

Running Wild

The official newsletter of Run Wild Missoula

March, 2009

"In the country, girls ran. We ran to get places, to cover ground. We ran because we by-God wanted to. . . . Blocks passed before I had a smooth stride and my knees began to lift and flex and fall without prompting. The winter dropped away, and what rose in its place felt endless. For a little while in the darkness that night I was simply fourteen, dodging from streetlamp to streetlamp, connecting pools of light like the dots on a puzzle page. . . . It was enough to hear the applause of my own feet, to feel the power stealing back, sharp as the spring air that fed it." – Judy Blunt, Breaking Clean

No More Issues of *Running Wild*

For those who have not renewed their membership, that is.

Unless you receive the newsletter via email, you may notice a date on the mailing label (at least I hope it's there this month). It is the year in which your RWM membership expires.

Just a reminder, of course. We hope that you will want to renew, if it is time, or perhaps join up for the first time. Just fill out the membership form included in this issue and mail it (with your check) to Run Wild Missoula, or drop it off at the Runner's Edge.

Or go to www.runwildmissoula.org, click on RWM Benefits, and follow the link to Active.com.

~ Vic Mortimer

President's Corner

This is the last President's Corner. As many of you know, I am stepping down as President of Run Wild Missoula and stepping up will be the new Executive Director of Run Wild Missoula, Eva Dunn-Froebig.

I'll back up to the end of October, when I got a full-time sales position at KECI-TV. Happily, I have also been able to keep my job as Race Director of the Missoula Marathon, which I love of course. My children also decided to let me keep my job as their mother, so I suddenly found myself with three big jobs plus sometimes I like to run, too.

Something had to give, and it was all the other work I have done as President of Run Wild Missoula that is not associated with the Missoula Marathon. I told the Board that I could no longer devote the kind of time that I had been, and thankfully all the other Committee Members and Board Members stepped up and helped keep the wheels on the bus. Let's remember these people are all volunteers, too, so join me in thanking them for taking on extra responsibilities.

Then the Board of Directors had a lot of decisions to make – where do we want to go? – how do we want to get there? – can we find a volunteer to continue on the path we've set? – can we pay the person? – should we pay the person? – and so on and so forth. The club has come a long way in 2 ½ years (thanks to all you members) so these kinds of decisions are important and required much thought and discussion.

Eventually it was decided that there is too much work to expect of a volunteer and that a part-time person should be hired to handle all the activities and legalities and business of running the running club. It was also decided to call this position Executive Director as opposed to President, perhaps to signify that it's a responsible and paid position but probably more because that's what most other non-profit organizations

seem to call their person in charge of all the day-to-day activities.

And *that's* why this is the last President's Corner. It won't be the last of me and although I'll happily forward all running club-related emails with responsibilities attached to Eva, I'll continue with all the Missoula Marathon responsibilities, so it's likely that you'll read more Missoula Marathon articles in the newsletter because I should have more time to devote specifically to that.

Please join me in welcoming Eva Dunn-Froebig (yes, she is a runner) into her new position. We are pleased to have her as our Executive Director and look forward to her guiding Run Wild Missoula exciting new places.

~ Jennifer Straughan

Greetings from the New Executive Director

Thank you for welcoming me to Run Wild Missoula. This position is a dream job for me as it combines my non-profit experience with my passion for running. Although I've only met a smattering of you, I can already tell that Run Wild's Board of Directors, Race Directors, other volunteers and members are a dedicated bunch with one explicit interest: running. I'm impressed with Run Wild's motivation and enthusiasm to keep running alive in the Garden City. What strikes me is the organization's inclusiveness to runners and walkers of all abilities.

I saw runners and walkers come out of the woodwork for the Missoula Marathon for the past two years. Although running a marathon is a challenging and daunting feat, it didn't stop first-time marathon runners from supporting the event for the sake of the community. I hope we'll continue to get that kind of sustenance for all of our events from the 5K Pumpkin Run to the new Sweathouse Half Marathon this September. It gives the message that Run Wild events aren't just a form of recreation; they also enhance our community's health and economy.

I share your enthusiasm for running. I started running cross-country in seventh grade and continued competing through college and beyond. I make running a part of my life whether it's a lone mid-week run, a long Sunday run with girlfriends or a quick jog while pushing my 3-year-old son in the stroller.

