

Running Wild

The official newsletter of Run Wild Missoula

November, 2009

"Running is a privilege, not a task or chore: Running pain-free, double-digit mileage, over the age of 50, is ecstasy."

~ Dale Violette

Sleeping Bear Shuffle Returns for a Second Year, November 7

A year ago, a dozen runners joined me for the Second First Annual Sleeping Bear Shuffle trail run, walk, get a little lost, and eat cake event at Bass Creek. (The First First Annual Sleeping Bear Shuffle drew only three entrants, but we had so much fun that a second event was called for.) People said that we should do it again.

I nearly decided to skip the run this year. It takes no time at all to organize, since there are no entry fees, registration forms, official results, aid stations, or course markings (aside from my directions, which some people find suspiciously vague). But my life has grown increasingly interesting since last July: three business trips to Fort Worth, quitting the job that prompted those trips, driving around half the Rocky Mountain West while trying to decide what comes next, looking for a new job, and not running much at all.

However, people started asking when the run would take place this year, which more or less meant that I had to organize it. More important, it is Bridgett Moriarty's fortieth birthday, and birthdays always improve the chances that someone will bring cake and other good things to eat.

Here are the details:

Saturday, November 7th, 10 am at Bass Creek Recreation Area. The run is *not* up Bass Creek Canyon; instead, it follows day use trails on a loop course that passes through ponderosa pine forests; there are views of the Bitterroot Valley, a creek crossing or two, and pretty much no way to get truly, call-out-the-search-and-rescue-team lost. I don't know how long the course is, but it takes maybe 50 – 55 minutes if you walk uphill and run down hill (that's my usual method). Less time if you are fast, more if you want a longer route or get lost. There are plenty of alternate routes, including the canyon – there is a lovely little pond a couple of miles up the trail. It is a fine area for walking, running, mountain biking, and sitting beside mountain creeks.

Bass Creek is west of US 93, between Florence and Stevensville. Look for the Forest Service sign, make the turn (west, the only option), and follow the signs to the picnic area across the road from the campground. Run headquarters – my pale gold Tacoma with the white topper – will be in the picnic area. I will be there, too, unless I am out flagging the course. There is a bathroom, but runners and walkers will need to bring their own fluids.

Questions? vic.mortimer@gmail.com or 381-8382.

~ Vic Mortimer

Run Wild Missoula Seminars

Run Wild Missoula held its first monthly seminar on September 14. About 25 people attended the panel discussion on trail running with Kiefer Hahn, Jenny Newton, Becky Thomas Riley and Kevin Twidwell. The exchange of inspiring stories from the trails extended beyond the runners on the panel. Audience members also shared their experiences over beer and pretzels and sports drink and cookies. Some of the runners in attendance even exchanged email addresses and planned to meet up for a trail run.

Instead of holding a seminar on the second Monday in October, Run Wild Missoula held its Annual Meeting (see Letter from the Executive Director for more on this). We have some great seminar topics planned for November and December. These events are free for Run Wild Missoula members and include complimentary refreshments. Feel free to bring friends who aren't RWM members if they are interested in learning more about running or walking.

Core Work for Runners / Walkers Seminar Monday, November 9, 7 p.m. at Runner's Edge

Core work can be necessary in keeping runners and walkers injury-free. Often runners and walkers are stronger in their lower extremities than their core, leaving an imbalance in the body that it will continuously try to remedy. Runners and walkers will feel tight in the pelvis, lower back, upper back and legs. Core work helps keep the body strong from the center (the abdominals) to the distal ends (the arms and legs). In this seminar led by Run Wild Missoula Core Strength Training for Runners/Walkers instructor Alison Laundrie, learn more about why core work is important and learn some simple exercises that can keep your body strong and injury-free. The seminar is sponsored by the Runner's Edge. This event is free for Run Wild Missoula members and includes complimentary refreshments. Do you have a friend who would like to become a member of RWM? Bring him or her along!

How to Stay Motivated to Run / Walk in the Winter Monday, December 14, 7 p.m. at Runner's Edge

Do you want to keep running or walking this winter, but don't know how to stay motivated? Courtney Babcock, UM men's and women's distance coach and professional runner, will provide tips on how stay motivated to run or walk during the winter months. Learn how to find others to run / walk with, how to dress appropriately, and how to avoid injury while running / walking on the snow and ice. The event is sponsored by Runner's Edge.

