

Running Wild

The official newsletter of Run Wild Missoula
April, 2010

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."
~ Jesse Owens

Run for the Trees, Saturday April 3, McCormick Park

The 18th Annual Run for the Trees 5K Fun Run/Walk begins at 10 a.m. or 1 Mile Fun Run/Walk for all ages at 9 a.m. on Saturday, April 3. For more information contact Jason @ (406) 552-6271 or Missoula Parks & Recreation.

Yoga & Core Strength Training, Beginning April 6, 7, and 8, Runner's Edge

The spring sessions for Yoga For Runners and Core Strength Training For Runners begin April 6 (Tuesday Yoga), April 7 (Core Strength) and April 8 (Thursday Yoga). You can still register. See registration forms in this newsletter.

Trail Running Training Class, April 8, Runner's Edge

Need to be pushed and motivated through a hill strength workout that you might not do on your own? Join Rhea from Momentum Athletic Training on Thursdays at 5:30 p.m. at the Runner's Edge for a great workout. If you are training for summer or fall trail runs like the Pengelly Double or Single Dip or would like an introduction to training for trail running, join this class. The 9-week class starts on Thursday, April 8th and runs through June 3rd. Participants will get a "Run Wild Missoula Trail Running Class" hat.

For more information, call Rhea at 531-1625. The registration form is in this newsletter or download the registration form at www.runwildmissoula.org. Cost: \$25.00 for Run Wild Missoula members, \$50 for non-members.

"How to Prevent Injury while Training for the Missoula Marathon," April 12, 7 pm, Good Food Store

Free seminar at the Good Food Store. Speaker: Angela Listug with Alpine Physical Therapy. For more information see www.runwildmissoula.org.

2nd Annual Two Rivers Superfun(d) Run, Saturday April 17, 9:30 am, Bonner

Superfun(d) Run on April 17 will be Fun! It is scheduled for Saturday, April 17th in Bonner. This race was very popular last year, so sign up soon (before April 9th which is the early registration deadline). This run is to welcome in spring and to celebrate the wonderful new trails in Bonner, and the removal of the Milltown Dam and clean up of the river. There will be a 5K and 10K run, and all runners will receive a funky bandana to commemorate the day. After the race, you can plan to hang

around and eat lots of pancakes at Our Savior's Lutheran Church which is the site of the run beginning and end. Runner's Edge, as well as local artists and restaurants, have donated door prizes. Prizes will be given for both male and female in all age categories. Envirocon and Washington Corporation are sponsoring the event to encourage local Bonner families and students to participate. Bonner families can run for \$20 (no limit to the number of children). Bonner students can register for \$5.

Registration is available online at Active.com or paper registration (in this newsletter, at Runner's Edge and at www.runwildmissoula.org). RWM members receive a 10% discount. For more info, contact Sue Furey at 546-6026. Or at tfurey@montana.com

~Sue Furey

Riverbank Run - 1-Mile Fun Run · 5K · 10K · Trifecta, April 24, 2010, Missoula

Registration available at the YMCA's Welcome Center or at www.ymcamissoula.org.

Racewalking Weekend, April 23-25, Missoula

Are you interested in learning about racewalking or improving your technique? Then, come and join U.S. National Racewalk Team member and fourteen-time U.S. National Champion Dave McGovern for a racewalking clinic. See registration form in this newsletter for more information. For further information contact Candace Crosby at 406-360-3791, CMCrosby@wildblue.net or visit Dave's website at: www.racewalking.org

Ride the Bloomsday Bus with Us!, May 2

Join Run Wild Missoula and the Missoula Family YMCA for Bloomsday 12K in Spokane. Instead of incurring the cost of a hotel, gas and food, ride the bus with us and save! There will be fun, friendship and camaraderie, use of the Spokane YMCA for race preparation and showers, and goodie bags, too. The bus leaves at 5:30 a.m. from the Missoula YMCA on Sunday, May 2 and returns to Missoula at 5 p.m. Cost is \$50 or \$40 for YMCA members and includes transportation, Bloomsday packet pick up, goodie bags, breakfast, sports drink and use of the Spokane YMCA. The Bloomsday Bus is sponsored by Fresh 104.5, Runner's Edge and Zip Beverage. Visit www.runwildmissoula.org to register or use the enclosed registration to register for the bus ride.

Registration for the bus ride does not include registration for the race itself. Registration for the Bloomsday race can be done at www.bloomsdayrun.org.

“How to Eat and Drink to Fuel Properly for an Endurance Event,” May 10, Good Food Store

Free seminar at the Good Food Store. Speaker: Carla Cox, endurance athlete and nutritionist at Western Montana Clinic. For more information see www.runwildmissoula.org.

Training Class for New Parents, Starts May 18, Runner's Edge

The three of us were walking through the golden sunny hills on Greenough Drive, our babies all within a month's age of each other and strapped into our matching Baby Bjorns. We walked with gusto, like Mom's who wanted to see the familiar shape of their derrieres return after the spreading of pregnancy. Truckin' through stands of trees, becoming breathless on the winding uphill climbs - we were invigorated. Except, it was hard for me to “keep on truckin'.” I had to keep stopping to tend to my baby.

I know to this day that the ladies would say that they didn't mind every time I had to flip Marquez the other way like a pancake in the Bjorn. Or every time they had to wait for me to nurse him while they stared at llamas and while the llamas stared back. Or when I just slung the Bjorn over my shoulder and held Marquez for the last half mile, slowing me down. But I felt terrible holding them up – of course their babies slept the whole time. I wanted to be in a bigger group of exercising moms where maybe there'd be at least one other baby who was a non-stop nursing pancake.

These days, as a runner and a mother, I know that it can be intimidating to join a running class or training group – I might be the slowest, I might have my baby in the jogger and lag behind if he needs me. So with running-mom Eva Dunn-Froebig of Run Wild Missoula, I helped to develop the New Parent Training Class.

We're gonna train for a 5K and we don't care how many times we have to stop and feed, change or cuddle our babies. We're going to run, walk and learn together in a supportive environment and achieve a goal. This is a training class “Where parents are understood.” Yep, *parents*. Dads/partners are welcome, too. You're welcome to come with baby* or without—it's up to you.

Here's what you get: Comprehensive training program to complete a 5K, weekly group runs on Tuesdays at 6 p.m., speakers, a nutrition plan, a nifty “Run Wild Missoula New Parent Class” hat, and other parents to run with! It costs \$25 for Run Wild Missoula members, \$50 for non-members. Class starts Tuesday, May 18 at 6 p.m. and continues until the Hellgate Village 5K on July 10, the day before the Missoula Marathon and during the Missoula Marathon Expo. (Oh, yeah!) The class meets at Runner's Edge, 325 N. Higgins Ave. Check out www.runwildmissoula.org for registration information or this newsletter, and if you have any questions, please email me (Nina Alviar) at ninatanna@yahoo.com.

*We gotta say it – to participate moms must be at least six weeks postpartum unless they have a release from their

doctor. Babies should be at least six months old before they can ride in a jogger stroller. Please consult with your pediatrician. We can't wait to meet you (and your little pancake.)

~Nina Alviar

Training Class for Beginning Runners, Starts May 22, Runner's Edge

Are you having a hard time getting motivated to start running, or lacking consistency? Don't know where to begin, or you don't want to do it alone? Perhaps you are coming back from a long absence from running and need to start out slow, and ease back in. If you are nodding your head yes, then this class is for you. Join us for an 8-week program that will start with running/walking intervals and gradually work up to completing the Hellgate Village 5K on July 10, 2010. This is truly a beginner's class so don't be intimidated. Pace doesn't matter. Your goal will be to complete a 5K run, and our goal will be to inspire you to keep right on going long after this training class is finished.

