

YELLOWSTONE RIM RUNNERS

ROAD RUNNING NEWS FROM THE GREATER BILLINGS AREA



December 2011 Volume 29 Issue 12



Ron and Judy Burnham bring in smiles finishing the Run! Turkey, Run! 5k.

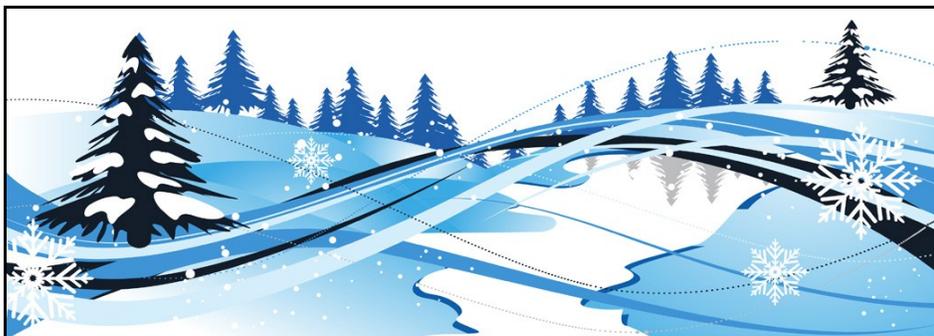
Toys for Tots Run!

Riverfront Park in Billings, this Saturday, December 3rd @ 9am. Bring your toy donation to the fire place shelter and sign up to run or walk the 5k! Marines will be on hand to collect toys for Billings area children.



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Editor's note:

Seasons Greetings!

After a couple of crazy weeks...

Picking up donations from Stella's for the Run! Turkey, Run each afternoon for about 8 days and arranging bagel pick up from Bagel, Inc., attending meetings to fine tune the inner workings (and outer workings) of helping put on a HUGE race, shopping on Black Friday for a family my co-workers and I adopt each year, and cleaning & decorating my house for a big candle party, not to mention the day to day mundane tasks of a typical life, I am ready for a rest.

Like that is going to happen, right? That's okay, at least I am not at all bored. In fact, even when tasks are caught up and chores are finished for the moment, it seems there is always more to do and places to go. I am filling in my usual running time with everything else! Since I took 17 days off from running and am again trying to rehab a huge pain in the rear and right hammy, it's best I don't sit for long!

Sitting hurts the very most, yet somehow it is required everyday. I drive, I sit, ride, sit. At work, between customers and trips to the copy machine, rest room, etc., I sit. Amazing for someone so busy, I sit a lot! Though it could be that because it gives me pain, I notice it more and more! I am actually thinking of turning my workspace into a standing work station somehow...

So now, if I catch myself sitting when I could be reclining or standing....that's what I try to do. I am doing some light stretching once warmed up a little and exercises for my periformis pain. Still, it's taking some time. Time usually spent running is gobbled up by life! Oh well, it's a good life!

I felt best the day after Thanksgiving, shopping and sweating from carrying the bulk of bags full of gifts. All of the bustle and not sitting after running two races the day before has really helped. Hopefully, if I can curb the urge to run before I am healed, I will be using running time for just that...running!

Merry Christmas, Happy Hanukah and all that warm, friendly gunk!

Cheers!
Ronda



Nora Phelps,
and I finishing
the Turkey Trot
in Colstrip, MT.

The next YRR Board Meeting
will be on December 13th,
at the Valley Credit Union,
Basement level, 6:30 pm.
Meet at 5:30 for a short run!
Everyone is welcome!

Congratulations!

The Missoula Marathon has been awarded the
RRCA State Championship marathon.

As announced by

John Devitt, RRCA Representative

The Man Who Fell To Middle Earth...

"The experts are always telling us to 'Listen to your body!' But if I listened to my body, I'd be living on toffee pots and port wine. Don't tell me to listen to my body...It's trying to turn me into a blob!"

Roger Robinson, New Zealand masters runner

As the holidays are upon us, I too am trying not to become a blob with Ironman New Zealand just around the corner on March 3rd. As the training and racing have begun to reach somewhat serious levels and rapidly approaching 20 hours a week of swim-bike-run and eat-sleep-ache, I'm re-discovering my body just keeps screaming "FEED ME SEYMOUR! FEED ME!"