Bob Hayes – In *Runner's World Magazine*

Run Wild Missoula's Bob Hayes is featured in "What It Takes" in the December 2009 *Runner's World*. Bob is quoted as saying: "Setting goals gives me motivation to train, which is why I like to race every weekend. Hanging out at the races is a hell of a lot more fun than hanging out at the senior center!" Way to go Bob!

Run Wild Missoula - Group Runs

"What now?", I had asked myself back in July. As a brand-new runner having just completed his first race, the Missoula Half-Marathon, I didn't know what to do next. I had found myself enjoying the race, my increased fitness and the camaraderie of some fantastic members of the Missoula running community. So, now what?

I decided right away that I had to keep running. The thing was, the Run Wild Missoula Marathon training class which had got me started running was now over. Could I learn to do this on my own? I'd always been a lazy person, so the idea of relying solely on self-motivation wasn't really all that appealing. Fortunately, I soon discovered some other options!

I wanted to keep running, but I wanted to get faster. I wanted to be able to go farther. Heck, I wanted to be able to keep up with others and not collapse in a gasping puddle at the end of each run! I needed some training.

One of the most helpful things I've found to do has been to attend the Run Wild Missoula sponsored Thursday night Tempo runs led by Meg Lerch. Not only is Meg a professional runner with loads of experience to share, but she is also a patient and inspiring coach. Each week she guides the Tempo group through warm-ups, core exercises and an excellent tempo routine. Her wealth of experience clearly shows and her ability to effectively share that experience has helped me to run better, faster, longer and with a far more even pace than before.

The Tempo group provides excellent training opportunities for runners of all levels of experience and ability. The workouts easily apply to and benefit runners of all speeds and endurance levels. Meg ensures that the group maintains a positive, helpful and inclusive atmosphere. I find that I really look forward to attending each week. It seems that I learn something new every week!

The Tempo group meets at 5:30pm every Thursday evening at The Runner's Edge; 325 North Higgins and is free to all Run Wild Missoula members. I hope to see you there!

(Editor's Note: *In addition to runs every Thursday at 5:30pm, join Run Wild Missoula for a group run every Saturday at 8 a.m. led by Program Director Meg Lerch. Runners meet and stretch at Runner's Edge. For more information contact Meg at meg@runwildmissoula.org. Also, remember Track workouts with Courtney Babcock on Tuesdays at 5:30pm.*)

Winter Running Tips

It appears winter arrived a little early in Missoula. As I've been telling everyone I know, this is the worst fall ever! My favorite season is fall, with the changing leaves, brisk afternoon runs,

and the gradual wardrobe change. The days of running in shorts, a t-shirt, and hat are long gone. Winter is arriving! I've always been a runner year-round. I'm not one of those fair weather harriers that quits running just because winter has arrived. It is not uncommon for all the non-runners I know to ask me about my running regime in the winter. Most of them expect to hear that I run on a treadmill or in miserable circles indoors. No way: I keep running outside!! I grew up running in Nebraska winters, which can be long, windy, and miserable. Missoula on a typical winter day is a lot better than running in the mid-west, but it still is a challenge staying motivated when the days are short and cold weather arrives.

Last winter I trained with several other RWM members for the Boston Marathon. Our official training schedule started the end of December and it was, without a doubt, difficult to run the entire winter. There were a couple long runs that I really would care to never re-live! However, this recent experience has reminded me of how important it is to keep running in the winter to maintain your overall fitness. In addition, here are some winter running tips that I can pass along:

- Purchase some high-quality running apparel: Everything from the hat, gloves, shirt, pants...and anything else you can find at the Runner's Edge (no, Tim and Anders did not tell me to write this). Good clothing makes a HUGE difference on a cold day, and it will make your runs much more enjoyable.
- Train for a race: Pick out an early spring race such as the YMCA Riverbank run, the Boston Marathon, or maybe the Snow Joke in Seeley Lake in late February. Having something to train for will keep you much more motivated during a long winter.
- Get friends: Running with friends is the key to a long winter. Find a running buddy or two that you can run with several days a week. It's easy to skip a run if you are going alone, but much harder to avoid a run when a friend is waiting for you to show-up! Also as RWM members, we still have group runs throughout the winter to look forward to.
- Be creative: See the colder weather, holidays, and snow to as an opportunity to create new runs. For example, one of my favorite runs is a "Holiday light run" where I run around town looking at everyone's holiday lights and decorations. It can be a beautiful run. I also love to go run on Blue Mountain in the snow with my dog. It is a blast to see him roll around in the snow, and knock me over a couple times (the snow eases the fall). Or use a run to deliver your presents to friends and family around town. They will love the special delivery!
- Be flexible: Some days the weather is going to make running challenging or you might end up catching an inevitable cold. I think it is really important to make adjustments and listen to your body in the winter. If the weather is miserable, go

on a shorter run. If you are sick, rest. It will make the winter much more enjoyable and you will bounce back faster if you are willing to be flexible.

