

YELLOWSTONE RIM RUNNERS

VOLUME 22 ISSUE 2 FEBRUARY 2003



HAPPY VALENTINES DAY!



From the President . . .

Ah, February. Thoughts turn to . . . yes! The red dress run! Besides that, most people think of love and such natures of the heart. Interesting, isn't it, that mankind has long attributed important emotions to the heart. We have even alluded to that in our literature and in many of our common phrases, such as, "let's get to the heart of the matter," or "at the heart of the investigation. . ." We even use references to the heart when we talk about delectable morsels of food, such as artichoke hearts. Thus the importance of the human heart has not escaped humans, even at the earliest dawn of our time on earth. As runners, we are intimately aware of our hearts, our heart rate, its ability to serve us and adapt to our demands for high performance, and of course, keeping it healthy.

February has long been tagged as "heart awareness month," or whatever the new title is, simply because of the connections referred to above. Health professionals come forward with important information about heart health, and so they should. **Heart disease is the number one killer of adults (both men and women) in this country.** Those who read this newsletter are already among those choosing heart-healthy behaviors. So, once again I may be speaking to the choir, but it never hurts to have your good habits re-affirmed. I once observed an open-heart surgery, up close and quietly. Wow!! My first thought was that the heart was LITTLE! How could such an important pump be such a simple little squirming thing covered in fat tissue? The more I learn about the heart and its wonderful work and its amazing ability to adapt, the more impressed I become. I'm glad I had that glimpse of the real thing; it hones my respect each time I ponder on the memory.

When we exercise consistently, our hearts become more efficient. With each beat, our heart pumps more blood than it did before we became active. That allows our heart to pump more slowly when we are at rest. The heart rate of a healthy, active person can be as much as 10 to 20 beats per minute slower. You probably knew that. Consider it in this perspective: that can translate into 10 million beats in a year!! Incredible! I remember many years ago an occasion when Dave Coppock was in the hospital and scared the nurses to death when his resting heart rate was only 38 bpm. Someone finally realized the connection between that low resting heart rate and Dave's high level of fitness. How versatile is this little resident of our chests; it adapts as we train, and at its best, in Olympic runners and cross-country skiers, it can increase blood volume as much as 2000% over resting levels. That is the training effect at its most impressive extreme.

Cardiorespiratory fitness (endurance) is closely related to the reduction of chronic disease, and in fact, plays an important role in the reduction of death *from all causes*. Amazing, isn't it, that this sport we love can have such a far-reaching effect on our longevity? However, running is not a panacea; it can't fix everything or protect us from all ills. Since we are talking about heart health, we should never ignore the importance of food choices. You know the basics: eat lots of vegetables and fruit, whole grains, high fiber, and especially, avoid saturated fat as much as possible. Consume healthy fats instead, and in reasonable amounts. Also, you should know your cholesterol levels and manage them, if necessary. Dealing with stress, anger and hostility are important, too, as is avoiding tobacco. One of the wonderful side-effects of belonging to this club is that it is a well-informed group of people, and we tend to share information about health and well-being. The best that we do for one another is simply to strengthen our bond with the active lifestyle. Oh, and of course, we take care of one another's hearts, in all its roles! Hope yours is fulfilled, healthy, and happy this February!! Diane

YRR OFFICERS - 2002 - 2003

PRESIDENT	Diane Standish	(406) 248-8094
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WEBMASTER	Jim O'Neil	(406) 245-8570
CLUB REPRESENTATIVE	Tony Banovich	(406) 259-6333

YELLOWSTONE RIMRUNNER STORE

Are you getting tired of those old running clothes, as comfortable as they may be? Are they getting a little worn out? How about out of style? Well we may have just the answer. Available for purchase is a plethora of YRR merchandise including sweatshirts, license plate frames, vests & jackets. If for some reason we do not currently have the item of clothing you are looking for (for example, water bottles, coffee mugs, shorts, hats, sweatpants, etc.), place a call to **Kate Novakovich** at 252-3038, and she will check into getting it for you. Let everyone who sees you running know that you are a member of the Yellowstone Rim Runners and proud of it. Of course, you will be helping our club at the same time. Here is a list of items currently available:

- Sweatshirts (color: grey) \$22.00
- License Plate Frames (color: blue and silver) \$15.00
- Vests and Jackets (color: neon yellow) \$30.00

