

THE WIND DRINKER

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



Photo by Darryl Baker

INSIDE THIS ISSUE

FROM THE PREZ - 2

THE MATURE RUNNER - 3

RACE CALENDAR - 5

FUN RUN RESULTS- 6

LIST OF OFFICERS - 6

BSWD INFO - 7

Wind Drinkers,

We're working on our water hauls for the Bridger Ridge Run! Incredibly enough, we were able to haul all 135 gallons of water to the Baldy and halfway aid station. The next haul will be July 24 at Bridger Bowl. We will only need to lift the jugs the last 500 feet up the bootpack from the Bridger Lift to the ridgeline. Sometimes people will carpool from the M so they can run from Bridger back. Contact Darryl Baker to get on the water haul list!

Thanks to all who helped! Check out our race calendar, and Fun Run results in this month's newsletter.

FROM THE PREZ

By Gary Hellenga

As we complete our second month of the Summer 2021 Fun Run season, it seems so strange that we are pretty close to back to normal, as far as running events are concerned. We've even been able to add more socialization options, such as potlucks (big shout-out to Kurt and Jane for hosting the club after the June 23rd run!). But we need to continue to be cautious, given that vaccinations aren't proving to be fail-safe, and with only about half the population in Montana fully immunized. We still have our biggest events yet to come, later this summer, and a resurgence of COVID could still wipe out what has been, to this point, a very successful and enjoyable running season!

One of the things I've noticed most about the return of in-person events is just how dependent we are on our volunteers to make these events happen, and to make them a positive experience for our participants. I thank everyone who has stepped up to help, whether to help with handing out bibs and signing up runners at our Fun Runs, or hauling water jugs or manning aid stations for the Old Gabe or Ridge Run races. Our next major club event is the Sweet Pea 5k/10k on August 7th, and this race especially needs a large crew of smiling volunteers - from registration support, to course flagging. As of the time I'm writing, we are still looking for someone to step in as a co-director of the race. Any and all of these needs can be accessed through our website's Volunteer page (https://winddrinkers.org/trailhead/fun_runs/volunteers/). We appreciate your support!

Along with our event volunteers, we also need willing individuals to participate in the operations of our club and our Board of Directors. New elections for officers happen each year at our Annual Meeting, at the end of September. This year, we will be looking for a new President (see, you get to write silly articles for the newsletter - doesn't that sound appealing??), as well as several Fun Run Directors for our Fun Run Committee (help plan and execute our Summer and Winter Fun Runs). If you'd like to help with these functions, please let one of our existing officers know of your interest, or send us a message via our Contact Form on the website (<https://winddrinkers.org/trailhead/club/officers/> - see the "Send us mail" form in the right-hand column) - we'd love to have your help!

THE MATURE RUNNER

By David Summerfield

No More Confessions of a Mature Runner

Now that it's clear I never intended on being a "real" runner, how do I justify all my decades of doing my best to keep all sorts of stupid records/logs/journals/little scraps of paper with lap times/miles covered in little spiral notebooks? I cannot justify it. I threw myself into running just like I had into climbing the big mountains. Keeping statistics was my substitute for pouring over topo maps. Doing pace runs and time-trials on the track took the place of constantly organizing my climbing hardware and ropes. My fervent desire to "be in excellent shape to climb" just morphed into just staying in shape....period. And it became a habit, but not so I could always climb. By now I knew of my tremendous ability to move fast in the mountains, and I actually loved not having to lug all that equipment around. It also meant I wasn't going to put my life on the line anymore....at least not in the same way.

