

Running Wild

The official newsletter of Run Wild Missoula

October, 2009

“The ultimate measure of a man is not where he stands in moments of comfort and convenience, but where he stands at times of challenge and controversy.”

- Martin Luther King, Jr.

RUN WILD MISSOULA ANNUAL MEETING

MONDAY, OCTOBER 12

6:15 P.M.: Group Run / Walk from Bob Ward's parking lot

7 P.M.: Meeting with Post-Running Treats by Good Food Store &

Door Prizes by Runner's Edge in the Community Room, Southgate Mall

Please email eva@runwildmissoula.org to let her know whether or not you plan to attend. We need to let the Good Food Store how many post-running treats to provide.

Members, this is your chance to meet RWM's Board of Directors and other volunteers, ask questions, and share your ideas. We will also recognize our dedicated volunteers.

We promise; the meeting won't be all business. Most of you belong to RWM because you like to run or walk. That's why our meeting will start with a group run / walk from the Bob Ward's parking lot near Southgate Mall at 6:15 p.m.

At 7 p.m. we'll meet in Southgate Mall's Community Room for post-running treats generously donated by the Good Food Store. There, you'll get to meet RWM's Board of Directors, learn how the club has grown this year and what's in store for the future. This is also your opportunity to pitch ideas. Highlights will include a preview of our new web site, volunteer recognition and brief updates on RWM programs. Door prizes donated by Runner's Edge will also be given.

Bring a friend and encourage him or her to join RWM!



GOOD FOOD
S T O R E



Diva Day All Women's 5K Run and Free Family Fun Walk – October 3

Remember - the Missoula All Women's Diva Day Run. Community Medical Center Campus, 5K, Free Family Walk, and Fashion Show by Runner's Edge. 5K begins at 9:30am - \$25 registration Sept 15-Oct 2, \$30 race day registration 8:00am to 9:00am. Fee includes t-shirt, great party, fashion show, awards, and an opportunity to win race-day / diva giveaways. Free family fun walk begins at 11:00am. See <http://www.runwildmissoula.org> for more information.

Running Camp Retreat for Women – October 9, 10, 11

Are work and family and life responsibilities cutting into your running time? Do you need a weekend of running, relaxation and friends? Renew your running and renew yourself at the Run Wild Missoula Running Camp Retreat for Women. Join professional runners Courtney Babcock and Meg Lerch for a weekend of road and trail runs and pampering, including yoga, foot soaks, do-it-yourself pedicures, massages and time for you to relax. The camp is Friday, October 9 through Sunday, October 11 at the beautiful home of Loie and Monte Turner on the Clark Fork River just 50 miles west of Missoula.

Can't get away for the entire weekend? You can register for just Saturday, October 10 and still get lots of running and pampering in.

For more information or to register see the registration form in this newsletter or online at www.runwildmissoula.org. You are also welcome to email eva@runwildmissoula.org with questions.

~ Eva Dunn-Froebig

Cross Country – University of Montana Golf Course – October 1, 15, and 26

Cross country is thriving in Missoula and Western Montana and you can be a part of it.

High school cross country teams just completed their largest meet of the year – the Mountain West Classic in Missoula. However, three more meets remain to be held this year at the University Golf Course: City Meet on Oct. 1 beginning at 4:00pm with the start located south of the UM soccer field, Runners Edge Invitational on Oct. 15 at approximately 3:00pm with the start located at the clubhouse, and the High School State Championships on Oct. 26 at approximately 9:00am (same course as Mountain West).

Athletes in record numbers are participating in high school cross country in Missoula with over 170 runners. Hellgate, in fact, has the largest high school cross country team in the state with 80 runners. In addition, Missoula has its own middle school cross country team. The Missoula middle school team is organized, trained and coached by Daryl and Gary Little. They get together every Tuesday and Thursday after school (4:00pm) at Sentinel High School. There are thirty-six 5th, 6th, 7th, and 8th grade runners. Both the boys and girls middle school teams took 1st place at the Mountain West Classic. Four more meets remain for the middle school team – City Meet, Hamilton Invitational, Polson Duels, and the Runner’s Edge Invitational. The middle school team is always looking for additional young people who would like to run and welcomes parent participation.

The upcoming City Meet not only offers you the opportunity to see Missoula high school and middle school runners but you can participate as well. There will be an Open race for all-comers at 5:00pm with no advanced sign-up required. You are encouraged to come out and support cross country and to give it a try yourself. See you there!

~Chris Everett

Le Grizz Ultramarathon – October 10

On October 10th Jim Chase, RWM member, will be running in the Le Grizz Ultramarathon (<http://www.cheetahherders.com/LeGrizz.html>), a 50-mile trail race, to raise money for the Cystic Fibrosis Foundation (CFF). Cystic Fibrosis (CF) is a genetic condition that causes progressive damage to the respiratory and digestive systems of approximately 30,000 people in the United States. One of these people is Jim’s four-year-old son, Isaac.