Please see the registration form in this newsletter for more details.

Missoula Mile, Rescheduled to Sept. 12

The date for our Missoula Mile has been changed. Due to road construction we are now scheduled for Sept 12th (instead of early May). This should work well as the construction should be done and Missoula in Motion will go ahead with their plans. More information on this great new race will be in a later newsletter.

~Tim Brooker



2010 Missoula Marathon

Please go to the new RWM web site at www.runwildmissoula.org to see the Missoula Marathon section in the site. Here you can get information about the race, sponsors, registration, kid's marathon, training and great merchandise for sale.

A Glimpse At Who Is Training for the Missoula Marathon

Approximately 400 people combined registered for the running and walking classes to train for the Missoula Marathon. That's a lot of people to get to know. We thought it would be fun to get to know some of them and find out why they are training for the Missoula Marathon or Half Marathon.



First Day, Marathon Training Sign-up



Marathon Training Group, Running Down Jackson Street

Name: Brittany Smith

Age: 21

Profession: Full-time student at the University of Montana, studying elementary education. I will graduate in May. I also work as a cake decorator full time

Will this be your first marathon / half marathon? This will be my first full marathon.

What motivated you to sign up for the training class? I currently took up running and love it! I love to challenge myself so that is why I signed up for the class. Also having that support group makes it much easier to make those long hard runs.

What is your race goal? My race goal is to run about 9 minute miles, and to finish, and not stop running. (So no walking.)

Do you plan to do another marathon or half marathon? I do plan on continuing running and completing many more half marathons and full marathons.

Name: Vicki Riska

Age: 50

Profession: Customer Support for Telecommunications Company

Will this be your first marathon / half marathon? This will be my 1st marathon of any kind whether I decide to do the full or the half.

What motivated you to sign up for the training class? Prior to getting married and having a family, I used to love to work out

– especially run or play racquetball. When my priorities changed, I put my personal needs on hold. It was the easiest thing for me to give up. I miss that time for just me and it was so therapeutic not just physically but emotionally. I'm just trying to get some balance back into my life and feel better about myself.

What is your race goal? My goal is to finish – with a smile :) of course! And then to continue to work out after it is all said and done.

Do you plan to do another marathon or half marathon? I'm leaving my options open at this time on whether or not I'll do another marathon. Since I've never done one before I want to see how this one goes first.

Name: Kaye Ebelt

Age: 48

Profession: Teacher

Will this be your first marathon / half marathon? This will be my 5th 1/2 marathon.

What motivated you to sign up for the training class? My sister and brother-in-law thought it would be a better way to train instead of on my own or on the treadmill. I have found this to be very true. It's a lot more fun to run outside with a group of people equally motivated. I look forward to each run.

What is your race goal? My race goal is to stay injury free, better my time from last year, and enjoy the time spent running with my sister.

Do you plan to do another marathon or half marathon? The Missoula Marathon has become a family tradition and brings all my family members to Missoula. I have relatives who ran in the New York Marathon and will be running in the Boston Marathon in April. They are my inspiration! Some day maybe I will be running with them.

Name: Robert M. Brown, Ph.D.

Age: 58

Profession: Executive Director of the Historical Museum at Fort Missoula

Will this be your first marathon / half marathon? This is my first half marathon walk.

What motivated you to sign up for the training class? To prove to myself that I can do it, to get into better shape, and have something fun to do with my wife, Claudia.

What is your race goal? To have fun training and finish the half-marathon feeling GREAT!

Do you plan to do another marathon or half marathon? We'll see how this one goes, but probably - at least next year's Missoula one.

Are you interested in being profiled in this section of the newsletter next month? Email your profile to

eva@runwildmissoula.org.

~ Eva Dunn-Froebig

Bob Hayes, Ultra-Marathoner of the Year

Missoula-area runner and RWM member Bob Hayes of Evaro was voted the 2009 male age group Runner of the Year in North America by Ultrarunning Magazine, which covers runs longer than a marathon. The honor was based on Bob's

performance at the Le Grizz 50 Miler. At age 83 Bob posted a finish time of 10:47:45.

<http://www.ultrarunning.com/ultra/features/news/semick-roes-named-2009-ru.shtml>

Feeling Lucky after First Race Directing Experience, Run For The Luck Of It

A couple of weeks ago, the day that Maggie and I had been working so hard toward finally arrived. A couple of months before that day, I was approached about possibly directing a new race for Run Wild Missoula. I was excited about the prospect, but having never organized a race before, I knew I would need to solicit a co-conspirator. I lucked out when I asked my friend and colleague, Maggie, if she would be interested in co-directing a race with me. So there we were, two eager people, who just committed to directing a St. Patrick's Day themed 5k fun run and we had no idea what we were doing.

Sure, we had each participated in our fair share of local races, but how much did we really know about the behind the scenes details? Nothing! Luckily, we had a lot of help and support. Luckily, we maintained our enthusiasm and sense of humor the entire two months we had to put it together. And, luckily, we work really well together.

For those of you who braved the dreary weather that morning (which, by the way, was couched by two gorgeous spring days), you witnessed the organized chaos that was the inaugural Run for the Luck of It 5k Fun Run. Our goal for this race was 300 participants. Registration forms trickled in pretty slow for a few weeks and Maggie and I were so nervous we would not meet our goal. Then word was finally getting out and before we knew it, we had reached that goal of 300 participants on the eve of race day. During one of our many trips to Runner's Edge to pick up registration forms, (and some advice, a shot of positive energy, and support) Tim Brooker mentioned, "Oh, you can expect another 100 registrations on race day." Maggie and I thought, yeah right! Okay, try close to 150 registrations on race day! Tim was right!

Come race day, Pine Street and Sean Kelly's were swarming with people clad in their most festive Emerald Island inspired garb, and their new beanies. It was such a sight to see. No, it was a sea...of green! I tried to take it all in when I had a quick moment before getting pulled into another direction. I tried to snap some pictures, but my wee digital camera could never capture the magic I was witnessing. As the crowd swelled, the Celtic Dragon Pipe Band made their entrance. They marched through Sean Kelly's Public House exciting those anxiously waiting to register last minute for the race. The 14-member band spilled out onto Pine Street blowing on their pipes and beating on their drums and hundreds of exuberant runners enjoyed the festive atmosphere before barreling down Pine Street.

Before we knew it, the first finisher was in sight. The quiet hush we had just enjoyed for what seemed like only two minutes was over. The band resumed playing and the masses returned. While Anders and his crew busily tracked and timed the runners and Tommi and Co. ripped numbers from bibs, I allowed myself to watch some folks cross the finish line. I had never done this before and I was thoroughly entertained.

Some folks were so intense. You could see they were putting it all out there. Others were smiling and cheering and acknowledging their friends. Once past the finish line and reunited with friends and family, runners and walkers quickly exchanged a few stories and then headed over to get some much deserved beverage (Highlander beer for those old enough) and hot stew and Irish Soda Bread compliments of Sean Kelly's. We rounded off the event by presenting our top-finishers with what will surely become a coveted running shirt, and raffled off lots of great prizes.

This brief account of race day cannot substitute for actually taking part in the event, and it doesn't do justice to all of the folks who were so tremendous in the success of this inaugural race. We have so many to thank: our generous sponsors and donors, our dozens of ready-and-raring-to-go volunteers, and of course, our hubbies, who not only had to put up with our crazy schedules and race-planning shenanigans for two months, but who also volunteered a significant amount of their own time, and participated in the run! We truly feel so grateful and, yes, lucky, to have had this opportunity to organize such a fun event. Throughout the process, we met a lot of great people, were reminded of just how generous folks in our community are with their own time and resources, and, yes, as cliché as it sounds, we learned a lot!

