

Yellowstone Rim Runners



ROAD RUNNING NEWS FROM AROUND THE GREATER BILLINGS AREA

January 2009 Volume 27, Issue 1



Photo courtesy Ryan Grubb

Inside this issue:

| | |
|-------------------|---|
| President's Notes | 2 |
| Editor's Note | 3 |
| Birthdays | 3 |
| Secretary Report | 4 |
| Race Results | 4 |
| Announcements | 5 |
| Middle Earth | 6 |
| Best Food | 7 |

Rim Runners took advantage of a slight break in the frigid temps to participate in the Annual Christmas Lights Run on December 17. The group met at Time Out Sports and ran about 5 miles through the decorated neighborhoods near West Park Plaza.



www.rimrunners.org



From the President

“Yes, I know they’ll freeze, but I’m going out anyway.”

I was watching “Mythbusters” the other night on the Discovery Channel. They’re the guys who try to dispel myths or urban legends through scientific experiments, usually involving blowing stuff up. They regularly ask their audience to submit their own myths for possible future shows. I started thinking of any myths I may have questioned over the years and one I hear every winter without fail is, “You’ll freeze your lungs out there!” Oh, really? I’ve heard this from family, friends and co-workers for the 40 some years I’ve been a runner. During all that time, I have never heard, or read, of a documented case of lungs freezing. I consulted a couple doctors as well as a number of medical pages on the internet and found the same thing; no documented cases of anyone freezing their lungs in cold weather. Just for fun, Google, “Can I freeze my lungs?”, and you’ll get over 50,000 results answering, “No, now get back out there!”

I’ve run in weather as cold as 30 below (Great Falls, MT) and as hot as 115 above (Phoenix, AZ). Believe me, the hot end of my own 145 degree experimental temperature range was

much worse. It is virtually impossible to freeze your lungs even under the most extreme conditions on earth. I can imagine the “Mythbusters” designing an experiment involving a cow lung and a tank of liquid nitrogen. What people do feel, during cold weather running, is the discomfort from the dryness of the winter air, mistaking that with freezing lung tissue. The air you inhale warms to near body temperature by the time it hits your trachea.

Runners, if nothing else, are adaptable. That’s what makes running so rewarding; being able to adapt to any condition and the feeling of independence from the confines of work or home. Winter is a great time to be out in the weather, regardless of the conditions. Oftentimes you have the road to yourself and you can get in a more enjoyable workout than having to fight for time on the treadmill. It becomes a personal challenge to outfit yourself for a winter’s day run, layering appropriately, keeping frost-bite-prone areas covered, running against the wind on the way out so you don’t chill on the way back and keeping an eye on traffic, picking less-traveled streets. As long as you’re well-covered, you can be running in a virtual tropical cocoon

while arctic-like conditions persist outside.

So, let’s dispel this myth once and for all and do away with one more excuse not to get out and run during the cold, winter months! Enjoy the winter and relish in the seasonal changes. You’ll probably build up a little frost on your eyelashes, beards, ski mask, etc., but you won’t freeze your lungs! By the spring thaw, you’ll be all the more stronger for it. So, with that, I hope to see you all at the New Year’s Day Run, busting a few myths!



Dave Coppock, President

Weekly Club Runs

Mon & Thur 6 a.m. sharp!

Meet at Cobb Field on N. 27 & run a 6.7 mile loop to the Heights, up Black Otter Trail & down the Airport hill. Wear reflective gear. More info, contact Terry Johns at 656-6023

Wed 5:30 p.m

Meet at the fireplace pit at Riverfront Park. Bring a flashlight, and wear reflective gear for a 5 mile run.

Sat 8 a.m. (7:30 for longer run)

Meet at the YMCA & run for 1 hour. Route varies. Please bring a friend or two!

Trail Runs

Deb Magilke is always up for a trail run. Contact her at 252-7638

Editor's Note

Happy New Year!

