

Running Wild

The official newsletter of Run Wild Missoula

December, 2009

"Man imposes his own limitations, don't set any."

~ Anthony Bailey

How to Stay Motivated to Run / Walk in the Winter

Monday, December 14, 7 p.m. at Runner's Edge

Do you want to keep running or walking this winter, but don't know how to stay motivated? Courtney Babcock, UM men's and women's distance coach and professional runner, will provide tips on how to stay motivated to run or walk during the winter months. Learn how to find others to run / walk with, how to dress appropriately, and how to avoid injury while running / walking on the snow and ice. The event is sponsored by Runner's Edge. Free

Run Wild Missoula Boston Marathon Training, Beginning December 28, 5:30p.m. at Runner's Edge

RWM advanced marathon training program for those preparing for a spring marathon. See registration form in this newsletter.

New Year's Eve, 2-Mile Family Fun Run Thursday, December 31, 7 p.m. at Peak Health & Wellness

Once again it's time to celebrate New Year's Eve with RWM's only indoor running event of the entire year -- the New Year's Eve Timed Two-Mile Family Fun Run! Peak Health & Wellness Center once again will graciously allow us to host our event at their indoor track, and post-run RWM members are welcome to enjoy the rest of the Peak facilities including the pool, saunas, gym, etc. This is a great family event because:

- It's inside so it doesn't matter how cold it is outside.
- It's reasonably early (7 pm) so the family can enjoy themselves together and still go somewhere to celebrate midnight.
- It's an indoor circle so even the youngest can't get lost.
- RWM provides post-run snacks and beverages including champagne, sparkling apple cider and other New Year's Eve treats.
- There will be door prizes.
- How often do you get to be timed on an indoor track?
- It's FREE!

There is no advance registration. Just show up and you will fill out a RWM form and a Peak Health & Wellness document when you arrive.

So the bare facts are:

Date: Thursday, December 31st

Time: 7 - 10 p.m.

Place: Peak Health & Wellness Center (5000 Blue Mountain Road)

Cost: Free!

This is Run Wild Missoula's way of saying "thank you for being a Run Wild Missoula member." Hope you to see you there.

Run Wild Missoula Members: Your next chance to make a public comment about the Conservations Land Management Plan is Thursday, December 10 at 7 p.m. in the City Council Chambers, 140 W. Pine St.

Yoga For Runners/Core Strength Training For Runners, Beginning January 5, 6, or 7 at Runner's Edge

RWM classes to help your fitness and running. See registration forms in this newsletter.

Record Numbers for Sleeping Bear Shuffle

Clear skies and pleasantly cool weather greeted the 20 runners and walkers who turned out for the Second Annual Sleeping Bear Shuffle at Bass Creek Recreation Area on November 7.

The Shuffle, which rambles along day use trails outside of Bass Creek Canyon, allows me to organize a Run Wild Missoula event without having to deal with registration, find sponsors, sign up volunteers, order shirts, provide aid stations, or send out official results. Since the event is free, I feel that I can go easy on the organizing and directing responsibilities and still call myself the event director.

At last year's Shuffles (we ran two of them, one in August, the second in November -- the Second First Annual), a few participants suggested that flagging the course would be a help in those sections where my pre-run directions might conceivably be inadequate for those who have not run the course several dozen times.

Or, as happened last August, I neglected to mention a key turn and Bridgett Moriarty and Quinn Morrow may have gotten just a little bit off course.

So, this year I asked runners who might be going faster than I would (just about everybody) to give me a five-minute head start. They gave me 30 seconds. Which is OK with me, since the speedier folks had to wait for me to catch up. Not something I see at any race I've ever run.

Jennifer Straughan told me later that the pauses were not a problem, since they gave folks a chance to socialize a bit.

And that, really, is the whole point of the Shuffle: hang out on some Bitterroot trails with some fellow runners and walkers and, afterwards, eat some delicious spice cake baked by Tammy Mocabee and scarf down chocolate chip cookies brought by someone whose name I did not get.

Besides, as Peggy Schmidt told me, it's impossible to underestimate the capacity of people to get lost. Peggy should know: she and husband Ben went to Bear Creek first. Seems that they left the newsletter at home and couldn't remember which canyon to head for. Since "bear" was in the run title, perhaps Bear Creek? Ben won the compass award, and Peggy said it was too bad that the cheap zipper-compass didn't have a mirror: that way whoever used it would know where they were going and who was lost.

