

Running Wild

The official newsletter of Run Wild Missoula
March, 2010

"Why being a part of RWM is important to me - It's like a large family or clan. We know each other, perhaps not by name. But we know we share the same values, desires *and* pain. The last defines us as being far, far different than any other organization or group. We are descended from the gladiators of the Roman Empire. To belong to RWM takes more than filling in some blank spaces on a sheet of paper."
~ Bob Hayes, Evaro, Montana

Seminar for the Missoula Marathon –March 8, Good Food Store

The last Good Food Store's Missoula Marathon free seminar series is being held on March 8 at 7:00pm seating is first come first served.

- **March 8, 2010**
"You Can Walk the Missoula Half or Full Marathon"
Speakers: Candace Crosby and Rolf Tandberg, both of whom regularly walk half and full marathons.

Missoula Marathon & Half Marathon Running Training Classes – Beginning Sunday, March 7, 8:00am, Runners Edge

Get ready for the 2010 Missoula Marathon or Half Marathon with Run Wild Missoula's training program for anyone. You don't have to be a semi-professional athlete, former track star, 5 percent body fat or logging 30 miles a week to participate. All you have to be is someone who wants to complete the half or full Missoula Marathon on Sunday, July 11, 2010.

The class starts with distances as low as 2 miles, but how fast you run absolutely does not matter. For beginners there is a run/walk option. Beginners who have not run a step as of the first day of class will be encouraged to set the Missoula Half Marathon as your goal. (Yes, you can do this. You have 6 ½ hours to complete the Half Marathon course and you have 4 ½ months to train.) The program begins conservatively but you'll find the miles start adding up quickly, even if you're a more advanced runner. By the end of this training class you will be ready for race day. With the Training Program participants receive:

- * Coaching by Anders Brooker, Cross Country and Track Coach at Hellgate High School and Owner Runner's Edge
- * Comprehensive Training Program for Full and Half Marathon Trainees
- * Twice Weekly Group Runs
- * Weekly Speakers
- * Nutrition Plan
- * "Missoula Marathon In Training" hat
- * Training Log & Informational Booklet
- * Aid Stations every week
- * Gels on long runs, the same brand used on the course of the Missoula Marathon and Half Marathon. See registration form this newsletter.

Run For The Luck of It, Saturday March 13, 2010, 11:15am, Sean Kelly's

Irish or not, just *Run for the Luck of It!*

On Saturday, March 13 at 11:15 am, excited runners, joggers, and walkers get to be a part of history in the making when they embark on RWM's inaugural St. Patrick's Day themed race, the *Run for the Luck of It* 5k. For those of you still on the fence about whether or not you want to participate in this race, jump off the fence already and register!

Sure, this race obviously lacks the history of, say, the Riverbank Runs or the allure of, say, Bloomsday, but what it will not lack is good times, a funky course, post-race corned beef and cabbage stew, free beer, and an extra special musical surprise! You see, by participating this year, you will encourage the exhausted race directors to continue to strive to make this race into something legendary races are made of.

The inaugural race will indeed set a tone and build momentum to create that race that makes people want to, well, race. Okay, if this is all sounding a bit dramatic, it's supposed to! Organizing a race, as we have come to learn, is a little dramatic. It is a lot of work and an enormous learning experience. It is emotional at times; however, one of the greatest emotions we have felt (so far) is that feeling of reward when we see those registration forms coming in. So help us to keep up our enthusiasm in our last hours before the race and register. And, if you really aren't feeling a 5k right now, volunteer! We need those, too! Another emotion we've certainly been feeling a lot of lately is gratitude toward all of those who have been helping out along the way.

Now, here's a little information about the race and the course, in particular. If you're one of those detail-oriented people, you'll recall the blurb on the registration form about the course being flat and fast and that you'll cruise down Higgins to the University District and will return to the downtown area in front of Sean Kelly's. Remember that part about enormous learning experience? Well, it turns out planning a course for a road race is something of an art form. In fact, "Race Course Design and Planning" could be a popular liberal studies course offering at UM. Needless to say, we've struggled with the race route for a variety of reasons (too many to list here and it doesn't make for a good read). The race still begins and ends downtown, but we will be utilizing some sections of the Riverfront Trail and streets that, we think, never

get utilized for such races. Also, the new course is not quite as flat as the original course, but trust us, it is still very manageable.

So Run Wild Missoula members, this is your call to action. *Run for the Luck of It* on March 13th! If you're considering running the Missoula half or full marathon, this will be a great way to kick off your training program. Plus, you'll get a fun beanie to keep your head warm during those, um, brisk morning runs. If you can volunteer, please contact Jen at jen.vonsehlen@gmail.com or Maggie at mkwescott@gmail.com. Thank you!

~ Jen von Sehlen

Missoula Marathon & Half Marathon Walking Training Classes – Beginning Saturday, March 20, 8:00am, Community Medical Center

Get ready for the 2010 Missoula Marathon or Half Marathon with Run Wild Missoula's walking training program for anyone. All you have to be is someone who wants to complete the half or full Missoula Marathon on Sunday, July 11, 2010.

