

YELLOWSTONE RIM RUNNERS

VOLUME 22

ISSUE 7

JULY 2003



HAPPY
JULY
4th!



Patriot Run In Columbus Mt July 12th

It's freedom day celebration in Columbus! Put on your red, white, and blue and join me for a 5k run/walk. This flat coursed race is mostly paved and starts at 9:00 am at the corner of 3rd Ave. and Quarry. (Across from the high school) It's held at the city park that provides a swimming pool and a playground area for the kids.

Runners, while you're enjoying the run, scope out the garage sales and join us afterward for a parade, rodeo, kids carnival, and a no junk auction, bingo and vendors at the little Metra (A few blocks east of the high school). Also, join us for the Hard Rock competition, street dance and beer garden at the Airbowl.

With registration you'll receive a patriotic baseball cap with embroidery lettering. See you there!!!

Ryan Grubb



Big Sky State Games 2003 - July 18 - 20

We need volunteers for the Road Races and the triathlon (10 preferred), especially Course Guards for the 5K Friday evening. This is a great way to get involved in giving back to your sport. Call me, Ekkie at (406) 656-6973, Brad Coutant at (406) 248-8765, Sean Phelps at (406) 256-6181, or the State Games office at (406) 254-7426. Others who will need help are Bill Harrington, Diane and John Standish, Margy Bonner, Deb Magilke, and Kathy Wilkinson. Athletes come from all over the state (the country, even) to participate, so let's present them with a class event.

The State Games take place July 18-20, with 34 sports. Surely everyone can find something to compete in! And the Opening Ceremonies on Friday the 18th at Daylis Stadium are always inspiring. I wonder who will light the torch this year?

The Road Races include the 5K on Friday the 18th, starting at 6:15 this year, 15 minutes earlier than last year, at Daylis Stadium. For you new people, come experience the thrill of finishing in front of the crowd gathered inside Daylis Stadium. Then walk in the Athlete Parade. On Saturday the 19th, the Half-marathon starts at 7am and the 10K at 7:30am, both in Laurel at Thiel Road and Hwy. 212 (the road to Red Lodge). Park your cars in Riverside Park (NOT Riverfront), and that's where the awards and food and massage therapists (\$5) will be. Remember to wear sunscreen!

Note that the t-shirt deadline is July 7. We extend the 10K and Half-marathon deadlines until July 16, and the 5K until noon on the 18th, but after July 7 you will not receive a t-shirt. Entry booklets and forms are available in the State Games office in Transwestern II, and at the fitness centers and sporting goods stores around the state. You can also enter online at bigsky-games.org.

Thanks to all the people who help put on all road races! You Rim Runners are awesome!

Ekkie Wedul

YRR OFFICERS - 2002 - 2003

| | | |
|---------------------|-----------------|----------------|
| PRESIDENT | Diane Standish | (406) 248-8094 |
| VICE-PRESIDENT | John Hailstone | (406) 245-2745 |
| SECRETARY | Charles Harper | (406) 245-7620 |
| TREASURER | Brad Coutant | (406) 248-8765 |
| MEMBERSHIP | Kathi Renier | (406) 628-1523 |
| NEWSLETTER | Dave Hofland | (406) 652-4587 |
| RESULTS | Tony Banovich | (406) 259-6333 |
| CALENDAR | Sue Norwood | (406) 245-8570 |
| PROMOTIONS | Kate Novakovich | (406) 252-3038 |
| VOLUNTEER COORD | Judy Burnam | (406) 348-2147 |
| EQUIPMENT | Debbie Magilke | (406) 252-7638 |
| YOUTH COORD | Renee Coppock | (406) 259-3335 |
| WEBMASTER | Jim O'Neil | (406) 245-8570 |
| CLUB REPRESENTATIVE | Tony Banovich | (406) 259-6333 |

YELLOWSTONE RIMRUNNER MERCHANDISE

Contact Kate Novakovich at (406) 252-3038 or knvakovich@worldnet.att.net to make a purchase or get more information about what's available. Here is a list of items currently available:

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

STAY TUNED FOR NEW LOOK AND NEW MERCHANDISE!!!

RUNNING TO EAT

After a short hiatus, I'm back forcing you to try new recipes. It seems that many of us get into a rut and eat the same two or three items regularly. Be brave—try something new! Your taste buds will thank you. This recipe, featuring couscous, is delicious and easy to make.