Those are a few tips that I have learned running through several winters. Does anyone have more? Send them in for the next newsletter! Happy winter running!

~Darr Tucknott

State High School Cross Country Championships

The State Championship Cross Country meet was a very exciting experience as a volunteer. I had never worked a meet before and when I and other Run Wild Missoula volunteers gathered before the race at the finish chutes. Carol Brooker directed the new volunteers and explained what our job duties would be. She explained that with over 1,000 high school runners in the event, she could use each and every one of us and probably more.

What I learned that was so amazing is that it takes a lot of people to work one of these meets. For instance, a wide, human line is formed at the Start to keep the runners from advancing too far in their warm up runs. It didn't appear one could have too many volunteers assigned to this task. In the chutes, many volunteers are needed to keep the runners moving through and out of the chutes so that the tags from their bib numbers can be collected and strung on a spindle and then literally run into the clubhouse where they are accounted for. A volunteer assigned to the job of "stepping in" may actually have to assist in holding up the runner so as to avoid total collapse and walk them through to the area outside the chutes. In some cases, participants may require medical attention.

What a motivator! After seeing these kids give it their absolute "all," I was highly motivated to run further and faster than I had in my two runs earlier in the week. I thought to myself, I didn't think it was humanly possible to run that fast and that hard! The least I can do in my practice is to push myself just a little bit harder. I picked up a tip from one of the volunteers. She said, "the way to run faster, is to run with people who run faster than you." Since I didn't have anyone to run with on Sunday, I remembered those kids and it was as if I was running with them.

~Sally Russell



Run Wild Missoula volunteers

The Missoula All Women's 5K Run on Diva Day, October 3, 2009

Some comments from our 580 participants.

- I'm hoping to make this an annual event as the course was nice (the colder the better for me!), it was well organized, not too big, lots of fun extras in terms of sponsor "swag", eats and festive for the divas! Nice job you guys!
- What a fun time my friends and I had. I'm not a runner and only try to beat my time from last year (which I did) so it is especially surprising to finish 3rd in my age group. Thank you for all of your hard work and organization. There were a few things that made it obvious that it was planned by women---plenty of bathrooms, lots of chocolate, pretty t-shirts, prizes, fun music ---Wow!!!!
- Thanks for the informative email about the status of Diva Day shirts, it's appreciated, I'm waiting on an XXL and will wear it with pride! Also, can't wait to see the various pictures, it was a great race and my team (Suffragette City) and I were proud to be a part of it with such great women. The team is already thinking of what will be the theme for next year's race.
- What a well organized, fantastic race! You all did a great job - I hope this race continues!
- Your race was a lot of fun, and I'm impressed with how well you handled over 500 runners. Nicely done. Thank you for the fun prize of the mile 22 bag. I'm excited to have it designed.
- Thanks for a great run on Saturday! It must take so much work but you & the crew certainly did a wonderful job. Thank you - you are appreciated.

Like last year's race, the day was cool again, threatening rain again, but no snow, ice or 8 degree weather like the following weekend (phew!). The event site at Community Medical Center was dark at 6:20 in the morning when the first volunteers started pulling in to move shirts, bags, food, finish line, start line, timing, water, garbage bins, sound systems, signs, medical tent and all the million things that go into putting on a race. By 1 pm it was all quiet, garbage in bins, all participants gone, all the stuff bundled back in volunteers cars to move out, leaving only the lone wisps of colored boa feathers looking like a crazy convention of tropical birds had made a mistake and flew into Missoula and then made a hasty exit.

Race registrations started slowly, but by 2 weeks before the race, we were scrambling for more t-shirts, more toilets, more food, and more volunteers. The race was meant for all ages and all levels of runners and walkers, and we sure accomplished that, with finish times from 17:33 to 1:11:11. Ages ranged from 3 years to 76, hometowns from Anaconda to Yellowstone (51 cities), and states from California to Wyoming (6 states).