The only drawback to the relatively large turnout was that the crowd drew the attention of a Bitterroot National Forest ranger, who wondered what was going on. Apparently he could have cited people for parking outside of designated spots in the picnic area. Fortunately, some folks told him that we were just there for a group run, and asked if he was a runner, too. Turns out he was. By the end of the conversation he was thinking of checking out the RWM web site.

I missed the ranger's visit. Bridgett Moriarty, who celebrated her fortieth birthday on November 7, had promised her daughter, Quinn, that they could walk a lot. After the long climb up the toughest hill on the course, Quinn was all for going downhill. So I took them back on an easier route – one that included a section of trail I had never been on. For a minute or two, I was on unfamiliar ground.

But never lost. After all, I was sharing the woods with 20 like-minded runners and walkers. No way to get really lost in such good company.

~ Vic Mortimer



Some Sleeping Shuffle Participants left to right: (Vic lost a sheet with names, so there are likely to be inaccuracies). Back row: Vic Mortimer, Ben Schmidt, Spencer Wolney, Glenn's friend Marv; Third row: Glenn Goversen, Quinn Morrow, Bridgett Moriarty, Sally Russell, Peggy Schmidt; Second Row: Sherri Kenyon, Chris Everett, Nora Hellman, Vicky Mix, Andrea Schmidt, Isaac Schmidt; Front Row: Ilana (I think), Tammy Mocabee.

AT THE RACES

Montana Cup – October 31 – Bozeman, MT – 5K+

22	Adam Peterman (14)	Msla	22:58
41	John Herring (45)	Msla	23:35
57	Anders Brooker (28)	Msla	25:00:00
69	Christopher Everett (16)	Msla	26:02:00
95	Larry Peterman (55)	Msla	29:38:00

1	Meg Lerch (26)	Msla	21:17*
6	Rye Palen (35)	Msla	21:49*
22	Julia Graham (39)	Msla	27:13:00
30	Jennifer Burke (38)	Msla	27:53:00
45	Angel Herring (41)	Msla	29:30:00
90	Vicky Mix (48)	Msla	33:40:00
99	Christine Everett (58)	Msla	34:35:00

Race For Health Of It - November 7

5K Run

Snyder	Ryan	40-49	M	20:03:00
Thrush	Derek	30-39	M	20:48:00
Camp	Kelsi	30-39	F	23:27:00
Klise	Suzanne	40-49	F	23:30:00
Copeland	Denise	30-39	F	23:40:00
Yonce	J.B.	60+	F	24:43:00
Semmens	Erin	30-39	F	27:23:00
Nevers	Erin	20-29	F	29:18:00
Griffing	Leigh	30-39	F	29:29:00
Hatfield	Cheryl	50-59	F	29:42:00
Johnson	Christine	20-29	F	30:51:00
Knutson	Carol	50-59	F	33:53:00
McLuskie	Darlene	60+	F	40:14:00

5K Walk

Toomey	Deborah	50-59	F	46:39:00
Burton	Tommi	50-59	F	48:52:00

Turkey Trot – November 26-- Missoula – 8K

8	Adam Peterman	M	14	30:02:00
17	Brian Fruit	M	48	31:26:00
20	David Schmetterling	M	38	32:07:00
22	Meg Lerch	F	26	32:24:00
24	Mary Thane	F	46	33:35:00
29	Tim Brooker	M	59	34:26:00
31	Pat Saffel	M	43	34:36:00
44	Paige GilChrist	F	14	36:03:00
45	Jennifer Straughan	F	51	36:08:00
46	Pam Schiemer	F	43	36:25:00
59	CJ Foley	M	32	37:28:00
60	Julia Graham	F	39	37:39:00
62	Spencer Wolny	M	29	37:46:00
64	Matt Bucklin	M	30	37:49:00
68	Brian Reid	M	51	38:06:00
74	Paul Leusch	M	41	38:39:00
75	Tammy Mocabee	F	47	38:41:00

