

Running Wild

The official newsletter of Run Wild Missoula

February, 2010

Runners just do it - they run for the finish line even if someone else has reached it first.

~Author Unknown

Seminars for the Missoula Marathon – Seminars February 8 and March 8, Good Food Store

The Good Food Store's Missoula Marathon free seminar series continues! All seminars are held the 2nd Monday of the month and seating is first come first served. Here are the remaining seminars

- **February 8, 2010 at 7:00pm**
"Learn from Those Who Have Done the Training and Run the Race."
Speakers: A panel of runners who have gone through the training program and crossed the finish line of the Missoula Half or Full Marathon.
- **March 8, 2010**
"You Can Walk the Missoula Half or Full Marathon"
Speakers: Candace Crosby and Rolf Tandberg, both of whom regularly walk half and full marathons.

Scrumpy Jack Scramble, Sunday, February 14, 2010, 10:00am, McCormick Park

Start thinking about who your date is going to be for the Scrumpy Jack Scramble, a 2 person 2 mile relay race on St. Valentine's Day. Don't have a Valentine? No big deal. We'll set you up on race day. Race proceeds benefit Hellgate High School Cross Country. Cost: \$16.00 per team before Feb. 2, then \$20 team. Note: We recently changed the date of this race from Feb. 13 to Feb. 14. Sorry for the confusion. Registration form in this newsletter.

Snow Joke Half Marathon, Saturday, February 27, 2010 11:00am, Seeley Lake

This footrace is always run the last Saturday of February. The course is one lap around Seeley Lake on plowed roads. Expect icy patches. Distance: 13.1 miles.

Registration is Race Day Only, 8:45 to 10:30 a.m.

Fee \$10.00 (\$5.00 if under age 20)

Start & Finish is at the Grade School Gym.

T-Shirts are polyester, \$15.00 First Come, First Served

<http://www.cheetahherders.com/snowjoke.html>



USA Cross Country Nationals, February 13, 2010, Spokane

On February 13, 2010, the USATF National Championships (and World Cross Country Team Trials) will be held at the same venue that hosted the club championships in December 2008 – Plantes Ferry Sports Stadium.

Entry is online only through February 8, 2010. (\$40.00 on or before Feb. 5 and \$65.00 on or before Feb. 8.) The only entry requirement is that you are a USA Track & Field member. Membership and meet entry can both be found at www.usatf.org. Contact Tony Banovich if you have questions at badrock04@msn.com.

For those of you who may be interested in going to Spokane; but, aren't quite sure about racing with the big dogs - there is another option. The first run of the morning will be a community "fun run" of 4 kilometers. It will be held over the same course as the rest of the races; but, will be a bit lower intensity. The community run begins at 9:00am. There is a \$15.00 entry fee if postmarked on or before February 5th. Race day registration is an additional \$5.00. See www.spokanesports.org for registration form and more information. You don't need to be a USATF member.

This is just one more reason to make the trek to Spokane for the big USATF event and see the best cross country runners in the country.

Missoula Marathon & Half Marathon Running and Walking Training Classes – Beginning March 7 (Running) and March 20 (Walking)

It's time to start preparing for the Missoula Marathon & ½ Marathon so you will be in great shape by July and ready to go. Please see registration forms in this newsletter for all the details.

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

Join RWM for a new exciting and fun race in celebration of St. Patrick's Day. The race includes post race food and drinks for all participants provided by Sean Kelly's, a sham-rockin beanie for participants, post race raffle, and prizes for top finishers. Costumes and the wearing of the green is highly encouraged with prizes for most spirited participants. The registration form for this race with all the details is at the back of this newsletter. Come have some fun!



Missoula Marathon Looking For Retail Expertise – Or At Least Enthusiasm

Did you ever want to operate your own sporting goods retail store? This is your chance! The Missoula Marathon has a team of great merchandise buyers, but we don't have a person in place to complete the business of the merchandise department. Are you interested in wrapping your arms around the retail aspects of this? It means:

1. Coordinating with the merchandise buyers to determine quantities.
2. Keeping track of inventory before, during and after the Missoula Marathon.
3. Calculating what sells, what doesn't, what percentage of participants buy something from the Missoula Marathon merchandise table, etc.
4. Helping with on-line sales of merchandise, which will be available with the new website.

In short, the merchandise of the Missoula Marathon should be operated as a cost center of the marathon. It could be a major income source for MM/RWM. Since we're expecting to grow -- and especially with out-of-state people who will very likely want to commemorate their trip to Montana -- we should sell more than ever. It's a fun job. The people doing the buying are fabulous. You're allowed to learn as you go. The Missoula Marathon Committee is great to work with. The bad news is that you're in charge. The good news is that you're in charge.

Are you up for it? Let me know by emailing me at jen@runwildmissoula.org.

~Jennifer Straughan, Race Director, Missoula Marathon

Moose Drool is Safe for the Missoula Marathon!

The first phone call after the recent announcement of the Missoula Marathon's Best Overall award from Runner's World Magazine, was to sponsor Big Sky Brewing. Big Sky Brewing is the local brewery famous for Moose Drool, among other varieties (go to www.bigskybrew.com to see all that they offer). Big Sky Brewing has been a sponsor of the Missoula Marathon starting back at the beginning, when there weren't as many registrants and therefore not that much beer drinking.

We recognize the importance of a great glass of beer after a long race in the middle of a Montana summer. Big Sky Brewing combines with The Badlander bar to make sure that everyone from the first half marathon runner to the last marathon finisher has the opportunity to receive that all-

important free beer. So with the announcement of the award we thought, "What if we run out of beer?"

