

Running Wild
The official newsletter of Run Wild Missoula
April, 2008

“I felt great and I didn’t barf or anything.” ~ Anonymous woman finisher at the 1994 Bloomsday Run



Jennifer Boyer (left) and Jenny Newton in front of the tumor-ridden colon display at the Mercer Island Half Marathon. Photo by Joan Arnold, Jennifer’s mom.

President’s Corner

One of the great things about running is setting goals and reaching them. Better yet, have multiple goals so hopefully you’re closing in on at least one of them.

In my mixed bag of running goals I’ve had the “7 Minute Per Mile Half Marathon.” It was my first big goal, and the one that led me to Tuesday Track after having run by myself in Nine Mile for a number of years. I was in my early 40’s. I’d run a couple of Riverbank 10K’s and thought I could run a half marathon, which I did, and then ran some more of them a little faster, and finally recognized that it might be possible for me to cover the distance at a 7 minute per mile pace.

I couldn’t figure out how to run any faster by myself, so I called up Mary Thane and asked her what she would do if she were me. She said she’d go to Tuesday Track. So I did. That

launched a barrage of other goals, including the Boston Marathon, which took a year to accomplish. Then a Faster Marathon goal. Faster 5K goals. Try a Tri goal. Put on the Missoula Marathon goal. Recover from Injury goal. But somehow or another I didn’t quite get around to finishing up the 7 Minute per Mile Half goal.

Now the thing about running a 7 minute mile for a half marathon is that it puts you at just over one hour and 30 minutes. It’s one hour, 31 minutes and something. That’s kind of pukey, so after wishy-washing around with the neat and tidy 7-minute mile pace or the neater and tidier sub-90 minute half, I upped the sights to the Sub-90-Minute Half Marathon goal.

After having trained for, and then finding I couldn’t run Snow Joke this year, Jenny Newton and I headed to Mercer Island in early March for me to run the half marathon, her to

run the 10K, and for her to offer moral support as I have been, once again, in pursuit of the sub 90-minute half marathon.

Jenny came in 2nd female overall in the 10K, I'd like to point out, in a time of 40:43. Where I didn't show up that spectacularly in the grand scheme of things, I *did* make my goal. One hour 29 minutes 25 seconds. See? That didn't take long. Just seven or eight years.

The point of this story? Have a whole slew of goals and hack away at whatever one seems convenient and doable at the time. I had that on the burner all these years, never forgot it, but often wasn't addressing it, sometimes thought I may have completely missed my opportunity and it would never happen, and finally did it. (I'm *not* saying that it just happened without any effort on my part. I did work for it. More importantly, I had a plan and I had help.)

So remember – hang on to those goals. You can do it – it just has to circulate to the top of the list.

~ Jennifer Boyer

GFS Seminar Offers Walking Advice

Walkers looking to complete the Missoula Half Marathon or Marathon received the same advice runners often hear at the monthly Run Wild Missoula seminar on March 10 at the Good Food Store. Dozens of curious bipeds filled the classroom to hear pointers on walking their way to the finish line from Missoula running aficionados Courtney Babcock, Carla Cox and Anders Brooker.

Babcock, an Olympic runner, stressed the importance of core strength and proper posture. Good form is the key an enjoyable experience, she says, especially at the end of a race or a long walk.

"Posture really does matter," Babcock says. "Really think about standing tall."

As you walk, tuck your abs in and try to suck your belly button toward your back. Keep the pelvis tucked. Strong core muscles will help improve your posture and your form.

"The core is really where your strength comes from," Babcock says.

Quicker steps, not longer strides, are the secret to increasing your walking speed, she says. Try for faster turnover of the legs rather than stretching the leg too far out in front of the body. The heel should strike the ground first and the outstretched leg should still be aligned under the hip or just in front of it.

Walkers should keep their arms bent at about 90 degrees. Don't clench the fists and don't swing the arms all the way across the body, Babcock advises. Keep your eyes focused about 20 feet ahead of you.