78	Larry Peterman	M	55	38:52:00
84	John Pitcairn	M	67	39:39:00
88	Danelle Gjetmundsen	F	41	40:09:00
91	Robin Winger	F	39	40:15:00
92	Dara Rouse	F	51	40:19:00
101	Glenn Govertsen	M	65	41:07:00
104	Vicky Mix	F	48	41:13:00
106	J.B. Yonce	M	62	41:19:00
110	Jeremy Nelson	M	27	41:29:00
111	Monique Krebsbach	F	46	41:46:00
112	Wisdom Ming	F	38	41:46:00
118	Ashley Mix	F	30	42:30:00
131	Colleen Smith	F	35	43:18:00
134	Kara Contonio	F	37	43:23:00
137	Jackie Smith	F	48	43:48:00
149	Marilyn Marler	F	38	44:55:00
158	Jamie Troiano	F	33	45:15:00
159	Bryon Smith	M	37	45:19:00
170	Bridget Johnson	F	54	46:16:00
171	Roni Lett	F	55	46:18:00
183	Eva Dunn-Froebig	F	33	46:55:00
185	Betsy Cohen	F	45	47:01:00
188	Sue Falsey	F	61	47:13:00
203	Scott Rouse	M	50	48:14:00
210	Leslie Vaculik	F	55	48:29:00
214	Cheryl Hatfield	F	56	48:49:00
234	Jennifer Jackson	F	28	50:03:00
253	Cheryl Lauridson	F	42	51:25:00
263	Nina Alviar	F		52:40:00
265	Judy Gustafson	F	39	52:51:00
268	Kara Book	F	34	53:03:00
274	Tonya Harding	F	41	53:43:00
275	Daisy Kesel	F	40	53:48:00
282	Autum Emerson	F	33	55:26:00
289	Sally Cannata	F	40	56:33:00
298	Brenda Desmond	F	59	57:50:00
321	Yvette Heintz	F	28	1:01:09
333	Brad Leonard	M	75	1:09:03
343	Heather Smith	F	29	1:18:35

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

“On The Run” – The Art of Run Support

Ninety minutes before the start of the annual Mount Sentinel Hill Climb, I’m trudging up towards the “M.” I want to be at the top of Sentinel before the runners finish the 2.3 mile run, so I know I need plenty of time. It’s early, it’s cold and windy, the wooden steps at the corners of the switchbacks are iced over, and higher up, blowing snow is covering the new trail curving around the back of the mountain. My son is running today and I have come to cheer him on.

I take my self-appointed support role seriously, not only for the ones I know in the race, but for all the runners. Halfway up the climb I phone my son to warn him about the slippery steps. As I pass hikers coming down the mountain, some with unleashed dogs, I caution them that a race is about to start and a herd of runners—sixty of them, I learn later—is about to barrel to the top. I throw errant tumbleweeds off the trail, afraid they’ll trip up the athletes. I’m carrying a backpack with extra clothes for me and any runner who might need them, hand and foot warmers, water, food, and the camera I have been entrusted with to take photos—“you always forget,” he had admonished as he handed me his camera.

There’s an art to this supporting/encouraging business. Too much advice, cheering, assisting, and you’re seen as pushy, over-involved, or a “wannabe.” Too little interest, and you’re viewed as an uninvolved parent, uninterested, and an unsupportive wife/husband. It’s quite a balancing act. I heard a mom this fall congratulate her son on his just-finished race. “Nice going,” she said. “No, it was terrible,” he answered. “Oh no, you did well, good job.” “It wasn’t,” he insisted, more vehemently, “I got beaten by so-and-so.” At that point, the mom, a strained smile on her face, answered, “OK, it wasn’t so good, I guess.” There’s really no right thing to say at times, we cheerers-on just have to fix a grin on our face.

And it isn’t just our kids. I remember my husband’s first marathon in Manhattan—Manhattan, Montana. It was a 26.2 mile square of highway, flat, with just a smattering of runners. I had offered to bike beside him, as I had for many training runs. I could offer support and encouragement for the difficult hours ahead. We started off happily enough, some friends hop-scotching in their car and taking photos (slides!), and our conversation running the gauntlet from politics to ribald jokes. By mile 20 the conversation had dwindled to a standstill and the long, straight highway ahead of us, with no other runners in sight, stretched out interminably toward an unseen finish line. My husband, in one word utterances, said something like, “I’m....so....hungry.” I had nothing to offer (this was a long time before the advent of gu or power bars) but leapt at the opportunity to renew some conversation. “Oh, I’ve got those cookies in the car,” I said cheerily, “and there’s that orange juice you brought...” At which point he blurted out, “Stop...Talking.” We finished the last five or so miles in silence, only his slapping footfalls on the pavement and my squeaking ten-speed breaking the oppressive quiet. But any upset at each other was washed away in the joy and accomplishment of his marathon finish. He gave me a sloppy, foamy-mouthed kiss at the end—it’s bad form to shirk from your mate when this is offered—so all was forgiven. You should see the slides, though, it’s like watching the “Descent of Man.”

