

YELLOWSTONE RIM RUNNERS

ROAD RUNNING NEWS FROM THE GREATER BILLINGS AREA



March 2011 Volume 29 Issue 3



Some of the Rim Runners who went to the YRR's Annual Cross Country Ski Trip.
Jennifer Ingram, Ryan Grubb, Janet, Mary Pickett, Terri Hogan



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Editor's note:

Greetings Rim Runners!

February was such an interesting weather month for runners. Just as roads and paths are almost completely melted off and spring is in the air...more snow falls to challenge our attitudes! I've always wondered why people get angry or depressed about the weather, after all, why waste energy being angry about something that is uncontrollable? Just roll with it and adjust your gear to fit the conditions. That said, I do struggle at times and need an attitude adjustment now and then.

On President's Day, I got a major adjustment! In my gluts and hammy's to be precise! In the morning, I went to my niece's 18th Birthday party for a therapeutic hour of painting a little clay bear at In Good Glazes. Then it was on to JC Penney's for a little shopping, had a coupon I just couldn't let go to waste. On the way home to change for a run with my friend Susan, the sun was shining and reflecting beautifully off the Rimrocks, so I get the brilliant idea to run the trail up on the rims.

It's always a bit or a lot windy up there, but not dealing with traffic is always a plus, so we begin trotting along at our usual warm up pace. The snow made it very difficult to go much faster, (we didn't wear our spikes because it was the beginning of Spring after all), but we tried. It was a work out beyond what I had imagined, that's for sure. After the turn around, I had such a hard time getting traction that I found myself laughing out loud! The snow wasn't that deep really, just a mushy, soft consistency. It seemed utterly ridiculous at times, definitely one of the most difficult outings of the winter. We both got to haughing (that's huffing and laughing at the same moment) and just had to take a breather.

After work the next day several of us decided to run in the Heights starting at the trail that begins at the new Main Street tunnel. The trails were completely cleared off and we had a great run. That trail has a lot of hills, curves, straight-a-ways, two tunnels, deer, sometimes a funky smell, and a bridge too. The best thing is that it gets snow removed by someone, not sure who, but I intend to find out and thank them!

To completely change the subject...when I sent off my registration for the Shamrock Run, I had no idea that mine would be the first entry. But that's what I learned after some good natured ribbing from Vince at the January Board meeting. Guess I get a bit overzealous at times, but I do like to plan ahead. So when you sign up for the Shamrock Run or renew your YRR membership, why not enter the Purple 5K, Crit, April Fools, and Jenni Kramer or some longer races too? I mean, your checkbook's already out and a pen is in your hand.

Makes sense to me!

Happy running!
Ronda Vukasin

April newsletter deadline:

March 27, 2011



Renew or begin the fun by registering for the 2011 Yellowstone Rim Runners' Annual **Shamrock Run!** Mark your calendar! Sunday, March 13th @ 1pm

Thanks so much to those who have shared race results & pictures! Please continue to send any race results, photos, websites, etc. to rrondevu@msn.com

The Man Who Fell To Middle Earth...

"Don't drive angry! Don't drive angry!"

Phil (Bill Murray) to Phil (groundhog)

Groundhog Day

Don't drive angry; race angry and then channel that energy to push harder. It's not a method to be used on a regular basis, but when the time is right it can provide a little extra motivation as well as burn off the negative energy associated with being angry.

Thus our tale begins...

Sunday, 20 February, was the annual Takapuna super sprint triathlon composed of a 500m swim off Takapuna Beach, a criterium style 10-lap 16K draft legal bike through the business area and a 2 ½ lap 4.2K run. Races begin at 0730 and end at 1800. The elite men's and women's races are broadcast live on TV. Blue sky, some fluffy white clouds, a flat ocean and sun galore were on the North Shore.

My wave of males aged 40 and over went off at noon. Transition opened just after 1100 and the 70+ participants began racking their bikes and setting up the rest of their race gear. Oops! Wrong spot guys the transition marshals said. You need to move over to the other side of transition. No worries and off we went. Once set up again, oops, the transition marshals told us to move to another set of racks.