With the Training Program participants receive:

- * Encouragement, coaching and practical suggestions by veteran marathon walkers Rolf Tandberg and Candace Crosby
- * Comprehensive Training Program
- * Twice Weekly Group Walks on Saturdays at 8 a.m. and Wednesdays at 5:30 p.m. at Community Medical Center
- * Speakers on Various Training Topics
- * Nutrition Plan
- * "Missoula Marathon In Training" Hat
- * Fun People to Train With

Cost: \$20 for Run Wild Missoula Members and \$45 for Non-Run Wild Members.

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. Register by 3/28 to receive a shirt! All runners receive a free tree seedling to plant. \$20 Registration Fee (Late Fee: \$25). Proceeds go towards planting and replacing trees in Missoula's parks and on boulevards. For more information contact Jason @ (406) 552-6271. Or register online @ www.active.com.

2nd Annual Two Rivers Superfun(d) Run, Saturday April 17, 2010, 9:30 am, Bonner

Come celebrate spring, community and the new trails in Bonner. 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 (Run Wild Missoula members \$13.50). Late registration: April 10-17 - \$25 adults, \$22.50 for Run Wild Members. 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. See registration form in this newsletter.

Missoula Mile, Mothers Day, May 9, Higgins Avenue

When? Mothers Day May 9th. Why Mothers Day? Higgins Avenue will be closed from 9:00 am to 3:00 pm starting at Broadway and ending at 5th Street. Missoula in Motion is closing the street to encourage people to walk and ride bikes downtown. There will be lots of fun events planned.

What about this run? There will be 5 races. 2 open races - men & women, 2 master races - men & women, and ½ mile fun run for 12 and under. The kids will receive free ice cream courtesy of Big Dipper Ice Cream. There will be age group awards in the other races. Parents are encouraged to run with their kids. Race registration is \$15:00 & \$20:00 day of race. Run Wild members receive \$2.00 off. Kid's race is free.

Purpose of Missoula Mile? It is to promote awareness for prostate cancer. Money raised in this race will go towards that cause. 5 Valley Urology will arrange for free screening for male runners or family members who don't run. Not only is this a great cause but this event has the potential to become a great race. For more information - stop by the Runner's Edge.

A great gift for mother - get your prostate checked!
Happy Running,
~Tim Brooker



Registration Up Six-Fold for 2010 Missoula Marathon Events

The Missoula Marathon is still five months out but over 400 people have already registered for the 2010 events, or 6 ½ times the number of registrants compared to this same time last year.

As of mid-February, 60% of the registrants are for the full marathon, 39% are for the half marathon. Two children have signed up for the Missoula Kids Marathon. So far, there are entrants from 39 states and three Canadian provinces. The biggest gain is with the full marathon registrations.

The Missoula Marathon is preparing for up to 10,000 participants this year after the readers of Runner's World magazine voted the Missoula event the "Best Overall Marathon" in the January 2010 issue.

Volunteers Needed for Missoula Marathon Training Class

Think about how much your life has improved because you run or walk. Who introduced you to running or walking? Who encouraged and motivated you to keep going? We have an opportunity to pay it forward and give back to the running/walking community.

The folks who organize the Missoula Marathon

Training Class need your help. They are seeking runners to act as "team leaders" for groups in the class. Maybe you're nursing an injury or just don't like long runs? Well, they still need your help! They need people who can volunteer at aid stations and encourage runners.

Interested? Email Coach and Coordinator Anders Brooker at runners_edge@hotmail.com or stop in Runner's Edge, 325 N. Higgins Ave.

Spokane USATF Cross Country Championships 2010

Last February Tony Banovich did a great job of getting us ramped up to attend the USATF Cross Country Championships in Spokane ("us" being anybody who wanted to become part of the Big Sky Distance Project and run), but in the end the weather turned wicked and most of us chose not to drive over the passes so we missed out.

This year the opportunity came again, but even as I thought about registering, each day passed and it somehow hadn't happened again, so when Julie Gilchrist said, "I'm not running, but I'm taking the van and anyone who speaks up is in," I was in. So were Pam Schiemer, Paige Gilchrist, Adam Peterman and my daughter, Sabrina, so the van had six including Julie and me.

The attraction for showing up is the caliber of people who run. This year we expected to see Colleen DeReuck (fresh off the cover of Running Times), Shalene Flanagan, Sara Hall, and Dathan Ritzenhein among others. Club names include "Bowerman Athletic Club, Nike, Team USA Minnesota, Hanson-Brooks Distance Project" and on and on. Better yet, our own Mountain West Track Club and Run Wild Missoula members Rye Palen, Jenny Newton and Meg Lerch were racing with them in the Open Women's division.

I went armed and dangerous with a new white shirt and a sharpie.

