



# Running Wild

The official newsletter of Run Wild Missoula  
November, 2010

"Sorry, I've Just Got To Run . . ."

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## Run Wild Missoula Events –November and December

### **Special Edition Cemetery Beer Run, Wednesday, November 3, 6:00 p.m., Silver Dollar Bar, 307 Railroad St. FREE**

Caballo Blanco joined us last month for our Beer Run. We couldn't miss that opportunity. But we also knew we could not miss the Halloween-themed cemetery run we'd be planning. So, meet at the Silver Dollar Bar and follow Chancellor of Libations Pat Cross through one of Missoula's spooky cemeteries on November 3. Costumes are optional. I know I'm wearing one.

The group run of about five miles will be posted at the meeting place. If you're not a beer drinker, we'll make sure the establishment has other beverages available so you can join in the fun. Watch the web site for location and details. Questions? [Email Chancellor of Libations Pat Cross.](#)

### **Seminar: Eating Healthy on the Go**

#### **Monday, November 8, 7:00 p.m., Runner's Edge, 325 N. Higgins Ave.- FREE**

Registered Dietician Sue Huse will talk about power foods for runners and how you can incorporate them into your busy life. Bring your ideas on how you manage to eat healthy while juggling a busy schedule. Also, feel free to bring recipes to share if you wish.

### **Beer Run- Double Front Chicken Lounge, Wednesday, November 17, 6:00 p.m., Double Front Chicken Lounge 122 W. Alder- FREE**

Greetings from your Chancellor of Libations -

I hope you all had a wonderful Halloween, but Halloween means the end of nice weather so it is time to get back into the swing of cold weather running and headlamps.

Plans are set for the November Beer Run, and while I was lying awake night after night working up the plan I got to thinking, "Ok, November- oh that means Thanksgiving, unh Thanksgiving, that means Turkey- Turkey that's a bird, cool and Chickens are birds as well. Oh man I do love fried Turkey, but I really love fried chicken. Fried chicken means one thing. Double Front."

So I made a quick stop into Double Front and, like gravy on biscuits, we are on. So on November 17th (I didn't think many of you would want beer and fried chicken the night before the annual Turkey run) we will head out from the Railroad Street side of the Double Front for a quick run around town before we stop back into the Double Front Lounge for a libation and my first Double Front Chicken in some 20 years.

Now don't get me wrong, I love Double Front Chicken and dream about it all the time, I just haven't been ready to face all the calories. But with adequate adult guidance and support from the Beer Run Crew I think I will be strong enough to do the deed and enjoy the sublime experience. The group run of about five miles will be posted at the meeting place. If you're not a beer drinker, we'll make sure the establishment has other beverages available so you can join the fun.

So I will see all of you at 6:00 pm on Wednesday November 17th at the Double Front, 122 West Alder. Questions? [Email Chancellor of Libations Pat Cross.](#)

~ Pat Cross

## Race/Class Registration Forms

Race/class registration forms for all Run Wild Missoula races/classes can be found on the web at [www.runwildmissoula.org](http://www.runwildmissoula.org) and at the Runner's Edge.

For other events, not sponsored by Run Wild Missoula, race registration forms for many of these events can also be found at the Runner's Edge or see the identified web sites, email and contacts for race information.

## Run Wild Missoula's Tuesday Track

A coached track workout for runners of all levels. Whether you run a 5 minute mile or a 12 mile minute, you will find someone to run with! Tuesday Track at UM's Dornblaser is done for the season. However, Courtney Babcock will continue to coach speed workouts from the Runner's Edge, 325 N. Higgins Ave. on Tuesdays through the winter. The group will meet on Tuesday, November 2 at 6 p.m. Starting on Tuesday, November 9, workouts will begin at 5:30 p.m. and will continue at that time and location through the winter. Cost: Free to Run Wild Missoula and Team Stampede members. This event sponsored by Axis Physical Therapy. Questions? Email Coach Courtney Babcock.

## Turkey Day 8K, Nov. 25, 9:30 am, Boone and Crockett Club

**Course:** The course is a flat out and back along the Kim Williams Trail. It starts and finishes at the Boone and Crockett Club.

**Entry Fees:** \$13 for Run Wild Missoula members, \$15 for non-members

**Race Description:** The race is open anyone wanting to get some fresh air and exercise before feasting on a Thanksgiving meal! It's a great run/walk to do as a family on a holiday. The course is open to strollers and walkers. This is the fourth year of the race and any weather is possible. There are no aid stations.

**Amenities:** Everyone who signs up gets a pair of gloves. Door prizes are given to participants.

**Awards:** Awards are given in the form of Thanksgiving food to the top 3 female and top 3 male overall winners.

## Stay Motivated to Run through the Winter, Monday, December 13, 7:00pm, Runner's Edge, 325 N. Higgins Ave.- FREE

Darkness and cold have started to set in, making it hard for you to imagine how you're going to continue training through the winter. Listen to runners who have trained all winter long in the dark and snowy streets and trails, some even for a spring marathon. Panel discussion with seasoned runners Vicky Mix, Tim Mosbacher, David Schmetterling and Darr Tucknott.

## Boston/Spring Marathon Training Class, starts 5:30 p.m., Monday, December 27, 2010

Did you qualify for Boston and were lucky enough to get your registration accepted in the less than eight hour window? Or, have you run a marathon and wish to run another this spring? If the answer is yes to either of these questions, Run Wild Missoula has a training option for you this winter.

For the past several winters, Run Wild Missoula has offered an advanced winter marathon training class. The class utilizes a veteran 16-week marathon training schedule which ends the weekend of the Boston Marathon. This schedule is also ideal for any spring marathon held in April or May. First group meeting is on Monday, December 27 at 5:30 p.m. at the Runner's Edge and its first long run on Sunday, Jan 2 of 16 miles.

**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. The schedule eventually tops out at 60-75 miles per week, with each runner determining necessary miles.

**What you get:** Great running companions, a race day singlet, running apparel, expert coaching, 4 group runs a week, aid stations for long runs, post-long run food and more!

**Coaches:** Tim Mosbacher, former collegiate runner and high school coach, and Courtney Babcock, University of Montana Cross-Country Coach.

The group will meet four days a week at the Runner's Edge for a variety of training opportunities with a general schedule being:

**Group Runs:** All group runs meet at the Runner's Edge, 325 N. Higgins Ave.

**Track Workouts:** Tuesday at 5:30 p.m. coached by Courtney Babcock

**Tempo/Middle Distance Runs:** Thursday at 5:30 p.m. coached by Tim Mosbacher

**Middle Distance Runs:** Saturday at 8 a.m. coached by Tim Mosbacher

**Long Runs:** Sunday at 8 a.m. coached by Tim Mosbacher

**Cost:** \$50 for Run Wild Missoula Members, \$75 for non-members. Please make checks payable to Run Wild Missoula.

Click here or download registration form at

[http://www.runwildmissoula.org/files/documents/rwm\\_boston\\_training\\_reg\\_2011.pdf](http://www.runwildmissoula.org/files/documents/rwm_boston_training_reg_2011.pdf)

Questions or want to volunteer? Contact Tim Mosbacher [mosbachers@gmail.com](mailto:mosbachers@gmail.com)

## Other Events

### Run For The Health Of It, Nov. 6, 10:00am, The Women's Club, 2105 Bow Street

The Western Montana Oncology Nurses (WMON) is pleased to announce the 2<sup>nd</sup> annual 5K fun run/walk. All proceeds benefit Montana Cancer Screening Program which provides assistance for colon cancer screening. Start and finish in front of the Women's Club. Registration November 1<sup>st</sup> through race day - \$20.00. All preregistered participants guaranteed to receive an

## Saturday Breakfast Club Runs/Walks Saturdays at 8 a.m. at the Runner's Edge

Questions? Contact Coach [Meg Lerch](#).

Cost: Free to Run Wild Missoula members

Need a little inspiration to get out of bed on the weekend?

Love to run but enjoy it a little more with others? Come join us on our Saturday morning runs at the Runner's Edge at 8 a.m. These runs are geared towards everyone, from the beginner to the advanced runners. Plus, there's free breakfast after the runs starting on Saturday, July 17. We hope to see you there!

earth friendly insulated mug. Stick around after the race for prizes and raffle. Packet pick up and registration on race day Nov. 6<sup>th</sup> at 8:30am. Check out Western Montana Oncology Nurses on facebook.