"Stay relaxed even when you are trying to go hard," she says.

Babcock recommends four to five days of walking a week and encourages walkers to join a group or find a friend to exercise with to stay motivated. Those looking to cross-train should walk a minimum of three days a week, then complete two to three days of cross-training such as bicycling, swimming or using an elliptical machine. Babcock also advises walkers to do some light weight training each week, focusing primarily on the arm and core muscles.

Much like running, the most important part of training for half or full marathon is the weekly long walk.

"If you can only do one thing, do the long walk," Babcock says.

Beginners looking to walk the half marathon should complete a long walk of about 10 miles before race day. Babcock recommends those looking to complete the race with time goal in mind should go as long as 12 miles before reaching the starting line.

Cox, assistant professor of Health and Human Performance at the University of Montana, urges walkers and runners alike to focus on healthy nutrition. She recommends smaller meals with snacks in between and lots of variety in your diet. Don't eat the exact same meals every day, she advises. And make sure every meal includes whole grains and a fruit or vegetable.

Cox suggests choosing foods that are darker in color: sweet potatoes over white potatoes, deep green spinach and romaine over iceberg lettuce. And remember, sometimes "fresh frozen" fruits and vegetables are healthier than those found in the produce section because they are frozen when they are at their peak.

She also recommends eating fish every week. "If you don't like fish," she says, "learn to like it."

For those who are looking to lose weight, Cox recommends losing only one pound a week. That's the healthiest rate to lose the extra pounds and keep it off in the long term.

Walkers will need to hydrate with more than water when they start covering eight miles or more at a time, Cox says. Sports drinks help replenish the nutrients lost during those long walks. But be careful not to over-hydrate, as well. According to Cox, over-hydration is more of a problem for walkers and slow runners who are out on the race course for longer periods of time. Weigh yourself before you walk and after you. If you are hydrating appropriately, your weight should be about the same.

Much to the delight of the audience, Cox said one of the best pre- and post-workout foods is low-fat chocolate milk. According to recent studies, it contains an optimal carbohydrate to protein ratio, which is essential for helping refuel muscles after exercise.

Brooker, owner of the Runner's Edge in downtown Missoula, said that his store isn't just for runners; it's also for walkers. In fact, he estimates about half his clientele consider themselves walkers or joggers.

"It's about being healthy and being active," he says.

Walking is a simple exercise that really only requires one piece of equipment: good shoes. And the first step to finding the right pair of shoes is to find out what kind of support you need, Brooker says. The employees at the Runner's Edge can watch you walk on a treadmill and determine where your heel strikes and what your foot does next. Some people roll inward, some outward and some stay right in the middle. There is a shoe that offers the proper support for every kind of walker, Brooker says, and finding that shoe should be the first part of your training plan.

It's also essential to get a shoe that is the correct width and length. Your feet will swell as you walk several miles, Brooker

says, especially in the summer heat. You might have to purchase an athletic shoe that is a little larger than your usual size. That's normal, Brooker assured the audience.

After shoes, "socks are the most important thing," Brooker says. "You want to stay away from cotton. It doesn't breathe and it doesn't dry. Bad socks equal blisters."

He recommends socks made of synthetic fabrics, like Coolmax. The Runner's Edge sells a wide selection of socks in addition to shoes.

Walking shoes and running shoes have some differences, Brooker says. For the most part, both kinds of shoe are made of the same midsole. In general, a running shoe has a breathable fabric on the upper part while a walking shoe often has a leather upper. Either is suitable for walking, it's more a matter of personal preference.

In terms of price, Brooker says there is a significant difference between shoes priced around \$50 and those that cost around \$100. The cheaper shoe often lacks cushion and support and may not offer the durability or shock absorption that a slightly more expensive shoe does. That said, Brooker explains, there is not a big difference between the shoes that cost \$90 and shoes that cost \$130. Shoes in that range are comparable in terms of support and durability, he says.