Thanks to the CFF, research has led to new and better treatments, improving the quality of life for many people with CF. Continued research may lead to a cure. For more information on the CFF and Cystic Fibrosis, please go to www.cff.org. Jim is hoping to solicit donations from local businesses. Please see Jim’s CFF donation page (http://www.cff.org/GiftReg/dsp_DonationPage.cfm?AppealCode=REGOTHE09&idUser=178689) for more information, or to donate.

Although Jim was a competitive cross-country runner in high school, he stopped running for almost 20 years, focusing on rock climbing and martial arts for many of those years, until 2008 when he started running again. After running the Mountain to Meadow race that year, Jim was hooked on trail racing. He went on to run the Two Bear Marathon in Whitefish that September, then the Yakima Canyon Marathon in Washington in the spring of 2009. Last summer Jim competed in his first 50-miler, the “HURL” Elkhorn Endurance Run (<http://www.elkhorn100.com/>), placing first in his age group.

When people started saying he was crazy for running these distances, he thought, maybe it’s just crazy enough to get people’s attention, and get them to donate to this important cause. This is Jim’s first attempt at fundraising by running a race, and it is a learning process. If anyone has any advice on how to go about doing this or just wants to offer moral support, please contact Jim at chi@ecologyfund.net.

UM Homecoming Hustle – October 10

One of my favorite Missoula races is coming up soon on Saturday, October 10th. It is the 2nd Annual University of Montana’s Homecoming Hustle, which is a benefit race for the UM Track and Field team. This is a really, really fun race because it starts in downtown Missoula (near the Runner’s Edge) directly before the UM Homecoming parade and follows the parade route to the University. Last year, people that had lined the streets for the parade were a little perplexed as to why runners were whizzing by, but it was fun to have spectators out there to cheer you on.

As a competitor, it offered unique scenery as you ran by endless fans dressed in Maroon, with little kids anxiously waiting for candy and adults looking like they were kids again. The race then goes through the oval on campus, and you then run a loop in Washington-Grizzly stadium. I used that moment to pretend I was a Griz football player going in for a touchdown (can you imagine—a distance runner breaking any tackle?), and I was surprised how soft and cushiony the turf was. After leaving the stadium, the route loops around to finish in one of the tailgating areas where you can enjoy Gatorade, Powerade, or a more traditional tailgating beverage.

One of the main reasons I love this event, in addition to the course, is because it is a great opportunity to support our only University track program in town—and members of the UM track & field are incredible students and athletes. I’m lucky because I get to work daily with these student-athletes at UM (I coordinate their academic support) so I get to know them as students, and athletes. They do an amazing job balancing the demands of their sport and school, and representing the University. The proceeds from the race go directly towards the students: whether it be uniforms, travel to a meet, or the numerous pieces of equipment required for track & field.

So before you indulge in the annual UM homecoming festivities this year get out your Griz gear and race! In addition to a 5K run, there is also a 3K walk and 5K—5 person relay, so lots of options for everyone. For more information, contact UM track at 243-GRIZ or download a registration form at www.montanagrizzlies.com or register online at www.active.com. Registration is now \$30 and includes a t-shirt. Go Griz and hope to see other RWM members at the race!

~ Darr Tucknott

Montana Cup – October 31

I can't think of a better way to spend Halloween than running a cross country race with my fellow Missoulians against the rest of the state! It is Montana Cup time again and we would love to have you be part of our team that is heading to Bozeman to defend Missoula's numerous Montana Cup titles! Montana Cup is unique in that we race as individuals, with the team score in mind, on an excellent course. Let’s go win that Montana, Masters, and Sippy Cup! Come by the Runner’s Edge for entry and race info. Make sure to check out www.montanacup.com for all the specifics. Happy Running.

~Anders Brooker

Training Group for the 2010 Boston Marathon

Registration is now underway for the 2010 Boston Marathon, and Anders and I are working out the final details for another training group to get you ready for race day. Like last year's training group, we will follow an intermediate/ advanced marathon training program designed for runners competing in the 2010 Boston Marathon on April 19. This 16-week training program begins on Monday, Dec. 28, and will take you all the way through race day. If you are running in the Boston Marathon, or will be preparing for another spring marathon- this is the program for you.

Who can sign up? Any age or speed is welcome and encouraged. However, this training is not for beginners; participants must have run at least one marathon, and have a base of 30-40 miles/ week before beginning the 16- week training program.

What you get: Great running companions, a race day singlet, training gear (to be determined), expert coaching, 3 group runs a week, aid stations for long runs, post long run food, and more!