If you made it out this year, thanks so much for participating; we hope you return next year. For those of you who missed it, you won't want to next year. Scheming, I mean, planning, for next year is already under way.

~Jen von Sehlen

Pictures of Run for the Luck of It compliments of Dariusz Janczewski.





Snow Joke, A Great 13.1!

We had a huge turnout at the Snow Joke. 667 registered and 659 finished, along with 41 dogs and at least two strollers. There are a lot of anecdotes I could report, but the real highlight was Missoula's own Trisha Miller besting the Women's Course Record by 26 seconds. The Snow Joke has been run 31 times and has been the scene of many impressive performances by Montana's best runners, so Trisha's achievement in the context of our historical record cannot be underemphasized. Congrats Trisha!

-- Pat Caffrey, Race Director

AT THE RACES

Snow Joke – 13.1 miles

M0-15	Adam Peterman	1:25:52
M0-15	Zachary Harper	1:56:33
F 0-15	Paige Gilchrist	1:40:01
M16-39	D.Schmetterling	1:26:46
M16-39	Jake Jessop	1:28:54
M16-39	Aaron Baldwin	1:33:13
M16-39	Tory Kendrick	1:36:38
M16-39	Justin Grigg	1:41:47
M16-39	CJ Foley	1:44:11
M16-39	Spencer Wolny	1:44:57
M16-39	Eric Webster	1:48:03
M16-39	Jacob Notti	1:53:31
M16-39	Kenny Ellis	1:58:01
M16-39	Jeremy Nelson	2:00:45
M16-39	Matt Bucklin	2:02:03

F 16-39	Trisha Miller	1:24:59
F 16-39	Darr Tucknott	1:30:24
F 16-39	Lisa Thomas	1:31:56
F 16-39	Meg Lerch	1:32:14
F 16-39	Meagan Misner	1:40:19
F 16-39	Jennifer Sauer	1:42:42
F 16-39	Em Kendrick	1:43:48
F 16-39	Sara Smith	1:49:25
F 16-39	Allison Squires	1:50:37
F 16-39	Jami Maves	1:52:48
F 16-39	Jennifer Thomas	1:53:21
F 16-39	Nicole Crepeau	1:53:55
F 16-39	Wisdom Ming	1:55:42
F 16-39	Dana Green	1:55:56
F 16-39	Jen von Sehlen	2:00:16
F 16-39	Nycole Henes	2:02:27
F 16-39	Rachel Golden	2:05:14
F 16-39	Liz Stoeckel	2:06:48
F 16-39	Katie Spaid	2:06:59
F 16-39	Brittany Smith	2:07:02
F 16-39	Hayley Allen	2:07:10
F 16-39	Julie Christensen	2:10:29
F 16-39	Carie Edson	2:11:50
F 16-39	Julie McLennan	2:14:52
F 16-39	Marilyn Marler	2:15:11
F 16-39	Jessie Nichols	2:17:23
F 16-39	Coreen Johnson	2:19:03
F16-39	M.Matassa-Stone	2:23:11
F 16-39	Meg Wik	2:24:11
F 16-39	Kristal Cowart	2:26:56
M 40+	John Herring	1:22:56
M 40+	John Fiore	1:28:41
M 40+	Pat Saffel	1:33:41
M 40+	Jim Chase	1:35:39
M 40+	Tim Mosbacher	1:36:39
M 40+	Bruce Turlington	1:37:21
M 40+	Steve Weiler	1:39:33
M 40+	Eric Wolf	1:39:58
M 40+	Dana Bandy	1:44:04
M 40+	Bob Homer	1:45:18
M 40+	Donn Livoni	1:46:26
M 40+	Mark Slayden	1:46:53
M 40+	Nelson Kenter	1:53:39
M 40+	Larry Peterman	1:55:43
M 40+	Jim Ryan	1:55:48
M 40+	John Croft	1:58:41
M 40+	Jim Francis	1:59:59
M 40+	Paul Leusch	2:03:53
M 40+	Matt Woodcock	2:27:56
F 40+	Julie Gilchrist	1:38:47
F 40+	Nadia White	1:45:13
F 40+	Jen McElroy	1:49:23
F 40+	Tammy Mocabee	1:49:47
F 40+	Cathy Sohlberg	1:55:15
F 40+	Bridgett Moriarty	1:56:04
F 40+	Janet Kenter	1:56:26
F 40+	Kathleen Whetzel	1:56:51
F 40+	Christine Everett	1:57:05
F 40+	Ronni Flannery	2:04:21
F40+	D.Gjetmundsen	2:06:21
F 40+	Sally Russell	2:06:48
F 40+	Lori Chase	2:11:37
F 40+	Cheryl Hatfield	2:15:44
F 40+	Barb Fortunate	2:28:26
F 40+	T.R. Harding	2:40:22

Race To Recovery – 5K

Adam Peterman	M	18:13
Rye Palen	F	18:57
Darr Tucknott	F	19:44
Paige Gilchrist	F	19:48
Christopher Everett	M	20:19
Pat Cross	M	20:44
Julie Gilchrist	F	20:59
Deborah Oberbillig	F	21:38
Jennifer Straughan	F	21:42
Larry Peterman	M	23:02
Jim Francis	M	23:56
Jennifer von Sehlen	F	24:18
J.B. Yonce	M	25:08
Dara Rouse	F	25:38
Scott Rouse	M	25:38
Sue Falsey	F	27:59
Eileen Robbins	F	31:26
Christine Everett	F	31:55
Lisa Walser	F	31:55
Bob Hayes	M	32:54
Sabrina Boyer	F	33:03
Ashley Gaumer	F	35:24
Haley Boyer	F	43:49

Siefert	Nicole	F	20-29	31.00
Nevers	Erin	F	20-29	31.23
Cowart	Kristal	F	20-29	31.31
Donaldson	Kathleen	F	20-29	31.33
Cummins	Janelle	F	20-29	31.48
Johnson	Christine	F	20-29	31.51
Kocubinski	Julia	F	20-29	32.51
Johnson	Coreen	F	20-29	33.16
Miller	Kassi	F	20-29	33.26
Vosen	Brooklyn	F	20-29	36.21
Brown	Casey	F	20-29	37.23
Tucknott	Darr	F	30-39	19.44
Graham	Julia	F	30-39	20.00
Kendrick	Josh	M	30-39	20.14
Tanner	Randy	M	30-39	20.50
Oyler	Kate	F	30-39	21.03
Dunn-Froebig	Eva	F	30-39	21.07
Bucklin	Matt	M	30-39	21.40
Sauer	Jennifer	F	30-39	22.13
Jones	Thad	M	30-39	22.37
Garvin	Jonathan	M	30-39	24.14
Stires	Scott	M	30-39	24.15
Nichols	Josh	M	30-39	24.34