“Descent” was the last thing on my mind, however, as I finally came around the back of Sentinel and plodded up the last crest for the top. I was startled to find myself alone and had a fleeting moment thinking I’d gone the wrong way. But no, about 20 minutes later a couple of race organizers arrived with official-looking clipboards and stopwatches. (One year I actually saw panicked “officials” sprinting from their truck on the fire break road just ahead of the first runners!) I asked the guys what time the race had really started so I knew I had about another 20 minutes of waiting till the first runners appeared. The wind was really whipping around up there, so I kept hiking up and down the last 50 yards of the race trying to keep warm.

There was no way from my vantage point to see the runners until they were almost at the top. By guessing finishing times, I knew that at any moment the first runners’ heads would appear and then they’d be charging up the last 25 yards to the finish. This is really the dicey part for a spectator/supporter. When “your” mate/child/friend comes by what do you yell? I’d always thought that I shouted out an

appropriate, well-timed, “Go, _____, looking good!” only to be mortified with the advent of video cameras to hear this shrill voice—mine--screaming, “Go, Baby, Go! Get your ass in gear!”

I was giving some thought as to what to say as I stood up there on Mount Sentinel waiting for my son. After all, a fourteen-year-old boy doesn't really want his mother yelling obscenities, or being too helpful, or being too loud—you see the difficulties, it's a precarious balancing act to get it right. Finally, one of the race guys yelled, “First runner!” and then a head became visible, then a chest and then the whole body, and it was breathing hard, like an old-fashioned steam engine. I was ready to begin a muted, gloved clapping, and a hearty, “Way to go, first runner,” when I realized that the figure *was* my son. I don't think I said anything, just stood there inanely as he ran by, his face strained and focused, and definitely not looking for me.

I stood and cheered the rest of the runners--encouraging, clapping, at times lying (“you're looking good!”), until everyone was finished and my son finally came over to me. (Another aspect of the after-race-etiquette is to give some space to the finishers.) “Did you take a photo?” he asked. Whoops.

~Lisa Walser

Long Run For The Fun Of It

Do those who like to run really need a reason to lace up their running shoes to go out for a run? What about for a five miler, a 10 miler, 20 miler? Perhaps not! But what about a 40-mile run? It is, how so often in running, a personal choice.

When I heard from Jennifer Straughan about a potential 40-mile run for Bridgett Moriarty's 40th birthday, I was intrigued and thought, why not. How much farther could it possibly be, than the longest runs I had ever done – which were 26.2. At first, I thought I should attempt as many miles as I am old. Then, by talking with others, I came up with the idea to turn it into a fund raiser for Bowl for Kids' Sake, the annual Big Brothers Big Sisters of Montana event, for which I had just signed up a few days prior. So in my own head it became “Run for Kids' Sake”.

So, I posted my goal on Facebook and e-mailed it to colleagues and friends. Now it was public, but I still could have cancelled my plans if no one would have supported the cause. However, once I received my first donation because of the run, it became real. I was committed. The interesting fact I found was, that many people who donated were interested in doing so solely because I wanted to accomplish such a distance for this organization. In their own way, through their contributions, they wanted and did, vicariously, partake in this 40 plus mile endeavor. And endeavor it was.

Not only did it turn out to be a perfect day for running (and in late November, no less), but the dozen runners who assembled in the dark in front of the Wilma for their individual distances of 10, 20, 30 and 40 miles had the best attitude right from the start. Who would have thought that running this far and especially this long – literally from before sunrise to almost sunset – with all the aches and pains, would be so much fun. It was a social event, a party. Except that we did not just sit in a living room, but were moving forward, setting one foot in front of the other, all day. There were plenty

of opportunities to visit and talk to running friends whom I had not seen in a while, or whom I just met.

Even though this was not a race, but in the end rather a run just for the fun of it, especially the four of us who went to entire distance, Bridgett Moriarty, Jennifer Straughan, Ryan Snyder and I, could not have done it with the cheerful sag wagon volunteers who dedicated hours and even their whole Saturday for us. So, special thanks goes out to Ryan's wife, Lee, Sue Falsey, Marilyn Marler, and Julie Gilchrist, who transported clothes, refreshments, food and who even ran with us in the morning, and then looked out for our well being, by directing us through traffic during the last few miles.

My wife, Jen, needs to be recognized, too. She was invaluable for successfully finishing my run. She, after running with us for 22 miles in the morning, returned with a positive attitude to run with me and to guide me for the last six miles. She kept me safe when I crossed roads, filled up my water bottle several times when I was not able to open it myself, and cheered me on all the way to the end. Also, she baked gluten-free cookies and buttermilk biscuits for everyone, and very importantly, drove me from the finish. Thanks Jen!