Participants had a great time: running, walking, dancing, getting massages and advice from Alpine Physical Therapy, checking out the expo, eating chocolates and other goodies, drinking sparkling cider, checking out the runner

fashions from Runner's Edge (and their fantastic raffle), and trying on their cool shirts.

Did we have a good time too? See above - yes, it is hard work but worth it when you see the smiles, the determination, and all the great girls and women enjoying their day. A 5K may seem short and easy to some of us, but it's a long way and a good way to get started in getting the inner diva out the door. We had women who had never run in a race before and they were inspired and inspiring.

Two Missoula Divas need special mention. Rye Palen was our fastest runner, with a fantastic time and a great spirited run. Then we had our Divine Miss M, unnamed here, who came late and said "I'm the true Diva, I expected everyone to wait for me," as she ran to catch up with the rest of the runners. First or last, they both made a great day Absolutely Fabulous.

Thanks to our three major sponsors: **Turner Sign Arts, Community Medical Center, Alpine Physical Therapy.** And thanks to **Runner's Edge, Exact Image, Culligan Water, Red 440 Design** and all the many others who contributed to our prizes and activities.

~Sue Falsey co-race director with Loie Turner



Rye Palen, Run Wild's fastest Diva and winner of the Diva Day. Way to run!

Pumpkin Run Rolls into the Sunrise, by the River and Through the Woods, October 17, 2009

On a gorgeous October day, Run Wild Missoula held the last Maclay Flats Pumpkin Run. Race organizers at this very instant are combing the solar system for a new 2010 Pumpkin Run Course that can accommodate the increasing size of our pumpkin.

In the spring, we debated whether to grow a giant pumpkin this year. Thanks to our twelve year-old's persuasive capabilities, we did grow a large vegetable. It was a good thing we did because we ended up with the best-looking 245 pound Great Pumpkin ever. The radiant orange of this pumpkin totally made up for this fall's muted colors. The small and large kids' reaction to said pumpkin at the race was definitely good to see.

I would like to give a special thanks to **Missoula Ace Hardware, The Runner's Edge, The Book Exchange, Missoula Health Department Volunteers, and Run Wild Missoula Club Volunteers** for their continued Pumpkin Run support. The event raised \$527.00 for the Missoula Food Bank.

The 400 meter kids' event was faster than ever, or the timer is getting slower, because I could barely reach the finish line before the first competitors rolled on through. All finishers were greeted by cheerful Pumpkin Elves and presented with snacks, pumpkins and a great medal.

Proving that victory does not always belong to the first runner out of the gates, the winner of this year's 5K Pumpkin Run was Karen DeBari of Missoula. Although swarmed by paparazzi from Germany, the United States and Free Ganymede, Karen maintained her poise and proceeded to the results stage to claim her hard-earned winnings. Yes, these winning may have included an orange vegetable—one that could be exactly what it appears to be.

~ Ben Schmidt



Peggy Schmidt and Kathy Marker at the Pumpkin Run

AT THE RACES

Missoula All Women's 5K Run, October 3, 2009
5K

Group	Name	City	Overall	Time
1	Rye Palen	Missoula	1	17:33.2
1	Gilia Patterson	Missoula	5	20:31.1
25	Lindsay Thane	Missoula	197	29:25.3
29	Emilie Thane	Missoula	290	32:28.6
11	Phoebe Fortunate	Missoula	91	26:30.2
5	Sarah Raz	Missoula	17	22:06.1
8	Nichole Unruh	Victor	26	23:29.2
9	Denise Copeland	Missoula	41	24:24.3
14	Shandy Lemperle	Missoula	75	25:45.6
17	Angella Winters	Missoula	94	26:34.7
29	Carole Brabham	Missoula	155	28:12.3
40	Erin Semmens	Missoula	200	29:26.5
43	Erin Nevers	Missoula	216	29:53.2
7	Jaime Troiano	Missoula	28	23:32.7
11	Stacey Brown	Missoula	65	25:14.5
21	Miranda Ming	Missoula	146	27:52.0
50	Holly Schleicher	Missoula	274	31:51.4
56	Brenda Gagner	Clinton	305	33:16.6
58	Aspen Incashola	St Ignatius	311	33:32.1