As we got set up an announcement was made that because the water temperature was 76° F, wetsuits would be banned (YES!!). Disconcerting to some but great news to me as the weak swimmers would have to work harder to catch up on the bike. All that was missing was an agitated ocean with meter swells to really put the fear into the weak swimmers, but, alas, the water was nearly calm.

So much in life that takes place is contextual. In swimming, 500m is considered a distance event. In triathlon it's a sprint. Putting in 25,000+ yards a week for the past several weeks, I was hoping to live up to the Phelps name and do well in the swim. After the initial full contact start the field quickly spread out. At the turn back to the beach I found myself in the top three. I hit the beach for the 100m run to transition in the lead and was looking forward to sucking as much wheel as possible with the lead cyclists. Then I entered the anger zone.

As is the case with most triathlons, a paper number is issued to be worn on the front during the run. For this race bike numbers were also issued. Coming out of T1 with my bike, a transition marshal stepped in front of me yelling "You must have your race numbers on in the front!" This surprised not only me but everyone else screaming through the transition area. Frustration was mounting as the bus left without me. In a draft legal race you want to draft, not ride solo.

After a few moments, I realized that there was no way he was going to let me out of the transition area without my race number on the front. "It's not the rules!" I replied. "We only need it on the run." He stood there stoic and indifferent, in his mirrored wayfarers, radio ear piece and day-glow yellow vest. Meanwhile, others poured out of transition while I had to go get my race belt, make sure the number was on the front, and then get out on the bike. I went from leading the race to being about 20th.

Livid is the word I would use to describe my emotions at that time. For the first five laps I hammered the one mile loop trying to get back up to the front. Another thing I have discovered about draft legal triathlons we as age groupers suck at creating viable pelotons. Small groups of three or four would form, but for the most part the entire field was blown apart within the first couple of laps. Then to add further salt to my angry wounds, I got lapped by the race leader with two laps to go. #^&*!!!!

Blasting out of T2 and onto the run course I passed three guys within the first couple of hundred meters. "Don't race angry! Don't race angry!" Ah, shut up! Being agitated was fuelling my legs, driving me forward and all because I let a volunteer get under my skin. My temperature was rising, not only because of being mad, but also because the sun was high in the sky roasting each of us on the run.

The run course covered much of the same route as the bike course with the exception of couple hundred meters of grass and dirt each lap, along with a short, steep hill on the route. It's tough to gage one's progress in these types of events as competitors are constantly entering the course, and you're never quite sure if the person who passes you or who you are passing are on the same lap as you. For me, this meant just pressing as hard as possible in hopes of not igniting the mushroom cloud until after the finish line. Hot, and feeling the body start to wobble, a frantic drive towards the finish line took place. Up on the toes, arms pumping (well, they could've been flailing), trying desperately to catch the guy just ahead of me, and then it was over. Without looking at my watch the entire race I had managed to knock off 70 seconds from last year's event. While still having one of the slowest cycling splits in the age group (counting Mr. Transition Marshal's delay), my run was the 2nd fastest in the age group. Anger had fuelled a PR. Cathartic.



Kia Kaha!

Sean Phelps

"It's not the age sweetheart. It's the mileage."
Dr. Henry "Indiana" Jones, Jr.

Announcements...

Jeff Galloway to be in Billings; the weekend of YRR's;

Shamrock Run!

The Montana Governors Cup Marathon and its sponsors are pleased to present once again this year running seminars from coach Jeff Galloway right here in Billings, MT! On Friday, March 11th, he will be at Time Out Sports for a meet and greet from 6-8 pm. The following day on the RMC campus he will be hosting two running clinics. The running clinics are 35.00 each go to jeffgalloway.com to register. Jeff has also been invited back in September to be honorary starter for all events on race day. Call Time Out Sports at 245-9735, for more information. Registration will begin very soon.

RMC's Annual April Fools Day Run!!!

Enjoy a fun, **evening** run on the Rocky campus!

This is a Spring run to support Rocky's Cross Country/Distance Track teams.

Race begins at 5 pm, Friday, April 1st, so be sure to free up your calendar!