What should you have for the class? We will be training outside, all winter long. It sucks, I mean, it is fun and exhilarating. In addition to the usual winter running apparel, be prepared with running cleats, a reflective vest, a sense of humor and a high tolerance to pain and physical discomfort.

Coaches: Anders Brooker, Hellgate High School Cross Country Coach and Courtney Babcock, University of Montana Cross Country Coach

Group runs: All group runs meet at the Runner's Edge (325 N. Higgins Ave).

Track Workouts: Tuesday 5:30 pm coached by Courtney Babcock.

Tempo/Middle Distance Runs: Thursday 5:30 pm coached by Anders Brooker.

Long Runs: Sunday, 8:00 am coached by Anders.

Cost: To be determined, but it will be a bargain!

When does it start? The first group meeting is

Monday, December 28, 5:30 pm at the Runner's Edge

Information: contact Anders at the Runner's Edge 728-9297 or David dschmett@bigsky.net



Sweathouse Half-Marathon

Beautiful weather, scenic routes, and 112 participants were the product of a great turnout for the first annual Sweathouse Half-Marathon and Five-Mile Run. After many months of preparation, the day had finally arrived that the Bitterroot Valley was able to host its first half-marathon race in history. This RWM event contained mostly Missoula runners/walkers with a dozen or so people from the Bitterroot. These folks made their way through the west side of Victor, near to the Bitterroot Mountains. They tackled a few strong hills and everyone finished with smiles!

We heard many wonderful comments about the routes and people who are looking forward to the race again next year. With a few changes, including some upgrades, we expect double the amount of people to participate next year. We plan to focus only on the half-marathon with event specified medals and catering to the needs of the participants. In the spring of 2010, we will begin seeking volunteers for different committees to help make this event as much of a success as possible.

Thank you to the Runner's Edge for supplying all the prizes, the timing equipment, and the encouragement. Thank you to Great Harvest Bread Company for treating the participants to wonderful bread. Our sponsors include Eckert's Potty Pumpers, Farmers State Bank, Iron Horse Athletic Club, Kutting Edge Salon, Montana Westgate Realty, Runner's Edge, and Still Life Images. Also, a great big thank you to all of our volunteers; each one of you are appreciated!

We hope to see you all next year for the second annual Sweathouse Half-Marathon on September 11, 2010!

~Nichole Unruh, Sweathouse Half-Marathon Race Director

Sweathouse Half-Marathon – "The Race for Zane"

"Wait until you get to the 'Chin Scrapper'!" My friend had warned me at the starting line, and now that I was ascending this beast of a hill, I swear I could actually smell concrete near my lips. Somehow, though, as I threw my head back and cursed the heavens for making Montana so mountainous, I laughed. I screeched to a walk, called out "This one ate me!" to the woman ahead of me. She turned and called out something encouraging – I just smiled and shrugged. I guess it's hard to take myself seriously with 28 satin hearts pinned to my running shirt.

"What's up with the hearts?" before the race, they asked. "Tell me about the hearts!" a few breathless runners asked as I crept past them. "Oh, you're the one with the hearts!" other runners called out as I finally caught up to them. The subject seemed a nice distraction from pre-race jitters, and for tired and bored runners. I told them all about the hearts - in a thirteen-mile race, there's time to chat. After a few repetitions of the long story, with each person I ran beside, I whittled it down to "I'm raising money for a little boy I know who needs brain surgery. I'll be taking more donations after the race, if you'd like to contribute."

In the weeks leading up to my first half-marathon, I wondered a lot about how the heck I was going to make it through my first half-marathon. I trained like a good girl, but I knew on race day that the mental would have to trump the physical at some point to push through the pain to the finish line. I needed some motivation. Then I remembered an article in Runner's World magazine about runners who ran in the name of a cause to stay motivated. Some brought public awareness about an issue, or solemnly dedicated the race to a person's memory with a name on their shirt. But one woman raised money by pinning hearts to her shirt. She sold them for a donation. Bingo. I'd follow suit, and raise money for my friend's son, Zane.

Zane is four years old. He had his first seizure when he was two. I got the email while I was away for Christmas with

family. The seizure lasted for hours, all the way to the Spokane hospital where he was diagnosed with epilepsy, sensory processing disorder, autism and brain damage. This year, he was evaluated as a good candidate for a surgical procedure that could cure his epilepsy. A risky and expensive venture, but well worth the chance. For these two years, I've hugged his mother, I've listened, and I've prayed, but I have never really known how to help. Then, for me, The Sweathouse Half Marathon became "The Race for Zane."

With only a couple of weeks until the race, I thought it would be hard to get donations, but right up until race day, folks from Virginia to California were pledging. After the race, runners silently slipped a bill or a check into my hand with a nod. All told I wore only 28 hearts, but raised over \$400. A drop in the bucket, but a drop that wasn't there before.

