



Run Wild Missoula

JANUARY 2007

The President's Corner

It's January and, if you're a runner in our community, there's so much for which to look forward in 2007.

Running in the snow on a winter's day; the soft "plush plush" sound of one's footfalls. Beginning runner training classes. Beginning runners! "It's Snow Joke" around Seeley Lake. Track workouts complete with a coach, sweat, and burning lungs. Ice cream afterwards. The song of the Meadowlark. "Run for the Trees" and the "Riverbank Run." Long runs on Sundays. The view from on top of Mount Sentinel. Running in the cool of the morning on a summer day. Night runs. The hills and dales of the "Pengally Double Dip". The inaugural "Missoula Marathon" event. Fall colors, crisp air and leaves underfoot. "Blue Mountain Women's Run" and the "Pumpkin Run."

Whatever it is that makes running enjoyable to you, be it time for conversation with friends, training for a race, 30 minutes of "alone time," being in the great Montana outdoors or crossing the finish line, make time for it in 2007.

And thanks for being part of Run Wild Missoula.

Jennifer Boyer

President

DON'T MISS A SINGLE NEWSLETTER!

Renew your RWM membership for 2007 now! Register now and not only will you become an almost exclusive Run Wild Missoula club member, but you will receive free advice especially when you don't want it, a free subscription to the Run Wild Missoula website and all the trips to Big Dipper that you can afford! As a special bonus, you will also receive a free subscription to Team Stampede's website! This special bonus package is only good if you act immediately or some other time in 2007.

Please notice that we have made some changes in the membership form besides the name of the club. We want to make life simple for those of you who don't like to do this every year. So now you have the option of writing just one check and having it done for FIVE years! There's even a discount involved. So why not renew your membership?

If you're not sure whether you need to pay for 2007, please contact Ethel MacDonald at ethel@runwildmissoula.org.

Don't miss a single exciting episode of our newsletter! Fill out your membership form and mail it in today!

Beginning Runner Training Class Update

Hello to all of you out there who came to take advantage of our First Ever Beginning Runner Training Class. Thank you for being interested and hopefully we learned a lot from this initial "test run".

As one might have expected, we got runners who have never jogged a step. We got runners who need to have something on the calendar in order to schedule a run around all their family and work requirements. We got runners who haven't run recently but used to run. We got runners who run all the time but have never run a marathon, and all sorts of other scenarios. This made for a pretty wide variety of runners to cover and we did our best on this first round, but plan to make some improvements. Our original goal for the Beginning Runner class was twofold: 1) Provide support and training for people who have **never** run and, 2) Provide a support group for people who want to get in some basic mileage over the winter, whether they have a history of running or not, so they could start training for the marathon in March IF that was their desire.

We really don't care whether participants in the Beginning Runner Training Class plan to run the half or full marathon in July. We just want to provide support for people who haven't been runners and want to become runners.

We will be meeting at the beginning of January to plan specifics on how we intend to handle the second round of the Beginning Runner Training Class, (which starts Saturday, January 2nd, 10 a.m., Runner's Edge). However, you can count on the fact that we will have a training program specifically designed for people who are truly beginning runners. This will include less mileage and a walk/jog pace.

All Run Wild Missoula members are welcome to join us on these runs. Whether you want to run faster, farther, stronger, or are just looking for a group to run with, you will find those who choose to run with you. If you have questions, please don't hesitate to contact either Anders Brooker or Jennifer Boyer. Go to www.runwildmissoula.org for contact email information, or call Runner's Edge at 728-9297 and ask for Anders.

In closing, I would like to tell you how much the running club leaders have enjoyed these classes. Winter is a great time to have a little extra motivation to get out, get moving, and meet new runners. Thank you for joining us and we hope to see you at the second round of BRTC classes this month.

- Jennifer Boyer

Running Photos and Runner Profiles

Steve Franklin, our website creator, is looking for running photos. If you have some and are willing to share, could you please send them to steve@runwildmissoula.org. You will receive extra credit.

We also plan to start including runner profiles in each month's newsletter. In addition to name and age, the profiles will include brief answers in categories including (but not necessarily limited to) favorite race, best and worst running experiences, words of wisdom, and so on. More information to follow soon.

New Newsletter Editor Announced

Jennifer Lutey did a fabulous job with the newsletter. However, because her job frequently takes her out of town, Jen asked for someone else to handle the editing.

Some club members may remember that I edited the newsletter once before. I quit when it seemed to me that the running club was not particularly active. But the name change, the upcoming marathon, the commitment to helping new runners get started and experienced runners stay motivated, and the enthusiasm of Jennifer Boyer caught my attention. It seemed a good idea to get involved again.

Send submissions – race photos, stories, and anything else you can think of – to me by the third Friday of the month to ensure placement in the next newsletter.

And please join me in thanking Jen Lutey for her fine editing and Megan Glassburn for her layout work; it's going to take awhile before I measure up to their standards.

- Vic Mortimer (vic@runwildmissoula.org)

Missoula Marathon News

GOOD FOOD STORE SEMINAR January 22nd

The next Missoula Marathon seminar at the Good Food Store takes place Monday, January 22nd, 7-8 pm. The subject: "Injury Prevention and Recovery Tips". Speakers are Brent Dodge from Alpine Physical Therapy and Anders Brooker from Runner's Edge.

Alpine Physical Therapy will show you how an ounce of prevention is worth a pound of cure. Training for a marathon is rigorous and can lead to aches and pains. Alpine PT will tell you how you can train hard without getting injured, and in the event of injury, they will provide you with techniques for recovering from those aches and pains.