On our journey on November 28, we saw gorgeous landscapes, all sorts of animals, eagles, and even a bald eagle, and were reminded over and over how lucky we are to live and be able to run in such a beautiful part of the world. And, who would have thought, we would laugh so much before, during and after the run, and would have such a fantastic time, virtually all day.

With the support and camaraderie of all the runners, whether they were joining the group for an hour or for nine and a half hours, it was a day well spent. So whether we had a reason to finish this almost 41 mile run really does not matter in the end, for it was worth participating in every minute.

Happy birthday, Bridgett! Congratulations to all of those who ran their longest distance ever, to those who ran to be part of it, and to those who ran the entire distance. The runners of Run Wild Missoula rock!

~Vo von Sehlen

Letter from the Executive Director: Training a Challenge for Parents

As a single parent I sometimes have to go to great lengths to get a run in. My son is 4 and I often push him in his stroller during training runs and sometimes even during races.

I started doing this when he was about 6 months old and my pediatrician gave me the okay to run with him in the jogger stroller. I began with short runs on the Kim Williams trail and around Greenough Park and eventually decided when he turned 2 that I would train for a marathon. I pushed the stroller for all of my runs with the exception of my long runs on Sundays. My limit was pushing the stroller for eight miles through six inches of snow – that was enough for me!

I have to admit that I had to use bribery during my marathon training in order to get my son to stay in the stroller. Our routine was to go for a run and then stop at Le Petit Outre for a baked treat. I often talked about the scone that my son

would soon be eating during my run. I would ask, "What kind of scone are you getting today?" when he started complaining and demanded me to stop the stroller. We would also combine errands with runs. For instance, we would run to the grocery store for a few items, the library to pick out some books or the bank to deposit a check. This meant that my mileage wasn't consecutive, but at least I was getting it in. When we were off to do something fun like ride on the Carousel I would take the long way there and ask him, "Which horse are you going to ride today?" to distract him when he complained it was taking too long to get there.

I still use these tactics when I run with my son in the stroller. But it's getting harder now. My son now weighs close to 40 pounds, so even small hills are a challenge. As he gets older he's also not as patient—or maybe he's getting smarter. I now have a hard time getting him to sit in the stroller. Sometimes he wants to run with me and I just have to lighten up and realize that I'm not going to get a good workout, but at least we're having fun.

Exercising with small children can be a challenge. That's why RWM is going to start a training class just for parents in spring 2010. We've heard from new parents that it can be intimidating to attend a training class with others who don't have kids. These parents are either out of shape after having kids or they don't feel comfortable bringing their kids with them when others are sans children. The training class for parents will be open to moms and dads who want to train for a 5K with or without their kids. We'll invite speakers to talk about getting back into shape after having a baby as well as nutrition and injury prevention. Watch for more details about the class after the New Year.

Happy Running,
~Eva Dunn-Froebig

Run Wild Missoula Launches Email Newsletter

Many of you may have noticed the email newsletter in your inboxes during the past several weeks. We plan to send the newsletter, with reminders of upcoming events and other short announcements, weekly to members in addition to anyone interested in learning more about RWM. We'll continue to publish "Running Wild" monthly. We're exploring new ways to use email to serve you—our members—such as online surveys, membership renewals and member contact information. We hope you like the email newsletter. Please send feedback to eva@runwildmissoula.org.

~ Eva Dunn-Froebig

Run Wild Missoula Moves Race Equipment

Run Wild Missoula, as of November 29, stores its race equipment in a new and improved location at 101 E. Broadway. Thanks to 6 x7 Properties for giving RWM discounted rent on this amazing 800 square foot space with an elevator, great lighting and a convenient downtown location. We're pleased that we can stay downtown, close to the finish line of many of our races including the Missoula Marathon.

Many thanks to those who helped with the move over the Thanksgiving weekend: Tommi Burton, Denise Copeland, Sue Falsey, Kristina Hurley, Suzanne Klise,

Meg Lerch, Dale Reese, Scott and Dara Rouse, Pam Schmiemer, Ben Schmidt, Jen Straughan, Jean Zosel. It was a tremendous amount of work, but with RWM teamwork we were able to move everything in two hours. Special thanks to Scott Rouse of U-Haul for donating a truck and dollies to help with the move. It wouldn't have gone so fast without the truck.

~Eva Dunn-Froebig



A fun time moving Run Wild Missoula.