### Mount Sentinel Hill Climb, Sat., Nov. 6, 11:00am, Mt. Sentinel Trail

Race-day registration at 10 a.m. in M parking lot at UM. Cost: \$15 (includes winter headband). Proceeds benefit UM's Triathlon Team. For more info contact [Joshua Goldberg](#).

### Missoula Nordic Ski Club Annual Meeting and Banquet, Wednesday, November 10, 6:00pm, Stensrud Events Center

314 N 1st St W, Missoula

Everyone is welcome to join members get excited about the upcoming ski season. Hear about club plans and exciting developments in Seeley Lake. Featured speaker, 3 Time Missoula Marathon Winner, Kiefer Hahn. He'll provide information on the benefits and "how tos" of integrating Nordic Skiing into a fitness plan. It's a potluck, bring a dish to pass, grab a growler from across the street. Soda, juice and water provided. There will be a ski and equipment swap as well as information from local shops and organizations involved with Nordic Skiing.

### Run For Hope 2, Nov. 13, 2010, 9:00am, Pineview Park near Rattlesnake Elementary School

Show your stripes and raise awareness of carcinoid cancer. Prizes for best zebra costume and knowledge of key facts about carcinoid. Proceed benefit Montana carcinoid patients in need of financial assistance for medical care (through the Lois Merrill Foundation). Entry fee \$25.00. Packet pick up at Runner's Edge Nov. 12 4:00 to 6:00pm or race date. Questions? Contact [dcopeland82@yahoo.com](mailto:dcopeland82@yahoo.com)

### 2010 Freezer Burn, Dec. 5, 10:00am – 10 mile run, 10:10am – 5 km run/walk, Frenchtown High School Parking Lot

Hosted by the University of Montana Exercise Science Student Association. 13 and under Free. 5 km race - \$10.00 (\$5.00 with Griz Card); 10 mile race - \$20.00 (\$10.00 with Griz Card). Entries postmarked after Dec. 1 or race day entries add \$5.00. For more information visit the web site at [http://www.soe.umt.edu/hhp/current\\_events/default.html](http://www.soe.umt.edu/hhp/current_events/default.html) Also you can email [steven.gaskill@umontana.edu](mailto:steven.gaskill@umontana.edu)

## Missoula Marathon

### Free Shirts to Good Home

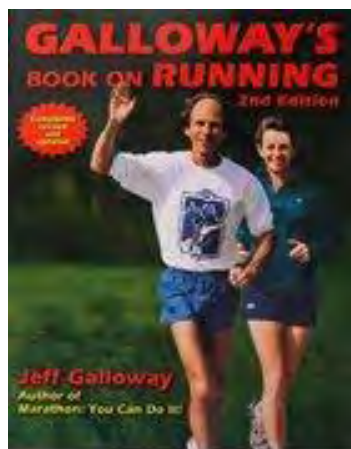
The Missoula Marathon is looking for good homes for our leftover Missoula Marathon shirts. Do you know of a worthy organization that could use our shirts? Are you traveling to an exotic, foreign destination where you could spread the Missoula Marathon word?

So far we have shirts going to Madagascar, a youth training group in Boise, and to some individuals looking for motivation for the 5<sup>th</sup> Annual Missoula Marathon. What ideas do you have? We have many shirts – don't be shy! Let's share the Missoula Marathon with the planet! Email your ideas to [jen@runwildmissoula.org](mailto:jen@runwildmissoula.org).

### Jeff Galloway and Missoula Marathon 2011

The Missoula Marathon is bringing Jeff Galloway to Missoula for the 5<sup>th</sup> Annual Missoula Marathon. Jeff Galloway bridges the gap between people who are completing marathons successfully, and those who either believe a marathon is beyond their capability or who are having difficulty or injury. He developed the marathon concept of run/walk to get from the beginning to the end with the emphasis on "injury free."

Jeff Galloway will be in Missoula twice this year: The first time on Tuesday, January 18<sup>th</sup> and again for the Missoula Marathon Sunday, July 10, 2011. In January Jeff will give a talk to the general public on his training methodology and why it could work for you. He will also conduct training classes for those who wish hands on advice. Specific information on both these events is coming (be sure to "like" the Missoula Marathon Facebook page to keep up with this and other events of the Missoula Marathon.)





Diva Day Crowd

Jeff Galloway competed in the 1972 Olympics, among other elite racing accomplishments. He is an author and his book "Galloway's Book on Running" on is down at Runner's Edge. Go to [www.jeffgalloway.com](http://www.jeffgalloway.com) for information on Jeff Galloway and his training techniques.

Many of you have probably heard Jeff Galloway speak at marathons you have attended. He is an engaging, motivated and inspirational speaker. He believes in the message he delivers and is there to help anybody who asks. Whether you wish to use his technique or not, you will find his presentation worthwhile.

### "Like" the Missoula Marathon!

The Missoula Marathon uses blogging, Facebook and is about to get more proficient on Twitter. We use these communication forms to keep you up to date on what's happening with the Missoula Marathon between newsletters and there's never a dull moment. We have a new Facebook page, so look for the Mile Marker Legs to get the correct page. Be sure to become a "friend" today!

### Missoula Marathon Registrations Rolling In

Ever since the Missoula Marathon opened registration at the end of September, the registrations have been slowly and consistently rolling in. The new registration system, Webconnex, is working well and to date we have 29 registrations on-line and at last report at least 3 mail-in registrations. This is far more than we have ever had at this time previously. Additionally, the hotels tell us they are getting room reservations!

States represented on-line include Georgia, Pennsylvania, Illinois, Hawaii, Virginia, Idaho, Tennessee, New York, Alaska, California, Washington DC, Maryland and Washington. It looks like another good showing by the United States is coming our way!

### Race/Event Reports

#### Diva Day - October 2, 2010.

Day breaks late in October, so at first we can only see grey tents, grey costumes, grey boas, grey glitter, and hear soft, grey sounds. Slowly, the sun comes up and stays out. Dave Norman cranks up the Mountain FM announcing stand, the divas arrive from all over town (and a couple of other states), and the day begins. The pictures tell it all, the colors, the enthusiasm, the crowd - over 700 ran this year. Lots of music, dancing, everything from a big comfy chair from the Living Room to eyebrow waxing from Skin Chic. Oh right, there was a great 5k run/walk where moms and friends and kids and families ran or walked for their own purposes and to their own drummers to honor a fallen loved one, to celebrate health, to just have some fun. How many races have a water stop with JR, in a bow tie, serving water, chocolate and grapes, accompanied by classical music? One---the Missoula All Women's 5K on Diva Day. Next year, we are moving to Oct 8, as Homecoming is Oct 1, and even Divas have to give the town over to Homecoming.

Thank you, thank you generous sponsors: Community Medical Center, Alpine Physical Therapy, Skin Chic, Runner's Edge, The Living Room, Culligan Water, Exact Image, Lambert Family Chiropractic, Mountain FM, Beautiful Weddings, Laurel Creek Clothing and many, many others. Thank you also to the many, many volunteers who made the event possible and most of all to the 725 participant divas who made this event great! Also, Neil Chaput de Saintonge and Brad Leonard captured the day beautifully in photos, which you can access at [runwildmissoula.org](http://runwildmissoula.org) or at RunWild's facebook page.

~ Sue Falsey



Diva Day Families



Diva Day Kids

All Diva Day photographs courtesy of Brad Leonard and Neil Chaput de Saintonge.



Mario Colucci and Matt Dunkle look at Billy Janczewski (son of RWM's member) helping out with the digging. Mario and Matt were the main engineers of the step structure built this day. Step structures have been built at about half of the switchbacks on the Missoula's most popular trail.



Val, Kipp, and Glen, working out for Mt Sentinel. Photos by DJ Janczewski.

## M Trail Stewardship Day A Huge Success

In the spirit of connecting the running community with stewardship of our local trails, RWM co-hosted a service day on the M Trail on October 9. About 20 members of RWM worked with members of the UM Student Chapter of the Society for Ecological Restoration help maintain this beloved trail and the prairie plants on either side of it.