66	Katie Spaid	Missoula	362	35:44.2
77	Heather Foley	Missoula	456	46:24.1
9	Michelle Yoshinaga	Clinton	47	24:37.2
10	Kristi Moore	Missoula	54	24:52.7
32	Leigh Griffing	Missoula	260	31:02.1
33	Emily McKeever	Missoula	279	32:03.4
34	Nancy Gass	Missoula	282	32:08.9
45	Tina Bouchee	Missoula	357	35:38.3
50	Karen Erbe	Missoula	397	37:37.6
54	Lisa Sproull	Missoula	449	43:58.5
55	Melissa Barba	Missoula	450	43:59.1
60	Pamela Estill	Huson	502	53:36.3
3	Suzanne Klise	Missoula	40	24:23.7
9	Ann Wolf	Missoula	79	25:49.0
23	Rhonda Decker	Missoula	217	29:53.7
24	Lisa Foote	Missoula	234	30:37.9
36	Angie Palin	Missoula	347	34:58.5
37	Patricia Williams	Missoula	348	35:03.9
40	Kristin Horejsi	Missoula	369	36:15.0
58	Chris Stobb	Missoula	461	47:27.5
1	Tammy Mocabee	Missoula	18	22:10.3
8	Nancy Seiler	Missoula	96	26:37.5
11	Jeri Delys	Frenchtown	205	29:37.7
3	Bridget Johnson	Missoula	89	26:24.4
4	Sue Furey	Missoula	104	26:45.0
5	Leslie Vaculik	Missoula	114	26:58.9
6	Valerie Hedquist	Missoula	125	27:18.3
34	Amy Mack	Stevi.	514	54:39.8
1	Christine Everett	Missoula	45	24:32.2
2	Shannon Miller	Victor	128	27:26.5
4	Barbara Fortunate	Missoula	147	27:52.3
10	Meta Halverson	Turah	270	31:39.8
14	Carol Knutson	Missoula	344	34:55.8
3	Jeannie Siegler	Huson	157	28:13.3
5	Kathy Morris	Victor	244	30:47.5
8	Myke Crosier	Missoula	356	35:20.4
11	Suzanne Schweitzer	Missoula	396	37:35.3
6	Jeanne Clark	Missoula	468	48:47.5
1	Ethel MacDonald	Missoula	221	30:03.7

Homecoming Hustle, October 10, 2009

5K					
Place	Name	Sex	Age	Time	
1	Matt	Karhulahti	M	25	17:16
3	John	Herring	M	45	17:26
7	Dean	Lipp	M	49	18:02
8	Joe	Fischer	M	44	18:54
16	Darr	Tucknott	F	30	20:42
23	Angel	Herring	F	41	21:00
29	Sarah	Raz	F	27	22:20
49	J.B.	Yonce	M	62	24:22
52	Carol	Lipp	F	49	24:36
63	Ridley	Key	M	2	25:18
64	Miles	Key	M	33	25:25
78	Chris	Everett	F	58	26:40
83	Sue	Falsey	F	61	27:18
102	Phoebe	Fortunate	F	23	29:14
103	Barb	Fortunate	F	59	29:22
130	Devon	Downing	M	32	30:55

141	Myke	Crosier	F	60	35:11
143	Brad	Leonard	M	75	36:19
151	Norman	Fortunate	M	58	40:28

Pumpkin Run, October 17, 2009

400 meters

Place	Name	Time
2	Isaac Schmidt	1:20
4	Ian Wolf	1:41

5K

Grp	Place	Name	Time
1	Gilia	Patterson	22:47
4	Kelsi	Camp	23:12
9	Colleen	Smith	25:26
16	Erin	Nevers	30:26
19	Autumn	Emerson	31:51
20	Aspen	Incashola	32:26
2	Ann	Wolf	25:20
3	Karen	DiBari	25:44
7	Rhonda	Decker	30:23
1	Tammy	Mocabee	22:51
2	Bridget	Johnson	26:44
1	Kathy	Morris	32:00
1	Alec	Patterson	18:41
2	Spencer	Wolny	31:46
3	Ryan	Snyder	21:01
8	Bryon	Smith	26:27
1	Bruce	Turlington	20:33
3	Tom	Halverson	22:47
1	Steve	Weiler	21:23
2	Bob	Hayes	29:46
3	Richard	Allen	41:42

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

Send Your Articles and Essays to *Running Wild*

Members, we welcome and solicit your articles and essays for publication in *Running Wild*. Those whose writings are accepted for publication not only get to have the satisfaction of sharing their running with others but can receive from RWM a "I was published in *Running Wild*" t-shirt. (See shirt below.)

