

Running Wild

November, 2007

The official publication of Run Wild Missoula

"The rain is on our lips, / We do not run for prize. / But the storm the water whips / And the wave howls to the skies. / The winds arise and strike it / And scatter it like sand, / And we run because we like it / Through the broad bright land." ~ Charles Hamilton Sorley



Finish line of the Kids' 400 Meters Race at this year's Pumpkin Run. Race Director Ben Schmidt is wearing the stylish Pumpkin Master garb.

President's Corner

The last committee meeting took place on October 19. It lasted almost two hours and had 29 agenda items. I take this to be an indication of the life within the club, so thank you everyone.

Just so you are aware, every once in a while it is suggested that we solicit club members for ideas, opinions, etc. I always put the kibosh on it. It is my thought that people are more likely to respond to what is happening, as opposed to what might be happening.

However, we're all ears if anyone ever wants to make a proposal, suggestion, express an opinion, or whatever else. (Just be warned it is likely you'll then be asked to help. You do have the option of saying "no", but you'll still be asked.) I truly hope people are happy with the direction in which Run Wild Missoula is headed, but if you're not please email me at jboyer@runwildmissoula.org.

Enjoy the fall running weather. It's been particularly beautiful this year, I think.

~ Jennifer Boyer

Ethel MacDonald Steps Down as RWM Officer

Many of the Run Wild Missoula committee members have worked with Ethel MacDonald for years. I have only been with the club for a little over one year and I feel fortunate to have had this time working together before she retired from her position(s).

In case you aren't aware, there probably wouldn't be a running club without her, as she was the glue for the organization the last several years. The fact that she virtually single-handedly held the club together is particularly impressive in light of her other volunteer tasks, most importantly including the Peace Center, which also takes a tremendous amount of her time.

Nancy Shrader, herself a long-time officer, notes that "Ethel stepped up when jobs needed to be done. She should be remembered for her huge contributions to Missoula's running community."

Steve Franklin, our web master, notes out that at one point during the club's Dark Age she "was doing the job of the President, Membership, Secretary, Treasurer and the newsletter."

Of course, Ethel is still very much around, now that she is back from a 750-mile bike tour of Belgium, Luxembourg, and northeastern France. Even better, her doctor has given her the go-ahead to start running again after knee surgery. And better still, she has said – and I kept a copy of the email – that she will be happy to volunteer at club races. Ethel, you can count on some calls.

When you see her, be sure to thank her for her contributions not only to Run Wild Missoula, but to this community of Missoula.

~ Jennifer Boyer and the RWM Officers

Letter to the Editor

(When I started writing columns for "On the Run," I hoped that something I wrote might provoke a letter to the editor. I imagined that my crack about gyms and treadmills might get some response; instead, it was something I wrote last month that provoked a reader to write a very nice – and justifiably critical – email. Kim has recently moved to Canada and is no longer a RWM member, but she gave me permission to publish her email.

I did not intend to imply that there is any sort of time or distance minimum for true runners. If there were, I would place in the weenie category at just about every race I enter. Still, the implication was there, as Kim rightly points out.

~ Vic Mortimer)

Hi Vic - great job with the newsletter! It has returned to a useful, fun-to-read, information-filled document I look forward to receiving each month.

Besides taking a minute to send some much-deserved praise your direction, I wanted to mention that one paragraph in your "On the Run" article hit me a bit the wrong way. I thought I'd share my reaction with you in case others might have had the same feeling. In the third paragraph, you talk about "safe" running as being thirty minutes three or four times a week and it sounded like this was for weenies and not "true runners." Years ago, I quit subscribing to *Runner's World* magazine because many of their articles and letters to the editor had a similar flavor of almost a running class system . . .if you don't run far enough or a fast enough mile, you aren't a real runner.

I've run for over 25 years now, racing at distances of anywhere from 1 mile to a full marathon. I've even collected a few ribbons, trophies and plaques. But double knee surgery and serious arthritis in both knees forced me to limit my running to the 30 minutes three or four times a week you mentioned in your article. Maybe as a permanently "hamstrung" runner, I'm being overly sensitive, but I still consider myself a real runner, I still run the risk of injury every time I set out on the road or trail, and my friends and family still think I'm totally insane and an "addict."

Anyway, just something for everyone who contributes to the newsletter to think about, especially since Run Wild Missoula bills itself as being for runners of all abilities and for walkers as well.

Thanks for your time and all your hard work, and thanks for listening to my whine!