I look forward to seeing you out on the trails and the pavement and meeting you at Run Wild's training classes, workshops and races.

Happy Running / Walking,

~ Eva Dunn-Froebig

Bloomsday Bus

The Bloomsday Bus will once again transport Run Wild Missoula members and all other interested runners on a one day extravaganza to Spokane and back. Although we didn't have a large number of participants last year, the people who used the bus enjoyed it so much we thought we'd commit to it again this year (and next) regardless.

Just to be absolutely clear on this point, *the bus will go to Bloomsday no matter what*. If we have only one person riding on the bus and it's Kevin Twidwell's endurance beagle, the bus will go. We understand how important it is to plan in advance for Bloomsday, and that if you commit to the bus and therefore don't have hotel arrangements or carpool arrangements or whatever else, that it could be very difficult if not impossible to reconnoiter if we were to suddenly pull the rug out from underneath you and say, "*just kidding about the bus.*"

So that won't happen. The bus will go. You can count on it and make your plans accordingly. There is a registration form in this newsletter and on our website and hopefully by the time this comes out you'll be able to register on-line, too.

Last year we had two women from Superior who registered and the bus stopped and picked them up. I think that's great. Only in Montana.

I've heard over and over that Bloomsday is really fun. Maybe this year I'll make it myself!

~ Jen Straughan

Marathon and Half Marathon Walkers

For those of you who don't want to run the marathon this year, consider walking! Not only is the full marathon course open to walkers (7 ½ hours) but our walking training class is designed to get both half and full marathon walkers from start to finish on July 12th. See the attached registration form for pertinent details.

Once again we are fortunate to have the walking training class sponsored by Community Medical Center.

Now I realize you're all running club members so it's likely that most of you run, but I'll bet you know lots of people who consider running out of the question but who would like to walk. Let them know about the class!

~ Jen Straughan

Missoula Youth Homes Offers Chance to "Run 4 Kids"

Planning or pondering to participate in the 2009 Missoula Marathon? Why not help Montana children while you achieve personal success? Youth Homes is looking for walkers/runners to join our "Run 4 Kids" team. Last year we raised over \$41K for local children in need – help us make it an even better year for them.

As a Run 4 Kids Team Member, you can enjoy the following benefits:

No Fees: Through the generosity of Montana Rail Link your registration and training will be paid for.

Good Karma: You will run/walk in honor of a Youth Homes child. We'll provide you with their motivating and personalized story.

Great Gear: Each team member will receive a high performance team running shirt.

Success: Your goal is to raise \$1,000 and we will reward your hard work with a sweet running jacket!

Rewards: Once again we'll have really cool prizes for the top pledge earners!

Support: Training (for runners and walkers) through Run Wild Missoula starts March 8th (if not signed up by this date - you can still join the training). Along with the marathon training program, you will receive fundraising materials and tools to assure your success.

For more information or to join the Youth Homes Run 4 Kids Team please contact Ramey Kodadek, Community Relations Coordinator for Youth Homes, at 721-2704 ext. 240.

~ Chris Carey

You Are a Member of RRCA

Most club members do not realize that they (because their club is) a member of the Road Runners Club of America (RRCA), and as such, get certain benefits from that. All this can be found at www.RRCA.org. There is almost too much to list so I'm going to highlight a few.

Your club is insured: your races, your practices, your functions. And the insurance covers club officers and can include your equipment. There is also access to a wealth of information about how to put on a race.

You can also bid to host State, Regional, and National Championships and list all club races on the RRCA calendar and nominate outstanding club members for awards – and Montana running clubs have won many RRCA awards.

Individuals get some benefits, too, including ways to find routes, make your own routes, or just find out how far you ran and at what elevation – the tools are all on the RRCA web site.

In addition, you can maintain your personal training log online, find information on beginning running (including personal fitness programs, FoodFit.com, and a nutritional directory. Members can even learn how to become an RRCA-certified running coach.

Race results from any RRCA club are available, as is information on local running clubs in various cities and towns. You can buy cool stuff at discounted rates, or nominate an outstanding RWM member for an award (members of other Montana running clubs have won awards in the past).

RRCA even has a yearly national convention – you can attend that (this year's convention is in San Francisco).