Big Sky Brewing immediately responded with -- enthusiasm and more beer. So, no worries. The Moose Drool is safe. Not to be exclusionary, The Badlander will gladly sell additional beer to any (adult) athlete, family or friend enjoying a summer day in Montana while relaxing in Caras Pavilion.

Thank you Big Sky Brewing for being part of the Missoula Marathon.

~Jennifer Straughan, Race Director, Missoula Marathon

Member discount for the Missoula Marathon 2010

As if the Missoula Marathon is not already the most reasonably priced marathon around, Run Wild Missoula members are now eligible for a \$5 discount on registration for both the full and half races. Is this yet another fabulous incentive to get out there and train for either the half or the whole marathon? I should say so! AND, if you haven't already heard, our very own Missoula Marathon won best overall marathon in the nation by the reader's of Runner's World Magazine. Way cool, eh?

Because of all of this, we expect to be very busy this year and in order to maintain the relative sanity of our registration and treasury gurus, we've established some guidelines in an attempt to streamline the process and keep it simple. Please note that though the discount amount won't change after the early registration deadline, your ability to take the discount will expire on June 30, 2010. So the moral of that story is: Register early! There are some important steps you need to take, and there are some important dates that you need to note as well. Read on....

- **The discount is available by paper registration only.** As of February 1, 2010 discounts **cannot** be taken if you are registering through ACTIVE.com, and refunds will not be given if ACTIVE.com is used. So in other words... you will have to use the paper registration forms in order to take advantage of the discount.
- You are responsible for taking the discount, and this is the way you do it: when you are filling out your paper registration, **please use a black sharpie (or some other highly visible ink pen) and write RWM in the upper right hand corner**, then simply deduct the \$5 discount per member from your total and send in your check and registration, or leave it at any of the locations listed on our website.
- **The discount is available only through June 30, 2010.** So, again, register early.

If you have already registered, please contact Torrey Holmquist at torreyjh@in-tch.com for a refund. He will need your name, address, and phone number.

We thank you in advance for your cooperation, and we are looking forward to another fun and successful marathon year!

~Bridgett Moriarty, Registration Assistant

New Year's Eve Run, Peak Health and Wellness Center

About 30 Run Wild Missoula members and spectators ended 2009 with the timed 2-mile run at Peak Health and Wellness Center. The run was great and after the run we relaxed with friends and family, food, and a little basketball and swimming. What an enjoyable way to end the year! Thank you, Peak, for letting our members use the facilities.



New Year's Eve Run –Instructions from our Race Director , Jen Straughan

New Year's Day Run, Thompson Falls

Many thanks to all the organizers of the New Year's Day run in Thompson Falls. The first run of the New Year and what a great way to start the year! We had a warming fire, well-run races with both a 2K and 5K, after run snacks, raffle, and age group awards consisting of very nice welded runners for the top three in each age group. Then, after the race you had the opportunity for a polar bear plunge in the Clark Fork River for the brave ones. Bob Hayes was one of the first to take the plunge. No hesitation for Bob, he just went straight off the end of the dock doing a cannonball. The rest of us followed with much more trepidation.



Start of the New Year's Day Run – Jacob Naegeli, the winner, leading the race.



Bob Hayes leading the way in the polar bear plunge. What are the others doing standing around?

Phoenix PF Chang Marathon & 1/2 Marathon

"Hey, you should come back down here for the PF Chang 1/2 Marathon, the weather is great, the music is good and it's just a fun race." That's how it all started. My husband Dean and I went down to Phoenix for a week of vacation in late September and I reconnected with a high school classmate, Gary. He is the one that planted the seed. The thought of running in warm weather in January seemed ideal. Dean and I had talked about it for the past couple years but it falls on the same week-end as Dean's store inventory and there is no way he can get away. He encouraged me to find a friend and go anyway. I knew Tammy Mocabee and Danelle Gjetmundsen were planning to do the full marathon but after suffering through plantar fasciitis in the Missoula Marathon, I did not think my foot could tolerate the training necessary for a marathon. Thus, I made the decision to set my sights on running the 1/2 marathon and recruiting a friend to join me.

It's all about perfect timing and that's how I coaxed my friend Jennifer Watson in to going to Phoenix with me. After a week of clouds and rain in early November, I ran into Jennifer knowing she loved rock and roll and said, "Wouldn't it be fun to get away from Missoula and run in shorts?" She agreed and that's when I started reeling her in. "How about going for a run in Phoenix and listening to rock bands along the way? Doesn't that sound like fun?" She didn't immediately accept my invitation but said she would think about it. The next day I received the text, "I'm in, let's go". Within two hours we had our plane tickets, hotel reservations and had registered for the race!

Running outside during the cold months has never appealed to me but I knew this would give me the incentive to keep running. Every morning I would get up at 5:45 and do my short runs, Tuesdays were track work-outs and then on the week-ends I would incorporate a long run. Some long runs I was lucky enough to meet up with Danelle and Tammy and some long runs I was on my own. Some days the weather was perfect and others the Hellgate winds tried to deter my spirits. But the thought of running in shorts, feeling the sun on my shoulders kept me going. Often times while running alone, I would purposely plan on either starting or at least passing

Runner's Edge. I always knew this was my safe haven, if I needed a bathroom break, a drink of water, a piece of licorice or just a smile and a friendly hello. (I don't think Tim, Anders, Vickie or John new the importance of their role in my training but I sure appreciated them.)