~ Kim Brown

Coming This Way Soon: Yoga for Runners

In January we will be providing a Yoga for Runners class. Exact information and a registration form will be available in the December newsletter. If you wish to express your interest, please send an email to sue@runwildmissoula.org.

~Sue Falsey

Beginning Runner Training Class Reminder

The next six-week Beginning Runner Training Class begins Saturday, November 17 and concludes with the New Year's Eve Run on December 31st.

Remember, this is for beginning or returning runners, from those who have never attempted to jog across the street in their life, to those recovering from injuries, to those who haven't laced up running shoes since junior high.

Registration is free for Run Wild Missoula members, \$25.00 for non-members. Register on the 17th, or download a registration form in advance from the website. The Run Wild Missoula registration form is also at www.runwildmissoula.org.

We need people to help guide these classes on Wednesdays at 6 pm and Saturdays at 10 am. This is a great way to inspire people who have always wanted to be what a friend of mine used to call "one of those running people." All it takes is simply showing up. I did this last year and had a blast, even though some of those former newbies – Bridget Moriarty and Tammy Mocabee, to name just two – are currently turning in faster 5K times than I can manage these days; but that's my problem and I'm happy for them. Sort of.

We need your help and if you sign up to guide 6 or more runs, you'll get a shirt! Please email Jennifer Boyer at jboyer@runwildmissoula.org so she can mark down what days you can help.

~ Vic Mortimer

Celebrate Track Season and Eat Pizza – Can You Beat That?

Another Tuesday Track season comes to a close this Tuesday, October 30th. Because of darkness, we will be meeting at 5:30 (instead of 6:00) at the University Golf Course.

The workout will be short and fun. Afterwards, we meet at MacKenzie River Pizza downtown to treat Courtney to dinner (we all pitch in), and Courtney will hand out awards. It's a fun evening, but not a late evening, and kids are welcome.

It doesn't matter whether you attended one track workout, all, or even none. Join us if you are able. It's been an extremely great track season; thank you everyone for participating.

Now in regards to the off season: Courtney is working on the plan for Tuesday speed workouts Nov-Feb. You will know soon what her plan is for that time period.

If Courtney were writing this, she'd say: Cheers!

~ Sue Falsey

Team Boston?

Going to Boston? Like to do it as a Montana team? Check out the website at

www.baa.org/BostonMarathon/TeamCompetition.

Everyone must register as an individual; teams are formed by placing select individuals on them. The team competition is a sub-set of the overall race and does not in anyway take away from an individual performance.

If this sounds like fun to you, please contact Paul Kaufmann, M.S., USDA/ARS NPARL, 1500 N. Central Ave., Sidney, MT 59270. Phone: 406-433-9430. Fax: 406-433-5038. Email: pkaufmann@ars.usda.gov.

Jim Ryan, Jr. Reaches 1200 Mile Mark

Jim Ryan, Jr. of Butte reached the 1200 mile mark in mid-September and became the second member of the 1200 Mile Club. At least one more runner has probably reached that goal by now, with a handful still likely to earn a vest by December 31 – even if they need a *very* long run that day.

Congratulations, Jim!

Pumpkin Run Race Report

It was a colorful October day for the 10th or 11th Annual Run Wild Missoula Pumpkin Run at Maclay Flats. Fortunately, the media helicopters covering the event were far enough off that the noise from their rotors did not affect the rising excitement and tension along the Bitterroot River. The lead-off event for this fall extravaganza was the 400-meter kids' run.

At 9:47 am, thirty-eight runners stood poised on the starting line of the 400-meter run waiting for the for the gun to fire when the race director began to frantically yell "wait!" At the last tenth of a tenth of second, Josiah appeared in the distance ready and willing to race. To ease the tension at the starting line, the quick-thinking starter led the participants through warm up drills while Josiah ran to the starting line. As soon as everyone was lined up again, the gun went off and Josiah started on the second leg of his 800-meter run. After a slow start, Isaac eased his way to the front of the herd of 39, edging out Thad, Mary and Andrea to the finish line. Thanks to Tony and the university volunteers' quick action in the chute, all participants won pumpkins and fruit roll-ups.

Shortly after 10:00 am, the 5-kilometer race started. The runners/walkers who made their way through the Pumpkin Patch and past the ghost had their spirits lifted by the hauntingly familiar saxophone music played by Mary McCormick and Andrea Schmidt. Their music after the first mile and near the finish enlivened many participants on their way through the ghoulish course. Taking special inspiration from the beautiful Sirens' Music was Larry Peterman, who fought his way through over three miles of spook-infested forest to become the overall winner. Congratulations Larry on winning the "trick and treat" gloves and wind-up flash light from Missoula Ace Hardware. By the end of the morning, the ghost seemed to have scared everyone on course (at least I don't know of any missing runners) and \$830.40 was raised for the Missoula Food Bank.