Most of this information can be found on the red bar at the top. The RRCA is no more – or less – than a collection of running clubs, large and small from all across the nation where some people volunteer to make the joy of running a better experience for all of us. And like all things, you get out of it what you put into it. How about starting a local children's running program, we got that covered too!

~ John M. Devitt, your RRCA Montana State Rep

AT THE RACES

Frost Fever 5K, January 31st

F 13-15	2 Gilia Patterson	24:56.8
M 13-15	1 Adam Peterman	19:14.0
M 13-15	2 Christopher Everett	19:24.9
M 13-15	5 Kaleb Krug	43:24.3
M 16-19	1 Alec Patterson	19:51.6
F 20-29	2 Nichole Unruh-Snow	25:16.2
F 20-29	7 Dawn Odom	33:14.7
F30-39	1 Jennifer Sauer	22:59.5
F30-39	2 Brenda Gagner	26:02.6
F30-39	3 Kelsi Camp	26:53.7
F30-39	8 Colleen Smith	28:58.2
F30-39	13 Jennifer Graves	30:34.7
F30-39	18 Kristina Hurley	33:36.8
M 30-39	4 Bryon Smith	29:11.8
F 40-49	8 Chris Stobb	43:24.7
M 40-49	2 Paul Leusch	23:30.4
M 40-49	5 Curtis Bunton	32:38.4
F 50-59	1 Christine Everett	26:39.7
F 50-59	2 Sue Furey	27:35.2
F 50-59	4 Sally Russell	29:57.6
F 50-59	5 Elizabeth McDonald	33:18.6
F 50-59	10 Melissa Odom	36:37.1
F 50-59	12 Carol Hedges	40:28.7
F 50-59	13 Bonnie Fergerson	40:46.5
M 50-59	2 Michael Cain	25:43.5
M 60-69	1 John Croft	26:33.6
M 60-69	3 Donn Livoni	30:23.1
M 70+	1 Bob Hayes	29:29.4

Visit www.runmt.com for a complete list of Montana races

Be Careful Out There On the Run

I am writing tonight because I just came very, very close to hitting a runner. No, I was not on a cell phone, nor was I drinking and driving; I wasn't even really preoccupied. I was merely driving home after dropping my daughter off at her school for orchestra practice. It was approximately 7:00 PM, and it was dark. I was turning right on a one-way street while looking left because I would not expect traffic from both directions. I had checked the intersection, but only before I had come to a stop. I *was* listening to music I suppose, but that was my only distraction.

My first reaction was shock, because she was at the side of my car before I knew it, and I did not see her before she was standing close enough to touch my car, arms out, as if to say "HELLO! Can't you see me!?"

My second reaction was to drive slowly off, shrinking behind the wheel of my car feeling horrified but relieved that *she* was watching for *me*.

Then, I looked in my rear view mirror, and realized as she ran away from the car that not only was she wearing all dark clothing with the exception of a white ball cap, I could see no reflective gear on this woman at all; no light(s), no reflective vest, nothing.

I am a runner. I run a lot in the dark and I can speak from personal experience; it sucks when that happens. It's the

combination of the feelings of being absolutely invisible and vulnerable, two feelings that are not terribly popular amongst human beings.

If I ever were to hit someone, that person not taking precautions against such a hazard would not make me feel excused, or justified in any way, shape or form. It's a lose-lose situation, and right vs. wrong goes out the window in a hurry when it is replaced by the consequences of a large car hitting an unprotected human body.

When I was driving home, I felt compelled to write something for the newsletter because we talk about our gear bag housing a good pair of shoes, or a good windbreaker to protect against those nasty Hellgate winds, or appropriate nutrition for the run we are embarking on, but I wonder if we spend enough time talking about and preparing for those night-time or early morning runs.

Sometimes people truly are inconsiderate jerks who behave like anything with less than 4 wheels doesn't deserve space on the road; however, sometimes drivers of cars really can't see us, no matter how obvious we believe we look. There is no such thing as too much reflective equipment.

If this individual is a Run Wild member, please accept my deepest apologies for undoubtedly scaring the living daylight out of you. She was mad!! I don't blame her. I would be mad too. I have been in her position before and will undoubtedly be in her position again. Hopefully, I will have learned something from this experience, and I will have an eye out and plenty of reflective gear.