This is a small newsletter this month but that will soon be changing. As editor, I am always looking ahead a couple of months and am happy to say it won't be long until the Shamrock Run and then the Women's Run. Okay, maybe I am getting a little carried away but springtime is the reward for winter runners who have bundled up and persevered through tough winter conditions.

I hope everyone had a nice holiday and have established their 2009 Goals or New Year's Resolutions. If you are looking for a resolution, please consider attending more Rim Runner functions or invite a friend or two to attend. We are always hoping to grow

our club and the more, the merrier!

I have good news for those of you who wished they owned a copy of the 1978 out-of-print book, *Once a Runner* by John L. Parker, Jr. Recently, bookfinder.com listed Parker's book as #1 on its list of the Top 10 Most Sought-After Out-of-Print Books of 2008. Due to heavy demand by readers, the book is set to be reissued in April 2009 and can be pre-ordered on Amazon for less than \$20. I remember seeing the original edition selling for over \$300 on both e-Bay and Amazon. While you won't likely make any money trying to resell the new edition, it might make a nice Mother's or Father's Day gift for someone in your life who enjoys running or sports stories.

**January Newsletter Deadline:
December 26**



Jen Preble & I after a balmy run in -9 degree temps.

Cheryl Hoover, Editor
hooverfam@bresnan.net

January Birthdays

| | | | |
|----------------------|------|----------------------|------|
| John Pannell | 1/01 | Becky Ballew | 1/20 |
| William LeFevre | 1/02 | Mindy Ator | 1/21 |
| Margy Bonner | 1/03 | Charles Wetherington | 1/21 |
| Lance Ami | 1/04 | Isabel Bolt | 1/22 |
| Lucas Gerbasi | 1/07 | Tom Hanel | 1/24 |
| Kathy A. Ruff | 1/07 | Kelly Coleman | 1/24 |
| Mikaela Koski | 1/08 | Steve Zimmerer | 1/24 |
| David Rietz | 1/09 | Kory Anderson | 1/24 |
| Jennell Duey | 1/09 | Kristin Ballbach | 1/25 |
| Belinda Wetherington | 1/12 | Bobbi Jo Sampson | 1/25 |
| Connie Jones | 1/13 | Guy Luminato | 1/25 |
| Jonna Lamb | 1/15 | Heather McPhail | 1/26 |
| Barbara Hailstone | 1/15 | Joan Hughes | 1/26 |
| Todd Vralsted | 1/15 | Lora Burrowes | 1/26 |
| Brenna Cockburn | 1/15 | Dan Hinckley | 1/27 |
| Christian Sallade | 1/15 | Linda Brooks | 1/27 |
| Patrick Cobb | 1/15 | Dian Ausen | 1/27 |
| Ada McKeen | 1/18 | Jacob Harp | 1/27 |
| Sean Phelps | 1/18 | Elizabeth LaRance | 1/29 |
| Laura Haide | 1/19 | | |



Harvey Bonner, Vince Long, Jamie Steiner, and John Hailstone on a group run at the Four Dance area.

**Welcome to our
newest member!**

Mike James



Secretary's Report

Rim Runner Board Meeting

December 9, 2008

Present: Dave Coppock, Vince Grewe, Tiki McDaniel, Cheryl Hoover, Ryan Grubb, Bill Herrington, Lona Craft, Jennifer Anderson, and Kelly Ping

Treasurer report – approved

Thanks to women's run for donation to Rim Runner organization

Events:

- **New Years Run**- Planned for 9:00 am on New Years day. E-mail announcement and contacting news and newspaper
- **Holiday Party**- tentatively Jan 24th at 6 pm. Hope to have same venue, band, food, and price. Need to set RSVP date. Potluck appetizers and BYOB.
- **Ski Trip to Yellowstone**- 2nd weekend if February –same hotel.
- **Shamrock Run**- Sunday 15th of March 1:00 pm. Registration form revisions?
- **Froze Nose**- Feb. 1st in Sheppard



Kelly Ping, Secretary

Updates to website- change pictures and update race information?