I would like to thank the businesses that sponsored this year's Pumpkin Run: Missoula Ace Hardware, The Runners

Edge, Big Sky Cyclery, The Book Exchange, The Good Food Store and Lambert Family Chiropractic. Lambert Family Chiropractic volunteers (Tony) were critical to running the finish chute for both races. Thanks also to Karen Wilson, Bonnie Buckingham, Linda Ito, Erik Englebert, Peggy Schmidt, Jennifer Boyer, Robin Moore, Vic Mortimer and Andrea Schmidt for volunteering at the race. We couldn't have put together the run without our great volunteers and sponsors. I look forward to seeing many Run Wild Missoula members, groupies and goblins at next year's 12th annual Pumpkin Run. It's the year after that you really need to worry about!

~ Benjamin Schmidt

RACE RESULTS

In addition to handling membership details, Sue Falsey has assumed the task of looking for RWM finishers in local races. If we miss your name, please let us know and we'll get your name in the next issue. With over 200 members, it can take a while to check results and we occasionally miss a name or two.

River City Roots Festival 4 Mile, Sunday, September 16th

Despite the fact that Sue Falsey supplied me with complete results for RWM Roots Run finishers, I somehow missed more than half of the RWM female finishers at the Roots Run. Some of those I missed – **Meg Lerch, Nichole Snow, Linda Vevera,** and **Donna Ayres** – won their age groups. I also forgot to include how people placed, so many readers would not have known that **Adam Peterman, Brian Fruit, Steve Weiler,** and **Bob Hayes** also won their age groups. Sorry about that, folks – and here are the (I hope!) full RWM results:

Women

14-19	Erin	Williams	16	35:42
14-19	Emily	Ward	22	51:28
20-24	Meg	Lerch	1	24:06
25-29	Nichole	Snow	1	28:56
25-29	Meg	Wik	4	34:13
30-34	Kelsi	Camp	17	35:50
35-39	Bridget	Moriarty	7	32:02
35-39	Marilyn	Marler	8	32:37
35-39	Danelle	Gjetmundsen	9	35:09
45-49	Deborah	Oberbillig	3	28:20
45-49	Tammy	Mocabee	6	31:48
50-54	Linda	Vevera	1	29:12
50-54	Bridget	Johnson	3	35:35
50-54	Lisa	Walsler	5	36:10
55-59	Susan	Falsey	1	33:34
55-59	Chris	Everett	2	34:50
55-59	Elizabeth	McDonald	6	40:14
60-64	Donna	Ayres	1	38:32

Men

13 and Under	Adam	Peterman	1	27:02
14-19	Thomas	Everett	3	25:05
14-19	Christopher	Everett	11	28:51
25-29	John	Cuddy	5	24:50
35-39	David	Schmetterling	4	26:08
40-44	Jack	Matthias	7	31:49
40-44	Bob	Taylor	10	42:10
45-49	Brian	Fruit	1	24:07
45-49	Tom	Halverson	3	27:17
50-54	Bryan	Flaig	3	34:23

50-54	Monte	Turner	6	55:22
55-59	Steve	Weiler	1	26:30
60-64	Richard	Allen	2	39:37
70 and Over	Bob	Hayes	1	38:17
70 and Over	Brad	Leonard	2	48:21

400 Meters Kids' Run

1	Isaac Schmidt	1:26
4	Andrea Schmidt	1:32
37	Annika Kendrick	4:45

Blue Mountain All Women's Run, Saturday, October 6th

5K

Overall		Age Group	Place	Time
13	Kelly Franklin	20-29	7	25:09
46	Dawn Odom	20-29	17	29:40
72	Chelsea Pennick	20-29	24	32:02
99	Meg Wik	20-29	27	35:48
96	Jacqueline Amaya	40-49	21	35:44
94	Suzanne Schweitzer	50-59	15	35:40
102	Melissa Odom	50-59	18	36:16
112	Jayne Franklin	50-59	24	41:00

10K (actually 11K, swears Sue Falsey)

Overall	Name	Age Group	Place	Time
8	Linda Vevera	50-59	1	50:59
9	Beverly Wiaczek-Naef	40-49	1	52:40
34	Susan Falsey	50-59	4	59:11
84	Erin Nuzzo	30-39	25	1:09:20
101	Denise Martinez-Sierich	30-39	31	1:39:57