Brooker also said running shoes typically last for 300-500 miles. For walkers, shoes can last a little longer than that. Keep in mind that if you are walking about 20 miles a week, that's 480 miles in six months. One sign you may need new shoes: the onset of aches and pains.

For many walkers and runners, "it's time for new shoes when something hurts," Brooker said.

The next installment of the Run Wild Missoula lecture series is "The Missoula Kids Marathon" and will be held in the Good Food Store classroom at 7 p.m. on April 14.

~ Jen Sauer

April Seminar at the Good Food Store

April's Missoula Marathon next training seminar focuses on our little runners. Denise Zimmer will be there to discuss nutrition and healthy eating habits to support active children.

Denise Zimmer is a Registered Dietitian and Nutrition Education Consultant for Montana Team Nutrition. She has 20 years experience in the nutrition field. For the last 7 years she has taught nutrition to Hellgate Elementary students and currently serves as the School Wellness> Coordinator.

Denise has recently developed K-5 nutrition curriculum for the state of Montana titled "Eat Smart Be Smart: Teaching Nutrition through Math, Science, and Language Arts" that will be available to all schools soon. She and her husband have three children ages 14, 12, and 9.

We get smarter every day about good health, activity, and how important it is in a myriad of ways to start young. Help your kids grow up to be healthy individuals – and start with this seminar!

The seminar is free, at 7 pm, Monday April 14th, at the Good Food Store.

U of M Track & Field Meets and Silent Auction

I read in one of the other running club newsletters that they had worked out a special agreement that allowed their club

members to get into the local university track and field meets for free. I thought this sounded great and contacted Tom Raunig, UofM Head Track and Field and Cross Country Coach, who informed me that the UofM doesn't charge anyone to attend its meets. You all probably knew this.

Tom supplied me with a list of upcoming meets at Dornblaser Stadium for those of you looking for free inspiration:

- Al Manuel Invitational on Saturday, April 5th; running events start at 11:30
- U of M Open on Saturday, April 26th; running events start at 11:30
- Tom Gage Classic on Friday, May 9th; running events start at 3:30

Friday, April 4th is the U of M Track & Field a Work of Art Silent Auction. It's located in the Swanson Sky Club of the Adams Center from 7 to 9 pm. It's a fundraiser for the UofM Track and Field team, so go spend some money. Tom Raunig says they have a lot of artwork, fly fishing trips and other desirable items. They'll be providing hors d'oeuvres and beverages and it's free to attend – unless you buy something, of course.

~ Jennifer Boyer

Walker's Corner

There is a lot happening in the walking community, and it seems appropriate that we dedicate a section of the newsletter to that every month.

Just to update RWM members on where the club stands with this, it is in our mission statement to promote walking, but we weren't initially sure the best way to proceed. The Missoula Half Marathon has provided us a terrific opportunity to promote walking, bring walkers together to train towards a specific goal, and hopefully establish a core group launching us into providing regular walking opportunities for years to come.

Community Medical Center has embraced our Missoula Half Marathon Walking Training class (starting April 19th) and other walking events in the community. When we learn of walking opportunities, we will share those in the newsletter. They're great for families, too.

Coming up April 27th is the JDRF Walk to Cure Diabetes in Missoula. (JDRF is the Juvenile Diabetes Research Foundation. Juvenile Diabetes is not the kind of diabetes that's acquired; these children are born with it and it's a lifelong issue.) The walk is at 2 pm at Dornblaser Stadium. There is no cost but usually everyone donates what they can to participate. Any person wanting to raise money can go to <http://walk.jddrf.org>, select Montana from the state listing, then choose the April 27th event. Creating a team is a choice for walkers, too.

We've included an invitation for the whole JDRF Diabetes weekend in this newsletter, and you are certainly welcome to attend the event.

Bloomsday Bus

I want to remind everyone that it's time to register for the Bloomsday Bus. The bus will be going no matter how many people register, so you can count on it as a "for sure" event.