The goal of the work day was to create a step structure at switchback #8 and help with ongoing native prairie restoration efforts on Mt Sentinel. If you hike or run the M Trail very often, you may have noticed that in the last 2 years several of the switchbacks have been outfitted with steps. This is a way to slow down erosion by making the trail less steep. When the M Trail was installed so many years ago (in the 1920s?), the grade was too steep to sustain the amount of foot traffic the trail receives now. (I once had some UM interns count M Trail hikers; it turns out that up to 1,000 per day make the pilgrimage to the M!)

We had a few specific tasks. The first was to carry timbers and fill gravel to switchback #8 for the "technical crew" to install the structure. Technical advice, including design work and installation, we provided by Jon Paulson and Matt Dunkle (UM students in the Wildlands Restoration major) and Mario Colucci, resource professional at Montana Conservation Corps. RWM members seemed to relish the chance to combine cardio work with upper body strength training, because the materials flew up the mountain in no time.

Our next task was to pull spotted knapweed (an introduced, invasive plant) from the sides of the trail and plant the native species prairie Junegrass in its place. Under the capable supervision of UM staff member Leah Grunzke, dozens of bunchgrasses went into the ground, AND the botany crew had time to place branches and rocks on false trails which will help keep foot traffic contained to the M Trail proper.

It was a productive and fun day, and the good energy was in large part due to the support from RWM. Snacks, pizza and Gatorade were all provided by RWM and our running friends were in good spirits, as is generally the case. In addition to all this good will and hard work, RWM presented Friends of the M Trail with a check for \$250 for materials and supplies for ongoing M Trail maintenance!

This was the first of hopefully many community trail projects that RWM will support. Our newly formed Trails Committee has our ears out for more opportunities. In fact, as I write this, some RWM volunteers are helping to "run in" a new trail in the North Hills! I hope you will join us on our next project. Happy running!

~ Marilyn Marler, Trails Committee

## The 15th Annual Pumpkin Run

Overall Winner: Run Wild Missoula member Tammy Mocabee.

Congratulations to Tammy Mocabee, overall champion of this year's 5k Pumpkin Run. Tammy, have a great time with that overall prize, a drill from Ace Hardware, and I am sure you already have list of chores to attack with your new power tool! Just consult your Honey Do List. The first male and female across the finish line won \$25 gift certificates donated by the Runners Edge.

The 2010 Pumpkin Runs were a huge success with 55 kids (plus a few documented space aliens) participating in the 400 meter dash and over 225 people in the 5 K run/walk. Around \$2,400.00 was raised for the Missoula Food Bank. Special thanks to the people that help make this event a success year after year. Volunteers for the event included several people from the Missoula City-County Health Department, Run Wild Missoula members and volunteers from as far away as Bozeman, Montana and Dallas, Texas. The new location requires more helpers and the surprise last minute support of Vicki, Eva, Steve Wieler and Glen Govertsen was most assuredly needed and

appreciated! Event sponsors included The Runners Edge, Missoula Ace Hardware, The Good Food Store and The Book Exchange.

Over the last couple of years it has become tricky to acquire small pumpkins for the 400 meter kid's event. So I supplemented with gourds and squashes again this year since my garden only produced 22 small pumpkins. But have no fear, in the future we will continue to scour the area for small pumpkins since this is a Pumpkin Run.

This was the first year for the Pumpkin Run in the East Missoula Canyon River Golf Course location and several favorable comments on the new site were received. Thanks to the Club House for letting us use their parking lot. I hope to use the same venue next year and with lessons learned we should be able to make finding registration (by the river trail behind club house) easier. The new site does take a few more people to put the run on, so hopefully the volunteers will continue to haunt this event. Have a great Halloween!

~ Ben Schmidt



Darren and Colleen DeRueck (standing and kneeling far left) at the Rattlesnake Trailhead

### Colleen and Darren DeRueck's Missoula Running Clinic

Missoula runners and Run Wild Missoula were fortunate to have Colleen and Darren De Rueck in Missoula on October 22-24 to conduct a running clinic. Several RWM members first saw Colleen De Rueck in person last February at the USATF Cross Country Championships and thought "maybe she'll come to Missoula and show us how to run better faster farther!" For those who may not know Colleen has been in the Olympics four times, and at the age of 46 just ran a 2:34 marathon in Chicago (winning the masters women), is the current 2009 USATF Master Athlete of the Year, and won the Copenhagen marathon in May, 2010 in 2:30. She is amazing. Her husband, Darren, is her coach. She and her husband graciously agreed to come to Missoula.

After a meet and greet on Friday evening, on Saturday Colleen and Darren conducted a track workout followed in the afternoon by a lengthy session devoted to training plans, nutrition and running exercises. On Sunday morning we ran from the Rattlesnake Trailhead and followed the run by another session of questions and answers.

Colleen and Darren enjoyed their time in Missoula and they offered to return some time in the future. Thank you to the wonderful hospitality of Maria and Peter Stokstad and family for hosting Colleen and Darren and also to Momentum for the kind use of their facility. Both Colleen and Darren were remarkable in their kind and sincere support of each runner regardless of their age or speed. As said of Colleen: "Colleen's commitment to the sport is unsurpassed, and her appreciation of her position is a rare thing indeed." And Darren summarizes his commitment to coaching saying: "Having coached runners of all abilities, it is just as satisfying to watch someone break 60 minutes for the 10 km for the first time as it is to see someone break a world best on the roads. I have been coaching since 1988 and feel each day brings something new and exciting and I will continue to grow and learn and pass that onto my runners."

It was truly a superb running clinic. Thank you to all who made it happen.

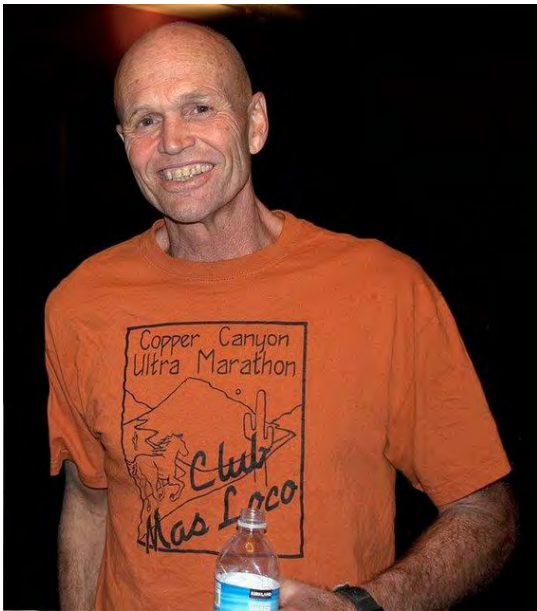
### Caballo Blanco Runs Wild and Free In Missoula; Raises Over \$5,000 for the Running People of Mexico

Run Wild Missoula members and other Montanans demonstrated this week that they understand the meaning of Korima – the Raramuri Indian word for sharing.

On Oct. 28, some 600 people went to the Wilma Theater and donated \$7 each to listen to Caballo Blanco, a central character in the book "Born to Run," discuss the Raramuri Indians - the indigenous running people



Colleen DeRueck's water bottle at the 10K mark on the elite runner's table at the Boston Marathon



Micah True (Caballo Blanco) relaxing after his talk at the Wilma

of the Mexico's Copper Canyon - and the 51-mile race he organizes for them and a few gringos every year. The crowd also bought raffle tickets for a host of donated prizes and purchased donated beer to raise a total of \$5344.89 for the Raramuri people.

The organizers of Caballo's visit were amazed and thrilled that so many people came to hear Caballo, whose real name is Micah True. They had hoped to raise about \$3,400 to help feed and house the 2011 Raramuri runners of the Copper Canyon Ultramarathon, which Caballo organizes. Last year, businesses near the race charged the Raramuri runners for food and lodging, but Caballo paid the bill out of his own pocket so that the runners would have an easier time affording to participate.

A few Missoula runners who have signed up for the 2011 CCUM made it their goal to raise enough money to cover food and lodging for the Raramuri next year so that the price tag wouldn't keep them from doing the race. CCUM is important to the Mexican runners for many reasons, including the fact that the race awards \$14,000 in cash to the top runners and distributes 100,000 pounds of corn to the finishers. In an act of *Korima*, non-Raramuri finishers generally donate their corn and any winnings to the locals. Caballo gladly came to Montana and reached out and touched quite a bit of Missoula during his three-day stay in Missoula. He showed videos from the CCUM while mingling and dining with Run Wild members. He went on trail runs with local runners in the North Hills and in the Rattlesnake Recreational Area. He spoke candidly at a book club at the Runner's Edge about the accuracy and inaccuracies of "Born to Run." And he did interviews with NPR and NBC. The Missoulian and the Missoula Independent also published articles about Caballo and the event.

