



ROAD RUNNING NEWS FROM AROUND THE GREATER BILLINGS AREA
YELLOWSTONE RIM RUNNERS

VOLUME 23 ISSUE 6 June 2004



Summer Days



MESSAGE FROM THE PRESIDENT:

A few of us rimrunners went to Great Falls on April 25 to run the 25th annual Ice Breaker. I've been to quite a few of these and encountered all sorts of weather; snowstorms, strong winds and even too hot. This year, however, the weather was perfect. Since this was the 25th anniversary, special posters were made and given away. Yes – free! (Great souvenir.) The Great Falls Park and Recreation Dept. organizes this race. They were hoping to break the 3000 participant mark and almost made it. The total was 2987. 379 competed in the 5 mile, 1475 competed in the 3 mile and 1133 in the 1 mile. The rimrunners I could find in the results were:

5 mile: 55-59: 1st – Deb Magilke 34:55 2nd – Dee Schafnitz 47:29

40-44: 10th – Ryan Grubb 34:31

30-34: 9th – Karen Blodgett 43:42

3 mile: 55-59: 1st – David Hertzog 20:38 (Lewiston)

40-44: 2nd – Ryan Grubb 20:26

35-39: 2nd – Kathie Perrins 19:21 (Columbus)

1 mile: 40-44: 1st – Ryan Grubb 5:50



On May 15 the Shepherd community held their first 5k run/walk. Congratulations to the great people who organized and put on this fun run. I give Shepherd two thumbs up and hope they make this an annual event. I saw many rimrunners there supporting this run. Thanks, club members! Thirteen-year old Travis Hutchinson whooped on me at this race. I tell you, he has no respect for his elders or the president. Next time I'll untie his shoes, or better yet, take his shoes. Travis, us club members are proud of you and it is inspiring to see you improve. Keep an eye on Travis, fellow rimrunners, and watch his times improve.

Now for my monthly plug for my baby. The 5k race in Columbus, MT, will be July 10 at 8 am. I've decided on fanny packs with water bottles this year. Please pre-register as it sure saves on a lot of headaches. I'm staying with a patriotic theme again. This year there will be a small bronze sculpture of George Washington and Thomas Jefferson for first place. There will also be many door prizes with a patriotic theme, so put on your red, white and blue and join us for a fun-filled day of activities. There is a parade in the morning shortly after the race. I'll have a list of other events in the July newsletter.

I will see you at the Heart and Sole race on June 12 and the Laurel Chief Joseph run on July 4. One last thing, the capelin rimrunner shirts with our logo on them are very nice. I suggest you buy one of each kind!

Signing off - *Ryan Grubb*

rimrunning_ryan@hotmail.com



YRR OFFICERS - 2003 - 2004

PRESIDENT Ryan Grubb (406) 245-2552
 VICE-PRESIDENT Debbie Magilke (406) 252-7638
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 WEBMASTER Karen Blodgett (406) 896-7711
 CLUB REPRESENTATIVE Mary Heckel (406) 252-4775

YELLOWSTONE RIMRUNNER MERCHANDISE

Check Some of our New Offerings!!!

Contact Jennifer Anderson at:(406) 655-8130 or jennifer.anderson@bresnan.net

to make a purchase or get more information about what's available. We could use more suggestions on items you would like to see with our logo on them. Here is a list of items currently available:

- Shooter Capilene Shirts: \$20.00(Maroon or Navy)
- Long Sleeve Capilene Shirts: \$25.00 (Maroon or Navy)
- Black Rimrunner Vests: \$27.00
- Sweatshirts (color: grey) \$22.00
- License Plate Frames \$15.00

Vests and Jackets (color: neon yellow) \$30.00

(Available after April 20th) Running Hats with Reflector Strips: \$11.00
 (Available after April 12th) Running gloves: \$9.00

“THE PIG”

Hello to all!!