Entry Fee of \$15 is due with registration if registered by March 21st

***Register before March 21st and receive a T-shirt

T-shirts unavailable on race day

Registration on Day of the Race is \$20

Register at <http://www.rocky.edu/athletics/mensxc/MensXC.shtml>

Questions? Call coach Alan King 238-7371



The 33rd Annual Peaks To Prairie Adventure Race

The 33rd Annual Peaks To Prairie Adventure Race will be Sunday, April 17, 2011. The 8.8 mile run, 43 mile bike ride, and 23 mile paddle down the Yellowstone is open to duathletes and triathletes, both team and solo. New this year is a whole weekend of fun starting with the Grizzly Peak ski, run, bike event in Red Lodge which finishes at

Sam's Tap Room. Then shop 'till you drop and head over to Café Regis for the pre-Peaks pasta dinner. Settle in to the host hotel, the Comfort Inn, located next to bus pick up for the race. What a way to kick off spring! Registration for Grizzly Peak is at www.montanatiming.com, and registration is now open for all divisions in the Peaks To Prairie Race at www.peakstoprairie.org. Montana Timing will be officiating this year's race introducing antenna technology...no more mats! Shirts this year will be short sleeved DRI-FIT shirts. The finish line host hotel is the ClockTower Inn, located downtown and close to the finish line. Peaks to Prairie is sponsored by the Yellowstone Valley Cycling Club, and of course needs lots of helpers. If you can help out call 672-1772, or respond on the website.

March Birthdays...

Mark Bolt Jr.	03	01	Diane Jenkins	03	06	Terri Hogan	03	18
Jill LaRance	03	01	Jared LeFevre	03	07	Stephanie Selzler	03	18
Lynette Truelsen	03	01	Michael Marstaeller	03	07	Jace Almanza	03	19
Kelly Martinson	03	02	Monica Pena	03	07	Robert Hunter	03	19
Therese Harris	03	02	Chase Robinson	03	07	Santiago Pena	03	21
Kelly Martinson	03	02	Jennifer Walker	03	07	Terry Johns	03	22
Noah Woodring	03	02	Jennifer Walker	03	07	Jill Quade	03	22
Ashley Vralsted	03	02	Jarren Amen	03	08	Peg Steckel	03	22
Scott Palmer	03	03	Ronald Bender	03	08	Bob Flesch	03	23
Fred Thomas	03	03	Julia Guarino	03	09	Jay Graves	03	24
Brookelyn Conner	03	04	Heather Ellefson	03	10	Chuck Aragon	03	25
Levi Fox	03	04	Michael Sampson	03	11	Kelly Cole	03	25
Hayden Gall	03	04	Pam Daniels	03	13	Sarah Keller	03	26
Mary Pickett	03	04	Bud Jones	03	13	Judy McCormick	03	26
Patrick Erger	03	05	Maggie Vralsted	03	13	Wayland Smedley	03	26
Anthony George	03	05	Helen Pegram	03	14	Chase Zimmerman	03	27
Miquela Gerbasi	03	05	Leslie Flager	03	15	Alicia Mannin	03	28
Brad Coutant	03	06	Melissa Wood	03	15	Camryn Quade	03	29
			Angus Fulton	03	16	Jeff Bollman	03	30
			John Hailstone	03	16	Robyn Cummings	03	30
			Kevin Kofstad	03	16	Rob Almanza	03	31
			Arvid Wedul	03	17	Lane Vifquain	03	31

A QUICK TOUR OF MONTANA

by Brad Coutant

I've been touring Montana lately – virtually, not physically. While I've been holed up waiting for the effing snow to melt off the track, I've been checking out the web pages of the other running clubs in the state. It's fun to see how other clubs resemble the Rim Runners. Some of the other clubs state that they are open to "all ages and abilities" like the Rim Runners, and several clubs get discounts from local merchants. Many of the other clubs' events are also familiar to us: most clubs have some sort of weekly group run, and there are more St. Patrick's runs in Montana than you can shake a sheleightly at.