BAKED COUSCOUS WITH SPINACH AND PINE NUTS

1 1/2 cups boiling vegetable stock -- or water
1/2 teaspoon salt
1/8 cup olive oil
3 garlic cloves -- minced
1 large onion -- diced
28 ounces canned diced tomatoes -- drained
1 1/2 tablespoons minced fresh basil -- or 1 teaspoon dried
1/3 cup pine nuts (or substitute walnut pieces)
5 cups loosely packed fresh spinach leaves, torn into small pieces (or 1/2 box frozen spinach, thawed)
Freshly ground black pepper to taste
1 1/4 cup grated Fontina, Asiago or Parmesan cheese (Parmesan will add the least flavor)

Combine the couscous, boiling stock or water, and salt in a large bowl; cover with a plate. Let sit 5 minutes, then fluff with a fork. Preheat the oven to 375 degrees. Heat the olive oil in a large skillet over medium heat. Saute the garlic and onion about 5 minutes, or until tender. Add the drained tomatoes and cook 10 minutes more, stirring frequently. Stir the tomato mixture into the couscous and mix in the basil, pinenuts or walnuts, spinach, and pepper (note: if you're using fresh spinach, it takes up a lot of room; combine with the hot tomato mixture first to wilt the spinach and reduce the volume before mixing with the couscous).

Spread half the couscous mixture into a 11 by 7 by 2-inch baking dish or other shallow (2 1/2 quart) baking dish. Sprinkle on 1 cup of the cheese, then top with the remaining couscous. Sprinkle remaining cheese on top. Cover the dish with foil and bake 25 minutes, or until hot and bubbly.

Makes 6, 1 cup servings.

By: Renee' Coppock

NUTRITION TIP OF THE MONTH

Trying new foods helps us to add to our nutritional needs. Often, if we eat the same things daily, we lack essential elements in our diets. Although we all eat pasta, many people have not tried couscous. Couscous is a small-grained pasta, made of precooked semolina. It is popular both in Africa and the Middle East. Importantly, it adds a low fat protein to our diets. In fact, 1 cup of couscous has 36 grams carbohydrates, .25 grams fat and 6 grams of protein, all for only 176 calories. That is better nutrition than most sports bars, with less calories.

There are many recipes using couscous, often with a Middle Eastern flavor. It is extremely quick cooking, and can be eaten hot or cold. Find it at health food stores or in the pasta section of the grocery store.

By: Renee' Coppock

QUOTE OF THE MONTH:

The key to success? Work hard, stay focused and marry a Kennedy.

Arnold Schwarzenegger. Quotable Quotes, Readers Digest.

RECRUITING FOR THE RELAY!

Are you the type of person who can coax, flatter, wheedle, entreat, sweet-talk, browbeat, nag, harangue, harass, annoy, beg, plead, entreat, beseech, implore, shame, embarrass, or otherwise persuade another human being to do something?

Then I have a job for you!

I'm looking for people to help me sign up participants for the **Rim Runner 100**, and I don't care how you do it (short of committing one of the seven deadly sins or a major felony); I just want some warm bodies on the track. Contact me at (406) 248-8765 or bradpatty@mcn.net if you are interested. If you want to sign up some more people you can photocopy the form in this newsletter, or you can find more forms at the YMCA, Time Out Sports and Universal Athletics.

Remember, the **Rim Runner 100** is Sunday, August 10th at Daylis Stadium. This will be a social event as well as a relay; we'll have music, and feel free to bring snacks to share. Hope to see you there. Please have your registration forms to me by August 1st so I can get the schedule set up.

Brad Coutant

Enthusiasm and fear can describe the Montana Marathon training group feelings on any given long run day. This year's group of runners has met faithfully for runs of distances they have never run before, and can say they actually had fun. They have all been enthusiastic about stepping into the unknown territory of "long run", and been pleasantly surprised with the outcome. You experienced marathoners know the dynamics of group runs...the first 1-2 miles everyone talks about why they won't have a good run, what they did the night before to ensure a bad run, tell everyone if you are slow go ahead, etc. Then as groups keep talking and moving as cars pass you, runners find themselves alongside someone new, and the conversation takes off from there. Pretty soon you've run 8 miles and are turning around to head for home. They are tasting all sorts of good and horrible gels and bars and deciding what they like and what doesn't work. For some even running with a water bottle belt is something new and different. We have come to the point where I readily remember someone's life story rather than their name, but that's just because my memory is fading as I get older. Our training group has discovered that this is indeed a very small town and world, and all sorts of coincidences have happened. We are also sorry to say that some of our runners have developed injuries and will not be able to run the Montana Marathon. They are still with us in our hearts. And we welcome all our alumni runners who still show up for weekend long runs! Thanks!

