



Running Wild

The official newsletter of Run Wild Missoula
February, 2012

"Most people have this perception that you have to be out there running for an hour and a half every day.
But you don't have to give up your career and family to run a marathon."
~ Jeff Galloway

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The class starts with distances as low as 2 miles, but how fast you run absolutely does not matter. For beginners there is a run/walk option. Beginners who have not run a step as of the

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. We hope to see you there.

first day of class will be encouraged to set the Missoula Half Marathon as your goal. (Yes, you can do this. You have six ½ hours to complete the Half Marathon course and you have 4½ months to train.)

The program begins conservatively but you'll find the miles start adding up quickly, even if you're a more advanced runner. By the end of this training class you will be ready for race day. With the Training Program participants receive:

- * Coaching by Anders Brooker, Cross Country and Track Coach at Hellgate High School and Owner Runner's Edge
- * Comprehensive Training Program for Full and Half Marathon Trainees
- * Group Runs on Wednesdays at 6 p.m. and Sundays at 8 a.m.
- * Pacers for All Levels
- * Guest Speakers on Nutrition, Injury Prevention, Running Form and More!
- * Racing Singlet!
- * Handheld Water Bottle
- * Aid Stations
- * Gels on 5 longest runs (the same brand used on the course of the Missoula Marathon and Half Marathon)
- * Post Class Party

The class begins on Sunday March 4 and meets until the Missoula Marathon on July 8. Class meets at Runner's Edge, 325 N. Higgins Ave. every Wednesday at 6 p.m. and on Sunday at 8 a.m. Cost \$75.00. Register on the web at www.runwildmissoula.org You must be a Run Wild Missoula member to register for the class. It is easy to become a member go to www.runwildmissoula.org and click "Join.". Questions? Email Coach and Coordinator Anders Brooker. This class sponsored by the Runner's Edge and Cherry Creek Radio.

Run for the Luck of It 5K!, Saturday, March 10, 2012 NOTE DATE CHANGE!

Watch the Run Wild Missoula website for more information – www.runwildmissoula.org

Walk the Missoula Marathon or Half Marathon, Monday, March 12, 7 p.m., Good Food Store, 1600 S. 3rd St. West-- FREE

"Pace Yourself: You Can Walk the Missoula Marathon or Half Marathon"

Missoula Marathon Walk Training Class, Class starts Saturday, March 17 at 8 a.m., Rehab Gym Community Medical Center.

Get ready for the 2012 Missoula Marathon or Half Marathon with Run Wild Missoula's walking training program for anyone. All you have to be is someone who wants to complete the half or full Missoula Marathon on Sunday, July 8, 2012.

With the Training Program participants receive:

- * Encouragement, coaching and practical suggestions by veteran marathon walkers Rolf Tandberg and Candace Crosby
- * Comprehensive Training Program
- * Twice Weekly Group Walks on Saturdays at 8 a.m. and Wednesdays at 5:30 p.m. in the Rehab Gym at Community Medical Center
- * Speakers on Various Training Topics
- * Gels or other Nutrition on the 5 Longest Walks
- * Run Wild Missoula "gift"
- * Fun People to Train With
- * Post Training Class Potluck Party

Class begins March 17 and meets until the Missoula Marathon on July 8. Class meets in Rehab Gym at Community Medical Center on Saturdays at 8 a.m. and Wednesdays at 5:30 p.m. Cost \$40.00. Register on the web at www.runwildmissoula.org You must be a Run Wild Missoula member to register for the class. It is easy to become a member go to www.runwildmissoula.org and click "Join." Questions? Email Coordinators Candace Crosby or Rolf Tandberg. This class sponsored by Community Medical Center and Cherry Creek Radio.

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 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.

Other Events

33rd Snowjoke Half-Marathon, Seeley Lake, Sat. Feb. 25, 11:00am.

13.1 mile lap around Seeley Lake on plowed roads. Icy patches likely. Race-day registration only 8:45am to 10:30am. \$10.00 (\$5.00 under age 20). T-shirts extra. www.cheetahherders.com

Second Butler Creek Boogie, DeSmet School, 1 mile and 5K, March 10, 10:00a.m.

1 mile at 10:00a.m., 5K at 10:30a.m. on Padre Lane in front of DeSmet School. \$10.00 by March 2 includes T-Shirt, \$15.00 after, \$5.00 no shirt. Proceeds will benefit DeSmet School's native garden and outdoor classroom. Call Linda Briggeman at 549-4994 or klbrig@aol.com for more information or visit www.runmt.com/2012BulterCreekBoogie.pdf for entry form.

March Meltdown, Polson, 5K and 10K, March 10, 10:00 a.m.

5K and 10K run/walk on a challenging course. Registration opens at 9:00 a.m. and race starts at 10:00 a.m. Registration forms, fees and course details available at www.polsonrunning.com

Wheat Montana, 5K, Wheat Montana – Missoula, March 24, 9:00 a.m.

9:00am start. 7:30 am registration. \$15.00 includes T-Shirt, \$17.00 race day. Proceeds go to Missoula Aging Services. Registration forms at Wheat Montana and Runner's Edge. Call Sara at 546-1619 or swallace31@hotmail.com for more information. Entry form at www.runmt.com/2012WheatMT5K.pdf

Missoula Marathon

Missoula Marathon News

"Want a chance to win a FREE trip to Montana for the Missoula Marathon?"

"Here... try some Montana-made huckleberry taffy!"

These were our two most used sales pitches while at the Houston Marathon Expo trying to get runners excited about the Missoula Marathon. You would think a chance for a free trip would be enough to get attention but we found with some that we had to get creative - that's when we went to our special weapon: huckleberry taffy.

A few of us had planned to go to the Running USA Conference in Houston and, having the Houston Marathon the same weekend, it made sense for us to spend a few extra days selling our great race, town, and state. We won't know for sure how many people signed up from our efforts in Houston until after this year's Missoula Marathon but we did find out a few things while we were in Texas. Here are a few questions we heard most often:

1. "It must really hot in July?" Runners were surprised to find that our average temps in July are in the low 80's and at start time, we are usually in the high 40's. Add low humidity to that and you have almost perfect racing weather. We didn't mention the first year; we hit 100's by midday. ☺
2. "Will that altitude affect me?" When people think of Montana, they think we are all at a mile high. Missoula sits at around 3000ft and which won't affect most runners.
3. "With all those mountains, it must be a hilly course." There is one hill on the marathon course and the half marathon course is as fast as they come. Most people didn't believe us so we showed them the course profile to calm their nerves.
4. "Missoula, is that in Missouri?" NO!

Even if we don't get hundreds from the Houston Marathon to sign up for the Missoula Marathon, we learned a lot about our future out-of-state marketing. Also, if you are ever looking for a present for a friend or relative... try some Huckleberry taffy from the Sweet Palace, they will love it!

Happy Running,
Anders, Missoula Marathon Race Director



Promoting the Missoula Marathon – at the Houston Marathon Expo. Photographs courtesy of Run Wild Missoula.



Race/Event Reports

Just Another Missoula 5K (or maybe not) – Catch'Em' If You Can

Here we sit surrounded by berms of plowed snow and thinking of spring.