In anticipation of a busy May, I'm writing this note early on in the month and will add to it as the month goes on. Today is Monday, May 3rd and I'm 2hrs into a 3+ hr flight from Cincinnati, OH to Billings having just finished the Flying Pig 10K. As many of you know I had been training for the marathon but got injured and switched over the 10K event. What should I tell you about the “Pig” and Cincinnati? First of all it was nice to see some green. A whole lot of it too!!! Cincinnati sits on the northern bank of the Ohio river which separates Ohio and Kentucky. The area is beautiful with trees and vegetation everywhere as they received over 4 inches of rain in April! The area is somewhat hilly and there is one 300 foot climb early on in the marathon course. A college buddy who now lives in Cincinnati showed me several of the areas that were available to runners and all looked great! In fact, I'm planning a return trip next year to do the marathon! This time no injuries!!

With a busy weekend of site seeing, I did attend a few of the race events. The race expo was very busy the day before the marathon. This was not the biggest race I ever attended but there over 11,000 marathoners and people were elbows to elbows in portions of the expo. After the expo, my friend and I drove the marathon course which was decorated with plenty of bright pink signs. The course started on the Ohio side outside of Paul Brown stadium, home of the Cincinnati Bengals. The course then headed East with the Ohio River on your right before looping around to the left to run across the Ohio to the Kentucky side. The race then travels through 2 neighborhoods on the Kentucky side before swinging everyone back across the Ohio. The 10 K also follows the same path until the paths split after the 2nd crossing of the Ohio. The 10K turns left headed back to the stadiums/finish; the marathoners head east for 20 mile loop with a long stretch along the Ohio.

Overall, I had a blast!! Probably because I did very well here especially coming off an injury. Race morning was very hectic. With the course marked off and guarded, we had difficulty getting across the Ohio by vehicle. I ended up bailing out of the truck and jogged about 2 miles across the Ohio to the start line. The morning was a chilly wet 45°F It had rained steadily all Saturday evening and was drizzling Sunday morning. The marathons started at 6:30 am and the 10K started at 6:50. The race started and we were off in a moving mass of wet excited runners. By mile 3 we were across the Ohio in Kentucky dodging through the marathon back-of-the-packers. This was fun as they provided a pretty good shield from the wind and rain. By the time, I had reached the 2nd bridge things were strung out enough that not much dodging was being done. After bridge, the race was almost over with a quick out and back. I was surprised on good I was feeling and pushed it a little bit at the end. Man, I love that feeling!! Well, as you can tell I finished but I surprised myself in finishing well beating my PR by 22 seconds. Another good reason to run the “Pig”, lower elevation!

Time For May!

Really, does life ever slow down?! It feels like yesterday that I was out touring around Cincinnati and now it's time to put together another issue of the newsletter. May has been a busy month with two weekends taken up with local races. The first of course was the Women's Run. I hear rumors that this year's version was a record setter in many ways. There were a record number of entrants ,4650+, and I know of one age group record, Congrats to Deb Magilke!! To those of you who helped with this year's run congratulations and my personal thank you for your time and effort. This was my third year of helping out and I continue to be impressed with all the time and effort that gets put into it. The second local race of the year was put on the following weekend in Sheperd, the inaugural Sheperd 5K. The three ladies who took the race from inception to reality have a ton of energy and did a great job in the planning of the event. Along with the race, there was a safety fair, community garage sale, and other festivities. If you couldn't make it this year, make plans for next years event, the money raised goes to the construction of a bike/recreation trail that will eventually connect to the bike net system.

Time for June and Summer!

Now that June is here the running season kicks into full gear with runs and events every weekend all the way through labor day. The first weekend will hold the Governor's Cup in Helena and the following weekend will be the Heart and Sole run here in Billings. There are plenty of events so check the website or the back of the newsletter. Bill Johnston does a great job on keeping the calendar up to date.

Until next month, Best wishes and Safe Running!

Your Editor,
Jay

PS....Please have any July newsletter items to me by June 19th, thanks!
Remember the newsletter is by the members for the members. Please help me out by writing an article, sharing tips, congratulating fellow members and so on. Let's Make it Fun!!!



MAY 11 SECRETARY REPORT

Members present: Ryan Grubb, Debbie Magilke, David Omen, Charles Harper, Jay Steiner, Mary Heckel, Bill Johnson, Herb Mangis, and Karen Walker.