The end of October I torched some calories by doing a 96K bike race through the Coromandels. Hills, hills and more hills with some climbs reaching two miles in length was the flavor of the day (of course this was preceded with an easy 3 mile run). The following day back in Auckland I did a 5 mile run followed by the Round North Head Classic 2.5K ocean swim (against the wind and tide). This was followed later in the day with an easy 20 mile bike ride. Brunch that day was a three-egg veggie omelet with salmon, hash browns, whole wheat toast, avocado on the side and two bowls of soy latte.

November had me doing the Auckland Harbour Crossing 2.9K swim after an easy 5 mile run (bad day at the office; had a bit of a sulk afterwards). Another salmon omelet hash browns, whole wheat toast, avocado on the side and two bowls of soy latte were ordered. This was followed a week later by the ITU World Cup race in Auckland which served as New Zealand's age group qualifying race for the 2012 Triathlon World Championships. I thought there was an outside chance of me qualifying for Team NZ but in the 45-49 age group the top three overall were all under 2:07 for the Olympic distance race. My bike and run let me down. Immediate post-race was large latte and large chocolate shake. The rest of the day was filled with adult wheat based beverages, chips, pizza and bread. I tend to "reward" myself with comfort foods after events. My daily diet is OK, and I've got the recent medical exam that justifies it (so there's no medical excuse for the NZ government not to renew my work visa).

Now these are just the weekend racing activities. Each Tuesday night I do the North Shore Beach Series with its 1K-1.5K swim and every two weeks the local triathlon club puts on their swim-run series. Combine this with the 19,000+ yards of swimming, 125 miles of cycling and the 35+ miles running on a weekly basis and I am eating for three. What becomes somewhat disconcerting is that I'll be back in the Magic City in mid-December for a month surrounded by all the wonderful things provided by the Ghost of Christmas Present. My mom knows my weakness for M&Ms and so the red and green version are abundant (a true test of will power that I always fail).

If you're looking for me when I'm back try my mom's basement where I'll be grinding out four hour+ rides on the wind trainer to burn off all those holiday indulgences. If I'm not there then try the Y's swimming pool most mornings and at lunch time. I cannot listen to my body.

Kia Kaha! Happy Holidays.

Sean Phelps

"You can never win or lose if you don't run the race."

Psychedelic Furs



Secretary's Report

Board members:

Daniel Hillman, Alan King, Vince Grewe, Nancy Hillman, Ronda Vukasin, Heather McPhail,

Karen Sanford-Gall, Dave Coppock, Cris Hernandez, Elizabeth Fulton
Run Turkey Run, Kelly Fulton

Meeting was called to order by Club President Daniel Hillman

New Business:

Treasure's report-Vince Grewe distributed copies of the report and explained the expenditures, revenue, etc.

The Holiday Party this year will be November 20, 2011 at 2pm at Daniel and Nancy Hillman's residence; come at 1pm if you would like to run before dinner. Meat and potato are provided please bring a dish to pass and beverage of choice.

The club Christmas lights run will be December 15 at 6pm starting at Time out Sports and end at Sam and Louie's for dinner. Please remember to bring reflective gear.

Run Turkey Run-Kelly Fulton-over 1500 entries-They are looking for volunteers if you are interested please contact Kelly Fulton or visit their web site at www.runturkeyrun.org.

Women's run-Karen Sanford-Gall-They will be doing medals on anniversary years and pins in between.

The Elementary Cross Country Race had 40 schools attending and over 600 children participating-there were trophies for the winners in each grade.

The club will be bringing back the spotlight section Heather McPhail will be in charge of selecting a member to honor each month in the newsletter.

Membership-Cris Hernandez is working with Ron Burnam in taking over the duties of this position.

The Club is waiting for details about the **Toys for Tots run... ***It's on!!! December 3rd, 9 am at Riverfront Park. Bring a toy donation in lieu of registration fee***** and the Cross Country Trip to Yellowstone National Park.

Rocky Mountain Cross Country meet was held the Par 3 Golf course -the meet went well and had a great turnout.

The Club voting on making the Equipment Manager a voting position, this was passed by the Board.

- Next Board Meeting will be December 13, 2011 @ 6:30pm at Valley Federal Credit Union downstairs all members are welcome, Please come and join us at 5:30pm for a run before the Board meeting, the run is approximately 3 to 5 miles and we meet in front of Valley Federal Credit Union. Please note, there is free parking in the parking garage after 5pm.



YRR Secretary Nancy Hillman.