Race week-end finally came and now I was boarding the plane with my fellow Run Wild companions, Tammy, Danelle, Jennifer, Brian Fruit, Monique Krebsbach and Bob Homer. Vo and Jennifer Von Sehlen were already down in Phoenix and in total, 10 Missoulians ran the full marathon and 18 ran the 1/2 marathon.

The overall experience was great. I thought the Expo and Run were very organized, no long lines, friendly volunteers and balmy 60 degree weather. (Not enough port-potties but are there ever enough?) How did my race go? For me I had a good run but was humbled early on. While on my way to the Expo, I stopped in a convenience store to buy a bottle of water. The clerk asked me if I was doing the "little race" or the "big run." To her dismay I answered "the little run." All along I thought I was training for a respectable distance but she made it quite clear, it was considered the "baby distance." Immediately I became defensive thinking of all the miles I had run in preparation of this race, "What are you doing tomorrow, drinking coffee and sitting on your sofa," I thought to myself. (Okay maybe my words were a little harsher), but then I started to laugh. She obviously was not a runner and had no clue that no matter what the distance, you respect it. My mantra for the rest of the week-end was, "I am just doing the little race, the kids fun run! Why be nervous?" Enjoy yourself, and that is what I did. The best part of doing the "little race" is I got to watch the true runners, as the convenience store clerk reminded me, finish the full marathon, Vo, Tammy and Danelle! I have to say that was the highlight of the whole race experience. These three people have been so supportive of me in the past two years, it was just so nice to cheer and support them during the final stretch.

The memories of Phoenix will always bring a smile to my face because I got to share it with some special running friends. Today I ran with the Boston Group, not because I am going to Boston but because I enjoy being out there. I am not fast but that doesn't matter, these runners come from all walks of life but all have a common thread, they enjoy running and are very supportive of all who come. "Good job, thanks for coming, good to see you." That is what I heard today. I only did 9 miles today, the Boston Group did 16. I thought to myself, what would that convenience store clerk say to me? "Slacker!" Not the runners who showed up this morning, they respect you for just showing up. Good luck to all of you preparing for a race and for those of you who have never traveled with a group of fellow runners, I highly recommend it.

~Carol Lipp



Run Wild Missoula Members at Phoenix

AT THE RACES

New Year's Eve Run – December 31 – 2 Mile

Thomas Everett	10:27
Adam Peterman	10:56
Dean Lipp	11:08
David Schmetterling	11:38
Alec Patterson	12:30
Gilia Patterson	13:57
Don Hartman	15:01
Nichole Unruh	15:03
Chris Everett	15:41
John Croft	16:07
Sue Falsey	16:33
Candy Hartman	16:36
Cathy Cranmore	18:04
Bob Taylor	19:22
Haley Boyer	23:33
Brad Leonard	27:04

New Year's Day Run – January 1 – 5K

Adam Peterman	18:52
Christopher Everett	20:02
Meg Lerch	20:45
Larry Peterman	23:44
Christine Everett	26:36
Bob Hayes	30:03

Phoenix -1/2 Marathon

Emily Fortunate	2:15:20
Monique Krebsbach	2:00:56
Carol Lipp	1:52:19
Brian Fruit	1:25:17
Bob Homer	1:40:01

Marathon

Vo Von Sehlen	3:53:19
Dana Green	3:59:57
Paul Leusch	4:12:57
Danelle Gjetmundsen	4:13:58
Tammy Mocabee	4:08:53

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

Send Your Articles and Essays to *Running Wild*

Members, we welcome and solicit your articles and essays for publication in *Running Wild*. Those whose writings are accepted for publication not only get to have the satisfaction of sharing their running with others but can receive from RWM a "I was published in *Running Wild*" t-shirt. (See shirt below.)

"On the Run" essays should be at least 750 words and can be on just about any topic related to running. "Cool Race" articles should be between 300 to 350 words and are about any race that you have participated in. Tell us some details regarding your race and include a photo or drawing. "Happy Trails" articles are also of 300 to 350 words in length providing descriptions of a good trail run that you have taken. Please provide details and a photo so that we can all learn about new places to run.

In addition we solicit your reviews of any running related books that you think may be of interest to Run Wild Missoula members.

~ Chris Everett

Pebble In My Shoe

Oh life and the gentle reminders she gives us to stay healthy! My focus on centering myself in the last five years has mainly been from going on long runs. Although I see the value in meditation I have not mastered the practice of sitting still! (Does any mother?) Running provides me with a repetitive motion where as my body becomes busier my mind seems to become more still.

One day I went out on a long run. There had been much on my plate that week. I couldn't find a different plate OR a bigger plate! I needed my meditative run, where my mind clears and opens to new perspectives. I purposefully left my ipod and my phone at home. No interruptions, no running partners. This was ME time.

I started out with a slow stride until I could feel my body warm up and relax into the movement. When I could feel the tension start to ease I started thinking about some challenges I was facing. Around this same time I felt a small pebble in my shoe but it did not warrant taking the time to stop and remove.

I continued on my journey: through the park, over the bridge, and into the beautiful Rattlesnake wilderness. My mind was settled into the familiar routine of problem solving, yet nothing seemed to present itself as a viable solution to a situation I was facing. Meanwhile the pebble started becoming annoying, but yet not enough to break the stride and discard. So, the thinking and running and running and thinking continued. Up the creek, past the horses, enjoying the solitude and stride, but angry internally that my run wasn't providing me with the usual problem solving skills it gifts me.