Despite these similarities, there are differences. The Bozeman Big Sky Wind Drinkers seem to focus more on trail runs, and even no-trail-at-all runs along ridge lines in the Bridger Mountains. The Helena Vigilante Runners emphasize track workouts with a weekly session held during the noon hour. Participation is good, with about 50 runners competing in twice yearly "scrimmages" where they race a mile with the group divided into two teams. Helena, Bozeman and Missoula all have an annual one mile road race. The Run Wild Missoula club hosts a monthly "beer run" that begins and ends at a different drinking establishment every month. The Rim Runners are unique also; I haven't seen another club with a run and bowl event!

There are also differences in the governance of the clubs. The Wind Drinkers have two presidents and four vice-presidents. (I wonder how that works?) The Run Whitefish board of directors consists of only three or four people; the Vigilante Runners have 15 board members. Run Wild Missoula actually has two paid staffers – an executive director and the race director of the Missoula Marathon.

There's obviously no one right way to run a club. Each club has figured out what works for them and found their own way of enjoying this great sport of ours. Here's some web page links if you want to take your own tour:

Bozeman <http://www.winddrinkers.org/>
 Butte <http://buttespissandmoanrunners.com/>
 Great Falls <http://racemt.com/>

Helena <http://www.vigilanterunning.org/>
 Missoula <http://www.runwildmissoula.org/>
 Whitefish <http://www.runwhitefish.org/>

Secretary's Report

Board Meeting February 8, 2011 at Good Earth Market

Attendees:

Board members: Dave Coppock, Daniel Hillman, Nancy Hillman, Vince Grewe, Ron Burnam, Ronda Vukasin Heather McPhail

Montana Cup: Alan King **Montana Marathon:** Cindy Thompson

Purple 5K: Chris Hernandez

Rim runner members: Ryan Grubb, Bill Harrington, and Stacey Trotter

Old Business:

Vince Grewe went over the Treasures report.

New Business:

Jeff Galloway will have a greet and meet on March 11, 6-8pm, and will offer 2 Running Schools

When: Saturday, March 12, 2011 9 a.m.-noon & 1-4 p.m.

Where: Billings, MT - Rocky Mountain College

Description :For more info, contact Time Out Sports, 406-245-9735 or sign up at http://jeffgalloway.com/resources/running_school.html. Fee: \$35

Woman's run: May 7th

Getting Started Clinics: March 14th – May 2nd

Kids' Run: May 3rd

Pasta Night and Women's Health Expo: May 6th

Run Turkey Run-Kelly Fulton presented before the board a running event he is getting organized. The event would take place in Billings on Thanksgiving Day to benefit the Food Bank! Kelly had contacted several local businesses including the Good Earth Market who offered their Parking lot for start and finish. Kelly's idea was to offer a run here in Billings as an alternative to Thanksgiving day run in other cities in the state. Currently he is planning a 1 mile fun run and 2 and 4 mile loop runs. The board passed a motion to have Kelly continue his efforts and return with a committee committed to planning the running event.

Shamrock Run and Registration renewal- posters were handed out at the board meeting event takes place at Pioneer Park. 5K run starts at 1:00 p.m. There will be a 1 mile kid's run at conclusion of 5K on sidewalks in and around Pioneer Park. Pre-Registration: Complete registration form and mail it, along with a check payable to Yellowstone Rim Runners at P.O. Box 2424, Billings, MT 59103 or got to Time Out Sports, West Park Plaza on Saturday, March 12, 2011 from 10:30 a.m. – 2:00 p.m. Race day registration is from 11:30 a.m. – 12:30 p.m. at Zimmerman Center, Pioneer Park. For more information, contact Race Director Bill Harrington at 406-855-1069.

The Crit and Purple 5K posters were handed out The Crit Bike race takes place on Saturday March 25 and the Purple 5K on Sunday March 26

***Next Board Meeting will be March 8, 2011 @ 6:30pm at Good Earth. Market if you would like to join us for a run before the board meeting meet at the Good Earth parking lot at 5:45pm. Please remember everyone is invited to attend. Don't forget reflective gear.

(Secretary notes submitted by Nancy Hillman)



The scene at the board meeting held on Tuesday, February 8th, upstairs at the Good Earth Market.

San Diegueto Half Marathon, San Diego, CA

I was extremely fortunate to be able to participate in the San Diegueto Half Marathon in San Diego, California on Sunday, February 13, 2011. I was able to work the run into a two-week vacation my father and I took to Las Vegas, Palm Springs, and San Diego.