It's first come, first served, however, so once it's full we're done.

Please note that the cost of the bus does NOT include your Bloomsday registration. You'll have to do that separately.

The registration form was included in the March newsletter, or you can go to the website (www.runwildmissoula.org) and print out another one, or you can register on-line. Sign up for the RWM Bloomsday Bus today!

~ Jennifer Boyer

Missoula Youth Track Club 2008

The Missoula Youth Track Club will be starting its 8th Season this spring. This is a non-profit organization that introduces youth ages 6-14 to the various events in Track and Field. It also is an opportunity for local high school students develop leadership skills as they help provide coaching to the youth. We typically have between 200-250 youth participate and 65 high school students. Practices are held at the Sentinel High School track from 5:30-6:30 p.m. during the month of May.

Registration will be Wednesday April 9th at the Sentinel High School Foyer from 5:30-7:00 p.m. The fee is \$30 which covers USA Track and Field Membership, a t-shirt and ribbons for the meets. Donations help us cover the cost of renting Dornblaser Field, t-shirts for the high school kids and equipment such as batons, small hurdles, shot puts etc. We appreciate Run Wild Missoula's support. Thank you.

If you are interested please look at our website www.missoulayouthtrack.org

~ Mary Thane

Run Wild Missoula Donates to Missoula Youth Track

Run Wild Missoula has always supported the Missoula Youth Track Club, but not to the degree we would have liked because we simply didn't have the funds. Therefore, we are thrilled to announce that Run Wild Missoula Committee Members and Board Members have voted to donate \$1,000 to the Missoula Youth Track Club this year.

Mary Thane and her committee have done a wonderful job of organizing, maintaining and promoting this program on limited resources. We are very fortunate to have an organization like this targeting our Missoula youth.

Thank you to all Run Wild Missoula members. You have helped this club grow and now we are in a better position to support groups like this one.

Late June Date Set to Piss and Moan in Butte

Runners of Missoula, we would love to have you run in our First Annual Wulfman's Continental Divide Trail (CDT) 14K on Saturday, June 28th. This point-to-point race course along the new CDT offers spectacular views and mountain vistas. Butte's Piss and Moan Runners are making this a special event that you will remember and want to come back to next year.

Perks include a post race BBQ at the new Homestake Lodge, custom designed T-shirts and great overall and age group prizes. All proceeds will be donated to the CDT Alliance.

Sign up now to be one of the first 50 entrants and win a free pair of socks! We really hope you will run in this race!

Here are some details:

Every continent except Antarctica has a continental divide. In North America the divide runs from northwestern Canada along the crest of the Rocky Mountains to Mexico's Sierra Madre Occidental, and it is generally the line that divides the flow of water between the Pacific Ocean and Atlantic Ocean.

The 14 Butte-iful kilometers of Continental Divide Trail (CDT) between Montana's Homestake and Pipestone passes is scheduled for completion this summer, and this race along that scenic section celebrates the trail and the memory of one of its greatest local proponents -- the late John "the Wulfman" Wulf, who was the godfather of Butte's Piss & Moan Runners.

The race will be on the first anniversary of the Wulfman's passing. This section of CDT offers scenic vistas with majestic rock formations and good footing in most places. In the future, the race course will be reversed every other year.

The trail is too narrow for a mass start on this point-to-point 14k race, so a seeded time-trial starting/timing format will be used, with starting assignments beginning at 8 a.m., and with runners starting every 15 seconds, thereafter. Your race number will coincide with your assigned start time.

For example, if you have the race number "8:12:30," your running time will start rolling at precisely 30 seconds after 8:12 a.m, whether or not you are physically in the starting chute at that time. Pre-registered runners will be assigned starting times based on their self-predicted finish time.

Under normal late June conditions, the route takes about an hour to race swiftly like the deer, and it takes about 3 hrs to walk at a brisk pace.