Secretary notes submitted by Nancy Hillman

Meet the Rim Runner! By Heather McPhail

I had a great time getting to know Lindsay Bell-Martinson over coffee. (She likes a mocha, triple shot) A gregarious, sweet young lady of 32 that I met at the Miles of Smiles race, Lindsay grew up in Billings and continues to live here.

Rushing is not new to Lindsay. A single mother of two that has a master's degree in history and is working on her second in education, she hopes to teach someday. Presently she is a graduate assistant at MSU-Billings. Lindsay serves with AmeriCorps, a volunteer organization that will have her helping out with the Big Sky State Games next year in her free (?) time.

Maintaining a running schedule with everything else would be nearly impossible without her 12 year old daughter, Piper. She watches Preston, her two year old son, when Lindsay runs on a treadmill or outside, which she tries to do 4 times a week. Living off Rehberg, her favorite run is from there down Poly to Virginia, Pioneer Park, Senior High and back which is about 8 miles.

Lindsay has always been fitness oriented, joining the Rim Runners this year to stay informed and meet other people that run. She did her first half marathon in the Montana Marathon. Her two older sisters run as well. Both joined her for Run Turkey Run, making 15 races so far in 2011, (roughly 75 miles in races alone) but she's up for whatever December can add.

This determined girl has overcome the challenges set before her with finesse. Her dream or "Bucket List" race would be the Chicago Marathon because of its diversity. Given the excitement of her life so far, when asked, Lindsay said she'd most like Claire Danes to play her in the movie of her life, but a screenplay is not in the making presently.

Advice Lindsay would like to give new runners is sound and practical: "Go easy on yourself and be realistic. Do your best for you, don't do it for someone else."

"If you look pretty at the end (of a race) you did it wrong!"- Lindsay Bell-Martinson



Annual YRR Thanksgiving Dinner at the Hillman's! 11/20/11



Dan Hillman, Cecil Pegram, Ekkie Wedul & John Hailstone ran before dinner.



Nancy hard at work, she rocks!

Thank you to the Hillmans for hosting...dinner was delicious and the ambience cozy...



December Birthdays...

December's flower:
Narcissus, (Daffodil)



Hannah Nurre	12	02	Nancy Lorfing	12	24
C. Marlene Tetrault	12	03	Isiah Lindley	12	25
Harvey Brown	12	03	Paddy Moore	12	27
Josie Chalmers	12	04	Carter Gall	12	27
Sydney Ausen	12	06	Renee Coppock	12	27
Nancy Gerbasi	12	06	Tracy Mouser	12	29
Jeni Bentz	12	06	Herbert Mangis	12	30
Joe Stockburger	12	07	Brad Graves	12	31
Kaleb Loper	12	07	Jessalyn Remington	12	31
Brian Potter	12	08	Jamesom Willems	12	31
Jerry Underwood Sr.	12	08	Kelly Carter-Flynn	12	31
Micah Andrews	12	08			
Brent Lipp	12	08			
Judith Burnam	12	09			
Ronda Vukasin	12	09			
Shelley Phelps	12	09			
Kris Cummings	12	10			
Jami Howell	12	11			
Annie Russell	12	12			
David Principe	12	13			
Jim Berve	12	13			
Tom Blankenship	12	14			
Lori Christianson	12	17			
Matthew Hardy	12	17			
Caroline Ritter	12	17			
Nicole Lair	12	17			
Allie Cummings	12	17			
Conor Flesch	12	17			
James Whitworth	12	18			
Rebeca Strong	12	18			
Mary Richardson	12	19			
Riley Mays	12	21			
Christine Dunn	12	21			
Lance Mouser	12	21			
Nancy Roe	12	23			
John Hanson	12	23			



At the Montana Cities & Towns conference 5k held at Swords Park. Mayor--Tom Hanel, Robin Hanel, City Attorney--Brent Brooks and Assistant City Administrator--Bruce McCandless



At the start of the [October Fest Dualthon](#), October 1st.

North Central Trail Marathon, Maryland

by Donna Swanson

John and I flew to Baltimore the day after Thanksgiving and had lunch downtown at the Lexington Market – Faidley’s Seafood Market – Maryland lump crab cakes were wonderful! Saw Camden Yards stadium. Drove to our hotel in Lutherville-Timonium. Marathon packet pickup was very close to our hotel at the Charm City Running Store. Instead of race shirts, we got nice cooler bags and winter running hats both with the race logo on them. The hotel and marathon were in north Baltimore County in what they call “horse country”...lots of rolling hills and big horse farms. We had dinner at the Oregon Grille in Hunt Valley which was wonderful! Our hotel had a “sci fi” convention all weekend...made for some interesting people watching as many attending the convention were in costumes. Enjoyed chatting with a sci-fi author, Danielle Ackley-McPhail.