Never in my life have I seen professional runners *race*. One would think that having the amazing athletes that we do here in Missoula with the Mountain West Track Club, that I've have seen them race just once but no. Granted, Courtney looks incredibly fast standing still and pregnant, but I still haven't seen her race. Having the opportunity to not only see these professionals, but so close and multiple times on the course, was inspiring and incredible. In the US a cross country meet seems the perfect venue for sightseeing of this nature... since cross country meets just aren't that big a draw. You'd never get close to Dathan Ritzenhein or Shalene Flanagan at the New York City Marathon or some other well-known and popular venue. We got to see them up close, frequently, and stand right next to them when they were done running.

But here's the other really great thing that you should know... ***you can run this***. Especially if you're over 40 because get this - age divisions go up through 80! Heck - you can probably participate if you're 90 they'll just make an age division for you. So YOU TOO can stand on the starting line with some amazing runner like Colleen DeReuck and NOT BE LAST! Can you believe it? This is awesome.

So never mind that Colleen DeReuck runs fast and then runs faster and runs even faster and then blazes across the finish line, you can still have your photo taken at the SAME DARN STARTING LINE! How exciting is that?! You so want

to do this. Masters run with a "40" or "50" or whatever on your back so you know who you're competing with. In fact, I asked myself, "Where is Bob Hayes? Why isn't Bob here?" If one sees a shirt with "80" on it, the whole picture is incomplete without Bob.

If you aren't so fortunate as to have made it to 40, you'll have to compete in the "open" divisions, in which case it's true - you could be last. It's kind of equivalent to being male and in your 20's and needing that 3:10 qualifying time for Boston - tough duty. In this case it makes that photo of you at the start even more important.

If you want to get an idea of the field and finish times, check out the results at www.usatf.org/events/2010/USAXCChampionships/.

Our local representation by our own RWM'ers was awesome, with Meg, Rye, Jenny (Women's Open) and Tony Banovich (Masters Men) firmly mid-pack in these incredible fields of talent. Woo hoo for the home team!

I shamelessly stood wherever necessary for however long it was required of me to get autographs, as did the rest of our van crew. We searched en masse for Colleen with her baby stroller. I was denied once by Ryan Hall as he went to congratulate his wife, but simply went and stood somewhere else until he had time to devote to signing my shirt. I invited Shalene Flanagan to the Missoula Marathon and she said, "My husband and I love Missoula!" A few emails and we might have her! I left with Colleen DeReuck's signature, her husband Darren's signature, Sara Hall, Ryan Hall, Shalene Flanagan, Dathan Ritzenhein and... Jenny, Rye and Meg's! All on the same great shirt, which I intend to wear everywhere so you'll see it. In fact, everyone in the van did a great job of autograph hunting and we all left totally satisfied. We even got in a run!

Now we're waiting to see where the USATF Cross Country Championships will be held next year because we're so registering. Road trip! Did you hear that, Bob Hayes? Are you in? I'll make sure I have someone taking a photo of the start, because it's all about the experience.

Here is a big "Thank You" to Julie for deciding to drive over and generously opening the van to any takers, or I wouldn't have gone. Here is a great big "Thank You" to Tony Banovich for introducing us to a whole new world in which I never would have thought to participate.

~Jennifer Straughan



The Mountain West Track Club Team at National Cross Country Championships.



Scrumpy Jack – Start.



Meg Lerch – Running at the National Cross Country Championships.



A great Scrumpy Jack handoff to the second runner.



Another Scrumpy Jack handoff.

Scrumpy Jack Scramble, McCormick Park

Thanks to everyone who participated in the Scrumpy Jack Scramble on Sunday, February 14. The 2 person by 2 mile relay race benefited the Hellgate High School Cross Country Team. Thanks to sponsors Runner's Edge, Montana Radio Company, Neil Chaput de Saintonge and Big Dipper. Special thanks to Neil with the Rocky Mountain School of Photography for taking awesome photos – including the ones on the right!

MILE MARKERS

- Dean Lipp: February 12, 2010 broke 5 minutes for the mile and posted 4:55 at the All-Comers indoor track meet in Bozeman, Montana.
- Jenny Newton, Rye Palen, Meg Lerch: All competed in the National Cross Country Championships Women's Open held in Spokane, Washington on February 13th. They came in 48th, 42nd, and 28th respectively. In the same field were Shalene Flanagan and Sarah Hall.
- Tony Banovich: Competed in the Men's Masters at the National Cross Country Championships getting 20th place.
- John Herring: Second in the Master's Mile at Simplot Games in 4:57.
- Adam Peterman: PR at the Simplot Games in the 3200 with a 10:33.