Stu J. Kaplan, MD, Leaves RWM Board of Directors

Stu Kaplan, Executive Director of Camp Mak-A-Dream, recently resigned from the Run Wild Missoula Board of Directors to chair the Lance Armstrong Foundation LIVESTRONG Young Adult Alliance.

We are sad to see him go, but excited about his opportunity to be involved with LIVESTRONG. I recently had a chance to ask Stu a few questions about his contribution to RWM and more about his involvement with LIVESTRONG.

~ Eva Dunn-Froebig

E. D. How did you become involved with Run Wild Missoula? How long ago?

S. K. We approached Jen six months prior to the first Marathon about seeing if we could incorporate Camp Mak-A-Dream. We did the water stop at the mall. Our Camp Director, Beth, and I ran the marathon. I was so impressed with the organization that I mentioned to Jen I would like to be more involved. She asked me if I might be interested in joining the evolving Board of Directors.

E. D. How have you contributed to Run Wild Missoula?

S. K. I have experience with a small local nonprofit and I helped address issues such as governance, and I was involved in the hiring process of a new executive director.

E. D. When did you start running?

S. K. I have been running casually since my residency in 1990. I trained for the Honolulu Marathon in 2003 on a dare. In 2005 I ran four marathons. At that time I worked full time at St. Jude in Memphis as a pediatric oncologist. Between the miles of training and the races itself, I ran 1,435 miles...the distance from Memphis to Gold Creek, Montana (the distance a St. Jude patient goes to spend a week at Camp Mak-A-Dream).

E. D. Tell me about your role with the Lance Armstrong Foundation LIVESTRONG Young Adult Alliance.

S. K. Camp Mak-A-Dream was one of the first organizations in the country to serve young adult cancer patients. Our first program for young adults took place in August, 1996. This program was developed primarily because of our needs. We were challenged with filling our camp with young children because of the barrier of air travel. We decided to try to serve young adults thinking they were more likely to cross the country on an airplane to attend our program. Immediately upon serving them, however, we realized what an important underserved population young adults with cancer are. They feel isolated, largely because they are treated in pediatric centers set up for 5 year olds, or in adult centers surrounded by patients in their 60s and 70s. Bringing them together in a community, many felt comfortable for the first time sharing their frustrations, challenges, and accomplishments, simply because they were surrounded by others who understood.

Two months after this program, Lance Armstrong was diagnosed with cancer, and suddenly, young adults with cancer had a voice. The issues and needs of young adults with cancer became more clear. Four years ago, a meeting was held between the LAF and the NCI, the first ever partnership of its kind combining a private nonprofit and a governmental agency. Recommendations were brought forth after that meeting to address the unique issues of young adult cancers: primarily the fact that the improvement in cure rates for young adult cancers have not improved in the past 40 years, whereas they have improved greatly for children as well as older adults. The recommendations also address the psychosocial needs of this population.

The LIVESTRONG Young Adult Alliance was formed several months later to implement these recommendations. The Alliance is made up of nonprofit organizations as well as hospitals and includes both medical providers and advocates. There are currently 120 organizations that make up the LIVESTRONG Young Adult Alliance, with approximately 80 more going through the application procedure. www.livestrong.org/yaa

Run Wild Missoula Creates Fan Page on Facebook

Run Wild Missoula now has a "fan page" on Facebook, thanks to RWM member Marilyn Marler. Marler created a RWM group page over a year ago. She then discovered that a fan page is much better because posts will go to your newsfeed. We are also able to link our Facebook fan page to our Twitter account (twitter.com/runwildmissoula). Please join the RWM new fan page. If you are already a member of the group page you still have to join the new fan page by Christmas-time as the group will self destruct around that time.

Membership Renewal

It's That Time Of The Year (for some of you). It may be time to renew your membership!

Members receiving a physical copy of this newsletter please check your mailing label. It shows the year that your (individual or family) membership expires. If it says 2010 or higher, you are good for at least another year. If it says 2009, your membership expires at the end of December. This newsletter has a paper registration form included, but you can

also go online to RunWildMissoula.org, to the RWM Benefits page and go to active.com to download a copy of the application.

Members who receive this newsletter by email please look at the Subject Line of the message. It shows if you/your family needs to renew. We have lots of exciting events and plans for 2010 and beyond, so get your renewals in soon. If you think our records need correcting, email sue@runwildmissoula.org and we'll get it straightened out.

~Sue Falsey

Flash from the Past

11 YEARS AGO

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

Ben Schmidt was President of the Missoula Road and Track Club in December 1998. He reported that the club had just purchased a surveyors wheel to measure courses.

