

THE WIND DRINKER

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



Photo by Mira Brody

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Wind Drinkers,

Summer races are in full swing! The Devil's Backbone took place July 17 before the smoke set back in and next up is the infamous Bridger Ridge Run. The water has been hauled to both the Baldy and Bridger aid stations and will probably be much-needed – it looks like it'll be a hot one this year. Thank to all who helped haul – your volunteerism has not been lost and will be considered should you put in for the BRR someday in the future.

Meanwhile, whether you are training or running for fun, be sure to drink plenty of water and monitoring the air quality closely. Happy trails.

THE MATURE RUNNER

By David Summerfield

Hey, I'm Still a Mature Runner After All

Oh dear, I might not be officially eligible to be in the "Mature Runner" club?! I don't feel I can in good conscience make fun anymore of the "over-the-hill" runners like myself. My so-called running exploits just aren't happening, so I have less to make fun of and I don't run into the classic "mature runners" anymore to chide – you know, the likes of Tom Hayes, Kyle Klickir, and....wait – the number of us does keep growing because everyone's getting older, so this exclusive club does keep growing.

Right now, though, I feel like I've "termed-out" as the saying goes. I coined this running club called "The Mature Runner," and did my best to be a member in good standing, but I'm hardly paying my dues, and should probably retire.

Well ... I wrote that last paragraph several weeks ago, and something amazing just changed since then. Having moved to Nye (look it up) a few weeks ago, I realized I did something today that surely qualifies me to still be a mature runner. I figured out a way to stop walking the downhills (they were too steep and loose rocky) and actually jogged down each downhill yesterday. So now when someone asks me "David, are you still running?" I can say "You bet I am!" Just don't come driving by as I'm doing my downhill shuffle. You'd have to yell out "David, you call that running?"

Actually, this is very exciting. For years, I had stopped running, or even trying to run. It was just too painful, and after a "run" I could barely walk. So, I just decided to walk everything, the flatter the terrain, the better. And that folks, started my body deteriorating, literally. I wasn't challenging the body, just making it as easy as possible to just put one foot in front of the other. Whenever I tried to get up to a 12-minute walked mile, the body just said flat-out "don't do that again!"

Then Stacy and I decided it was time to move out of Bozeman. It took several years, but the almost final truckload of stuff just got unloaded at 8 Dry Lake Trail in Nye, Montana. That was July 2. I couldn't imagine how I'd ever keep the body going up here. Nothing is flat, and the incline is steep, loose rocks, uninviting.

Then the bearer of a miracle appeared in the person of Stacy's brother, Kelly. He came out for a visit from New York, and was on a weight reduction program called Noom. He weighs himself every morning, eats a very prescribed diet designed by the "experts" and goes out for a hefty hike everyday. 30 minutes minimum. One morning, I watched him input his

weight online....so I asked if I could see his scale, and I discovered I weighed in at 144.0 pounds. Wait a minute – that used to be my “fighting weight” – what I tried to get to before a major race. And after the race, I’d be somewhere around 140 pounds. What was going on? I’m at my fighting weight now, and can barely walk. Incongruous. I thought for years I was gaining weight since I couldn’t fit in my pants anymore. The obvious conclusion had eluded me. All that happened since no longer going on long runs everyday was I was losing weight (muscle) above the waist, and putting it back around the waist. Could it really be?



My conclusion? I need more upper body muscle, and probably need more protein to help make that happen. And I can eat more appropriate foods, and start a serious “getting back in shape” program. I’m not trying to lose weight, but gain muscle and strength. Perhaps admitting this publicly could make it happen! That was several weeks ago.

The hills out here really are totally ridiculous. One thing I’ve learned from a lifetime of doing what I call “bodywork” (perhaps readers might question applying that word to what I do...) is to start doing an activity and just keep it up, gradually increasing the so-called “intensity.” Super challenging terrain? Needing a 4-wheel drive to get up the hills? Feeling like a slug inching myself up and down the steep grades? Again, start short and slow and don’t think those who pass by are making fun of you.

