

Running Wild

The official publication of Run Wild Missoula

December, 2007

“Avoid any diet that discourages the use of hot fudge.” ~ Don Kardong



1200 Mile Club Member Jim Ryan at the 2007 Bizz Johnson Marathon, Susanville, California



New 1200 Mile Club Member Jennifer Boyer competes at the 2007 Montana Cup (photo by Neil Chaput)

President's Corner

Thank you to all who are reading this newsletter; it's because of you that we have grown to the point where we recognize the need to restructure the organization. When you're doing a few relatively small races and spending a few dollars here and there every year, the by-laws, club hierarchy, officer positions, and all the other details put into place to keep anyone from getting into any significant trouble, really aren't so important. At that stage of the game, all you really need are some congenial runners willing to get together once in a while, make some decisions, and hopefully deposit a few checks.

When you start to talk about larger numbers of members, participants, events, sponsors, and – most importantly – money, people start to pay attention. As they should. It also makes the club officers and other decision makers concerned that any outsider taking a good, hard look would see that the club is being run intelligently and with the club as the number one priority, without question.

It would be nice to think that the same group who catapulted us to this level could continue without any significant changes. However, as the club gets busier, so do all the individuals working within. In fact, after a while, we start to run out of time. We get so busy managing our club jobs that it becomes increasingly difficult to get a good grasp of the bigger picture, and it becomes virtually impossible to oversee what anybody else is doing, busy as you are with your own “to do” list. My brother, King of the Tree-Hugger Non-Profit Organizations, has assured me that this is a natural progression among non-profits.

In order to avoid future difficulties, we have therefore made the decision to establish a Board of Directors that will oversee all Run Wild Missoula's activities. Yes, we already have had a Board of Directors, three of us, because we needed it for our non-profit and 501(c)3 status, but we are also the workers.

This new Board will have more people, a variety of skills, and – most important – less day-to-day involvement. It will be our job to run our ideas, programs, events, races and whatever else we dream up, through the Board. If we've done our job, thought it through, feel it meets the club's mission, and presented it thoroughly, we should be able to proceed. It's the duty of the Board to catch things that aren't well thought-out, or are inappropriate to the mission of the club. The best part: this new Board will allow us to grow beyond what we could do without it.

Where can Run Wild Missoula go from here? We're all about to find out. It's going to be fun.

~ Jennifer Boyer

Time to Renew That RWM Membership

If you have not done so yet, remember to renew your membership for 2008 (unless, of course, you have a five-year membership).

A membership renewal form is included with this newsletter and is also available online at the web site. Benefits include member discounts at club races, free training programs, a 10% discount at The Runner's Edge, the newsletter, a cool running gift (this year's was a shoe bag), and, of course, the joy of knowing that you help to support a healthy activity for you and others. Don't delay; re-up today!

Two More Join the 1200 Mile Club

Sharon Sterbis and Jennifer Boyer recently topped 1200 miles and became members of the first class of 1200 Mile Club runners. Sharon actually hit the mark in October; a miscalculation on my part is the reason I did not note her accomplishment in the November newsletter.

Jim Ryan, Jr., who hit the 1200 mile mark in September, sent us the photo that graces the front page of this month's *Running Wild*. He also sent a copy of the November, 2002 newsletter in which he was profiled. He noted that his best running experience was the 1994 LeGrizz 50 miler, in which he placed fourth overall in 6 hours, 44 minutes.

A few more RWM members are likely to reach the 1200 mile level before the year is out; they may be the ones doing extra laps at the New Year's Eve Run.

~ Vic Mortimer

New Year's Eve Family Fun Run

What are you doing on New Year's Eve? Want to get in a fun run in a warm place and still have time to watch the ball drop at midnight? We've got just the thing – Run Wild Missoula's New Year's Eve Timed Two-Mile Fun Run at Peak Health and Wellness Center. And guess what – it's on us!

All RWM members are welcome to attend free of charge. All we ask is that you register. You can fill out the form in the newsletter and mail it in, or stop in at Runner's Edge, or even register on ACTIVE. Yeah, they will charge you \$2, so for you ACTIVE registrants the run is almost free. And of course there are always those people who can't make up their mind in advance and who will register at the door. Hey, wait, I'm one of those kind of people. So okay, registering at the door is in but I hope there's enough food and drink.

As a bonus, you can use the PEAK facility including the swimming pool, gym, sauna or whatever. Plus, Alpine PT will be there giving free massages (or whatever other magic they have in their bag of tricks for aches and pains). RWM will provide post-race New Year's Eve treats.