If you want to know what we are up to check out the Time Out Sports website (www.time-outsports.com) or link to it from the Rimrunners website. We increase our long runs by @ two miles per two weeks. We are up to 16, and will encourage everyone to take part in the local races in June and July like Heart and Sole, Beartooth, and State Games. Then we will hit the marathon route in Molt for our 18 to 22 milers. That should really instill fear in everyone, including us runners who have done it hundreds of times. I keep telling new long distance runners that it never gets old, that I still get butterflies in my stomach and we don't fear 26.2 but we darned sure respect it.

Congratulations to the Montana Marathon training group for getting this far.

Kate and Cindy

Governor's Cup Race Results, June 7, 2003

5K Female Top 3: Nicole Hunt, Deer Lodge, 17:12; Sara Haagenon, Missoula, 19:30; Jennifer Thomas, Helena, 20:08
 5K Male Top 3: Matt Nelson, Colstrip, 15:38; Ray Hunt, Deer Lodge, 15:57; Joshua Ricardi, Bozeman, 16:05
 10K Female Top 3: Dani Salois-Shahan, Bozeman, 38:37; Lara Schulz, Bozeman, 41:10; Jane Mangold, Bozeman, 41:19
 10K Male Top 3: Joshua Ricardi, Bozeman, 32:51; Jon Wirth, Belgrade, 33:51; Paul Anderson, Boulder, 34:30
 Half-Marathon Female: Kathy Aragon, Billings, 1:25:29; Marcia Dige, Sand Coulee, 1:29:01; Ellen Swogger, Miles City, 1:30:07
 Half-Marathon Male: Jeb Myers, Browning, 1:15:27; Pat O'Connor, Bozeman, 1:16:59; Joseph Wirtz, Helena, 1:18:21
 Marathon Female: Kara Neil, Bozeman, 3:16:49; Michelle Flennikan, Bozeman, 3:20:44; Kelly Long, Clancy, 3:31:56
 Marathon Male: Brett Riley, Houston, TX, 2:41:00; Andy Burton, Butte, 3:05:56; John Keyes, Pierre, SD, 3:13:24
 Marathon Masters (F): Kathy Wilkinson, Billings, 3:39:28; Beth Jaenecke, Gallatin Gateway, 3:45:45; Lucille Wing, S.F., CA, 3:56:45
 Marathon Masters (M): Mark Tarr, Columbia Falls, 2:48:44; David Mathews, Broomfield, CO, 2:59:09; John Hallsten, Helena, 3:01:27

CONGRATULATIONS TO THE FOLLOWING RIM RUNNERS WHO PARTICIPATED IN THE GOVERNOR'S CUP AND DID AN OUTSTANDING JOB (my apologies if I missed anyone):

Kathy Wilkinson - Marathon - 1st Female - 3:39:28
 Kathy Aragon - Half Marathon - 1st Female - 1:25:29
 Debbie Magilke - Half Marathon - 1st in group - 1:34:34
 Travis Hutchinson - Half Marathon - 1st in group - 1:44:03
 Nancy Volesky - Half Marathon - 3rd in group - 1:54:28
 Diane Standish - Half Marathon - 5th in group - 1:54:54
 Anne Deboo - Half Marathon - 35th in group - 2:04:28
 Ryan Grubb - 5K - 7th in group - 21:05

BOARD MEETING MINUTES - 6/10/03

Meeting commenced at 7:05 pm

Members present: Diane Standish, Charles Harper, Brad Coutant, Tony Banovich, Dave Hofland

Members absent: John Hailstone, Kathi Renier

No old minutes to discuss.

Correction from June newsletter. The Rim Runner 100 is on Sunday (not Saturday), August 10, 2003.

New time clock was purchased for \$1,900 by Tony. Board approved reimbursement.

Herb Mangis approached Diane regarding interest in attending a Billings Mustang baseball game and a tail gate party before (and maybe after) the game. If you are interested, call (406) 652-4587 or send an e-mail to nolhtairt@aol.com. We will go to a home game possibly sometime in July. Everyone will be responsible for the cost of their ticket, but we will plan to purchase the tickets in a group to get a reduced rate and seats that are all together. Food for the tail gate party will be on a volunteer basis.

If anyone has the Rim Runner banner or knows where it is, please bring it back! No questions asked.