Guests present: Lori Gaustad and Jessica Rago from STEP Inc.

The efficient board finished all the voting right at start of the meeting. The voting was to approve spending for Time Tech clock batteries(\$28.97), copy paper for newsletter(\$86.82), Run Score software update(\$25), and track rental for Rimrunner 100 Mile Relay(\$100). The board paid US Track and Field Association \$30 which allows Rimrunners to enter events as members. Actually the board is so efficient that we approved two of the items twice.

I'm happy to report that we could use Rimrunner insurance for Shepherd Trail Run and worked with Karen Walker for final touches on this race.

I'm also happy to report that we have just started to work with STEP Inc on another race for a good cause. Debbie Magilke will be our contact person for this August 21 race at Riverfront Park. They plan to have Famous Dave's food which should cause us to all be there. Remember we are a eating club with a running disorder.

We are working on a possible Mustang tailgate party with Herb Mangis as our source of cheaper tickets.

The new big Rimrunner logo can be put on shirts for \$2 at Dally O Western Wear 208 N 13th (254-0415). It is requested that we bring items in groups of 12.

We have been asked to think about changing membership to a newsletter subscription verse the Shamrock Run registration. The Shamrock Run like other club runs would be free to members.

I want to thank people for cleaning our part of the Rims on May 5.

The next board meeting will be 7PM June 8th at YMCA. Come run with the Rimrunner Board at 5:45PM before the board meeting. This would be a good chance to give board input and learn about Rimrunners. You can just do the run and skip the board meeting or do both.

Secretary of the Rimrunners
David Omen



Sheperd 5K

We had a total of 109 participants for the day. With 87 runners! The result of overall finishers are on the web site, shepherd5k.comm. We raised approximately 1,500.00 for our trail in Shepherd. I want extend my sincere thanks to all the volunteers and sponsors who supported this event. The weather was great and the run was without injury. We are working towards next year and tweaking some areas. A Special thanks to Rimunners, without there support and equipment we could not have been a success.

Karen Walker
Race Director

1st Place Overall female	Darla Tyler-McSherry	22:40:00
2nd place overall female	Crystal Sublette	23:15:00
1st place overall male	Kelly Fulton	17:10:00
2nd place overall male	Tony Banovich	17:11:00



5 Mile Results

Place	Age	Name	Time
0-8			
1	Liz	LOZANO	1:03:24
2	Alexis	REYNOLDS	1:13:16
3	Lexi	MONCADA	1:21:57
4	Isabella	WHITWORDTH	1:26:39
5	Madeline	SPICKARD	1:28:47
9 - 12			
1	Sydney	AUSEN	42:44:00
2	Lynsee	BAZANT	44:17:00
3	Mccalle	FELLER	47:30:00
4	Hunter	Rose	48:49:00
5	Ramiah	DAVIS	51:45:00
13-15			
1	Ashley	MADDEN	46:24:00
2	Risi	ARGUELLES	53:47:00
3	Trent	GOULET	55:47:00
4	Erin	VENNEMAN	56:26:00
5	Kelly	SCHERER	1:02:34
16-19			
1	Jordyn	KANNING	38:11:00
2	Anita	KAMMER	41:27:00
3	Stefanie	KILTS	42:13:00
4	Paige	FRELUND	42:42:00
5	Riitta	NIEMINEN	42:43:00
20-24			
1	Ellen	SWOGER	34:41:00
2	Chelssea	LYNNES	34:41:00
3	Anjel	HOFF	35:17:00
4	Jacqui	CORYELL	35:50:00
5	Kristy	BURNS	36:22:00
25-29			
1	Jennifer	GRISWOLD	32:09:00
2	Jeanna	MERRITT	32:16:00
3	Jennifer	ANDERSON	32:57:00
4	Jennell	DUEY	35:27:00
5	Erin	FORD	35:32:00
30-34			
1	Kalli	RYTI	34:15:00
2	Christa	RYAN	34:27:00
3	Heather	ELKIN	37:42:00
4	Amy	HERMAN	38:36:00
5	Jenn	NELSON	38:45:00
6	Jennifer	CRAWFORD	39:05:00
35-39			
1	Cathy	MCKENZIE	33:02:00
2	Julie	SHEETS	35:38:00
3	Josi	WILGUS	36:30:00
4	Darla	GRETCH	38:46:00
5	Darla	TYLER-MCSHERI	38:57:00
40-44			
1	Kathy	ARAGON	30:46:00
2	Sylvia	FISHER	32:47:00
3	Crystal	SUBLETTE	35:56:00
4	Kathy	JOHNSON-BICK	38:08:00
5	Vicki	CARLE	39:11:00
45-49			
1	Pam	OKRUCKY	37:05:00
2	Celia	BERTOIA	37:35:00
3	Kathy	WILKINSON	38:32:00
4	Jo	WEIS	38:54:00
5	Suzu	ALBAND	39:29:00