Half Marathon

Overall	Name	Age Group	Place	Time
14	Darr Tucknott	20-29	4	1:43:43.3
52	Bridgett Moriarty	30-39	17	1:54:33.7
54	Jennifer Vanderweide	30-39	18	1:54:37.3
59	Marilyn Marler	30-39	21	1:55:37.0
76	Rachael Hill	30-39	27	2:03:46.4
77	Danelle Gjetmundsen	30-39	28	2:04:51.3
53	Tammy Mocabee	40-49	14	1:54:34.2
100	Kim Foiles	50-59	6	2:28:50.3

Pumpkin Run, Saturday, October 13th

5K

Adam Peterman	Men <18	5	21:17
Christopher Everett	Men <18	6	22:15
Tory Kendrick	Men 19-34	5	18:48
Adam Beston	Men 19-34	8	19:08
Tom Halverson	Men 45-54	3	21:06
Vic Mortimer	Men 45-54	5	26:36
Steve Weiler	Men 55+	1	20:56
Donn Livoni	Men 55+	2	22:50
Larry Peterman	Men 55+	3	22:53
John Croft	Men 55+	4	24:48
Mike Cain	Men 55+	5	27:44
Bob Hayes	Men 55+	6	27:51
Richard Allen	Men 55+	7	29:13
Dawn Odom	Women 19-34	19	27:44
Hillary Ogg	Women 19-34	20	29:11
Meg Wik	Women 19-34	21	29:31
Peggy Schmidt	Women 35-44	2	23:59
Bridget Moriarty	Women 35-44	3	24:17
Danelle Gjetmundsen	Women 35-44	5	25:53
Jennifer Boyer	Women 45-54	1	21:32
Tammy Mocabee	Women 45-54	2	24:17
Lisa Walser	Women 45-54	5	28:03
Melissa Odom	Women 45-54	8	36:09
Christine Everett	Women 55+	1	27:05

We do not always get results from races outside of the Missoula area, so we need members to send in results for those races, as Linda Vevera did last month:

September 8 - Whitefish Physical Therapy 10-K

Linda Vevera, 2nd overall, 45:37

September 15 - Pete's Fall Fest 10K - Kalispell

Linda Vevera, 2nd overall, 44:31

Spokane Marathon, Sunday, October 14th

(We also do not regularly check marathon results outside of Montana. Fortunately, Julie Gilchrist sent us her time for the Spokane Marathon. That 3:03:47 is *not* a typo. Congratulations, Julie!)

Julie Gilchrist: 3:03:47 (first among women, fifth overall)

Montana Cup, Saturday, October 27th, Missoula

Missoula had a strong showing as the Men's, Women's, and Masters Women's teams all finished first. For a detailed account of the race, log onto www.montancup.com. and check out the excellent summary written by Ray Hunt.

Place	Name	Team	Time
Men			
11	Brandon Fuller	Msla	0:27:38
31	Joe Beatty	Msla	0:29:52
42	John Herring	Msla	0:30:30
46	Thomas Everett	Msla	0:30:53
47	Steve Simpson	Msla	0:30:55
49	John Cuddy	Msla	0:31:12
51	Tory Kendrick	Msla	0:31:14
60	Brian Fruit	Msla	0:31:47
100	Steve Weiler	Msla	0:35:25
102	Chris Everett	Msla	0:35:28
103	Ben Schmidt	Msla	0:35:35
118	Jim Ryan	Butte	0:38:43
Women			
11	Julie Gilchrist	Msla	0:33:52
29	Jennifer Boyer	Msla	0:36:00
30	Megan Herring	Msla	0:36:08
40	Pam Schiemer	Msla	0:36:47
47	Beverly Wiaczek-Naef	Msla	0:38:19
58	Angel Herring	Msla	0:39:13
71	Peggy Schmidt	Msla	0:40:58
86	Sue Falsey	Msla	0:46:39
87	Christine Everett	Msla	0:46:53

RACE CALENDAR

(Many thanks to Steve Franklin for maintaining the Run Montana web site, from which I copy the race calendar every month and which I depend on for photos and other good stuff. For the first time this year, there was no room for the race calendar; but you can get a complete listing at www.runmt.com.)