You might be thinking of going running but all this snow and ice sure makes it difficult. There are some races coming up, but there are plenty of 5K races in Missoula during the year. Why would you bother running one in February? Well you're in Montana for one thing, so a little snow may slow you down but it isn't going to stop you. And it's the Catch'Em If You Can, which features the most unique 5K format in town. The most unique format you ask? It is a 5k, what can you do different? Well, we start the women three minutes before the men. Guys, can you catch the ladies if they get a three minute head start? Ladies, can you hold the guys off? The format is a lot of fun and provided some spectacular finishes last year. Hellgate High School Cross Country standouts Page Gilcrest and Adam Peterman had quite the duel in the home stretch. We hope to have them back this year.

This year's course has been modified somewhat in hopes of making for a better race. It starts on the Riverfront trail at the south end of the Madison Street footbridge. The course will follow the trail west to California Street, north to the end of California Street where runners will turn east over the new footbridge and head back up the trail past Osprey stadium, under the Orange Street bridge and back to the start/finish area. The new footbridge connecting the trail directly to the California Street footbridge has really expanded the running route options. This year's race will also feature chip timing provided by the Runner's Edge. This will be the first use of their new timing system. Hopefully we will get it broken in for them and not break it.

We will have this year's event staffed with lots of Hellgate High School Cross Country team members. The race is a fundraiser for the team and they should provide a great race day atmosphere. Anyone who saw them at the aid stations during the Blue Mountain 30K knows how enthusiastic they can be. They should be fired up because their coach and Missoula Marathon race director, Anders Brooker and his fiancé Meg Lerch have agreed to run the race. There should be a lot of rooting interest in whether Anders can catch Meg or not. I will make no predictions. We should have some other interesting match-ups to follow and we will try to keep those updated on the Run Wild Missoula Facebook page.

This is our second year as directors for Run Wild Missoula's first race of the year. We hope to get the year off to a great start. There will be Big Dipper Ice Cream and socks from the Runner's Edge for all participants. We also have collected a nice pile of prizes for the post-race prize drawing. What a better way to start out your race year than running the 5K with the quirky format that also benefits some of our communities youth. So lace them up and come join us for the Catch'Em If You Can on Saturday, February 11th. It isn't just another 5K. Details, registration information, course map available at runwildmissoula.org or email dara@runwildmissoula.org.

~Dara and Scott Rouse, Race Directors Run Wild Missoula's Catch'Em If You Can.

Run-walk-running in the Snow: Galloway Comes to Town

The week of January 16 marked Jeff Galloway's second midwinter visit to Montana, and a snowy one it was! While Jeff was here, almost two feet of white stuff challenged this visitor from Atlanta. He did, without a doubt, rise to that challenge! During three full days in town, Jeff began early and finished late.

On Tuesday, he was interviewed at 6am on the KECI morning news, he breakfasted with Galloway program co-directors at 7am, he spoke at four schools with students ranging from K through 8 all through the day, and he closed over dinner with Galloway program pace group leaders in the evening.

Photographs of the Phoenix Marathon courtesy of Trisha Miller.



The Missoula Contingent



Andy and Trisha

Jeff at the schools was fun to watch. He confessed to early years as an overweight, lazy kid. who was drawn into running by older kids who made it fun. He reminisced about the 1972 Olympics, telling of Dave Wottle's dramatic come-from-behind finish in the 800. He shared Billy Mills stories. He assured students that exercise will make them feel better and improve their grades. He encouraged them to get moving, have fun, and never give up.

Questions at the schools were also fun. The little ones asked: "Does Dave's knee still hurt?" "How big is the (finish) tape?" and "What is Dave doing now? Older students wanted to know: How much money does an Olympic runner make?" "How many races have you won?" "What was your fastest mile?" "What are the best running shoes?"

Jeff awakened to snow on Wednesday, but it didn't slow him down. He interviewed with Cherry Creek Radio and Montana Public Radio. He departed from the Runner's Edge with a group of lunchtime runners. He showed up that evening to a surprisingly robust crowd and gave a free public lecture at the Doubletree. His overview of a kinder and gentler approach to training made it clear that he is "against puking." He also subscribes to basic physics: "A body on the couch tends to remain on the couch, a body in motion tends to keep moving." He encouraged us—yes, even in midwinter—to get off the couch!

Thursday found Jeff at the Good Food Store, giving a talk on nutrition. That evening, his 3-hour running school attracted 40-50 folks who came out despite a layer of freezing rain on the snow. Questions from adults differed from those in the schools. People were curious about his run-walk-run approach to running. They wondered about stretching and cross-training. They doubted that they could finish faster with walk breaks. They thought about signing up for the Galloway training program scheduled to begin on Sunday.

And they did! With almost 100 registrations at the time of this article, Run Wild Missoula's Galloway marathon-half marathon training began with a bang. The class draws heavily from the ranks of newer runners, returning runners, and runners with a history of injury. The program attracts people who want to train for 13.1 or 26.2 miles in July and have fun in the process. They want to build endurance with minimum mileage, quick recovery, and low risk of injury. They want to build friendships and shared experiences. They might even be intrigued by Jeff's challenge that they "run until 100," taking care of their bodies in the process.

Jeff will be back in July, when he and his wife Barbara will run-walk-run the Missoula Marathon for a second year. He will offer another 3-hour running school. He will join us for the beer run. He will give a free public talk and meet with Galloway program participants. He will reinforce the message—in every setting, with every audience—that running is good for your body and soul and that YOU CAN DO IT!

~Pam Gardiner, Run Wild Missoula Galloway Program Director

Top Nine Phoenix Rock N Roll Marathon Moments

Although I've ran more than a dozen marathons, I've never traveled with so many Missoulians to a destination marathon. This past January, Run Wild Missoula members all exited the cold and headed south to Phoenix, AZ for the PF Chang's Rock N Roll Arizona Marathon. I want to share some of my favorite memories about the runners who traveled to Phoenix (and beyond) to run and cheer. I feel incredibly lucky to have so many great running buddies from the few years I've been a RWM member. I hope this is as entertaining for you as it was for me to remember.

#9) Talkin' Smack at MSO – Who do I spot in the terminal just about to board his plane for Houston, TX en route to the watch the Olympic Trials and run the Houston Marathon? Mr. Tim Mosbacher, my training partner and greatest rival (I say this with the utmost respect and admiration), sporting his



Brian and Monique



JB – Cruising to Victory at Sun Devil Stadium

Boston coaches jacket. Mosbacher was flanked by other long time Run Wild Missoulians Jen Straughan, Pam Schiemer and Julie Gilchrist also headed to Houston to run. After a round of well wishes and wise-cracks about who's going to best who, we headed to our gate with smiles.

#8) Expo Play by Play - Direct text messages from Eric Wolf:

- Am at expo spending money
- 100 bucks shorter already
- Brian is here too
- We're still shopping. It's awesome.
- A lot better than any expo I've seen before
- (Explicit!) down more cash. We better get out of here
- Okay, we're heading to the restaurant

#7) Pre-Race Diner - Our pre-race dinner consisted of pizza and beer for some at a downtown Phoenix restaurant. We opened the place and ate at 5:30. It just worked out that the half marathoners were drinking beer at one end of the table and the full participants at the other end sipping on water. The conversation never lagged as we swapped race stories and discussed strategies for the next day. We looked at Eric's freshly purchased gadgets and heard great stories about JB Yonce, the consummate ladies man, from his long time friend.