Matassa-				
Stone	Melissa	F	30-39	24.43
Cummings	Tammi	F	30-39	24.46
Wade	Jack	M	30-39	25.32
Jones	Thad	M	30-39	25.43
Ranta	Matt	M	30-39	26.17
Uskoski	Jason	M	30-39	28.04
Wescott	Mace	M	30-39	29.19
Wik	Meg	F	30-39	29.52
Crepeau	Nicole	F	30-39	29.52
Craig	Maria	F	30-39	29.53
Fox	Shelagh	F	30-39	29.54
Graves	Jennifer	F	30-39	29.55
Smith	Monica	F	30-39	30.03
Sullivan	Shaleen	F	30-39	31.08
Murphy	Erin	F	30-39	31.33
Flaherty	Deirdre	F	30-39	31.57
Sproull	Lisa	F	30-39	32.24
Barba	Melissa	F	30-39	32.28
Parsons	Talitha	F	30-39	32.39
Phillips	Brenda	F	30-39	33.49
Stout	Krisy	F	30-39	33.53
Downing	Devon	M	30-39	34.06
Notti	Melissa	F	30-39	34.28
Tribble	Erica	F	30-39	34.37
Hursh	Kelly	F	30-39	34.46
Erbe	Karen	F	30-39	34.56
Gass	Nancy	F	30-39	35.33
Bouchee	Tina	F	30-39	40.25
Schenck	Ericka	F	30-39	48.04
Boulianne	Carla	F	30-39	50.35
Gilchrist	Julie	F	40-49	20.46
von Sehlen	Vo	M	40-49	20.58
Schiemer	Pam	F	40-49	22.17
Schmidt	Benjamin	M	40-49	22.28
Klise	Terry	M	40-49	25.05
Gjetmundsen	Danelle	F	40-49	25.06
Klise	Suzanne	F	40-49	25.09
	Cathy			
Sohlberg	O'Leary	F	40-49	25.09
Schmidt	Peggy	F	40-49	25.39

Run For The Luck Of It – 5K

Everett	Christopher	M	U19	19.32
Peterman	Adam	M	U19	19.33
Gilchrist	Paige	F	U19	19.46
Kendrick	Thad	M	U19	24.10
Schmidt	Isaac	M	U19	24.31
Showers	Hanna	F	U19	24.52
Landers	Stuart	M	U19	25.28
Sohlberg	Annika	F	U19	27.21
Gass	Hannah	F	U19	35.33
Yelkovan	Kate	F	U19	50.19
Yelkovan	Aydin	M	U19	50.29
Larsen	Brett	M	20-29	19.04
Furey	Brian	M	20-29	19.54
Campbell	Alexandria	F	20-29	24.20
Copeland	Denise	F	20-29	25.09
Painter	Adam	M	20-29	25.11
Johnson	Emily	F	20-29	25.36
Dolan	Lizzie	F	20-29	26.24
Winters	Angella	F	20-29	26.30
Brabham	Carole	F	20-29	26.35
Jackson	Jennifer	F	20-29	26.51
Armstrong	Amanda	F	20-29	26.53
Nichols	Katie	F	20-29	27.05
Allen	Hayley	F	20-29	27.28
Stoekel	Elizabeth	F	20-29	27.28
Mileski	Kara	F	20-29	27.29
Root	Alicia	F	20-29	27.31
Silverman	Gabriel	M	20-29	28.39
Fortunate	Phoebe	F	20-29	29.07
Silverman	Melissa	F	20-29	29.16
Thomas	Elisha	F	20-29	29.23
Narramore	Beth	F	20-29	29.30
Lemperle	Shandy	F	20-29	29.48
Johnson	Tyler	M	20-29	29.59
Burwick	Maggie	F	20-29	30.36
Nevers	Brian	M	20-29	30.47
McLaughlin	Elisa	F	20-29	30.58

Westenfelder	Laura	F	40-49	25.57
Landers	Mary	F	40-49	26.01
Taylor	Bob	M	40-49	28.55
Bailey	Nicholas	M	40-49	28.57
McElroy	Jen	F	40-49	29.51
Matthias	Jack	M	40-49	29.53
Showers	Kathy	F	40-49	30.21
Harding	Tonya	F	40-49	30.37
Rusho	Nancy	F	40-49	31.11
Decker	Rhonda	F	40-49	31.24
Leavell	Kevin	M	40-49	31.25
Williams	Patricia	F	40-49	32.20
Plant	Larry	M	40-49	33.01
Plant	Karen	F	40-49	33.15
Heitmann	Heidi	F	40-49	34.04
Frazier	Randy	F	40-49	35.20
Brown	Gina	F	40-49	35.29
Sohlberg	Sten	M	40-49	38.54
Brownell	Julie	F	40-49	43.44
Cross	Pat	M	50-59	19.42
Malerk	Don	M	50-59	20.55
Straughan	Jennifer	F	50-59	21.45
Homer	Bob	M	50-59	21.55
Flaig	Bryan	M	50-59	26.14
Furey	Sue	F	50-59	27.19
Hatfield	Cheryl	F	50-59	29.13
Fortunate	Barb	F	50-59	29.56
Malerk	Mary Pat	F	50-59	30.25
Showers	Charlie	M	50-59	31.12
McDonald	Elizabeth	F	50-59	31.58
Walser	Lisa	F	50-59	34.22
Colombo	Wendy	F	50-59	35.02
Adams	Max	M	50-59	38.43
Fortunate	Norman	M	50-59	40.26
Pitcairn	John	M	60-69	24.16
Yonce	J.B.	M	60-69	25.37
Barton	Mike	M	60-69	26.09
Crosbie	Mark	M	60-69	26.09
Marron	John	M	60-69	26.47
Falsey	Sue	F	60-69	27.40
Robbins	Eileen	F	60-69	31.45
Akre	Sharman	F	60-69	31.53
Morris	Kathy	F	60-69	33.47
Crosier	Myke	F	60-69	38.24
Colombo	Dan	M	60-69	39.57
McLuskie	Darlene	F	60-69	41.01
MacDonald	Ethel	F	70+	31.47

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

Safety First – So We Can All Keep Running

Spring is officially here, bringing warmer temperatures, longer days, and more runners out hitting the pavement. Volume alone does not guarantee safety, however. Many seasoned runners have tales of close calls and have perhaps bid automobile drivers more than just a raised fist in frustration or fear. Unfortunately, though pedestrians have the right-of-way on sidewalks and in crosswalks, a battle with an aggressively driven automobile ALWAYS has the runner on the losing end, resulting in possible permanent injury or even death. So how does one run assertively yet safely? The best answer for this is to “SEE, AND BE SEEN.” This adage incorporates two types

of situational responsiveness that go a long way towards a safe run: spatial and temporal awareness.

Spatial awareness comprises the bulk of safety issues encountered on a run. It focuses on where you are as a runner in relation to all other road and trail users. Questions to ask yourself include:

- Am I running on the designated trails and sidewalks, giving walkers the right-of-way? If there are no sidewalks, am I running on the left hand side of the road (that is AGAINST the flow of traffic!) as far onto the shoulder as possible? It is better to be able to see and anticipate threats from a vehicle coming toward you, rather than be surprised from behind.
- Am I obeying all traffic signals and anticipating what other road users are going to do when running in congested areas? Don't assume that automobile drivers are looking for you or that they actually see you. This is especially true at crosswalks and corners. Many drivers implement a rolling stop with only a cursory glance before progressing into an intersection. Further, most vehicles approaching an intersection DO NOT follow the old adage of looking left-right-then-left-again, leaving pedestrians especially vulnerable when the vehicle is turning right. By predicting that you are NOT seen, you can greatly reduce the possibility of being hit.
- Do I anticipate vehicles backing blindly out of driveways when running in residential areas? Looking ahead and anticipating the unexpected action of automobiles are vital.
- Do I really need both iPod earpieces inserted and playing at maximum volume? It is impossible to have spatial awareness if you are “tuned out” to your proximate surroundings. Lack of auditory sensory input will leave you highly vulnerable to vehicles, cyclists, and not-so-nice people who may try to victimize you in your vulnerability.
- Am I running in a group that forms a single line when vehicles are approaching? Courtesy rather than a pack mentality will go a long way towards safety and showcases considerate running etiquette.
- If I am running with my best friend Fido do I have a reflective leash and vest on them as well? Do I pick up after them? City laws, common sense, and some courtesy keep more than just the runner's image clean.