Editor's Note: *With this newsletter we begin a new feature – listing our RWM members' accomplishments. Have you just run your first 5k, 10K, half-marathon or marathon? Have you run a personal best or an age group best? If so, Running Wild wants to know. Anyone can submit information. Just send a short note to chris@runwildmissoula.org. Please do not be reticent – no one will know who submitted the information and it allows all RWM members to learn about and support each other in our running community.*

AT THE RACES

Scrumpy Jack Sramble – February 14 – 4 Mile

Male/Male

Herring/Brooks	19:08
Peterman/Kornish	20:00
Miller/Gunthrie	21:50
Leusch/Sundy	22:55
Kendrick/Kendrick	25:16
Griffiths/Griffiths	30:34

Female/Female

Gilchrist/Straughan	24:14
Peterson/Westenfelder	29:28
Fahey/Fahey	34:09
Renner/Fahey	34:09
Contos/Parmelee	34:14
Ming/Mills	35:23

Male/Female

Oyler/Oyler	22:12
P.Gilchrist/Patel	23:17
Carey/Sauer	23:56
Baigent/Foote	24:06
Cross/Mix	24:44
Dunn-Froebig/Davis	24:53
Schiemer/Moffat	25:01
Raz/Tack	25:19
Rouse/Rouse	27:58
I.Schmidt/A.Schmidt(kids)	28:25
P.Schmidt/B.Schmidt	28:26

M.Stone/Stone	32:08
Cranmore/Cranmore	34:18
Cook/Anderson	34:27

Frost Fever, January 30, McCormick Park – 5K

Fastwalk

Fwalk	1	Myke Crosier	39:31.0
Fwalk	6	Janet McKenzie	47:41.3
Fwalk	21	Patti Woodcock	51:49.0

Run

F13-15	2	A. Sohlberg	27:22.6
F20-29	12	Kallie Moore	28:43.7
F20-29	18	Erin Nevers	30:57.0
F20-29	30	Maggie Burwick	35:26.9
M20-29	2	Vernon Grant	19:38.0
M20-29	11	Nicholas Adams	39:26.4
F30-39	1	Julia Graham	19:52.2
F30-39	3	T.Cummings	25:04.7
F30-39	4	Stacey Brown	25:10.4
F30-39	5	Pamela Estill	25:19.1
F30-39	31	Tiffany Jette	35:35.7
F30-39	36	Kelley Willett	39:26.6
M30-39	1	Randy Tanner	20:42.5
F40-49	2	Ronni Flannery	24:59.6
F40-49	5	Cathy Sohlberg	27:23.5
F40-49	11	Rhonda Decker	30:18.2
F40-49	18	Heidi Heitmann	32:41.4
F40-49	21	C. Chestnutt	34:40.0
F40-49	23	Gina Brown	35:24.2
F40-49	28	K. Ryan-Dufner	45:27.1
M40-49	2	Paul Leusch	22:09.4
M40-49	3	Jim Summers	22:09.8
M40-49	5	Sten Sohlberg	22:52.2
M40-49	11	Mark Hanson	26:36.7
M40-49	15	M.Woodcock	29:35.5
M40-49	16	Curtis Bunton	29:46.8
M40-49	17	Bob Taylor	30:16.2
M40-49	22	Clint Romney	39:25.2
M40-49	DNF	Bill Borrie	
F50-59	3	E. McDonald	31:25.9
F50-59	6	Linda Carlson	35:23.6
F50-59	8	Carol Hedges	39:59.7
M50-59	1	Bob Homer	21:13.2
M50-59	5	Michael Cain	27:19.1
M50-59	7	Patrick Davis	32:37.0
F60+	1	Sue Falsey	26:35.3
F60+	3	E. MacDonald	31:41.0
M60+	1	John Pitcairn	22:37.1
M60+	2	Donn Livoni	22:43.2
M60+	3	J.B. Yonce	24:02.9
M60+	4	John Croft	24:16.5
M60+	6	Bob Hayes	28:11.8

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.

"**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.

~ Chris Everett

Snookered on the Bridger Ridge

Once upon a time in the Kingdom of Evaro there was a man who ran a little and from the Kingdom of Spokane came the fairy princess Rachel. They had met before in the dark and gloomy Elkhorn Forest on the fifty mile trail.

Now they meet again on the jagged Bridger Ridge where the summer breezes come from the Gods of the mighty North Wind – from deep behind the arctic pole.

The man has been lured there on a promise of sweeping the ridge – he brings his pack with lunch and warm clothes, old ragged nikes on his feet. This will be a day to step on past familiar paths and view the distant lands below – not to race, not to stumble but to help the sick and wounded – so he thinks.

But plotters do their work and Rachel has his number stowed out of sight – brought forth when his feet will touch the magic line beneath the brooding M. "Now go forth you two" and guide the runners about to follow – hurry, you must always lead them on." And so it went to Sac and Ross and some higher points among the rocks. Rachel urging, pleading, threatening. To please the princess the man obeys her words. Over Saddle without a pause, one drink at Baldy and start the steep descent. "Faster, you must go faster" the princess cries. Finally they round the M the crowd below sounds the cry "Come on, you can do it."