Rim Runner association renewal forms – reviewed and approved.

Race Results!

Huffing for Stuffing

November, 27, 2008

Bozeman, MT

(area finishers)

5K Male

| | |
|---------------------|---------|
| Randall Kochanowicz | 24:12.9 |
| Geoff Craft | 26:58.3 |
| John Beug | 30:45.0 |
| Dwight Anderson | 30:58.2 |
| Cooper Clark | 37:19.0 |
| Baldwin Goodell | 38:00.0 |

5K Female

| | |
|-----------------|---------|
| Nancy Hughes | 34:42.0 |
| Lindsay Carlson | 36:15.8 |
| Taylor Ludwig | 39:15.1 |
| Mayia Walters | 39:15.4 |
| Lori Ludwig | 50:49.8 |
| Susan Moore | 1:04:36 |

10K Male

| | | |
|---------------|------------|---------|
| Lewis Elliot | 4th OA | 35:41.8 |
| Scott Sneddon | 3rd AG | 39:05.6 |
| Jay Marschall | | 43:25.0 |
| Scott McBride | | 50:35.8 |
| Mark Juntunen | 3rd Clyde. | 50:42.1 |

(Huffing for stuffing con't)

10K Female

| | | |
|------------------|------------|-----------|
| Jen Reiter | 3rd OA | 43:14.1 |
| Sarah Keller | 1st AG | 43:33.8 |
| Elise Hogenson | | 46:15.0 |
| Kelly Ping | 1st Athena | 48:23.9 |
| Terri Walters | | 59:04.9 |
| Caroline McBride | | 1:04:52.1 |
| Jennifer Hodges | | 1:10:48.1 |

Freezer Burn

December 6, 2008

Frenchtown, MT

Half Marathon

| | |
|--------------|---------|
| Helen Pegram | 1:37:37 |
|--------------|---------|

California International Marathon

December 7, 2008

Sacramento, CA

| | | |
|-------------------|---------|----|
| Brad Coutant | 3:35:46 | BQ |
| David Stauffer | 3:47:04 | |
| Patricia Thompson | 4:33:04 | |

2008 USATF National Club

Cross Country

Championships (10K)

December 13, 2008

Spokane, WA

(area & former area finishers)

All 3 ran for Team Big Sky Distance Project and placed 31st out of 40 teams.

Matt Winter

71st in open Division 33:09

Alan King

169th in open Division 34:36

Tony Banovich

35th in 45-49 age group 39:17

"However fast you are running...run faster."

Coach Joe Newton

53 years of coaching
26 Illinois State XC Team Championships

Announcements

Rim Runner Holiday Party

Mark your calendars for January 24 and plan to attend the Rim Runner Holiday Party. The location is the Perfect Place in Briarwood and we'll have a catered meal, live music, dancing, Year in Review slide show, and awards. Meal price and menu to be determined soon but we'll try to keep the price similar to last year's \$15 to \$17 range. More info to come. Contact Bill Johnston at sbjohnston2@bresnan.net 248-3125 evenings or 869-6353 days if you have any questions.

Yellowstone Ski Trip Hotel Information

For those planning to attend the annual xc ski trip to Yellowstone Park February 6 - 8, don't forget to book your room at the Comfort Inn in Gardiner, MT. The room rate is \$65.00 plus tax (\$69.55). The price includes a continental breakfast and free usage of the hot tub room. The motel is closed until Jan 5, but you can leave a message and they will call you back. Call the Comfort Inn at 406-848-7536 for reservations and tell them you are with the Yellowstone Rim Runners to get the special room rate. For additional information on the ski trip, contact Kathy Ruff at home 655-4510 or cell 860-8917.