Meeting adjourned at 7:40 pm

July Birthdays

| | | | |
|--------------------|----------------------|--------------------|-------------------|
| 4. Mary Heckel | 11. Garth Quade | 20. Sue Johnston | 26. Jane Weston |
| 5. David W. French | 11. Rhonda Boyd | 20. Cindi Marten | 26. Lauren Mackay |
| 5. Gary Coley | 13. Kathy Slehofer | 21. Jim D. Mourich | 27. Judy Fura |
| 9. John Standish | 14. Richard Espeland | 21. Rod Wilson | 29. Susi Schuster |
| 9. Marcie Treumann | 15. Callie Thompson | 22. Shea Esp | |
| 10. Brendan Murray | 16. John M. Devitt | 23. Tim Hannifin | |



| 2 MILE RESULTS | | | 5K RESULTS | | | 10K RESULTS | | |
|--|----|-------|---|----|-------|--|----|---------|
| Male Overall: Jim Hodgson | 69 | 26:56 | Male Overall: Kelly FULTON | 21 | 16:42 | Male Overall: Tony BANOVIICH | 40 | 35:09 |
| Female Overall: Shannon George | 19 | 27:29 | Female Overall: Dani SHAHAN | 32 | 18:27 | Female Overall: Karen SANFORD-GALL | 43 | 39:08 |
| Male Age Group 0 - 13 Jaxon BANFIELD | | 29:09 | Male Age Group 0 - 13 Travis Hutchinon | | 23:09 | Male Age Group 10 - 19 Dillon BEDDOW | | 37:19 |
| James DILTS | | 30:35 | Justice MACK | | 24:01 | Dominic MUTH | | 40:20 |
| Stuart DILTS | | 31:36 | Austin DEAN | | 25:07 | Bryan HAMMERQUIST | | 44:45 |
| Male Age Group 30 - 34 Matt DURAY | | 28:54 | Male Age Group 14 - 19 Matthew WINTER | | 17:19 | Male Age Group 20 - 24 Lance AMI | | 43:42 |
| Jason BANFIELD | | 29:12 | Zach HUNTER | | 18:15 | Abram HAGSTROM | | 46:34 |
| Don BENTON | | 36:37 | John ZARN | | 18:20 | David ZIMMERMAN | | 51:49 |
| Male Age Group 35 - 39 Gregory FENTON | | 41:19 | Male Age Group 20 - 24 Brendan MURRAY | | 21:13 | Male Age Group 25 - 29 Jason BOWLES | | 38:04 |
| John WELSH | | 45:42 | Nathan GUSTAFSON | | 23:26 | Scott BROWN | | 40:29 |
| Male Age Group 40 - 44 Kevin WARNER | | 41:56 | Greg THOMAS | | 24:34 | Jeremy MORGRET | | 43:39 |
| Male Age Group 45 - 49 Steve DILTS | | 30:37 | Male Age Group 25 - 29 Chad COLEY | | 18:59 | Male Age Group 30 - 34 Mark RICKBEIL | | 41:31 |
| Male Age Group 50 - 54 Max KLOPCICH | | 27:46 | Phillip REINTSMA | | 19:44 | Jim BENTLER | | 45:56 |
| Bharat PAREKH | | 34:21 | Aaron VETCH | | 20:21 | Jay STEINER | | 48:03 |
| Butch SMART | | 37:50 | Male Age Group 30 - 34 Brent CROMLEY | | 19:17 | Male Age Group 35 - 39 Carl HANSON | | 38:46 |
| Male Age Group 55 - 59 John DAUBERT | | 39:01 | Michael SANDERSON | | 21:40 | Kris FRANQUI | | 42:38 |
| Wade EDWARDS | | 39:42 | Matthew DILWORTH | | 22:20 | Kent KUPFNER | | 44:43 |
| Male Age Group 60 - 64 Randy STONE | | 34:09 | Male Age Group 35 - 39 Shane GIESE | | 20:09 | Male Age Group 40 - 44 James HOLDEN | | 36:12 |
| Fred WHITMORE | | 34:52 | Jay MACK | | 21:01 | Jeff KANNING | | 40:47 |