But weary legs heed not the call, turn to jelly and down he falls – face in the dirt – nothing left at all. Rachel prods him with her stick – "get up you have been entered with this number – one minute is all you get or I swear to beat your lowly form until you heed by call." That final threat gives him strength to rise and stagger down the narrow path, breast the tape and please the fairy princess.

Now and then someone speaks, "heard you did the Ridge again?" "Yeh, sorta." "How was it?" "Oh, great, had a pacer you know."

~ Bob Hayes speaks and asks "Do you have a category for fairy tales?"



Editor's Note: Bob Hayes sent his article to the newsletter with this original drawing of the "The last runner" on the envelope.



Bridger Ridge, August 2009. The Fairy Princess giving Bob the final push.

Friendliest to Pedestrian/Cyclist City: Missoula

A car has come to a stop in the middle of the street and the driver is doing some weird hand signals behind the windshield. I am looking down at me feet and checking my watch impatiently waiting for vehicle's roar to pass me so I can cross the street.

"Go on through!" the person finally rolls down their window and yells.

I turn around to make sure they were addressing me. The car still remains stopped and its driver is nodding, "Yes, you!"

Wow. That was nice of them. Instead of running me over or honking me off the road, I have been allowed to cross the street uneventfully.

If there was a "Friendliest to Pedestrian/Cyclist City" award, Missoula would be the recipient of this.

As a Chicago land runner for the past 13 years, I have been flicked off, have flicked off and have almost been run over on a weekly basis. But for the past three months, running in and around Missoula has rendered the most pleasant experiences a new resident can have. Nine out of ten drivers stop to wave you through the crosswalk. A streetlight is not needed to enforce this common courtesy. Is it because they are runners too? They must know what it's like to take to the streets on foot. Coming across another fellow athlete is a common thing here.

Running on trails around town is also a great thing. You are never too far from hopping onto a soft hilly path. Its soil and pebbles are forgiving on the joints and soothing for the soul that seeks a bit of solitude and peace. Isn't there a peace sign on top of a hill out there too?

Missoula needs to be awarded a "Friendliest to Pedestrian/Cyclist City" award. Then maybe, other cities will strive for the same thing, a good relationship with its drivers and runners and cyclers.

A car has come to a stop in the middle of the street and the driver is doing some weird hand signals behind the windshield. I understand and resume crossing the street waving a "Thank you" back at them.

~ Leticia Rae

Editor's Note: *Leticia recently moved to Missoula and became a member of our RWM community. We are glad she is here and running with RWM!*

Leticia also writes: "I have also a favorite poem that was inspired during a long run that may be universal to the Outdoor Runner/Run Wild Missoula members. Since Spring is not too far off, March 20th, I wanted to share this short rainy day run poem if it's possible." (It certainly would be good to have some rain in Montana this Spring!)

A Spring Run:

A Villanelle

By Leticia Rae

I won't complain about the rain
I will let it fall
And watch it drain

Soak my shirt, slick my skin and love its paint
While I run, tilt my head up and feel tall
I won't complain about the rain

Weighing the heaviness of Wet on my hair, dense as a lion's mane

Stepping on water, from heel to toe, listening to rain's call
And watching it drain

Keeping me sane
So when I do fall
I won't complain about the rain

I turn heavy with its pure burden, its closeness I gain
Letting it fall in such a lull
And watching it drain

It falls the same in all foreign
Lands, the Wet that paints all
I won't complain about the rain
I watch it drain

Letter from the Executive Director: We Have a Training Class for You

The ice is melting from the sidewalks and trails and it almost feels like spring (although it looks more like fall with the leaves on some trees still). I'm still hoping for more snow, but I like the fact that the spring-like weather encourages more of us to get outside and go for a run or walk.

If you need that extra encouragement and motivation to run, sign up for one of our training classes. The big one that everyone is talking about starts Sunday, March 7 at 8 a.m. at Runner's Edge. That's when hundreds of people show up, excited and ready to train under Anders' expert coaching for the Missoula Marathon or Half Marathon. Participants will meet twice weekly and receive a training schedule for other runs. They will also get a "In Training for the Missoula Marathon hat," gels and aid stations on long runs, a training booklet, speakers and lots of encouragement, friendship and camaraderie. This is THE class to take if you want to train for July 11th's marathon or half marathon. Cost is \$55 for RWM members.

Maybe you want to complete the Missoula Marathon or Half Marathon but you don't like to run? Well, you're in luck because the Missoula Marathon is walker friendly (a special 5 a.m. start gives walkers 7 1/2 hours to complete the marathon) and we have a class designed specifically for walkers. The class starts Saturday, March 20 at 8 a.m. in conference rooms I & J at Community Medical Center. Participants meet twice weekly under the direction of veteran marathon walkers Candace Crosby and Rolf Tandberg. Participants will get a "In Training for the Missoula Marathon hat," speakers and fun people to train with. Cost is \$20 for RWM members.