Plus, Anders Brooker, an accomplished runner and owner of The Runner's Edge running store, will provide you with a primer on how to select the proper shoes. Pay attention now, and you'll avoid troubles as you near the starting line of the Missoula Marathon in July.

We have a lot of great people associated with the Missoula Marathon and our running club. Take advantage of what they know! Attendance is free but be prepared – it might be crowded (again).

CLUB RUN UPDATE

The Tuesday fartlek workouts and Sunday long runs started in December. We've consistently had hardy individuals showing up for these runs and they will continue in January. I keep trying to tell you this, but the Tuesday workouts are fun. They're more cross-country than track oriented due to the nature of winter. Tuesday fartlek workouts for January should be posted soon after Courtney Babcock, our trusty coach, returns from vacation. Maybe even before this newsletter gets to your house!

Sunday long runs are good for the soul. Ask Anders. He leads them.

Anyone can attend either of these regular weekly runs.

Sorry, we had to put the kibosh on the Thursday timed runs for now. We're just darned busy. Maybe this spring...

Turkey Day 8K Gloves are Here!

That's right, if you ran the Turkey Day 8k and didn't get a pair of gloves, they're finally in at Runner's Edge. Stop by and pick up your pair. You'll need your ID. Just kidding.

CLASSIFIED ADS

Any Run Wild Missoula member may place a Classified Ad in our newsletter. If you're looking for a running partner, have equipment to sell, are looking for good runs or anything else related to running, place an ad here! It's free!

Help Wanted: Run Wild Missoula needs running club members who would like to help us lead Beginning Runner Training Class runs on Wednesdays (6 pm) and Saturdays (10 am). These groups have been very fun for both those in the group and those leading the group. The second session starts Saturday, January 20th and goes through Saturday, March 3rd. Please contact Jennifer Boyer at jboyer@runwildmissoula.org if you can help.

RACE RESULTS

Campus Rec Turkey Trot, Kim Williams Trail, Saturday, Nov. 4

Men 26-35

1. Tory Kendrick 19:05 (3rd overall)

Men 36-45

1. Brian Fruit 19:57 (8th overall)
4. Ben Schmidt 22:21 (18th overall)

Mount Sentinel Hill Climb, Missoula, Saturday, Nov. 11

Men 40+

1. Layne Rolston 26:52 (8th overall)
9. Bob Hayes 37:31 (29th overall)
10. Richard Allen 38:54 (30th overall)

Please send race results to Jen Sauer at
jsauer@runwildmissoula.org for inclusion in the
Run Wild Missoula newsletter. As always, thanks
to Jen for gathering the results!

RACE CALENDAR

January 6, 2007, Sat.

4th Fat Ass 50 K • Bozeman, Big Sky Wind Drinkers, 50K, 5K at a time. 8:00 AM. Headwaters Park (If it is below 0° on Jan 7 the run will take place on Jan 13). Start in the parking lot by the restrooms. Run as many 5K's as you want (or the weather allows). Free entry. Free hot and cold drinks. Free company. Top five entrants get free entry next year. www.winddrinkers.org

January 21, 2007, Sunday

33rd One Hour Run • Bozeman, Big Sky Wind Drinkers, run as far as you can in one hour, 2:00 PM, MSU Field House, bring your own lapcounter. Note, there is a One Hour Swim, 8:00 AM at the Swim Center. (Bozeman Masters Swim Club: Swim) www.winddrinkers.org

January 27, 2007, Sat.

All Comers Indoor Track Meet • Bozeman at MSU Brick Breeden Field House starting at noon. Contact Dave Skelton at dskelton@bztclub@bresnan.net or 587-7698 (evenings). www.mtusatf.org

Frost Fever 5k Frozen Frolic • Missoula, Missoula Parks & Rec, Run and walk divisions for men, women, and youth. Frost Fever tshirts to participants registered by January 22. Fun awards for top finishers in each category. Race begins at 10 am. Call 721-PARK after December 30 for registration form.

February 10, 2007, Sat.

30th Froze Nose • Bozeman, Big Sky Wind Drinkers, 5.4, 3, 1.1 mi, 9:00 AM, MSU Grant & 11th. Courses go out along Kagy, the furthest going through the Cherry subdivision. Get a handicap time for the March run and see if you can improve enough to win! www.winddrinkers.org

February 17, 2007, Sat.

Scruppy Jack Scramble • Missoula 10:00 a.m. at McCormick Park, 2 Person by 2 mile relay race. Icy patches likely. Race apps at Runners' Edge, Registration 9 AM at New Water Park Building, \$16 per team (\$8 per person) if Preregistered by Feb 10, \$20 per team day-of (\$10 per person), Free Big Dipper Ice Cream to all entrants Male/Female, Male/Male, and Female/Female categories, Prizes for best Costume! Need a partner? Partners will be put together on the day of the race.
More info: call Em at 829-1313 akendrick99@msn.com

February 24, 2007 Sat.

Snow Joke Half-Marathon • Seeley Lake, 11:00 a.m. 13.1 mile lap around Seeley Lake on plowed roads. Icy patches likely. Registration Race Day Only, 9:15 to 10:30 a.m. Fee \$10.00 (\$5.00 if under age 20). T-Shirts extra, first come first serve, or reserve per web site. For more info: www.cheetahherders.com

RWM Club Officers

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We're on the web:
www.runwildmissoula.org

Run Wild Missoula is affiliated with USA Track and Field (USATF). Club equipment is available to rent for just \$25. If you are hosting a race, contact Nancy Shrader, equipment manager (nancy@runwildmissoula.com). We will insert your race flyers into the Run Wild Missoula newsletter for only \$25.00.