Meanwhile, the pebble in my shoe started screaming at me. It had embedded into my heel and was not happy to play any part in my zen run. I, however, only had the five miles back to the van, and darn it! I wanted to solve my creative block before I got there!

The five miles back was quite the reminder of how stubborn I am. I did not stop. I continued against my own instincts and made it back to the maxi taxi. As I removed my shoe I had my "aha" moment. The little pebble; this tiny stone; had created a huge, painful welt on my heel.

It was then that I realized the significance.

1. I had ignored the pebble because I thought it was small. I had ignored my feelings of being compassionate to myself because I didn't feel it was solution oriented.
2. The pebble was present the whole time even before it became painful. I sometimes search too deep for solutions when the answer simply could be to be more kind to myself. Our life doesn't always have to be dictated by solving problems, and when we let go of that misconception sometimes the solution will just appear.

How many of you have a pebble in your shoe? Don't let it become bigger than it is. Acknowledge it, remove it and learn from your own compassion and wisdom.

~Jen Slayden

Nutrition in Training

When it comes to training for a marathon or any race for that matter, deciding which training program to follow isn't the only thing you have to consider. Eating right can delay the onset of fatigue, help you train at a higher intensity and aid in your recovery from a workout. Understanding the right foods to eat, and having a "food and drink plan" will enhance your concentration and reduce the chance of injury. Below are some key things to keep in mind to help you achieve your goal.

Getting and staying hydrated

Drinking the right amount of fluids before, during and after every run is vital to providing your body the fluids it needs to perform properly. The overall goal is to minimize dehydration without over-drinking. Adequate hydration varies among individuals. The easiest way to monitor hydration is urine color. Straw or lemonade colored urine is a sign of appropriate hydration. Dark colored urine, along the lines of the color of apple juice, indicates dehydration. Water and carbohydrate-electrolyte sports drinks should be consumed prior to workouts that last more than an hour. If you find your stomach sloshing around, wait 30 minutes before drinking anything else.

Eating Before Training Runs

Eating proper foods before runs can give you the energy and strength you need to finish strong. It would be nice to know that there is an ideal food to eat before a workout—long or short—but it is important to remember that each person has unique food preferences and aversions. There is no "magic meal" that will ensure top performance. With that said, carbohydrates are generally the primary fuel for runs. Adequate carbohydrates will spare use of vital protein, which is an important fuel source during exercise. Protein helps build and repair muscles, aids in fluid balance and promotes immune function, and thus, carbohydrates help prevent a situation where your protein levels are compromised. You

should eat a small meal three or four hours before your run. Closer to the activity, have a small snack. This will give you the last-minute bump your body needs to last through your workout.

3-4 Hours Before Workout

- Consume a carbohydrate-rich meal before exercise to top off muscle stores.
- Include small amounts of protein in your meal. Protein helps build and repair muscle tissue, and a small portion of protein before exercise can help reduce post-exercise muscle soreness.
- Choose pre-exercise meals that are low in fat and fiber to ensure optimal digestion.
 - **Examples of These Types of Meals:**
 - Peanut butter & honey on toast + banana
 - Fruit and yogurt smoothie + low-fat granola
 - Oatmeal with brown sugar and almonds + banana
 - Low-fat cottage cheese + apple butter + crackers
 - Turkey and Swiss sandwich + fruit
 - Cheese and crackers + banana
 - Sports bar + orange

60 Minutes Before Workout

- A little snack that will give your body that last-minute boost it needs.
 - **Examples of These Types of Snacks:**
 - Sports drink or water
 - Sports gel, sport beans or gummies, ½ sports bar
 - Piece of fruit or jam sandwich

*Remember: When training, experiment with foods and drinks in workouts to determine the best timing and tolerance for pre-race foods for you.

Eating after Training Runs

- After a hard training run, food and fluid is key to recovery and improved runs.
- Weigh yourself before and after exercise and replenish fluids and electrolytes (sodium and potassium) lost in sweat.
- Replace muscle fuel (carbohydrate) utilized during practice with simple and complex carbohydrates.
- Provide protein to aid in repair of damaged muscle tissue and to stimulate development of new tissue.
- Begin nutrition recovery with a snack within 30 minutes following your workout. A ratio of 3:1, carbohydrate to protein, has been shown in studies to have great results in terms of assisting with recovery.
- Consume a meal within 2 hours after your workout that is high in carbohydrates and which contains at least 3 oz of protein.
 - Examples of Recovery Snack Ideas (within 30 minutes of workout)
 - Protein Shake or smoothie with yogurt and berries
 - Sports bar and sports drink
 - Low-fat chocolate milk and banana

- Examples of Recovery Meal Ideas (within 2 hours of workout)
 - Turkey and cheese sandwich, veggies and milk
 - Rice bowl with beans, cheese, avocado, salsa and whole grain tortilla chips
 - Stir fry with lean steak, broccoli, bell peppers and brown rice

There may be times after a hard run when you feel too tired to eat, but your “food and drink plan” must be grounded in the same discipline as your training program, so force yourself to consume liquid foods to meet your recovery goals. You will be happy you did it the next day.

Good nutrition isn't about eliminating one type of food or nutrient in exchange for another. It's just a matter of choosing the right foods, in the right proportions, at the right times, to yield the energy you need to run your best. A healthy diet even leaves room for indulgences, in moderation. So, experiment, find what works best for you, and you will be a happier, healthier and stronger runner.

