila Nielsen	Adult	42:12
4.	Jacqueline McGuire	Adult	42:51
5.	Zeke Smith	Adult	46:23
6.	Zac Hiedeman	Adult	46:30
7.	Marian Birdsall	Adult	47:44
8.	Michaela Papke	Adult	49:03
9.	Susan Byorth	Adult	56:15

Story Mill – May 19

Place	Name	Age Group	Time
May 19, 2021			
Story Mill Park - 1.0 miles			
1.	Kristin Harbuck	Adult	13:49
2.	Tobias Holleman	Adult	14:35
3.	Frank L Dougher	Adult	14:35
4.	Leon Shearman	Adult	17:50
5.	Merel Ohler	Adult	17:57
6.	Jean MacInnes	Adult	18:36
7.	Otto Ohler	Kids	18:36
8.	Menno Ohler	Kids	18:40
9.	Nathaniel Ohler	Adult	18:51
10.	Tycho Ohler	Kids	18:55
11.	Teresa Galli	Adult	19:51
12.	Kay Newman	Adult	19:51
Story Mill Park - 3.0 miles			
1.	Nick Waliser	Adult	26:15
2.	Cooper Johnson	Youth	26:27
3.	Chad Coley	Adult	26:47
4.	Jason Nicholas	Adult	26:48
5.	Mike McCormick	Adult	26:52
6.	Kelly Sprinkle	Adult	29:10
7.	Sierra Holeman	Youth	29:21
8.	Tomomi Ogata	Adult	31:33
9.	Lia Ogata	Kids	31:35
10.	Alycia Kappler	Adult	31:35
11.	Viky Saab	Adult	31:38
12.	Angela Kociolek	Adult	31:39
13.	Leonard Baluski	Adult	31:59
14.	Tracy Dougher	Adult	36:32
15.	Corey Johnson	Adult	37:16
16.	Kathryn Hohmann	Adult	38:29
Story Mill Park - 5.3 miles			
1.	Robbie Lamb	Adult	40:22
2.	Mike Carey	Adult	40:58
3.	Sheila Nielsen	Adult	41:20
4.	Rob Maher	Adult	41:43
5.	Jeff Johnson	Adult	47:26
6.	Carrie Gaffney	Adult	47:27
7.	Libby Khumalo	Adult	51:05
8.	Ayden Brutger	Kids	51:59
9.	Steven Brutger	Adult	51:59
10.	Michaela Papke	Adult	52:00

Andy Blank run at the MSU track –

Place	Name	Age Group	Time
May 26, 2021			
MSU Track Andy Blank/Trail Run - 1.5 miles			
1.	Gary Hellenga	Adult	20:01
2.	Alisha Grady	Adult	23:38
3.	Lauren Tevebaugh	Adult	24:02
4.	Theo Tevebaugh	Kids	24:02
5.	Kay Newman	Adult	24:06
6.	Tobias Holleman	Adult	25:43
7.	Lia Ogata	Kids	29:39
8.	Alycia Kappler	Adult	29:41
9.	Tomomi Ogata	Adult	29:51
10.	James Jong	Adult	29:53
11.	Leon Shearman	Adult	33:21
MSU Track Andy Blank/Trail Run - 3.0 miles			
1.	Jason Nicholas	Adult	30:20
2.	Mike McCormick	Adult	30:26
3.	Sierra Holeman	Youth	37:21
4.	Gail Cary	Adult	39:07
5.	Sheila Nielsen	Adult	39:31
6.	Kathryn Hohmann	Adult	39:31
7.	Leonard Baluski	Adult	39:52
8.	Corey Johnson	Adult	42:38
9.	Andrea Abrahamson	Adult	42:41
10.	Angie Johnson	Adult	42:44
MSU Track Andy Blank/Trail Run - 5.0 miles			
1.	Mike Carey	Adult	38:59
2.	Randy Oostema	Adult	42:40
3.	Gro Lunde	Adult	51:04
4.	Ayden Brutger	Kids	58:26
5.	Steven Brutger	Adult	58:26
6.	Zeke Smith	Adult	58:58

Summer Fun Run schedule:

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 MATURE RUNNER

By David Summerfield

Confessions of a Reluctant Runner – Part

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Here we go with the last installment of how and why I started running – running with every ounce of gusto I can muster. As you found out last month, I had a tough time on the Matterhorn, and a day of reflection ensued while thinking things through. We were in Zermatt, watching the September snowstorm clear out. Of course we strolled through the Zermatt graveyard – a stark reminder of the toll the mountain has taken over the years.



The tombstone to Michel Croz, the well-loved alpine guide from Chamonix reads: "To the memory of Michel Auguste Croz – born in the Chamonix valley. Regretting the loss of a brave man, and a devoted lover of his companions, esteemed by travelers, he perished not far from here – a man of heart and a loyal guide." That sums up the life and death of a valiant and honest guide!

And for the Tauwalders (father and son): "Faithful to their profession and first climbers of the Matterhorn."

Those two tombstones went deeply into my soul and still do to this day. That sums up the life of a true guide – you stick to it with everything you got. You guide your host through thick and thin. And that was what I wanted to do all my short life of 31 years.