We are also offering the "I Fancy a Go at That" Art Contest: \$100 dollars prize plus a complimentary entry into next year's race is at stake for the artist who best commemorates the CD Trail's beauty as well as the event's features for our 2009 t-shirt.

Butte's Piss & Moan Runners promise to create a memorable race experience that is fun and challenging for all ages and abilities. Race proceeds will be donated to the CDT Alliance whose mission is to build and improve the CDT across North America. Unique prizes and possible cash awards to top 3 overall finishers and to the top 3 finishers in each age division (13 & under, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & over).

Buses will be provided to return runners from the finish line back to the start area. A post-race BBQ and awards ceremony will be held at the new Homestake Lodge immediately upon race completion. Free Race socks go to the first 50 early registrants. Registration limited to first 240 entrants.

See www.buttesspissandmoanrunners.com for additional information and entry form.

~ Nicole Hunt, Promotions Director

Montana State USA Track & Field Meet

The state USA Track and Field Meet will be in Missoula this year at Big Sky on Saturday June 7th. Mr. Kim Haines (also known as Mr. Track and Field) is the Chief for this meet. He has been involved in organizing these meets for decades (or longer).

He needs some help in running this meet. Regionals are in Bozeman this year, so many of the local track kids could run an additional 2 meets. It could be a good learning experience, beneficial for our Missoula Youth Track Club, and good community service.

I want to make sure some of you fun track people are involved also as that is the reason it would be a fun Saturday.

If you know some parents/friends/enemies that might be willing to help because their child likes track and field, please have them contact me (543-3205). Thanks for considering it!

Some of the areas needing volunteers include pre-event organization; run the various events; time; announcing; hand out ribbons and other similar tasks.

The reward you receive is a big pat on the back, a pay it forward or backward if you did these meets as a kid!

~ Mary Thane

RACE RESULTS

29th Annual Snow Joke Half Marathon, Saturday, February 23, 2008

Pygmy Division (Age 0-15) Male

Christopher Everett	1	1:42:56
Adam Peterman	3	1:49:23

Bushman Division (Age 16-39) Male

Robert Brooks	1	1:17:28
Brandon Fuller	3	1:19:39
John Cuddy	12	1:27:14
Thomas Everett	17	1:28:34
Anders Brooker	19	1:28:48
Michael Yager	21	1:29:36
Joel Carlson	23	1:30:09
Erik Kappelman	55	1:43:01
Tige Brown	61	1:45:44
Torrey Holmquist	67	1:48:04
Kelton Olney	107	2:05:14

Bushman Division (Age 16-39) Female

Bridgett Moriarty	14	1:45:47
Megan Lerch	15	1:46:11
Jennifer Sauer	31	1:49:41
Adelfa Garcia	75	2:06:01
Autum Emerson	80	2:08:02
Rachael Hill	83	2:08:48
Kelsi Camp	84	2:08:54

Danelle Gjetmundsen	90	2:11:26
Jennifer Lutey	93	2:12:47
June Noel	109	2:19:01
Christine Engel	141	2:37:42

Zulu Division (Age 40 & Over) Male

Brian Fruit	3	1:28:47
Bob Homer	19	1:41:47
Tom Halverson	26	1:43:59
Jim Ryan	32	1:50:56
Glenn Govertsen	36	1:53:48
Bob Clark	38	1:54:25
John Croft	62	2:06:12
Bob Hayes	79	2:20:03

Zulu Division (Age 40 & Over) Female

Julie Gilchrist	1	1:32:29
Christine Everett	17	2:07:31
Roni Lett	19	2:07:53

RACE CALENDAR

(Many thanks to Steve Franklin for maintaining the Run Wild Missoula and Run Montana web sites. We ran out of space for race listings, but you can find them at www.runmt.com.)

