

# Yellowstone Rim Runners



ROAD RUNNING NEWS FROM AROUND THE GREATER BILLINGS AREA

September 2009

Volume 27, Issue 9



*Photo courtesy of Ryan Grubb*

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Rim Runners pause for a photo during a run on the Black Otter Trail. Left to right: Deb Magilke, Diane Legate (now living in Michigan), Lori Christianson, Margy Bonner and Tiki McDaniel.



[www.rimrunners.org](http://www.rimrunners.org)



# From the President

Dave Coppock

With summer winding down there are a lot of folks gearing up for the fall marathon season. Kate Novakovich and Cindy Thompson have been hard at work all year on the new and improved Montana Governor’s Cup Marathon coming up September 20. We’re asking any Rimrunners who aren’t competing to help man an aid station along Parkhill Drive near the latter miles of the race. If you’re interested in helping out, contact any board member and we’ll get you set up!



And, if you haven’t beaten your quads too bad in the Montana marathon, there’s an event coming up to benefit the Alzheimer’s Foundation set for Sunday, September 27 at Riverfront Park. The event will be a 5K run which basically follows the cross country course around the lake.

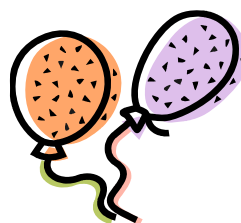
Speaking of cross country, the local high school and college teams will be opening up competition the weekend of September 4-5. The Billings Invitational will be held Friday, September 4 at Riverfront Park with a large number of schools entered from across east and central Montana and northern Wyoming. The following day, Saturday, September 5, MSU Billings and Rocky Mountain College will dual it out at Riverfront at 10:00 am. Both teams are much-improved over last year and it should be an exciting event. If you’re not doing anything that morning, come out and help or just take in the action!

## September Birthdays

Rachael Rath	9/02	Jay Eyre	9/14
Walt Peet	9/02	Kathy Reinhardt	9/16
Susan Balter-Reitz	9/02	Shannon Johnson	9/16
Jennifer Rath	9/02	Chaser Ausen	9/16
Paloma Whitworth	9/02	Chace Ross	9/17
Sophia Whitworth	9/02	Candace Emerson	9/18
Kevin Rietz	9/03	Jan Schott	9/19
Tori Hepp	9/04	Bill Callahan	9/20
Sig Ross	9/06	Fran Harrington	9/21
Tyler LeFevre	9/08	Nora Phelps	9/23
David Omen	9/09	Tom Peterson	9/24
Sharon Harris	9/10	Jake Woodring	9/24
Nathan Shike	9/10	Ross Wilson	9/25
Julie Kelso	9/11	Terri Walters	9/25
Eric Weninger	9/11	Jennifer Kruger	9/26
Austin VanDelinder	9/12	Cathy Bentz	9/26
Josh King	9/12	Tina Boone	9/27
Auralea Fain	9/12	Luke Kestner	9/28
Nicole Rietz	9/13	Jane Mitchell	9/28
Bonnie George	9/13	Kim Gray	9/30
Kathy Wilkinson	9/14		



Quality of Life Race Participants



## Editor's Note

Hello Readers,

Welcome to the September issue of the Rim Runner newsletter.

Mike James has assumed the role of secretary beginning this month. He is enthusiastic and has lots of great info in the minutes from our last board meeting so be sure to read them. Thanks, Mike!

Be on the lookout for more information on this year's Demon Dash which includes the annual election of officers and potluck. Mark your calendars for Novem-

ber 1 at 2 p.m. at the Burnam's home in Huntley.

I was in Missoula last month for work and had the chance to enjoy a whitewater raft trip through the Al-berton Gorge with my son and his girlfriend. In my next life, I am going to give up library work and become a river guide.

For the first time, I had the thrill of tumbling out of a raft while going through some rapids. Despite knowing the rule to go feet first through the rapids, in an act of self-preservation, I latched on to a rope

on the raft and let the raft drag me through, rump first. Just my luck to glance off a submerged rock which left a humongous bruise on my bum.

**Next Newsletter Deadline:  
September 24**

Cheryl Hoover, Editor  
hooverfam@bresnan.net



My son, Brian, and I.