After a few weeks, the impossible hills didn’t seem quite that steep anymore, and as I said above, I finally started jogging down the hills (okay, wrong word, it’s called gingerly placing each foot further in front of the one precariously placed on a bed of loose dirt/gravel, and repeating in rapid succession). The knees are toughening up, and I don’t wobble as much after each outing (unless I forget and overdo it :-)

And adding to the excitement, Stacy and I have started biking. Seriously, these hills require a 4-wheel drive vehicle to get up. So biking it out up here - the roads are loose rock and we

can't bike out here. BUT, I realized we could just drive the bikes down to the Nye Road, take off safely onto a paved road. Yes, now we're "cross-training" :-) Yesterday's triumph was a 20-miler. The first four miles are rolling, following the Stillwater River downriver to Nye (elevation 4,857'), then there's a 5-mile uphill climb to get out of the valley, then generally downhill all the way to Absarokee (elevation 4,039'). It's a miniature "up over Bozeman Pass and down to Livingston" type of outing.

It's hard to describe the lift this has given my spirits. How did this happen? Here's my conjecture: I was in a rut, plain and simple. I had gotten into bad (or non-useful) habits. Really, I had to stop doing everything I was doing, and start all over. Coming to Nye, both of us had to start doing everything in a different way. Here's an example: the big project for today (after a 4 mile trail outing) was to find a way to rescue a hummingbird who had flown into the house, and wouldn't come down from the top beam in the living room (20' off the floor). He/she was getting tired just buzzing around hitting the ceiling for several hours. I managed to wrangle a huge extension ladder into the room, climb up and capture it with a pillowcase, and released the little guy outside.

Oh, and yesterday's big project after the bike ride was to drive to Absarokee (27 miles) to get a milkshake. Yes, one can't satisfy cravings quite as easily, but it does change one's way of life. So, why am I even talking about all this? Yes, we didn't have to sell our house and move 150 miles away to start over. Our goal is really to do everything better, in a more intentional way. And we weren't letting this work in Bozeman. Were we too set in our ways? Getting uprooted and putting down roots in a new flower pot is one way to do it. It was the only way we could think of. If you're good at things, I'm sure you could do it all in a simpler way. But....you never know...it's pretty exciting having a hummingbird family right outside our living room window. Who knows what's right for you :-)

-David Summerfield

FUN RUN RESULTS

July 7 – Leonard's Pizza Park

July 7, 2021

Leonard's Pizza Party - 1.2 miles

1.	Zolani Khumalo	15:41	Kids	12:10
2.	Tycho Ohler	18:22	Kids	14:14
3.	Merel Ohler	18:26	Adult	14:18
4.	Teresa Galli	19:40	Adult	15:15
5.	Otto Ohler	24:32	Kids	19:01
6.	Menno Ohler	24:32	Kids	19:01
7.	Nathaniel Ohler	24:34	Adult	19:03
8.	Shawna Oostema	25:51	Adult	20:02
9.	Jake Oostema	26:22	Kids	20:27
10.	Andrea Abrahamson	27:03	Adult	20:58
11.	Jean MacInnes	27:03	Adult	20:58
12.	Angie Johnson	27:05	Adult	20:59
13.	Tobias Holleman	29:38	Adult	22:58
14.	Robert Wade	29:39	Adult	22:59

Leonard's Pizza Party - 3.2 miles

1.	Leonard Baluski	30:29	Adult	9:24
2.	Sheila Nielsen	30:33	Adult	9:25
3.	Gail Cary	30:34	Adult	9:26
4.	Corey Johnson	35:38	Adult	11:00
5.	Tracy Dougher	36:45	Adult	11:20
6.	Kathryn Hohmann	39:03	Adult	12:03
7.	Andrew Maritan	39:43	Adult	12:15
8.	Joanna Cary	45:48	Adult	14:08
9.	Jacqueline McGuire	47:21	Adult	14:36
10.	Maddie Swica	1:01:41	Youth	19:02
11.	Jen Swica	1:01:42	Adult	19:02
12.	Elsbeth McClure	1:01:45	Adult	19:03

Leonard's Pizza Party - 5.4 miles

1.	Robbie Lamb	37:35	Adult	6:52
2.	Katrina Ivancic	37:47	Adult	6:54
3.	Randy Oostema	39:13	Adult	7:10
4.	Sam Kim	39:15	Adult	7:10
5.	Nick Waliser	45:21	Adult	8:17
6.	Michaela Papke	48:29	Adult	8:51
7.	Zac Hiedeman	50:13	Adult	9:10
8.	Sherri Renck	56:50	Adult	10:23
9.	Libby Khumalo	57:18	Adult	10:28

July 21 – Middle Cottonwood

July 21, 2021

Middle Cottonwood - 1.0 miles

1.	Teresa Galli	Adult	20:45	20:45
2.	Kristin Harbuck	Adult	24:41	24:41
3.	Kay Newman	Adult	29:43	29:43
4.	Suzanne Winchester	Adult	49:57	49:57