Caballo also helped RW attract the biggest turn-out yet for one of its monthly beer runs. More than 110 runners met at the Wilma to go on a five-mile run on the Kim Williams Trail with Caballo. Unfortunately, Caballo tweaked a calf muscle that morning on a run in the Rattlesnake, so he did not participate in the run portion of the "beer run." But he mingled with the runners before and after the run; he signed posters and copies of "Born to Run;" and he posed for pictures with runners from all over western Montana, including Helena, Butte, Anaconda and Polson, to name a few.

Caballo had good things to say about Missoula and our running community in a Facebook post about his time in Montana: "aMAIZing. In a state with one of the lowest populations, over 600+ Montana folks came out last night at the Wilma theater in Missoula to see the talking horse show, watch images, and learn more about the CCUM and Raramuri. I think that a message most took home with them was "kuiira Ba"--we are all one.... Cerveza and donations to Norawas flowed generously. Run Wild Missoula Raramuri---Run Free!"

The money raised at the event will go to the Raramuri through a non-profit organization, Norwas De Raramuri. Donations can be made by visiting the organization at [www.norawas.org](http://www.norawas.org).

Sponsors, who donated prizes or money (or both), for the event included Run Wild Missoula, the Wilma Theater, Runner's Edge, Momentum Physical Training, Big Sky Brewery, Amy McGovern, Hide & Sole, the Trailhead and the law firm of Garlington Lohn & Robinson.

~ Kevin Twidwell



Running with Caballo Blanco

Photos by Kevin Twidwell.

## At The Races

Visit [www.runmt.com](http://www.runmt.com) for a complete list of Montana races.

### Pumpkin Run 5K

First Name	Last Name	gender	age division	Time	Div Place
Claire	Rappold	f	16 to 18	29:54	3
Jennifer	Sauer	f	19 to 34	21:21	1
Hannah	Seifert	f	19 to 34	23:51	8
Kelsi	Camp	f	19 to 34	26:45	13
Talitha	Parsons	f	19 to 34	27:20	16
Lee	Macholz	f	19 to 34	27:25	17
Melissa	Silverman	f	19 to 34	29:01	20
Coreen	Johnson	f	19 to 34	29:26	24
Maggie	Burwick	f	19 to 34	30:12	32
Mary	Broache	f	19 to 34	35:18	48
Eva	Dunn-Froebig	f	19 to 34	35:39	50
Liesel	Marron	f	19 to 34	37:14	55
Jaime	Cheman	f	19 to 34	38:39	57
Heather	Hudson	f	19 to 34	41:36	58
Sarah	Smith	f	19 to 34	42:31	59
Danelle	Gjetmundsen	f	35 to 44	21:37	2
Molly	Riddle	f	35 to 44	22:40	4
Cindy	Hart	f	35 to 44	24:07	6
Karen	Dibari	f	35 to 44	25:29	7
Tara	Laslovich	f	35 to 44	28:53	11
Kristie	Ruttenbur	f	35 to 44	29:29	12
Lisa	Sproull	f	35 to 44	30:21	13
Amy	Westereng	f	35 to 44	31:00	16
Rhonda	Decker	f	35 to 44	32:06	18
Kirsten	Pabst	f	35 to 44	32:07	19
Stacey	Bray	f	35 to 44	32:16	20
Reidun	Johnston	f	35 to 44	33:02	23
Tonya	Harding	f	35 to 44	42:32	30
Koulee	Johnson	f	35 to 44	45:51	35
Tammy	Mocabee	f	45 to 54	22:56	3
Sue	Furey	f	45 to 54	27:04	4
Kathy	Dahood	f	45 to 54	32:05	8
Georgia	Cobbs	f	45 to 54	32:42	10
Kimberly	Dredger	f	45 to 54	33:43	12
Carol	Holman	f	45 to 54	34:03	14
Carol	Smotherman	f	55 on up	37:49	18
Terry	Stekly	f	55 on up	42:34	20
Eli	Dibari	m	1 to 13	22:49	1
Ian	Wolf	m	1 to 13	31:27	6
Gabriel	Silverman	m	19 to 34	28:54	9
Devon	Downing	m	19 to 34	30:27	13
Tory	Kendrick	m	35 to 44	18:02	1
Josh	Kendrick	m	35 to 44	19:43	3
Justin	Grigg	m	35 to 44	20:31	5
Brandon	Hart	m	35 to 44	22:52	7
Michael	Seevers	m	35 to 44	23:39	10
Craig	Macholz	m	35 to 44	27:25	12
James	Johnson	m	35 to 44	28:37	14
Eric	Wolf	m	45 to 54	18:45	1
Brian	Fruit	m	45 to 54	19:00	2
Pat	Cross	m	45 to 54	21:10	5
JB	Yonce	m	55 on up	22:39	1

Tim	Furey	m	55 on up	27:34	3
Bob	Hayes	m	55 on up	32:43	5
Ira	Smotherman	m	55 on up	35:42	6

Pumpkin Run 400 Meter

First Name	Last Name	Time	Place
Abbey	Kendrick	2:07	4
Annika	Kendrick	2:45	14

2010 Homecoming Hustle

AgePlace	AgeGrp	Name		Gender	Age	Time
2.	21-30	Andy	Tucknott	M	31	17:14
6.	21-30	Trisha	Miller	F	30	18:23
7.	21-30	Tristan	Scott	F	29	19:13
9.	21-30	Jennifer	Thomas	F	30	22:26
10.	21-30	Shani	Sullivan	F	21	22:31
15.	21-30	Phoebe	Fortunate	F	24	26:10
1.	31-40	Steve	Liechty	M	40	19:24
5.	31-40	Laura	Johnson	F	37	22:14
6.	31-40	John	Carpenter	M	35	23:44
7.	31-40	Jason	Huntsinger	M	39	24:21
8.	31-40	Miles	Key	M	34	24:34
16.	31-40	Lisa	Sproull	F	37	28:20
17.	31-40	Mellissa	Barba	F	37	28:22
21.	31-40	Jennifer	Ewan	F	32	31:18
22.	31-40	Jamie	Cheman	F	31	31:31
25.	31-40	Stacey	Bray	F	38	40:38
2.	41-50	Mary	Thane	F	41	18:59
4.	41-50	Benjamin	Schmidt	M	46	21:16
15.	41-50	Nancy	Rusho	F	49	28:43
1.	51-60	Don	Malerk	M	56	20:05
4.	51-60	Laurie	Gregory	F	57	22:34
7.	51-60	Bridget	Johnson	F	55	26:30
10.	51-60	Terry	Stekly	F	56	29:08
11.	51-60	Elizabeth	McDonald	F	59	29:08
12.	51-60	Georgia	Cobbs	F	52	32:25
3.	61-87	Bob	Hayes	M	84	32:26
4.	61-88	Myke	Crosier	F	61	35:13
8.	n/a	Dean	Lipp	M	...	24:23
13.	n/a	Carol	Lipp	F	...	26:31
17.	n/a	Maggie	Braun	F	...	28:33
18.	n/a	Kristie	Ruttenbur	F	...	28:55
23.	n/a	Devon	Downing	M	...	30:52
1.	walkers	Barb	Fortunate	F	59	29:22
8.	walkers	Norman	Fortunate	M	59	29:43

Blue Mountain 30K -

Place			Age	Time
3.	Matthew	Berlin	24	2:23:58
9.	Tory	Kendrick	35	2:33:59
10.	Brian	Fruit	48	2:35:27
13.	John	Hart	43	2:43:46

17.	Doug	Maves	41	2:50:31
18.	Kevin	Eichhorn	44	2:50:32
20.	Michael	Yager	41	2:54:31
23.	Joshua	Kendrick	38	3:03:48
25.	Dana	Bandy	56	3:15:49
26.	Kevin	Twidwell	46	3:20:50
28.	Steve	Liechty	40	3:21:53
29.	Larry	Peterman	56	3:32:55
32.	Rick	Wishcamper	36	3:38:22

