

Running Wild

The official newsletter of Run Wild Missoula

August, 2009

"I went from smoking & drinking in my 20's and 30's to a half marathon in my mid-40's. 3 hours 7 minutes 51 seconds... all right!

This was my first and won't be my last. Thanks Missoula Marathon."

~ Jeffrey Simpson, member of the 2009 Marathon Walking Training Class



From left to right, Sara Stephens of Missoula and Tom and Dottie Hoshaw of Seeley Lake cross the finish line of the 2009 Missoula Half Marathon. Photo by Neil Chaput.

Heroes of the Missoula Marathon Day

There are many wonderful stories that come from Sunday, July 12th and the Missoula Marathon; I have three here, all of which came to me quietly after the arch was removed, Higgins Avenue reopened and the garbage all long gone. These are the kind of stories that could easily slip right on by, but in my opinion these are the stories that have made the Missoula Marathon so popular in just three years. I hear over and over how athletes can "just tell" that the volunteers lining the course truly care about each of them. I think these stories exemplify that caring.

The first story I learned as I was removing all the various Missoula Marathon paraphernalia from the golf cart that Axmen loans us and First Security Bank mans as our sweep-mobile. I had gotten word part way through the day that the

golf cart had been stopped by an officer. It seems we were lacking some items to make it street legal. Somehow this requirement had escaped us the first two years, but suddenly there was a need to make some improvements. What I found was a handily crafted bright orange triangle that had been fashioned with cardboard, part of an orange reflective vest and duct tape. How clever was that? Some creative aid station person that I don't know figured that out. As a result, the golf cart made it through to the end of the day without being stopped again. Thank you, whoever thought of that! It really looked good – and more importantly, official.

I am embarrassed to confess that I should know the name of hero number two, but I don't because I didn't ask. . . and then he left. . . which is about the time it occurred to me that not asking his name was a gross oversight on my part.

Hopefully you read the story in the *Missoulian* about 72 year old PJ Elsbury crossing the finish line 8 hours and 45 minutes after starting. He was in great pain but was determined to complete the marathon no matter what. Technically, anyone who doesn't complete the event by 12:30 is a pedestrian and responsible for himself. And eventually PJ was on his own -- except for this hero I am mentioning, who on his bicycle followed our very last participant in to the very last step under the Wilma Building, finishing at almost four o'clock in the afternoon. I don't know who you are, but thank you so very much.

Our final hero might not even know what a great thing he did. One of our hand cyclists -- Richard Harris -- collapsed on the course close to -- but not in view of -- an aid station. A man and woman were driving by, stopped, and as she ran up the hill to the aid station to get help, our hero cleared the air passage of the hand cyclist and got him breathing. There was a Red Cross volunteer at the aid station, our Medical Director was in immediate contact and 911 showed up promptly. What we heard at the outset was that our hand cyclist was dehydrated. What we learned later is that he'd had a heart attack. Our unknown hero saved his life. This hero started off his day probably not even intending to be an important part -- or any part -- of the Missoula Marathon -- but that's not how his day ended up, fortunately for Richard Harris.

Richard Harris is back home and doing fine. If anyone knows who stopped that day on Blue Mountain Road, we would all like to know who that is. In fact, if you know who any of these people are, please let me know. These are people who rose to the occasion when it came their way. Thank you all so much for being a part of the Missoula Marathon.

~ Jennifer Straughan

First Second Annual Sleeping Bear Shuffle and Huckleberry Friends Run Cancelled

I had planned to publish the location of this run in the August newsletter. As much fun as it was to joke about keeping a huckleberry patch secret, it would have been far easier to simply meet at the trailhead.

The trailhead is at Kootenai Creek Canyon, where a fire has been burning since mid-July. I thought about moving the run to another location, but I've been doing some unexpected business travel these days and I'm not certain I'll be in town the weekend of August 15.

Although, come to think of it, I have always been in favor of runs and races that are so low key that the race director does not have to show up. I guess that I'll save that race for 2010.

~ Vic Mortimer

From RWM's Executive Director: New Programs Slated for Fall

The marathon is over; the dog days of summer have set in. Early morning runs are a must to beat the heat. But Run Wild Missoula is already looking ahead to autumn. We have some great programs lined up for members including group runs, yoga classes, core strength training classes, seminars and a running camp retreat for women.

Our Member Services Committee has organized group tempo runs on Thursdays at 5:30 p.m. and long runs on Saturdays at 8 a.m., both leaving from Runner's Edge. The runs, lead by experienced runners or walkers, are free to Run Wild Missoula members. They are in session now.