This run is closed to everyone but RWM and PEAK members, so let's thank PEAK for allowing us to have our event there.

What: New Year's Eve Timed Fun Run (No, we're not awarding place prizes. In fact, you'll probably have to keep track of your own time as you cross the finish.)

Distance: Two Miles (Sixteen Times around the PEAK Indoor Track)

Location: Peak Health and Wellness Center (5000 Blue Mountain Rd.)

Time: 8 pm – 10 pm

Cost: Free

We sure hope to see you and your family there!

You'll Be Hearing a lot from RWM, Thanks to Cherry Creek Radio

Cherry Creek Radio is now a sponsor of Run Wild Missoula! For us, that means we can advertise all our events, not just the Missoula Marathon, on their six radio stations. For them, that means we will do our best to promote and thank them by, among other things, listening to the following radio stations:

KBQQ-FM (106.7) Known as Q106, Golden Oldies (If you see him, please thank Dave Norman, morning show host for KBQQ, announcer for the Missoula Marathon and triathlete extraordinaire, for voicing all our commercials!)

KGGL-FM (93) Known as Eagle 93, Country Music

KZOQ-FM (100.1) Known as Z100, Classic Rock

KXDR-FM (92.7) Known as STAR FM, Hot AC

KYLT-AM (1340) Talk Radio

KGRZ-AM (1450) Sports Talk

I will be personally checking your vehicles to make sure you are listening to one of the above six stations.

~ Jennifer Boyer

Vacation's Over – the Missoula Marathon is Coming Again

Just in case you were wondering, the Missoula Marathon is about to kick back into full gear with seminars, training classes, promotional events and all the other activities that will bring us to race day: Sunday July 13, 2008.

I was honestly trying to give you a breather. Well, Missoula Marathon vacation is over. The next newsletter will be filled with it. After all, it's only 8 ½ months away! From here on out it's a tempo run to the finish. (At least I'm hoping it's a tempo run, and not a timed one mile sprint. I hate those.)

~ Jennifer Boyer

Beginner Running Training Part II: Intermediate

Okay, so you've started running (perhaps again), and you have begun to rack up some miles on those legs; now you want to keep going! Maybe you have visions of doing Snow Joke at the end of February, or you are looking ahead to Missoula Marathon training, but you don't know how many miles/week

to run, *and* it's hard to stay motivated when it's cold, *and* you want to run with fun people; join us for an intermediate running training program.

If you can run 30 minutes without stopping, this is the class for you. The goal of this 6-week class is to build the mileage necessary to complete the Snow Joke Half Marathon on February 23, 2008. This class requires that you have run before and that you run the suggested mileage for the week, in addition to the two organized group runs per week. Speed is not a factor in this course.

The course begins on Saturday, January 12, 2008 at 9:00 AM, and continues through Wednesday, February 20, 2008. We'll meet at Runner's Edge downtown and we will be directed by our fearless leader, Anders Brooker. Your training program for the class will be given to you at the onset of the 6-week course.

Registration is free for Run Wild Missoula members, \$25.00 for non-members.

~ Bridget Moriarty

Anyone Miss *Casino Royale*?

I had, up until recently. As it turns out, any self-respecting runner should rent this film just for an early chase scene. The person James Bond chases, Sebastien Foucan, is the founder of an art form called "free running."

Free Running (*parkour* is the French term) originated in the immigrant suburbs of Paris where bored kids started running, jumping, climbing, and gliding through city streets and parks. Imagine an entire city as an obstacle course or jungle gym, then devise creative ways to flow over, through, and across those obstacles. That's free running.

His running is so unbelievable that at first I believed it to be enhanced by computer animation, until later I noticed that he got credit at the *beginning* of the film -- not just the teeny tiny letters flying past at the end. Really, I don't know that I can adequately describe it. You really need to see it for yourself. Nothing to do tonight? Rent *Casino Royale*. Or google "free running"; there are some short videos on YouTube that will give you an idea of what it's all about.

~ Jennifer Boyer, with reporting from Vic Mortimer (our Bitterroot correspondent)

Race Report

Turkey Day 8K, Missoula

Over 130 runners and walkers lined up Thanksgiving morning in front of the Boone and Crockett Club and slipped and slid on packed snow and ice for four kilometers into a brisk breeze blowing out of Hellgate Canyon, then turned around and skated back.

All for a pair of Turkey Run gloves from The Runner's Edge and the chance to win a pumpkin pie. And why not? This is Montana, after all, and we have the Freezer Burn and the Scrumpy Jack Scramble and the Snow Joke Half Marathon to look forward to. Winter is here, along with the best race names of the year.