~Sue Huse, Registered Dietitian and Elite Runner

Barefoot Running

What is barefoot running? This article examines what barefoot running entails and if it is something that would work for you. And keep in mind: barefoot running doesn't always mean to run barefoot. It may just mean scaling down the shoes you are currently in and converting to a shoe that is more minimal. The idea is that if we start running with less cushioning under our feet, we will begin to run more efficiently. Read on if barefoot running is something you would like to know more about! (*It also doesn't mean you have to spend more to get less! The Kilkenny shoe from Saucony is only \$55.*)

There has been a lot of conversation and interest by many runners lately to convert to minimalist shoes. Proceed with caution. Your head might be ready but your body most likely is not. It will need to transition gradually.

Before down-scaling from your favorite shoe, it is more important to correct or modify your running technique or form to one where you have a mid-foot strike, not a forefoot or heel strike, a shorter and more rapid stride, with a slight forward lean keeping your center of gravity or body mass slightly in front of where your feet strike the ground. This will eliminate the traditional heel strike and reduce pronation.

You can learn to mid-foot strike in your regular shoes without running barefoot, although barefoot running is the single fastest way to find out how good your form really is because you won't heel strike. Barefoot running forces you to land on that nice, soft midsection of your foot.

As your form improves in your regular shoes, slowly transition to ones with less heel, less structure, less cushioning and the greatest amount of flexibility upfront, i.e., go from your regular trainer to a lightweight performance trainer to a racing flat if you want to soften the blow of barefoot running.

Because the minimalist shoe has less cushioning, you will lighten your foot strike and improve your posture. Heavier runners, however, will still need to protect themselves with ample cushioning and may end up in a “mid-minimalist”

lightweight performance trainer.

Available widths in minimalist shoes is an issue. Again, for those minimalist enthusiasts, remember to get there gradually. Try 4-6 runs of 30-40 minutes at an easy pace in your lesser shoes. Then let your body, not your ego, intuitively tell you where to go from there. And remember, Mother Nature is watching and she never hesitates to drop the hammer at any time to put the hurt on you. Also remember, she is undefeated and you are not.

Many Happy Miles and Smiles,
~John Pitcairn, Runner's Edge

Letter from the Executive Director: Members Give Their Two Cents in Survey

We sent a survey to you, our members, on New Year's Day to get feedback on how we're doing organizing races, workouts, seminars and other programs. One hundred and twenty-nine people took the survey, which is about a 25 percent response rate. We thought that was pretty darn good. Maybe you were all hoping to win that running top that we promised to give to one lucky member. We rather like to think that you love your running club and you wanted to give us some good feedback. Here are the results.

1. Please list the Run Wild Missoula races you ran or walked in 2009.

The reason we left this question open ended is because we wanted to see if you know which races were organized by Run Wild Missoula. Many of you admitted that you didn't know and listed other races like the YMCA's Riverbank Run or Parks and Rec's Frost Fever. The race most mentioned in the survey was the Missoula Marathon or Half Marathon — no surprise there since over 40 percent (not including the Missoula Kids Marathon) of those who participated in the marathon were from Missoula. Many of you also said you ran or walked The Missoula All Women's 5K, the Roots Run and the Turkey Day 8K.

2. What is your favorite Run Wild Missoula race? Why?

The Missoula Marathon and Half Marathon was the overwhelming winner, with organization, the training class, aid stations, and goodies as reasons cited. One of you said "It's great to be a part of something so big yet so friendly." It seems our members are in agreement with the readers of Runner's World Magazine.

Second place went to the Pengelly Double Dip while The Missoula All Women's 5K and the Turkey Day 8K tied for third. Other races mentioned include the Scrumpy Jack Scramble, the Roots Run, the Pumpkin Run and the Sweathouse Half Marathon.

3. Which kinds of races would you like to see Run Wild Missoula organize?

We left this question open ended as well in order to see what kind of creative races you'd come up with. We thought you'd be all over the map, but most of you said you want more trail races. We do, too, but we're limited in Missoula as to where we can hold trail races right now. For now, we hope to see more of you at the Pengelly Double Dip.

Some of you also said you'd like more races where the race proceeds go to a particular cause. Most of our races proceed go back into our organization (we are a 501c3 nonprofit organization with a mission to promote and support runners and walkers) so we can continue to organize races, training programs, host seminars and promote running in our community. We also donate to other organizations and projects that benefit running and walking in Missoula. In addition, three out of our 13 annual races are "cause" races. The Scrumpy Jack Scramble benefits Hellgate High School Cross Country, the Hellgate Village 5K proceeds go to the Missoula Alzheimer's Support Group in honor of Anne Hayes, and the Pumpkin Run proceeds benefit the Missoula Food Bank. Part of the proceeds from the Missoula Marathon also benefited Hellgate Amateur Radio Club, Camp Mak-A-Dream, Red Cross and Opportunity Resources.

Other comments included family friendly runs, track events, series races, races with obstacles and ultra marathons.

4. Do you attend Run Wild Missoula group runs on Saturdays at 8 a.m., Tuesday Track or Thursday Tempo Runs, both at 5:30 p.m.?

One third of you said yes while the other two thirds of you said you don't attend. Most of you who don't attend said they don't fit into your schedule. Others like to run alone or have a group of friends to run with. We were surprised at the number of you who said you're intimidated by these group runs or you think you're too slow. Runners of all levels attend the group runs, so don't be scared!

Those of you who do attend didn't have enough good things to say about the workouts and group runs. Thanks and keep coming!