The race didn’t start until 9 AM, so we were not the least bit sleep deprived! Drove to the shuttle buses and it was a short bus ride to Sparks Elementary School where the race started and finished. We were able to stay warm inside the big gym and leave drop bags there; they even had free coffee! It was about 40 degrees at the start and got to about 60 degrees...ideal marathon weather! There was about a mile and a half of hilly roads at the start, and then we got onto the North Central Rail Trail. The rail trail was relatively flat, a slight uphill grade going out and slight downhill coming back. It paralleled a river most of the way and was tree lined the entire way. Surface was dirt and crushed stone, quite smooth. We ran through Gunpowder Falls State Park much of the race. I carried a double bottle fanny pack, as I prefer Ultima over Gatorade. I had made (or so I thought!) two bottles of Ultima that morning in our hotel. The first time I took some, it tasted like plain water...couldn’t taste any Ultima at all. Odd! Drank from a different bottle the next time and it was quite potent...guess I put both Ultima packets in one bottle and none in the other! The turnaround on the trail was about a quarter mile beyond the halfway point. Saw John as he was crossing the halfway mat and I was crossing it for a second time and we exchanged a quick kiss! We left the trail slightly after the 24 mile marker and were back on roads for the rest of the race...very HILLY roads with a significant amount of uphill which made for a challenging finish!

Caught a shuttle bus back to our rental car and made it back to our hotel just in time to catch the end of the Univ. of Michigan vs. Ohio State game! (Happy to see UM win, of course!) Went to the Inner Harbor of Baltimore that night for dinner at the Rusty Scupper. The harbor looked pretty at night with all the boats and lights. It was a short trip, but fun and another marathon and state accomplished – marathon #76 and state #37 for me; John’s 52nd marathon and 29th state.

RIM RUNNER HUMOR

I’m in a YMCA exercise class and people are giving reasons why they can do the exercises.

One man said, “I’m a Marine so I can do it.”

One Woman said, “I’m a Mother of three boys so I can do it.”

I wanted to say, “I’m an original Rim Runner so I can do it”

The problem is that being an original Rim Runner is why I can’t do it. My legs do not work anymore.

I also wanted to say, “I’m a Clydesdale so I can do it”

Waddle and Crawl on You Animals.

“The Clydesdale” David Omen

CRPD Turkey Trot, Colstrip, MT, 11/5/11



Chilly start during the best weather of the day at 11 am.



Duane Cole

The CRPD Turkey Trot's course is mainly the town's paved multi-purpose paths. It meanders out of town along a city path, up some long hills, back across the highway, thru a neighborhood path back to the Colstrip Parks and Recreation Center. The CPRC is a wonderful facility with all kinds of activities for the citizens of Colstrip!



Men's age group and closest time prediction winners.



Overall winners~
Champ Falls Down & Lisa Minnehan

Pumpkin rolls to race for and hot coffee to take the chill away...



Women's age group and closest time prediction winners.

Race Results...

CPRD Turkey Trot, Colstrip, MT, 11/5/11

Lisa Minnehan and Champ Falls Down were named overall winners for CPRD's 30th Annual Turkey Trot. Lisa Minnehan ran the 4.5 mile course in 29:19.55, winning the Women's Overall title. Champ Falls Down came in with a time of 29:51.52 giving him the Men's Overall title.

Women – 15-19 – First in Race – Tanya Cadwell, 38:29; 20-29 – First in Race – Lisa Minnehan, 29:19; Estimated Time Winner – Audra Toscano, 37:38; 40-49 – First in Race – Ronda Vukasin, 42:38; 50-59 – First in Race - Nora Phillips, 43:46; Estimated Time Winner – Pam Daniels, 78:06; 60-69 – First in Race - Ekkie Wedul, 44:28; Estimated Time Winner – Kelly Cole, 78:06

Men – 20-29 – First in Winner – Champ Falls Down, 29:51; Estimated Time Winner - Ian Cox, 30:40; 30-39 – First in Race – Brendon Murray, 32:31; Estimated Time Winner – Rubin Old Bear, 36:40; 40-49 – First in Race – Scott Williams, 42:35; Estimated Time Winner – Shawn McAlpine, 45.20; 50-59 – First in Winner – Bruce Daniels, 35.09; Estimated Time Winner – Jerry Blythe, 37:15; 60-69 – First in Race – Duane Cole, 35:58

QUOTE OF THE DAY: What you do speaks so loud that I cannot hear what you say.
-Ralph Waldo Emerson

1st Annual~ Run! Turkey, Run! Thanksgiving Day, 2011.