#6) Psychic Runners? I like to think that when I told JB "Here, eat this last piece of pizza. You will break 3:25 if you do" that some kind of magic happened. JB gladly took the pizza and forced it down. Perhaps a similar spell was cast when Andy told me just before we turned the lights out Saturday night, "Trish, you're gonna win tomorrow." Well, JB crushed 3:25 and I broke the tape... coincidence? Probably.

#5) The Best Cheerleader - Despite having broken her foot (during a race in December, which she finished) Carol Lipp was the first Missoulian I spotted as I rounded the corner in the final stretch. There she was with her camera, cheering loudly with her knee-high black boot on for healing her foot. It was exciting to see a familiar face and exchange a high five as I headed to the finish line.

#4) Post Race Reunion - As I exited the runners corral at the finish line, I spotted Brian Fruit and Monique Krebsbach (both ran the half) and got the rundown of how all of RWM faired in the half – and the news was good! I found Andy and was relieved he had met his goals too. Someone had been tracking JB and Chris Everett on line and knew both were clocking fast paces. We headed to the stage where the B-52s would be playing in a short time, for the awards ceremony. I don't think I will ever forget standing back stage and looking out at our group... I'm pretty sure Monique was crying. I was incredibly proud to be representing Missoula!

#3) Total Age Group Domination - I think these stats speak for themselves.

- JB Yonce - 3:20:36 FULL 1st M65-70
- Andy Drobeck - 2:33:16 FULL 2nd M30-34
- Chris Everett - 4:12:16 FULL 4th F60-65
- Brian Fruit - 1:24:13 HALF 3rd M50-55
- Eric Wolf - 1:26:23 HALF 5th M50-55

#2) Total PR Domination - Did I mention all the times above were PRs? Well, now you know.

#1) Post Race Celebration – We had a lot to celebrate Sunday night and we did so at a downtown sports pub. We revisited the prior night's predictions and relived the race earlier that day. I loved hearing the post race recap ... and of course more stories about our running Casanova.

I am already looking forward to choosing a race in the future where I can travel with more RWM members, because it will make running that race all the more memorable!

~Trisha Miller

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

2000/1200 Mile Club

Congratulations to an elite bunch of runners! Listed Below are the finishers of the 2000 Mile Club and the 1200 Mile club for 2011. These folks ran this mileage throughout the past calendar year and certainly did an awesome job. For their efforts they receive a 2000/1200 Mile Club- and Run Wild Missoula-logo embroidered, LED translucent jacket.

If you're interested in accomplishing this feat of foot, simply log onto the RWM website and go to the Members tab to find the 1200/2000 Mile Club. From there you can enter your miles as frequently as you wish; the website will keep the tally for you. The coveted "treasure" changes each year so who knows what fabulous RWM prize we'll be granting THIS year!

Happy and Safe running in 2012!
 Kristina Hurley
 1200/2000 Mile Committee Chair
club1200@runwildmissoula.org

First Name	Last Name	Mileage Total
Tim	Mosbacher	2,788.00
Roch	Turner	2,525.00
Ken	Ellis	2,476.00
JB	Yonce	2,218.34
Christine	Everett	2,029.00
Danelle	Gjetmundsen	2,020.00
Tammy	Mocabee	1,908.00
Roni	Lett	1,853.00
Donna	Ayers	1,739.00
Sharon	Sterbis	1,717.00
Nichole	Corona	1,675.00
Vo	von Sehlen	1,648.00
Julie	Gilchrist	1,581.00
Steven R	Holloway	1,578.00
Dara	Rouse	1,541.50
Lance	Fisher	1,514.50

Scott	Rouse	1,438.80
Gay	Peterson	1,404.84
Rick	Ryan	1,343.00
David	Boring	1,335.49
CJ	Foley	1,333.25
Ian	Carlson	1,307.45
Craig	Macholz	1,306.28
Alan	McCormick	1,302.00
Jen	von Sehlen	1,278.00
Sara	McAllister	1,262.00
Donn	Livoni	1,255.50
Mary	Thane	1,249.00
Renate	Bush	1,241.00
Jim	Ryan Jr	1,235.00
Fred	Westereng	1,222.90

Articles

View From The Back: The Perfect Time!

I found out about the Back of the Pack (BOP) about one year ago when I volunteered to help Pam Gardiner, Leader of the Back, coach the Jeff Galloway Marathon Training Program.

2011 was not a good running year for me as a series of non-running injuries from the past began to plague me. A 1962 soccer injury is now osteoarthritis in the left knee and numerous crashes in the outfield and at home plate during many years of softball is now a degenerative disc in the low back. And for good measure, a stupid training error in the gym last April herniated a disc in the low back. That was a major owey! I also knew after almost 30 years of competitive running and coaching, mostly in Dallas, that things were slowing down.

As I patiently tried to rehab throughout the year, Pam always reassured me that I would not be left out in the cold and that I would always have a place to go whenever I was ready to let go of the ego and face reality. She even said that they would let me run in front of the Pack if that would help soothe the ego. I met many of the BOP members during this time and many of our new Gallowayans also became members. It was starting to feel like family and Pam would occasionally tease, "whenever you are ready".

The ready came as I entered my 8th decade (70th birthday) on December 6. Pam and fellow BOPers and others threw a wonderful surprise B-Day party and presented me with the distinguished BOP Green Bandanna emblazoned with "Back of the Pack". It was official. And it was the perfect time!

The BOP is now my new Front of the Pack and will make running until I'm a 100 much more enjoyable. Thanks BOPers!

~ John Pitcairn, Runner's Edge



Run Wild at Any Pace
 And remember...
 "Smile Like a Turtle!"

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

Balancing Family, Running, Employment, LIFE

We started out 2011 with the Boston marathon training group. In April 2011, Danelle planned to run the Paris Marathon while I planned to run the Boston Marathon just eight days later. Since the inaugural Missoula Marathon we had trained for and raced in all of the same marathons. We figured even though we wouldn't be running these April marathons together, we could still train together. We signed up for the Boston Marathon training class and the high mileage that goes along with it. Through snow and ice we ran, including one night when we were the only ones to show up for the tempo run in the dark with extremely cold wind chills.

After the spring marathons (and a short break), it was back to training, this time for the Missoula Marathon. Although I didn't train with the Marathon Training class, I followed the spring marathon training schedule and continued to get the mileage in. Since lunch hours didn't work for me and my kids' summer schedule, I ran many early morning miles and Danelle and I continued to meet on the weekends and some evenings for our long runs. We both had great races in Missoula so we figured why not one more. We continued to train for the Montana Governor's Cup Marathon in Billings where we both set PR's. After backing off on the mileage a bit in October, it was time to start building up the base for the Boston marathon training that started up again in late December 2011. We are very fortunate to have found great training partners and friends to run with in each other and within the running club. We continue to run regularly on our lunch hours as well as with the training class group runs. We have very supportive families though I'm sure they question our sanity at times.

As Tammy stated, we are fortunate to have such supportive families and running friends. Having this support is an important step toward achieving the balancing act of running, family, employment and life. For me, there are two specific pieces to the puzzle of this balancing act. They are having a positive support group and being flexible.