Temporal awareness deals primarily with the time of day you are running. Questions to ask yourself relate primarily to your visibility and include:

- Is it dawn, dusk, or an overcast day when my muted/dark clothing will blend in with the surroundings? Specifically, is it sunrise when the bright sun is peaking over Mount Sentinel blinding

those driving into it? The same situation occurs in the opposite direction when the glaring sun is setting. Bright, not necessarily white, reflective clothing helps increase the chances of your being seen during times of poor visibility. The Runner's Edge has several options for reflective additions to your running outfit for less than \$25.00.

- Will it be getting darker as I progress into my run and will I be in a less than optimal location as it darkens (e.g. near transient camps or running in areas of town that lack sidewalks)? Planning ahead for safer mid-late running locations or running on one of the local tracks is helpful during the darker hours.

Visibility, awareness, and providing leeway to vehicles are the safest manners of running we can employ. As a viable activity, running is becoming very prevalent in Missoula and the best support we can give fellow and future runners is to embrace an attitude that is courteous to all. The more resentment generated towards the running community, due to our prideful attitudes and "runner's entitlement," the more difficult it will be to have future sponsored group runs and races. Every time we take our run outdoors is a chance for us to exemplify to our community the safe benefits of running. Retaining that image takes diligence to etiquette that is assertive and educational, not aggressive and rude.

If you are the victim of blatant road rage from an automobile driver, record the license plate number and call 911 to report it as a non-emergency, unless you were injured in the altercation. The police department will follow-up with your report. In the unlikely event that you are injured, having written ID on you during your run will be most helpful to emergency response personnel.

~Kristina Hurley

References: Sergeant Mark Horner, Missoula Police Department, March 21, 2010. Runner's World, January 2010, pp. 84-91; (www.runnersworld.com).

Letter from the Executive Director: Check Out Our New Web Site, Billboard

Runners are everywhere in Missoula—and I don't just mean the 300 plus runners who signed up for the Missoula Marathon and who have been taking over the trails, sidewalks and streets on Sunday mornings and Wednesday evenings. (Man, it's a great sight to see, though!)

Missoula runners are also represented online with our new and improved web site. The web site project has been in the planning stages for over a year and took several months to complete, thanks to the hard work of Run Wild Missoula's Marketing Committee members Dariusz Janczewski, Jen von Sehlen and Tim Winger. In particular, Dariusz-- more commonly known as DJ-- came up with the lovely graphics and design. Then, Hank Donovan of Astarna took our ideas and made them reality. Thank you also to Missoula Marathon Race Director Jennifer Straughan for writing and entering content for the Missoula Marathon portion of the web site.

If you haven't seen the web site yet, please check it out and let me know what you think. The new site has increased content about our organization and its history. We're also really excited about the easy way to navigate information about our races, training programs and other activities.

The Missoula Marathon has its own section of the web site, which links from the Run Wild Missoula home page and the domain www.missoulamarathon.org. There, viewers can find information about registration, look at course maps, and out-of-town viewers can find out what else there is to do in Missoula.

But wait that's not all! We are launching a members-only section of our web site in a few weeks, where members can log in with a unique username and password to access their membership profile, log miles for the 1200 Mile Club and participate in our online forums. More information is coming soon.

One can also see Missoula runners represented on I-90 heading east between Reserve and Orange street exits in the form of a billboard, thanks to support from Lamar Outdoor. From the Missoula commuter to a traveler driving from Seattle, I hope this new billboard will encourage all who see it to get out and go for a run.

~ Eva Dunn-Froebig

Bridgett Moriarty, Megan Tiffin and Darr Tucknott Join Run Wild Missoula Board of Directors

Last month the Run Wild Missoula Board of Directors added three new members: Bridgett Moriarty, Darr Tucknott and Megan Tiffin, who will replace Mark Burke as Treasurer. I recently had a chance to ask the new members a few questions about their involvement with Run Wild Missoula and why they run.

Bridgett Moriarty

E.D. Why did you want to join Run Wild Missoula's Board of Directors? Tell our members how you've been involved in the organization in the past.

B.M. There are several reasons that tipped the balance for me on whether or not I wanted to get involved on the board level of Run Wild Missoula, rather than just continuing to be a race director, committee member, or another form of volunteer. First, being involved in the board allows me the opportunity to better focus my attention on being a part of building a good solid foundation for the club in this time of tremendous growth. Also, I am pretty passionate about running, and I tend towards the vocally opinionated, so this is an excellent opportunity to bounce my opinions off of others with a shared goal, and to gain a broader perspective of what running means to others and this community as a whole. I started in the club in a beginner running training class a few years ago, and just kept going. I have been the secretary of the Run Wild Missoula committee, and I was the co-race director for The Pengelly Double Dip in 2008 and 2009. I have volunteered at races, and doing aid stations for some of the training groups offered by the club. I am currently assisting the registration director for the Missoula Marathon, and I am leading this year's beginner running training class in May.

E.D. How does running fit into your life? Are you training for something right now?

B.M. For the most part I run year round, whether or not I am in training. Running has become an integral part of my life, for physical and mental fitness, as well as socially. Right now I am training for the Missoula Marathon.

E.D. What are you goals for Run Wild Missoula?

B.M. Our mission statement pretty much sums it up: To promote and support runners and walkers of all abilities (and age). I would like to see Run Wild Missoula become a club that is just synonymous with the Missoula community, and I would like to see us reach out and promote healthy, inexpensive recreation to everyone. I am in this for the runner and walker. I get a real kick out of seeing so many people out on a beautiful spring day, running and walking (and biking). I would like to hear more people complaining about traffic on the Kim Williams Trail than on the drive home from work.

Megan Tiffin

E.D. Why did you want to join Run Wild Missoula's Board of Directors? Tell our members how you've been involved in the organization in the past.

M.T. I wanted to involve myself and contribute something back to an organization that does so many great things for people in the community. It is an added bonus that I get to be involved with an organization centered around something that I enjoy doing in my own life. I am fairly new to involvement with the organization. I became a member last year while participating in the marathon training program. Although unable to run due to a training injury, I was able to organize a marathon aid station for our office. We all had such a great time doing that last year and are looking forward to participating again this year.

E.D. How does running fit into your life? Are you training for something right now?

M.T. Running helps bring balance to my everyday life. It makes me feel better physically, mentally and is a great stress reliever. Although I'm running regularly, I am not currently training for any specific races.

E.D. What are you goals for Run Wild Missoula?

M.T. With interest and membership climbing, in both the club and the Missoula Marathon, it is an exciting time to be involved with Run Wild Missoula. My first goal is to assist the club with meeting its financial/tax responsibilities and requirements. Beyond that, I would like to contribute to the following outcomes:

- Increase the race opportunities and resources available for local runners.
- Promote and encourage participation with those who are not yet runners or who are new to the activity.

Darr Tucknott

E.D. Why did you want to join Run Wild Missoula's Board of Directors? Tell our members how you've been involved in the organization in the past.

D.T. I wanted to join RWM Board of Directors to give back to the running community. Running has always been important to me, and since I joined RWM several years ago it has re-ignited my passion for running and I love being a part of the Missoula running community. I'm just excited about the opportunity to serve on the Board, and hopefully help the future of RWM. During the past year, I've been a part of the member services committee and the RWM committee, which has allowed me to understand better the dynamics of our club. I joined RWM over 3 years ago with the first Missoula Marathon training group, and have been attending group runs ever since.

E.D. How does running fit into your life? Are you training for something right now?