Yoga for Runners is taking a break in August, but RWM Yogi Missy Adams will start the classes up again after Labor Day. Yoga has become so popular that we'll continue with three sessions: Mondays from 5:30 -- 6:30 p.m., Tuesdays from 12:15 -- 1 p.m., and Thursdays from 6 -- 7 p.m. Use the registration form in this newsletter to reserve your spot in this popular class.

Run Wild Missoula will also introduce a new Core Strength Training Class for Runners after Labor Day. The class will be taught by Alison Laundrie, a Pilates instructor who recently moved to Missoula from New York City. Alison has worked extensively with runners who have injuries related to a weak core. The class will be held above Runner's Edge on Wednesdays from 12:15 -- 1 p.m. Sign up with the form enclosed in this newsletter.

Our Member Services Committee wants to create more opportunities for members to learn more about running and to socialize. That's why we're introducing monthly seminars this fall. They will be held on the second Monday of each month at 7 p.m. and will cover various running topics, including trail running, nutrition, injury prevention, how to stay motivated, speed training, core work and yoga. Send your seminar ideas to eva@runwildmissoula.org. Save the date for the first seminar on Monday, September 14 at 7 p.m. We'll have more information about the seminar schedule in the September newsletter.

Ladies, mark your calendars for a Running Camp Retreat for Women Friday, October 9 -- Sunday, October 11 at the home of RWM Board member Loie Turner in Tarkio. Renew your running and renew yourself during this relaxing weekend filled with road and trail runs, yoga led by Missy Adams and pampering, including massage and pedicures. Registration forms will be available soon at www.runwildmissoula.org and Runner's Edge.

The River City Roots Run is coming up on August 30. This four mile race, in conjunction with the Missoula Downtown Association's River City Roots Festival, offers prize money and plane tickets to Las Vegas. The Sweathouse Half Marathon in Victor is also coming up on September 12. This is the first year RWM is offering this half marathon and five-mile course all on dirt roads. Register at www.runwildmissoula.org or at Runner's Edge.

Happy Running / Walking,

~ Eva Dunn-Froebig

David Schmetterling Nominated to RWM Board of Directors

Dedicated RWM member and marathon runner David Schmetterling was nominated to serve on the RWM Board of Directors at the July meeting. I recently had a chance to ask him a few questions about his running background and ideas to make RWM more successful. Welcome David!

ED: How did you become involved with Run Wild Missoula? How long ago?

DS: I got involved with Run Wild through the training program for the first Missoula Marathon in 2007, when my wife Marilyn and I decided to run our first marathon. I was really inspired by the devotion to the community and to runners, and the love of running that Tim and Anders Brooker showed. Since then I have participated in all the other marathon training programs (08, and 09 Missoula, and Boston), continue to go to Tuesday night track workouts (though I dread them every Tuesday), and I have run and volunteered in a lot of club races. I really value the friendships I have made with runners in Run Wild, with them I have gotten to be a much better runner, and I have gotten a lot more enjoyment out of all the long runs (most of them anyway).

ED: What are your goals for Run Wild Missoula?

DS: Though I have no specific goals, I'd like to see Run Wild continue to develop and continue its service to the Missoula running community. The structured training groups have been wonderful and I'd like to see these continue and expand. The training programs Runner's Edge and Run Wild have conducted have been very successful, and have helped lots of runners from all skill levels. This might be selfish, but I definitely benefit from training with a group, so I have a vested interest in seeing them continue. Missoula is a wonderful place, and the running community is very special, and Run Wild is a big part of that.

ED: When did you start running? What are you training for now?

DS: I started running seriously in Dec 2006 as a way to get in shape and lose weight. Right now, if I can convince Darr [Tucknott, RWM's club secretary] to train with me, I am going to train for the Portland Marathon in October, and maybe the Boston Marathon in April.

-Eva Dunn-Froebig

Run Wild Missoula Holds Official Group Runs

Come on out and join others for the tempo runs Thursday evenings. We are starting from the Runner's Edge at 5:30pm. Please make sure to bring enough water – it's August and it's hot.

Also – Saturday runs at 8am will continue from the Runners Edge. There will be the option to drive to various trailheads during this beautiful, hot, summer weather as well.

~ Meg Lerch

A Word of Thanks to Marathon Organizers

This year I had the opportunity to run the Missoula Half Marathon for the first time. This was the largest race I'd ever entered, not that I've run all that many races.

The point is I had a wonderful experience, and wanted to take a moment to thank everyone involved in the Missoula Marathon for all the hard work and effort that goes into putting on an event of this scope and magnitude.