Instead of making sure I could get off a mountain in one piece, I could now venture out and see how far I could go, and how many 1,000s of feet of elevation gain I could log in a day. I did land a job taking high schoolers into the mountains for two week expeditions, where I could teach the proper climbing techniques. But by then I got my "kicks" by getting up before the campers, and "doing" a nearby 14,000-foot peak and returning for breakfast. It did feed my ever-burgeoning ego to do things no one else could imagine. I also kept in really good shape. Then I got a job as a French teacher at a small midwestern college in Illinois, and that's where I became addicted to track workouts. The college didn't have a cross-country program, so I started one on the side (much to the chagrin of the Language Department - it surely must take my full focus off of teaching, so the thought went. But it kept me sane). My first marathon distance was running along the "River Road" – a stretch of road along the Mississippi River (Illinois side).

I went out in my fancy Adidas trail shoes (think circa 1983). I gladly gave up my Keds for the earliest distance running shoe. Wow. No stopping me now. So I became a coach (on the side, all volunteer) and learned the Arthur Lydiard method of training from Arthur himself. The College paid for me to attend one of his workshops in Denver. And I became the guinea pig for "my runners." I did the workout of the day myself, then – all worn-out – I'd take the running team out after school on the day's workout. Double workouts, every day. What a blast. And all this time, being a serious mountain climber kept fading into the background of my life.

I did have one brush with what seemed like death on one race in France. Yes, I had given up the serious climbing stuff, but with the running replacement also came the “going all out” thing, and that also has its pitfalls. The race actually was a precursor to the Tour Du Mont Blanc – that 110-miler which circumnavigates the whole Mt. Blanc massif.

It was an early summer race, and it snowed the whole way, including a harrowing gushing river crossing. I finished up toward the front, but of course I wore only the regulation thin t-shirt and nylon running shorts. I went into hypothermia while waiting to take the gondola back down to the Chamonix valley, and lost consciousness, then came-to while some medics were having me breathe into a paper bag. I almost learned my lesson with that!

But where I’m heading with this tale is my obsession with “going all out” – might as well, since there’s always plenty of time to recover afterwards. I guess it’s my way of substituting the rigors of climbing a difficult mountain with simply putting the body through its paces....as if I were really on a tricky mountain with high risk on all sides. And I can’t stop doing that. And this leads me to what has happened the last 20+ Memorial Day weekends. Up until this year’s version, I have “done” the Frank Newman Marathon Relay – doing the whole marathon myself. I used to run it, then started walking parts of it, then walking the whole dang thing. And true to form, I had to do it with every ounce of energy I could muster. The first all-walk one I did, I managed a 4:59:30 marathon – averaging a 11:25 mile. And each succeeding year the times have increased, and I’m happy with that. At least I can still “do” a marathon. Once you go over 5 hours, the time is pretty much uninteresting (except to me of course). I’ve written about many of these outings in past Wind Drinker articles.

But this 2021 version was most unique. Since we’re moving to Nye, Montana this summer, I couldn’t be part of the FNMR. At first that bummed me out. But then, while driving to the Nye house on many weekends, I happened to notice that starting at the blinking yellow light in the middle of Absarokee (Stillwater County has NO red lights, as well as Carbon County next door) and stopping just inside the gates to the Cathedral Mountain Ranch (where we live now) just happens to be 26.4 miles. What a coincidence, no?

So, I got my “marathon” walk in after all. And Stacy upped the challenge for her by joining me at mile 10 – she only had 16 miles to walk! At the FNMR, our goal was always to finish in the “middle of the pack” at the Yellowstone Park in Livingston, so people didn’t have to wait for me to arrive. And that means each year we’d have to start earlier and earlier. Last year it was 4:30 a.m., which means we did a sub-8 hour marathon :-)

This time, most of our route was on the "Nye Road," a nice winding two-laner, mostly uphill for 19 miles, then downhill for the last seven. And being lazy...we didn't start until after 6 a.m., which was a mistake. As usual I hid all our food/drink caches in bushes (four different bushes), and off I went with Stacy meeting me at mile 10. What we didn't know, this being Memorial Day Weekend, most of Billings likes to take to the road to go either camping, hiking, or sightseeing - and the "Nye Road" is a favorite place with a trailhead at the end, and hiking trails everywhere. This means we were passed by a constant stream of cars, trucks, RV's, campers, and motorcycles, with little let-up. And the shoulder was VERY narrow. We seldom could walk side-by-side. Lesson learned.