I finished in 2:18:46, and considering the "Chin Scraper," I was quite pleased. I enjoyed meeting such valiant runners, being in an amazingly beautiful place on a challenging course - and doing some good for a truly valiant child. It was much easier to finish 13.1 miles through the hills of Montana with hearts on my shirt and Zane in my heart.

If you would like to learn more about Zane and his family, or donate, please go to www.zanesfund.org or contact Noreen Humes at (406) 544-5888.

~ Nina Alviar



Sweathouse Half- Marathon – Running with heart.

AT THE RACES

Roots Run, Missoula August 30 – 4 miles

14-19 W	1	Patterson	Gilia	28:44.58
20-24 W	20	McKenzie	Janet	45:06.54
25-29 W	1	Lerch	Meg	23:11.70
25-29 W	4	Tucknott	Darr	27:23.77
25-29 W	6	Unruh	Nichole	31:04.88
25-29 W	12	Copeland	Denise	35:14.89
25-29 W	14	Thomas	Elisha	35:26.25
25-29 W	21	Spetz	Kirsten	38:08.53
25-29 W	22	Deweese	Shelley	38:09.67
25-29 W	23	Lemperle	Shandy	40:26.51
25-29 W	32	Jackson	Jennifer	56:35.20
30-34 W	2	Dunn-Froebig	Eva	27:56.15
30-34 W	3	Kendrick	EM	27:59.66
30-34 W	5	Sauer	Jen	29:49.64

30-34 W	6	Misner	Meagan	31:09.07
30-34 W	9	Ayling	Erica	31:50.10
30-34 W	12	Smith	Colleen	33:09.07
30-34 W	14	Stires	Jennifer	33:50.66
30-34 W	18	Bricker	Mary	34:23.36
30-34 W	20	Brown	Stacey	34:55.33
30-34 W	21	Abrahamson	Ilana	35:20.42
30-34 W	25	Vail	Jennifer	40:24.13
30-34 W	29	Incashola	Aspen	47:08.63
35-39 W	1	Babcock	Courtney	22:54.07
35-39 W	4	Palen	Rye	24:23.48
35-39 W	7	Marler	Marilyn	31:43.54
35-39 W	16	Sweeney	Brenda	41:16.10
35-39 W	19	Gass	Nancy	47:04.88
35-39 W	25	Graves	Jennifer	1:06:10.21
40-44 W	1	Gjetmundsen	Danelle	31:31.98
40-44 W	6	Klise	Suzanne	35:15.22
40-44 W	11	Barclay	Terri	41:05.68
40-44 W	12	Horejsi	Kristin	41:15.48
40-44 W	13	Foote	Lisa	43:53.36
45-49 W	1	Thane	Mary	24:32.35
45-49 W	2	Mocabee	Tammy	30:24.85
45-49 W	4	Lipp	Carol	32:18.50
50-54 W	1	Oberbillig	Deborah	29:02.44
50-54 W	3	Hedquist	Valerie	39:11.07
55-59 W	1	Everett	Christine	34:05.51
55-59 W	4	Miller	Shannon	38:15.66
55-59 W	8	Walser	Lisa	47:17.45
60-64 W	1	Ayres	Donna	39:48.29
60-64 W	3	Morris	Kathy	41:37.68
60-64 W	4	Crosier	Myke	48:15.70
70-100 W	1	MACDONALD	Ethel	41:31.02
13&under M	2	Kendrick	Thad	34:04.35
13&under M	13	Graves	Tyler	1:05:37.81
13&under M	15	Graves	Cody	1:05:41.11
14-19 M	10	Everett	Christopher	28:04.24
30-34 M	3	Thrush	Derek	29:07.48
35-39 M	3	Stires	Scott	31:34.43
35-39 M	5	Kendrick	Joshua	34:04.93
35-39 M	6	Smith	Bryon	35:52.84
35-39 M	9	Gale	Jonathan	39:31.15
40-44 M	6	Leusch	Paul	29:36.56
40-44 M	14	Ballenger	Keith	39:15.40
40-44 M	15	Vail	Tom	41:44.50
45-49 M	2	Lipp	Dean	23:57.05
45-49 M	3	Fruit	Brian	23:58.97
45-49 M	5	Klise	Terry	34:23.03
50-54 M	1	Cross	Pat	26:54.59
50-54 M	2	Homer	Bob	27:58.55
50-54 M	5	Reid	Brian	29:29.11
55-59 M	1	Weiler	Steve	27:32.46
60-64 M	1	Yonce	J.B.	32:17.06
60-64 M	2	Tandberg	Rolf	51:52.90
70-100 M	2	Hayes	Bob	47:31.72



Fun for all on the Roots Run.



And they're off! Start of half-marathon.