~ Bridgett Moriarty

RWM Club Officers

Executive Director:

Eva Dunn-Froebig – evapdf@gmail.com

Vice President & Newsletter Editor:

Vic Mortimer – vic@runwildmissoula.org

Treasurer: Nancy Shrader – najash@msn.com

Secretary: Bridgett Moriarty – bridget@runwildmissoula.org

Membership & Race Results:

Sue Falsey – sue@runwildmissoula.org

Program Director:

Courtney Babcock – courtney@runwildmissoula.org

Equipment Manager: Tommi Burton – tommi@runwildmissoula.org

Run Wild Yogi:

Missy Adams – missyadams410@yahoo.com

Run from the Edge

Looking for a group run? Meet at the Runner's Edge, 325 N. Higgins, Mondays and Thursdays as 5:30 pm. Monday runs tend to be a bit shorter than Thursday runs. Odds are that you will find at least one runner or walker ready to go at your speed and distance. Call Tim or Anders at 728-9297 for more details.

Newsletter Submissions Policy

Running Wild welcomes stories, race results, announcements, and the like from all Run Wild Missoula club members. Please submit entries in Word, Wordperfect, Excel, or text files. Please, no PDF files: it makes the editor's job longer and more confusing.

Community Medical Center brings you the Missoula Marathon Walking Training Class

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806

Registration Fees:

Run Wild Missoula Members: \$20.00
Non-Run Wild Missoula Members: \$35.00

What you get:

- Encouragement, coaching and practical suggestions by veteran marathon walkers
- Comprehensive Training Program for both the Half and Full Marathon
- Twice Weekly Group Meetings
- Speakers on Various Training Topics
- Nutrition Plan
- Something from RWM that you'll like
- Fun People to Train With
-

Name (Please Print): _____ Age: _____ Male/Female

Address (Street or PO Box, City, State, Zip): _____

Phone: _____ Email: _____

- ☐ 16 Week Training Program begins Saturday, March 21 to the Missoula Marathon on Sunday, July 12th. 2009

*First class meets at Community Medical Center, Conference Rooms I & J, at 8 am.
Come ready to walk! Dress for the weather.*

Become a Run Wild Missoula member today! (Membership form at www.runwildmissoula.org).

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release Run Wild Missoula and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent/Guardian Signature if under 18 _____ Print _____



From day one.



RIDE THE BLOOMSDAY BUS with US!

By the time you rent a hotel, Bloomsday can cost a lot more than the \$15 entry fee. So why not travel with us and make it a one day deal?

Bus Departs Sunday, May 3, 2009, from the Parking Garage on Front at 4:45 am Bus Arrives Spokane at 7 am. Your Race Bag will be handed to you as you depart the bus. Problems? That desk opens at 6:30 am and closes at 8:30 am. You'll have time to address any issues before Race Start at 9 am.

Bus Departs Spokane: 1:30 pm (Head Count will be taken)

Bus Arrives Missoula: 4:45 pm at Parking Garage on Front St.

What do you get out of it?

- | | | |
|---|-----------------------------|---------------------------------|
| 1 | • We pick up your race bag | • You don't have to drive |
| 2 | • Travel with other runners | • Breakfast (bagel, OJ, coffee) |
| 3 | • Beverage up and back | • Bloomsday memorabilia |
| 4 | • Fun | |

How much does all this joy cost? Only \$50. Considering the price of gas these days, that's a bargain.

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806

www.runwildmissoula.org Bloomsday Bus 09

Name (Please Print): _____ Age: _____ Male/Female

Address (Street or PO Box, City, State, Zip): _____

Phone: _____ Email: _____

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I, for myself and anyone entitled to act on my behalf, waive and release Run Wild Missoula and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Parent/Guardian Signature if under 18 _____ Print _____



1st Annual Two Rivers Superfun(d)Run

*Celebrate spring and the new
trails in Bonner!*



Saturday, April 18, 2009

10K * 5K * 1 mile Superfun(d) Run

Race Info:

- **Date:** Saturday, April 18, 2009
- **Registration, by mail or day of registration at 8:30 am at Our Saviors Lutheran Church, Bonner**
- **Start times:** 5K 9:30 am * 10K 9:00 am * 1 mile 9:35 am
- **Pre-registration:** February 18- April 13 \$15.00 adults, \$12.00 under 18
- **Late Registration:** April 14-18 \$20.00 adults, \$15.00 under 18
- **Courses:** Flat through Bonner area
- **Runners receive a commemorative neckerchief and more**