RWM Club Officers

President:

Jennifer Boyer – jboyer@runwildmissoula.org

Vice President & Newsletter Editor:

Vic Mortimer – vic@runwildmissoula.org

Treasurer:

Nancy Shrader – nancy@runwildmissoula.org

Secretary:

Bridgett Moriarty – bridgett@runwildmissoula.org

Membership & Race Results:

Sue Falsely – sue@runwildmissoula.org

Race Calendar & Webmaster:

Steve Franklin – steve@runwildmissoula.org

Program Director:

Courtney Babcock – courtney@runwildmissoula.org





Run Wild Missoula brings you the:

Missoula 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, 325 N. Higgins.

Registration Fees:

Run Wild Missoula Members: \$30.00
Non-Run Wild Missoula Members: \$45.00

- Comprehensive Training Program
- Twice Weekly Group Meetings
- Speakers on Various Training Topics
- Nutrition Plan
- Hat
- Fun People to Train With

What you get:

- Encouragement, coaching and practical suggestions by veteran marathon walkers, Bill and Barb Samsøe

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

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

Phone: _____ Email: _____

- ***12 Week Training Program begins Saturday, April 19 to Wednesday, July 9 and the Missoula Half-Marathon on Sunday, July 13th.***

First class meets at Community Medical Center, Conference Rooms I & J, at 8 am. Come ready to walk! Dress for the weather.

Become a Run Wild Missoula member today! (Membership form at www.runwildmissoula.org).

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 _____ Print _____



YOGA FOR RUNNERS

Run Wild Missoula



During the course of an average mile run, your foot will strike the ground 1,000 times. The force of impact on each foot is about three to four times your weight. It's not surprising, then, to hear runners complain of bad backs and knees, tight hamstrings, and sore feet.

The pain most runners feel is not from the running in and of itself, but from imbalances that running causes and exacerbates. If you bring your body into balance through the practice of yoga, you can run long and hard for years to come. Although yoga and running lie on opposite ends of the exercise spectrum, the two need not be mutually exclusive. In fact, running and yoga make a good combination of strength and flexibility. Yoga also improves symmetry and good posture, and helps to alleviate “morning after” aches and pains.

Run Wild Missoula is offering a six week yoga course, designed especially for runners. This class will incorporate poses that will help to stretch, strengthen and balance a runner's body. Class will be held every Thursday evening at 6:00pm from April 10th-May 15th. Class will be held at the Montana School for Massage, 135 East Main Street, downtown Missoula. Yoga mats and straps are provided, comfortable clothing recommended, running shoes not required! Questions?? Email Missy Adams at missyadams410@yahoo.com. Cost is \$36 for RWM Members and \$45 for Non-members.

To register, send this form with a check to:

Run Wild Missoula, Box 1573, Missoula, MT 59806.

Name _____

Address _____

City _____ **State** _____ **ZIP** _____

Email _____ **Phone** _____



RUN WILD MISSOULA

P.O. BOX 1573

MISSOULA, MT 59806

www.runwildmissoula.org



Community Medical Center and Juvenile Diabetes Research Foundation (JDRF) present:
Missoula Diabetes Weekend
April 26th-27th

Saturday, April 26th

**Type 1 Diabetes Workshop
Community Medical Center
8:30am-2:30pm**

- Key Note Speaker Dr. Chris Sorli "What's New?"
Type 1 diabetes research update
- Press Conference with the Pros: panel discussion
with testimonies from 3 type 1's
- Break out sessions
- Lunch provided
- Contact: Janice Tate, RN, CDE- 406-327-4323

Sunday, April 27th

**JDRF Walk to Cure Diabetes
Dornblaser Stadium
1pm check in-2pm start**

- Raise money for JDRF Diabetes Research
- Invite family and friends to walk with you
- Walk 3 miles
- Register online at <http://walk.jdrf.org>
- Contact: Trish Duce at (406) 549-0554 or at
ducepa@mso.umt.edu

Sponsorship Opportunities still available. Contact Susan Horst
email susan@jdrfwide.org or call 206-838-5153
Make it a weekend and stay at the Holiday Inn Express-Riverside!
For special Diabetes Weekend Rates call: (406) 549-7600