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

Send Your Articles and Essays to *Running Wild*

Members, we welcome and solicit your articles and essays for publication in *Running Wild*. Those whose writings are accepted for publication not only get to have the satisfaction of sharing their running with others but can receive from RWM a "I was published in *Running Wild*" t-shirt. "On the Run" essays should be at least 750 words and can be on just about any topic related to running. "Cool Race" articles should be between 300 to 350 words and are about any race that you have participated in. Tell us some details regarding your race and include a photo or drawing. "Happy Trails" articles are also of 300 to 350 words in length providing descriptions of a good trail run that you have taken. Please provide details and a photo so that we can all learn about new places to run.

~ Chris Everett

On the Run - Have you hugged your support crew lately?

It was a cold January night when I offhandedly signed up for this year's Wasatch Front 100 mile endurance run. As I sipped on a cup of tea next to a crackling fire in my cozy cabin the decision to register for what many consider to be the second hardest 100 mile race in the country was perhaps a little too easy. The snow fell silently outside and thoughts of skiing the next morning quickly lulled me into an ignorant bliss. I existed in this poorly informed paradise for a couple months more until winter slowly melted into spring and the smell of the thawing earth began permeating the air. It was then that I realized it was time for the tread to hit the trail.

Through the spring and into the summer the mileage increased significantly and my body started to react positively to the tough training. My long runs became all day affairs, my fridge never seemed to have enough food in it to satiate my voracious appetite, and I was wearing through a pair of trail shoes every 6 weeks. I was feeling confident; however, as an ultrarunning neophyte who had never even run a 50k until this year I knew I would need all of the help I could get on the day of the race. Support crew; enter stage left.

Choosing a support crew for a one hundred mile race is not so different from selecting the right shoes for the same event. It's imperative to find tough friends who won't wear out too easily, have a rugged "sole" that inspires you to tackle

Sweathouse, Victor September 12

Half

Brian Reid	50-59	3	1:45:37
Derek Thrush	30-39	4	1:47:12
Bob Homer	50-59	4	1:47:24
Mike Barton	60-69	1	1:52:20
Spencer Wolny	20-29	2	1:54:33
J.B. Yonce	60-69	2	1:59:08
John Croft	60-69	3	2:06:23
Terry Klise	40-49	8	2:06:34
Jennifer Straughan	50-59	1	1:40:31
Pam Schiemer	40-49	2	1:42:19
Tammy Mocabee	40-49	4	1:50:21
Danelle Gjetmundsen	40-49	5	1:53:34
Roni Lett	50-59	2	1:56:16
Jessa Lydon	20-29	6	1:57:19
Julie Christensen	20-29	7	1:58:58
Suzanne Klise	40-49	7	2:02:23
Michelle Yoshinaga	30-39	7	2:02:39
Denise Copeland	20-29	8	2:03:41
Jennie Vanderweide	30-39	9	2:04:11
Sally Russell	50-59	3	2:08:11
Bridget Johnson	50-59	4	2:09:16
Coreen Johnson	20-29	15	2:12:57
Katie Spaid	30-39	12	2:16:24
Angella Winters	20-29	16	2:17:30
Shannon Miller	50-59	6	2:17:46
Nina Alviar	30-39	14	2:18:46
Donna Ayres	60-69	1	2:23:02
Valerie Hedquist	50-59	7	2:25:18
Kathy Morris	60-69	2	2:34:13

the trails, and last but not least, still look fashionable even with a little dirt on them. With this in mind I enlisted three more rookies to the world of ultrarunning--my older sister and two close friends, Kelly and Mike, whom I knew didn't mind losing a couple nights of sleep in order to stand out in the cold and dark for hours on end only to spend a few minutes with me filling my water bottles and stuffing fig newtons down my throat.

Although not everyone in my life could understand why I planned to run 100 miles through the mountains, many of them supported me through the process. And as the race day approached peculiar things began to happen. Friends gifted me running socks, and invited me over for weekly pasta feeds. Others wrote notes adorned with inspirational running quotes and sent me homemade powerbars in bulk quantities. They designed "Team Foote" t-shirts and helped sell them to pay my way down to the race. The Hellgate High XC team, of which I am an assistant coach, even pitched in for a post race massage. (Thanks Team! It felt great!) The point is--when one person chooses to do something extraordinary, it is an amazing thing to experience the embrace and support of a community in helping to carry that person towards their goal.

So at 5 am on the morning of September 11, 2009, drawing from the support of friends and family from all over the country, my support crew and I, with our cumulative experience of zero one hundred mile races under our belts, set out for a very long day. I traveled by trail along the course as my support crew traveled by car to road accessible aid stations.