The newsletter published holiday greetings from members and motivation to run in the dark and cold of the winter. "As long as you dress to be seen, there's nothing to it," wrote an unidentified member.

Race results from the Blue Mountain All Women's Run, the Pumpkin Run, and the Mount Sentinel Hill Climb, were included in the newsletter.

~ Eva Dunn-Froebig

RWM Board of Directors:

Jean Zosel, *President*
Tim Winger, *Secretary*
Mark Burke, *Treasurer*
Courtney Babcock
Anders Brooker
David Schmetterling
Loie Turner

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:

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Coach & Coordinator, Training Classes:

Anders Brooker- runners_edge@hotmail.com

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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 immediately avoid missing an issue

Yoga for Runners Winter Session

Celebrate the New Year by finally signing up for that yoga class you've been meaning to take! Run Wild Missoula is offering two 12 week yoga classes specifically designed with the runner's body in mind. Each class will focus on stretching, strengthening and balancing poses that will complement all of the miles you are running each week. Whether you are training for the Boston Marathon or getting ready for the Riverbank Run, this class will challenge and inspire you to take care of your body and mind in the coming year. 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 RWM member? ____

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

- Tuesday Lunch Yoga, 12:15 – 1 p.m., January 5th-March 23rd
Cost: \$68 for RWM members/\$75 for non-members
- Thursday Evening Yoga, 6 – 7 p.m., January 7th-March 25th
Cost: \$78 for RWM members/\$87 for non-members

Core Strength Training for Runners Winter Session

This class is designed to keep a runner's core strong. 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 RWM member? ____

- Wednesday Lunch Core Strength Training, 12:15 – 1 p.m., January 6th-March 24th
Cost: \$68 for RWM members/\$75 for non-members

Run Wild Missoula
December 2009 Calendar

Monday	Tuesday	Wednesday	Thursday	Saturday
30	1 <i>-Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge</i> √	2 <i>- Bart Yasso Talk & Book Signing, 7 p.m., Doubletree Missoula Edgewater</i>	3 <i>-Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge</i> √ <i>-Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *</i>	5 <i>-Group Run, 8 a.m., Runner's Edge</i> √ <i>-Group Walk, various locations. Email tandberg@centric.net for more info</i> √
7	8 <i>- Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge</i> √	9	10 <i>-Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge</i> √	12 <i>-Group Run, 8 a.m., Runner's Edge</i> √ <i>-Group Walk, various locations. Email tandberg@centric.net for more info</i> √
14 <i>How to Stay Motivated to Run/Walk in the Winter Seminar, 7 p.m., Runner's Edge</i> √	15 <i>- Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge</i> √	16	17 <i>-Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge</i> √	19 <i>-Group Run, 8 a.m., Runner's Edge</i> √ <i>-Group Walk, various locations. Email tandberg@centric.net for more info</i> √
21	22 <i>- Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge</i> √	23	24 <i>-Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge</i> √	26 <i>-Group Walk, various locations. Email tandberg@centric.net for more info</i> √
28 Boston Marathon Training Class begins, 5:30 p.m., Runner's Edge	29 <i>- Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge</i> √	30	31 <i>-Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge</i> √ New Year's Eve Run, 7 p.m., Peak Health & Wellness Center √	2 <i>-Group Run, 8 a.m., Runner's Edge</i> √ <i>-Group Walk, various locations. Email tandberg@centric.net for more info</i> √

*Email missyadams410@yahoo.com to register for *Yoga for Runners*

** Email alison@thepilatesplayground.com to register for *Core Strength Training for Runners*.

√ Free for Run Wild Missoula members.



Run Wild Missoula's NEW YEAR'S EVE RUN 2009

This event is exclusive and free to Run Wild Missoula or PEAK gym members.
 . (www.runwildmissoula.org for a membership registration form.)

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. 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. Thank you to all Run Wild Missoula and PEAK members and Happy New Year!

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

Time: 7-10 pm
Place: Peak Health & Wellness Center, 5000 Blue Mountain Road
Distance: 2-mile Timed Fun Run
Cost: FREE!!

Run Wild Missoula's New Year's Eve 2009 Registration

Name (Please Print): _____ Age: _____

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

Male/Female _____ 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, Peak Health and Wellness Center, 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

Signature _____ Print _____



Run Wild Missoula Boston Marathon Training

This is an advanced marathon training program designed for runners competing in the 2010 Boston Marathon on April 19. This 16-week training program begins on Monday, Dec. 28, and will take you all the way through race day. If you are running in the Boston Marathon, or will be preparing for another spring marathon- this is the program for you.