Next year's edition will be done on a weekday, and before Memorial Day Weekend!! But I notched up one more marathon, oh....that reminds me, I have to find that file on my computer where I've logged all my marathons. Happy trails to you all - may you enjoy your time out on the trails, and keep away from popular motorist destinations :-). And may you not be as obsessed as I am about being a so-called "Mature Runner!"

RACE CALENDAR

July 3 – The Pony Trot – Pony, MT

July 4 – REACH Race for Independence – Bozeman, MT

August 7 – Sweet Pea Run – Bozeman, MT

August 14 – Bridger Ridge Run – Bozeman, MT

**September 9-11 – Montana Olympic Senior Games –
Missoula, MT**

**September 18 – John Colter Run – Missouri Headwaters State
Park, MT**

FUN RUN RESULTS

June 2 – Bozeman Creek

Place	Name	Age Group	Time	Pace
June 2, 2021				
Bozeman Creek - 1.0 miles				
1.	Teresa Galli	Adult	25:47	25:47
2.	Jake Oostema	Kids	40:45	40:45
3.	Madison Oostema	Kids	40:45	40:45
4.	Shawna Oostema	Adult	45:36	45:36
5.	Nathaniel Ohler	Adult	46:52	46:52
6.	Tycho Ohler	Kids	46:54	46:54
7.	Otto Ohler	Kids	46:54	46:54
Bozeman Creek - 3.0 miles				
1.	Kay Newman	Adult	27:14	9:04
2.	Thomas Hayden	Adult	30:11	10:03
3.	Steven Klein	Adult	30:12	10:04
4.	Angie Johnson	Adult	32:30	10:50
5.	Corey Johnson	Adult	32:35	10:51
6.	Tom Moore	Adult	32:48	10:56
7.	Kristin Harbuck	Adult	33:09	11:03
8.	Craig Hildreth	Adult	33:22	11:07
9.	Gail Cary	Adult	35:04	11:41
10.	Leon Shearman	Adult	35:21	11:47
11.	Joanna Cary	Adult	36:49	12:16
12.	Cooper Johnson	Youth	37:10	12:23
13.	Tracy Dougher	Adult	38:02	12:40
14.	C J Oostema	Youth	44:58	14:59
15.	Frank L Dougher	Adult	46:54	15:38
18.	Shane Abrahamson	Adult	1:09:41	23:13
19.	Jason Nicholas	Adult	1:09:42	23:14
Bozeman Creek - 5.0 miles				
1.	Steve McGuire	Adult	34:27	6:53
2.	Jacqueline McGuire	Adult	37:18	7:27
3.	Michaela Papke	Adult	42:00	8:24
4.	Zeke Smith	Adult	46:22	9:16
5.	Will Fox	Adult	47:20	9:28
6.	Rob Maher	Adult	47:57	9:35
7.	Daniel Zavadil	Adult	48:00	9:36
8.	Jack Smith	Adult	49:53	9:58
9.	Gro Lunde	Adult	52:22	10:28
10.	Kelly Sprinkle	Adult	53:59	10:47
11.	Randy Oostema	Adult	54:21	10:52
12.	Jeff Johnson	Adult	55:04	11:00
13.	Carrie Gaffney	Adult	57:13	11:26