Marathons aren't for everyone, but the weekend of the Missoula Marathon is so exciting that we want to give everyone a chance to be part of it. That's why we're offering a class for beginners to train for the Hellgate Village 5K the evening before the Missoula Marathon. The race starts at 5

p.m. at Caras Park, the site of the Missoula Marathon Expo. The class starts Saturday, May 22 at 8 a.m. at Runner's Edge. The 8-week program coordinated by Bridgett Moriarty includes twice weekly runs, a training program, an "in training hat," speakers and lots of motivation. This class is for anyone who wants to start running or become a more consistent runner. More importantly, the goal of the class is to encourage you to continue to run after the Hellgate Village 5K on July 10. Cost is \$25 for RWM members.

We're also introducing a class specifically for parents. The 8-week program, starting on Tuesday, May 18 at 6 p.m. will be a comfortable and friendly place for new moms and dads to get back into shape after the birth of their child or a hiatus from exercise during while adjusting to parenthood. Participants are welcome to bring their kids with them and run with a jogger stroller OR they can leave the kids with their partner or a sitter and have running time to themselves. Runners will also get an "in training hat," speakers, and a chance to meet and train with other parents. The class will also train for the Hellgate Village 5K on July 10. Cost is \$25 for RWM members.

Dave McGovern, world-renowned racewalking coach and clinician is also scheduled to come to Missoula April 23-25 to lead a racewalking clinic. The class will include lectures on modern racewalk technique featuring video from recent Olympic and World Championship competitions, individual video-taped technique analysis, information on training, heart rate training zones and walking shoes; three dynamic track workouts focusing on technique. For more information on the clinic please email Candace Crosby at cmcrosby@wildblue.net.

Look for registration forms for the Missoula Marathon training classes in this newsletter. Registration forms for the other classes and the clinic can be found at www.runwildmissoula.org in the coming weeks.

Happy Running/Walking,
~Eva Dunn-Froebig

2009 - 1200 Mile Club Members

In August, I thought that I had lost the database in which I kept track of miles for the 1200 mile club. I asked folks to simply let me know when they reached 1200 miles. Twenty-three people did; their names are listed below. David Schmetterling, by the way, logged 2,400 miles. I think that qualifies him for some kind of you-gotta-be-kidding-me-over-achiever-get-a-life award, but I'm not sure what, exactly, that will be. The 2009 backpack awards for all 1200 mile members will be available shortly.

~Vic Mortimer

Donna Ayres, Pat Cross, Chris Everett, Brian Fruit, Danelle Gjetmundsen, Glenn Govertsen, Megan Herring, John Herring, Dean Lipp, Donn Livoni, Vicky Mix, Tammy Mocabee, Bridgett Moriarty, Rick Ryan, Jim Ryan, Jr., Pam Schiemer, David Schmetterling, Ben Schmidt, Katie Spaid, Sharon Sterbis, Jennifer Straughan, Dar Tucknott, Nichole Unruh, Meg Wik.

Run Wild Missoula Photographers

The Runner's Edge is putting together a runners log/calendar for 2011. If you have any pictures of you, your friends, or your

family running in the Missoula area, please email them to the Runner's Edge by May 1, 2010. We are looking for a variety of seasonal photos, so make sure to include photos from all times of the year. If your picture is one of the twelve chosen, you will receive a **\$50 gift card** to the Runners Edge along with the calendar you helped create! Please email photos to Anders at anders@runnersedgemt.com.

Donate Your Gently Used (Or New) Shoes

Soles4Souls, a shoe charity that donates shoes to adults and children in need, is now **focusing their efforts to the devastation in Haiti**. This charity is working hard to provide one million pairs of new shoes to survivors of this catastrophe. Haitians are in desperate need of shoes to protect their feet from broken glass, rubble, and other debris. Please consider lending a hand and donating your gently used (or new) shoes for those who need it most. The Runners Edge is an official drop location for Soles4Souls. For more information on other ways you can help donate through this charity, please visit their website.

Please Consider Receiving this Newsletter by Email Only

Does this newsletter come to your mailbox? If so, consider getting it by email only. It will help save the environment and it will save Run Wild Missoula some money. Perhaps you are more likely to read it if you get it in your mailbox and put it in with your magazines and newspapers to read when you're drinking your morning coffee or just before you go to bed.

A compromise would be to receive the newsletter by email and print it out on scrap paper to read when you have the time. The point of the newsletter is for you, our members, to read it, so if you don't have email or you absolutely want to get it in your mailbox we will continue to mail it to you. But if you think you would continue to read it if you received the newsletter by email, please contact our Membership Coordinator Sue Falsey at sue@runwildmissoula.org and let her know you want to switch to email.

Reminder: Pick up Your Membership Cards

Run Wild Missoula membership cards are available for pick up at Runner's Edge. Please pick up yours in order to receive all of the benefits of membership of your local running club. Below are the 2010 Run Wild Missoula membership benefits.