Although the Wasatch is often described as 100 miles of heaven and hell, it became very apparent by the first aid station that Mike, Kelly, and my sister were determined to help me experience as much heaven and as little hell as possible. They wrote funny posters. They wore colorful wigs. They hollered louder than anyone else as I entered and left each aid station. And at mile 53 I literally took the time to bow at their feet as they jammed their air guitars while singing the famous Bon Jovi lyrics, "Whoa-o you're half way there!" "Whoa-o, we're living on a prayer!" I don't care what anyone else says; laughter is the best energy gel.

The last 40 miles were some of the most memorable as two of my support crew members morphed into pacers. Kelly dragged me from mile 60-75 by telling stories and bad jokes to keep me distracted from the oncoming exhaustion. Mike met me at mile 75 and we departed with headlamps blazing into what he dubbed to be the vision quest section of the race. At times he physically kept me from stumbling off of the trail. At others he just sang into the darkness as we found the rare but much needed section of runnable downhill.

As we came within a couple hundred yards of the finish Mike and I heard what sounded like a pack of wolves howling at the moon. The howling came from a group of Missoula friends who had driven through the night to join my sister and Kelly and surprise us at the end of our journey. For that many people to make the long trek for one of the least spectator friendly events on this planet only to watch me cross a finish line left me with an overwhelming gratitude, for which I have yet to find words to articulate.

In the end the race was exactly what the organizers touted it to be--100 miles of heaven and hell. Sunrises on 9000 ft. ridge lines, dehydration and weight loss, hilarious aid stations, scorching sun, magical aspen groves, night time hallucinations, singing songs by moonlight, surreal Bull Moose encounters, and mind numbing exhaustion. All of this was against the backdrop of 27,000 feet of net gain and loss. My 23hr 11min run earned me a 9th place overall finish while the wigs, posters, and overall gregarious character of my support crew earned them the title, "Best Wasatch Support Crew of 2009." It was their 1st place finish that pulled me through to my 9th and I couldn't have been any prouder. We did it team!!!!

~ Mike Foote

Cool Race - The Inaugural Scenic Half Marathon, Sandpoint, Idaho, September 20

Missoulians were well represented at the first annual Scenic Half Marathon in Sandpoint last weekend. This race provides a great opportunity for weekend getaway since it is a short, beautiful drive to Sandpoint. I suspect I'll be running this one again in the future. For an inaugural event the race was very well organized, with plenty of enthusiastic volunteers and a well run finish area. Though billed as flat and fast, it wasn't- at least not according to me and Darr Tucknott, although Marilyn Marler and Kelsey Camp had a much more enjoyable experience.

Darr and Andy (Darr's husband who was there to watch), and I started the morning with a delightful warm-up around downtown Sandpoint where residents greeted us enthusiastically with encouragement for the race ahead. Even Andy got encouragement even though, as he put it, "I'm not running the race- can't they tell I'm wearing handball shoes?" The answer is "No. No one knows what handball shoes look like, Andy."

The timing worked out great and with about 5 minutes to go before the start I slowly jogged to the starting line where the crowd of over 300 runners gathered. About 200 yards from the start, I rolled my ankle on some broken asphalt, heard a pop and fell to the ground like a sack of dirt. It really hurt. A lot. I sat in the road for a few minutes uttering things I can't repeat in this family newsletter, but I was thinking, "You have got to be kidding me." I could not walk; I was in a lot of pain, and all I could think is "What am I going to do? I drove all the way here for this race." Maybe it would feel better in a few minutes, maybe not. So, I ran it.

The race began with the singing of the national anthem, a nice touch. At this point, I was sweating (not sure why) and wondering how far I could go with my ankle. By the end of the anthem, I had what appeared to be a plum sized amount of swelling protruding from my ankle (not nearly as bad a later when my foot would swell up like a bloated tick with my little toes sticking out of a featureless ball). Over the course of the race, I could feel my ankle swelling up, but it wasn't excruciating pain, and fortunately, the pain of the race distracted my thoughts about my ankle.

It was a tough first 5 miles, all gradually uphill and into the wind, heading west across the lake and over the long bridge. I actually thought I'd have to walk up the final hill, and after the race, Darr admitted at mile 5 she thought she

would have to get a ride back to the starting line. It was a remarkably tough course. Although not flat and fast, true to its name, it was a half marathon. Whereas everyone else commented on the scenery, I don't recall any of it; I had other things going on.

The race was an out and back, starting and finishing at the city beach, where there was plenty of food, music and refreshments. The most scenic part is the return, as you head across the long bridge to downtown. By this time though, I just wanted the thing to be over and I wasn't looking around. I actually think I hit the wall at mile 11- who hits the wall in a half marathon?

In the end, I placed 6th overall, Marilyn and Kelsey got PR's and Darr had a good lunch. I ended up with a high ankle sprain- a partially torn syndesmotric ligament. It was a freaking tough race.