D.T. Running is a central part of my life, and has been so since I began running in high school. If it wasn't for running, I would have never met my husband since we were teammates in college! Currently, I love running everyday because it allows me to de-stress from life, organize my thoughts, and enjoy the outdoors. I love running for fitness and feeling good physically, but also for all the great friends that I have made through running. Right now I'm training for the Riverbank Run 10k and some 1/2 marathons this summer.

E.D. What are you goals for Run Wild Missoula?

D.T. I think the RWM is growing not only in numbers, but in the programs and events that the group offers to the community. I would like to see RWM continue to grow to serve the running community by offering quality races, training programs, social and educational events. I also am excited about new members joining RWM, and would like to continue to see that happen as more people commit to being active. Finally, I would like the club to continue to be an avenue for people to make new running friends, and feel a part of the running community.

~Eva Dunn-Froebig

Jen von Sehlen, New RWM Committee Secretary

The Run Wild Missoula Committee also has a new Secretary in Jen von Sehlen. Here is a little bit about her and her passion for volunteering for our running community.

Why did you want to join the Run Wild Missoula Committee and fill the Secretary position?

Well, I was in the right place at the right time, I suppose. I attended the March RWM Committee meeting to briefly chat about the recent Run for the Luck of It 5k I co-directed. At this meeting, Eva announced the secretary position was vacant. She then proceeded to ask if anyone was willing to take notes for this meeting. No one responded to the request. Having more meeting-minutes-taking experience under my belt than I care to acknowledge, I volunteered to take notes. Then someone joked that I could just continue taking notes at future

meetings. I thought about it and decided what the heck! Why not!? Plus it's fun getting together once a month with a bunch of awesome RWM peeps!

How have you been involved with Run Wild Missoula in the past?

When I first met Eva last spring, I told her I was interested in co-directing a RWM race, should the opportunity arise. Well, the opportunity did arise and you can read all about it in the article I wrote in this month's Running Wild: "Feeling Lucky after First Race Directing Experience." I also participate on the RWM Marketing sub-committee.

How does running fit into your life? Are you training for something right now?

After I ran my first half marathon at the inaugural Missoula Marathon in 2007, I was finally hooked on running for good. For many years, I was an on-again, off-again runner. I didn't train very hard for that first half marathon and I was in a lot of pain afterwards. However, I stuck with running this time because I realized just how good it feels to challenge myself physically, something I hadn't done a whole lot of in my life before. As for training, in my mind, I am in training for life! As for "races", I am training for my third and fourth full marathons. I will run the Grandma's Marathon in Duluth, MN on June 19th and if my body tells me it's okay, I will attempt to run the full Missoula Marathon three weeks later. If I'm hurting, I will run the half instead.

1,200 Mile Club -2010

Many of you are already off and running, earning mileage towards the goal of running 1200 miles throughout 2010. This exclusive "club" of runners is not so exclusive - it is open to anyone willing to put in the mileage! This year's finishers will earn nice, reflective* arm warmers* for those cold, dark runs. Mileage is typically, though not required to be, submitted monthly to me at: club1200@runwildmissoula.org. You must initiate your intent to complete this goal by submitting your mileage towards it prior to August 1, 2010 in order to qualify for the coveted 1200 mile treasure.

Happy and productive running!

~Kristina Hurley, 1200 mile club chair

Run Wild Missoula Racing Singlets and T-Shirts Now For Sale

We thought it was about time we had some club racing singlets-- something to make Run Wild Missoula members stand out during a race. I consulted with Bridgett Moriarty, Run Wild Missoula's apparel extraordinaire (really, she is a fashion expert), and she picked orange. Apparently, it's THE color for 2010. Plus, it's bright and beautiful and now Run Wild Missoula members will really stand out during races. I'm already imagining a sea of orange during the Riverbank Run in a few weeks.

We also ordered green technical Run Wild Missoula t-shirts in men and women's sizes. Both the green t-shirts and orange singlets are available at the Runner's Edge. Get yours today!

~Eva Dunn-Froebig

RWM SINGLET DESIGN



FEMALE FRONT



MALE FRONT



RWM T-SHIRT DESIGN

Flash from the Past 10 YEARS AGO

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

In April 2000, the Missoula Road and Track Club was gearing up for its Spring Club Meeting, which was to start with a group run followed by a business meeting led by President Ben Schmidt. The club was seeking a new treasurer. The 9th Annual Bike Walk Bus Week was scheduled for April 29 – May 7. The week-long effort to get Missoulians to use alternative transportation encompassed 50 events including the Festival of Cycles at Bonner Park.

The newsletter also included tips on how to run a fast 5K and timing tips.

~Eva Dunn-Froebig

RWM Board of Directors:

Jean Zosel, *President*
Tim Winger, *Secretary*
Megan Tiffin, *Treasurer*
Courtney Babcock
Anders Brooker
Bridgett Moriarty
David Schmetterling
Darr Tucknott
Loie Turner
Kevin Twidwell

RWM Staff:

Eva Dunn-Froebig, Executive Director- eva@runwildmissoula.org
Jennifer Straughan, Missoula Marathon Race Director- jen@runwildmissoula.org

RWM Club Officers

Run Wild Yogi:

Missy Adams- missyadams410@yahoo.com

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Coach & Coordinator, Training Classes:

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Courtney Babcock
Anders Brooker
Sue Falsey
Meg Lerch
Darr Tucknott

Marketing Subcommittee:

Dariusz Janczewski
Jen von Sehlen
Tim Winger

Sponsorship Subcommittee:

Nicole Marshall
Jennifer Straughan
Jean Zosel

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.

April 2010
Run Wild Missoula - Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
28	29	30 -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser ✓	31	1 -Tempo Run, 5:30 p.m., led by Meg Lerch, Runner's Edge✓	3 -Group Run, 8 a.m., Runner's Edge✓
4	5 "How to Prevent Injury while Training for the Missoula Marathon," 7 p.m., Good Food Store	6 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser ✓	7 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	8 - Trail Running Class begins, 5:30 p.m., led by Rhea Dalberg -Tempo Run, 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 *	10 -Group Run, 8 a.m., Runner's Edge✓
11	12	13 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser ✓	14 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	15 -Tempo Run, 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 *	17 -Group Run, 8 a.m., Runner's Edge✓ - Superfun(D) Run, 9:30 a.m., Bonner
18	19	20 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser ✓	21 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	22 -Tempo Run, 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 * - Racewalking Clinic with Dave McGovern	24 -Group Run, 8 a.m., Runner's Edge✓ - Racewalking Clinic with Dave McGovern
25 - Racewalking Clinic with Dave McGovern	26	27 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser ✓	28 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	29 -Tempo Run, 5:30 p.m., led by Meg Lerch, Runner's Edge✓ -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge*	1 -Group Run, 8 a.m., Runner's Edge✓

✓ 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*.

Visit www.runwildmissoula.org for more information.

Run Wild Missoula
Yoga for Runners
Spring Session 2010

Celebrate Spring and stay healthy and injury-free during the coming race season by signing up for Yoga for Runners. Run Wild Missoula is offering two 14-week yoga classes specifically designed with the runner's body in mind. Each class will focus on stretching, strengthening and balancing poses that will compliment all of the miles you are running each week. Whether you are getting ready for the River Bank Run or the Missoula Marathon, this class will challenge and inspire you to take care of your body and mind. Classes are held upstairs at The Runners Edge. Yoga mats and straps are provided.

To register or find out more about the classes offered, email Missy Adams at missyadams410@yahoo.com and send registration and payment to:

Run Wild Missoula
Box 1573
Missoula, MT 59806

Name _____

email _____

Are you a Run Wild Missoula member? _____

Circle the class(es) below that you are interested in taking.