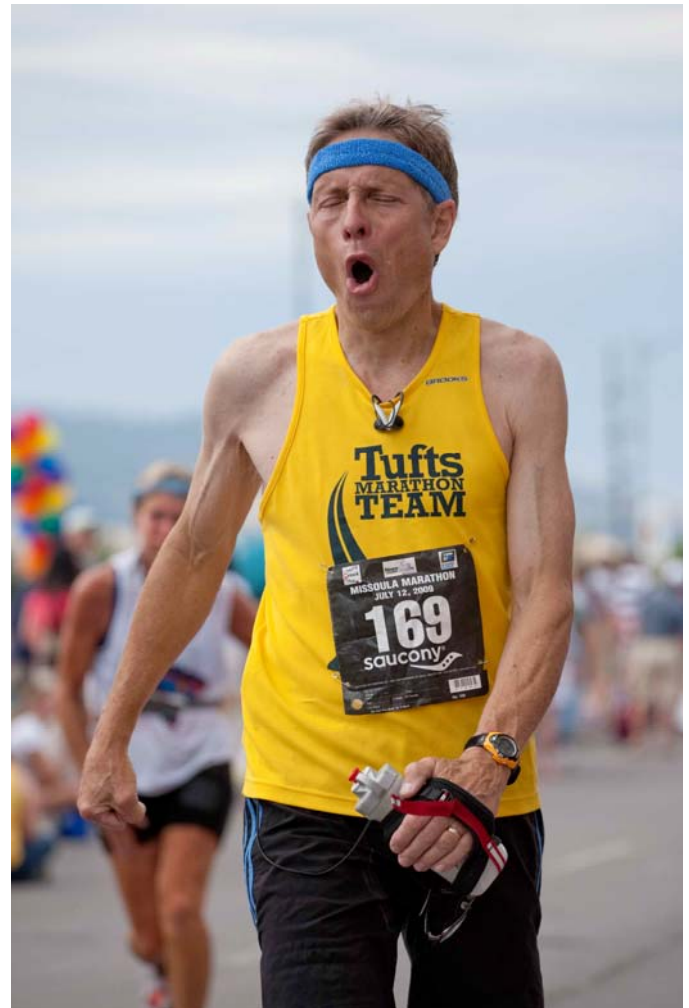
So to the members of Run Wild Missoula, the staff that has spend many months planning, preparing and arranging for

everything and, perhaps, especially to all the volunteers that gave up a beautiful Sunday, or Saturday night, to support, cheer and do all the thousands of little things that often go unnoticed, I want to say thank you.

I also need to share a short story. As I was watching the awards ceremony a gentleman I'd never met before came up to me and could not say enough nice things about the race. This gentleman was one of the 50/50 runners in town, he kept expressing how well run, and organized the event was. He also said he could not believe that this was just the third Missoula Marathon, saying most marathons take many years to reach the level of professionalism our race has achieved in just three years.

As a member of Run Wild, and a Missoulian, thank you so much for everything you have all done to put on a wonderful race, and for shining such a bright and positive light on our community.

~ Pat Cross



Tom Forsythe of Happy Valley, Oregon nears the finish line of the 2009 Missoula Marathon. Photo by Neil Chaput.



Scott Marron of Missoula (left) and Kevin Plumage of Florence . Photo by Dariusz Janczewski.



Lew Savik of Kalispell. Photo by Dariusz Janczewski.



Rachel Toor completes her third Missoula Marathon as a pacer.
Photo by Neil Chaput.



Kathrin Mikelsons and Megan Williams, both of Missoula, head for the marathon finish line. Photo by Neil Chaput.



John Creel of Brea, California nears the marathon finish line. Photo by Neil Chaput.



Dr. Tom Hallee of Manzanita, Oregon was among 29 walkers who participated in the marathon this year. Photo by Dariusz Janczewski



We Couldn't Have Done It Without You!

Thank you to all our Sponsors for Making Sunday, July 12, 2009 a Great Day!



WHY DO YOU THINK YOU KNOW ABOUT THIS?

KECI
Cherry Creek Radio
Missoulian

IN-IT-KNEE-DEEP SPONSORS:

It Takes a Lot of Time, Money & Energy to Put this On
Alpine Physical Therapy
Dana Gallery
The Good Food Store
Southgate Mall

TRAINING, INFORMATION AND COURSE LOGISTICS:

"The Hub" The Runner's Edge

TO YOUR GOOD HEALTH AND WALKING SPONSOR:

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Couldn't Have Paid for it Without These Guys
Missoula Bone & Joint

BRING IT ON HOME PHOTO SPONSOR

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UNDERSTANDING THAT FRENCHTOWN IS THE NEXT HOPKINTON SPONSOR:

Clark Fork Valley Bank (located in Frenchtown)

UNDERSTAND WHAT REALLY COUNTS SPONSORS:

Even with all the Great Local Cooperation, It still

Costs Money

Rocky Mountain School of Photography
Montana Ace
Break Espresso
Missoula Downtown Association

8 EASY WAYS TO REGISTER

First Security Bank (in 8 Locations)

VOLUNTEER ORGANIZATIONS:

Do They Have To Do this? Heck No! But We're Glad They Did!