Where in the World? New Zealand

John Hailstone had a great idea that we should all share running experiences from the places we visit. I like to hear about peoples' experiences, I know. Since I recently went to New Zealand, I guess that qualifies me to write about "somewhere else." It certainly is that—somewhere else. What a beautiful land. I was transfixed by the scenery from the moment I got there. On the plane I saw a magazine with a full page picture of scenery from some watery, misty, pretty place in NZ, and the caption said: "Welcome to Middle Earth. They haven't taken the set down." How true; many places looked like the perfect backdrop for ethereal scenes and scenarios from faraway, legendary lands. We made a point to see "The Two Towers" (Lord of the Rings) while we were in the country, since it had been filmed there.

We did not just pick New Zealand out of the hat, although John had always wanted to visit Australia. Our daughter, Kristen, did her student teaching for the fall semester in a country school on the North Island of New Zealand, and we decided that visiting her there would be just perfect, because it would be the Christmas holiday and summer vacation there, and she could show us around a bit before we all left the country to come home. The three of us rented a car and toured a bit around central NZ on the Northern Island, then flew to Queenstown on the South Island and did some day-trip activities from there for several days after which we returned to the North and Auckland to fly home. The North Island was warmer and we found sandy beaches and SUN there; the sun is brutal, though, so we got sunburned very quickly. I burned the bottoms of my feet—how silly! Everything was very green and lush and felt a bit like Hawaii, though in a simpler, quieter, cleaner way. The street names seemed like those of Hawaii, too, though they are from the Maori language. Many of the Polynesian peoples apparently share language sources. People were quite friendly and I never got tired of that lovely accent. I ran in Tauranga, one of the first places we stayed. It was warm and more humid than I am accustomed to, so I just enjoyed jogging and looking around. The hardest part was remembering which way to look when I had to cross a street!! (Cars drive on the left there, and so everything seemed "backwards.") I could see the ocean from most of the course I ran, which definitely made that a special occasion. I was raised on the dry, eastern prairies of Montana; water such as an ocean is still a marvel to me!

I didn't run much on our visit to the South Island, but I did walk a great deal. Much of the South Island of NZ is alpine mountains, and the scenery simply astounds. One of the highlights of our trip was a day hike in the valley below Mount Cook; alpine scenery, glaciers to view, hot tea/cocoa on the mountainside, viewing an avalanche (from a distance), and just being there, where one feels humbled by the forces and patience of time. Much of this island is uninhabited because of the dense foliage and high mountains; it is wonderful to view from the air. Queenstown was a quaint, comfortable place, and I would return there in a second. It boasts a peninsula ("The Gardens" with trails crisscrossing rose gardens and many varieties of trees, and one trail that follows the edge of the land all the way around. We saw lots of walkers there, and I'm sure runners find their way to that site as well.) If you want to run in New Zealand, go for it. Just remember to close your mouth and watch your step as you stare at the scenery! We have lots of pictures if anyone is interested. Diane



Where in the World – The Sequel

Some of you may recall an article from John Hailstone in the last newsletter asking that club members put together lists of where they have run. John and Charles Harper have agreed to take on the idea of compiling this into a database so that we can ultimately map (or at least list) all the places that we've run.

This is something that I've done for years. It's great to have a list that I can go back to rather than trying to rely on my marginal memory chip. And, every time I look at it, it always brings back fond memories of one run or another. As best as I can tell, I've run in 31 states, 158 U.S. Cities, 2 U.S. Territories, and 2 foreign countries. There have also been 3 (at least) National Parks and countless runs on trails and back roads that really aren't "anywhere".

There was the fort in San Juan, Puerto Rico, the mall in Washington, D.C., Rodeo Drive in Beverly Hills, the Las Vegas Strip, the Temple Square in Salt Lake City, Venice Beach in Santa Monica, the alligators in South Florida, the big meadow on upper Pebble Creek in Yellowstone, touchdown Jesus at Notre Dame, the Sears tower in Chicago, and the sun rise illuminating Lone Peak at Big Sky.

Of course there was also the morning run in Limon, Colorado after sleeping in my car on the way to a buddy's wedding, the 12-miler in the pouring rain and wind in Oakland, the heat and monotony of the King K highway from the airport into town, dodging cars in Orlando near Disney World (kid friendly yes, runner friendly no), the 110 degree runs in the California desert, and my first exposure to 90 degree heat and 100% humidity in Warrensburg, Missouri. (But you know what, even these were good runs in their own ways.)