On the Run: Why I'm a Runner (Even Though I'm Not)

(When I met Kelsi Camp at the September RWM picnic, she mentioned that she was thinking of writing an essay for "On the Run" but was afraid that it might be too long. I urged her to write something anyway. When I saw her at the Blue Mountain All Women's Run, she asked what her deadline was. I think that all of us will be glad that Kelsi met that deadline. ~ Vic Mortimer.)

I started running almost five years ago - I could tell you the details of the whole situation (which is fascinating) (but don't all runners think their how-I-started-running stories are fascinating?) but, in the interest of space, will spare you. Suffice it to say, I started running. Actually, I started jogging - huge difference. I'd go out a couple times a week, run around a while, and then go home. I had no idea how far I was going or what my pace was. It was just something to do, sporadically, aimlessly, whenever I had time.

This year I decided, for reasons I've forgotten (or blocked), to run a half marathon and, in order to train for that, to run in as many other races as I could. I'm not fast, I'm not competitive, I'm not as dedicated to running as everyone else seems to be. In fact, I'm not even a real runner. Real runners actually like to run, and they run fast and effortlessly like gazelles, and they eat bananas. They run because they are runners. I run because . . . well, I don't really know.

My racing season had an inauspicious start. I didn't run at all last winter. Winter is cold, and I am a fair-weather runner. I prepared for my first 5K in April by going out for a couple runs in the weeks before the race, during which I realized to my horror that, over the [long cold inhospitable] winter, my legs had turned into 100-pound inflexible sausages and my lungs had forgotten how to gasp for air with eloquence. Running was difficult. But I was determined to do the race and I spent the two nights before the race, um, resting at downtown bars. Thursday night I carbed up with a few beers. Friday night, some double vodkas. However! I made it to the race on time, ran the entire thing, and, despite myself, actually did okay. Yes I did get beaten by a pregnant lady, but she was in super good shape and would have beaten anyone.

After the race I got a banana and a muffin and a t-shirt and a water bottle. I went home, exhausted and pleased, and took a nap. I'd thoroughly enjoyed the race experience and decided to enter another 5K the next weekend. At that race, in addition to getting a t-shirt, I won a door prize. I WON A VISOR. T-shirts and door prizes? I was hooked.

The next race I did was Bloomsday in Spokane. Bloomsday is a fun race. The entire city comes out for it, lining the streets and cheering the runners on. There are bands, Elvis

impersonators, drummers, and a guy playing the bagpipes. If you don't love races after running Bloomsday, you're crazy.

The weekend after Bloomsday I drove down to Stevensville for the Where the Wild Things Run 10K at the Lee Metcalf Wildlife Reserve. It was a beautiful day and the scenery was so nice it was ridiculous. The t-shirts had a picture of Sasquatch and I won a portable stereo. A portable stereo!

By this point I thought I was a seasoned veteran of races, but still, I had to force myself to do every race. My alarm clock would go off early on Saturday or Sunday mornings and I'd just want to stay in bed. Two minutes into every race I'd look at my watch, panting, and ask myself, "Why am I doing this again?" My training was still sporadic - I was busy with school and teaching, or I was sick, or it was cold, or whatever - and sporadic training doesn't make for easy races.

I must confess that much of my enjoyment from running in races came from the gimmicks - the t-shirts and door prizes. And no one had a better gimmick than the Missoula Parks and Rec with their Five Valleys 5K series. If you ran at least four of the five races in the series, you got a commemorative sweatshirt. I didn't need another sweatshirt and didn't have any more room in my drawers, which were overflowing from all my new race t-shirts, but this didn't matter. I wanted that sweatshirt. So I ran all of the races, of course, and when I got my sweatshirt in September, well, it was thrilling. I wear it all the time.

But my other reason for running so many races (the reason I can admit to people - you can't really tell anyone you do it for the t-shirts, can you?) was the Missoula Half Marathon. I had little experience doing anything other than aimless jogging, and I knew that by entering races I was guaranteeing at least some training every week. But even with all the races I was entering, I didn't do as much half marathon training as I should have. When I picked up my registration packet under the Higgins Bridge the day before the race, some guy told me his long runs when training for half marathons were 16 miles. My long run had been 12 miles, and I'd been impressed with myself for even doing that.

I began to worry. I wasn't prepared, I hadn't trained seriously enough, I was going to die or, worse, finish with a slower time than I'd been shooting for.

The morning of the race was weird. I woke up at 4:15 in order to get downtown to catch a bus to the starting line. It was dark out, eerie and clammy. I was unprepared and tired and didn't know what to eat for breakfast.