35.	Josh	Nichols	33	3:41:59	
37.	Ben	Landkammer	26	3:56:09	
39.	Keith	Graham	58	4:05:14	
Place				Age	Time
4.	Julie	Gilchrist	42	2:50:43	
6.	Em	Kendrick	34	2:56:39	
11.	Kate	Oyler	31	3:01:28	
12.	Jessie	Thomas	31	3:01:44	
24.	Shannon	McCarthy	28	3:25:07	
25.	Sherri	Kenyon	48	3:31:29	

28.	Laura	Becerra	29	3:34:00
31.	Breanne	Ender	33	3:37:11
37.	Marilyn	Marler	39	3:40:45
38.	Alayna	Dupont	25	3:41:09
39.	KP	Nichols	30	3:41:58
40.	Vicky	Mix	49	3:44:40
41.	Sharon	Sterbis	44	3:46:09
42.	Pam	Estill	39	3:46:51
46.	Rachel	Morawski	37	3:54:51
47.	Nora	Hellman	30	3:57:46
49.	Elizabeth	Strong	30	4:19:51
51.	Eileen	Robbins	60	4:57:23
52.	Kristal	Cowart	29	4:59:50

Diva Day

First	Last	Age	chip time
Mary	Thane	47	19:11.1
Jenny	Newton	40	19:52.4
Danielle	Lellek	22	20:52.5
Danelle	Gjetmundsen	41	21:30.9
Tammy	Mocabee	48	22:36.4
Molly	Riddle	35	22:40.0
Hannah	Seifert	19	23:02.2
Robyn	Winger	39	23:07.8
Lisa	Gregory	43	23:08.1
Jennifer	VonSehlen	31	23:16.8
Stacey	Brown	32	23:31.1
Nichole	Corona	30	23:56.2
Ashley	Mix	18	24:05.4
Cindy	Hart	37	24:08.6
Gay	Peterson	50	24:42.5
Danette	Devos	39	25:00.9
Sally	Russell	58	25:04.5
Elisha	Thomas	27	25:17.3
Holly	Silk	29	25:24.9
Liesl	Uskoski	34	25:37.8
Maureen	Lympus	47	25:39.3
Renee	Bentham	44	25:41.0
Shandy	Lemperle	26	25:46.1
Rona	MacDonald	22	25:49.3
Dina	Miller	36	25:57.1
Sue	Furey	53	26:09.5
Leigh	Gillett	40	26:19.9
Chris	South	40	26:41.9
Jennifer	Baldassin	36	27:03.1
Spring	Mills	39	27:24.0
Miranda	Ming	31	27:29.7
Valerie	Hedquist	52	27:43.9
Sarah	Millar	32	27:58.2
Julie	McLennan	38	27:58.9
Ellie	Devos	12	28:01.6
Serena	Axelson	27	28:01.8
Moriah	Hein	28	28:07.5
Lavenna	Edwards	40	28:22.6
Bethany	Knapstad	32	28:28.2
Talitha	Parsons	34	28:34.3

Erin	Murphy	36	28:38.0
Monica	Smith	36	28:38.2
Carlie	Magill	31	28:47.4
Leilani	Contos	9	28:52.2
Coleen	Contos	57	28:52.6
Juhienah	Khalaf	32	28:58.4
Brenda	Sweeney	39	29:02.0
Kristin	Horejsi	41	29:02.2
Terry	Stekly	56	29:02.7
Kirsten	Pabst	43	29:10.6
Claire	Rappold	18	29:11.6
Lee	MacHolz	34	29:12.7
Lisa	Sproull	37	29:15.2
Melissa	Barba	37	29:19.1
Tonya R	Harding	42	29:25.6
Sandra	Joyner	55	29:29.7
Jeannie	Siegler	63	29:48.2
Gail	Kerschler	59	29:48.7
Kathy	Morris	64	30:32.3
Mary	Carroll	46	30:43.2
Kendra	Maurer	33	30:48.2
Shaleen	Sullivan	33	30:59.2
Jamie	Bray-Tanner	27	31:12.3
Patsy	O'Keefe	65	31:19.5
Sharman	Akre	61	31:45.6
Ahnna	Parchen	25	31:48.2
Kelley	Maki	32	31:59.5
Brixen	Reich	36	31:59.5
Jeanne	Chaput	56	32:01.9
Connie	Chestnutt	50	32:02.3
Jennifer	Ewan	32	32:12.1
Kathy	Dahood	51	32:24.2
Rhonda	Decker	43	32:28.8
Nicole	Marshall	19	32:33.3
Megan	Ruhkala	28	32:33.3
Alyssa	Root	26	32:39.0
Deirdre	Flaherty	32	32:47.4
Elisa	McLaughlin	27	33:34.2
Shannon	Hathaway	24	33:35.5
Claire	Jasperson	38	33:38.1
Cami	Ballenger	35	33:39.5
Jaime	Cheman	31	33:40.3
Dolores	Malovich	76	33:50.1

Stephanie	Topp	34	33:50.8	Jennifer	Vail	34	41:43.2
Patricia	Williams	41	35:07.8	Carol	Smotherman	63	41:43.6
Denise	Smith	52	35:19.5	Deb	Aquino	51	42:25.7
Kimberly	Dredger	54	35:34.4	Angella	Winters	30	44:36.3
Suzanne	Schweitzer	61	36:04.0	Mary	Strand	46	44:37.0
Summer	Slaght	31	36:08.8	Shelly	Wear	47	44:56.0
Lori	Monahan	32	36:28.0	Angela	Howard	30	45:07.6
Myke	Crosier	61	36:28.9	Emily	Hoover	24	45:17.1
Gina	Brown	42	36:33.8	Casey	Collins	34	45:50.6
Jami	Maves	38	36:58.7	Cindy	Schultz	53	46:23.8
Julie	Brownell	44	37:01.8	Gabrielle	Wellenstein	7	46:54.8
Barb	Chaney	49	37:50.6	Kelly	Shull	50	46:57.0
Nancy	Davis	48	38:02.4	Julie	Langaunet	34	47:44.3
Carol	Hedges	58	38:21.0	Karen	Ayers	37	49:05.0
Jeri	Delys	49	38:34.3	Andrea	Strizich	45	49:33.0
Linda	Carlson	53	38:34.5	Janis	Brunner	61	50:25.6
Carolyn	Abbott	67	38:38.7	Tami	Moore	50	51:11.0
Erin	Lechleitner	35	38:57.7	Denise	Donahue	34	51:13.3
Stacey	Bray	37	39:07.3	Judy	Parock	56	52:39.5
Carol	Holman	49	39:37.4	Jeanne	Clark	66	52:39.6
Eliza	Brown	14	40:10.5	Charlotte	Kasl	72	53:11.5
Bonnie	Ferguson	61	40:12.9	Pamela	Estill	39	53:15.7
Melanie	Smith	36	40:29.1	Amanda	Walton	31	55:20.1
Tiffany	Jette	32	40:30.8	Maggie	Wescott	31	55:39.5
Maggie	Burwick	30	40:31.1	Madison	Knight	17	57:57.2
Dori	Brownlow	55	41:16.0	Anne	Thurmond	74	57:58.3
Lisa	Plunkett	54	41:16.0				

## Articles

### Run For Hope 2

Some of you may remember me and my sister from training and some may not. We were the sisters that ran together, I was the one that got engaged the day before the marathon, her husband is the one who talked a few of you into Newton shoes :-), etc. I am hoping to get some support from some of you for a race that we are putting on. We all leaned on each other for the marathon and now I am reaching out to you again.

As some of you may know, my sister has Carcinoid Cancer. She was diagnosed 4 years ago and underwent a colon resection at which point the surgeon was very confident that he had gotten everything. This June she had a CT scan and Octreoscan revealing that the cancer had metastasized to her liver. In August she underwent a liver resection to remove 10 tumors and 4 lesions. She is doing well and healing fairly quickly.

Carcinoid is not well known and up to 90% of patients are misdiagnosed. It can take 5-7 years for a correct diagnosis for a patient due to the symptoms. The symptoms include flushing, diarrhea, weight loss, abdominal pain, bowel obstruction, wheezing, and right heart failure. Due to these symptoms, most patients are diagnosed with Crohn's Disease, Irritable Bowel Syndrome, or are considered "just plain crazy" and given anti-depressants on the way out the door.