Results



50-54		
1	Marcie	TREUMANN 40:36:00
2	Debby	BEARTUSK 40:57:00
3	Nancy	VOLESKY 41:42:00
4	Peggy	O'LEARY 42:47:00
5	Kyle	FORMAN 43:26:00

55-59		
1	Debbie	MAGILKE 35:05:00
2	Peggy	KESTNER 43:49:00
3	Deirdre	SCHAFNITZ 44:54:00
4	Judy	BURNAM 51:50:00
5	Garnet	ESSEX 53:14:00

60-64		
1	Josie	CHALMERS 41:27:00
2	Myrna	RYTI 42:00:00
3	Vicki	QUICK 50:58:00
4	Beverly	ROSS 51:03:00
5	Anita	KURTZ 53:21:00

65-69		
1	Marlene	TETROULT 48:24:00
2	Alaete	FISH 48:25:00
3	Lorna	GREENWALT 54:12:00
4	Patricia	JAFFRAY 54:49:00
5	Mary	JOHNSON 1:06:09

70-74		
1	Jeanne	MILTON 1:04:51
2	Shirley	SCHATZ 1:14:03
3	Bobbi	SAWICKI 1:14:29
4	Marilyn	JIMISON 1:18:58
5	Mary	STEINHAUSER 1:20:34

75-79		
1	Ada	MCKEEN 54:31:00
2	Joy	ALLISON 1:19:08
3	Jeanette	BARKELL 1:22:18

80-98		
1	Michele	GILLES 1:19:27

2 Mile Results

0-8		
1	Sierra	BOS 19:07
2	Michaela	JOHNSON 19:19
3	Aspen	POWERS 19:30
4	Emma	WOODRING 19:36
5	Christina	ARAGON 20:24

9-12		
1	Jesse	DITOMMASO 14:34
2	Alexa	ARAGON 14:51
3	Danielle	ARAGON 14:58
4	Ashley	CRIPPEN 15:56
5	Elizabeth	HELLERUD 16:04

13-15		
1	Jordynn	MASSEY 13:48
2	Kelly	HENNESSEY 14:41
3	Missy	HARRIS 15:19
4	Kelcie	DEPUYDT 16:06
5	Courtney	DEBUFF 16:07

16-19		
1	Jordan	CHRISTIANSO 14:35
2	Jenna	SCHARDEIN 14:48
3	Caitlin	POWELL 15:45
4	Kelsey	MILLER 15:57
5	Ann	SUNFORD 16:01

20-24		
1	Meghan	GOODHEART 13:25
2	Angie	CHEFF 13:40
3	Amanda	HOFER 14:38
4	Stacie	MANION 14:48
5	Bridgett	TUCKER 15:21

25-29		
1	Sarah	GRAVES 12:14
2	Melissa	EDDY 13:02
3	Johannah	ELLETSON 14:59
4	Tanya	KETCHUM 15:35
5	Liana	SUSOTT 15:36

30-34		
1	Suzanne	STREIFF 14:21
2	Rhonda	LING 15:14
3	Ceci	BENTLER 16:03
4	Carrie	VALDEZ 16:08
5	Deena	BARTSCH 16:09