Montana Women's Run Donations

The Rim Runners would like to thank the Women's Run Board of Directors for a \$2,000 donation to help defray insurance costs. Other generous donations to Billings area organizations include:

- \$32,000 to the Billings YWCA for women's shelter, daycare, and workforce training programs.
- \$19,000 to the Billings Clinic Foundation for women's health screenings.
- \$3,000 to MSU Billings for a female track or cross country scholarship.
- \$3,000 to Rocky Mountain College for a female cross country scholarship.
- \$1,000 to the Billings YMCA for its fitness program.

SHAMROCK RUN

Rim Runner 5k Run & Membership Drive

Sunday, March 15

1 p.m. Pioneer Park Area

Preregister March 14 at Time Out Sports

\$20/individual or \$25/family

Entry includes 1 year free membership to Rim Runners



SAVE THE DATE!

The Man Who Fell to Middle Earth...

Sean Phelps

Don't know what you got till it's gone

Don't know what it is I did so wrong, wrong, wrong

Now I know what I got

It's just this song

And it ain't easy to get back takes so long

Don't know what you've got (till it's gone) ~Cinderella~

Being totally inactive for 17 days after foot surgery was an excellent reminder just how fragile the human body is while at the same time marveling at how resilient and capable it is too. One day there is a 2" gash in the bottom of my foot that required two nights in hospital, surgery, seven stitches, multiple injections of antibiotics, 10 days of six antibiotic pills after being discharged, hobbling around on crutches with a protective boot on my right foot and then four weeks later the wound was healed with hardly any scarring (Is that a bummer? Do chicks dig scars? My physio at the hospital was im-

pressed.). Too bad that resiliency does include cardiovascular fitness; we work so hard to get into shape ("and it ain't easy to get back...") and it is so easy to fall out of shape. A body at rest does indeed tend to stay at rest unless acted upon by another force.

Before the injury I had been ramping up my swimming in preparation for another Auckland Harbour crossing swim. My running was progressing, albeit slowly, and my cycling miles were on the increase. There were times I felt inconsistent and frustrated with my efforts. Perhaps I needed to take some time off. Perhaps I needed a rest. Well, the gods must have heard me because in a split second I went from finishing a kilometer ocean swim to the emergency room of the North Shore Hospital.

This injury was a minor annoyance when compared to what others go through on a daily basis.

There was light at the end of my tunnel (that was not a train) unlike those fighting a disease or long term illness. All I "lost" was 17 days of training, a little sleep and mobility (well, OK, some skin). So, a New Year's resolution for me is to try to be more appreciative of what I've got (the physical abilities of a soon to be 46 year-old as well as so much more). Perhaps it's the aging process. Perhaps it's maturity (ah, doubtful). Perhaps it's the 8 1/2" x 11" color



picture the ER doctor gave me of the wound.

Happy New Year!

Kia Kaha!

Sean Phelps

"It's not the age sweetheart. It's the mileage."

Dr. Henry "Indiana" Jones, Jr.

Are you receiving the Rim Runner emails?

Don't worry, we won't flood your inbox with junk or advertisement!

We only send pertinent information about upcoming events we think you may be interested in plus the link to the electronic newsletter as soon as it becomes available online. Please update your email address by contacting our membership coordinator Ruth French at ruthless@imt.net

Put Your Best Food Forward

Kelly Ping

New Year Brings New Challenges Top 5 Excuses and How to Avoid Them!



5. My kids don't like to eat vegetables so I don't! Often kids don't like things because the parent hasn't introduced it enough times. It takes at least 3-4 times for a kid to develop a liking or disliking for things, studies have found. Another way to get kids to eat things, like vegetables are to make it fun! Make them into different shapes or animals using other healthy foods. Involve your kids in the preparation process, or better yet take them to the vegetable isle and have them pick what vegetable you will eat.

4. I don't eat that much, I don't know why I am gaining weight! Chances are you are taking in more calories than you think, don't forget that condiments like salad dressing and mayonnaise are just packed full of calories and fat and can add up quickly. Take a few days and measure the foods you eat (you may find that your serving are much bigger than you thought). Another way to figure out exactly how many calories you are consuming is to record everything you eat for a week in a food diary and then go to www.calorieking.com to assess your intake. One more word of advice move your body- if you burn more calories than you consume you are going to lose weight.

