



Running Wild

February, 2007

The official publication of Run Wild Missoula, published, usually, every month



The President's Corner

The running community marks the official end of winter in February. It's the day of "Snow Joke", the half marathon that loops around Seeley Lake on the last Saturday of February. After Snow Joke, we can start looking forward to potentially soggy/rainy/muddy spring races. But at Snow Joke we can still rely upon seeing snow. On race day we might be running in a blizzard or a beautiful, clear day. The footing might be snow, or ice, or pavement. You never know what the conditions will be until you actually show up at the starting line.

This year, Snow Joke is Saturday, February 24th. The race offers little in the way of aid stations, (two), but plenty in the way of entertainment. Last year, Vice President Dick Cheney, shortly after his ill-fated bird hunting expedition, appeared as the guest starter – complete with shotgun.

If you want some company to train for the race, RWM Sunday Long Runs are designed to get you up to distance. Anders Brooker put together a simple training plan for his cross-country team, and incorporated our Sunday long runs into it. Sunday Long Runs are at 9 a.m. from Runner's Edge.

So if you want to see the end of winter – run "Snow Joke". This year it's Saturday, February 24th. Day-of-race registration only is \$10. Race starts at 11, registration is from 9:15 to 10:30 a.m. at the Seeley Lake grade school gym. If you want a t-shirt it's an extra \$10. You can either reserve one on-line, or take your chances on registration day with first come, first serve. Questions? www.cheetahherders.com.

Jennifer Boyer
President

Frost Fever Report

January 27th Frost Fever Frozen 5k Frolic runners were treated to lovely sunshine and a new route, unlike last year's really cold, windy, overcast run around Playfair Park. The registration and pre-race stretch and socialization area was in the nice, warm Currents complex, complete with restrooms and drinking fountains, another nice change. Biking on the trail to the run at McCormick Park, I had noted some very slick spots and thought we'd have some treacherous footing going east into Hellgate Canyon. Happily, this year's run took a westward direction, crossed the California Street Bridge, stayed on sidewalks going east on Broadway to the Orange Street Bridge, then went east for a short loop before turning back west for another loop around the park.

Although there were volunteers at every questionable corner, apparently somebody was late or asleep on the job on the last turn, and a half-dozen frontrunners, including at least two RWM members, took a western instead of eastern loop. Although their times and places at the end indicated they had probably run about the same distance, they were not considered for awards, always a disappointment. In the rush to provide timely results, several mistakes were also made in age group awards, but hopefully have been corrected in the on-line results (see www.missoulaparks.org).

On the bright side, about 200 runners, many of them apparent newcomers, had fun running; volunteers and staff were cheerful and encouraging; prizes were numerous and worth waiting around for, and the after-race treats were varied and generous. (How often do you have Wendy's chili and Krispy Kreme donuts to accompany your bananas, apples, and nutrition bar?) Thanks to Parks and Recreation for continuing the tradition of winter and spring races. Watch for the annual Run for the Trees in April.

- Ethel MacDonald

RWM adds River City Roots Festival to its Agenda

The Missoula Downtown Association asked the Run Wild Missoula committee members if we are willing and interested in organizing the River City Roots Festival footrace. You may remember that last year the race was a 5k, and run on a cold, rainy, September day.

We can't do much about the weather, but we agreed to include the event in our schedule, and Anders Brooker has offered to be the race director. The MDA is interested in having a fun, family-oriented, well-organized event. We will keep you posted as the September event draws near.

Kids Marathon Update

On Saturday, March 10th at Southgate Mall we will be having a Kids Marathon Registration Event. It is being held in conjunction with Southgate Mall's Kids' Health Fair.

Registration for the Kids Marathon is \$15.00. They will receive an extra bonus if they register on Registration Day. (We are still confirming what it is, but it will be fun.)

Children may start logging miles on their Marathon Log on April 1st. They have until July 14th to complete 25 miles on their log. On Marathon Day they will run the final 1.2 miles into Washington-Grizzly Stadium, where Monte will greet them.

Adults wishing to register for the Missoula Marathon or Half Marathon may also register at that time.

The Kids Marathon site on the missoulamarathon.com website is coming along. If you have questions, start there. If you have questions, there is an email address for you there.

RACE CALENDAR

FEBRUARY

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

Valentine's Day 5-K, Dillon, 11:00 am. Start is at the Southwestern Montana Family YMCA, 75 Swenson Way, Dillon. Same day registration at the Y from 9:30 to 10:30 but early registration is encouraged. Cost is \$15 for Y members and \$20 for nonmembers. Cost includes prizes for winners and event t-shirt. Contact Roger Pelletier roger-dillonymca@quest.net or 683-9622.

February 17, 2007, Sat.

Scrumpy 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

MARCH

March 24, Sat. 2007

Buttercup Run, Arlee, 5K, 10K run/walk, 1mi fun run, a college scholarship benefit for Arlee High seniors. Medals for 1st 3 finishers, each race, age group, gender; prizes, raffles. Long-sleeved Ts by local artist Jerry McGahan; late reg 10 AM, start at Arlee High School; 10K walk start 10:30, other races 11 AM. Download registration/maps/info at www.geocities.com/btrcuprun or call Joe Weydt, 726-3335, arl3335@blackfoot.net

APRIL

April 21, 2007

Run for Respect, Missoula, 5K, 10 am start Second Annual Run for Respect, honoring the strength and endurance of sexual violence survivors. It is a flat 5k run/walk near the UM campus. More information coming first week of February. For more information call 243-6429 or erin.scott@mso.umt.edumailto:erin.scott@mso.umt.edu

RWM Club Officers

President:

Jennifer Boyer – jjranch@montana.com

Vice Presidents:

Scott McGowan

Ben Schmidt - pbschmidt@imt.net

Secretary/Treasurer:

Ethel MacDonald - 549-9722 ethelmac@bresnan.net

Membership:

Anders Brooker - runners_edge@hotmail.com

Race Results:

Jen Sauer - 239-7355

raceresults@gmail.com

Equipment:

Nancy Shrader- najash@msn.com

Newsletter Editor:

Vic Mortimer – 777-0429

vic@runwildmissoula.org

Race Calendar & Webmaster

Steve Franklin – 722-4939 steve@runwildmissoula.org



Run Wild Missoula
P.O. BOX 1573
MISSOULA, MT 59806

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.