"On the Run" essays should be at least 750 words and can be on just about any topic related to running. "Cool Race" articles should be between 300 to 350 words and are about any race that you have participated in. Tell us some details regarding your race and include a photo or drawing. "Happy Trails" articles are also of 300 to 350 words in length providing descriptions of a good trail run that you have taken. Please provide details and a photo so that we can all learn about new places to run.

In addition we solicit your reviews of any running related books that you think may be of interest to Run Wild Missoula members. Thank you to Adam Peterman for our first book review.

~ Chris Everett



"I was published in *Running Wild*" t-shirt.

***Born to Run* – A Review**

I recently read the book, *Born to Run*, by Christopher McDougal. This book looks at the Tarahumara Indians that live in the Copper Canyons of Mexico. These people are some of the greatest endurance athletes in the world—but how? They have no specific training, they have no coaches, and they have no shoes. McDougal, a beginning runner himself, wants to find out how they can run 50 miles a day without getting injured, while he can hardly run three without searing pain in his feet and knees.

One of the most fascinating parts of this book was when the author talked about hunting and endurance running. In a time long before weapons, humans would literally run an animal down. This does not mean sprint after it and tackle it. It means to chase it at a slower speed for hours without a break until the animal dies of exhaustion. Even though there are now guns, bow and arrow, and many other weapons that could be used to kill an animal, some people in Africa still practice this technique! Humans are not very good sprinters compared to the rest of the animal kingdom, but in endurance running we are one of the best.

In this book, McDougal also discusses running diet, how modern running shoes have increased injuries in the past 30 years, and how the human body was meant for endurance running. He even tries to take on a 50 mile trail race in the Copper Canyons. This is one of the most intriguing books that I have ever read. It has changed my view on running: I used to have an extremely long stride, a slow turnover, and had a severe heel strike. Now I try to have a shorter, more natural stride. From this book, that I strongly recommend, I have truly learned that humans really were *Born to Run*.

~Adam Peterman

Letter from RWM's Executive Director: Annual Meeting Report

It was lovely to see familiar and new faces at the Run Wild Missoula Annual Meeting and group run on October 12. We started out the evening with a group run from Southgate Mall along the Bitterroot Branch of the paved bike path. Twenty or

so RWM members showed up for the brisk run. Luckily, it wasn't icy and bitterly cold like it was just a few days earlier!

We were greeted in the Southgate Mall Community Room with several dozen other members and snacks donated by the Good Food Store, beers from Big Sky Brewing and sports drink from Coca-Cola. In total, over 50 people attended the Annual Meeting. RWM Board President emceed the event with Sue Falsey, Membership and Race Results Coordinator, giving a membership report, and Board Treasurer Mark Burke reporting on financials. Jennifer Straughan, Missoula Marathon Race Director, gave us a glimpse of the graphics for the marathon and Courtney Babcock, Tuesday Track Coach and Coordinator and RWM Board member, talked about track workouts. I gave a report on 2009 races and the Missoula Marathon Training Class and talked about Tempo Runs, Saturday Group Runs and monthly seminars for members. I also discussed our race equipment and how much use it has been getting lately, and thanked Equipment Manager Tommi Burton for doing a phenomenal job at keeping it all organized. Tim Winger, RWM Board Secretary, then previewed our web site, slated to go live in early 2010.

The highlight of the evening was when Jean Zosel recognized 10 volunteers who have given a lot to RWM over the years. They are: Carol and Tim Brooker, Sue Falsey, Ethel MacDonald, Bridgett Moriarty, Vic Mortimer, Nancy Shrader, Ben Schmidt, Kevin Twidwell and Steve Weiler. We wouldn't be what we are without these individuals plus the hundreds of you who give your time to serve on a committee, volunteer at a race or training class, lead a group run, etc. I loved hearing Jean's unique stories about how these 10 individuals got involved in RWM and the sacrifices they have made because of their love and support of the running community. We gave each of these dedicated volunteers a certificate of appreciation and one of the RWM running tops that are now for sale at Runner's Edge (see article on page 7).

The evening ended with questions and comments—most of them regarding web site content, including information on directing a race, running tips, and easier ways to connect with race directors to get volunteer information. One member, Elisabeth Stoeckel, asked that we consider offering Fair Trade coffee and T-shirts at our races and other events. Someone else suggested we print RWM decals in addition to our stickers and temporary tattoos. We also ended the evening with some fun by handing out much-appreciated door prizes donated by Runner's Edge.