35-39		
1	Ann	SORENSEN 11:55
2	Kathie	PERRING 12:41
3	Karen	MAGONE 14:00
4	Pam	JAMISON 14:57
5	Shannon	JOHNSON 15:18

40-44		
1	Laura	ESP 13:23
2	Lori	CHRISTIANSO 14:23
3	Pam	HARDER 14:31
4	Michele	PEDERSEN 15:21
5	Linda	DYK 15:28

45-49		
1	Lorra	MITZKUS 13:46
2	Anita	RAWLINSON 14:30
3	Joyce	ANDERSON 14:53
4	Kathy	NOVAK 15:55
5	Marise	MARTIN 16:02

50-54		
1	Becky	BALLEW 14:01
2	Priscilla	FLESCHE-BI 14:17
3	Barb	KRAMSKY 15:40
4	Kathy	GOODHEART 16:17
5	Cheryl	HARRIS 18:04

55-59		
1	Sharon	HARRIS 15:48
2	Nancy	LORFING 15:51
3	Exel	WEDUL 15:57
4	Jan	DELANEY 16:35
5	Linda	BROOKS 16:59

60-64		
1	Mary	PEET 17:48
2	Willie	DOWDLE 17:59
3	Peggy	MUNIS 20:20
4	Dorothy	OTT 21:59
5	Tempe	LEMON 22:49

65-69		
1	Sharon	FRED 17:09
2	Mary	MEHRER 19:51
3	Pat	NORTH 24:24:00
4	Catherine	HEDMAN 25:50:00
5	Ying	CUSTER 26:19:00

70-74		
1	Marilyn	NEWMAN 24:07:00
2	Joan	EVANSON 26:15:00
3	Kay	SMITH 28:58:00
4	Donna	HANSON 30:39:00
5	Mona	NUTTING 30:54:00

75-79		
1	Elphie	WOOD 22:05
2	Flora	WONG 22:50
3	Betty	OTIS 33:01:00
4	Lillian	GIULIANO 34:11:00
5	Dorothy	REDINGER 34:15:00

80-89		
1	Gloria	BLAIR 28:36:00
2	Wilma	FENDER 32:56:00
3	Ethel	WARD 33:47:00
4	Marie	KAUTZ 33:53:00
5	Clara	GIESICK 35:38:00

90-99		
1	Mildred	HOLDER 35:31:00

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.

Tuesday – June 8, 2004, Yellowstone Rim Runners' monthly meeting. Meet at the Y at 5:45 for a pre-meeting run.

WEDNESDAYS: Meet at Pioneer Park at 6:00 PM.

SATURDAYS: Meet at the YMCA at 8:00 AM for a one-hour group run and enjoy the optional breakfast afterwards at a local restaurant. Meet at 7:00 AM for a longer run.