| Bruce DAUGHTON | | 39:43 | Shane JACOBSEN | | 22:56 | Charles HARPER | | 41:24 |
| Male Age Group 65 - 69 Henry NUGENT | | 39:08 | Male Age Group 40 - 44 Donn RAYMOND | | 22:43 | Male Age Group 45 - 49 Dave COPPOCK | | 41:04 |
| Male Age Group 70 - 74 Bill SMITH | | 37:41 | Paul TOENNIS | | 24:00 | Dennis MURNION | | 44:26 |
| Gerald MAIN | | 45:54 | Craig CANFIELD | | 24:04 | Joe ROBERTS | | 44:51 |
| Female Age Group 0 - 13 Amberang LONG | | 31:09 | Male Age Group 45 - 49 Rog HUNTER | | 21:01 | Male Age Group 50 - 54 Gary NOYES | | 42:12 |
| Ashly BENNETT | | 33:58 | Randy PEARSON | | 23:41 | Patrick HATFIELD | | 44:34 |
| Bailey O'CONNOR | | 34:28 | Jim COSTELLO | | 28:28 | Douglas PETERSON | | 49:41 |
| Female Age Group 14 - 19 Tessa ROBERTS | | 36:28 | Male Age Group 50 - 54 David FRENCH | | 20:28 | Male Age Group 55 - 59 Virgill NALDRETT | | 49:10 |
| Joanna DWORSHAK | | 38:41 | David HERTZOG | | 20:45 | Bill HARRINGTON | | 49:58 |
| Kelly L. COLE | | 44:43 | Larry KEMP | | 21:06 | Del DENTON | | 54:25 |
| Female Age Group 20 - 24 Michelle BERST | | 30:18 | Male Age Group 55 - 59 Michael KENT | | 21:58 | Male Age Group 60 - 64 Walt PEET | | 43:41 |
| Carrie LARSON | | 30:18 | Gary COLEY | | 24:29 | Ralph CLARK | | 52:14 |
| Stacey SCOTT | | 31:25 | Steve DUGANZ | | 24:50 | Sigel ROSS | | 55:53 |
| Female Age Group 25 - 29 Christa DURAY | | 28:53 | Male Age Group 60 - 64 Dave VEEDER | | 24:04 | Male Age Group 65 - 69 Arvid WEDUL | | 1:02:03 |
| Lorri GELDER | | 30:18 | Vince RUEGAMER | | 31:34 | Male Age Group 75 - 99 Fran HARRINGTON | | 1:27:03 |
| Darcy WARNER | | 34:18 | Russ MILLER | | 34:06 | Female Age Group 0 - 13 Jessica BERRY | | 1:10:32 |
| Female Age Group 30 - 34 Kimberly PETERSON | | 28:44 | Male Age Group 65 - 69 Walt EGGED | | 28:41 | Female Age Group 14 - 19 Jolena KARLS | | 50:26 |
| Kim MCCLOSKEY | | 28:45 | Richard MOORE | | 30:58 | Amanda PIATTE | | 50:50 |
| Callie HANDLIN | | 29:11 | Jon SEVERSON | | 37:51 | Erica DOBBS | | 55:30 |
| Female Age Group 35 - 39 Karen LONG | | 31:39 | Male Age Group 75 - 99 John SEALLY | | 36:10 | Female Age Group 20 - 24 Maurie MCLAUGHLIN | | 42:07 |
| Teresa KELLER | | 35:31 | Female Age Group 0 - 13 Brooke HANSON | | 26:41 | Casey CAMPBELL | | 42:26 |
| Rebecca DONALDSON | | 36:15 | Amy ROGERS | | 31:10 | Tana KORNACHUK | | 43:30 |
| Female Age Group 40 - 44 Sandy SCOTT | | 31:24 | Lynsee BAZANT | | 33:10 | Female Age Group 25 - 29 Sarah GRAVES | | 45:27 |
| Patti SCHLADWEILER | | 34:46 | Female Age Group 14 - 19 Paige FREDLUND | | 23:49 | Katie FISHER | | 51:29 |
| Jacinta WALSH | | 34:48 | Jordyn KANNING | | 24:12 | Paulette GERSHMEL | | 53:55 |