June 16 – Tour de Critters

Place	Name	Age Group	Time	Pace
June 16, 2021				
Tour de Critters - 1.0 miles				
1.	Jack Dudas	Kids	20:50	20:50
2.	Aaron Mitchell	Adult	32:32	32:32
3.	Jay Dudas	Kids	34:02	34:02
4.	Tycho Ohler	Kids	40:26	40:26
5.	Otto Ohler	Kids	40:28	40:28
6.	Nathaniel Ohler	Adult	40:42	40:42
7.	Menno Ohler	Kids	40:59	40:59
8.	Merel Ohler	Adult	41:00	41:00
9.	Jean MacInnes	Adult	42:48	42:48
Tour de Critters - 3.0 miles				
1.	Mia Dudas	Adult	20:48	6:56
2.	Craig Hildreth	Adult	29:25	9:48
3.	Andrea Parsons	Adult	30:28	10:09
4.	Kristin Harbuck	Adult	32:51	10:57
5.	Jim Nallick	Adult	35:02	11:40
6.	Leonard Baluski	Adult	37:26	12:28
7.	Joanna Cary	Adult	40:07	13:22
8.	Steve McGuire	Adult	44:56	14:58
9.	Jacqueline McGuire	Adult	46:38	15:32
10.	Maddie Swica	Youth	46:56	15:38
11.	Jen Swica	Adult	46:57	15:39
12.	Sheila Nielsen	Adult	55:36	18:32
Tour de Critters - 5.0 miles				
1.	Zac Hiedeman	Adult	39:36	7:55
2.	Rob Maher	Adult	42:54	8:34
3.	Terry Leist	Adult	45:03	9:00
4.	Mike McCormick	Adult	47:05	9:25
5.	Robbie Lamb	Adult	47:21	9:28
6.	Alexander Douglass	Adult	49:05	9:49
7.	Randy Oostema	Adult	50:30	10:06
8.	Jeff Johnson	Adult	51:10	10:14
9.	Kelly Sprinkle	Adult	51:46	10:21
10.	Katrina Ivancic	Adult	54:04	10:48
11.	Michaela Papke	Adult	56:02	11:12
12.	Libby Khumalo	Adult	58:21	11:40
13.	Brennan Ryan	Adult	1:01:59	12:23
14.	Marian Birdsall	Adult	1:01:59	12:23

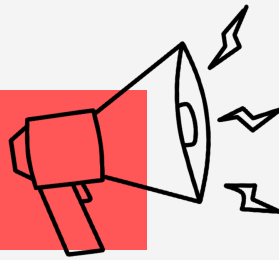
June 9 – Triple Tree

Place	Name	Age Group	Time	Pace
June 9, 2021				
Triple Tree - 1.2 miles				
1.	Alisha Grady	Adult	15:39	13:03
2.	Leon Shearman	Adult	23:46	19:48
3.	Teresa Galli	Adult	24:04	20:03
4.	Robert Wade	Adult	38:00	31:40
5.	Tycho Ohler	Kids	38:03	31:42
6.	Otto Ohler	Kids	38:21	31:57
7.	Nathaniel Ohler	Adult	39:46	33:08
8.	Merel Ohler	Adult	39:49	33:11
9.	Menno Ohler	Kids	39:50	33:11
10.	Tracy Dougher	Adult	39:59	33:19
Triple Tree - 3.3 miles				
1.	Robbie Lamb	Adult	29:50	9:02
2.	Tom Moore	Adult	41:04	12:26
3.	Anne Linn	Adult	41:09	12:28
4.	Tommy Bass	Adult	50:10	15:12
5.	Leonard Baluski	Adult	50:30	15:18
6.	Alexander Douglass	Adult	58:53	17:50
7.	Maddie Swica	Youth	1:01:04	18:30
8.	Jen Swica	Adult	1:01:05	18:30
9.	Angela Kocielek	Adult	1:08:55	20:53
12.	Viky Saab	Adult	1:11:57	21:48
Triple Tree - 5.4 miles				
1.	Ryan Grady	Adult	49:02	9:04
2.	Rob Maher	Adult	50:36	9:22
3.	Randy Oostema	Adult	58:15	10:47
4.	Jeff Johnson	Adult	58:16	10:47
5.	Carrie Gaffney	Adult	1:01:04	11:18
6.	Libby Khumalo	Adult	1:12:47	13:28
7.	Michaela Papke	Adult	1:13:11	13:33