5. Would you attend an alternative track workout for slower runners (ie: Laid Back Track)?

Over half of you said yes, which we found really interesting. We thought about starting an alternative track workout last year, but lots of beginners started showing up for Tuesday Track, creating a mixture of runners of all levels. Now if we could just convince all of you who are too intimidated to attend Tuesday Track... We'll give Laid Back some more thought. We'll keep you posted.

6. If you are a walker, when is the best time for you to attend a group walk?

Only about 15 percent of those who responded are walkers. This is actually much higher than we expected. The majority of you wanted to attend group walks on weekend mornings.

7. Which other types of walking programs would you like to see Run Wild Missoula offer?

The most common response was speed or race walking programs. Some of you also mentioned group hikes or trail walking. A few of you said you didn't think we should be putting energy into walking programs.

8. How long have you been a Run Wild Missoula member?

Over 40 percent of you said one to three years, 29 percent of you said less than a year, 13 percent stated three to five years, three percent said five to 10 years, and eight percent said over 10 years.

9. How important to you are the following Run Wild Missoula membership benefits?

The most important membership benefit stated was group runs and workouts. We thought this was interesting since we don't always get a huge turnout to group runs and workouts. Were some of you were making resolutions to attend them more?

The second most important benefit was "sense of belonging." Next was the newsletter and other RWM communication, with the Runner's Edge discount coming in a close fourth. Race and training program discounts came in fifth, while most of you didn't find importance in the membership gift—it was a reflective arm band in 2009. We expected that since most of you didn't pick up your armband in 2009. That's why we discontinued the gift this year and are introducing membership cards. The cards can be shown at various local businesses to receive discounts (see article in this newsletter).

Some of you asked, "What gift?" or said "I forgot to pick up my gift." Well, we still have lots left over, so please go to Runner's Edge and claim arm band today.

10. Do you plan to renew your membership?

Over 93 percent of you said yes—thank you!

11. Run Wild Missoula recently started organizing monthly seminars on running and walking. So far topics have included trail running, core strength training and winter running / walking. What other topics would you like to learn more about?

You had lots of ideas, including: nutrition, strengthening, injury prevention, gear, classes for advanced runners, running for moms, barefoot running, motivation, form and stretching.

12. Have you ever volunteered for Run Wild Missoula?

Almost 60 percent of you have while the rest of you said you had every intention to, but never made it happen for one reason or another. If you're interested in volunteering in any way: for a race, training class, seminar, or to serve on a committee please email eva@runwildmissoula.org.

Thanks to everyone who took the survey. The information will be valuable as we plan races and other programs in 2010 and beyond.

Oh, and for those of you who are wondering, the winner of the running top was member Jessica Crowley. She was randomly chosen out of 129 survey participants.

Happy Running/Walking,
~Eva Dunn-Froebig

Run Wild Missoula Photographers

The Runner's Edge is putting together a runners log/calendar for 2011. If you have any pictures of you, your friends, or your family running in the Missoula area, please email them to the Runner's Edge by May 1, 2010. We are looking for a variety of seasonal photos, so make sure to include photos from all times of the year. If your picture is one of the twelve chosen, you will receive a **\$50 gift card** to the Runners Edge along with the calendar you helped create! Please email photos to Anders at anders@runnerse.dgmt.com.

Donate Your Gently Used (Or New) Shoes

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

Introducing Run Wild Missoula Membership Cards

Run Wild Missoula membership cards will be ready for pick up at Runner's Edge on Tuesday, February 9. Please pick up yours in order to receive all of the benefits of membership of your local running club. Below are the 2010 Run Wild Missoula membership benefits.

Run Wild Missoula Membership Benefits

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

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

- * **Alpine Physical Therapy**, 5000 Blue Mountain Rd. and 2825 Stockyard Road. Suite I-3, \$20 off 1 1/2 hour runner's clinic evaluation (regular price of \$199) and free injury consultation after any RWM race.
- * **El Diablo**, 1429 S. Higgins Ave., On Tuesdays and Saturdays only, buy one burrito or taco, get one 1/2 off.
- * **Montana School of Massage**, 1629 South Ave., purchase 9 massages and get the 10th one free (Regular price of \$40/hr.). Family members can share punch card (fastest runner or highest mileage runner gets the free massage).
- * **Runner's Edge**, 325 N. Higgins Ave., 10% discount
- * **Jen Vanderberg Massage**, 529-1958, \$10 off 1-hour massage (Regular price of \$65/hr.)*

Welcome, Kevin Twidwell, to the Run Wild Missoula Board of Directors

Run Wild Missoula is pleased to announce that Kevin Twidwell has joined the Board of Directors. An attorney at Garlington, Lohn and Robinson, Kevin was instrumental in helping Run Wild Missoula gain non-profit status. He also serves on the Missoula Marathon Committee. I recently had a chance to get to know Kevin better.

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

K.T.: I was in Runner's Edge one day a couple of years ago buying yet again another pair of running shoes and Anders mentioned that there was a move afoot to organize a marathon in Missoula and he asked me if I would be willing to be on the committee since I had run several marathons. I agreed because it was a low-key group and I liked the people involved. It turned out to be a little more work than meeting once a month. The running group had been dissolved by the state, so we put together new by-laws, new articles of incorporation and chose a new name. Once we got the state to reinstate the running group as a corporation, we applied with the federal government for non-profit status. Usually, that involves filling an application, but for whatever reason, we were initially denied non-profit status. We thought the decision was arbitrary and made no sense so I wrote a 10-page appeal brief to the feds, and Run Wild Missoula was given non-profit status a few weeks later. I have been involved with RWM since then, serving on the Missoula Marathon Committee and assisting with the Pengelly Double Dip trail run.