I got out to Blue Mountain Road and milled around for a while among the crowds. Everyone was excited. The race started, the sun came up, there was a skunk somewhere. I began experiencing slight discomfort of the digestive variety. Before I could do anything about it, some woman ran up next to me and started talking. She kept me on pace and kept me distracted from what I was actually doing, and the next thing I knew 10 miles had gone by. I don't run with people - I never have and never wanted to - but this was great. (Thank you, Cherie, wherever you are.)

Alas, right before we got to the Southgate Mall, Cherie vroomed ahead and I was alone. I suddenly remembered that I was running 13.1 miles on hot pavement. My hip flexor hurt,

my feet hurt, and I had no one to talk to. I soldiered on, but I swear the last three miles took longer than the first 10 had. I found a girl to run with but she stopped to walk with a mile left. I found another girl to run with. Did she finish with me? I don't remember. I was probably hallucinating at that point. But finishing was rad. (Perhaps there is a nobler word to convey the experience, but I can't think of one). It was hot and my legs were tired but I ran farther than I'd ever run in my life and I finished only a couple minutes after my target time. I got a medal and ate a lot of watermelon. It was fantastic.

I wandered around in the hot sun for a while. I got a root beer float. My legs started to stiffen up whenever I stopped moving. I rode my bike home in the sweltering heat. I collapsed into bed and slept until it got too hot to sleep. My feet hurt and my neck hurt and I was tired. But the next day I was fine, and four days later I defended my thesis, and two days after that I did my next 5K, and everything was rad.

I ran in other races after that, earned the aforementioned sweatshirt, and got more t-shirts.

Now it's getting colder, the days are shorter, and the number of races being held every month is decreasing. Additionally, my right foot has recently become unhappy with its role as a weight-bearing component of my person. Weight-bearing components being fairly integral to running, it would appear that my racing activities have come to an abrupt end.

So now I sit, an invalid, reflecting on my first racing season. I often don't like running. I always wish I would train better. But now that I can't run I'm realizing how small the world can seem when you don't get out into it. Convalescence is tough; lethargy feels terrible. Why do I run? I run for the vitality of it, and because I can. And, yeah, the t-shirts.

~ Kelsi Camp



Mary McCormick and Andrea Schmidt serenade Pumpkin Runners



Anders Brooker and Bridget Moriarty take care of business at the 2007 Montana Cup. (Photo courtesy of Neil Chaput of the Rocky Mountain School of Photography.)

RWM Club Officers

President:

Jennifer Boyer – jboyer@runwildmissoula.org

Vice President:

Ben Schmidt - ben@runwildmissoula.org

Treasurer:

Nancy Shrader – nancy@runwildmissoula.org

Secretary:

Bridget Moriarty – bridget@runwildmissoula.org

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Sue Falsley – sue@runwildmissoula.org

Newsletter Editor:

Vic Mortimer – vic@runwildmissoula.org

Race Calendar & Webmaster

Steve Franklin – steve@runwildmissoula.org



Run Wild Missoula

TURKEY DAY 8K

November 22, 2007, Thanksgiving Morning

Start: 9:30 am

Race Day Registration & Packet Pick Up: 8:30 am

Race Director: Courtney Babcock

Run off the pumpkin pie before you eat it! Line up on Thanksgiving Morning for the popular Turkey Day 8K. First place overall men and women's finishers win Pumpkin Pie from Break Espresso. Second place overall finishers receive a \$10 gift certificate from the Good Food Store. Third Place overall finishers receive a shoe bag from Run Wild Missoula.

Thank Our Sponsors: Break Espresso, Good Food Store, Runner's Edge

Course: Flat 8K out & back course along the Kim Williams Trail. Start/finish located at "The Bear" (Boone & Crockett Club near the Higgins St. Bridge).

- Registration:** \$8 for RWM members, \$10 for non-members, includes a pair of gloves from Runner's Edge.
- You can become an RWM member for \$25. Join now and membership is good through 2008.
 - Mail Registration to: RWM, PO Box 1573, Missoula, MT 59806

Questions? Email courtney@runwildmissoula.org or website is www.runwildmissoula.org

Turkey Day 8K 2007 registration form Fee: \$10 non-RWM, \$8 RWM members

Name _____ Age _____ M/F _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

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

Signature _____ Date _____

Parent/Guardian Signature if under 18

Signature _____

Print _____



Run Wild Missoula

P.O. BOX 1573
MISSOULA, MT 59806



Start of the Men's Division of the 2007 Montana Cup in Missoula (Photo courtesy of Forest Chaput)

Check us out on the web at www.runwildmissoula.org