Here is what race director Courtney Babcock had to say about the race: "Thanks everyone for braving the cold on Thanksgiving day. We had a great race, kept all our toes and

were able to get out and exercise before eating all day! The results are still being worked on but these are fairly accurate. We are missing a few tags which were mostly at the end (I think our frozen fingers might have dropped them) so there will be a few minor changes in the next few days. Thanks for your patience and hope to see you next year! Cheers, Courtney."

Actually, Courtney did not say this; she posted it on the RWM web site. I would have stuck around to chat, but Courtney had things to do -- like tabulate results and hand out pumpkin pies to shivering age-group winners. That, and I needed to find a warm place before hypothermia set in.

In short, the Turkey Day 8K was more fun than you can shake a drum stick at. Thanks, Courtney, for a fine race.

~ Vic Mortimer

Results

6	Tory Kendrick	32:08
7	Brian Fruit	32:08
9	John Cuddy	32:44
10	Adam Beston	32:46
11	Joel Carlson	33:05
12	Megan Lerch	33:17
13	Dean Lipp	33:27
16	John Hart	34:36
24	Steve Weiler	37:25
29	Donn Livoni	38:18
36	Adam Peterman	40:06
38	Larry Peterman	40:21
46	Bridget Moriarty	41:25
47	Glenn Goversen	41:47
49	Jacob Notti	41:56
55	Tammy Mocabee	43:05
65	John Croft	45:57
79	Rachael Hill	46:52
80	Carol Lipp	46:53
85	Vic Mortimer	48:27
87	Erin Williams	48:38
96	Bridget Johnson	50:23
105	Jodie Hooker	51:43
106	David Krause	51:44
107	Lisa Walser	51:45
109	Colleen Smith	52:04
113	Cynthia Wood	54:53
114	Meg Wik	54:54
126	Jackie Amaya	1:18:18

RUN WILD MISSOULA 2008 CALENDAR

Monday December 31st 2007: New Year's Eve Run

Race Director: Jennifer Boyer

What: Two-mile timed fun run

Location: PEAK Wellness and Health Center,

When: 8pm-10pm

Cost: Free to RWM members and PEAK members. Closed to other participants.

January 2 – February 13: Yoga for Runners

Coordinator: Sue Falsey

What: Six week yoga class with paid instructor. Class designed specifically for runners.

Location: Montana School of Massage
When: Thursdays 6 pm, possibly also Saturdays at 7 am
Cost: \$36 to RWM members, \$45 to non-RWM members for one day/week
\$TBD for two days/week

January 5 – February 16: Intermediate Runner Training Class

Coordinator and Coach: Anders Brooker
What: Continuation of the Beginning Runner Training Class begun in November 2007.
Location: Runner's Edge
When: Wednesdays 6 pm, Saturdays 9 am
Cost: Free to RWM members, \$25 for non-members

January 5 – February 23: Training Program for Snow Joke

Coordinator and Coach: Anders Brooker
What: Sunday long runs designed to get runners in shape for Snow Joke. Looseknit.
When: Sundays at 8 am
Location: Runner's Edge
Cost: Free

February 9: Scrumpy Jack Scramble

Race Directors: Em and Tory Kendrick
What: Fundraising Two-Man Team Relay Race with recipient to be decided by Em and Tory Kendrick
Location: McCormick Park (?)
When: TBD
Cost: TBD

February 23rd: Snow Joke Bus

Coordinator: Jennifer Boyer
What: We have rented a BEACH school bus to take people to and from Snow Joke (Seeley Lake)
When: Departs Missoula 7:45 am, Arrives Missoula 3:45 pm
Location: Departs parking garage in Missoula, returns there in afternoon
Cost: \$20 for RWM members, \$25 for non-members

March 4 – October 28: Tuesday Track/Cross Country

Coordinator and Coach: Courtney Babcock
What: Track training from March – mid-September, then cross country
When: 5:30 from March until daylight savings changes, then 6:00
Location: Dornblazer Stadium
Cost: Free to RWM (and Team Stampede) members

March 8 – July 12: Missoula Marathon Training Program

Director: Anders Brooker
What: Beginning and Intermediate marathon training program, full and half marathon
Location: Runner's Edge
Cost: TBD

May 3: Bloomsday Bus

Coordinator: Jennifer Boyer
What: Beach Liner to and Spokane for Bloomsday

Location: Departs and returns to parking garage in Missoula
Cost: \$50 for RWM members, \$60 for non-members

June 14: Pengelly Double Dip

Race Directors: Vic Mortimer and Bridget Moriarty
What: Trail Run on Mount Sentinel, previously operated by Missoula Youth Homes
Location: University of Montana
Cost: TBD