| Female Age Group 45 - 49 Pattie PLOVANIC | | 30:12 | Kala REID | | 24:32 | Female Age Group 30 - 34 Elizabeth SACHSE | | 46:06 |
| Connie DILTS | | 30:54 | Female Age Group 20 - 24 Jennifer ST JOHN | | 22:13 | Kathleen HARRIS | | 51:10 |
| Cindy DONAHOE | | 32:00 | Kristen KYNAST | | 23:47 | Susan SCHULZ | | 54:31 |
| Female Age Group 50 - 54 Norene PETERSON | | 30:53 | Susie KIRKHAM | | 27:13 | Female Age Group 35 - 39 Rebecca POWER | | 49:31 |
| Carol TOMKINS | | 31:59 | Female Age Group 25 - 29 Olivia STIEF | | 25:38 | Kristen EVANS | | 51:37 |
| Penny KLOPCICH | | 32:51 | Tara COOK | | 25:52 | Cindy BRALEY | | 55:33 |
| Female Age Group 55 - 59 Patricia FEKETY | | 31:01 | Amy ROBSON | | 27:05 | Female Age Group 40 - 44 Pam OKRUCKY | | 46:22 |
| Deanna MARSH | | 32:50 | Female Age Group 30 - 34 Ramie STREETER | | 25:18 | Gayla JANSKOVITCH | | 52:51 |
| Linda WILKINSON | | 33:21 | Christina FRANQUI | | 25:46 | Druann KERNS | | 55:56 |
| Female Age Group 60 - 64 Josie FISHER | | 34:50 | Rhonda KING | | 25:56 | Female Age Group 45 - 49 Anita RAWLINSON | | 51:44 |
| Gretchen HENRY | | 36:21 | Female Age Group 35 - 39 Kathie PERRINS | | 21:21 | Kate NOVAKOVICH | | 54:35 |
| Sharon PETERSON | | 36:35 | Charleen HABEL | | 23:57 | Debbi BEARTUSK DOVE | | 54:38 |
| Female Age Group 65 - 69 Dorothy RIMMER | | 31:00 | Tina ICENOGGLE | | 24:05 | Female Age Group 50 - 54 Nancy VOLESKY | | 52:50 |
| Edna JONES | | 31:01 | Female Age Group 40 - 44 Kathy ARAGON | | 18:43 | Diane STANDISH | | 53:44 |
| Monica MCCORMILLA | | 33:04 | Becky YOUNG | | 24:22 | Exel WEDUL | | 55:35 |
| Female Age Group 70 - 74 Barbara TAYLOR | | 38:38 | Linda ZWEMKE | | 25:11 | Female Age Group 60 - 64 Beverly ROSS | | 1:09:19 |
| Lillian MEYERS | | 39:14 | Female Age Group 45 - 49 Eddi WALKER | | 24:12 | | | |
| Female Age Group 75 - 99 Jo SMITH | | 37:36 | Sue VOGEL | | 26:56 | | | |
| Charlotte STRIBLEY | | 41:13 | Ione YOUNG | | 29:46 | | | |
| Kay WILSON | | 41:14 | Female Age Group 50 - 54 Marcie TREUMANN | | 25:00 | | | |
| | | | Carla ZOELLER | | 30:52 | | | |
| | | | Jeanette SITTNER | | 31:04 | | | |
| | | | Female Age Group 55 - 59 Sharon HARRIS | | 25:40 | | | |
| | | | Mary PEET | | 29:38 | | | |
| | | | Ileta COLEY | | 29:53 | | | |
| | | | Female Age Group 60 - 64 Rosemary KENT | | 33:36 | | | |
| | | | Jean BROWN | | 38:59 | | | |
| | | | Susan BARROW | | 44:28 | | | |
| | | | Female Age Group 65 - 69 Ella MILLER | | 31:47 | | | |
| | | | Peggy STECKEL | | 38:03 | | | |
| | | | Karen PAGE | | 40:01 | | | |
| | | | Female Age Group 70 - 74 Marilyn JIMISON | | 49:17 | | | |
| | | | Bev BORER | | 58:13 | | | |
| | | | Female Age Group 75 - 99 Ada MCKEEN | | 33:33 | | | |
| | | | Ethel WARD | | 51:32 | | | |
| | | | Ev STRAIGHT | | 56:30 | | | |