My point in sharing this is that keeping track of where we've been allows us to well, keep track of where we've been. It helps you to preserve your own personal running history. So, I encourage you to develop your own list. Then, send it to John at bjs@mcn.net. I expect that we're going to come up with a pretty impressive club history of where in the world we've been. Let me see Kate Novakovich and Cindy Thompson in Dublin, Margy and Harvey Bonner in Budapest, Karen and Dan Gall in Japan, Chuck and Kathy Aragon all over Europe, Tony Banovich in Pony, Montana, etc, etc, etc..

Tony

Board Meeting Minutes—1/14/03

Members present: Diane Standish, John Hailstone, Charles Harper, Brad Coutant, Tony Banovich

Members absent: Dave Hofland, Kathi Renier

Treasurer's Report: Total income: \$6173.02
Total expenses: \$8275.72

Charles Harper to host the YRR web site (rimrunners.org) for free rather than having to pay an outside source in excess of \$100. Also, Charles will purchase the slated laptop sometime in February. If anyone has any ideas, please relay them to Charles.

Adjourned at 8:40 p.m.

HELLO FROM MICHIGAN.

Diane Legate and Janet Leone would like to invite any of you to join us at the Chicago Marathon this next October. If you have any interest, please email us at janet.leone@attbi.com or at dlegatemt@aol.com for details. We can help you with hotels, flights or any other information you need. We'd love to have any of you join us for a run in our neck of the woods.

Janet Leone and Diane Legate

Hi Folks: I thought some club members might be interested in the marathon relay at the Akron Marathon on October 11th. They are billing it as the USATF Club relay national championship. The relay is run by a 5 person team running 10k, 5k, 10k, 5k and 12.2k legs. There are age group awards and PRIZE MONEY. You can check it out at the link below. Brad Coutant

<http://www.akronmarathon.org>

RUNNING ON THE ROAD Brad Coutant

I've had a couple of recent experiences that demonstrate how running can make your travels more enjoyable.

During our vacation in October, Patty and I stopped in Denver for several days to shop and see the "big city". Before we left Billings, I searched the internet to see if there would be any races in Denver while we were there. After considerable searching I stumbled across a little untimed race called the Tour de Campus, sponsored by the Metro State physical education department. Even though it was the inaugural running of this particular race, it looked like fun, and was within walking distance of our hotel in lower downtown.

The race took place on what is called the Auraria Campus, shared by Metro State, Denver Community College, University of Colorado at Denver and the University of Denver. Even though many of the buildings date from the 1960s and 70s, it is still an attractive campus. There are several old churches, a 19th Century brewery that now serves as the student union, and a nice collection of restored Victorian cottages, including the home where Golda Meir lived, which are now used as offices.

After looking at the course map on the morning of the race we thought we would get lost for sure because the course looped all over campus and zigged and zagged and doubled back on itself several times. Our worries were eased when a golf cart zoomed by with a student sitting on the back pulling a chalk dispenser and laying down a chalk line for the entire length of the course. Plus the course was marked with flagging tape at every turn, and there were numerous course guards, even though there was little traffic on campus. We were also impressed by the nice T shirts and the ample bag of door prizes we received. Even though there were very few runners, it was still an enjoyable race and well organized.

By the way, if you're ever looking for a place to run in Denver, the city has a nice system of bike and pedestrian trails that follow Cherry Creek and the South Platte River. (Now all Denver needs in order to be considered a real city is to get an NFL team.)

I had to travel to San Diego for a conference in early December. Once again I searched the internet and found that the San Diego Track Club holds a track workout every Tuesday evening. The track was at Balboa Stadium less than a mile from my hotel, so I decided to drop by, even though I wasn't sure non club members were welcome. At the conference I happened to meet a runner from Provo named Jay. I mentioned I was going to the workout and Jay thought it sounded like a good idea, so we jogged over to the track together that evening.

I needn't have worried about not being a club member; coach Paul Greer and several other runners made us feel very welcome. Paul Greer is an instructor at San Diego City College, and a sub 4-minute miler who competed in the 1500 in the '92 Olympic trials. Another runner told us that Balboa Stadium, presently used as a high school stadium, is an historic location; not only did the Chargers play there in the franchise's early years, but the Beatles had also performed there!