July 12: Family Run for Missoula Marathon

Race Director: Carol Brooker
What: Informal family fun run 5K prior to Missoula Marathon
When: 7 pm
Location: TBD, probably Kim Williams Trail
Cost: TBD

July 13: Missoula Marathon

Race Director: Jennifer Boyer
What: Full, Half and Kids Marathons
When: 6 am
Location: Frenchtown to Missoula
Cost: \$60 for full, \$45 for half, \$15 for Kids

August 16 – September 14: Training Program for Roots Run

Coordinator and Coach: Anders Brooker
What: Training program concentrating on shorter distances and more speed
When: Includes existing Tuesday Track program, plus Thursday tempo runs and Saturday runs
Location: Runner's Edge
Cost: \$20 for RWM members, \$35 for non-members

September 14: Roots Run

Race Director: Anders Brooker
What: Four Mile Run
When: 11 am
Location: Downtown Missoula
Cost: \$13 for RWM members, \$15 for non-members

October 18: Pumpkin Run

Race Director: Ben Schmidt
What: Kids 400 meters and 5K
Location: McClay Flats
Number of Participants Expected: 100
When: October date TBD after the University of Montana announces its homecoming date.
Cost: \$3 for the Kids Run, 5K is \$7 for RWM members and \$8 for non-members

October: Running Camp

Coordinator and Coach: Courtney Babcock
What: 2 ½ day running camp (Friday evening-Sunday lunch)
Location: Lake Upsata Guest Ranch (Ovando)
When: TBD
Cost: TBD
Number of Participants: Limited to 16

November – February: Tuesday Track – Off Season

Coordinator and Coach: Courtney Babcock
What: Speed workouts, but not on the track
Location: Varies. Often meet at UofM Golf Course, or Montana School of Massage
Cost: Free to RWM members

November 27: Turkey Day 8K

Race Director: Courtney Babcock
What: 8K out and back
Location: Kim Williams Trail
Cost: \$8 RWM members, \$10 non-members

November 8 – December 20: Beginning Runner Training Class

Coordinator and Coach: Anders Brooker
What: Truly for the beginner runner, walk/jog combination based on time not distance
Location: Runner's Edge
Cost: Free to RWM members, or \$25 for the class

December 31 2008: New Year's Eve Run

Race Director: Jennifer Boyer
What: Two-mile timed fun run
Location: PEAK Wellness and Health Center,
When: 8pm-10pm
Cost: Free to RWM members and PEAK members. Closed to other participants.

RACE CALENDAR

(As always, many thanks to Webmaster Steve Franklin for maintaining the Run Wild Missoula web site and, just as important for not publishing strange photos of the Running Wild editor.)

December 8, 2007 Saturday

2nd annual U of M, HHP Freezer Burn • Frenchtown, (15 miles west of Missoula) 1/2 marathon & 5k run/walk, 10:00 a.m. start, (Registration begins at 9:00 a.m.), Frenchtown High School Parking Lot Cost: Free to U of M students with Griz Card (no T-shirt) \$5.00 for non U of M participants (no T-shirt) \$15.00 for all participants with a VERY cool long sleeved T-shirt (pre-registered guaranteed). Carla Cox. PhD, RD. The University of Montana, Department of Health and Human Performance, McGill Hall, Missoula, MT 59812

JINGLE BELL ROCK for TOYS FOR TOTS • Billings, The Yellowstone Rim Runners, and Race Directors, Charles Harper & Ryan Grubb will be putting on a 5K Run, at Two Moon Park . The Jingle Bell Rock will start and finish near Centennial Ice Arena. This race will benefit the Toys for Tots program and the U. S. Marines will be assisting with the race. Bring a new Toy and/or enter the running/walking event. www.rimrunners.org

December 15, 2007, Saturday

Jingle Bell Jog • Bozeman, sponsored by the Big Sky Wind Drinkers , Grant & 11th, 9 AM www.winddrinkers.org

December 31, 2007 Monday night New Years Eve

The New Years Eve Run • Missoula • *Herald in the New Year with Run Wild Missoula's New Year's Eve Run*. This is a timed

2-mile on the indoor track of Peak Health and Wellness Center, New Years Eve 8-10 pm. The gym is closed except for this event. Bring the whole family and after the run enjoy New Year's Eve treats plus the Peak Health and Wellness Center facility, including the pool, sauna, hot tub, gym and more. The gym will close at 10 pm. This event is Free & exclusive to Run Wild Missoula or PEAK gym members. Click For [New Years Eve Run 2007 Registration Form](#). To join Run Wild Missoula click for a [membership form](#) and join today. Thank you to all Run Wild Missoula members and Happy New Year! Sponsored by [Run Wild Missoula](#), Race Director: [Jennifer Boyer](mailto:jboyer@runwildmissoula.org)