We are trying to raise awareness of Carcinoid Cancer and have started a race. The race is November 13th at Pineview Park (near Rattlesnake School). Walkers and runners of all abilities are encouraged to join us for the event. The proceeds from the event go to the Lois Merrill Foundation who assists financially troubled Carcinoid patients get the care they need.

The foundation has been kind enough to set our proceeds aside for Montana patients. The care for Carcinoid can be very costly as a specialist is needed for operations to prevent Carcinoid Crisis. There is also only one medication currently approved for Carcinoid Syndrome which can be very costly on a monthly basis as well.

Please come out and join us in our fight. We encourage you to forward this to family or friends and help us gain awareness. You can email me with any questions or to request a form. Forms are also at Runner's Edge. Thank you in advance for your help!

~ Denise Copeland [dcopeland82@yahoo.com](mailto:dcopeland82@yahoo.com)

## Send Your Articles and Essays to *Running Wild*

Members, we welcome and solicit your articles and essays for publication in *Running Wild*..

Examples of articles can include "**On the Run**" essays which can be on just about any topic related to running. "**Cool Race**" articles can be about any race that you have participated in. Tell us some details regarding your race and include a photo or drawing. "**Happy Trails**" can provide 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

## Team Reeve Missoula Headed to the Big Apple!

To My Wonderful Friends in Run Wild Missoula, from Kimberly Dredger - As I make my final preparations for my once-in-a-lifetime trip to participate in the ING New York City Marathon to raise money for the Christopher and Dana Reeve Foundation, I am spending a great deal of time thinking about how blessed we are here in Missoula to have the support system of RWM. Though I have been training for this marathon alone, I look back on my training for the Missoula Marathon with the Walkers' Group, and treasure all the lessons I learned through that class. I know that any time I have a question, I can ask one of you. I have called on your help to help me transition from walking to run/walking. I have enjoyed participating in the many races this fall, either as a volunteer or runner, and I am gratified to have improved my time each race. But now, preparation is over, taper has begun, and I know there is no way to ever feel completely prepared.

When I go to New York, I will be carrying enough Missoula Marathon bandannas, graciously donated to me by Eva and RWM, to give one to each of the athletes on Team Reeve. There will be 75 of us, Team Reeve members, and each one has taken on the goal of raising money to support spinal injury research. The Reeve Foundation uses this money to care for spinal cord injured people and search for a cure for spinal cord injury. TODAY'S CARE, TOMORROW'S CURE. I can't think of a better way to spend my money, can you? If you would like to help out with my project and donate, it is easily done. You can either go on-line to my secure donation site at <http://tiny.cc/KDredgerNYC>, or mail a check to:

The Christopher Reeve Foundation  
Leigh Alspach, Team Reeve Manager  
636 Morris Turnpike, Suite 3A  
Short Hills, NJ 07078

(Please write "Kimberly Dredger" in the memo line on the check.)

Even if you are unable to donate, and believe me, I know just how short funds are in Montana right now, I count on your emotional support. When I am there, on Nov. 7, running and striding down the streets of Manhattan towards the finish line in Central Park, I will be thinking of all of you, and knowing that you are sending me strong thoughts. Your support will give me wings! Thank you for one great journey.

~ Kimberly Dredger

## Final Finisher Award: The Sequel

Last month we introduced the idea of presenting a special award to the runner who finishes last in a race. Many of you said you liked the idea. You will also like the way the story unfolds.

My friend Chuck read the piece and dropped me a message. He knew the woman who had finished last in the Sweathouse Half; they were both taking the RWM beginning runner's class. Chuck knew that Stacey had overcome a multiple challenges en route to running 13.1 miles that day. He knew she was on the verge of moving across the country to start a new job. He suggested that we actually present an award soon: before she moved!

In less than 48 hours, it came together. After an impromptu huddle and enthusiastic support from Eva at the September Beer Run, an appropriate certificate was designed and framed. A copy of John Bingham's [The Courage to Start](#) was rush-ordered from Amazon. A date, time, and place was selected for the presentation.

On September 30, Stacey Bray reported for her last running class before moving. We presented the Final Finisher's Award to the person who inspired the idea in the first place. And I learned some more about the journey that had brought her to that point. A year ago, her best friend committed



Stacey Bray finishing the Diva Day run



Diva Day Brides



Diva Day Friends



Diva Day Alpine Physical Therapy

suicide. In recovering from her loss, Stacey decided to “choose life.” She stopped smoking. Lost weight. And started running, entering a series of shorter races and even the Sweathouse Half.

On October 2, Stacey ran the Diva Day 5K. She wore a tiara. Her mom walked the event and, after finishing herself, Stacey walked her across the finish line. The next morning she pulled out of town to drive across the country, start a new job, and write a new chapter on “choosing life.”

Meanwhile, here in Missoula, Chris published the Final Finisher Award article in the October newsletter. Eva has encouraged presenting such an award as an option available to race directors for any of the Club’s races. Many RWM readers responded favorably to the celebration of accomplishments at the back of the pack. My friend Chuck says the idea “has legs” (a serious compliment from a runner).

Thanks to you all. Without your support and enthusiasm for the idea, without a buddy who connected the dots and pushed for action, it was nothing more than a subject for reflection. Here and gone. With those added ingredients, the germ of an idea is on its way to becoming a tradition, celebrating:

- The **Courage** to Start.
- The **Persistence** to continue.
- The **Commitment** to finish.

~ Pam Gardiner

### You’ve Come a Long Way, Baby...

Running was something that other people did, not me. I did my very first 5K run with some buddies at last year’s Diva Day. I had two primary goals going into Diva Day; (1) to run the whole way; (2) not to come in last. It was so surprising to me that I accomplished that major achievement, and had fun too, I was hooked.

I continued to run many 5Ks throughout the winter. After attending the Bart Yasso presentation, I thought wouldn’t it be crazy to try to do the Missoula Half Marathon! The more I thought about it and talked out loud to friends, the more I thought that would be a great goal for my 50<sup>th</sup> birthday.

I then registered for the 18-week training course with my best buddy. As I recall, we were both so nervous and not at all sure that we could do it and still could not wrap our heads around running 13.1 miles.

Each week a longer distance stared us in the face and we thought this is crazy but each week we rose to the challenge and achieved a new milestone. It was so exciting. By the end of the 18 weeks, we truly believed we could do it.

We ran the 13.1 miles side-by-side and crossed the finish line together and in better time than we had expected. It was so much fun! I never imagined that I would use the words “fun,” “run,” and “marathon” in the same sentence. I achieved my goal of running a half marathon for my 50<sup>th</sup> birthday. I was so proud of myself.

I had said that would be once in a lifetime thing, but after having had so much fun and having come so far, I decided that I could not stop now. After the Missoula Half Marathon, I have run other 5ks, a 10K as well as the Sweathouse Half Marathon. I have come full circle and now run my 2<sup>nd</sup> Diva Day.

I am slow and steady, and my biggest fear is coming in last but have come to terms with the fact that someone has to be last, and that just finishing takes as much strength and perseverance as being fast and winning the race.

Now, I need to come up with my next goal so I can keep going. Any ideas?

~ Connie Chestnutt

## Flash from the Past

### 15 YEARS AGO

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

Ethel MacDonald wrote about how lucky we are to be able to run in Missoula with all of the fall colors. She had a particularly nice run after completely the Sentinel Hill Climb in October 1995 with friends on the backside trail of Sentinel and "spotted golden baby larch," "mushrooms the size of plates" and "mountain ash with orange leaves as well as red berries."

The Missoula Road and Track Club reported that it raised over \$2,000 for Five Valleys Land Trust to purchase Mount Jumbo by organizing several fun runs/walks, including a 10K along the "old bank run" course.

Member Tommi Burton reported that she had a great time at the St. George, Utah marathon, a hilly but scenic course. Tommi qualified for Boston and finished in 3:50. She was thrilled to be able to attend the 100th Boston Marathon in the spring.

~Eva Dunn-Froebig

## A Message From Rick

Hello fellow RWM members. My name is Rick Ryan and I am writing from a temporary home in Arlington, Virginia, where my wife Joanna and I will be till mid-November. Then we'll ship out for a two year posting in Addis Ababa, Ethiopia. After that we'll come home to Missoula for a month or so before we ship out to a new post somewhere else in the world. That is going to be our cycle for the next dozen years. So "home", for the next decade or so, is going to be a succession of hot, polluted cities of five million (or more) inhabitants. Running is going to be a challenge.