I was astounded at the number of runners participating; there were about 50 of us in Paul's workout, and another couple dozen elite runners doing a separate workout at the same time. I felt like the small town rube: "Gollee, look at all them people runnin' in circles!" I also noticed that there was a higher percentage of younger people (many of them appeared to be in their 20s) than is typical of the Billings running community, though there were quite a few masters also. You would think it would be chaotic with that many runners on the track at once, but Paul kept us organized with bullhorn and whistle. We began with a few announcements: a young club member (about 14?) was going to the national cross country championships and was presented with a check to help with her travel expenses, another member was recognized for doing very well in a recent race, and then we got down to business. We ran three 800s, then 10 minutes of fartlek running (1 minute fast then 1 minute slow, etc.), then 4 laps running single file and taking turns sprinting from the back of the line to the front, and then finished off with some crunches (ouch). All in all, it was a great workout that accommodated different abilities, and it was a real hoot to be on the track with that many runners at once.

So if you're traveling for business or pleasure, check out the local running scene at your destination. It's a great way to get to know the area and meet some nice people.

Dear Rim Runners,

Thank you for your support and friendship these past seven years. The Arthritis Foundation is very appreciative of your generosity and community spirit. Jingle Bell Run 2002 was a huge success with 277 participants, over 100 more than last year.

The profit from Jingle Bell Run will enable the Arthritis Foundation to continue offering support and services to the many people in our community with arthritis. There is so much need. Thank you for being there for those people.

On a personal note, I want to thank you for saying yes to me seven years ago when I met your group at Perkins. I had no idea how to put a race together, and without your group, it wouldn't have happened. You have been there for the planning, the decorating, and the implementing. The Yellowstone Rim Runners are terrific!

I left the Arthritis Foundation the end of December but plan to help out whenever I can. I hope your group will remain a part of this winter fundraiser; the Arthritis Foundation needs you. I hope to see all of you next year at Jingle Bell Run 2003.

Happy New Year!

Best regards,
Marie E. Kelly

Retrace Lewis and Clark's Route

This will be the second year for the Headwaters Relay. It's a 264 mile, three day team event starting in Three Forks, Montana and ending near Island Lake, Idaho. For more information see: rimrunners.com/hw2003.html

Bighorn Mountain Wild & Scenic Trail Runs

If you're thinking about running one of the Bighorn Trail Runs, you better get your application in soon. The 30K and 50K events fill up really fast. Go to: www.bighorntrailrun.com Call the Sheridan Sport Stop at 307-672-5356 or send an SASE to:

Sheridan Sport Stop
Attn: Bighorn Trail Runs
208 North Main Street
Sheridan, WY 82801

Calendar Entries

Just a reminder - if you have a race or other event that you want listed in the calendar, **YOU** must let us know about it. Send us an email at yrcc@aol.com or call us at 406-245-8570. Thanks.

- Jim O'Neil & Sue Norwood

AHHH.... a tropical vacation in January. As I packed my summer running clothes the temperature outside hovered at 8 degrees. San Juan, Puerto Rico was our destination, thanks to Bill for selling enough Nestle products to win a trip. Arriving at the hotel, I perused the area seeking out possible running routes. A promise in the hotel directory for a map of running areas and bottled water from the bellman, was met with a blank stare when I queried the concierge.