Middle Cottonwood - 3.0 miles

1.	Corey Johnson	Adult	49:29	16:29
2.	Andrea Abrahamson	Adult	52:45	17:35
3.	Gail Cary	Adult	53:46	17:55
4.	Eric Kennedy	Adult	1:07:39	22:33
5.	Jacqueline McGuire	Adult	1:21:54	27:18
6.	Steve McGuire	Adult	1:21:57	27:19

Middle Cottonwood - 5.0 miles

1.	Bjorn Laukli	Adult	49:28	9:53
2.	Patrick Warner	Adult	49:35	9:55
3.	Rob Maher	Adult	57:42	11:32
4.	Sam Kim	Adult	1:00:41	12:08
5.	Randy Oostema	Adult	1:02:53	12:34
6.	Nick Waliser	Adult	1:13:42	14:44
7.	Libby Khumalo	Adult	1:18:21	15:40
8.	Sherri Renck	Adult	1:23:25	16:41
9.	Michaela Papke	Adult	1:32:28	18:29

July 14 – Cherry Creek

July 14, 2021

Cherry Creek - 1.3 miles

1.	Leigh Holleman	Adult	24:53	19:08
2.	Tobias Holleman	Adult	24:54	19:09
3.	Robert Wade	Adult	32:37	25:05
4.	Jean MacInnes	Adult	32:38	25:06
5.	Anne Olson	Adult	32:39	25:07
6.	Mary Karau	Adult	32:40	25:07

Cherry Creek - 2.8 miles

1.	Jeff Johnson	Adult	27:45	9:54
2.	Carrie Gaffney	Adult	27:45	9:54
3.	Victor Pugliese	Adult	28:37	10:13
4.	Gail Cary	Adult	33:05	11:49
5.	Leonard Baluski	Adult	37:10	13:16
6.	Andrea Abrahamson	Adult	40:23	14:25
7.	Steve McGuire	Adult	41:58	14:59

Cherry Creek - 4.8 miles

1.	Ed Hays	Adult	33:42	7:01
2.	Robbie Lamb	Adult	33:42	7:01
3.	Jason Nicholas	Adult	33:43	7:01
4.	Rob Maher	Adult	35:27	7:23
5.	Randy Oostema	Adult	38:14	7:58
6.	Katharine Martin	Adult	39:35	8:14
7.	Sherri Renck	Adult	39:37	8:15
8.	Kelly Sprinkle	Adult	42:21	8:49
9.	Michaela Papke	Adult	55:25	11:32

June 28 – South Cottonwood

Place	Name	Age Group	Time	Pace
July 28, 2021				
South Cottonwood - 1.0 miles				
1.	Ryan Grady	Adult	30:53	30:53
2.	Alisha Grady	Adult	30:56	30:56
3.	Tobias Holleman	Adult	38:00	38:00
4.	Shawna Oostema	Adult	1:08:29	1:08:29
5.	Jake Oostema	Kids	1:08:55	1:08:55
South Cottonwood - 3.0 miles				
1.	Andrea Abrahamson	Adult	59:52	19:57
2.	Gail Cary	Adult	1:00:24	20:08
3.	Leonard Baluski	Adult	1:03:21	21:07
4.	Jacqueline McGuire	Adult	1:11:12	23:44
5.	Steve McGuire	Adult	1:12:11	24:03
South Cottonwood - 5.0 miles				
1.	Lindsey Sche	Adult	37:46	7:33
2.	Bjorn Laukli	Adult	38:26	7:41
3.	Mike Choi	Adult	39:11	7:50
4.	Robbie Lamb	Adult	40:04	8:00
5.	Rob Maher	Adult	43:27	8:41
6.	Randy Oostema	Adult	49:52	9:58
7.	Michaela Papke	Adult	1:01:57	12:23

RACE CALENDAR

August 7 – Sweet Pea Run – Bozeman, MT

August 14 – Bridger Ridge Run – Bozeman, MT

August 21 – Run for Respect – Butte, MT

1st Annual Law Enforcement Torch Run benefiting the Special Olympics. Run/Walk a 5K or a 1 mile course and enjoy festivities after including a Harley raffle drawing. Register before August 18 to guarantee a shirt. Put on by the Butte Piss and Moan Runners.

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

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

BIG SKY WIND DRINKERS 2021 OFFICERS

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Tracy and Frank Dougher

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Vice President

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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
- 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

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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