Support:

An example of supportive training partners are the friends that agree to join you at 06:30 on a Saturday morning in the dark and cold to run 18 miles. Why so early? It's all part of the balancing act. For Tammy and I, 06:30 allows us to get our training run in and still have the rest of the day to spend with our families. Another example of support is the group of friends that we can e-mail on a week day at 09:00 to see if anyone is interested in a lunch time speed work out. Sometimes there is one other person whose schedule allows for this, sometimes there are 4 individuals. Running at lunch is positive in two ways. First, running during the day leaves the night free for family time. Second, during these dark winter days filled with snow and ice, having an opportunity to do speed work in the daylight is much more pleasant and far less dangerous.

Flexibility:

Being flexible in your training schedule is also very important. As busy as we all are with family, work and volunteer obligations; to try to follow a specific training schedule can be difficult. If the schedule shows a group long run on Sunday and you are leaving Saturday to go out of town, you have two choices; skip the run all together or run on a different day. I think there are very few people whose life allows them to participate in every group run and follow any training schedule exactly. If you are flexible in your life, it will benefit you and your family and be less stressful for all involved.

As we enter 2012, Tammy and I will continue to train with one another and in April 2012, we will run our tenth marathon, nine of which we have run together. We started as acquaintances in a running club then became training partners and now we are friends who run together.

~Danelle Gjetmundsen & Tammy Mocabee

Running The Miles

Recently, Run Wild Missoula posted a list of members who submitted their mileage as participants in the 1200 mile club. Though I am sure there are other RWM members who ran a greater number of miles and did not submit them, I happened to be at the top of the list with 2,788 miles. Some individuals have suggested that it must have been difficult to log so many miles, but in fact it is a little easier than one might suppose.

A close examination of my mileage shows:

◎ an average of 53.6 miles per week

All Photographs of the 2012 U.S. Olympic Marathon Trials courtesy of Vo von Sehlen.



Anders, Tim, Vo and Jen at the start.

- ⊙ an average of 5.7 runs per week
- ⊙ an average run netting 9.4 miles
- ⊙ an average weekly long run of 17.2 miles

My goal this year was to log 3000 miles. I fell short of my goal due to the many days I needed to rest because of some type of pain. I had 11 weeks of running between 8 and 38 miles per week in the attempt to heal. On the flip side, I had only 8 weeks of running 70 miles or more per week, topping out at 108 miles in one week. Sixteen days I ran doubles, while resting 86 days.

The pace of my runs was quite varied. In fact, I am surprised how fast many others run their average run. My pace varied over four minutes per mile from my Tuesday track workout speeds to my recovery runs the day after speed work or tempo work. In other words, while completing 400s, my pace might be around a 5-minute mile, but a day later on a recovery run, my pace could be a 9-minute mile.

In 2012, I am reinstating my goal of running 3000 miles. By allowing increased recovery time after races, I hope to eliminate many unplanned rest days, thereby averaging more miles per week.

It is exciting to see the number of people who are logging their miles. I truly believe runners will realize their goals of becoming faster by adding more miles per week to their training schedules.

~Tim Mosbacher

Houston, TX, January 2012 - THE 2012 U.S. OLYMPIC MARATHON TRIALS

For the first time ever, I had the opportunity to witness the excitement of the U.S. Olympic Marathon Trials, which were held in Houston, TX on January 14, 2012. Never before, were the women's and men's U.S. Olympic Marathon Trials fought out at the same time, on the same course, and I was there. I'd like to share this experience with all of you.

Having been obsessed with the Olympic games for as long as I can remember, yet never having had the chance to go to any of the actual games, and now being able to see world-class athletes, in person, compete for one of those life-changing, three nominations - to ultimately compete in the greatest and oldest of all competitions - was unbelievable. Leading up to the trials, I felt like a child again, on Christmas - waiting for Santa Claus.

As a matter of fact, this whole experience meant a great deal to me, as roughly two decades ago, I was dreaming about the Olympics myself, just for a very different event. Even though my discipline was not yet Olympic, my goal, however, still, was to be the first Olympic Gold Medalist in my sport. Well, I got older and the sport is still in the planning phases and yet to be added to the games.

Many of you know me, and also know that I am a foreigner as per my passport, far from my homeland. Nevertheless, I would not be able to name you one single elite marathoner from Germany, which, admittedly, is really sad. But, I can name many U.S. elites, where they train, and all sorts of other information about them. That little bid of information probably exemplifies who I'm rooting for, and, perhaps, how Americanized I have become. Go, U.S.A.!

Early morning, the day before the trials, we sat outside one of the major hotels, situated literally 100 feet from the 26-mile marker of the marathon, eating some breakfast. While taking bites out of our breakfast Burritos and sipping on our morning java, we saw former and current marathon elites exit and enter the hotel lobby, and watched, in awe, our U.S. Olympic hopefuls running strides right in front of our eyes. I don't know how many bites fell out of my mouth that morning, as my jaw had dropped so many times. Did you see ...? Was that ...? Look how still his head is [while running strides]. Oh my gosh, can you believe this? Is this for real? Someone, pinch me, now! Those were the kinds of comments made during our breakfast.



Vo - on the course the day before.



At the start of the men's marathon



Ryan Hall in the lead at about 10 miles into the race (with the men's winner – Meb)

There was anticipatory electricity in the air. Some of which was nervous; some of which was beautifully calm.

Next morning, the day of the Olympic trials, spectators really got into the spirit of the day and lined the starting area five-to-10 people deep, if they didn't have access to any of the bleachers. People painted the names of their favorite athlete on different parts of their body, proudly waived U.S. flags – big and small – wore patriotic colors, and, once the athletes appeared a couple minutes before their respective starts, erupted and became almost as vocal and loud as during Montana v. Montana State football games. Walking towards the starting line, we listened to patriotic music, which blasted out of the many speakers, set up by the organizers. The atmosphere resembled that of 4th of July's just before the fireworks.

It was impressive that one of the women's participants beautifully sang the National Anthem two minutes before her own race. So not only did she need to warm up her body and control her emotions for her race, but she also had to warm up her vocal cords and worry about her singing performance, too. Unfortunately, I don't know how she did at the trials, but it was impressive, nonetheless.

Just before the actual start of the first of two races, I thought I was in a great spot, no farther than 20 feet from the starting line, when I got worried, only seconds before the start, when everyone lifted up their hands to: wave flags, hold up signs, little cameras, and, welcome to 2012, iPads (which are quite big), that I might not see anything at all. Thank goodness, I'm 6' 3"; the two starts were amazing to see. After the women were sent on their way, 15 minutes after the men's, we moved to a spot without any obstructions. It was fabulous to witness history in the making at such close proximity to the athletes.

What struck me, was when the leading groups approached, they looked so smooth, looked as if they were floating, and didn't at all appear to run at a pace I can only dream of. Quite honestly, they didn't look all that fast, just smooth. However, when they came closer, and especially when they were at 90 degrees to my vantage point, it was unbelievable to see how incredibly fast they were moving, without any extra, energy-sapping movements. Gosh, those guys and gals are good!