Run Wild Missoula Membership Benefits

- * Weekly Training Runs (Saturdays at 8 a.m., Tuesday Track at 5:30 p.m.—changes to 6 p.m. after Daylight Savings Time—and Thursday Tempo Runs at 5:30 p.m.)
- * The Joy of Knowing that you Support and Promote a Healthy Activity for you and Others
- * Monthly Newsletter
- * Reduced Entry Fees for Club Races and Training Programs (including the Missoula Marathon)
- * Discounts at local businesses (see below for list)
- * 1200 Mile Club
- * Social Events
- * Subscription to Road Runners Club of America's quarterly magazine, *Club Running*

Show your membership card to receive discounts at the following businesses.

***Alpine Physical Therapy**, 5000 Blue Mountain Rd. and 2825 Stockyard Road. Suite I-3, \$20 off 1 ½ hour runner's clinic evaluation (regular price of \$199) and free injury consultation after any RWM race

***El Diablo**, 1429 S. Higgins Ave., On Tuesdays and Saturdays only, buy one burrito or taco, get one 1/2 off

***Montana School of Massage**, 1629 South Ave., purchase 9 massages and get the 10th one free (Regular price of \$40/hr.). Family members can share punch card (fastest runner or highest mileage runner gets the free massage).

***Runner's Edge**, 325 N. Higgins Ave., 10% discount

***Jen Vanderberg Massage**, 529-1958, \$10 off 1-hour massage (Regular price of \$65/hr.)*

Flash from the Past

19 YEARS AGO

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

In March 1991, the Missoula Road and Track Club was seeking a new newsletter editor. The club also scheduled its annual business meeting, where they were to look back at the previous year and make plans for the New Year and elect new officers.

The club was planning two March races in 1991: the Irish Sweet-Stakes and the Buttercup Run. The Irish Sweet-Stakes was a 5K starting at Greenough Park. The cost to enter the race was \$2 with prizes given to the first four places in each age division. The Fifth Annual Jocko Valley Buttercup Run in Arlee had a 5K and 10K race with a "fun" walkers and a racewalkers division.

~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

Coach & Coordinator, Tuesday Track:

Courtney Babcock- courtney@runwildmissoula.org

Coach & Coordinator, Training Classes:

Anders Brooker- runners_edge@hotmail.com

Equipment Manager:

Tommi Burton- tburton@bresnan.net

Newsletter Editor:

Chris Everett- chris@runwildmissoula.org

Membership & Race Results:

Sue Falsey- sue@runwildmissoula.org

Program Manager:

Meg Lerch- meg@runwildmissoula.org

1200 Mile Club Coordinator:

Kristina Hurley- kmh121@gmail.com

Treasurer:

Dara Rouse- dara@runwildmissoula.org

Secretary:

Darr Tucknott- darr@runwildmissoula.org

Member Services Subcommittee:

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.

March 2010
Run Wild Missoula - Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
28	1	2 -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., Dornblaser ✓	3 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	4 -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 *	6 -Group Run, 8 a.m., Runner's Edge✓
7 Missoula Marathon Running Training Class Begins, 8 a.m., Runner's Edge	8 "You Can Walk the Missoula Half or Full Marathon," 7 p.m., Good Food Store	9 -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., Dornblaser ✓	10 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	11 -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 *	13 -Group Run, 8 a.m., Runner's Edge✓ Run for the Luck of It 5K, 11:15 a.m., near Pine & Ryman
14 Daylight Savings Time begins	15	16 -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 ✓	17 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	18 -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 *	20 Missoula Marathon Walking Training Class Begins, 8 a.m., Community Medical Center, Rooms I & J -Group Run, 8 a.m., Runner's Edge✓
21	22	23 -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 ✓	24 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	25 -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 *	27 -Group Run, 8 a.m., Runner's Edge✓
28	29	30 - Tuesday Track Workout, led by Courtney Babcock, 6 p.m., Dornblaser ✓	31	1 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge✓	3 -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*.

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

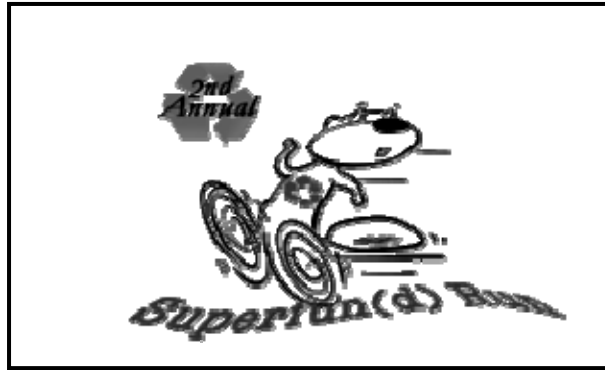
Name _____

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 (Run Wild Missoula members \$13.50)
- LATE REGISTRATION APRIL 10-17 - \$25 adults, \$22.50 for Run Wild Members
- 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**

Participant Entry Form Complete and mail to: RunWildMissoula, PO Box 1573, Missoula, 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 _____

Amount Enclosed: _____ RWM members \$13.50 (before 4/9) or \$22.50 (after 4/9). Non members \$15.00 (before 4/9) or \$25.00 (after 4/9). Bonner Family Rate: \$25.00. Checks made out to Run Wild Missoula.