5k Top 3 Overall

Men~

- 1st Matthew Adams, 15:11
- 2nd Alan King, 16:22
- 3rd Zach Hunter, 16:53

Women~

- 1st Nicole Lair, 19:23
- 2nd Stephanie Kirkpatrick, 20:23
- 3rd Michelle Lair, 20:30

Street Mile Top 3 Overall

Men~

- 1st Joel Harris, 4:53
- 2nd Sam, 5:08
- 3rd Ryan Rojeski, 5:12

Women~

- 1st Christy Gerdes, 6:36
- 2nd Alicia Mannin, 6:40
- 3rd Niki Marancik, 6:58

For complete results, go to runturkeyrun.org or montanatiming.com.

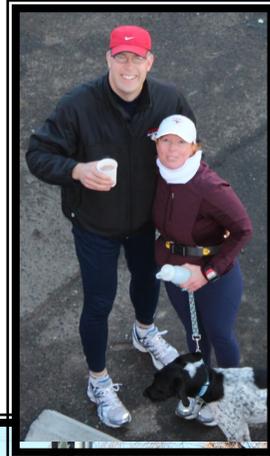
A very heartfelt THANK YOU to all of the volunteers, participants, supporters, and sponsors that helped to make the 1st RUN! TURKEY, RUN! a raging success!!!

The citizens of Billings and those who visit on Thanksgiving ROCK!!!

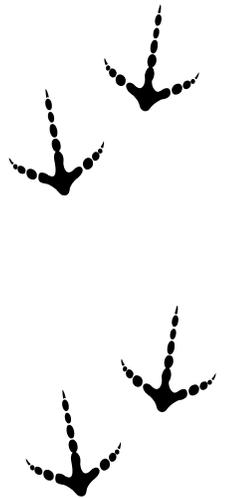
1st Annual Run! Turkey. Run!



Fun races & great memories to benefit the Billings Food Bank!



Thank you, road guards!!!



Start of the 5k!



No place for a race bib...?



Run! Brian Grayson,
Run!



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CALENDAR OF EVENTS

December 3, 2011, Toys for Tots, Riverfront Park, Billings, MT Bring a toy for the Marine Corps' Toys for Tots Fun Run! Race starts 9 am, registration fee will be a toy or donation to the Toys for Tots foundation.

December 4, 2011, (Sunday) 6th U of M, HHP Freezer Burn Frenchtown, (15 miles west of Missoula) 10 MILE & 5k run/walk, 10:00 a.m. start, Stephanie Domitrovich, The University of Montana, HHP Dept., 101 McGill Hall, Missoula, MT 59812 243-4268 matthew.mcgady@umontana.edu http://www.coehs.umt.edu/hhp/current_events/default.html#Freezer%20Burn%2

December 13th, YRR Board Meeting, 6:30 at the Valley Credit Union Basement, 6:30 pm. Meet at 5:30 for a short run! Everyone is welcome!

December 15th, Annual Christmas Lights Run, 6 pm. Meet at Time Out Sports. *Remember to wear reflective gear and lights!* Run thru Christmas Wreath Lane or further. Meet at Sam & Louie's afterwards for refreshments. This is a great time, *all Rim Runners welcome!*

New Year's Day 2012! Meet at Riverfront Park at 9 am for an annual club fun run! Bring a treat to share!

February 5th, YRR's Froze Nose, More info to follow!

February 5th, YRR Super Bowl Party! Rimrunner Super Bowl Party at Donnette Roberts House, 20 Sunset Drive in the Heights starting at 4pm. Chili provided...BYOB and your favorite Horderve!!!

More to follow in Next edition!!! March 18th, Shamrock Run, Pioneer Park, Billings. More info to follow!

~~~A more complete calendar available at [www.rimrunners.org](http://www.rimrunners.org)