

Running Wild

March, 2007

The monthly (usually, if we get our acts together in time) publication of Run Wild Missoula



The President's Corner

It's already March and if you ran Snow Joke, then it's officially spring. As always, there's plenty going on with the running club.

I'm especially pleased to report that we finally have things squared away with the 1200 Mile Club. Those of you who have been asking (and waiting patiently) will be happy to hear this.

We have a spot on the website where, if you wish, your reported miles will be posted. If you prefer them not to be posted, that's OK, but it's fun to see all those miles logged month after month. This is a great way of seeing how much running our club really does! So post those miles and let's see what we are doing.

Some of you might feel that 1200 miles is too big a number. Realize that if you run just over 23 miles a week for 52 weeks, you are in! If you typically run fewer, but train for a bigger race, you could easily reach the target. If you get within shooting distance in December, you could run a few extra miles just to say, "I did it!" Some of you might be filling in the last few miles at the Run Wild Missoula New Year's Eve run!

Besides bragging rights, 1200 Mile Club members will receive a vest with the Run Wild Missoula logo and "1200 Mile Club 2007" embroidered on it.

To participate, send your mileage at the end of every month to vic@runwildmissoula.org. He will keep track and post it on the website. (You have to tell him if you don't want it posted on the website, that you just want him to keep track.) If you haven't already, send in your January and February mileage.

When you hit the 1200 miles, we will order your vest! Each one will be done to order, so you may select the appropriate size. We'll see if we can have a couple vests placed at Runner's Edge so people can try them on for size.

My idea for next year is to have a collective mileage goal for the running club. If RWM reaches the goal, then we... (fill in the blank yourself, because I haven't thought of this part, yet). We could have a big thermometer on the website, just like the United Way. Steve Franklin, our website guru, hasn't heard

about this idea yet so right now, as you're reading this, so is he, and he's thinking, "We can't put a thermometer on the website! What are you saying, Jennifer?!" So don't be surprised if we get the kibosh on the thermometer. You'll just have to paint it on your monitor, instead.

Enjoy spring and runoff.

Jennifer Boyer,
President,
Run Wild Missoula

Get on the Bloomsday Bus

Hello Bloomsday Runners! RWM is seriously considering providing a Bloomsday bus. The bus would leave early on Sunday, May 6th (race day) and return on the same day. All interested participants please send an email to vic@runwildmissoula.org or sign up at Runner's Edge. We'll have details for

April's newsletter and/or on the website at www.runwildmissoula.org. Please let us know if you are interested so we can gauge participation. We will contact you when we have the details arranged.

(Thanks to Carol Hodges for urging the return of the bus.)

Missoula Marathon (and Half Marathon) Training Program

Want to train for the Missoula Marathon or Half Marathon? Join RWM's training program! Soon we'll be 16-18 weeks out from the Missoula Marathon (July 15, 2007). This is the typical length for a marathon training program, so let the training begin! Looking for advice? Encouragement? Training tips? People to run with? Then the Missoula Marathon training program is for you. This training program is designed for the beginner to intermediate runner. It accommodates a broad range of speeds.

Let's Get Started Meeting Day: Saturday, March 10th, 9 a.m.,
Runner's Edge

We are NOT running on this day. We'll outline the program so you know what to expect over the next 18 weeks. Also, if you haven't pre-registered for the marathon, you can register on this day. Please come to this meeting if you intend to participate in the training program.

Official First Training Day: Monday, March 12th

This is not a group run. It's just the official first day of the training program and the day you should have marked on your calendar as "Marathon Training Starts Here." From here on out, you're "in training."

Group Run Days: Wednesdays and Sundays, March 14th - July 11th

Wednesdays and Sundays will be your group run days. All runs meet at Runner's Edge, 323 N. Higgins Ave. On Wednesdays, runners will meet at 6 pm. On Sundays, they will meet at 8 am. This may change as the program progresses, but it's where we'll start.

What you get with the Missoula Marathon Training Program:

- ❑ A training program developed by Courtney Babcock, professional runner with Mountain West Track Club, and Anders Brooker, owner of Runner's Edge and cross country and track coach for Hellgate High School
- ❑ Nutrition program provided by nutritionist Carla Cox, PhD.
- ❑ Professional advice on properly fitted shoes by Anders Brooker
- ❑ Injury prevention information from Alpine Physical Therapy
- ❑ Weekly stretching and warm-up exercises
- ❑ 10% off running shoes at Runner's Edge
- ❑ Missoula Marathon Training shirt
- ❑ Group runs twice weekly
- ❑ Encouragement
- ❑ Friends
- ❑ Fun. Lots of fun.