Missoula Marathon and Half Marathon Running Training Class Registration 2010

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.

Registration Fees:

Run Wild Missoula Members: \$55.00* Non-Run Wild Missoula Members (includes individual membership fee. Please fill out membership form at www.runwildmissoula.org): \$80.00*

**The registration fee does not include registration of the Missoula Marathon.*

What you get:

- Coaching by Anders Brooker, Hellgate Cross Country and Track Coach; owner of Runner's Edge
- Comprehensive Training Program for Full and Half Marathon Trainees
- Group Runs on Wednesdays at 6 p.m. and Sundays at 8 a.m., Runner's Edge
- Weekly Speakers
- Nutrition Plan
- "In Training for the Missoula Marathon" hat
- Training Log and Informational Booklet
- Aid Stations Every Week
- Gels on the Long Runs (the same brand used on the Missoula Marathon and Half Marathon course)

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

Are you planning to walk the Half Marathon or Full Marathon? (Please circle one)

Are you interested in childcare during the Missoula Marathon training class? Yes No

(We may provide childcare options at an extra cost if there is enough interest.)

- 18 Week Class begins Sunday, March 7 & continues until the Missoula Marathon on July 11! First class meets at Runner's Edge, 325 N. Higgins, Missoula. Come 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 _____
Parent/Guardian Signature if under 18 _____ Print _____



Missoula Marathon & Half-Marathon Walking Training Class Registration

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

Registration Fees:

Run Wild Missoula Members: **\$20.00***, Non-Run Wild Missoula Members (includes individual membership fee. Please fill out membership form at www.runwildmissoula.org): **\$45.00***

**The registration fee does not include registration of the Missoula Marathon. Limited scholarships are available to those needing financial assistance for the training class only, thanks to a contribution from Community Medical Center. Please contact eva@runwildmissoula.org for more information.*

What you get:

- Encouragement, coaching and practical suggestions from veteran marathon walkers, Candace Crosby & Rolf Tandberg
- Comprehensive Training Program for Full and Half Marathon Trainees
- Group walks on Wednesdays at 5:30 p.m. & Saturdays at 8 a.m., Community Medical Center
- Speakers on various training topics
- Nutrition Plan
- "In Training for the Missoula Marathon" hat
- Fun People to Train With

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

Are you planning to walk the Half Marathon or Full Marathon? (Please circle one)

- 16 Week Class begins Saturday, March 20 & continues until the Missoula Marathon and Half-Marathon on Sunday, July 11! First class meets at Community Medical Center, Conference Rooms I & J, 8 a.m. Come ready to walk!

I know that walking and volunteering to work in club races are potentially hazardous activities. I should not enter and walk 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 walking 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 _____



Run for the Luck of It 5k

Saturday, March 13, 2010 ~ Start: 11:15 am



Logo Design by Charlie Wolff

Registration Info:

- Pre-register online with Active.com, or at Runner's Edge, or mail to Run Wild Missoula PO Box 1573, Missoula, MT 59806 (checks payable to RWM)
- Race # pick up on race day from 9:00-11:00 am at Sean Kelly's, Downtown
- Race Day Registration 9:00-10:45 am

Entry Fees:

\$18 by March 5 – RWM members, \$16
\$20 late/race day registration – RWM members, \$18
(late registration – no guarantee of beanie)

Course Info: Line up at 11:00 am near Pine & Ryman. Course runs through downtown to the Riverfront Trail to the California St. bridge and back, ending in front of Sean Kelly's.

This & That:

- Participants will enjoy post race food provided by Sean Kelly's: A Public House & Highlander Beer from Missoula Brewing Company
- Participants will become the proud owners of a sham-rockin' beanie to keep the top o' ye head warm.
- Post race raffle and presentation of prizes for top finishers will begin at 12:30 pm.
- Costumes, the wearing of the green, and Irish-influenced garb is highly encouraged—prizes will go to the most spirited participants!

Participant or their Guardian must sign this registration form!

Name (please print clearly): _____

Address: _____

Phone: _____ Email: _____

Gender: M / F Age (on day o' race): _____ Date o' Birth: _____

I understand participating in a road race is a potentially hazardous activity. In consideration of acceptance of my entry, I do hereby, for myself and my heirs, waive, release and forever discharge any and all sponsors, and race directors of the Run for the Luck of It, Run Wild Missoula, and the City of Missoula from any and all liability arising from illness, injury or damages I may suffer as a result of my participation in this event. By signing below, I or my guardian, waive(s) all liability. 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: _____

Signature of Guardian if participant is under 18: _____ Date: _____

Questions?: Contact Jen at jen.vonsehlen@gmail.com, 531-8669 or Maggie at mkwescott@gmail.com, 544-3304

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www.runwildmissoula.org



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



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