## Race Report - The Teepee Creeper

Ekkie Wedul

Teepee Creeper Classic 5K  
Crow Fair - Crow Agency, MT  
August 15, 2009

I didn't know if I could run 3 miles or not, but I knew I could finish; so I hitched a ride with Ryan Grubb and away we went. I had done this race 4 years ago, thinking that was the first time they held the race. Boy! Was I wrong! Walt Egged and Wayne Not Afraid filled me in on some of the details. The first one was in 1981 and Walt and a friend were the Race Directors for the first 10 years. Wayne said this was his eighth year to head it up. This is truly a classic race. Wayne did a great job. I really appreciated his humor. He directed us not to run too close to any parked cars because you never know when someone might open the car door. "That would be a major owie," he said as he gave the race instructions. What a fun course as it winds around the Fair grounds on the paved roads among the teepees, campers and horses even as a light rain fell! As Wayne gave the awards, when he got to the 60 & Over age group, he mentioned something about honoring our elders who still run. Those elders turned out to be myself and Walt Egged (the only ones over 60 in the race)! I really did feel honored. Wayne pointed out that next year will be the 30<sup>th</sup>, so mark your calendars.



## Montana Marathon Update

Kate Novakovich

Montana Governors Cup Marathon, Relay, Half and 10K update:

Look - we know we are not Boston, or Chicago or even the Twin Cities. But we can pretend we are! Come Sunday, September 20 when the marathon gets underway, let's line the streets with spectators like we were Chicago...let's fill the hills with screaming, cheering fans like we were Boston! Let's bang noisemakers and line the streets with lawn chairs filled with whole neighborhoods like I saw at Twin Cities! Shoot - I'd even settle for crowds like there was in Missoula. Yes...Missoula! If you are not running, walking or helping why not be the leader of the pack and get on the course race day. Our community involvement will go a long way to make this event worth coming back for.

But, before we get there, we need involvement of another kind. Here is who and what the marathon effort needs and is not limited to: registration help from @ 11:00 (to set up tables, etc) to 8:00 PM at Time Out Sports on Friday. 9/18; on Saturday registration and number pick up continues from 10:00 AM to 3:00 PM. Volunteers will look up runners numbers, help them collect goodies and their shirts, answer questions, etc. FUN, FUN, FUN....you will meet the most interesting people! Work when you can, for how long you can, call me at 672-1772, or leave a message at 252-3038. Then at 3:00 we move all the remaining stuff to the Hospitality Room at the ClockTower Inn. Help is needed to do that as number pick up continues, information given to late comers, and you get some wine or beer and a snack before dinner. Then all that stuff gets packed up to be brought to Daylis Stadium on Sunday morning. At 4:30 AM. Before that, however, we need persons who don't mind an early hour to meet with course manager Dave Angel and the big truck and begin setting up the course. You will ride with him and set up the course traffic candles, the water stop supplies, etc. It starts early but its over early. Then we need more course helpers as in groups to work at a water stop, intersections that need traffic help, we will have 3 Sheriff's Deputies and 2 BP Officers to help.

For water stop competition, I hear that the Sanderson Stewart table at mile 22 is into some serious party planning with costumes, decorations.. maybe just a rumor. But the gauntlet is down! The Rim Runner water table is at mile 23. Volunteers are needed there too. The finish line festivities require a number spotter, timing helpers, help putting up flagging for the food tables, working the food tables to keep them filled, water iced down, medals placed on runners in the marathon and half, awards table to be set up, etc. The work list is long but I hope we can get the word out beyond the running club that you don't have to be a runner to help out. We appreciate people who just show up and smile. Heck you don't even have to smile, we'll do it for you. Call Kate at 672-1772, or 252-3038, fill out the volunteer form on the website and you don't have to talk to anyone, or call or visit Time Out Sports at 245-9735. [www.montanagovernorscupmarathon.org](http://www.montanagovernorscupmarathon.org).

Thank you for your support!

Montana Governor's  
Cup Marathon  
2009

## Announcements

### Run Against the Traffic!

Please, please run against traffic when there are no sidewalks or trails. I recently saw a couple running with traffic on Molt Road, oblivious to the traffic coming up behind them. I decided they must have had a death wish. Running against traffic allows you to see the cars coming on your side of the road so you can get out of the way if you have to. Please don't trust the drivers to see you.

Thanks. Ekkie Wedul

### Big Sky State Games 2009

Thanks to all of you who helped make the State Games a success again this year. Without you volunteers there would be no road races; and without you runners there would be no road races. We used about 50 people to hold the 5K, 10k and Half-marathon races for about 500 runners, and every one of those 50 volunteers was indispensable. Big thanks to Bill Harrington, Brad Coutant, Judy Burnam, Kate Novakovich, Bill Johnston, Deb Magilke for helping to organize everyone and everything!