- Tuesday Lunch Yoga, 12:15-1:00, April 6th-July 6th
\$77 for RWM members/\$83 for non-members
- Thursday Evening Yoga, 6:00-7:00, April 8th-July 8th
\$91 for RWM members/\$97 for non-members

Run Wild Missoula
Core Strength Training for Runners
Spring Session 2010

Keep your core strong—right up until the Missoula Marathon on July 11, 2010. Core work conditions the body from the abdominals to the arms and legs. Often runners are much stronger in their lower extremities than their core. This results in an imbalance in the body that it will continuously try to remedy. Mats provided, comfortable clothing recommended, running shoes not required.

To register or find out more about the classes offered, email Alison Laundrie at alison@thepilatesplayground.com and send registration and payment to:

Run Wild Missoula
Box 1573
Missoula, MT 59806

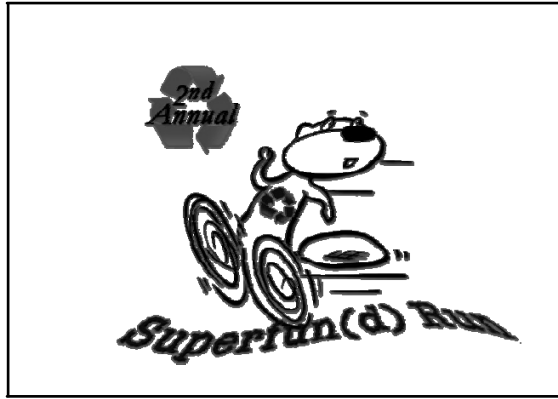
Name _____

email _____

Are you a Run Wild Missoula member? _____

- Wednesday Lunch Core, 12:15-1:00, April 7th-July 7th
\$77 for RWM members/\$83 for non-members

2nd Annual Two Rivers Superfun(d)Run and Pancake Feed*



Celebrate spring, community and the new trails in Bonner!

Saturday, April 17, 2010

10K * 5K Superfun(d) Run

- **Registration:** By mail or day of registration at 8:30 a.m. at Our Saviors Lutheran Church, Bonner, MT
- **Start times:** 5K and 10K, 9:30 a.m.
- **Pre-registration:** February 20-April 9, 2010, \$15 adults, \$13.50 RWM members & \$12 under 18, \$11 RWM members under 18- REGISTRATION BELOW
- **LATE REGISTRATION APRIL 10-17 - \$25 adults, \$22.50 RWM members & \$22 under 18, \$20 RWM members under 18.**
- **BONNER SCHOOL FAMILIES PARTICIPATION FEE FOR \$25! REGISTER BY APRIL 9th**
- **Runners receive a commemorative neckerchief and schwag bag, plus chances to win fun door prizes!**
- **Walkers welcome for all events!!! Course is flat through Bonner with a few minor hills**

***Pancake Feed follows run at Our Saviors Lutheran Church,
Bonner**

**Complete and mail to: Run Wild Missoula, PO Box 1573, Missoula, MT
59806**

Name _____ Address _____ (include zip code)

Age (as of 4/17) ___ Male/Female ___ 5K ___ 10K ___ 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 (Parent Signature if under 18) _____ Date _____



Run Wild Missoula Trail Running Class

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806, or turn in at Runner's Edge, 325 N. Higgins.

Need to be pushed and motivated through a hill strength workout that you might not do on your own? Join Rhea from Momentum Athletic Training on Thursdays at 5:30 p.m. for a great workout. If you are training for summer or fall trail runs like the Pengelly Double or Single Dip or would like an introduction to training for trail running, join this class. The 9-week class starts on Thursday, April 8th and runs through June 3rd. Participants will get a "Run Wild Missoula Trail Running Class" hat. For more information, call Rhea at 531-1625.

Registration Fees:

Run Wild Missoula Members: **\$25.00*** Non-Run Wild Missoula Members (includes individual membership fee. Please fill out membership form at www.runwildmissoula.org): **\$50.00***

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

- 9-Week Class begins Thursday, April 8th and meets Thursdays at 5:30 p.m. until the Pengelly Double and Single Dip on June 12. First class meets at Runner's Edge, 325 N. Higgins, Missoula. Come ready and dressed to run!

In consideration of accepting this entry, I RELEASE—for myself and my heirs, executors, administrators, legal representatives, assigns and successors in interest, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child")—Run Wild Missoula and all other promoters, sponsors, organizers and volunteers of this class, and the officers, directors, shareholders and/or members, agents and employees of each, as well as all medical, law enforcement and other personnel assisting with this class, the owners of property through which the class courses traverse, and their representatives, successors and assigns (collectively "Released Parties") from any and all rights, claims or liability for damage for any and all injuries to me, my child or my property arising out of or in connection with my participation in this event, including acts of God. I further agree that I WILL DEFEND, INDEMNIFY AND HOLD HARMLESS the Released Parties against all claims, demands and causes of action, including court costs and reasonable attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted contrary to this Agreement for the benefit of me or my child. This Agreement extended to all claims of every kind and nature whatsoever, whether known or unknown. I FULLY ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects; the dangers of road conditions, surface hazards, weather conditions, and inadequate clothing; encounters with wild or domesticated animals; the possibility of serious physical and/or mental trauma or injury or death associated with an athletic trail run; and dangers caused by others' negligence. I certify that I am and and/or my child is physically and mentally fit to participate in this event. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of weather conditions, fire, drought, acts of God, or other circumstances beyond the control of run management, the entry fee will not be refunded. I also grant permission for the use of any photographs, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose. PARENT OR GUARDIAN MUST SIGN FOR MINOR.

Signature _____ Date _____
Parent/Guardian Signature if under 18 _____ Print _____





RIDE TO BLOOMSDAY WITH US!

Join Run Wild Missoula and the Missoula Family YMCA for Bloomsday! Instead of incurring the cost of a hotel, gas and food, ride the bus with us and save! There will be fun, friendship and camaraderie, use of the Spokane YMCA for race preparation and showers, and goodie bags, too!

Date: Sunday, May 2, 2010

Bus Departs Missoula: Bus 5:30 a.m. from the Missoula Family YMCA

Arrives in Spokane: Bus 7:30 a.m. (approximately)

Departs Spokane: 1:00 p.m. from the Spokane YMCA

Bus Arrives Back in Missoula: 5:00 p.m. (approximately)

Fee: \$50 per person
\$40 for YMCA Members (Bring your Y card!)

What's Included in the Fee*: Transportation to and from Spokane
Bloomsday Packet Pick-Up
Goodie Bag
Use of the Spokane YMCA
Drinks and Refreshments on the Bus

**Fee does NOT include Bloomsday Run registration. To register for Bloomsday, visit www.bloomsdayrun.org.*

*Please complete the following form and mail or drop off at the YMCA, 3000 S. Russell St., Missoula, MT 59801 or register on-line at ymcamissoula.org. **Deadline to register to ride the bus is Wednesday, April 28th!***

Name: _____

Mailing Address: _____

City: _____ **State:** _____ **Zip:** _____

Telephone Number: _____ **Cellular Number:** _____

Email Address: _____

Age: _____ **Date of Birth:** ____/____/____ **Gender** Male

Emergency Contact: _____ **Telephone Number:** _____

Signature: _____ **Date:** ____/____/____

Parent/Guardian Signature (if under 18 years old): _____ **Date:** ____/____/____



Announcing Dave McGovern's upcoming
Missoula

RACEWALKING WEEKEND

Led by world-renowned coach and
clinician **Dave McGovern**

April 23-25, 2010



Do you want to learn to **Racewalk?** Or to Racewalk **Faster?** Join U.S. National Racewalk Team member and fourteen-time U.S. National Champion Dave McGovern for this unique racewalking event. Participants will learn techniques used by our elite walkers at the U.S. Olympic Training Centers to help you to racewalk faster and more efficiently with fewer injuries. And if you don't race, these techniques can help you to lose weight, get fit and feel great!