3. I don't have time for breakfast! If you don't have time for breakfast how did you find time to sleep in that extra 15 minutes? It isn't that you don't have time it is that you haven't organized yourself efficiently. If you showered, laid out your clothes and made your lunch the night before I bet you would have time to spend 10 minutes to eat a healthy breakfast. It has been shown that those who eat breakfast are more mentally sharp, consume fewer calories throughout the day, and are more successful at losing weight and who wouldn't want that? On those days that you just can't squeeze it in grab a piece of fruit, a granola bar, or some almonds – this will at least keep your metabolism going.

2. Eating healthy is too expensive! Lets do this save your receipts for the next week of every time that you go out to eat, add this up and compare it to your weekly grocery bill- are you surprised? Another thing that can save you money is to be a wise shopper. When buying fruits and vegetables shop in the frozen isle, these foods are often frozen in their prime and offer more nutrients than the fresh foods that have been shipped across the country. Often time's organic items come at a much greater expense at little to no benefit. If you are buying fruits or veggies with a peel that you throw away – you do not need to spend the extra money on organics. Some food may say they are organic, but if they don't have the USDA organic seal are no different from regular items. Find a group of people to go in on foods and shop in bulk.

1. Eating 1 meal a day will help me lose weight! There are several reasons why this statement is incorrect. First of all you have to think of your body as a machine and in order to run that machine you need fuel. If your tank is on empty you will not go. Studies have proven that people working out on an empty stomach are not able to endure the intensity or the duration of their satisfied counterparts. Next, when you body finds out you are out of fuel- it goes into survival mode and starts to hold onto whatever your body has left; this in turn slows down your metabolism and can prevent you from shedding pounds. Finally, when it does come time for you to eat by this time you are usually so hungry that you overeat at that one meal and usually choose less nutritious foods. The best way to keep your metabolism going and your engine fueled is to eat several small meals throughout the day.



Kelly Ping,
RD, LD, ACSM-HFI

"Let your food be your medicine, and your medicine be your food."

Hippocrates



PRSRT STD
US POSTAGE
PAID
Billings MT
PERMIT NO.779

P.O. BOX 2424
BILLINGS, MT 59103

ADDRESS SERVICE REQUESTED



January 2009

Thur., Jan 1 - Billings

NY's Day Club Run. Meet at 9 a.m. at the fireplace picnic shelter in Riverfront Park for this wildly popular club run and potluck breakfast to ring in the New Year. Runners of all abilities welcome and encouraged! You can choose your own distance.

Sat., Jan 3 - Bozeman

Franklin's Fat Ass Fifty. 9 a.m. Headwaters Park. Run as few or many 5k loops as you'd like. winddrinkers.com

Tues., Jan 13 - Billings

Rim Runner Board Meeting. 6:30 pm at the YMCA. Everyone is welcome.

Sat., Jan 24 - Billings

Rim Runner Holiday Party at The Perfect Place (Briarwood). 6 p.m BYOB social hour; 7 p.m. catered dinner, live music & dancing. RSVP to Bill or Sue Johnston by Jan. 17: 248-3125 eves or 869-6353 days. Cost for dinner to be announced asap.

Sun., Jan 25 - Bozeman

All Comers indoor track meet, Brick Breeden Field House. Field events begin at 11 am., track events at noon. Doors open at 9. Entry fee is \$10 per athlete. Contact Dave Skelton at bztclub@bresnan.net or www.mtusatf.org

February 2009

Sun., Feb 1 - Shepherd

Froze Nose Run & Bowl Biathlon. Run 2 or 4 miles and bowl 1 game. You will be finished in time for the Super Bowl. Contact Rex or Nancy at 373-6479.

Fri., Feb. 6 - 8. Gardiner, MT

Annual Yellowstone Nat'l Park XC Ski Trip.

A more complete calendar available at www.rimrunners.org