Thanks to all. Ekkie Wedul, 2009 Big Sky State Games Road Race Commissioner

### Rim Runner Logo Clothing

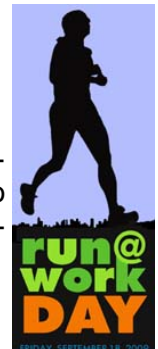
The Rim Runner board has organized a group of volunteers to look into purchasing some new Rim Runner logo items to sell to members. If you have any suggestions or comments, please contact a member on the committee: Ryan Grubb, Kate Novakovich, Tiki McDaniel, or Robin Hanel. Kathy Reinhardt manages the Rim Runner apparel and will have the older items available for discounted purchase at the MT Marathon packet pick-up this year.

### Rim Runner Family Events

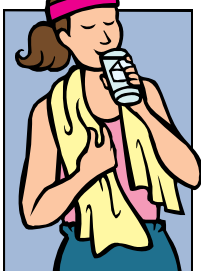
The club enjoyed a good turnout for the Mustang Baseball Game/BBQ last month. Be on the lookout for more social events for the family. The club is planning to do another hayride this fall and will have more details available soon.

### 4th Annual National Run @ Work Day

Join thousands of others and participate in the 4th Annual National Run @ Work Day on September 18. The goal of this Road Runner's Club of America event is to encourage people to incorporate at least 35 minutes of walking or running into their daily lives. So invite your co-workers to a walk or run on September 18.



### Water Stop Volunteers Needed



The Rim Runners will be manning a FUN water station at Mile 23 during the Montana Marathon on Sunday, September 20 and we are looking for people to volunteer. Mile 23 is near Brentwood and Colton Blvd. All supplies will be provided — we just need people to come and work as little or as much as they would like handing drinks to thirsty runners. Please contact Vince Grewe at 406-861-3441 or at [vgrewe@bresnan.net](mailto:vgrewe@bresnan.net) if you are interested. We need a lot of volunteers so please consider inviting a friend. No experience necessary!

# Secretary's Report

Rim Runner Board Meeting Aug 11th at the MT Brewing Company

**Present were:** Dave Coppock (President), Cheryl Hoover (Editor), Cecil Pegram (VP), Ruth French (Membership), Vince Grewe (Treasurer), Mike James (Secretary) and the following guests: Jim Hoover, Chris Brower, and Herb Mangis

## Old Business:

1. Montana Marathon
2. Member Photos
3. Baseball Game and Barbeque
4. Newsletter Address Updates
5. Rim Runner Apparel (The Old Stuff)

1. The Montana marathon (9/20) is rapidly approaching and we are hoping for a good turn out from our local running community in terms of racers and volunteers. To register, go to: <http://www.montanagovernorscupmarathon.org/> To volunteer, contact Vince Grewe at: [vgrewe@bresnan.net](mailto:vgrewe@bresnan.net) or 861-3441

2. We are interested in member photos and would like to include them in our newsletter. If you are a club member and have a picture of you competing in a recent running event we are encouraging you to submit them to Cheryl Hoover at [hooverfam@bresnan.net](mailto:hooverfam@bresnan.net)

3. Vince Grewe, reported that the annual BBQ and Billings Mustang game was a big success with 29 people attending.

Old Business (continued)

4. Please contact Ruth French at [ruthless@imt.net](mailto:ruthless@imt.net) if you are not receiving the newsletter. The option exists to receive it either via e-mail or snail mail and if you are receiving it one way and want to receive the other she is also the one that can make that happen!

5. The club has several items of apparel left over and we would like to clean house to get ready for some new goodies. Go to the web page at [www.rimrunners.org](http://www.rimrunners.org) and on the left side, click "RR Clothing" to see the deals that you just cannot pass up.

## New Business

1. Alzheimer's Run
2. Officer Elections
3. Social Events
4. Group Runs
5. Rim Runner Apparel (Ideas for the new stuff)
6. Treasurer Report

1. Dave Coppock wants to bring to the attention of members a great event to support the Alzheimer's Foundation on September 27<sup>th</sup>. It will be a walk/run out on the cross country course out at Riverfront Park. Watch the website for details or check in with Dave at [run\\_msub@hotmail.com](mailto:run_msub@hotmail.com) if you are interested in participating.