Cost: **Run Wild Missoula Members** **\$30**
 Non-Run Wild Missoula Members **\$50**

Monte and Loie Turner and Hasalyn Harris Training for Marathon

Monte Turner, his wife, Loie, and Hasalyn Harris are all training for the Missoula Marathon.

Monte and Hasalyn comprise the morning news team on "Montana Today" (KECI TV, Channel 13). They are training to complete either the half or full marathon. Which race they run will be determined as their training progresses. In the meantime, they are all setting forth with their eye on the Frenchtown starting line of the full marathon.

They have a support team to make sure they get there in positive fashion.

Brent Dodge and his co-workers at Alpine Physical Therapy are providing PT in case of injury. Laura Del Guerra, nutritionist, of St. Patrick's Hospital is making sure they are properly fueled for training and race day. Anders Brooker and

Runner's Edge are providing the correct footwear. Courtney Babcock, professional runner with Mountain West Track Club, is providing the training program.

All three have resolutely launched their training, which started in January. Hasalyn has previously completed a half marathon, and just ran Snow Joke in February! This is the first time either Monte or Loie have launched running careers. If you see them training, give them some encouragement!

Preventing and Reversing Childhood Obesity: How the Missoula Marathon Can Help Your Family

Date: Wednesday, March 14th

Time: 7 pm - 8 pm

Location: Good Food Store

Speakers: Laura Del Guerra, Nutritionist with St. Patrick's Hospital, and Missoula Mayor John Engen

Everyone is frightened by the epidemic of childhood obesity. You try to watch what your kids eat and encourage them to exercise. Laura Del Guerra, nutritionist at St. Patrick's Hospital, and Mayor John Engen to talk with you about the childhood obesity epidemic – and what you can do about it right here in Missoula. There are plenty of opportunities within our community to help you help your children develop healthy habits.

These seminars have been standing room only, so get there in time for a seat.

Jen and Megan Celebrate Snow Joke

My 33rd birthday was Monday, February 26th and the Snow Joke was Saturday, February 24th. I thought it would be fun to run the Snow Joke half marathon to celebrate my birthday. I ran it three years ago, only two months after I had ran the San Diego marathon, and it was pretty fun, even with a sinus infection. Good idea to do it again, right? Now keep in mind I haven't run over 7 miles in two years. Nor have my friends I tried to rope into running with me. In the end, three days before the Snow Joke, my friend and running companion, Megan, said she would join me if I still wanted to run it. Note that Megan has never run more than a 10K before. We made a pact to stick together, run as long as we could and walk the rest. So we awoke early on Saturday, thanked the sunshine, grabbed bagels and coffee and headed to Seeley Lake.

Once in the Seeley gym to register, we stood in line until we got to the front, ready to trade our \$10 for a race number. Finally at the front of the line, we learned we had to fill out a registration form on another table then wait in line again with our form and \$10. Finally registered, we went outside to stretch and tried to look like we knew what we were doing with all the other experienced Snow Jokers. We ditched our warm coats for light ones and lined up at the back of the pack.

We were off, and five or so minutes later I remembered to start my running watch. Mile one came pretty quick, even though we were barely faster than a walk. I checked my watch to actually check our pace for mile two. We were running just

over 11 minute miles. Good pace for the long haul for us. We were comfortable, the scenery was great, the sun was out and life was good. We even passed a few people on the uphill part of the first six miles. We turned off Highway 83, onto the scenic Boy Scout road for the rest of the race, starting to feel a little tired, but good in general. The Gatorade and water stop at mile six gave us a burst of energy. By mile 7, Megan was starting to feel the distance. This was farther than she had ever run. We slowed after mile 8 to around 12 minute miles. We were running near Bob Hayes at this point and were marveling at his ability. Megan pointed out he was 50 years older than us. We were inspired by Bob and the funny Snow Joke signs along the route and kept on moving.

We were quite happy to see the mile 10 aid station and at my prompting, Megan tried an energy gel for the first time. I got the stink eye because I had led her to believe they tasted good. I still felt surprisingly good. A little sore in my knee and beginning to get a little tired, but strong. We kept plugging along and thanked God for mile marker 11, cussed the sign that said "Vulture Crossing, beware", and made it to the last mile. Along the way we saw one of the guys from the front of the pack cheering us slow runners on, and realized he had probably finished the race almost an hour earlier. With the end in sight, we picked up the pace to finish with a strong trot at the end. The juice at the finish line never tasted so good. We finished somewhere around 2 hours and 20 or 30 minutes (forgot to stop my watch at the end too.). We weren't really in it for time. Our goal was to finish and walk as little as possible. We were quite excited to report back to our families that we ran the entire distance and were still walking. We felt pretty darn tough and a little tired. We plotted our evening meal as we drove home, knowing there was no guilt at all in anything we ate the rest of the day. I will definitely be back for another Snow Joke.