American Red Cross
Camp Mak-a-Dream
Hellgate Amateur Radio Club

IN-KIND SPONSORS:

Every Time We Didn't Spend It, It Cost Us All Less,

So Thanks

Garlington/Lohn/Robinson
Run Montana.com
Big Sky Brewing
Coca Cola
BioLife
Culligan
Exact Image
Mountain Line
PowerBar
DoubleTree
WWIce
Allied Waste Services
Axmen
Saucony
Turner Sign Arts
Morgenroth Music Center
Badlander Pub
UoIM Health & Human Performance Dept.

OFF TO A GREAT (LOUD) START:

ROTC Cannon
Ted Soldowski, Cannon Hobbyist

HOW TO MAKE PEOPLE FEEL WELCOME:

Mountain Line

SPECIAL FORCES:

Missoula Rural Fire Dept.
Missoula City Fire Dept.
Frenchtown Rural Fire Dept.
Missoula County Sheriff's Dept.
Missoula City Police
Montana Highway Patrol

KIDS-R-US!

Special Supporters of the Missoula Kids Marathon

Devlin Design
St. Patrick's Hospital
Kettlehouse Root Beer
Big Dipper Ice Cream
Missoula Sunrise Rotary
Advanced Litho Printing
Carousel for Missoula
Missoula Parks & Rec

IT TAKES A VILLAGE, OR TWO:

Special Thanks to Frenchtown and the City of Missoula!

VOLUNTEERS: Thank you for Believing that this is a Good Time and a Good Thing. We Appreciate Everyone's Support for this Event!

NEW! Core Strength Training for Runners

Run Wild Missoula is offering a 12 week core strength training class for runners. Core work conditions the body from the abdominals to the arms and legs. Often runners are much stronger in their lower extremities than their core. This results in an imbalance in the body that it will continuously try to remedy. This class is designed to keep a runner's core strong. The class will be held **Wednesdays, 12:15-1 p.m., September 9-November 25. Class will be held upstairs at The Runners Edge.** Mats provided, comfortable clothing recommended, running shoes not required!

Space is limited. To reserve a spot, email Alison Laundrie at alison@thepilatesplayground.com, and send this form with a check to: Run Wild Missoula, Box 1573, Missoula, MT 59806.

Name _____
Address _____
City _____ State _____ Zip _____
Email _____ Phone _____

Cost: \$68 RWM Members, \$75 non-members

Yoga for Runners Fall Session

Run Wild Missoula is offering three 12 week yoga courses, designed especially for runners. These classes will incorporate poses that will help to stretch, strengthen and balance a runner's body. Classes will be held **Mondays, 5:30 – 6:30 p.m., September 14-November 30; Tuesdays, 12:15-1 p.m., September 8-November 24; and Thursdays, 6-7 p.m., September 10-December 3 (no class on Thanksgiving Day).** All classes are held upstairs at The Runners Edge. Yoga mats and straps provided, comfortable clothing recommended, running shoes not required!

Space is limited. To reserve a spot, email Missy Adams at missyadams410@yahoo.com, and send this form with a check to: Run Wild Missoula, Box 1573, Missoula, MT 59806.

Name _____
Address _____
City _____ State _____ Zip _____
Email _____ Phone _____

Check one or both of the classes you would like to register for:

- _____ Monday Evening Yoga (\$78 RWM Members, \$87 non-members)
_____ Tuesday Lunch Yoga (\$68 RWM Members, \$75 non-members)
_____ Thursday Evening Yoga (\$78 RWM Members, \$87 non-members)

AT THE RACES

Lolo Pass Mountain to Meadow, June 27th

Event	Place	Time	Name
Men 14 Mile	8	1.41.22	Tory Kendrick
Men 14 Mile	13	1.44.45	Bruce Turlington
Men 14 Mile	15	1.46.43	P. Saffel
Men 14 Mile	16	1.48.32	J. Kendrick
Men 14 Mile	25	1.57.50	Mark Schleicher
Men 14 Mile	27	1.58.47	Paul Leusch
Men 14 Mile	56	2.21.21	B Hayes
Men 14 Mile	65	2.44.44	R. Zier
Men 14 Mile	70	3.44.47	Frank Kisselbach
Women 14 Mile	3	1:45:53	Julia Graham
Women 14 Mile	15	2.00.27	Nichole Unruh
Women 14 Mile	32	2.16.57	Roni Lett
Women 14 Mile	33	2.16.58	Nora Hellman
Women 14 Mile	44	2.24.16	Pamela Estill
Women 14 Mile	52	2.27.50	Angela Lind
Women 14 Mile	53	2.28.17	Valerie Hedquist
Women 14 Mile	55	2.29.17	Christine Everett
Women 14 Mile	58	2.32.45	Kirsten Spetz
Women 14 Mile	59	2.34.16	Bridget Johnson
Women 14 Mile	62	2.35.25	Karen Dibari
Women 14 Mile	70	2.41.32	Molly Norton
Women 14 Mile	71	2.41.33	Morgan Stier
Women 14 Mile	73	2.43.37	D. Ayres
Women 14 Mile	76	2.49.27	N. Johnson
Women 14 Mile	81	3.04.05	Ann Wolf
Women 14 Mile	86	3.08.16	Kim Foiles
Women 14 Mile	91	3.24.04	Jennifer Tabler
Women 14 Mile	93	3.40.02	Carolyn Abbott
Women 14 Mile	94	3.44.47	Jane Kisselbach
Men 5K	10	30:43	Eli DiBari
Men 5K	22	55:07	Thad Jones
Women 5K	8	29:20	Amy Mack
Women 5K	45	55:05	Patricia Williams