Thank you especially, **Runner's Edge** and the **Good Food Store**, for your donations and **Southgate Mall** for allowing us to use the Community Room. And thanks to everyone for attending the meeting. It was amazing to see such an interest in RWM.

~Eva Dunn-Froebig

Sponsorship Opportunities Abound at RWM

Do you work for a business with employees that run or walk? Perhaps you own your own business and you would love to support and promote running. Run Wild Missoula is seeking businesses to sponsor programs and races. This is a great opportunity to get your business name attached to a great event and organization. We offer recognition on our web site,

newsletter, signage and other publicity materials. We have an event that will match the marketing opportunities you are looking for from all-women's events and walking programs to trail runs and track workouts. Contact eva@runwildmissoula.org to discuss sponsorship opportunities.

RWM has started a new Sponsorship Subcommittee to track general RWM and race sponsors, offer sponsorship support to race directors when needed, and to seek general sponsors of our running club. Members of this subcommittee are Nicole Marshall, Jennifer Straughan and Jean Zosel.

~Eva Dunn-Froebig

Run Wild Missoula Gets Techie and Seeks Techies

I've been resisting online social networks for a while now. I just joined Facebook after much reluctance: It's scary and strange to put yourself on the web for everyone to see, but at the same time it's an amazing way to connect with old friends and network to establish new personal and professional relationships.

Thanks to RWM member Marilyn Marler, Run Wild Missoula is on Facebook and has 149 members. It's a great place to share information about an upcoming race, group run or to share stories and photos. RWM is also on Twitter now. Follow us at twitter.com/runwildmissoula to find out what we're doing and to share your running or walking news. You can also watch videos of our races on YouTube (<http://www.youtube.com/user/MissoulaMarathonFilm>) and our photos will soon be posted on flicker.com. We also have a blog and a web site, which we're redesigning. Our hope is that we'll gain more members and get the word out about our races and other events through the web.

We hope you will check us out in the wild, wide world web on your favorite social networking site. Better yet, if you love to tweet (for the non-techies that's the word for posting on Twitter) or if you are a Facebook junkie and want to start posting for RWM, please email me at eva@runwildmissoula.org or respond to one of my tweets or posts! We're seeking several folks to post RWM news and information online. The possibilities are endless: You could comment about a race or event; you could update the world on how your training is going for a RWM race; or you could tweet from directly your phone at a race and tell the world about attendance, race registration numbers and who is in the lead. The best tweets and posts are ones that engage our audience by asking questions about their training, their favorite speed workout or their favorite long run. The more we engage our online audience the more followers we'll have and that will lead to more race participants, more members and more runners, benefiting the running community in general.

~Eva Dunn-Froebig

RWM Asks Missoula Parks and Recreation to Support Organized Trail Runs

Missoula Parks and Recreation's Conservations Land Management Plan currently prohibits organized trail runs on City properties with the exception of the Pengelly Double and Single Dip and the Sentinel Hill Climb. But a Conservations Lands Working Group is revising the plan, which will help

guide management of City conservation lands (City properties on Mt. Jumbo, Mt. Sentinel and the North Hills comprise around 80 percent of the 3500 City-owned conservation acres) for the next 10 to 15 years. Run Wild Missoula has asked that Missoula Parks and Recreation consider setting a policy that would not prohibit all organized trail runs on these properties. Specifically, there are many two-track roads and other areas on these lands where organized races could be held with little or no impact to the lands and their resources which RWM and our members highly value. Such runs/races could be organized to benefit the conservation lands through educational opportunities and possibly financially through partnering with others or as a fund-raising effort.

In addition to written comments, several representatives from RWM have attended public meetings to offer comments on how revision of the plan would benefit the running community and our community at large. The next chance to make a public comment about the Conservations Land Management Plan is Thursday, December 10, 7 p.m. in City Council Chambers, 140 W. Pine St. Please join us in showing your support for trail running on City lands.

~Eva Dunn-Froebig

**Next chance to make a public comment about the Conservations Land Management Plan:
Thursday, December 10, 7 p.m.
City Council Chambers, 140 W. Pine St.**

Official Run Wild Missoula Shirts for Sale at Runner's Edge
Run Wild Missoula now has official running club shirts for sale at Runner's Edge. They are half-zip waffle mesh running tops with thumb holes made by Brooks. The fitted tops are available in black in men's sizes and white in women's sizes. Each have the new Run Wild Missoula logo printed in the left hand corner and "Missoula, Montana" printed down the right arm. They make great gifts for out-of-town runners—or treat yourself to a great fall/winter top.