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

CALENDAR OF EVENTS**JUNE 2004**

- 6/3 - 5 BUTTE** **MONTANA SENIOR OLYMPIC SUMMER GAMES**, Track & Field events, 5K & 10K Road Races plus cycling, tennis, racquetball, basketball, swimming, golf, bowling, table tennis and horse shoes. Open to men and women 50 years and older. Gold, silver and bronze medals in 5 years age groups. Entries close mid May. To receive an entry booklet; 406-586-5543 or kayjn@imt.net.
- 6/05 HELENA** **MONTANA GOVERNOR'S CUP 5K, 10K, HALF & MARATHON**, Contact Tracy Koder, 406-477-3414, www.govcup.bcbsmt.com.
- 6/06 DEADWOOD, SD** **DEADWOOD-MICKELSON TRAIL MARATHON and HALF-MARATHON**, 7:00 a.m., Gravel trail! Online Reg.: www.AllSportCentral.com, info : tele: 605-641-3534, www.deadwoodmickelsontrailmarathon.com, email: leanhorse@rushmore.com
- 6/08 BILLINGS** **Yellowstone Rim Runners' monthly meeting. Meet at the Y at 5:45 for a pre-meeting run**
- 6/12 BILLINGS** **HEART & SOLE 5K, 10K, 2 Mile Walk**, 25th Annual, Sponsored by St. Vincent Healthcare and Wells Fargo Bank, 8:30 a.m., \$15, (\$8, 0-6 years old) Contact Linda.baugh@SVH-MT.org, <http://www.svfoundation.org/> or Pam Harder.
- 6/12 GLENDIVE** **BUZZARD DAY RUN.**
- 6/12 MEETEETSEE, WY** **WAGON BOX SOCIAL**, Trail Runs! 10:00 A.M., go to <http://www.meeteetsewy.com/rec/race.html>.
- 6/18 DAYTON, WY** (Fri.) **BIGHORN TRAIL 100 MILE**, www.bighorntrailrun.com.
- 6/19 DAYTON, WY** (Sat.) **BIGHORN MTN WILD AND SCENIC 30K, 50K, & 52 Mile TRAIL RUNS!** www.bighorntrailrun.com. (Entries are filled up)
- 6/19 BOZEMAN** **JIM BRIDGER TRAIL 10 Mile.**
- 6/19 HAMILTON** **BITTERROOT CHARITY RUN**, 5K & 10K, to support the Bitterroot Aquatic Center, Contact Brenda Fike at 406-363-2570 or email: Linda@NHPT.net.
- 6/19 FORT PECK DAM** **LONGEST DAM RACE**, 5K, 10K runs, 10 mi., 30 mi. bike races, biathlon. 406-228-2222.
- 6/19 DEER LODGE** **POWELL COUNTY AMBULANCE PRISON BREAK RUN**, 3K, 5K, 8K, and 10K, 406-846-2094.
- 6/25-26 BIG TIMBER** **SWEET GRASS FEST**, 406-932-5131.
- 6/26 BOZEMAN** **JIM BRIDGER TRAIL 50K**, www.math.montana.edu/~thayes/Runs/Runs.html.
- 6/26 RED LODGE** **BEARTOOTH RUN**; 4.2 and 8.2 Mile. Run *UP* Beartooth Pass.
- 6/26 WHITEFISH** **WHITEFISH LAKE RUN**, 5K and 10K, 406-862-3111.
- 6/26 COLSTRIP** **COLSTRIP FUN RUN, 5K**, 8:30 a.m., Annual Colstrip Days; contact the Colstrip Community Center at 748-3326, ask for Greg Smith, Becky Ballew or Deann Bailey.