E.D.: I understand you are a trail runner. When and why did you start running? What are you training for now?

K.T.: I started running in law school in 1991 as a stress reliever. After I built a base, I started running 5Ks and 10Ks in Missoula. When I graduated, I moved to Helena and started running marathons. I ultimately ran 13 marathons, but while I was in Helena I started running with a few ultra marathoners who took me up in the mountains on long, trail runs. I got hooked on the peace and quiet of trail running and found it was easier on my body than pounding pavement. Since then, I have done seven 100-mile races, several 50-milers and a few 50k and 100ks. This year, I hope to do a R2R2R Grand Canyon run with a group of friends in May, the Big Horn 50 Mile race in June and the Swan Crest 100 miler in July.

E.D.: What are your goals for Run Wild Missoula?

K.T.: Aside from making sure that RWM continues to grow, I hope to remind people that the reason we belong to the group is because we love running and running is something we do for enjoyment. In short, I hope our group continues to make running fun in Missoula.

Join Run Wild Missoula for a Running Film Event

Run Wild Missoula members usually see each other at training runs, races or Yoga for Runners. We thought we mix it up a little and offer you an opportunity to get together to watch a movie about—what else—running! The documentary film is

called "Long Distance," and follows Abiyot, an Ethiopian runner trying to re-launch his running career in the United States. With every aspect of his daily routine centered on his training, his footsteps not only dictate the rhythm of his life, but also become the pervasive rhythm of the film.



Scene from the film "Long Distance."

The 28-minute film is part of the Big Sky Documentary Film Festival and will play with three other short films on Saturday, February 13 at 12:15 p.m. at the Wilma Theatre. RWM members will receive \$1 off admission to the film with their membership cards. (Regular admission is \$5.) Be sure to pick up your brand new membership card at Runner's Edge starting on February 9.

Don't miss this exciting event for an opportunity to show Big Sky Documentary Film Festival goers how many runners are part of the Missoula community.

~Eva Dunn-Froebig

Anders Brooker Named Missoula Downtowner of the Year

Run Wild Missoula Board member Anders Brooker was recently named the 2009 Missoula Downtowner of the Year. The Downtowner of the Year is awarded to an individual who has made Downtown Missoula a better place due to his/her unselfish and extraordinary efforts, activities or contributions.

Nominated by Julie McFarland and Kim Klages-Johns, Anders is the owner of the Runner's Edge in Downtown Missoula. As a Downtown retail business owner, Anders works tirelessly to help keep Downtown Missoula the unique special place we all love. He gives countless hours of his time helping plan the Missoula Marathon (recently named the #1 Best Overall Marathon by readers of Runner's World magazine) bringing more than 2,300 people to Downtown Missoula from near and far. Countless individuals accomplished goals they could never have reached without his support and hundreds of people enjoy all that downtown Missoula has to offer because of his advocacy. Anders also serves as the Race Director for our own River City Roots Run and is the head coach for the Hellgate High School track and cross country teams. Anders is an incredible member of our community and has earned the title of Downtowner of the Year.

Courtney Babcock Participates in Olympic Torch Relay

Run Wild Missoula Board member and former Olympian Courtney Babcock had the honor of participating in the

Olympic Torch Relay on Saturday, January 23. The 2010 Olympic Torch Relay began on October 30, 2009 and will conclude at the start of the Vancouver Olympic Games on February 12.

Conservations Land Management Plan Public Comment Meeting Tuesday, February 9, 7 p.m., Fire Station #3 (Hillview and Russell)

Are you interested in how the City of Missoula manages its open space for recreation and conservation? If yes, then please attend this public meeting and express your opinion.

Learn from the Pros through Run Wild Missoula's Race Directing Mentoring Program

Do you aspire to be like some of our superstar race directors? Do you want to learn some new skills? Do you want to give back to your running club and running community by helping organize local races?

Run Wild Missoula is seeking volunteers who are interested in learning more about race directing. We are creating a race directing mentoring program in which members who want to learn how to direct races will be paired up with current race directors to learn some new skills and offer assistance. If you are interested in learning more please email eva@runwildmissoula.org.

**Flash from the Past
26 YEARS AGO**

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

We're going way back to February 1983 this month to look at an issue of Missoula Running News. The newsletter reported that the fourth annual Snow Joke Half Marathon, organized by the Cheetah Herders' five members, was slated for February 26. The article reported that national-class runner Mike Layman had won the first annual Snow Joke in 1:08:59, setting a (then) state record. The following year, Jim Hatcher broke that record by winning the race in 1:07:53. The course record for women at the time was held by Ann Danzer, 1:27:47. Registration for the 1983 race was \$2 and t-shirts could be purchased for an extra \$4.

The newsletter also reported course changes for the 1983 Governor's Cup marathon sponsored by Blue Cross Blue Shield. Participants had complained of the course "meandering" near the finish. The Governor's Cup was Montana's largest running event at the time with over 2,000 runners participating.