New Year's Eve Run • Bozeman, sponsored by the Big Sky Wind Drinkers 11:30 PM at Jim Banks' place at 7 Hill Street off of S 3rd near Kagy www.winddrinkers.org

January 2008

January 1, 2008, Tuesday

New Year's Day Run/Walk 5K and 2K, Thompson Falls, 11:00 AM Start, \$12 entry fee includes long sleeved shirt, \$15 race day entry fee, Race begins at Mighty Fine T's/Sherpa Cabins, east of Thompson Falls, Proceeds benefit Clark Fork Valley Running Club, For info and race entries contact Sarah Naegeli, 827-4887 or tfl4887@blackfoot.net

January 5, 2008, Saturday

Franklin's Fat Ass Fifty • Bozeman, sponsored by the Big Sky Wind Drinkers 9:00 am Headwaters Park, run as few or as many 5K loops, as you like. See BSWD website: www.winddrinkers.org

January 12, 2008, Saturday

HURL Fat Ass 50 km • Helena, 9 AM, Start/finish at 815 11th Ave, Helena, . One 31 mile loop with 2,400 feet of ascent on frozen/snow-packed/icy paved or dirt roads. Relay options available include the two person Half-Ass Relay and the multi-person Skinny Ass Relay. Fat Ass rules apply: No fee, no aid or support, no awards, no wimps, no weenies, no whiners. Run at you own risk. Post race pot luck dinner. For more information, email mpmiller93@yahoo.com or phone 459-6296.

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

Membership/Race Results:

Sue Falsey – sue@runwildmissoula.org

Newsletter Editor:

Vic Mortimer – vic@runwildmissoula.org

Race Calendar & Webmaster

Steve Franklin – steve@runwildmissoula.org

Yoga for Runners

Run Wild Missoula is offering a 6-week class to learn how to use yoga to keep your body stretched, strengthened, balanced and smooth.

Class will start on Thursday, Jan 3 at 6 PM, and meet every Thursday for 6 weeks (through February 7). They will be held at the Montana School for Massage, 131 East Main Street, in downtown Missoula. Each class will last one hour. We will provide yoga mats and straps for use during each class. You should wear comfortable clothes (shorts or tights and a t-shirt). No shoes are worn during class. We will also hold a Saturday class at 7 AM if there is enough interest.

Cost:

RWM Members: \$36 for 6-week session (Thursdays only), \$65 for Thursday and Saturday

Nonmembers: \$45 for 6-week session (Thursdays only), \$85 for Thursday and Saturday.

The class is limited to 15 participants, so send in your registration soon to ensure a spot.

Any questions? Email Sue Falsey at sue@runwildmissoula.org

To register, send this form with a check made out to:

Run Wild Missoula
Box 1573
Missoula, MT 59806

Name: _____

Street Address or PO Box: _____

City: _____

State: _____ Zip: _____

Email: _____

Phone: _____

Class:

RunWild : Thursday: ___ \$36 Thursday and Saturday: ___ \$65

NonRunWild: Thursday: ___ \$45 Thursday and Saturday: ___ \$80



Run Wild Missoula Membership Form 2008

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

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

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

Phone: _____ Email: _____

- ❖ One-Year Individual Membership (through 12/31/08) \$25.00
- ❖ One-Year Family Membership (through 12/31/08): List additional family members \$35.00

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

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

- | | |
|--|---|
| <ul style="list-style-type: none"> ❖ New Year's Eve Run ❖ Sundae Run (July) ❖ Missoula Marathon (July) ❖ Pumpkin Run (Oct) ❖ Turkey Day 8k (Nov) ❖ Other _____ | <ul style="list-style-type: none"> ❖ Beginning Runner Training Classes (on and off year round) ❖ Organize Sunday Long Runs (year round) ❖ Organize Thursday Timed Runs (year round) ❖ Organize Tuesday Speed Work (Nov-Feb) Host or organize a social or potluck run |
|--|---|
- ❖ I Can't Volunteer. I am adding \$10 to my annual membership or \$40 to my five-year membership.

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

Signature _____ Date _____

Please note: If this is a family membership, all adults 18+ must sign.

Parent/Guardian Signature if under 18 _____ Print _____



Run Wild Missoula

P.O. BOX 1573
MISSOULA, MT 59806



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