Participants and Guardians must sign entry form

Name (Please Print): _____ **Age:** _____ **Male/Female** _____
Address (Street or PO Box, City, State, Zip): _____

Phone: _____ **Email:** _____

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat or low temperatures, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release Run Wild Missoula and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this club activity, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature: _____ **Date:** _____
Parent/Guardian Signature if under 18

**Mail Entry to: Two Rivers Superfun(d) Run, PO Box 1189, Bonner, MT 59823 Questions?
546-6026**





Run Wild Missoula Membership Form 2009

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806

www.runwildmissoula.org

Name (Please Print): _____ Age: _____ Male/Female

Address (Street or PO Box, City, State, Zip): _____

Phone: _____ Email: _____

❖ One-Year Individual Membership (through 12/31/09)
\$25.00

❖ One-Year Family Membership (through 12/31/09): List additional (& email, if they want separate email contact) \$35.00

Name _____ Age _____ M / F email: _____

Name _____ Age _____ M / F email: _____

Name _____ Age _____ M / F email: _____

Name _____ Age _____ M / F email: _____

❖ I don't like getting billed every year, give me a Five-Year Individual \$100.00
or Family Membership (through 12/31/13) \$140.00

Volunteer: We can't do this without you! We need you to volunteer at RWM activities. Some of them are once a year. Some of them are continuous throughout the year. We don't expect you to volunteer every time, but we are asking you to help once or twice a year. Please select your choice(s) from the following list:

- ❖ Training Classes (on and off year round)
- ❖ Scrumpy Jack Scramble (mid Feb)
- ❖ Pengelly Double Dip (mid June)
- ❖ Sundae Run (July 4)
- ❖ Hellgate Village 5K (July 11)
- ❖ Missoula Marathon (July 12)

- ❖ River City Roots Run (late Aug)
- ❖ Women's October 5K (early Oct)
- ❖ Pumpkin Run (mid Oct)
- ❖ Turkey Day 8k (Thanksgiving)
- ❖ New Year's Eve Run (Dec 31)

I Can't Volunteer. I am adding \$10 to my annual membership or \$40 to my five-year membership

Email: I'd prefer not to receive emails on volunteer opportunities. _____

Newsletter: Email or Paper copy - Please select only one. Email _____ Paper _____

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release Run Wild Missoula and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Please note: If this is a family membership, all adults 18+ must sign. (use back if needed)

Parent/Guardian Signature if under 18 _____ Print _____





RUN WILD MISSOULA

P.O. BOX 1573

MISSOULA, MT 59806

www.runwildmissoula.org

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Put on the Green for the St. Paddy's 5K

I hope you will consider joining us for this fun event. Sunday March 15th at 1 pm is the St. Paddy's 5K along the river trail. The event is sponsored by the U16 and U18 girl's soccer teams, the Runner's Edge, and Run Wild Missoula. The course is flat and fast and we plan to have lots of prizes for lots of winners. Come walk, jog or run. For an entry form, dig out last month's issue of *Running Wild*, download it from www.runwildmissoula.org, or stop by the Runner's Edge. Think Green! Thanks,

~ Mary Thane

Celebrate New Trails at Superfun(d)

The First Annual Superfun(d) run will be held on Saturday, April 18th in Bonner. Parking and registration will be at Our Savior's Lutheran church at the intersection of Hwy 200 and Hwy 210. The run is a chance to celebrate the new trails in Milltown/Bonner that help to connect the community, and came around as a result of collaboration from many agencies.

The 3 options of running include a 5K, 10K and a 1 mile fun run which begin at 9:30am. Participants will receive a commemorative neckerchief. The runs will be followed by a parade by the Mounted Sheriff's Posse. Forms are available at the RWM website or by contacting tfurey@montana.com. Cost is \$15.00 for adults and \$12.00 for children for registration through April 13th. After that, registration costs \$20.00 and \$15.00.

~ Sue Furey

Run Wild Missoula promotes and supports running and walking as sports for people of all ages and abilities.



www.runmt.com