I had never run a half marathon this early in the year, but I felt fairly confident I could run a competitive race as I had kept up a fairly rigorous training regimen during the cold months in Billings. My last training run occurred just over a week before race day. My dad and I found a beautiful, remote nature preserve only seventeen miles from the Las Vegas strip by the name of Red Rocks. After hiking to a waterfall in the park one afternoon, my dad suggested he drive me there the next morning for a practice run. I took him up on the offer, and the run was certainly a challenge, with steep, rolling hills on the fifteen mile course. The beautiful scenery was certainly a compensation, though, and I enjoyed seeing two burros (wild horses) gaze over at me on the side of the road as they grazed.

Just a couple of days before the race, I decided to run barefoot along the beach where we were staying in San Diego. I had done this several times before when vacationing in Hawaii, and always enjoyed the unique sensation, as it is something I never do in Montana. The run was uneventful, and I didn't notice anything amiss until I put my foot in the shower to rinse off the sand after the run. I suddenly felt a sharp sting on the bottom of my right toe, and I found a large tear of skin with a fair amount of blood emanating from the wound. I must have stepped on a sharp rock or seashell while I was running, but I didn't even notice it at the time it happened.

Would I be able to run the race two days from now? All I could do was clean and bandage the wound, rest my feet as best I could, and hope for the best.

On Sunday morning, my dad drove me to the county fairgrounds where I took a shuttle bus to the race start. The temperature was only in the forties at this time, and I noticed I was the only person wearing a sleeveless shirt, while everyone else was bundled up in jackets. A couple of runners made expressions of amazement when they saw me getting onto the bus dressed so lightly, but when I explained I was from Montana, they seemed to instantly understand and required no further explanation.

The race featured a 5K as well as the half marathon, and there were over three thousand participants in both events. The temperature was probably close to 50 degrees at start time, and it was comfortable conditions throughout the event. I was grateful that my injured right foot did not bother me when I started running. At about mile four, however, I did feel pain coming from my wounded toe, and it kept on for about two miles. I told myself to run through the pain and that it would get better. I'm glad I did this, for once the pain subsided it did not return during the run.

It was a challenging course with constant, rolling hills, but the scenery was fantastic. We passed nice homes, a golf course, a couple of lemon orchards, the road was often bordered on both sides by pristine forest. I appreciated the fact that the course was well manned by volunteers, and every mile we were read our split times. There were numerous water stops, and beer and sangria were available for those who preferred alcohol. I was amused to have a man dressed in a pink dress offer me a cup of sangria at the last water stop.

I felt satisfied with a finish time of 1:30:13, as the terrain was fairly challenging. The race was a fun, unique experience, and I would certainly consider doing it again (although I think I'm done with running barefoot on the beach). As for San Diego, I cannot speak highly enough of the city. The climate is very pleasant with warm temperatures and sunshine, and the city generally does not have the congested feeling associated with Los Angeles. My personal favorites included SeaWorld, Air and Space Museum, and the Museum of Natural History. You certainly will not have to worry about getting bored, as there is no shortage of things to do. Brendan Murray



Photo Gallery

FROZE NOZE 2011



Rex giving race directions.....



2 mile winners– Ekkie Wedul & Joe Casey



Okay John, this is how it's done!



Ally, Brad Coutant, Nora Phelps, Ryan Grubb



Carla Zimmerman



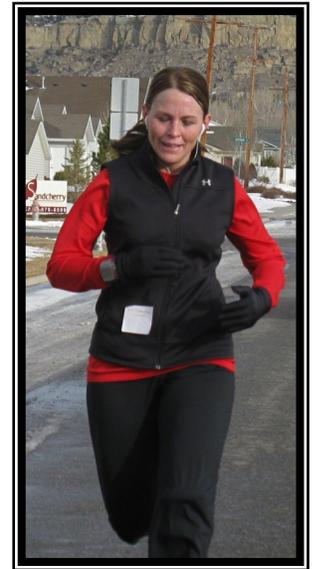
Runners, are your noses froze yet?