2. In October, the club will be holding elections for the following board member positions: "Membership" and for a person willing to provide a backup to Heather McPhail who does "E-Mail Distribution." If you have any questions or would like to put your name into the ring (Hint: This is where you can make a difference and we would LOVE to have you!) please contact Cheryl at [hooverfam.@bresnan.net](mailto:hooverfam.@bresnan.net)

3. The club usually holds a separate Hay Ride and Bon Fire and the board came together and discussed combining the 2 events for as of yet scheduled date in October. Check the website and September's newsletter for additional information. In addition the club wants to host a Turkey Day "Turkey Trot" but we would like some feedback from members about when, where, and how far they would like to run. This is your club, get involved and let us know what you think. E-mail ideas and comments to Mike James at [itsbigtime@yahoo.com](mailto:itsbigtime@yahoo.com)

4. As a club we want more members to get involved with the group runs. This is the reason most people join a running club "To have the ability to hang out and run with people who enjoy running!" The board discussed this issue at length and we want everyone to come out and get involved but we are not sure how to make this happen. We are asking you for feedback on how to make this happen. The several ideas that are being floated so far are to:

To change the Saturday run to end by 10:30 a.m. at a local diner so we can all eat and socialize once a week and to make the group runs accessible to all abilities.

To conduct a race series with the local races, awarding points depending on members finish but more importantly to use the race series to help people get ready to run longer distances such as a half or full marathon.

This is your club, get involved and let us know your ideas. We are trying to improve the experience but we need your help. Contact Mike James at [itsbigtime@yahoo.com](mailto:itsbigtime@yahoo.com) and he will keep you posted!

5. The club wants its members to be involved and to raise its profile. To do this we are looking to change the apparel that we offer. Some of the ideas that have been floated so far are the traditional running items such as coffee cups, license plate frames, hats, and key chains but to this point nothing extravagant. We want to offer the things you are interested in and will utilize but we need your input. Let Mike James know what you think at [itsbigtime@yahoo.com](mailto:itsbigtime@yahoo.com) and he will pass along your ideas to the Apparel Committee (Ryan Grubb, Tiki McDaniel, Kate Novakovich and Robin Hanel).

## Club Runs

Cecil Pegram, Rim Runner Vice President

“Cecil, you should probably know, we’re actually an Eating Club with a running disorder.” I believe it was Rex Rowe who shared this witticism with my daughter and me after we finished the Annual New Year’s Day run. And as they say, “The rest is history.” Me and my daughters became members of the Yellowstone Rim Runners at that very moment and have never looked back.

While I can’t say enough about the potlucks it was really the group runs that got us involved. In fact it was on one of those cold December Saturday morning runs that we got invited to the New Year’s Day festivities. The group runs are how we met new and familiar runners, learned about races, were invited on trips and received training tips. There’s always a lot of good natured teasing and positive encouragement on the group runs.



What all of this rambling and reminiscing has been leading up to is this: does it seem that we have been getting diminishing returns on our group runs or is it just my imagination? I, and the other board members, would like to hear from the membership on the subject of group runs. Would the membership like to see more, see different. Let us know so share your thoughts.

Myself and everyone I know seems to be pulled in 20 different directions, so I know it’s hard to find times and places that work for everyone. I do believe however that the majority of people join a running club because they are interested in running. There is nothing quite like a solitary run where you can just zone out and be one with the road while at the same time nothing keeps you running like a bunch of goofy-go-out-in-the-cold-and-the-rain running friends.

*Editor’s Note: Share your comments on club runs with Cecil at [cpgram@koa.net](mailto:cpgram@koa.net)*

### **Weekly Club Runs**

#### **Tues & Thur 6 a.m. sharp!**

Meet at Dehler Park 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 Pioneer Park picnic tables on 3rd Street at the north end of Daylis Stadium for a nearly 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 860-1883.

## **SAVE THE DATE!**

### **The Demon Dash & Potluck**

**Sunday, November 1 at 2:00**

**Ron and Judy Burnam will once again host this popular Rim Runner event at their lovely home near Pryor Creek Golf Course. More info will be available in the next newsletter and via email but mark your calendars for now! You won’t want to miss this event!**

## *The Man Who Fell to Middle Earth...*

Sean Phelps

If the proposed cure for a hangover is to have some of the hair of the dog that bit you, what is the proposed cure for an athletic hangover? Another long run? Another 4,000 yards in the pool? Two more hours on the wind trainer?