Who can sign up? Any age or speed is welcome and encouraged. However, this training is not for beginners; participants must have run at least one marathon, and have a base of 30-40 miles/ week before beginning the 16- week training program.

What you get: Great running companions, a race day singlet, running apparel, expert coaching, 3 group runs a week, aid stations for long runs, post long-run food, and more!

Coaches: Anders Brooker, Hellgate High School Cross Country Coach and Courtney Babcock, University of Montana Cross Country Coach

Group runs: All group runs meet at the Runner's Edge (325 N. Higgins Ave)

Track Workouts:	Tuesday 5:30 pm	coached by Courtney Babcock
Tempo/Middle Distance Runs:	Thursday 5:30 pm	coached by Anders Brooker
Long Runs:	Sunday, 8:00 am	coached by Anders

Cost: \$50 for Run Wild Missoula Members, \$60 for non-members. Please make checks payable to Run Wild Missoula

When does it start?!

The first group meeting is Monday, December 28, 5:30 pm at the Runner's Edge

Information: For information and to download training schedules go to: <http://groups.google.com/group/missoula-boston-marathon-training-group> or contact David, dschmett@bigsky.net, or Anders at the Runner's Edge 728-9297

Sponsored by:



Run Wild Missoula Boston Marathon Training Program Registration Form

Include \$50 (if a Run Wild Member) or \$60 (if not a Run Wild Missoula member) payable to Run Wild Missoula,

Full Name: _____
Email Address: _____ **Phone:** _____
Singlet Size: _____ (specify M or F): _____

Training Release: In consideration of your acceptance of this training program entry, I for myself, my heirs, executors, administrators and assigns, forever release and discharge all rights, demands, claims for damages and causes of suit or action known or unknown, that I may have against Run Wild Missoula Boston Marathon Training and any and all participating sponsors, the directors, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participation in said marathon training program. I attest and verify that I have full knowledge of the risks involved in marathon training and I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this training.

Signature: _____ **Date** _____



Run Wild Missoula Membership Form 2010

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 12/31/10) \$25.00
- ❖ One-Year Family Membership (through 12/31/10): List additional (& email, if they want separate email contact) \$35.00

Name _____	Age _____	M / F _____	email: _____
Name _____	Age _____	M / F _____	email: _____
Name _____	Age _____	M / F _____	email: _____
Name _____	Age _____	M / F _____	email: _____
- ❖ I don't like getting billed every year, give me a Five-Year Individual or Family Membership (through 12/31/14) \$100.00
\$140.00

Volunteer: 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 your choice(s) from the following list:

- | | |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> ❖ Training Classes (on and off year round) ❖ Group Runs/Walks (on and off year round) ❖ Scrumpy Jack Scramble (mid Feb) ❖ SuperFun(D) Run (mid April) ❖ Pengelly Double Dip (mid June) ❖ Hellgate Village 5K (July 10) ❖ Missoula Marathon (July 11) ❖ River City Roots Run (late Aug) | <ul style="list-style-type: none"> ❖ Sweathouse HalfMara (mid Sept) ❖ All Women's 5K Diva Day (early Oct) ❖ Pumpkin Run (mid Oct) ❖ Turkey Day 8k (Thanksgiving) ❖ New Year's Eve Run (Dec 31) ❖ Organize social events ❖ Contact me when needed |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

I Can't Volunteer. I am adding \$10 to my annual membership or \$40 to my five-year membership

Email: I'd prefer not to receive emails on volunteer opportunities. ____

Newsletter: Email or Paper copy - Please select only one. Email ____ Paper ____

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 RunWild for any legitimate purpose.

AUTHORITY TO REGISTER AND/OR TO ACT AS AGENT: I represent and warrant to RunWild Missoula that I have full legal authority to complete this registration. In addition, if I am registering third parties, I represent that I have been duly authorized to act as agent on behalf of such parties in performing this registration. By proceeding with this registration, I agree that the terms of this Registration Agreement shall apply equally to me and to any third parties for whom I am acting as agent.

PARENT OR GUARDIAN MUST SIGN FOR MINOR.

Signature _____ Date _____

Please note: If this is a family membership, all adults 18+ must sign. (use back if needed)

Parent/Guardian Signature if under 18 _____ Print _____





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www.runwildmissoula.org

RETURN SERVICE REQUESTED

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



www.runmt.com