On a quest for sunglasses the following day, the concierge casually mentioned a running store several blocks away, that might carry shades. Five minutes later we found "Runners City," a great store, complete with a running track for the floor, stadium seats for trying on shoes, video tapes of races rolling on TV screens, and numerous pictures of Puerto Rican elite runners. Manuel Candelario, the store owner is the sponsor for the elite runners. We were greeted by Stella, who soon became my new best friend for the remainder of the trip. She kindly showed Bill the display of sunglasses while I pumped her for information on the local running scene. The Torrimar Joggers are the local running club. They have several hundred members and ran the Chicago Marathon in October. They are training for Boston and New York in 2003. As an international country, Puerto Rico is awarded at least 120 numbers for Boston and New York, which eliminates the need for qualifying or winning the lottery. Typical races in Puerto Rico are run on Sunday afternoons, which is also their long run day. There are 3 races in San Juan. The Puente Teodoro Moscoso, a 10K run in February and won last year by Khalid Khannouchi and Paula Radcliffe. The Runners City 10K is held in August and put on by the store. The Torrimar Joggers Club is currently training for the San Blas half marathon scheduled for February 9. Twice a year, the group heads to the El Yunque Rain Forest for a 7.5 mile uphill run. The elevation change is 2000 feet from start to finish. How lucky for me the run was scheduled for 2 days later. When I inquired how to get to the rain forest, Stella invited me to ride with her and Manuel. I was so excited and knew this run would be the highlight of my trip. I was picked up early on Saturday for an hours drive to El Yunque. As we arrived at the start, runners poured from their cars, greeting each other with kisses and carrying gallon jugs of water as their contribution to the water stops. Over 90 runners lined up to hear instructions in Spanish given by Torrimar President, Jaime Casasnovas. He is affectionately known as the Fred Lebow of Puerto Rico. The first mile was flat, thereafter the ascent started quickly. It was stone silent, no one talking. Stella said runners were conserving their energy for the hills ahead. The temperature was 85 degrees, humid, although no rain which the runners usually experience. I carried a camera and took many beautiful photos along the way. There was water and Gatorade at every mile. The volunteers kept jumping in their vehicles to the next stop ahead. I was extremely lucky to be the first female to finish. (I think my hosts were gracious to the extreme.) The first male finished in 53 minutes and was a second place finisher at the Tampa Marathon. Other runners included the country's top triathlete, and Daisy, a bronze medal winner in track at the Olympics. Stella was the third female finisher and Manuel was on water duty. Post run refreshments included white bread with cheese spread and fried dough with guava paste and powdered sugar. Pictures of the event can be seen at www.trimalangos.com, click on Fotos De Eventos and Fogueo El Yunque.

I cannot tell you how warm and welcoming all of the runners were, despite our language barrier. Stella commented that her favorite part of the run is seeing all of her friends in the club. (Sound familiar?). I returned to the running store later in the afternoon to view pictures of the run. Stella and Manuel generously bestowed on me 5 shirts that capture the essence of running in Puerto Rico. Many of the club members dropped by, just to socialize.

I highly recommend a visit to Runners City if you are ever in San Juan. It was very apparent the running community is universally the same, no matter where one travels. I left Puerto Rico with promises of a return visit designed around a race, a smile on my face and warmth in my heart for Stella and the fabulous running experience I had.

Diane Legate



FEBRUARY BIRTHDAYS

Debbie Magilke	4
Charlie Peterson	8
Betty Brekhus	9
Jerry Brekhus	10
Jodi Hastings	10
Rodney Green	14
Diane Standish	17
Pam OKrucky	18
Lisa Armstrong	18
Ronald Burnam	23
Erin Larson	23
Rae Dawn Ten Bear	23
Kathy Aldrich	25
Bruce Daniels	26
Leon Shearman	28



Montana Women's Run Donations

Some of you may have missed the article in the *Gazette* in December about the Women's Run donations. For 2002, the Women's Run donated \$32,100, which is \$7,000 more than 2001! Recipients of the donations are:

1) Billings YWCA - \$17,000. Our YWCA helps women and children through 5 programs: Children's Services, Domestic Violence Program, Employment & Training Center, Sexual Assault Services, and Supported Living Program. State and federal funding for these programs is dwindling, so this donation will boost the YWCA's tight budget.

2) Deaconess Billings Clinic's Day of Health - \$11,000. The women's Day of Health has grown out of the Women's Wellness Conference, and is now 3 days. It provides free mammograms, Pap tests and blood lipid testing for women who are underinsured or uninsured -- women not covered by state or federal programs.

3) Montana State University - Billings women's cross-country program - \$2,000. This will help provide scholarship money to a female athlete in the 2003 season.

4) Yellowstone Rim Runners - \$2,000. This money helps the Rim Runners buy needed equipment for managing races. Another 2-sided clock is needed, as well as laptop computers.

5) RSVP - \$100. The Retired Senior Volunteer Program stuffs the athlete bags for us. It takes 20 people 2 days! It is a big job, and we are grateful they will do it.

Since the Women's Run started donating money back to the community in 1994, we have given a total of almost \$100,000! Many thanks to all of you have participated in this success either by entering the race or by volunteering your time and talents.