Missoula Marathon, July 12, 2009

Place	Category	Name	Age	Time
1	Individual	Kiefer Hahn	36	2:33:17
10	Individual	John Herring	45	2:56:53
14	Individual	Dean Lipp	48	2:58:26
16	Individual	Brian Fruit	47	2:58:52
18	Individual	David Schmetterling	37	3:01:32
23	Individual	Michael Yager	40	3:06:14
29	Individual	Mark Kindred	45	3:12:07
36	Individual	Joe Fischer	44	3:17:15
38	Individual	Darr Tucknott	29	3:17:36
39	Individual	Julie Gilchrist	41	3:17:37
44	Individual	Dale Reese	38	3:18:44
50	Relay	Jennifer Sauer	31	3:19:51
88	Individual	Eric Wolf	49	3:34:03
97	Individual	Tom Halverson	48	3:34:54
112	Individual	Kim Murchison	45	3:36:54
114	Individual	Tim Mosbacher	43	3:37:09
124	Individual	Lisa Thomas	28	3:38:40
125	Individual	Mark Schleicher	31	3:38:40
138	Individual	Sherry Kenyon	47	3:44:13
139	Individual	Brian Reid	51	3:44:16
144	Individual	Rick Ryan	55	3:45:23
153	Individual	Allison Byrd	30	3:47:05
154	Individual	Wisdom Ming	38	3:47:06

172	Relay	Keith Persicke	33	3:49:29
178	Individual	Adam Beston	26	3:50:39
192	Individual	Bridgett Moriarty	39	3:53:05
214	Relay	Craig Krueger	46	3:56:37
215	Individual	Vicky Mix	47	3:57:08
216	Individual	Danelle Gjetmundsen	40	3:57:15
217	Individual	Ellyn Persicke	31	3:57:20
233	Individual	Sharon Sterbis	43	3:58:47
239	Individual	Jessica Weinert	29	3:59:47
251	Individual	Roni Lett	55	4:02:55
252	Individual	Douglas Taylor	45	4:03:12
267	Individual	Stevy Alaniz	32	4:06:58
268	Individual	Erica Ayling	33	4:07:09
269	Individual	Carol Lipp	49	4:07:10
275	Individual	Janet McKenzie	22	4:08:38
278	Individual	Tracey Baldwin	40	4:08:51
283	Individual	Julie Christensen	29	4:10:47
287	Individual	Mary Bricker	31	4:12:07
292	Individual	Tony Napoletano	31	4:13:08
294	Individual	Julia Shrader-Lauinger	26	4:14:05
305	Individual	Nora Hellman	29	4:17:57
319	Individual	Tammy Mocabee	46	4:20:35
327	Individual	Hannah Denbleyker	32	4:23:11
347	Individual	Wendy Paxton	35	4:27:49
352	Individual	Jessie Nichols	31	4:28:17
363	Individual	Katie Spaid	30	4:30:30
365	Individual	Kara Contonio	37	4:31:24
369	Individual	Jessica Crowley	27	4:32:35
370	Individual	Kara Mileski	26	4:32:35
371	Individual	Robert McQuilkin	52	4:33:16
375	Individual	Sue Furey	51	4:34:36
377	Individual	Laura Chase	40	4:34:43
384	Individual	Elisabeth Stoeckel	28	4:36:24
386	Individual	Sandie Allen	55	4:37:20
390	Individual	Michelle Yoshinaga	36	4:39:04
392	Individual	Bob Hayes	82	4:39:11
399	Individual	Patricia Traci	27	4:40:30
402	Individual	Marnie Diciaro	35	4:41:13
409	Individual	Caryn Youngholm	46	4:43:06
410	Individual	John Koenig	58	4:43:07
411	Individual	Emily Buck	28	4:43:15
417	Individual	Tonya Derosa	32	4:43:44
418	Individual	Valerie Hedquist	51	4:43:44
421	Individual	Pamela Estill	38	4:44:58
430	Individual	Sally Russell	56	4:48:54
431	Individual	Keith Ballenger	40	4:49:25
462	Individual	Julie Walker	41	4:56:51
484	Individual	Coreen Johnson	25	5:00:14
489	Individual	Taren Clement	24	5:02:01
500	Individual	Jill Roberts	41	5:07:51
503	Individual	Jennifer Tabler	40	5:08:52
511	Individual	Heather Ondrak	25	5:10:54
516	Individual	Julie McFarland	32	5:13:00
518	Individual	Christine Johnson	27	5:13:24
519	Individual	Sally Cannata	40	5:13:25
527	Individual	Kaleigh Mikkelsen	21	5:16:45
533	Individual	Sally Daer	57	5:23:52
534	Individual	Tom Daer	66	5:23:52
535	Individual	Kirsten Spetz	26	5:24:07
536	Individual	Michelle Badaruddin	42	5:24:11
612	Individual	Shelley Dewees	25	

