

**Run Wild Missoula Running/Walking Camp Retreat for Women
Renew Your Running (and Walking), Renew Yourself
Tune Up 2 Weeks before Diva Day
Friday, September 17 – Sunday, September 19, 2010
At the home of Loie and Monte Turner in Tarkio, Montana**

Are work, family and life responsibilities cutting into your running or walking time? Do you need a weekend of running, relaxation and friends? Renew your running (and walking) and renew yourself at the Run Wild Missoula Running Camp Retreat for Women. Join professional runners Courtney Babcock and Meg Lerch for a weekend of road and trail runs and pampering, including yoga, foot soaks, do-it-yourself pedicures, massages and time for you to relax. The camp is also designed for those who need a tune up two weeks before the Diva Day All-Women's 5K on Saturday, October 2, 2010. The camp location is the beautiful home of Loie and Monte Turner on the Clark Fork River just 50 miles west of Missoula. Can't get away for the entire weekend? We have a Saturday only option.

Name (Please print) _____ Age: _____

Females only, please. Must be 18 or older to participate.

Address: _____

Phone: _____ Email: _____

T-shirt size: _____ Special dietary needs / food requests: _____

All levels are welcome! We want to get a sense of your level of running / walking so we can adjust the workouts.

What is your average minute mile? _____ Your average weekly mileage? _____

2-Night Camp **\$250__**

Friday, September 17 at 4 p.m. until mid-day, Sunday, September 19

Includes two nights accommodations, dinner on Friday, three meals and snacks on Saturday, and breakfast on Sunday. Also includes a t-shirt, foot soaks and do-it-yourself pedicures on Friday, yoga by Missy Adams, running clinics and tips from Courtney Babcock and Meg Lerch, and 10 min. massage on Saturday.

Saturday Camp **\$135__**

Saturday, September 18 from 8:30 a.m. until 8 p.m.

Includes three meals and snacks, a t-shirt, yoga by Missy Adams, running clinics and tips from Courtney Babcock and Meg Lerch, and 10 min. massage.

I would like to purchase an additional one-hour massage **\$55__**

Run Wild Missoula members, take \$25 off registration fee. **-\$25__**

(Not a member? Become one for \$25 at www.runwildmissoula.org and receive discounts on races and other programs all year long!)

Register by Friday, August 6, 2010 and receive an extra \$25 discount **-\$25__**

Total Cost

About the accommodations: Most accommodations are double occupancy (shared queen beds). Beds will be selected on a first-come, first-serve basis. The Turners have four dogs that are part of their family. Please contact us if this is a concern and we can give you suggestions for other accommodations. We are able to keep the camp affordable due to the generous use of the Turner house. *Thank you, Loie and Monte!*

Getting there: The camp is about 45 minutes west of Missoula. Detailed directions will be provided to camp participants upon registering. Those coming from out of town can fly into Missoula (45 minutes away) or Spokane (2 hours and 15 minutes away).

About the meals: We will provide nutritious meals to keep your body energized during this weekend of fitness and fun. Please be prepared to help with food preparation and clean-up.

What to bring: Running shoes and attire, comfortable clothing for yoga and lounging, swimsuits and towels, and an alcoholic beverage for yourself if you wish.

About the runs: The camp will include a 30-minute run on roads on Friday evening, a one-hour trail run on Saturday morning, a 30-minute road run on Saturday afternoon, and a one-two hour trail run on Sunday morning. Courtney Babcock and Meg Lerch can adjust the workouts to fit your level.

About Courtney Babcock: Courtney Babcock has been a professional runner with the Mountain West Track Club for 12 years. She is also the Cross Country and Distance Track coach for Men and Women at the University of Montana. She is the Canadian Record holder at 5k and 10k and represented Canada at the 2004 Olympics in the 1500m and 5000m. A member of RWM's Board of Directors, Courtney encourages running in the community by leading the RWM's Tuesday Track workouts and acting as Course Director for the Missoula Marathon.

About Meg Lerch: Megan Lerch grew up in Mullica Hill, New Jersey and moved to Missoula four years ago after completing her bachelor's degree at Towson University in Maryland. During her four years at Towson, she competed in cross country, indoor and spring track and set the school record in the women's 3k, 5k and distance medley. She is currently a professional runner for Mountain West Track Club, specializing in the 5k. Meg also volunteers as Program Director for RWM.

About the pampering: Representatives from the skin care company, Arbonne, will join us Friday evening for foot soaks and do-it-yourself pedicures. Massage therapist Jen VanDerburg will be on hand to give 10 minute massages on Saturday. Think you need some extra relaxation? Sign up for a one hour massage on this registration form. Missy Adams will lead a Yoga for Runners class to keep your body stretched and strong. The Turners also have a hot tub and Clark Fork River access (weather permitting). There will be time to nap, read, watch movies, etc.

Questions? Email eva@runwildmissoula.org

Send registration form with payment made out to Run Wild Missoula to PO Box 1573,
Missoula, MT 59806.

Many thanks to: Arbonne International, Missy Adams, Courtney Babcock, Meg Lerch and
Jen VanDerburg.