HEART AND SOLE RACE RESULTS

6/14/03

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!** 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@imt.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 Contact Deb Magilke at the numbers above.

WEDNESDAYS: Meet at Pioneer Park near the tennis courts and stadium at 6:00 PM for a 5-mile run in the neighborhood.

SATURDAYS: During the spring and summer, join other runners doing marathon training for 10- to 22-mile runs in various parts of town. Contact Deb at the numbers above for time and location each week.

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

CALENDAR OF EVENTS

- Please call Sue Norwood at 406-245-8570 or send an e-mail to yrrc@aol.com for race calendar additions and corrections.
- 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.

JULY, 2003

- 7/4 LAUREL **CHIEF JOSEPH RUN.** 8-and 4-mile runs, 4-and 2-mile walks. Thomson Park, First Ave. N. and Sixth St. Registration 6 AM, races 7 AM. Laurel Chamber of Commerce, 108 E. Main, Laurel 59044.
- 7/10 THREE FORKS **HEADWATERS RELAY.** A three day, 264-mile team running relay from Three Forks, Montana, to the ultimate headwaters of the Missouri River. Don Demetriades, 406-539-0368. E-mail: dodemet@aol.com. See www.rimrunners.org/hw2003.html
- 7/12 COLUMBUS **INAUGURAL PATRIOT RUN.** 5K run/walk. 9 AM. City Park. Other activities, including fireworks. More information in this month's newsletter and YRRC calendar of events at www.rimrunners.org. Application also available on-line. Contact Ryan Grubb at 406-245-2552 for further information.
- 7/18-20 BILLINGS **BIG SKY STATE GAMES.** Half marathon, 10K, 5K, track & field events for all ages. 406-254-7426. Information and on-line registration at www.bigskygames.org. E-mail: info@bigskygames.org
- 7/19 BIG TIMBER **SWEET GRASS FEST.** 10K run, 5K run and walk. 8:30 AM. Download entry form at www.beartoothcomputer.com/rimrunners/sweetgrass/sweetgrass.pdf
- 7/19 BOZEMAN **SUMMER BIATHLON.** Bohart Ranch. 5K run/shoot. E-mail: dkhorsesmp@aol.com.
- 7/19 BOZEMAN **GALLATIN GALLOP.** 10K, 5K, 1-mile fun run. Contact bmastel4@yahoo.com. 406-556-9736.
- 7/20 W. YELLOWSTONE **SUMMER BIATHLON.** Rendezvous ski trails. 5K run/shoot. See <http://rendevousskitrails.com>.
- 7/26 MISSOULA **SUMMER BIATHLON.** Lubrecht Forest. 5Krun/shoot. E-mail: wwyatt@montana.com.
- 7/27 CANADA **BIKE TOUR OF THE CANADIAN ROCKIES.** Enjoy beautiful Lake Louise and Banff on your bike! Six days, approximately 250 miles. Contact Margy or Harvey Bonner (406-652-3914) or Kyle Forman (406-652-4955).

AUGUST

- 8/2 MILES CITY **ROW, RUN, RIDE TRIATHLON.** Team event. Canoe 8.8 miles, cycle 21 miles, then run 5 miles. Mass start for each event. Derrick Rodgers (404-232-5370) or Brent Certain (406-232-0050). See www.beartoothcomputer.com/rimrunners/runrowride/2003.pdf.
- 8/2 BOZEMAN **FIRST SECURITY BANK BOZEMAN CLASSIC.** 10K run, 5K run/walk, 1-mile children's run. 7:30 AM start. 25th year. Held on Sweet Pea weekend. Post-race music and party. E-mail: Bozemanclassic@yahoo.com Register on-line at www.active.com. Also race-day registration.
- 8/9 BOZEMAN **ED ANACHER BRIDGER RIDGE RUN.** Difficult 20-mile mountain top trail run. Sign up at www.active.com or call 406-586-8192.
- 8/10 BILLINGS **RIM RUNNER 100.** 100-mile relay with each participant running one mile on the track at Daylis Stadium. Begins at 7:30 AM. No fee. Great event for individuals, families, co-workers, or team mates of any age and all speeds. Food and music provided. In 2002, there were participants from age 4 to 74. Call Brad at 406-248-8765 or e-mail: bradpatty@mcn.net
- 8/16 LINCOLN **ESCAPE TO THE HI-COUNTRY.** 10K, 5K 1-Mile. Featuring pre-race spaghetti dinner on the 15th and post-race bluegrass concern by Mountain Grown. Courses are unpaved mountain roads and trails. Contact Melanie at 406-362-3067 or see www.escapetothehi-country.com
- 8/23 CHOTEAU **GRIZZLY MARATHON, 1/2 MARATHON.** 406-466-3333. www.grizzlymarathon.com
- 8/30 BOZEMAN **LEWIS & CLARK RUNS.** Marathon, 1/2 marathon, 4-person relay, 5K run/walk, kids' run. Brian Mastel, 406-556-9736. See www.lewisandclarkmarathon.com
- 8/30 MEETEETSE, WY **MEETEETSE ABSAROKA CHALLENGE.** 5K, 10K, 15K mountain races. John Fernandez, 307-868-2603 or 307-272-1553. E-mail: wyonando@tctwest.net. See www.meeteetsewy.com/rec/race.html

SEPTEMBER

- 9/6 THREE FORKS **JOHN COLTER RUN.** Headwaters State Park. 7 miles. Brian Mastel: 406-556-9736 or e-mail at runmt@montanagifts.
- 9/6 CLANCY **ELKHORN ENDURANCE RUNS.** 100K or 50K on mountain trails. Jim and Bobbie Pomroy, 406-227-7286. E-mail: pomroy@initco.net. See www.elkhorn100.com
- 8/13 ROUNDUP **RIMROCK ROVER RAMBLE.** 5K run, 1.5 mile walk/run with your dog. 10 AM. Roundup Fairgrounds. Flat paved and gravel course. Contact Jean Foster at P.O. Box 72, Roundup, MT 59072. 406-323-1348. E-mail: jandj@midrivers.com
- 9/21 BILLINGS **MONTANA MARATHON, 1/2 MARATHON, RELAY.** www.rimrunners.org/mm.html. E-mail: cathyclaxton@yahoo.com or call 406-248-1685.