JULY 2004

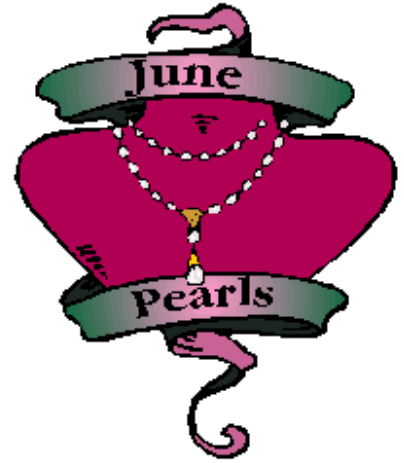
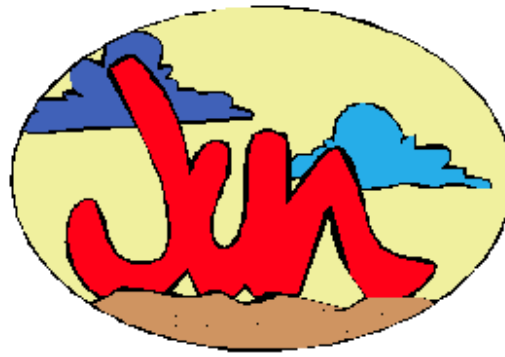
- 7/3 PLENTYWOOD** **FLATLAND PROMOTIONS, 2004 Calendar of Seven Events:**
BORDER CHASE TRIATHLON; Swim, Bike to Canada and back, Run 6.4 Miles. Teams or Solo. Includes pre-race party, bike sprint races, kayak/canoe demos and races, softball, volleyball, FOOD, beer, music and dancing. Contact Dennis Ketterman, 406-765-1401, email dennisk@nemontel.net, or www.adventurescapemagazine.com.
- 7/03 WHITEFISH** **A MULTI-SPORT RELAY RACE**, Teams / Individuals, 10K Run – Sea Kayak – Road Bike – Mountain Bike – Canoe – 5K Run, covering 55 Miles, <http://www.theglacierchallenge.com>.
- 7/04 LAUREL** **7th Annual LAUREL CHIEF JOSEPH RUN**. 4 or 8 mile Run, and 2 or 4 mile Walk. 7:00, followed by a free pancake and ham breakfast after the runs/walks for all participants 406-628-8105.
- 7/09 THREE FORKS** **HEADWATERS RELAY – A Run to the Source**, 264 Mile team relay.
- 7/10 COLUMBUS** **THE YRR PRESIDENT'S PATRIOT RUN 5K**, at Heritage Park (3rd Ave. North and Quarry St.) 8:00 a.m.
- 7/17 BOZEMAN** **DEVIL'S BACKBONE 50 Mile**, www.math.montana.edu/~thayes/runs/runs.html.
- 7/17 BOZEMAN** **GALLATIN GALLUP, 5K and 10K.**
- 7/18 BIG TIMBER** **SWEET GRASS FESTIVAL, 5K and 10K.**
- 7/16-18 BILLINGS** **BIG SKY STATE GAMES**, Contact BSSG at 406-254-7426.
- 7/24 PLENTYWOOD** **FLATLAND PROMOTIONS, 2004 Calendar of Seven Events:**
3) INTERNATIONAL BIKE RACE AND TOUR, 82 Mile Race/Tour, U.S., Canada, MT and ND. Includes pre-race party, bike sprint races, kayak/canoe demos and races, softball, volleyball, FOOD, beer, music and dancing. Contact Dennis Ketterman, 406-765-1401, email dennisk@nemontel.net, or www.adventurescapemagazine.com.

FOR OTHER RACES AROUND THE STATE: <http://www.runmt.com/>

JUNE BIRTHDAYS

Alvin Huck
Jenni-
fer

2



PRSR STD
US POSTAGE
PAID
Billings MT
PERMIT NO.779

P.O. BOX 2424
BILLINGS, MT 59103



GREAT TRUTHS, submitted by Therese Harris

GREAT TRUTHS THAT LITTLE CHILDREN HAVE LEARNED:

- 1) No matter how hard you try, you can't baptize cats.
- 2) When your Mom is mad at your Dad, don't let her brush your hair.
- 3) If your sister hits you, don't hit her back. They always catch the second person.
- 4) Never ask your 3-year old brother to hold a tomato.
- 5) You can't trust dogs to watch your food.
- 6) Don't sneeze when someone is cutting your hair.
- 7) Never hold a Dust-Buster and a cat at the same time.
- 8) You can't hide a piece of broccoli in a glass of milk.
- 9) Don't wear polka-dot underwear under white shorts.
- 10) The best place to be when you're sad is Grandpa's lap.

GREAT TRUTHS THAT ADULTS HAVE LEARNED:

- 1) Raising teenagers is like nailing Jell-O to a tree.
- 2) Wrinkles don't hurt.
- 3) Families are like fudge...mostly sweet, with a few nuts.
- 4) Today's mighty oak is just yesterday's nut that held its ground.
- 5) Laughing is good exercise. It's like jogging on the inside.
- 6) Middle age is when you choose your cereal for the fiber, not the toy.

GREAT TRUTHS ABOUT GROWING OLD

- 1) Growing old is mandatory; growing up is optional.
- 2) Forget the health food. I need all the preservatives I can get.
- 3) When you fall down, you wonder what else you can do while you're down there.
- 4) You're getting old when you get the same sensation from a rocking chair that you once got from a roller coaster.
- 5) It's frustrating when you know all the answers but nobody bothers to ask you the questions.
- 6) Time may be a great healer, ! but it's a lousy beautician.
- 7) Wisdom comes with age, but sometimes age comes alone.