Have you ever tried to watch someone in a marathon? To watch someone during a race, in person, can be a challenging feat. And, if one can't move from one spot to another within the duration of one race, could be somewhat unsatisfying. However, this year, at these Olympic trials, the course resembled that of London's later this year. After all, that is what these trials were all about – going to London, to represent the U.S. at the Olympic games. At Houston, spectators had the opportunity to see the athletes at least four times, without moving once, which made a big difference in the overall experience. However, we did move around and actually saw the athletes more often than that. It was difficult not to be "star" struck.

The organizers positioned two big screens close to the finish of the course, on which live video from the course was streamed. During each of the three, eight-mile laps, one could witness the emergence of the potential, and then actual, Olympic qualifiers, and cheer on those participants that only ran to experience the beauty of the Olympic spirit. We all know what can happen during the course of a marathon. So no one was safe or qualified until the very end, obviously.

The competitors could not have asked for better temperatures and weather. We, the spectators, actually sought sunny spots to watch the trials, as a cold front moved through the deep south of the country. With temperatures in the upper 30s at the start and humidity, for Houston standards, relatively low, conditions were ideal. Only a few days after the trials, we woke up to degrees in the 60s and very high humidity. In other words, it could have been a very different experience for the athletes and spectators.



Lead group of women.



Ryan Hall moments before finishing second



Dathan Ritzenhein – disappointment at finishing 4th

The entire length of the course was lined with marathon fans. Hence, even from quite far away, we knew when the marathoners were approaching, as we could hear the noise of the crowd drawing closer. First, there was the screaming of the crowd, then, the first official motorcycles emerged. Shortly thereafter, the lead vehicle with the timing clock on top and the photographers in the back became visible, closely followed by the athletes themselves.

The anticipation to see the athletes appear one last time for the final stretch of their Olympic qualifying race rose by the minute, and culminated in a roar of the crowd, which again, lined the streets, many people deep. Being able to see the big screens, we knew who would be in front, once they made it around the final corner. But again, one never knows what all can happen until the very end.

Many people correctly predicted the top-three finishers in the women’s race. Just the order in which the first three women crossed the finish line might have been different. In the end, there was a decisive gap between the third and fourth runner. The men’s race, however, as you might now by now, was very close. Only a mere eight seconds separated the third and final qualifier from the very (!) disappointed fourth-place finisher, Dathan Ritzenhein, who, despite his sub-2:10 finish did not make the U.S. Olympic team. Personally, I was hoping he would make the team. I felt even more sorry for him, when I saw him a little later, all by himself, walking down a chute, of tall, cattle-like fences, and only an arm stretch away from where I was walking, deflated, with tears running down his cheeks. It reminded me that those running heroes of ours are human after all.

For my own marathon, the Chevron Houston Marathon, yet to take place the next day, I tried to suck up as much of the energy as my senses could absorb. But that experience could be a completely different story all by itself.

Later that afternoon, back in our hotel room, we caught the end of NBC’s, the tape-delayed, TV coverage of the trials, and watched that to the end as well.

The beauty about our sport is, that we all can relate, that we know too well the ups and downs those elite athletes went through during their 26.2 miles, no matter the speed at which we normally run-, or the time we need to finish *our* races. And, maybe, at one of our future half- or full marathons, any of those exact athletes will run the same streets at the same time as we. At what other sport could that possibly happen.

One does not need to be running sub-5 minute-per-mile marathons, to be inspired by our Olympic representatives. If we all get to the finish line just once, we are marathoners, whether we win, finish as proud back-of-the-pack participants (BOPs), or anywhere in between.

Yee Haa, all ya’ll, from Texas. Happy Running!

~Vo von Sehlen

Run Wild Missoula News

Letter from the Executive Director: Running Improves Your Life in Multiple Ways

Running has always been an important part of my life, but it’s something that’s easy for me to put on the backburner. I always find something more important to do that go for a run—catch up on work, spend time with my son, housework. But what I always realize when I do go for a run is that exercise makes me more efficient, creative and energetic.

I was fortunate to attend the USA Running conference in Houston last month. One of the highlights of the trip was the conference keynote speaker Kevin Carroll. Carroll is an advocate for play and believes that playing is as important as sleeping and eating. His defining moment happened when he was 6 years old—after moving in with his grandparents when his mom abandoned

Volunteers needed for

LEAP (Learn, Exercise and Play) at Chief Charlo Elementary School. LEAP is an after school program created in the fall of 2010 for 4th-5th grade girls. We incorporate running activities with a lesson two days a week. The program runs Wednesday's and Friday's February 15th-April 20th with our culminating race on April 21st. In addition to needing help at each of the sessions from February to April, we are also looking for "running buddies" on April 21st. If you are interested in volunteering for LEAP, please contact Kari @ leapum@gmail.com
~ Kari Kaeding

him and his two brothers. Carroll found a red rubber ball at a playground and the other kids on the playground immediately wanted to play with him. The playground is where he felt most at home, where found his community and his passion. Carroll attributes that red ball and his involvement in sports to his success in life.

Carroll went on to work several interesting jobs, including as a creative change agent—or as he named it, a “Katalyst”—for Nike. He has also consulted with The National Hockey League, ESPN, Nike, Starbucks, The National Basketball Association, The Walt Disney Company, Mattel, Hasbro, Procter & Gamble, The Discovery Channel and Capital One by helping turn creative ideas into reality.

Carroll’s message is simple: Playing—whether it’s running, kickball or table tennis—makes you smarter. It makes you happier and more innovative. The studies concur, especially when the choice of play or sport is running. Research has shown that kids who participate in cross-country and track get higher grades.

An article in the June 2011 issue of Mens Health attributes running to the success of many productive CEOs. The article went as far as to say that running can help make you more money. We all know the health benefits of running, but now here’s another reason to put on your running shoes and get out the door.

I find it easy to tell myself that I have more important things to do than go running, but when I do I reap the benefits. Now, how are you going to make running part of your life and how is it going to improve your life?

~Eva Dunn-Froebig

Stay Safe While Running

Many of you were saddened by the news of the death of Sidney women Sherry Arnold a few weeks ago. Arnold, a runner and math teacher, was last seen leaving her home to go for a run on January 7. Sadly, people go missing every day, but this tragedy struck the running community because Arnold was presumably on a run when she went missing. As runners, we can relate to Arnold’s morning routine of going for a run. We leave our homes regularly to go running and don’t give it a second thought.

The news of Arnold’s death particularly impacted Montana runners, but the entire nation was talking about it too. A few of us from Run Wild Missoula recently traveled to Houston to promote the Missoula Marathon and attend the Running USA conference. Runners and people in the running industry convened in Houston and many were talking about Arnold from the little town of Sidney.

While Arnold’s death is unusual and Missoula is a safe town, there are some things we can do to stay safe while running.