Ekkie Wedul, Coordinator, Montana Women's Run

WEEKLY CLUB RUNS:

MONDAYS & THURSDAYS: Meet at Cobb Field on North 27th and run a 6.7 mile loop up Black Otter and down airport hill. **6:00 AM sharp!** For your safety, please remember your reflective gear. If a holiday falls on Monday or Thursday, contact Deb Magilke at 406-252-7638 (H) , 406-657-8358 (W), or e-mail her at ddmag@jmt.net for time of the run (usually later in the morning).

TUESDAYS: Meet at Riverfront Park at the 1st picnic area at 5:45 PM. Bring your flashlight and reflective gear now that it's getting dark very early. Deb Magilke and Dee Schafnitz will lead you around the island and x-country course. Contact Deb at the numbers above.

SATURDAYS: Meet at the YMCA at 8:00 AM to run 1 hour; we now have a second group for those who want to run slower. Meet at 7:00 AM for a longer run. Join the group for breakfast and socializing afterwards at a local restaurant.

SUNDAYS: Call Deb Magilke (see numbers above) for location and time of the day's exciting adventure run!

CALENDAR OF EVENTS

- **If you have any race calendar additions or corrections, please call Sue Norwood at 406-245-8570 or send an e-mail to yrrc@aol.com as soon as you have the information so that club members will have adequate notice to participate. Thanks!**
- **Be sure to call the contacts for races and events listed here (or consult the official race entry/web site) before making plans. Times and dates sometimes change, or events may be cancelled.**

FEBRUARY

- 2/7-9 **GARDNER** **ANNUAL RIMRUNNERS' CROSS COUNTRY SKI TRIP** - Contact Mary Jane or Dan Hinckley at 406-259-3591. See the January newsletter or www.rimrunners.org for complete details.
- 2/8 **BOZEMAN** **FROZE NOSE** - Starts on the MSU Campus at Grant and 11th Street at 9:00 AM. Distances of 1.9K, 5K or 8.5K. Call Bob at 406-522-7064 or 406-585-0283.
- 2/15 **COLSTRIP** **SWEETHEART RUN** - 3M at 1:00 PM. Registration at 12:00 noon. One male/one female teams. Youth, Open and Masters Divisions. The race is put on by Colstrip Park and Recreation Department. Call Becky Ballew at 406-748-3326 or e-mail cprd@tgrsolution.net.
- 2/16 **BILLINGS** **ANNUAL RED DRESS RUN** - Fun run starts at 1:00 PM at Harv & Margy Bonner's house, 4613 Toyon Drive. Pot luck. Call 406-652-3914 for information.
- 2/22 **SEELEY LAKE** **SNOW JOKE HALF-MARATHON**. Run around Seeley Lake. 11:00 AM. Race day registration is \$5. Contact Pat Caffrey at 406-677-2661 or see www.cheetahherders.com

MARCH

- 3/8 **BOZEMAN** **HANDICAPPED FUN RUN**—9:00AM Grant & 11th. All runners get a handicap so everyone will finish simultaneously. No fee, no prizes, plenty of fun. Call Barb at 406-522-7064.
- 3/16 **BILLINGS** **SHAMROCK RUN** - 1:00 PM at Pioneer Park. Contact Kate Novakovich at 406-252-3038. See the February newsletter for further information. Downloadable entry forms are on our club website.
- 3/17 **BILLINGS** **MONTANA WOMEN'S RUN GETTING STARTED CLINIC** - Rocky Mountain College outdoor track. Eight consecutive Monday nights at 5:30 PM. Come out and enjoy the fun and fitness! Get ready for the Montana Women's Run. Call Ileta Coley at 406-245-4742 or Nancy Roe at 406-373-6479.

JUNE

- 6/20-21 **DAYTON, WY** **BIGHORN MOUNTAIN WILD & SCENIC TRAIL RUNS** - 30K, 50K, 50M and 100M. Limited entries!! Downloadable entry forms at www.rimrunners.org. See www.bighorntrailrun.com or call the Sheridan Sport Stop at 307-672-5356 for more information.

JULY

- 7/10-12 **THREE FORKS** **HEADWATERS RELAY**—A three-day, 264-mile team running relay from Three Forks, Montana, to the ultimate headwaters of the Missouri River. www.rimrunners.org/hw2003.html

FOR OTHER RACES AROUND THE STATE:

www.runmt.com/r/cal1.html



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