Missoula Half Marathon, July 12, 2009

Place	Group Place	Age Group	Name	Age	Time
6	1/28	15-19	Jacob Naegeli	19	1:16:52

8	2/28	15-19	Robbie Brooks	19	1:17:38	620	58/124	35-39	Dawn Mortel	38	2:14:21
13	1/140	25-29	Megan Lerch	25	1:25:23	659	68/141	30-34	Liesl Uskoski	32	2:17:13
15	1/141	30-34	Rye Palen	34	1:25:58	667	12/17	55-59	Tim Furey	55	2:17:32
22	1/71	45-49	Mary Thane	45	1:29:05	671	45/95	40-44	Lisa Foote	40	2:17:43
34	2/50	40-44	Patrick Saffel	42	1:31:40	672	72/141	30-34	Miranda Ming	30	2:17:54
35	2/30	45-49	Bruce Turlington	49	1:31:50	683	46/95	40-44	Jackie Cenis	43	2:18:36
36	1/17	55-59	Don Malerk	55	1:32:02	686	74/141	30-34	Christy Owsley	31	2:18:41
53	3/124	35-39	Julia Graham	39	1:35:26	689	75/141	30-34	Erin Mulcahy-Mroz	33	2:18:49
60	3/30	50-54	Pat Cross	50	1:36:15	691	65/124	35-39	Judy Gustafson	38	2:18:52
63	2/17	55-59	Steve Weiler	59	1:37:14	695	66/124	35-39	Crista Anderson	35	2:19:23
64	5/30	45-49	Tom Wilson	46	1:37:15	696	84/140	25-29	Erin Nevers	25	2:19:27
67	13/28	15-19	Christopher Everett	16	1:37:36	700	67/124	35-39	Angie Lipski	38	2:19:50
70	3/95	40-44	Pam Schiemer	43	1:37:47	711	21/71	45-49	Sheila Kalin	45	2:20:35
73	14/28	15-19	Erik Kappelman	18	1:38:02	719	6/34	60-64	Donna Ayres	62	2:21:12
77	2/28	15-19	Megan Herring	15	1:38:32	761	76/124	35-39	Jennifer Harper	39	2:24:34
84	6/30	45-49	Ben Schmidt	45	1:39:28	781	18/28	15-19	Mariah Naegeli	16	2:26:05
89	5/30	50-54	Bob Homer	54	1:40:25	783	92/140	25-29	Ricobal Cowart	28	2:26:13
112	12/50	40-44	Vo Von Sehlen	44	1:42:41	784	55/95	40-44	Kristin Horejsi	40	2:26:13
114	4/28	10-14	Paige Gilchrist	14	1:42:58	785	78/124	35-39	Brenda Sweeney	37	2:26:13
116	5/95	40-44	Angel Herring	41	1:43:02	789	83/116	20-24	Erica Keeton	24	2:26:29
136	10/24	20-24	Brian Furey	24	1:45:10	807	85/116	20-24	Morgan Stier	24	2:28:14
141	11/30	45-49	Martin Horejsi	45	1:45:38	808	95/140	25-29	Molly Norton	27	2:28:14
143	10/50	25-29	Brian Kevin	28	1:45:50	821	18/57	55-59	Elizabeth McDonald	58	2:29:24
179	18/50	40-44	Ryan Snyder	41	1:48:26	827	93/141	30-34	Nicole Crepeau	34	2:30:00
181	12/30	45-49	Scott Smith	45	1:48:31	836	87/116	20-24	Jennifer Lehuta	20	2:31:52
185	15/140	25-29	Nichole Unruh	29	1:48:48	841	94/141	30-34	Erica Tribble	34	2:32:12
214	14/124	35-39	Marilyn Marler	38	1:50:16	851	88/124	35-39	Deidra Mathis	36	2:33:28
215	14/141	30-34	Kelsi Camp	33	1:50:26	852	61/95	40-44	Kristina Hurley	44	2:33:30
216	15/124	35-39	Ona Renner-Fahey	39	1:50:26	862	91/124	35-39	Emily McKeever	35	2:35:45
217	11/44	40-44	Peggy Schmidt	42	1:50:28	884	37/71	45-49	Teresa Messerman	46	2:39:41
228	13/116	20-24	Emily Nader	22	1:51:28	885	100/141	30-34	Aspen Incashola	31	2:39:54
241	6/29	60-64	Glenn Govertsen	64	1:52:14	890	95/124	35-39	Kim Ryan-Dufner	39	2:40:19