1. **Run with others or a pet.** Safety in numbers, as I always say. Run with friends or bring your pooch along.
2. **Vary your running routine and route.** It’s easier to be a victim of prey if you leave your house at the same time or run the same route every day. Mix up your routine and explore some new areas.
3. **Protect yourself.** Be aware of your surroundings and stay aware. It’s easy to zone out or get distracted listening to your iPod. It’s also smart to know self-defense or to carry pepper spray or bear spray if running in bear country.
4. **Run in the daytime and in lit areas.** It’s always safer to run in areas with a lot of people or in well-lit areas, especially when we sometimes are forced to run in the dark during the winter months.
5. **Run with a cell phone and identification.** Bring your phone for emergencies and be sure to wear your identification tag. Run Wild Missoula members can order a tag for free. (See information about how to order your tag in this newsletter)

~Eva Dunn-Froebig

Run Wild Missoula Seeks New Board Members

Run Wild Missoula is accepting applications for members of the Board of Directors. Members of the Board of Directors are volunteers who are involved in the decision-making of Run Wild Missoula and its future. Those interested should be a member of Run Wild Missoula and be able to attend board meetings on the last Friday of each month at 7:30 a.m. Previous involvement in the club and prior experience on a board is preferred but not required. If you are interested,

please submit a resume and cover letter to Darr Tucknott, President of the Board of Directors, darr.tucknott@mso.umt.edu, by February 15.



Results of 2011 End-of-Year Survey

Thank you for a fantastic response to Run Wild Missoula’s end-of-the-year survey. Two hundred ninety two people completed the survey. Here is what you had to say.

1. When did you start running?

Less than 1 year ago	35	11.9%
1 to 3 years ago	61	20.8%
3 to 5 years ago	41	14.0%
5 to 10 years ago	38	13.0%
10 to 20 years ago	37	12.6%
More than 20 years ago	79	27.0%

Comments: There were a lot of comments from people saying that they are walkers and not runners. To be clear, Run Wild Missoula is inclusive to walkers as well—even though the word “walk” isn’t in the title of the club. When we refer to “running,” we are talking about running, jogging and walking. We support and encourage walkers, too!

2. Why did you start running?

Started in school to participate in track or cross-country	49	17.0%
To get fit or lose weight	165	57.2%
For mental health	75	26.0%
To accomplish a goal of running a race	82	28.4%
Other	50	17.3%

Inspiring comments:

- “I saw my husband’s life being taken from him...his job, his health, his hobbies which included running. I was angry. I took his ipod from the hospital and ran blocks around St Pats house that night in June 2010. I haven’t quit since. He hasn’t quit fighting leukemia yet either.”
- “Lost 50 pounds over the years and kept it off.”
- “Running is a better or good drug for depression.”
- “My friend talked me into running a 5K. I saw all those ‘old people’ coming across the finish line with smiles on their faces. I thought there is hope! Now I am one of those old people.”

3. What’s the longest distance you have ever run?

1 to 3 miles	4	1.3%
3 to 5 miles	10	3.4%
5 to 8 miles	22	7.5%
8 to 10 miles	9	3.0%
10 miles to a half marathon	54	18.4%
Half marathon to a marathon	158	54.1%
More than a marathon	35	11.9%

Inspiring Comments:

- “Two marathons. First one at age 60, Seattle. Second one, Boston, 2000.”
- “I have run one 50 mile ultra marathon, a 50 K and a few 30 k’s”
- “Have only missed one Riverbank Run since 1976.”

4. Approximately how many miles did you run in 2011? (If you ran more than 1200 or 2000 miles, we hope you are a member of the 1200/2000 Mile Club!)

0 to 100	34	11.6%
101 to 250	39	13.3%
251 to 500	63	21.5%
501 to 750	49	16.7%
751 to 1000	47	16.0%
1001 to 1200	16	5.4%
More than 1200	37	12.6%

5. What motivates you to run?

To stay fit	253	86.9%
To relieve stress	206	70.7%
To accomplish a race goal	159	54.6%
To challenge myself	203	69.7%
For my mental health	193	66.3%
Other	47	16.1%

Comments: Most of you commented that you run for fun or for social reasons.

6. How can Run Wild Missoula help you stay motivated to run?

Group runs like Saturday Breakfast Runs and Tuesday Track	148	52.2%
Training classes like marathon training, trail running and beginner running	196	69.2%
Educational events like monthly seminars and motivational speakers	147	51.9%
Social events like Beer Runs	130	45.9%
The monthly newsletter, Running Wild	180	63.6%
Social media	74	26.1%
The 1200/2000 Mile Club	78	27.5%
Other	41	14.4%

Comments: Many of you said to keep offering races, training programs, classes, seminars, group runs and other incentives.

7. Why are you a member of Run Wild Missoula?

Sense of belonging / camaraderie	186	64.3%
Discounts on race registrations and class fees	185	64.0%
Free group runs/walk (Sat. Breakfast Runs, Tuesday Track and Beer Runs)	150	51.9%
Discounts at retail stores and local services (visit www.runwildmissoula.org and click "Discounts" under the "Members" tab for a complete list)	126	43.5%
Newsletter and other Run Wild Missoula communication	171	59.1%
Other	47	16.2%

Comments: You said you also wanted to support Run Wild Missoula and the running community—thank you!

8. Would/have you recommend(ed) your friends and/or family become members of Run Wild Missoula?

Yes, I would	71	24.3%
Yes, I already have	208	71.2%
No, I have not yet	7	2.3%
No, I would NOT	0	0.0%
Not sure	5	1.7%
Other	1	<1%

Comments: -“I think Run Wild can do more for the health of the community than any other organization including doctors. Running seems to be able to help people with so many things: weight, mental health, social interactions, and a lot of ailments than go with being sedentary.”
-“Why would someone NOT become a member? Support a local organization, business, community and fitness! No-brainer.”

9. How can Run Wild Missoula use technology to serve you better?

Improve the Run Wild Missoula web site	48	22.3%
Improve online registration	61	28.3%
More social media	28	13.0%
Create a Run Wild Missoula App	68	31.6%
Improve the 1200/2000 Mile Club system	24	11.1%
Other	30	13.9%

Comments: A lot of you said you are not technological and didn’t have any suggestions. The most common suggestion was not using online registration services that charge an extra fee. Run Wild Missoula has decided to absorb the fees associated with online registration to encourage you to register online. It is easier for us if you register online. Check out the online registration page for the Missoula Marathon and the Catch’Em If You Can and tell us what you think!

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! Courtney Babcock will coach speed workouts every Tuesday meeting at Runner's Edge beginning at 5:30pm. Cost: Free to Run Wild Missoula and Team Stampede members. This event sponsored by Axis Physical Therapy. Questions? Email Coach [Courtney Babcock](mailto:Courtney.Babcock@runwildmissoula.org)

10. In your opinion, what was the best race or program that Run Wild organized in 2011?

We asked this question partly to see if you knew which races in the community are organized by Run Wild Missoula. A lot of other organizations put on well-organized races, including the Runners Edge's Light the Way 5K, Blue Mountain 30K, 11 Miles to Paradise and the Resolution Run. Run Wild Missoula can't take credit for those races. We are lucky to have so many running events in the community.

You listed the Missoula Marathon, the All Women's 5K, the Pengelly Double Dip, the Run for the Luck of It, track workouts, training classes, including the new Galloway program, and beer runs, as your favorite RWM programs.