I started running about five years ago, just in time to train for and run the first Missoula Marathon. That is when I discovered RWM, and what a great bunch of people who live and run around Missoula. My continuing passion for running has a lot to do with this great organization. It starts at the top with a terrific team of volunteers and leaders who give so much of themselves to keep a steady RWM presence in our lives, from the monthly newsletters and updates to a steady slate of races to run or volunteer for. Options to participate abound. Then there are the members themselves. No matter what you think you are contending with, aches, pains, setbacks, just show up for a Saturday run or a training run and you encounter people who are coping with a lot more. We inspire each other! No matter how fast we are, there are people who are faster and they inspire us. No matter how slow we are, others are slower, and we inspire them. The thing is, we're all out there doing it, or recuperating so that we can, and sharing our stories and tips along the way.

I have temporarily traded the Clark Fork River for the Potomac River. My daily run now starts near Arlington Cemetery, along the Potomac River to the 14<sup>th</sup> St Bridge and north across the Potomac to the National Mall, west to Mr. Lincoln and across the Arlington Memorial Bridge and home. It's great, somewhere around 6 or 7 miles. Photographers are lined up most mornings near the cemetery, at the Netherland's Carillon, to take photos of the sun rise over the Mall, currently near the Washington Monument. In one gaze, you can see the expanse of the Mall, with the White House in the background. It is two miles from the Lincoln Monument east to the Capitol Building and it's all off in the distance, across the river that you can't see yet. It is amazing to think that you are going to cover so much ground.

My Clark Fork River run starts at my back door, two blocks from the river, near the Hellgate practice field at Hilda Ave. and heads east along the river. Over a period of years and a thousand or so runs along there, I got to know the bends in the river, the sub-trails off the abandoned rail bed and the snags to look up to see if the Osprey or Bald Eagle were home. The foxes got more brazen over the years and in late summer the deer always seem to get a bit more unconcerned about humans running thru their neighborhoods. At no point can you see more than a quarter-mile, or so. These two routes are very different from each other, but very rewarding in their own way. I will enjoy this one while I can and see what I can find in Ethiopia. In the meantime I will keep my warm memories of Missoula and RWM within easy access and take comfort in the knowledge that RWM has grown about three-fold since I joined and seems headed in the direction most of us would hope for. As an absentee member my appreciation for RWM must needs be more nostalgic than utilitarian. Never the less, I will think of you all through the many miles I hope to run in strange lands in the near and far future and wish you all good running. I hope you appreciate RWM, each other and what a special and wonderful place Missoula, Montana is. Keep it good; we'll be coming home for retirement!

~ Rick Ryan

Editor's Note: *Rick informs me that he is on Facebook and intends to do updates, "hopefully with photos when I get that figured out." He would welcome any friends who are interested in keeping track of our adventure. All they would have to do is do a search using his name and Missoula and they should find him. He will be keeping track of Run Wild Missoula as he will continue to receive the newsletter by email.*

## Run Wild Missoula News

### Letter from the Executive Director: Running + Beer + Other Runners = Inspiration

My best ideas come to me during a long run by myself with no iPod or other distractions—just me and the rhythm of my breathing, the fresh air and my surroundings for inspiration. Often times, when I return home for some water, a snack or a shower, I jot down my thoughts quickly before they become fleeting.

I recently came to the realization that running inspiration is amplified when you

combine it with beer and dozens of other runners, especially when they are Run Wild Missoula members. What I am describing is the recent phenomenon invented by none other than our own Chancellor of Libations Pat Cross. Okay, maybe Pat didn't invent beer runs, but he came up with the idea for Run Wild Missoula to organize monthly group runs followed by a beer or two. Pat shared his idea with me halfway through a beer at the Kettlehouse Northside during Run Wild Missoula's Community Unite Night on June 23. He had just finished a run with the Missoula Marathon Training Class and said: "We're missing an opportunity here. We should have Beer Runs every month." Pat became Run Wild Missoula's official Chancellor Libations soon after that. The next Beer Run came a month later in the form of a North Hills run starting at Pat's watering hole, the Silver Dollar Bar.

Fast forward two months later at the old Kettlehouse on the south side of town. I had just finished the group run of five miles through the University neighborhood and was anxious to get inside and order a beer. Member Pam Gardiner stopped me on the way to tell me about her Final Finisher Award idea. Pam had volunteered at the Sweathouse Half Marathon in Victor earlier that month. She watched and cheered as the final finisher the half marathon came through the finish line. Pam didn't know who that woman was, but after connecting with Chuck Sperry, who was taking the Run Wild Missoula Beginner Runner Class, she learned that it was Stacey Bray, another Beginner Runner Class participant. She also found out that it was Stacey's first half marathon and that she had recently made some inspiring life changes like quitting smoking and losing weight. As Pam, Chuck and I talked outside the Kettlehouse about Stacey and offering the Final Finisher Award to final finishers of other Run Wild Missoula races, I was reminded of the supportive mentality of our club. I was already inspired and I hadn't even ordered a beer yet!

So, please come to the monthly Beer Runs. Get yourself outside and moving and then get yourself inside and be inspired by all of the wonderful and thoughtful runners in our community. Share your ideas with Run Wild Missoula. You make the club what it is and what it will grow to be. I'm just here to facilitate and help make your great ideas happen.

~ Eva Dunn-Froebig

P. S. More details about the Final Finisher Award are coming soon!

### **Run Wild Missoula Seeks Membership Assistant**

As Run Wild Missoula approaches 1,100 members more help is needed to process and promote membership. The volunteer position duties may include brainstorming ideas to promote Run Wild Missoula membership and serving on the Run Wild Missoula Committee, which makes decisions about the club and club events. The job may also include data entry and errands such as checking Run Wild Missoula's mail and distributing it. We can also split the job between two people if one volunteer is more interested in data entry and another volunteer wants to work on membership promotion. The volunteer(s) will work with Membership & Results Coordinator Sue Falsey. If you are interested in any or all of what is described above, please contact Eva Dunn-Froebig at [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org).

### **North Hills Trail Reroute A Success**

About 40 runners and walkers helped reroute a ½ mile stretch of North Hills trail off of Greenough Drive on Saturday, October 30. Run Wild Missoula partnered with the Northern Rockies Chapter of the Wildlands Restoration Volunteers as part of the running club's efforts to give back to the community by participating in trail stewardship projects. Run Wild Missoula also provided refreshments for the day and donated \$250 to Wildlands Restoration Volunteers to help them fulfill their mission to "foster a community spirit of shared responsibility for the ecological stewardship and restoration of public and protected lands." Several runners incorporated the trail reroute project



Rerouting the North Hills Trail



Diva Day Masks



Diva Day Fashions

into their Saturday Breakfast run from the Runner's Edge. Others biked or carpoled to the trailhead and did two or more out and backs up and down the ½ mile trail up the hill. The goal was to create a new trail and after about an hour of running and walking over the new area, that's exactly what occurred.

~Eva Dunn-Froebig

### **RWM Membership Statistics as of October 30, 2010**

Thanks, Membership Coordinator Sue Falsey, for compiling these!

1080 members, 290 family memberships, 826 indiv/family

50- 5 year memberships

States: (each family = 1 count)

1 each: CA, CO, FL, GA, ID, MA, MN, WA, 818 from MT

Cities: Alberton 1 , Arlee 6 , Atlanta 1 , Bozeman 1 , Butte 2 , Centennial 1 , Clancy 1 , Clearwater 1 , Clinton 4 , Condon 1 , Corvallis 2 , Darby 3 , Evaro 1 , Florence 11 , Frenchtown 6 , Hall 1 , Hamilton 3 , Helena 1 , Huson 10 , Lolo 21 , Milltown 1 , Missoula 715 , Norfolk 1 , Ovando 1 , Pinesdale 1 , Placerville 1 , Plains 2 , Potomac 1 , Rochester 1 , Seattle 1 , Seeley Lake 2 , Stevensville 10 , Superior 1 , Turah 1 , Victor 8

Gender: 717 F (66%), 358 M (34%)

Ages: # (%): 0-9 : 40 ( 3 .9), 10-19 : 83 ( 7.9 ) , 20-29 : 180 ( 17.3 ) , 30-39 : 309 ( 29.5), 40-49 : 222 ( 21.3 ) , 50-59 : 145 ( 14 ) , 60-69 : 58 ( 5 .6), 70-79 : 5 ( 0 .4), 80-89 : 1 ( 0.1 ) .