Participants will benefit from lectures on modern racewalk technique featuring video from recent Olympic and World Championship competitions, individual video-taped technique analysis, and lectures on race preparation, racing strategy, and proper training methods for racewalkers trying to make the most of their limited training time. The \$175 fee for this invaluable two and a half-day weekend clinic includes individual video-taped technique analysis, group lectures, use of Polar Heart Rate Monitors, and all handouts.

Dave McGovern has been a competitive racewalker and racewalking coach for the past twenty five years. He has won fourteen U.S. Championships, and has walked 20 kilometers in 1:24:29—earning the distinction of being the fastest walker in US history never to have made an Olympic Team—yet! In addition to conducting his “World Class Racewalking” clinics throughout the known Universe, Dave, who holds a Master's Degree in Sport Science from the United States Sports Academy, is a USAT&F and LSA certified coach who has led dozens of former clinic participants to masters American and World Championship titles and records, including coaching seven clinic alumni all the way to the US Olympic Trials. Dave is the National Walk Coach for the Crohn's and Colitis Foundation's “Team Challenge” half-marathon team, coached Team USA at the 2008 World Cup in Cheboksary, Russia and is the Manager/Team Leader for the 2010 World Cup in Chihuahua Mexico. He is the author of *Precision Walking*, *The Complete Guide to Racewalking Technique and Training*, *The Complete Guide to Marathon Walking*.

Here's what others have to say about Dave's “World Class” racewalking clinics:

“I learned more in two days at Dave's Dallas clinic than I did in nineteen years of racewalking.”

— Fan Benno-Carris, 86, World Masters Racewalk Champion

“Dave McGovern's racewalking clinic in Anchorage was terrific! I learned more in that weekend about going faster than I had in the previous six years combined.”

—Robin Helm, Seattle, WA

For further information contact Candace Crosby at 406-360-3791, CMCrosby@wildblue.net or visit Dave's website

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP CODE _____

TELEPHONE (_____) _____ CELLPHONE (_____) _____

E-MAIL ADDRESS _____

WAIVER (Heretofore referred to as “Da Fine Print”): I, being in sound mind and body, do fully understand that participating in the sport of racewalking may result in my being subject to a panoply of physical and emotional ailments. I agree that by attending this clinic, I may be advised by Dave to wiggle my extremities in ways not intended by my creator, and that such wiggings may cause otherwise staid, emotionally stable, yet sedentary passersby to burst out into uncontrollable snickering. In consideration of the acceptance of my entry, I the undersigned, intending to be legally bound for myself, my heirs, executors, administrators and assignees, do hereby waive and release the organizers of this event, the Montana State Bureau of Weights and Measures, the city of Missoula, (Who is Miss Oula, anyway?), the owners and employees of Wild Bill's Pit Bull Rodeo, the artist presently known as The Artist Formerly Known as Prince, the cast and crew of Titanic: The Musical, and any other parties even less remotely connected to Dave's clinic than the aforementioned, from any claims connected with this relatively harmless daredevil racewalking weekend. I also attest that I am physically fit to participate in this clinic, and certify that I will change my socks every 3,000 miles and will not now, nor in the foreseeable future, racewalk naked in public between the hours of 8:15 a.m. and 4:45 p.m. Now sit up straight, wash behind your ears, and don't drive with your eyes closed. And for crying out loud, get a haircut! Seriously, though, racewalking, like any competitive sports activity, carries with it the risk of injury. It is assumed that participants are aware of these risks, and have had themselves cleared by a physician before partaking in the clinic. Bysigning this registration form you attest and verify that you are physically fit and have sufficiently trained for this clinic, and your physical condition has been verified by a Licensed Medical Doctor. Further, you hereby grant full permission to any and all foregoing to use any motion pictures, photographs, video-tapes, recordings or any other record of this event for any legitimate purpose.

SIGNATURE: _____ DATE: _____

Send completed entry and check for \$175 payable to Dave McGovern to: Candace Crosby
Dana Gallery
246 N Higgins
Missoula, MT 59802

Run Wild Missoula

New Parent Running/Walking Class

"Where Parents Are Understood"

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806, or turn in at Runner's Edge, 325 N. Higgins.

Are you looking for a comfortable place to get back into shape now that you are parents? Perhaps you want to get out of the house with baby or you want to shed some pregnancy (or dad) pounds? This class is open to moms and dads who want to learn how to train for a 5K. You're welcome to come with baby or without—it's up to you. It's a friendly class to run with baby in a stroller and/or to bond with other parents. Moms must be at least 6 weeks postpartum unless they have a release from their doctor. Babies should be at least 6 months old before they can ride in a jogger stroller. Please consult with your pediatrician.

Registration Fees:

Run Wild Missoula Members: **\$25.00*** Non-Run Wild Missoula Members (includes individual membership fee. Please fill out membership form at www.runwildmissoula.org): **\$50.00***

What you get:

Comprehensive Training Program to complete 5K

Weekly group runs on Tuesdays at 6 p.m. at Runner's Edge until the Hellgate Village 5K on July 10

Speakers

Nutrition Plan

"Run Wild Missoula New Parent Class" hat

Other parents to run with

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

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

Phone: _____ Email: _____

- 8 Week Class begins Tuesday, May 18 & continues until the Hellgate Village 5K on Saturday, July 10. First class meets at Runner's Edge, 325 N. Higgins, Missoula. Come dressed and ready to run or walk!

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. I also grant permission for the use of any photographs, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose.

Signature _____ Date _____



Run Wild Missoula

Beginner Runner Training Class

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806, or turn in at Runner's Edge, 325 N. Higgins.

Are you having a hard time getting motivated to start running, or lacking consistency? Don't know where to begin, or you don't want to do it alone? Perhaps you are coming back from a long absence from running and need to start out slow, and ease back in. If you are nodding your head yes, then this class is for you. Join us for an 8-week program that will start with running/walking intervals and gradually work up to completing the Hellgate Village 5k on July 10, 2010. This is truly a beginner's class so don't be intimidated. Pace doesn't matter. Your goal will be to complete a 5k run, and our goal will be to inspire you to keep right on going long after this training class is finished.

Registration Fees:

Run Wild Missoula Members: **\$25.00*** Non-Run Wild Missoula Members (includes individual membership fee. Please fill out membership form at www.runwildmissoula.org): **\$50.00***

What you get:

Leadership, coaching and advice

Comprehensive Training Program to complete 5K

Twice weekly group runs (Saturdays at 8 a.m. and Wednesdays at 6:30 a.m. at Runner's Edge)

"Run Wild Missoula In Training Class" hat

A goal to run the Hellgate Village 5K on Saturday, July 10

Other fun people to train with

Inspiration, motivation and fun!

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

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

Phone: _____ Email: _____

- 8 Week Class begins Saturday, May 22 at 8 a.m. & meets Saturdays at 8 a.m. and Wednesdays at 6:30 a.m. until the Hellgate Village 5K on Saturday, July 10. First class meets at Runner's Edge, 325 N. Higgins, Missoula. Come ready and dressed to run!

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. I also grant permission for the use of any photographs, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose.

Signature _____ Date _____

Parent/Guardian Signature if under 18 _____ Print _____





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MISSOULA MT
PERMIT # 569

P.O. BOX 1573
MISSOULA, MT 59806
www.runwildmissoula.org



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



www.runmt.com