I especially love the thumb holes for days that aren't quite cool enough for gloves, but add some extra warmth. I also love the white color for women and so far have managed to keep mine clean, but women have the option of purchasing a black men's shirt like Vicky Mix of Runner's Edge is wearing (see photo below). Thanks to Runner's Edge for allowing us to sell the shirts in its store. They retail for \$55 (RWM members get a 10% discount) and help benefit your local running club. If you can't find your size at Runner's Edge please email me at eva@runwildmissoula.org and I can order one just for you.

~Eva Dunn-Froebig



Vicky Mix of Runner's Edge proudly wears her black men's size small half-zip running top with the Run Wild Missoula logo.

Flash from the Past

Editor's Note: *Thanks to long-time member and former club officer Rich Voorhees for providing past newsletters for this section.*

17 YEARS AGO

Membership to the Missoula Road and Track Club (Run Wild Missoula's former name) was \$9 and \$7 for students in 1992. MRTC reported on its October 1992 potluck / meeting, which was held at the home of George and Carolyn Woodbury after the Shack Run, a 10 mile race. The group talked about upcoming runs, including the Reindeer Run, Tropical Missoula Race, Valentine's Race and Irish Sweepstakes.

MRTC News reported that club shirts were for sale for the holiday season and could be purchased by contacting Sec./Treasurer Steve Weiler (who remains a member of Run Wild Missoula).

Some things remain the same: We still love holiday-themed races and RWM now has club apparel for sale (see article on page 7).

~ Eva Dunn-Froebig

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 Anders Brooker
 Stuart J. Kaplan
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Newsletter Submissions Policy

Running Wild welcomes stories, race results, announcements, letters to the editor expressing strong, well-informed opinion, and whimsical musings on the running life from all Run Wild Missoula club members. Please submit entries in Word, Wordperfect, Excel, or text files. No PDF files, please: it makes the editor's job longer and more confusing. Race entry forms published only when space allows. **Submission deadline is 5pm on the last Saturday of each month.**

MOVING?

The Post Office does not forward Run Wild's nonprofit rate mailings (this newsletter is one of those). Let us know of your new address immediately to avoid missing an issue

All Women's Run – Diva Day – October 3, 2009



November 2009 - Run Wild Missoula – Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Saturday
	3 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	4 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	5 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	7 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
9	10 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	11 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	12 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ - Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	14 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
16 Core Strength Training for Runners/Walkers Seminar, 7 p.m., Runner's Edge√	17 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	18 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	19 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ - Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	21 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
23	24 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	25 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	26 -Turkey Day 8K, 9:30 a.m., Boone & Crockett Club along Kim Williams Trail	28 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
30	1 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	2 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	3 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ - Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	5 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√

√ Free for Run Wild Missoula members.

*Email missyadams410@yahoo.com to register for Yoga for Runners

** Email alison@thepilatesplayground.com to register for Core Strength Training for Runners.



Turkey Day 8k

November 26, 2009

Thanksgiving Day!

START is at the Boone and Crockett Club

Start Time: **9:30AM**

Come and get outside, be active with your family and have a great start your Thanksgiving Day!
The Run/Walk is along the Kim Williams Trail, an out and back towards Mt Sentinel.

Registration Information: Entry fee is \$12.00 RWM Members and \$15.00 for Non Members (includes gloves). Please make checks out to Run Wild Missoula. Questions contact Courtney Babcock at Courtneybabcock@yahoo.com Race Day registration available. Pre-register online with Active or send to RWM/Turkey Day 8k PO Box1573, Missoula, MT 59806 before November 24, 2009

Name _____

Address _____

Phone _____ Email _____

Gender _____ Age _____ Date of Birth _____

Signature (waiving liability) _____

LIABILITY WAIVER - I know that running a road race is a potentially hazardous activity. I should not enter and run 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 this event including, but not limited to: falls, contact with other participants, the effects of the weather, including heat and/or humidity, traffic and the conditions of the road and/or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone entitled to act on my behalf, waive and release Run Wild Missoula, The City of Missoula, The Boone and Crockett Club and all sponsors, their representatives, and successors from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I have read the liability waiver and understand the inherent risks with this activity. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose. I certify that I am 18 years of age or older, or that I am the Parent/Guardian of the entrant and am granting permission for him/her to participate.



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



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