- Jennifer Lutey



Megan Glassburn and Jennifer Lutey at Snow Joke



Cheetah Herders Quartermaster Pat Caffrey pins a winner's sash to Jennifer Boyer after the 2007 Snow Joke Half Marathon

Race Results

Freezer Burn Half Marathon and 5K, Dec. 2, Frenchtown 5K

Adam Peterman 25:09
Larry Peterman 25:21
Hillary Ogg 28:52

Half Marathon

Jennifer Boyer 1:34:50
Robert Struckman 1:36:23
Tim Brooker 1:39:27
Ben Schmidt 1:41:02
Bob Taylor 1:44:08
Jen Sauer 1:48:19

Frost Fever 5K Run/Walk, Saturday, Jan. 27, McCormick Park

Women's 5K Run

16-39

Bridgett Moriarty 25:23
Hillary Ogg 27:23

40-54

Carol Hedges 41:12

55+

Ethel MacDonald 28:31
Bonnie Ferguson 38:14

Men's 5K

40-54

Bob Homer 20:37

55+

Richard Allen 30:21

Snow Joke Half Marathon, Seeley Lake, Saturday Feb. 24

Men 16-39

David Krause 2:24:53

Men 40 +

Jeff Flury 1:29:31
Brian Fruit 1:32:37
Glenn Goversen 1:49:32
Jim McLean 1:58:40
Bob Hayes 2:29:26

Women 16-39

Julie Gilchrist 1:33:16
Jennifer Sauer 1:56:55
Meg Wik 2:07:51
Hasalyn Harris 2:28:48
Jennifer Lutey 2:30:29

Women 40+

Jennifer Boyer 1:41:03
Jodie Hooker 2:24:51

For Travelers Who Plan Ahead

I occasionally receive requests from other organizations to mention their events in *Running Wild*. While I give priority to Montana events, I thought that the **Texas Independence Relay** might appeal to some club members – although why anyone fortunate enough to live in Montana would want to travel to Texas for pleasure is beyond my understanding. Here is the blurb we received:

“Come run Texas with your friends over the weekend of March 1 & 2, 2008! In teams of 8 - 12, you'll run the 200 miles from the first shot of the Texas Revolution to the final victory at San Jacinto. Instigate a Texas Tough Throwdown, and run a race you'll never forget! Registration opens March 1, 2007. www.TexasIndependenceRelay.com .”

- Vic Mortimer

RACE CALENDAR

March

March 10, 2007, Sat.

27th Annual St Patrick's Day Race • Anaconda, 3M and 6M \$12 for pre-registration and \$15 the day of the race. Meet at the Locker Room Bar in Anaconda on East Park Street, Buses leave at 10 am for the start line west of town. Fast Downhill course. 563-5494

March 11, 2007, Sunday

Duggan Dolan Blarney Stone Fun Run • Butte, 3 Mile & 1 Mile, 723-3239

March 17, 2007, Saturday

NEW RACE!!

Run To The Pub • Bozeman, 10K, sponsored by 317 Irish Pub, Fleet Feet, and The Ridge. Participants meet at 317 Pub at 8 am at the Bozeman Hotel on the corner of Rouse & Main St., then we will transport people out to the start of the race, which will be out south of town. The course will follow Sourdough and Linear Trails north back to downtown and the pub. The entry fee is \$20. It includes a t-shirt, a printed pint glass, and the first beer in that glass (for racers who are of legal drinking age). Race Director: Ashley Lehman, 570-5979 Online application: www.runmt.com/r/runtopub07.pdf

March 18th, 2007 Sunday

THE SHAMROCK RUN • Billings, 5K & Kids Run sponsored by the YELLOWSTONE RIMRUNNERS, Pioneer Park, Pre-Registration at Time Out Sports, West Park Plaza, March 17th. The Rim Runners are asking people to bring a non-perishable food item to the race Sunday to support the Billings Food Bank. Starts: 5K – 1:00 PM on 3rd St West & Ave. B. Kids 1-Mile – At conclusion of 5K on sidewalks in and around Pioneer Park. Contact Bill Harrington at 855-1069, www.rimrunners.org

River Road Run • Plains, Sanders County Fairgrounds. Scenic 10K starts at 12:00 p.m.; 3K run/walk starts at 12:15 p.m. Cost is \$20.00 which includes the Run and the Spaghetti Dinner. All proceeds go to support the Cancer Network of Sanders County. The Network is a non-profit organization that assists Sanders County resident with their cancer treatment expenses. Registration forms are available at The Runner's Edge in

Missoula, on line at www.cancernetworksanderscounty.org. We will be holding a health fair and having entertainment at the same time. For more information call Carol Brooker at 406-826-3523 or email brooker@blackfoot.net