~David Schmetterling



All smiles! Scenic Half Marathon - Sandpoint, Idaho.

From RWM's Executive Director

I recently reconnected with some old running buddies that I hadn't seen in over 10 years. We ran cross-country together at a small liberal arts college in upstate New York. It was fun to reminisce about escapades with long-forgotten teammates, funny phrases our coach used to say, and late season meets in which we had to run through a foot a snow. One memory which sticks in my mind is pre-season training. Our university owned a camp in the Adirondacks and we would spend three days there before school started to run, bond and relax. I realized that my perfect life would be to relive those three days. We had no responsibilities or worries. Our days went like this: a short morning run, breakfast, swimming, kayaking or sunbathing, a long run, dinner in Lake Placid, bed.

This schedule is what I had in mind when Meg Lerch, RWM's Program Director, RWM Board member and Tuesday Track Coach Courtney Babcock and I started planning the Running Camp Retreat for Women. We wanted to make it a weekend of running, recharging and relaxation. While camp participants will run four times in two and half days, the focus is also pampering, including massages, yoga, foot soaks, and time in the hot tub. Our coaches, Meg and Courtney, will lead the runs and will put together a personalized month-long training schedule for those participating in the camp. RWM is lucky enough to have the accommodations donated by Loie

and Monte Turner, who live on the Clark Fork River in Tarkio. Thanks to them we can keep the weekend affordable for women who need a weekend away from family and responsibilities to recharge their batteries.

We decided to make the camp just for women because the majority of our members are female and some women feel intimidated in a co-ed setting. Women also tend to put family and other responsibilities before themselves. I'm guilty of this; I often make running my last priority even when it's the thing I most want to do when I wake up in the morning. I'm looking forward to October 9 - 11 when I can run, relax and meet those of you participating in the camp. For more information or to register visit www.runwildmissoula.org. If you have questions about the camp please contact me at eva@runwildmissoula.org.

RWM male members, there's talk of organizing some all-male or co-ed clinics next year. We'll keep you posted.

Last month we started including a calendar with all Run Wild Missoula events listed. The idea was that you can post the calendar on your cork board or refrigerator to keep track of all of our races, training programs and other events. After putting the calendar together I was amazed that we have something occurring almost every day of the week. I hope the calendar is a tool that can help you keep track of RWM's events.

Before I sign off I want to thank Vic Mortimer for his years of commitment as Newsletter Editor of Running Wild. He was the voice of Run Wild Missoula and he will be missed. Luckily, Vic isn't completely leaving us quite yet. He will remain the 1200 Mile Club Coordinator through 2009 and is committed to continuing as the Missoula Marathon Registration Director.

Also, many thanks to Chris Everett, our new Newsletter Editor, who was nice enough to jump in last month and take over. Chris did a fantastic job with her first newsletter. I'm continually amazed at the dedication of the members of our running club. Thank you, Vic and Chris!

Happy Running / Walking,

~Eva Dunn-Froebig

Armband Reminder for Members

Members, don't forget to pick up your annual membership gift from Run Wild Missoula. This year we're giving armbands with RWM's logo to keep you safe when you're running at dusk or dawn. Pick up your armband at Runner's Edge or at the RWM Annual Meeting on Monday, October 12 at 7 p.m. in the Southgate Mall Community Room. Please take one for individual memberships and two for family memberships.

Run Wild Missoula Seeking Affordable Storage for Race Equipment

Are you a downtown business owner with an accessible and empty basement? Run Wild Missoula is seeking affordable space to store race equipment, preferably downtown.

Our inventory of race equipment continues to grow and we now need approximately 800 square feet to store our cones, signage, T-shirts, garbage cans, etc. The downtown basement in which we occupy will no longer be available in the spring of 2010.

Not only do we organize great races, training programs, yoga and core classes for runners, and running and walking seminars, but we also give back to the community. We allow anyone to use our race equipment free of charge. We also donate portions of our race income to other non-profit organizations.

It's important that we keep our race equipment downtown since many of our races, including the Missoula Marathon, start and finish in downtown Missoula. If your business has space available and would be willing to rent it to Run Wild Missoula at a low cost we would be thrilled to name you as a sponsor of our organization at our events and on our promotional materials, including our web site. Please contact Eva Dunn-Froebig at eva@runwildmissoula.org or 544-3150 for more information or to see samples of our promotional materials.

Flash from the Past

(Editor's Note: *Eva Dunn-Froebig recently acquired copies of old running club newsletters spanning over 20 years, thanks to long-time member and former club officer Rich Voorhees. Because we now have an archive of club news we'll start offering glimpses from the past in each newsletter.*)

20 YEARS AGO

Missoula Road and Track Club (Run Wild Missoula's former name) News states in its October 1989 issue that it has "roughly 200 members."