Photos courtesy of Ryan Grubb, thank you!

Cupid's Run 2011



Cupid hit the target....
there was good turn out for the run!



Carla Zimmerman
bringing it in with a
smile!



John Hailstone kickin' it!



A few of the West High kids with spirit to be envied!



Friendly, Smiling Valentines!



Annual YRR Cross Country Ski Trip to Yellowstone Park



Julie Blakeslee , Lori Christensen



Therese Harris & Jennifer Ingram

In the snow coach!



Katy Wilkinson



A Bison Story, by Ryan Grubb

While coming back to Mammoth Hot springs on the snow coach, after cross-country skiing, I was fortunate enough to ride upfront (shotgun) with the driver. So I asked her how deep of snow these coaches can go in. Let me explain what the coach is. Picture a large passenger van holds maybe 10 or 11 people. They take the wheels off and replace them with snow tracks. The driver tells me that the coach can not go in deep snow. In fact, if she even went off road slightly the van would be stuck! Also, she said that she has to watch out for bison pies, similar to cow pies. She said I can't run over the pies. Ok I had to ask why? Her reply was that the bison pies get so hard that they will break the track system on the snow coach. My first thought on that comment was " Now that is hard s%*t!"



An Observation...

When you are in Yellowstone park in the winter. The bison tend to walk the roads more than in the summer time. Why? Because it easier, no deep snow on the road. But this creates a problem driving your car down the road. When 10 or 15 bison are on the road, they take up the whole road. It also makes it a challenge to get around the bison. I observed a driver going around the bison. This driver used their turn signals while going around the bison. " Now that is a safe driver" I'm sure the bison appreciated the use of the turn signals. Makes me think of that bumper sticker that states " Forget about world peace, visualize using your turn signals. "



Why run the Wulfman's CDT 14K, by Nicole Hart...

Butte's running club, The Piss and Moan Runners, will host this year's fourth annual Wulfman's Continental Divide Trail (CDT) 14K on Saturday, 18 June. We're hoping for a repeat of last year's pleasant Summer Solstice weather.

This race runs along Butte's scenic section of CDT between Homestake and Pipestone Passes and it celebrates the trail and the memory of one of its greatest local proponents -- the late John "the Wulfman" Wulf, who was the God Father of Butte running.

The route will be run in the opposite (north to south) direction than last year, offering 180o offset views of the majestic rock formations among spectacular mountain vistas.

Hardcore trail runners do not rate this trail as "technical." It offers sound footing in most places, and the grades are USFS standard. Previous year's participants have rated the trail itself as the most attractive element of Wulfman's race. Wulfman's race is our club's premier event, one we think you will enjoy and remember. We'll provide everything we did in previous years, plus several new twists:

- There will be no race-day registration. We have a 240 entrant limit, and the first 50 entrants win a free pair of Wulf gloves! Last year registration closed in May, and we anticipate it closing much earlier this time.
- Race proceeds will be used to develop the CDT throughout SW Montana.
- Busses will transport runners from the parking area to the starting line.
- Seeded time-trial starting that allows each runner an unencumbered tour or the narrow single-track trail.
- Two aid stations.
- Registration fee again includes the complimentary post race picnic at Homestake Lodge, which offers a large wedding tent for our gathering. As possible, the picnic food will be homemade with locally grown ingredients.
- We are offering the choice of selecting a race T-shirt with art by Steve Rumley of Helena who created the winning work in our '10 art contest.
- Generous sponsorships from Butte Pathology LLC & St. James Hospital also have allowed a \$600 prize purse in addition to great overall and age-adjusted masters prizes. Additionally, there will be awards for age groups, time prediction, Fourth-Timers Club, and of course there will be random prizes.

We hope you will come run this race and then stay around for the picnic!

Find lots more details and registration at www.buttesspissandmoanrunners.com.

More Favorite Races....

Dan Hinckley, *Mountain View Trail half Marathon*, mid October in Utah. A real laid back race on Antelope Island State Park in the middle of the great Salt Lake. No awards ceremony or age groups, they track places by overall finish and gender. A little dirt road at the start but the rest is on trails through buffalo, mule deer and sagebrush. Beautiful view of part of the Great Salt Lake and the Wasatch Mountains if you can look up. There is a barbeque at the end. Just like in the 80's there is beer at the finish, in Utah? Go figure. Everybody gets one beer. RACE ADVICE: A lot of the runners won't drink so try to get to know some during the race and talk them into getting their beer for you!!