11. What was your most memorable running experience in 2011? (It doesn't have to be a Run Wild Missoula event!)

Inspiring Comments:

- “Just running with my best friend and partner, Drea, she helps me stay motivated and I do the same. My dog Anna is always along for the run as well. I guess every day that make it out of bed and slip on my running shoes is a great one, no particular day better than the last.”
- “Hmmm. Maybe training runs in the rattlesnake where the only sound is the creek bubbling and there is an overwhelmingly nice smell of pine needles and fresh air. Or peaking mt. sentinel, such as during the Mt. Sentinel Hill Climb. I guess there isn't just one- I love running in Missoula every day, any day of the year. I don't need the group, but I do find enjoyment in pacing myself with a friend or training partner during the Missoula Half or Full and hitting those splits. Thank you for all of what you do to make this such a wonderful running community!”
- “Being able to run 11 miles without stopping.”
- “Running the Sheep Mountain loop in the Rattlesnake solo in October.”
- “My friend Dan(who I met through RWM) and I went to Helena and ran in the Elkhorn 23K. It was extremely hard but also an event I'm really proud to have finished. Also, the Turkey Day 8K & the Light The Way 5K were great and helped me keep running over the holidays.”
- “Missoula Marathon - I set out to finish in under 4 hours, and ended up qualifying for Boston, which I will run in April. Having never done a marathon before I had no idea what to expect!”
- “Diva Run, Loved running with other women of all ages and abilities.”

Thank you again for taking the time to fill out the survey. It gives us an idea of who our members are and how we can improve the club to fit your needs. As an incentive to fill out the survey we promised to give away a Run Wild Missoula shirt. Using random.org to generate a random number, the winner of that shirt is Peggy Schmidt. Congratulations, Peggy!

Don't hesitate to contact me at eva@runwildmissoula.org if you have any feedback throughout the year.

~Eva Dunn-Froebig

Run Wild Missoula Members Receive Discount on Missoula Marathon and Missoula 5K Registration

Online registration to the Missoula Marathon is now open. Run Wild Missoula members will get a \$5 discount when registering for the Missoula Marathon and a \$2 discount when registering for the Missoula 5K (formerly the Hellgate Village 5K). Please enter the following discount codes in the coupon /promotional code field on the online registration form.

Missoula Marathon, Half Marathon or Marathon Relay: RWM2012MM

Missoula 5K: RWM20125K

Thank you for registering early and good luck!

~Eva Dunn-Froebig

Save the Date for the Bloomsday Bus!

Instead of incurring the cost of a hotel, gas and food, ride the bus with us and save! There will be fun, friendship and camaraderie!

Date: Sunday, May 6, 2012

Bus Departs Missoula: 5:45 a.m. (local time zone)

Bus Arrives in Spokane: 8 a.m. (approximately-- local time zone)

Bus Departs Spokane: 1 p.m. (local time zone)

Bus Arrives Missoula: 5:30 p.m. (approximately- local time zone)

Fee: \$50/per person. Make checks out to Run Wild Missoula and mail to PO Box 1573, Missoula, MT 59806.

Fee does NOT include registration to Bloomsday. Visit www.bloomsdayrun.com to register.

Purchase an optional Day Pass to the Spokane YMCA for \$5 (pay directly to the Spokane YMCA after the race) to use showers and facilities. Passes are free with YMCA membership card.

Fee includes

- We pick up your race packet & give it to you in Spokane
- You don't have to drive
- Travel with other runners
- Free snacks
- Complimentary goodie bag & sports beverages
- Do you live west of Missoula? The bus can pick you up along the way!

Watch runwildmissoula.org for more details and a registration form.

Run Wild Missoula "Rules of the Run"

1. Stick to the designated route. We will tell you what the route is, but you are responsible for following it. In most instances, we will not have someone leading the way. Draw a map or write down directions if you need to.
2. RWM discourages the use of headphones. If you choose to use them, you assume the risk of injury associated with head phones. Please be alert, especially when crossing streets.
3. No dogs please.
4. Do not run more than two abreast, especially on busy roads, sidewalks or multi-use trails. Yield to vehicles on the road. They are bigger than you.
5. Be mindful of your language and conversation content during group runs given that we may have some young people joining us.
6. We do not want to leave anyone behind. If you plan to finish your run in a place other than the designated route please tell someone. If you drop out of a run, please contact (or have someone contact) the run leader or Runner's Edge (if that is where the run is ending- other location if it's ending somewhere else) so we are not out looking for you.
7. You are responsible for your safety while you are running. Obey all traffic signs and rules. Pay attention to your surroundings.
8. If you are running on a road, please face traffic and run no more than two abreast. If there is a confrontation with a motorist, please be respectful and report any issues to the run leader.
9. If you are injured during a run (or witness an injury), please report it as soon as possible to the run leader.
10. Do not litter on the course.
11. *If it is going to be dark during the run:* Wear reflective clothing, headlamps and a flasher.
12. *If there are people pushing strollers:* Those pushing strollers, please stay at the back and be mindful of other runners and traffic. You are responsible for your own safety and the safety of the children in the strollers. Children may NOT ride bicycles next to adults during training runs.

Runners ID Tag for Run Wild Missoula Members

Run Wild Missoula has a holiday gift for you: a Runners ID Tag to keep you safe and as a way to thank you for your membership. Visit www.ID4EMT.com and click on "Run Wild Missoula" in the left hand column. You will be taken to a page with four different types of ID tags: keychain, shoe, neck or wrist/ankle. Pick the one you think you will use most and enter your name and contact information. Be sure to include an emergency contact, any medical information or anything you think could be relevant in case of an accident or injury. After you add the tag to your cart enter the promo code "RWM11" and the item will be printed and shipped to you free of charge.



Run Wild Missoula Member Discounts

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

- * [Runner's Edge](#), 325 N. Higgins Ave., 10% discount (except sale merchandise)
- * [Momentum Athletic Training](#), 214 1/2 E. Main St., discount on circuit or cycle/core classes: \$2 off each class (\$10 instead of \$12) or 10% off a 3-month session of classes
- * [MOVE Missoula](#), 1900 W. Broadway, C, \$8 group classes- Pilates mat, Barre, Yoga, Zumba and Oula, \$40 privates (normally \$55-60), \$25 semi-privates (normally \$28-32). Childcare available for most classes.
- * [Alpine Physical Therapy](#), 5000 Blue Mountain Rd. and 2825 Stockyard Road. Suite I-3, \$20 off 1 1/2 hour runner's clinic evaluation (regular price of \$199) and free injury consultation after a RWM race
- * [Mile 22 Bags](#), 10% off. Use coupon code RWMEMBER.
- * [El Diablo](#), 1429 S. Higgins Ave., On Tuesdays and Saturdays only, buy one burrito or taco, get one 1/2 off
- * [Habitat Floral Studio](#), 211 N. Higgins Ave Suite 101, 10% off all fresh cut flowers.
- * [Jen Vanderberg Massage](#), 529.1958, \$55 1-hour massage
- * [Main Street Pilates](#), 207 E. Main St., 15% off all services.
- * [Montana School of Massage](#), 1629 South Ave., purchase 9 massages and receive 50% of your 10th massage OR a Montana Made S-curve. (Regular price of \$40/hr.). Family members can share punch cards (fastest runner or highest mileage runner gets the free massage!)
- * [Oula Classes at Mismo](#), 1900 W. Broadway, \$8/class (normally \$10). Childcare available for some classes.
- * [Revolve](#), 113 W. Main St., \$25 off a 10-punch card (regular price of \$75).
- * [Sorella's Day Spa](#), 207 E. Main St., 15% off REGULAR priced active wear and shoes.
- * [Sapphire Physical Therapy](#), 1705 Bow St., 20% off on physical therapy services (discount will be applied to all out of pocket costs on PT related issues).
- * [Spring Mills with Twigs Salon](#), 335 W. Spruce St., Suite 201, 541-8944, \$26 pedicures by a runner & for runners
- * [Stafford Fitness](#), 218 E. Front St., #100, basic membership- \$42/month (normally \$49/month), elite membership- \$72/month (normally \$89/month) plus 10% off fitness equipment.