I'm talkin' about the kind of athletic hangover where your entire body aches. Your shoulders sting after 19,000 yards of swimming for the week, your calves throb after the 15 mile run over a hilly course followed by the next day's 8 mile tempo run, or even your brain after the mind numbing effect of a couple hours on the stationary bike. I'm talkin' about where everything hurts, like in the first Indiana Jones movie except for your forehead or maybe an elbow (well not my elbows as they are sore too). Better yet, your body is so sore and your mind is so fuzzy that you could have easily been a part of the movie *The Hangover* but without the story of the tiger and the baby.

This question has been on my mind lately as I prepare for Arthur's ½ marathon on 19 September in the Waitakere Range in West Auckland. Last year I finished in 1:42:50 and greatly want to improve upon that time. Thus, I've been working on my Saturday long runs over hilly street routes, including a couple of volcanoes in Devenport. Sundays are a 7-8 mile run over rolling terrain with some surges thrown in an attempt to work out the kinks from the previous day's effort. On both

days I spend an hour in the saddle in hopes of flushing out the legs. Tuesday mornings I try to get in a 6 mile tempo run to at least pretend to see what it feels like to run fast (and fast must be considered a relative term in the context of this setting). By Thursday, it's an easy 5 mile recovery effort (a polite way of saying shuffle). Four days a week of running is all this body can handle.

Of course, still being highly addicted to chlorinated water I'm still swimming in preparation for the Harbour Swim the third week of November. That's five swim sessions per week. Fortunately (?), my cycling time is about 3 hours per week. That love-hate relationship with the bike is ever present (I love it when I'm off the bike, and hate it, at times, when I'm on it).

Throw all of this into the blender, hit puree and the end result is the athletic hangover. There are times when a Jimmy Bufferin aspirin party seems like the only cure. Then, as I begin to wade in the pool of self-pity and creaking bones, a co-worker who did the marathon at this event last year in 2:42 tells me he's just recently decided to do the marathon. "I mean, how hard can it be to run under three hours?" he said. How hard indeed? I wonder what his athletic hangover is going to be like.

Good luck to everyone participating in the Montana Marathon.



Kia Kaha!

Sean Phelps

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

p.s.  
If you need a running related laugh check out Brooks Superfans' videos and Nike's Bare Butte Running Camp (risqué running!)

# Race Results!

## Quality of Life August 22, 2009 2 mile

### Overall Winners

Kaitlyn Wurnig	13:02
Ryan Grubb	12:15

### Female 13 & under

Janae Bjorgum	16:50
Kaycee Rider	19:05
Tori Neary	20:24

### Female 14 to 19

Molly Porter	15:04
Taylor Holcomb	15:23
Amber Long	17:43

### Female 20 to 29

Torey Scheafer	15:46
Stephanie Robinson	16:03
Kyla Bauer	16:47

### Female 30 to 39

Angela Klein-Hughes	13:56
Eleanor Kindness	15:18
Heather Marin	17:11

### Female 40 to 49

Lisa Larsen	14:17
Cheryl Holcomb-Roberts	15:34
Ronda Vukasin	16:00

### Female 50 to 59

Nora Phelps	15:16
Jeanne Peterson	16:57
Carmen Leach	18:32

### Female 60 to 69

Barbara Adams	20:03
Susan Iacopini	22:03
Dianne Hutton	26:34

### Female 70 & over

Polly Eames	29:57
Stella Connelly	32:39

### Men 13 & Under

Logan Scott	16:17
Christian Dunn	17:44
Sam Wiest	18:13

### Men 14 to 19

Levi Fox	12:57
Michael Kuck	21:29

### Men 20 to 29

Tim Bauer	15:56
Rex Marin	17:11
Matthew Solum	19:06

### Men 30 to 39

Michael Lee	15:11
David Woods	17:38
John Logan	17:41

### Men 40 to 49

Scott Palmer	14:30
Kevin Bjorgum	15:26
Malcolm Long	17:43

### Men 50 to 59

Steve Zimmerer	12:59
Jim Wulf	17:57
Ed Wiest	18:23

### Men 60 to 69

Harvey Brown	13:38
Tom Lynaugh	18:28
Jim Paquette	18:39

### Men 70 & over

Walt Egged	18:57
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### 5 Mile Overall Winners