The next day dawned cloudless, with forecast of clear and calm days ahead. The next peak on our list was Monte Rosa, Switzerland and Italy's highest peak, situated just east down the ridge from the Matterhorn. For some reason, going back up the Matterhorn the very next day seemed too weird to do. So, off to the train station – we bought our tickets to Gornergrat – the last stop high above the Zermatt valley glaciers, and the perfect spot to have a luxurious lunch out on the porch overlooking the majestic valley. The trail took us onto the Monte Rosa glacier, where we checked



into a much more upscale hut – larger and less ominous than the Hornli hutte (named after the ridge most climbers use to go up the Matterhorn). We dined with a few fellow climbers, two of whom were German men about my age. I overheard them saying they wanted to be on the glacier at 2am, so I thought to myself...."okay, then I'll be there at 1:55am so I can start out ahead of them!" After a fitful sleep, we (again, Leif's mom Candy and I) got up, and saw the Germans already eating a meager breakfast. We downed what we brought, and got out under a full moon, with the 2 men already strapping on their crampons. It seems so egotistical to say this, but I was so determined to get on the ridge 1st because I KNEW I would be faster, and didn't want to get stuck behind them. The route was a very obvious ridgeline – all on icy snow. So, we didn't waste any time heading out right before them. And that was the last we saw them (in a way). This picture is taken of the new hut built in 2009 – vastly different from the "old" one of 1979! (Yes, that's the Matterhorn in the background).



So, we started up. The route was impossible to lose, the snow was hard but took crampons easily, the exposure was breathtaking – 1000's of feet drop on either side as we inched up to the summit rock. That was our view all day long. It became very hot on the glacier, and we were soon in rolled-up shirt sleeves. We arrived at the top – most incredible views imaginable – looking down into the Italian Alps, Mt Blanc in the distance, and all the high peaks in the Alps.

had a leisurely lunch, and wondered why we hadn't seen our German friends yet. Good thing we took off before them, or we still wouldn't be on top yet. This picture below is the summit cross.....And then, as we were part way down the ridge, we heard a helicopter in the distance. Not thinking much about it, except we knew that the only reason a helicopter



would be flying in this terrain was to rescue a climber in distress. Suddenly we realized the chopper was just hovering in one place, and climbing down a little more, we saw a cable going way down onto the glacier below. You probably know where I'm going with this. We sat down and just watched in horror. We could make out a figure attaching something, and then the cable tightened and an obvious body

was being brought up to the hovering chopper. Then, the second body came up.

We really didn't say a word the whole time. It was unimaginable. We slowly continued downclimbing and stopped again. More horror. We had been following the steps I'd made going up, with no one following them, until we saw the slide marks taking off from my very own steps. Then we saw the 2nd slide marks a little further down. One of the Germans had pulled his buddy down with him. (The old Matterhorn tragedy played out one more time!) They were pulled out of a crevasse, as far as we could see. But the distance down to the glacier below was 1000's of feet, with rocky sections. We sat for a long time, just contemplating what had just happened. One of my 1st thoughts was of Leif, being taken care of down in Grenoble – by some climbing friends of ours. I instantly went through the thought of Leif being taken care of by Alic and Christiane Rachmanoff....with no parents ever coming back. Yes, I was grateful we were all alive. Yes, I mourned the loss of our 2 German friends, and also felt a pang of regret of trying so hard to beat them on the climb. Frankly, the decision made itself right then and there. Those 2 slide marks going down into the abyss could have been ours so easily. I doubt the Germans were less capable and experienced than we were. Some would say it's the luck-of-the-draw. That's a bit harsh! But I got this message loud and clear – it's not worth it to put ourselves into such danger for our own pleasure (or whatever you want to call it).

I did keep climbing after that, but not the technical and over-the-edge stuff. No more. I had this incredible surge of energy to go out and “do” stuff that requires every ounce of focus possible. But not through climbing. What else? Well, in comes running. Rather dull in comparison – you bet.

What did it take to summon up all that one-point-focus? Well, the more complicated runs – mountain runs of course. In Europe – they do it so much more seriously than Americans. We do it for fun (yes, and for profit). They do it to beat the heck out of everyone possible. I joined a mountain running series called “CIME” (Championat International de Montagne). The runs make the Ridge Run look like where rookies get started. Their runs need to have impossibly steep climbs up impossible terrain. In the hardest places, they'll place chains or metal steps drilled into the rock to help you get over the harder places. The stream crossings are dangerous. Everyone goes all out, sorta like Anne Trygstad (apologies, Anne – I do it too).



Well, there you have it. I became a runner. Instead of having the mountain as my object to focus on getting to the top, I substituted my body as my object to beat up. I traded the crampons and climbing gear for Ecaps, GU (ewwww), Camelbaks, Clifbars, and stopwatches. It's been a fun ride, but oh how I miss stepping out onto a summit way above

everything else in sight – having to take meticulous attention to every step, to every breath, to every carefully placed handhold. I knew every thought was determining living or dying. I felt so clearly that with a sharp mind and body, I would be as safe as my focus. Now, I focus on putting one step in front of the other. Oh dear.....I better not end on that nasty note. So, I LOVE tying up my Hoka's – I love breathing in the fresh air – I love getting exhausted just setting a good pace. I love going all out, so every ounce of energy is spent when I get to the spot I agreed to get to that day....well, that still doesn't compare, does it? No, but my children still have a father, and I still have a wonderful family I can do things with – and the risks are WAY down.

The end. 😊

BIG SKY WIND DRINKERS 2021 OFFICERS

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DISCOUNTS FOR MEMBERS ARE AVAILABLE AT MANY LOCAL BUSINESSES:

- BOZEMAN RUNNING CO.
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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
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THE WIND DRINKER

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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