Run Wild Missoula - Organization

Run Wild Missoula Board of Directors:

Darr Tucknott, *President*- darrtucknott@hotmail.com
David Schmetterling, *Vice President*- dschmettd@bigsky.net
Kevin Twidwell, *Secretary*- katwidwell@garlington.com
Megan Tiffin, *Treasurer*- mtiffin@azworld.com
Pat Cross- fishnrun@bridgemail.com
Torrey Holmquist- torreyjh@in-tch.com
Ryan Snyder- ryansnyder@gmail.com

Run Wild Missoula Staff:

Anders Brooker, Missoula Marathon Race Director- marathon@runwildmissoula.org
Eva Dunn-Froebig, Executive Director- eva@runwildmissoula.org
Dara Rouse, Bookkeeper- dara@runwildmissoula.org
Jennifer Straughan, Missoula Marathon Founder

Run Wild Missoula Club Officers

Run Wild Yogi: Missy Adams- missyadams410@yahoo.com
Tuesday Track Coach: Courtney Babcock- courtney@runwildmissoula.org
Coach & Coordinator, Training Classes: Anders Brooker- runners_edge@hotmail.com
Equipment Manager: Tommi Burton- tburton@bresnan.net
Chancellor of Libations: Pat Cross- fishnrun@bridgemail.com
Newsletter Editor: Chris Everett- chris@runwildmissoula.org
Membership & Race Results: Sue Falsey- sue@runwildmissoula.org
Leader of the Back: Pam Gardiner- backofpack@runwildmissoula.org

1200 Mile Club Coordinator: Kristina Hurley-

club1200@runwildmissoula.org

Program Manager: Meg Lerch- meg@runwildmissoula.org

Membership Assistant: Spring Mills- welcome@runwildmissoula.org

Merchandise Manager: Danelle Gjetmundsen-

merchandise@runwildmissoula.org

Secretary: Jen von Sehlen- jen.vonsehlen@gmail.com

Member Services Committee:

Sue Falsey, Meg Lerch, Darr Tucknott

Marketing Committee:

Pat Cross, Dariusz Janczewski, Jen von Sehlen

Trails Committee:

John DiBari, Mike Foote, 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.**

Run Wild Missoula
February 2012 Calendar of Events

Visit www.runwildmissoula.org for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29	30	31 <i>-Tuesday Track, led by Courtney Babcock, 5:30 p.m., Runners Edge √</i>	1	2	3	4 <i>-Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge√</i>
5	6	7 <i>-Tuesday Track, led by Courtney Babcock, 5:30 p.m., Runners Edge √</i>	8	9	10	11 <i>-Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge√</i> -Catch'Em If You Can 5K, 9:30 a.m. Toole Park
12	13	14 <i>-Tuesday Track, led by Courtney Babcock, 5:30 p.m., Runners Edge √</i>	15	16	17 Back of the Pack Social Run/Walk, 6 p.m., Westside Lanes	18 <i>-Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge√</i>
19	20	21 <i>-Tuesday Track, led by Courtney Babcock, 5:30 p.m., Runners Edge √</i>	22	23	24	25 <i>-Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge√</i>
26	27 “Injury Prevention and the Missoula Marathon,” 7 p.m., Good Food Store	28 <i>- Tuesday Track, led by Courtney Babcock, 5:30 p.m., Runners Edge √</i>	29 Beer Run, 6 p.m., Al and Vic’s, 119 W. Alder	1	2	3 <i>-Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge√</i>

CATCH 'EM IF YOU CAN 5K



Saturday, February 11, 2012

9:30 a.m.

Race Format

Ladies start first.

Gentlemen follow 3 minutes later.

• Race benefits HELLGATE CROSS COUNTRY

Registration Information:

Online at runwildmissoula.org

Register by Mail:

- No later than Tuesday, February 7, 2012

Drop Off in Person:

- No later than Friday, February 10, 2012 at The Runner's Edge, 325 N. Higgins

Race Day Registration:

- Saturday, February 11, 2012 – 8:30 a.m.

Race Information

Start times: Women 9:30 am & Men 9:33 am

Location: Toole Park at the end of 4th St East

(East of the Missoulian)

Course: Flat 5K loop on Riverfront trail starting at the Madison St footbridge, west to California St, around Osprey Stadium, and ending back at the Madison St footbridge.

Prizes for top finishers and a random prize drawing after the race.

Socks donated by The Runner's Edge for all participants. Refreshments provided, including Big Dipper ice cream!

Entry Fees:

___\$15 Run Wild Missoula Members (\$17 race day) or ___\$18 Non-Members (\$20 race day)

Make checks payable to: Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806

CATCH 'EM IF YOU CAN is organized by Run Wild Missoula, a non-profit 501(c)3, that promotes runners and walkers of all ages and abilities. Proceeds from this race benefit Hellgate High School Cross Country.

Participants and/or their guardians must sign the entry form.

Name: _____ Address: _____

City: _____ State: _____ Zip: _____ Sex: _____ Age: _____

Telephone: _____ Email: _____

Signature: _____ Date: _____

Signature of guardian if participant is under 18 years of age: _____ Date: _____

Race Waiver

In consideration of accepting this entry, I RELEASE-- for myself and my heirs, executors, administrators, legal representatives, assigns and successors in interest, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child")-- the Run Wild Missoula, the City of Missoula, Missoula County and all other promoters, sponsors, organizers and volunteers or this event, and the officers, directors, shareholders and/or members, agents and employees of each, as well as all medical, law enforcement and other personnel assisting with this event, the owners of property through which the event course traverses, and their representatives, successors and assigns (collectively "Released Parties") from any and all rights, claims or liability for damage for any and all injuries to me, my child or my property arising out of or in connection with my participation in this event, including acts of God. I further agree that I WILL DEFEND, INDEMNIFY AND HOLD HARMLESS the Released Parties against all claims, demands and causes of action, including court costs and reasonable attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted contrary to this Agreement for the benefit of me or my child. This Agreement extends to all claims of every kind and nature whatsoever, whether known or unknown. I FULLY ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects; the dangers of road conditions, surface hazards, weather conditions, and inadequate clothing; encounters with wild or domesticated animals; the possibility of serious physical and/or mental trauma or injury or death associated with an athletic trail run; and dangers caused by others' negligence. I certify that I am and/or my child is physically and mentally fit to participate in this event. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of weather conditions, fire, drought, acts of God, or other circumstances beyond the control of run management, the entry fee will not be refunded. I also grant permission for the use of any photographs, motion pictures, recordings or any other record of my participation in this event for any legitimate purpose. PARENT OR GUARDIAN MUST SIGN FOR MINOR.





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



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