OCTOBER

- 10/11 SPOTTED BEAR **LE GRIZZ ULTRAMARATHON.** 50 miles on forest road along Hungry Horse Reservoir. 22nd year. Entries close Sept. 27. All information and registration handled through www.cheetahherders.com.

FOR OTHER RACES AROUND THE STATE: www.runmt.com/r/cal1.html

TIPS FOR NON-RUNNERS

Modified by David Omen. Submitted by David Omen. From The Non-Runners Book by Ziegel & Grossberger

- 1) If under 40, get permission from your doctor to become a non-runner.
- 2) If a runner, get psychological counseling before starting non-running.
- 3) If you have been a runner, start slowly.
- 4) Warm down before you start non-running.
- 5) Never try to copy anyone else's non-running style.
- 6) Remember, non-running causes permanent damage to couches.
- 7) Stopwatches are totally unnecessary.
- 8) Non-running is safe at any speed.
- 9) Stay in bed...you can't run into anything.
- 10) Learn to avoid snoring...it takes energy.
- 11) Keep remote under pillow to avoid using energy to find it.
- 12) Adopt a rigorous program of staying out of shape.
- 13) Non-runners can eat all foods except food your mother says are good for you. Eat all you want. Try to not stop eating. Move your bed into the kitchen. Keep flashlight by the fridge. Stay in Clydesdale division.

SOME QUESTIONS NON-RUNNERS NEED TO ANSWER

Where do you non-run to? How much non-running to start? What if I get sore? Do I need a TV? How to find the time to non-run? What is the greatest non-running movie?

REMINDER!!!

CABIN TIME AGAIN!!

When: July 11-13, 2003

Where: Standish family cabin, main Boulder road 32 miles south of Big Timber.

What: Eating, relaxing, running, hiking, camaraderie, fresh air

Who: Our Rim Runner friends who want to spend the weekend "getting away" to the mountains.

What to bring: Bedding, personal items, BYOB, running gear, swimsuit (for the down-home style hot tub)

Food: Coffee provided. Otherwise, pot luck prevails. Bring 2 items from 2 different categories: breakfast, salad, main dish, dessert. We'll see what we get! **BYOB**

Questions? Call Diane @ (406) 248-8094

Please RSVP by July 8 at same number



A BIG THANK YOU FROM THE MONTANA WOMEN'S RUN

The day was cool and damp (alright, downright wet), but the Yellowstone Rim Runners showed up in full force to manage, run, and participate as road guards, finish chute volunteers, timers, announcers and volunteers for the post race celebration!! Without you, this marvelous event could not happen. Thank you for your continued support of women's health and fitness. Once again, you helped us to reach a new record for number of participants – 4,509 (or so). As you have heard several times by now, since 1994, the Montana Women's Run has been able to donate over \$100,000 back to the community for programs that benefit women's health and fitness. Our goal is to increase our level of giving each year. Thank you for making that possible.

We also need to thank our wonderful major sponsors: Deaconess-Billings Clinic, Y-93, KTVQ, Stockman Bank and Montana Dodge. No less important are our event sponsors, including Energy Laboratories for the Kids' Run (wasn't it great this year?), Olive Garden for Pasta Night, Scheels for the *Fini*, and Perkins for the Post-Race Celebration. Great American Bagel and Coke are generous and supply Bagels and drinks to the Getting Started Clinics and for Race day. Stellas provides us with all kinds of tasty baked goods for Race day and for the volunteers. And, of course, the Yellowstone Rim Runners, who manage the Race and provide timing and results. Way to go!!

We also offer congratulations to our 2003 Volunteer of the Year, Peg Steckel. What a lady! Peg's support of the run and women's health and fitness is amazing. She worked all week at race registration, helping out with bibs, shirts, volunteers and all other aspects of the race. Peg knows all too well the registration process, having put together the race bibs single-handedly for a number of years. A great tribute to a wonderful lady, in the name of her late husband, Jim Steckel. Legend has it that the two of them were the fiber that held the race together in lean years. Without them, there may not have been a Montana Women's Run this year. Thank you, Peg, for all your hard work and dedication!!!

Reneé Coppock, Chair of the Board



P.O. BOX 2424
BILLINGS, MT 59103

PRSR STD
US POSTAGE
PAID
Billings MT
PERMIT NO.779