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 14, 2007, Saturday

Wheat Montana • Missoula, 5K race. The entry fee is \$12.00. Prizes for first three in each age category and an overall prizes 1st-3rd both male and female. 1st place prize for overall is lodging and \$50 spending cash for Bloomsday. Free T-shirt for all runners. Race starts at 9am. Registration forms at Wheat Montana and Runners Edge. There is race day registration, the starting line is at Wheat Montana, 2520 S 3rd St. W, Missoula. Sara 546-1619 Online application: www.runmt.com/r/wheatmt2007.html

19th Annual Grizzly Triathlon • Missoula, U of M Grizzly Pool, 1,000 yard Swim, 20K Bike, 5 K Run, Sponsored by Team Stampede & The U of M Triathlon Club. \$45.00 for all individual racers \$135.00 for each team entry. (includes Patagonia shirt, post race snacks & raffle entry for door prizes). Giles Thelan thelenG@mso.umt.edu or Jeff Cincoski jcincoski@hotmail.com, Online Application & more info: www.teamstampede.com Register Early... This race fills up.

April 21, 2007, Saturday

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. For more information call 243-6429 or erin.scott@mso.umt.edu

April 22, 2007 Sunday

The Summit Classic • Kalispell, 5K Walk/Jog/Run- 1pm start in the Summit parking lot. An event for all ages and abilities, we encourage families to get out with their kids and have a great time. Chip timing is used and ensures an accurate race time for each runner. Register online @ www.signmeup.com/56349 or e-mail kschaefer@krmc.org and have an application mailed to you. (406)751-4133

Ice Breaker Run • Great Falls, 1M, 3M, 5 M www.ci.great-falls.mt.us

April 28, 2007, Saturday

5-A-Day 5K Nutrition Fun Run • Bozeman, 9:30 AM start (9:00 for registration), MSU Intramural Fields on the corner of

Lincoln and 19th. Sponsored by Montana Student Dietetic Association. To register e-mail msda5aday@hotmail.com, please include Name, age, mailing address, phone number, and sex. Mail a check made out to Montana Student Dietetic Association to: MSDA 5K c/o Kate Malone, 601 N Tracy, Bozeman, MT 59715 Preregistration \$5, Day of race \$8 WIN PRIZES! For questions e-mail msda5aday@hotmail.com

May

May 5, 2007, Saturday

Fundraiser 5K for Florence Crittendon Home • Helena, lbschultz@bresnan.net. We don't have the details ironed out, but this will probably include a couple of other events (1 mile and perhaps something for the very young).

Rimrock Rover Ramble • Roundup, registration starts at 8:30 a.m. and race starts at 10:00 a.m. 3 mile run (or 1.5 mile walk for the less enthused). Dogs ARE welcome but must be on leash. wchurch@midrivers.com and folks can sign up at www.rimrockhumanesociety.org (when it gets closer).

May 12, 2007, Saturday

Montana Women's Run • Billings, 5 Miles and 2 Miles distances for both walkers and runners. Last year's event drew over 5,600 women, and donated over \$50,000 to women's programs in the Billings area. Divisions are Open, Masters, and Super Masters (50 & Over), with medals given 5 deep in 19 age groups. Each entrant receives a long sleeve, designer t-shirt. No race-day registration. See www.womensrun.org for more information.

RWM Club Officers

President:

Jennifer Boyer – jjranch@montana.com

Vice Presidents:

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Ben Schmidt - pbschmidt@imt.net

Secretary/Treasurer/Membership:

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Run Wild Missoula
P.O. BOX 1573
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Missoula Marathon Sponsor List Continues to Grow

It's been a long time since we've updated club members on the tremendous sponsors we have for the Missoula Marathon. These sponsors are so very interested in the Missoula Marathon, Half Marathon and Kids Marathon, and we are very fortunate to have their participation.

Please do everything you can to support the businesses that support us. Here is the most recent list:

- KECI
- Cherry Creek Radio
- Missoulian
- Good Food Store
- Dana Gallery
- Garlington, Lohn & Robinson
- Alpine Physical Therapy
- Community Medical Center

- Southgate Mall
- Missoula Bone & Joint
- Western Title & Escrow
- Three Rivers Lifestyle
- Gold's Gym
- Clark Fork Valley Bank
- St. Patrick's Hospital
- Community Bank
- Montana Ace Hardware
- Sullivan, Tabaracci and Rhoades

- Break Espresso
- Runner's Edge
- Rattlesnake Studio (graphic design)
- Big Sky Brewing
- Kettlehouse
- Frenchtown Physical Therapy
- Frenchtown Family Fitness

Thank you to all our Missoula Marathon sponsors!

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.