260	11/30	50-54	Matthew Stergios	52	1:53:04	892	48/53	30-34	Randy Tanner	30	2:40:31
262	22/53	30-34	Jacob Notti	30	1:53:05	906	41/71	45-49	Cynthia Wood	45	2:42:09
287	27/140	25-29	Erin Semmens	29	1:55:22	910	97/124	35-39	Lisa Sproull	36	2:42:37
296	24/124	35-39	Scott Stires	36	1:55:58	911	21/57	55-59	Carol Knutson	55	2:42:41
297	3/71	45-49	Monique Krebsbach	46	1:55:58	912	49/53	30-34	Devon Downing	31	2:42:51
301	20/141	30-34	Jen Von Sehlen	30	1:56:07	931	99/124	35-39	Nancy Gass	37	2:46:24
319	27/124	35-39	Tanya Stickler	39	1:57:30	936	10/34	60-64	Kathy Morris	63	2:46:33
345	23/95	40-44	Jackie Smith	44	1:58:45	937	102/124	35-39	Karen Erbe	38	2:46:33
363	27/141	30-34	Jennifer Stires	32	2:00:02	953	116/140	25-29	Amy Olson	28	2:49:53
369	31/124	35-39	Cher Desjarlais	38	2:00:27	956	25/57	55-59	Wendy Colombo	58	2:50:51
405	3/34	60-64	Sue Falsey	60	2:02:24	963	11/34	60-64	Myke Crosier	60	2:51:51
426	4/57	55-59	Marjie Tennyson	56	2:03:50	969	27/57	55-59	Brenda Desmond	59	2:52:37
430	5/57	55-59	Tommi Burton	56	2:04:08	973	12/34	60-64	Kay Woodworth	60	2:53:31
447	12/29	60-64	John Croft	61	2:04:54	976	13/34	60-64	Patty Harp	61	2:53:42
454	6/57	55-59	Christine Everett	58	2:05:13	977	3/5	75-79	Brad Leonard	75	2:53:54
469	42/124	35-39	Rachael Morawski	36	2:05:53	986	28/57	55-59	Carol Hedges	56	2:55:21
484	60/140	25-29	Angella Winters	28	2:06:32	994	6/11	65-69	Tony Beltramo	69	2:56:44
486	61/140	25-29	Kirsten Anderson	25	2:06:36	1016	22/29	60-64	Rolf Tandberg	61	2:59:07
497	13/29	60-64	J.B. Yonce	62	2:07:21	1019	33/57	55-59	Bonnie Fergerson	59	2:59:40
503	14/29	60-64	Dudley Dana	63	2:07:42	1023	23/29	60-64	Richard Allen	64	3:00:30
510	8/71	45-49	Nancy Seiler	47	2:08:00	1026	18/34	60-64	Sonya Yager	60	3:01:19
511	22/28	10-14	Zachary Harper	13	2:08:02	1061	109/124	35-39	Tina Bouchee	37	3:10:34
530	9/57	55-59	Angela Lind	55	2:08:54	1068	9/11	65-69	Dan Colombo	67	3:11:30
532	10/71	45-49	Bonnie Spence	45	2:09:01	1071	39/63	50-54	Kimberly Bell	53	3:11:54
533	46/141	30-34	Stacey Brown	31	2:09:04	1072	77/95	40-44	Patricia Williams	40	3:12:01
534	14/63	50-54	Bridget Johnson	54	2:09:07	1074	110/116	20-24	Emily Rice	21	3:12:33
535	11/71	45-49	Maria Alva	46	2:09:08	1118	116/124	35-39	Jennifer Ranta	39	3:20:27
554	13/71	45-49	Mary Landers	49	2:10:18	1125	25/34	60-64	Betsy Holmquist	64	3:21:05
580	49/116	20-24	Lynn Schmidt	24	2:11:43	1127	7/11	65-69	Jane Kisselbach	68	3:22:34
588	42/95	40-44	Rhonda Decker	41	2:12:27	1154	60/71	45-49	Ange Laridon	47	3:31:11
612	71/140	25-29	Jennifer Jackson	28	2:14:07	1155	85/95	40-44	Ann Suter	40	3:31:15
615	72/140	25-29	Andrea Felton	29	2:14:19	1157	26/34	60-64	Jeanne Clark	64	3:31:15
616	57/141	30-34	Jennifer Vail	32	2:14:19	1183	28/34	60-64	Darlene McLuskie	60	3:38:41
617	58/141	30-34	Cammi Peck	34	2:14:20	1212	60/63	50-54	Julie Fowler	51	3:47:57