### **Researching Need for a Kid's Summer Training Program**

Run Wild Missoula has begun a research project on determining if there is a need for a training program tailored to kids in this area during the summer months. So far, several parents have requested having a local training program for their children. Also, several community members have validated the need for this type of service. Ideas for program curriculum include: teaching basic running skills, teaching healthy living/educational tools, and teaching team building in its young members, similar to that of the adult training programs. Please contact us if you have suggestions. Look out for progress on this project in the upcoming newsletters. Thanks to you all who are helping already!

~ Elizabeth Strong (email: [ess0901@yahoo.com](mailto:ess0901@yahoo.com))

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## Run Wild Missoula - Organization

### RWM Board of Directors:

Jean Zosel, *President*  
Loie Turner, *Vice President*  
Tim Winger, *Secretary*  
Megan Tiffin, *Treasurer*  
Courtney Babcock  
Anders Brooker  
Bridgett Moriarty  
David Schmetterling  
Darr Tucknott  
Kevin Twidwell

### RWM Staff:

Eva Dunn-Froebig, Executive Director- [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org)  
Jennifer Straughan, Missoula Marathon Race Director-  
[jen@runwildmissoula.org](mailto:jen@runwildmissoula.org)

### RWM Club Officers

#### Run Wild Yogi:

Missy Adams- [missyadams410@yahoo.com](mailto:missyadams410@yahoo.com)

#### Coach & Coordinator, Tuesday Track:

Courtney Babcock- [courtney@runwildmissoula.org](mailto:courtney@runwildmissoula.org)

#### Coach & Coordinator, Training Classes:

Anders Brooker- [runners\\_edge@hotmail.com](mailto:runners_edge@hotmail.com)

#### Equipment Manager:

Tommi Burton- [burton@bresnan.net](mailto:burton@bresnan.net)

#### Chancellor of Libations:

Pat Cross- [fishnrun@bridgemail.com](mailto:fishnrun@bridgemail.com)

#### Newsletter Editor:

Chris Everett- [chris@runwildmissoula.org](mailto:chris@runwildmissoula.org)

#### Membership & Race Results:

Sue Falsey- [sue@runwildmissoula.org](mailto:sue@runwildmissoula.org)

#### 1200 Mile Club Coordinator:

Kristina Hurley- [club1200@runwildmissoula.org](mailto:club1200@runwildmissoula.org)

#### Program Manager:

Meg Lerch- [meg@runwildmissoula.org](mailto:meg@runwildmissoula.org)

#### Merchandise Manager:

Erin Mulcahy-Mroz- [merchandise@runwildmissoula.org](mailto:merchandise@runwildmissoula.org)

#### Treasurer:

Dara Rouse- [dara@runwildmissoula.org](mailto:dara@runwildmissoula.org)

### Kids Program Intern:

Elizabeth Strong- [ess0901@yahoo.com](mailto:ess0901@yahoo.com)

### Secretary:

Jen von Sehlen- [jen.vonsehlen@gmail.com](mailto:jen.vonsehlen@gmail.com)

### Member Services Committee:

Courtney Babcock  
Anders Brooker  
Sue Falsey  
Meg Lerch  
Darr Tucknott

### Marketing Committee:

Dariusz Janczewski  
Jen von Sehlen  
Tim Winger

### Sponsorship Committee:

Nicole Marshall  
Jennifer Straughan  
Jean Zosel

### Trails Committee:

Anders Brooker  
John DiBari  
Marilyn Marler  
Kevin Twidwell

### 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 avoid missing an issue.

Run Wild Missoula  
November 2010 Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Saturday
1	2 - <i>Tuesday Track</i> , led by Courtney Babcock, 6 p.m., Runner's Edge ✓	3 <b>Beer Run, 6 p.m., Silver Dollar Bar, 307 Railroad</b>	4	6 - <i>Saturday Breakfast Club Run/Walk</i> , 8 a.m., Runner's Edge✓
8 <b><i>"Eating Healthy on the Go,"</i> 7 p.m., Runner's Edge, 325 N. Higgins Ave.</b>	9 - <i>Tuesday Track</i> , led by Courtney Babcock, 5:30 p.m., Runner's Edge ✓	10	11	13 - <i>Saturday Breakfast Club Run/Walk</i> , 8 a.m., Runner's Edge✓
15	16 - <i>Tuesday Track</i> , led by Courtney Babcock, 5:30 p.m., Runner's Edge ✓	17 <b>Beer Run, 6 p.m., Double Front Chicken Lounge, 122 W. Alder</b>	18	20 - <i>Saturday Breakfast Club Run/Walk</i> , 8 a.m., Runner's Edge✓
22	23 - <i>Tuesday Track</i> , led by Courtney Babcock, 5:30 p.m., Runner's Edge ✓	24	25 <b>Turkey Day 8K, 9:30 a.m., Boone &amp; Crockett Club</b>	27 - <i>Saturday Breakfast Club Run/Walk</i> , 8 a.m., Runner's Edge✓
29	30 - <i>Tuesday Track</i> , led by Courtney Babcock, 5:30 p.m., Runner's Edge ✓	1	2	4 - <i>Saturday Breakfast Club Run/Walk</i> , 8 a.m., Runner's Edge✓
6	7 - <i>Tuesday Track</i> , led by Courtney Babcock, 5:30 p.m., Runner's Edge ✓	8	9	11 - <i>Saturday Breakfast Club Run/Walk</i> , 8 a.m., Runner's Edge✓

Visit [www.runwildmissoula.org](http://www.runwildmissoula.org) for more information.



# RUN FOR HOPE 2



Show your stripes & raise awareness of carcinoid cancer. Prizes for best zebra costume & knowledge of key facts about carcinoid. Proceeds benefit Montana carcinoid patients in need of financial assistance for medical care (thru Lois Merrill Foundation).

**What:** 5K walk/run  
**When:** Saturday, November 13, 2010 at 9:00 a.m.  
**Where:** Start @ Pineview Park near Rattlesnake Elementary School



- Carcinoid means "cancer-like" because most tumors were thought to be benign
- Carcinoid is a rare cancer (although incidence is on the rise)
- Time from onset of symptoms to diagnosis is typically 5+ yrs, with many misdiagnoses (IBS, Crohn's Disease, or "just plain crazy")
- Primary tumors are most commonly found in the GI tract
- At the time of diagnosis, liver metastasis has generally already occurred
- Relatively slow-growing cancer, thus chemotherapy is ineffective
- Most effective treatment to improve prognosis is surgical resection
- Sandostatin® is the only approved medical therapy for the treatment of symptoms
- Symptoms are typically vague, but include diarrhea, flushing, abdominal pain, weight loss, bowel obstruction, wheezing, and right heart failure

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Last Name \_\_\_\_\_ First Name \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Age on \_\_\_\_\_ T-shirt Size \_\_\_\_\_

Race Day \_\_\_\_\_ (unisex) S M L XL

Early Entry Fee (thru Oct 30): \$20 \*Late Entry Fee: \$25 \_\_\_\_\_

\*Note: Shirts are not guaranteed on race day for late entries. Additional Charitable Donation: \_\_\_\_\_

Total Enclosed: \_\_\_\_\_

Make checks payable to: Run for Hope 2 \_\_\_\_\_

Drop @ Runner's Edge or mail to P.O. Box 18031, Missoula, MT 59808 \_\_\_\_\_

Packet pick-up @ RE Nov 12,4-6 p.m. or race day. Questions? dcopeland82@yahoo.com \_\_\_\_\_

WAIVER AND RELEASE STATEMENT: In consideration of the acceptance of my entry, I do hereby, for myself, my heirs, executors and administrator, waive, release, and forever discharge any and all rights and claims for damages which I may have or which may hereafter accrue to me, against the organizers and all race sponsors or their officers, agents, representatives, or assigns for any and all losses or damages which may be sustained and suffered by me or my child in connection with my participation in the Run for Hope 2 race. Should injury occur, I will accept first aid. I have read the above statement, understand it, and my signature confirms full acceptance.

**Signature of Participant/Guardian:** \_\_\_\_\_



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MISSOULA, MT 59806  
[www.runwildmissoula.org](http://www.runwildmissoula.org)



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