Lewis Elliot	25:20
Lisa Minnehan	31:45

### Female 14 to 19

Shelby Kramer	35:07
Annie Anseth	40:14.1
Sydney Lich	41:53

### Female 20 to 29

Jennifer St John	34:36
Laci St John	35:18
Autumn Ware	38:33

### Female 30 to 39

Jen Reiter	32:28
Tiki McDaniel	36:17
Stacy Kamano	37:12

### Female 40 to 49

Lori Christianson	38:10
Anne Giuliano	40:14.62
Susan Pickens	40:39

### Female 50 to 59

Colleen Dunn	41:18
Rachel Cox	44:45
Rita Kunkel	47:27

### Female 60 to 69

Debbie Magilke	38:35
Exel Wedul	45:38
Beverly Daubert	48:05

### Female 70 & over

Ella Miller	55:25
Mary Mehrer	59:25

### Men 14 to 19

Justice Mack	30:53
Michael Marstaeller	31:24
Jeffery Marstaeller	31:46.72

### Men 20 to 29

Alan King	25:32
Cody Englert	29:11
Ian Davey	32:11

### Men 30 to 39

Mark Bolt	29:31
Lukas Holberg	31:15
Phillip Reintsma	31:46.19

### Men 40 to 49

Donn Raymond	33:16
Jay Mack	34:50
Craig Hepp	38:39

### Men 50 to 59

Nick Ricardi	33:03
Steve Shandera	40:36
Neil Hoagland	42:22

### Men 60 to 69

K. Dale Getz	39:29.54
Alan Jarratt	41:55
Jim Newell	43:09

### Men 70 & over

Ronald Bender	47:03
Herb Mangis	49:28

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### HURL Elkhorn 50 Mile Endurance Run August 1, 2009

Mike James	3rd OA	10:52:11
Bill Johnston		11:48:35

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### Bighorn Sky Marathon Burgess Junction, WY July 26, 2009

#### Marathon

Mike James	4:14:59
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#### Half Marathon

Jennifer Kruger	2:02:06
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### Leading Ladies Marathon Spearfish, SD August 16, 2009

#### Half Marathon

Erin Jones	2:09:39
Diane Bisbee	2:11:44

#### Marathon

Jodie Pekovich	4:01:48
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### El Vaquero Loco Afton, WY August 16, 2009

#### 50 km

Mike James	7:18:32
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#### 25 km

2nd OA Female	
Jennifer Kruger	3:37:33



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## September 2009

### Sept 5

**John Colter Run in Three Forks.** Approx 7 miles on pavement, gravel, and trail. Meet at Missouri Headwaters State Park. Last 200 yards runners cross the Madison River. Entry form available at: [www.universalathletic.com](http://www.universalathletic.com). Registrations must be postmarked by Aug 21. Race capped at 300 runners. No exceptions.

**Red Lodge Fun Run for Charities.** 2 mile walk, 5k & 10k events. 9a.m. start time. Choose what charity your entry fee benefits. The Red Lodge Area Comm. Foundation raises money to match funds. Dogs welcome. Free BBQ. [www.redlodgefunrun.org](http://www.redlodgefunrun.org)

**Sept 8 Rim Runner Board Meeting.** 6:30 p.m. at the MT Brewing Co., 113 N. Broadway. Everyone is welcome.

**Sept 12 20th Annual Chokecherry Run/Walk in Lewistown.** 1 mile, 5k, 10k events in conjunction with the Chokecherry Festival Race only \$5 or \$10 with a t-shirt. For more info [hamling@middrivers.com](mailto:hamling@middrivers.com)

**Sept 20 Montana Governor's Cup Marathon.** 10k, HM, and full marathon in Billings. [www.montanagovernorscupmarathon.org](http://www.montanagovernorscupmarathon.org)

### Sept 25

**9th Annual Ales for Trails.** Enjoy an evening of music & microbrews from 4 to 10 p.m. at the Billings Depot. Proceeds to benefit the trails.

### Sept 27

**Memory Walk for Alzheimer's at Riverfront Park** 2 p.m. Info 252-3053 or [alzbels@bresnan.net](mailto:alzbels@bresnan.net)

### Sept 28

**Homestake Pass 5 miler in Butte.** Trail run on xc ski trails through woods, meadows & includes some steep declines & ascents at Homestake Lodge. Register at [active.com](http://active.com)

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