1220	136/141	30-34	Heather Hudson	32	3:50:54
1244	33/34	60-64	Janet Hulme	63	4:06:59
1252	11/11	65-69	Gloria Bianco	66	4:15:09

Race Report: Alberton 5K

On Saturday, July 18, Monte and I ran/walked in the Alberton First Annual 5K. I came in second and Monte came in first in all the men's categories. I must tell you that there were only 7 people entered: 5 walkers and 2 runners. Monte happened to be the only male! Next year we hope more runners and walkers participate in this event. Runner's Edge provided the race numbers, so thank you Anders.

This would be a great "after half marathon" run. I'm asking all the Run Wild Missoula Members to support these "little" town events. It's RWM's goal to support running and walking in all communities. So "Lace 'em Up."

~ Loie Turner

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

Finish Line

A couple weeks have gone by now, and I still really haven't stopped grinning over how much fun I had the morning of the Missoula marathon. I wrapped it up in 1:47 or so, and I felt like a million bucks as I was crossing the finish line. The shoes (<http://themiissoulamarathon.blogspot.com/2009/04/brians-blog-new-habits-old-friends.html>) held up throughout the whole four-month training schedule and came through for me on marathon day. The iPod (<http://themiissoulamarathon.blogspot.com/2009/06/dead-air.html>) was cranking out one winner after another. We couldn't really have asked for much better weather, and the party at the finish line was pretty boss. Mental note: Find a way to bring a wallet next time so as to get a crack at that massage chair. Goals for next year: Do the full; where a silly hat.

Eva Dunn-Froebig, who's sort of the Steve-Jobs-hipster-genius-manager-character of Run Wild Missoula, asked me a few weeks ago for a "testimonial" explaining why I became a member of the group. I told her it was for the discipline and camaraderie, etc. The truth, though, is that I joined Run Wild Missoula back in March in order to support my then-wife, who had trained for the half-marathon in 2008, but was sidelined with an injury just weeks before the run. Our marriage this winter was in a pretty rocky place, and I was really keen on finding activities that we could do together on a regular basis, the sort of things that would provide opportunities for growth. Training together for the Missoula Marathon seemed perfect.

We were only a few weeks in, though, when my wife decided she wanted to be divorced. Needless to say, I was pretty devastated. There was a sense in which I had been running primarily for her, and so I wasn't sure initially that I'd keep it up or even stick around Missoula to run in the race come July. But I'd gone and joined the group. So I kept attending the training sessions twice a week, and I stuck with the additional days of running on my own time. It didn't take long before those runs became pretty important to me, and

hitting the pavement definitely helped me through a few lousy days this spring.

One thing that I really liked on race day was seeing all the signs and sidewalk-chalk notes that friends and family had left for runners along the route. Eva asked me the other week what I was running for. One thing I did while running those thirteen miles was to pick out a name from among those on the signs and then sort of mentally dedicated the next mile or so to that person. If the sign said, "Way to go Theresa," I'd give her a mental high-five, then spend the next mile running for Theresa. If the sidewalk at mile 10 said, "Go Bob!", I'd spend the next mile running for my man Bob. It was a good mental distraction.

I remember being kind of shocked when I saw the chalk marker saying I was already at mile 12. There was only one more to go?! I felt unstoppable right then, and the sidewalks along the route were more and more crowded with cheering well-wishers. A Weezer song I really like came on the iPod, and I sped up my pace. I know I was wearing a pretty big grin at that point, and it's possible I pumped my fist a couple of times. For that last mile of the race, I stopped picking out names from among all the sidewalk signs and chalk-mark encouragements. The last mile I just ran for me.

~ Brian Kevin

For more by Brian Kevin, visit

<http://themiissoulamarathon.blogspot.com/>

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Run from the Edge

(his Stevensville home).

Looking for a group run? Meet at the Runner's Edge, 325 N. Higgins, Mondays and Thursdays at 5:30 pm. Monday runs tend to be a bit shorter than Thursday runs. Odds are that you will find at least one runner or walker ready to go at your speed and distance. Call Tim or Anders at 728-9297 for more details.

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.**



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