A 3 and 4 ½ mile fun run and walk organized by Rich Voorhees, MRTC Vice President, was scheduled for October 26 at Greenough Park. The run was part of a series of monthly club runs, which weren't considered competitive and no awards were given. Participants were invited to meet at a restaurant of their choosing after the run / walk.

It was reported that the previous club run was organized by member Glenn Govertson (who remains a member of Run Wild Missoula) and because of inclement weather only five people showed up. "For those of us who forgot about this activity, we're hoping that Glenn might give it another try next spring," wrote MRTC Newsletter Editor Barbara Holbeck. "What do you say, Glenn?"

~ Eva Dunn-Froebig

RWM Board of Directors:

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

Loie Turner

RWM Staff:

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eva@runwildmissoula.org
Jennifer Straughan, Missoula Marathon Race Director-
jen@runwildmissoula.org

RWM Club Officers

Run Wild Yogi:

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Secretary:

Darr Tucknott- darr@runwildmissoula.org

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Anders Brooker
Sue Falsey
Meg Lerch
Darr Tucknott

Marketing Subcommittee:

Dariusz Janczewski
Jen von Sehlen
Tim Winger

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. Submission deadline is 5pm on the last Saturday of each month. **Race entry forms published only when space allows.**

October 2009
Run Wild Missoula Calendar of Events

Monday	Tuesday	Wednesday	Thursday	Saturday
	29 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., UM golf course√	30 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	1 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6-7 p.m., upstairs at Runner's Edge (Sept. 10 th - Nov. 26 th)* FULL!	3 -Diva Day 5K, 9:30 a.m., Community Medical Center -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√
5	6 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., UM golf course√	7 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	8 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6-7 p.m., upstairs at Runner's Edge (Sept. 10 th - Nov. 26 th)* FULL!	10 -Running Camp Retreat for Women, Tarkio, Oct. 9 -Oct. 11 -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√
12 RWM Annual Meeting, Group Run, 6:15 p.m., Bob Ward's parking lot; Annual Meeting, 7 p.m., Southgate Mall Community Room√	13 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., UM golf course√	14 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	15 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6-7 p.m., upstairs at Runner's Edge (Sept. 10 th - Nov. 26 th)* FULL!	17 -Pumpkin Run, 9:45 a.m., Maclay Flats -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√
19	20 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., UM golf course√	21 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	22 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6-7 p.m., upstairs at Runner's Edge (Sept. 10 th - Nov. 26 th)* FULL!	24 -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√
26	27 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* -Tuesday Track Workout, led by Courtney Babcock, 6 p.m., UM golf course√	28 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	29 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6-7 p.m., upstairs at Runner's Edge (Sept. 10 th - Nov. 26 th)* FULL!	31 -Long Runs, 8 a.m., Runner's Edge√ -Group Walks, various locations. Email tandberg@centric.net for more info√

√ Free for Run Wild Missoula members.

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

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

Run Wild Missoula Running Camp Retreat for Women

Renew Your Running, Renew Yourself
Friday, October 9 – Sunday, October 11
At the home of Loie and Monte Turner in Tarkio, Montana

Are work, family and life responsibilities cutting into your running time? Do you need a weekend of running, relaxation and friends? Renew your running and renew yourself at the Run Wild Missoula Running Camp Retreat for Women. Join professional runners Courtney Babcock and Meg Lerch for a weekend of road and trail runs and pampering, including yoga, foot soaks, do-it-yourself pedicures, massages and time for you to relax. The camp is at the beautiful home of Loie and Monte Turner on the Clark Fork River just 50 miles west of Missoula. Can't get away for the entire weekend? We have a Saturday only option.

Name (Please print) _____ Age: _____
Females only, please. Must be 18 or older to participate.

Address: _____

Phone: _____ Email: _____

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

All levels are welcome! We want to get a sense of your level of running so we can adjust the workouts.
What is your average minute mile? _____ Your average weekly mileage? _____

2-Night Camp **\$250__**
Friday, October 9 at 4 p.m. until mid-day, Sunday, October 11

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

Saturday Camp **\$135__**
Saturday, October 10 from 8:30 a.m. until 8 p.m.

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

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

Run Wild Missoula members, take \$25 off registration fee. **-\$25__**
(Not a member? Become one for \$25 at www.runwildmissoula.org and receive discounts on races and other programs all year long!)

Register by Friday, October 2 and receive an extra \$25 discount **-\$25__**

Total Cost _____

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

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

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

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

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

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

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

Questions? Email eva@runwildmissoula.org

Send registration form with payment made out to Run Wild Missoula to PO Box 1573, Missoula, MT 59806. Many thanks to: Turner Sign Arts, Runner's Edge, Arbonne International, Caryn Schwarze, Courtney Babcock, Meg Lerch, Kerr Duson and Jen VanDerburg.





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