June 23 – South Side Trail

Place	Name	Age Group	Time	Pace
June 23, 2021				
South Side Trail - 1.1 miles				
1.	Gary Hellenga	Adult	10:05	9:01
2.	Carrie Gaffney	Adult	10:32	9:25
3.	Leigh Holleman	Adult	11:03	9:52
4.	Tobias Holleman	Adult	16:00	14:17
5.	Tycho Ohler	Kids	16:53	15:04
6.	Merel Ohler	Adult	17:04	15:14
7.	Suzanne Winchester	Adult	17:58	16:03
8.	Shawna Oostema	Adult	20:49	18:35
9.	Jake Oostema	Kids	20:54	18:39
10.	Menno Ohler	Kids	21:07	18:51
11.	Nathaniel Ohler	Adult	21:10	18:54
12.	Kay Newman	Adult	21:12	18:56
13.	Otto Ohler	Kids	21:13	18:56
14.	Robert Wade	Adult	24:59	22:18
15.	Jean MacInnes	Adult	25:02	22:21
South Side Trail - 2.9 miles				
1.	Andrew Maritan	Adult	25:50	8:49
2.	Jason Nicholas	Adult	25:51	8:49
3.	Zac Hiedeman	Adult	25:56	8:51
4.	Cooper Johnson	Youth	26:25	9:01
5.	Jenna Fallaw	Adult	28:27	9:42
6.	Melissa George	Adult	28:28	9:43
7.	Craig Hildreth	Adult	30:47	10:30
8.	Sierra Holuman	Youth	31:51	10:52
9.	Leonard Baluski	Adult	36:26	12:26
10.	Frank L Dougher	Adult	37:13	12:42
11.	Mia Dudas	Adult	37:22	12:45
12.	Pam McCutcheon	Adult	40:49	13:56
13.	Kristin Harbuck	Adult	41:00	13:59
South Side Trail - 4.8 miles				
1.	Robbie Lamb	Adult	37:28	7:46
2.	Rob Maher	Adult	37:40	7:48
3.	Daniel Zavadil	Adult	37:54	7:51
4.	Randy Oostema	Adult	39:27	8:11
5.	Sam Kim	Adult	40:50	8:28
6.	Jeff Johnson	Adult	41:01	8:30
7.	Michaela Papke	Adult	43:38	9:03

Announcements



Sweet Pea needs volunteers and a new race director!

We are excited to announce we recently received approval to hold one of our iconic races, the Sweet Pea 5K and 10K, on August 7th : <https://winddrinkers.org/trailhead/races/>

We need many volunteers for walk-in registration & packet pick-up August 4-6 and early morning packet pick-up and flaggers(both certified & non-certified-no experience necessary) on race day. Sign up here: <https://www.signupgenius.com/go/409094cacad28a20-sweet5>

One of our race directors must relocate to Boston for work, so we are looking for someone to step up and help with the race this year during race week, and into the future. There is a stipend associated with this role. Let Jenna know if you are interested in the position or can even just help with duties on the day before & day of race.Thanks!
jenna_grimm@hotmail.com

Inviting Middle School Kids in Gallatin Valley to **RUN WITH US!**

Fall XC Season



Season begins Mon, Aug. 16
Practices Mon & Thurs 4:15pm
USATF Certified | Affordable
All Experience Levels
Skilled Coaches | Small Groups



Start loving this lifelong activity today!
Sign up @ Bozemantrackclub.org



Join the Bozeman Track Club for the fall country season!



BIG SKY WIND DRINKERS 2021 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

Mira Brody

Secretary & Newsletter Editor

Jacki McGuire

Treasurer

Darryl Baker

Membership Chair

Merel Ohler

Membership Team

Crystal Beckman

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