~Eva Dunn-Froebig

RWM Board of Directors:

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

Loie Turner
Kevin Twidwell

RWM Staff:

Eva Dunn-Froebig, Executive Director- eva@runwildmissoula.org
Jennifer Straughan, Missoula Marathon Race Director- jen@runwildmissoula.org

RWM Club Officers

Run Wild Yogi:

Missy Adams- missyadams410@yahoo.com

Coach & Coordinator, Tuesday Track:

Courtney Babcock- courtney@runwildmissoula.org

Coach & Coordinator, Training Classes:

Anders Brooker- runners_edge@hotmail.com

Equipment Manager:

Tommi Burton- burton@bresnan.net

Newsletter Editor:

Chris Everett- chris@runwildmissoula.org

Membership & Race Results:

Sue Falsey- sue@runwildmissoula.org

Program Manager:

Meg Lerch- meg@runwildmissoula.org

1200 Mile Club Coordinator:

Kristina Hurley- kmh121@gmail.com

Treasurer:

Dara Rouse- dara@runwildmissoula.org

Secretary:

Darr Tucknott- darr@runwildmissoula.org

Member Services Subcommittee:

Courtney Babcock
Anders Brooker
Sue Falsey
Meg Lerch
Darr Tucknott

Marketing Subcommittee:

Dariusz Janczewski
Jen vonSehlen
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

February 2010
Run Wild Missoula - Calendar

Sunday	Monday	Tuesday	Wednesday	Thursday	Saturday
31	1	2 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	3 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	4 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	6 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
7	8 "Learn from Those Who Have Done the Training and Run the Race," 7 p.m., Good Food Store	9 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge √	10 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	11 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	13 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√ Long Distance Film, 12:15 p.m., Wilma Theatre
14 Scrumpy Jack Scramble, 9 a.m., McCormick Park	15	16 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge √	17 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	18 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	20 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
21	22	23 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge √	24 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	25 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	27 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√

√ Free for Run Wild Missoula members.

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

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

Missoula Marathon and Half Marathon Running Training Class Registration 2010

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

Registration Fees:

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

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

What you get:

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

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

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

Are you interested in childcare during the Missoula Marathon training class? Yes No
(We may provide childcare options at an extra cost if there is enough interest.)

- 18 Week Class begins Sunday, March 7 & continues until the Missoula Marathon on July 11! First class meets at Runner's Edge, 325 N. Higgins, Missoula. Come ready to run or walk!

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

Signature _____ Date _____
Parent/Guardian Signature if under 18 _____ Print _____



Missoula Marathon & Half-Marathon Walking Training Class Registration

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

Registration Fees:

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

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

What you get:

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

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

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

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

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

Signature _____ Date _____
Parent/Guardian Signature if under 18 _____ Print _____



Scrumpy Jack Scramble



A Valentines Day Tradition!

2 Person by 2 Mile Relay Race

Race Info:

- Date: Saturday, February 14, 2010
- Registration 9:00 Start time: 10:00am
- Registration and Race Location: Currents Water Park Meeting Room, McCormick Park
- Course: Flat 2 mile loop thru McCormick Park
- Don't have a partner? Teams will be formed day of!
- Runners get **FREE Big Dipper Ice Cream!**

Entry Fees:

- \$16/team (\$8/person) before February 2nd. Late/day-of registration is \$20/team (\$10/person)
- Make checks payable to:
Aimée Kendrick c/o Scrumpy Jack Scramble
- Prizes to top three in each category

& Costume Category!

RACE TO BENEFIT:

Hellgate High X-Country

Sponsors:



PARTICIPANTS AND/OR THEIR GUARDIANS MUST SIGN THE ENTRY FORM.

Runner #1:

NAME _____
ADDRESS _____
CITY _____ ZIP _____

Runner #2:

NAME _____
ADDRESS _____
CITY _____ ZIP _____

Category (circle one): **Male/Female**

Female/Female

Male/Male

RELEASE

In Consideration of acceptance of my entry, I do hereby, for myself and my heirs, waive, release and forever discharge any and all sponsors, and race directors of the Scrumpy Jack Scramble and the city of Missoula from any and all liability arising from illness, injury or damages I may suffer as a result of my participation in this event.

Signature _____ Date _____ Signature _____ Date: _____

Signature of guardian if participant under 18 _____ Date: _____

Mail Entry to:

Scrumpy Jack Scramble c/o Em & Tory Kendrick 431 East Pine Street Missoula, MT 59802

Questions? Call Em & Tory at (406)829-1313 or email us at akendrick99@msn.com

Run for the Luck of It 5k

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

Registration Info:

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



Logo Design by Charlie Wolff

Entry Fees:

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

Course Info: Line up at 11:00 am near Higgins & Pine. Flat & Fast 5k! Course runs south down Higgins Ave. & loops through the University District, winding back downtown and ending in front of Sean Kelly's.

This & That:

- **Post race food and drinks for participants provided by Sean Kelly's: A Public House!!!**
- Participants will become the proud owners of a sham-rockin' beanie to keep the top o' ye head warm.
- Post race raffle and presentation of prizes for top finishers will begin at 12:30 pm.
- Costumes, the wearing of the green, and Irish-influenced garb is highly encouraged—prizes will go to the most spirited participants!
- Stick around for Missoula AOH's 30th Annual St. Patrick's Day Parade beginning at the Xs at noon.

Participant or their Guardian must sign this registration form!

Name (please print clearly): _____

Address: _____

Phone: _____ Email: _____

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

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

Signature: _____ Date: _____

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

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

Special Thanks to our Generous Sponsors





NON PROFIT ORG
US POSTAGE PD
MISSOULA MT
PERMIT # 569

P.O. BOX 1573
MISSOULA, MT 59806
www.runwildmissoula.org



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



www.runmt.com