Yellowstone Rim Runners' Meeting

The next Board meeting will be on

March 8th, at the Good Earth Market, 6:30 p.m.. Anyone who wishes can meet in the parking lot at 5:45 for a short group run prior to the meeting.

All are welcome!!!

Race Results...

ING Miami Marathon 1/30/2011
Alan King 2:42:54 16th overall, 3rd division

2011 Chevron Houston Marathon 1/30/2011

Sarah Graves 2:47:21 4th division

Jen Reiter 3:36:14

Liana Susott 4:05:19

Debbie Magilke 4:52:49

Chevron Houston Half Marathon

Deana Richmond 2:17:43

January 15, Teton Ridge Classic, Driggs, Idaho, 14k Classic

Dan Hinckley, 2nd age group 70-74, 1:29

January 22, Montana Winter Senior Olympics, Bohart, 15k classic,

Dan Hinckley 1st, 70-74 age group.

Cupid's Run, Billings 2/12/11

Travis Hutchinson 18:41 Rachel Jones 20:53

Congratulations!

YRR Annual Froze Nose 2/6/11

2 MILE RUN

FIRST PLACE TEAM Ekkie Wedul

Joe Casey

SECOND PLACE Ali Dinstel

Ashley Hassler

THIRD PLACE Debbie Magilke

Judy Burnam

4 MILE RUN

FIRST PLACE TEAM Alan King

Lisa Minnehan

SECOND PLACE Corey Berry

Dave Coppock

THIRD PLACE Jason Schuerman

Carla Zimmerman

HIGH GAME---Alan King (181)and the traveling trophy

MOST STRIKES---Ryan Grubb

MOST SPARES---John Hailstone

MOST IMPROVED BOWLER---Ryan Grubb (162)

Substitute bowler for Deb---Chris Johns.....where's that wimp Terry Johns??

There were 23 entrants this year vs. 32 last year....but just as much FUN! I keep wondering how long Nancy and I are going to keep the "over 200 badge" that we have to give out! This was the 11th year that we have been putting this on, and the help has been awesome. Thanks again this year to Peg Steckel (timing), Deb for prizes and all the course guard signs that I put out. Our Granddaughter Megan knitted head warmers for winning ladies. Six of them. Was someone complaining about the weather being too nice last year. Well, I was in charge of the wind and cooler stuff this year. (what if it had been ran on the 7th---WOW)....Practice your bowling... See ya next year....Wrecks

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BILLINGS, MT 59103

ADDRESS SERVICE REQUESTED

CALENDAR OF EVENTS

March 11, Jeff Galloway "meet & greet", at Time Out Sports, 6-8 pm. Sign up for running clinics held at Rocky Mountain College on the 12th. Two times available, for more information and to register go to jeffgalloway.com

March 12, Run to the Pub, Bozeman. Half marathon or 10K runs hosted by Pub 317. Go to www.pub317.com

March 13, Shamrock Run, Pioneer Park. Official start the running season! Renew your membership to the Yellowstone Rim Runners or join for the first time! Entry form on the YRR Website. Sign up your entire family, it's worth it!

March 26 & 27, Crit & Purple 5K, Downtown Billings. Crit takes place on Saturday evening and 5K is on Sunday at 10 am. Register soon at changeforrealchange.com

April 1, Annual Rocky Mountain College April Fool's Day Run, RMC Campus.

April 9, MSU-B Jenny Kramer Fun Run, on MSU-B campus, Billings.

April 17, The 33rd Annual Peaks To Prairie Adventure Race, 8.8 mile run, 43 mile bike ride, and 23 mile paddle down the Yellowstone. www.peakstoprairie.org

May 7, Montana Women's Run, Billings. Enter the 2 or 5 mile, run or walk. Getting started clinics held every Monday at the RMC football field. No pets, bring your daughters instead!

A more complete calendar available at www.rimrunners.org