

# Running Wild

April, 2007

The monthly publication of Run Wild Missoula  
(accept no substitutes)



## The President's Corner

"All work and no play makes Jennifer a dull girl," someone once told me. Well, this is a great season to consider the spring races as the "play" part of all your training runs. Races are much more than feeling as if your lungs are going to blow out and your legs are going to fall off.

First of all, they're a major running social event. There are a lot of people you almost never see – except at races. Show up on race morning and meet all those people you haven't seen since the last race, or last year. You can easily spend as much or more time chatting with old friends and new ones as you spend running.

Second, runners are notoriously cheerful. If you've been feeling down in the dumps for any reason, hanging around with a whole group of runners is a great cure. It's difficult to be depressed when everyone around you is full of pep and good humor.

Been suffering training injuries? Go talk with a group of runners, none of whom have escaped that inevitable consequence of life. Let's face it – it's much better to suffer a training injury than an "I was lying in my barco-lounger for the last ten years and my back gave out" injury, or a "My thumb has carpal-tunnel from the remote" injury. Training injuries are the positive consequence of being physically active. Talk with any runner at any race anywhere and they'll all have suffered training injuries – and recovered to run another day.

Cool shirts and other stuff come with race day. I do "Run for the Trees" and absolutely love to get the tree. I don't have much of a green thumb (I hate to admit this to the tree providers), so it seems I need a new one every year. My Blue Mountain race shirts take up a sizable space in my drawer, and I enjoy having such a healthy collection. All this memorabilia is fun to collect, documents years of participation and acts as a reminder of a good time had by all.

Races act as a reason not to get up and start on the chore list. You know the usual routine – work all week and then get up on the weekend and start on the chore list. This is enough to make anyone dull. Instead, get up, go hang around with a bunch of energetic good-natured people, run, hang around with a bunch of tired good-natured people, THEN go home and start on the chore list. It's much better.

Races are a great source of inspiration. I love running with people who are faster than I am – especially if they're only a little faster. It makes me think I can do it, too. This is often a complete falsehood, but a good one.

Overcome your busy schedule by registering. Ever noticed that nobody seems to take your personal schedule seriously? There's always someone wanting a piece of your time and you can always think of 50 things you could/should be doing. Well, register and pay money and suddenly everyone actually expects you to go run and have fun. My best girlfriend lived in Bend, Oregon for 10 years and I never once visited. I would schedule a visit and it would inevitably fall through as the calendar got filled up. I finally told her, "Find me a race in Bend and I'll register." Sure enough – that did it. My commitment held up in spite of family obstacles and I finally made it to Bend.

Whether race day is the culmination of all your training effort, part of your training program or just a great day for a run, they're a great way to break things up. People of all ages and abilities can participate in any race. There's no longer any stigma associated with walking across the finish line at the end of the pack. Races are about participation and doing, not about winning.

So get on out there and participate! Races are fun for everyone!

- Jennifer Boyer

## Missoula Marathon Finish Line Better Than Ever

The Missoula Marathon ran into complications with the University of Montana, Adams Center and Washington-Grizzly Stadium, which prompted us to pursue an equally fabulous location for our finish.

So picture this – finish your half or full marathon running up Orange Street, eyes fastened on Orange Street Bridge covered with a myriad of balloons, downtown Missoula and the mountains in the background, spectators lining the sidewalk clapping and cheering. As you cross the Clark Fork River and start on that gentle downhill slope towards the finish line at the north end of the bridge, you know you've done it. You've just completed the Inaugural Missoula Marathon, Half Marathon or Kids Marathon event.

You'll be ushered right onto Front Street where food and drink and gear bags will await the athletes, then down to Caras Pavilion to recover along the river with your family and friends.

The Missoula Marathon Committee is dedicated to making sure you receive the glorious finish you deserve after having completed your race. If you have any questions, please feel free to email me at [jboyer@runwildmissoula.org](mailto:jboyer@runwildmissoula.org).

## Get Wild in the Bitterroot

I do the majority of my runs in the Lee Metcalf National Wildlife Refuge, which is about 20 minutes at an easy pace from my front door in Stevensville. That makes the second edition of **Where the Wild Things Run, May 12**, especially attractive to me and, perhaps, to the handful of other RWM members who live in the Bitterroot.

Last year's race was a blast: mostly dirt roads, a choice of 5K or 10K, and a kids' run to the river and back. The turnout was good for a first-time event and race director Brock Elam did a fine job of organizing. This year, kids can enter a 2.5K – perfect for adding to the mileage log for the Missoula Kids Marathon.

There was also someone in a monkey suit riding a bicycle on Wildfowl Lane and offering high fives and, if I remember correctly, bananas. I don't know if the monkey suit will return, but I encourage folks to journey up the Bitterroot, take in the Refuge sights, run a good race, and help Stevensville Youth Athletics raise funds for the construction of youth soccer fields.

- Vic Mortimer

## Get on the Bloomsday Bus – Next Year

OK, we should have started planning and promoting a Bloomsday bus sooner. A half dozen or so folks expressed interest, but we no one made sure that the idea got out to a wider audience.

So we won't be sponsoring a Bloomsday Bus this year. However, we promise to get out acts together next year. In fact, we hope that a club member will take on this project. Carol Hodges brought up the idea of revising the bus, and perhaps she would be willing to keep us focused next year. Sorry we dropped the ball this year, Carol.

## Missoula Marathon for the Not So Young -- Can You Do It?

**Wednesday, April 4th, 7 p.m.**, at the

### Good Food Store

**Moderator:** *Loie Turner*, over 50 and training for the Missoula Marathon

**Panel Members:** *Bob Hayes, Glenn Goversen, Dee Curry and Evelyn King*

**Think you can't finish a marathon?** Think again. Forty-three percent of all marathon runners in the U.S. are 40 or older. The 50+ crowd in the Seattle Marathon grows by 10% per year. In the New York City Marathon, 16% of finishers are over 50, up 4% from 1976. How do they do it? Can you do it? Ask the panel members.

These seminars have been standing room only -- don't miss this one! Get there in time for a seat at this free event.

**The Good Food Store is located at 1600 S. Third St. W., Missoula**

## Marathon Training and Riverbank

Anders Brooker reports that a lot of people have been showing up for Wednesday evening and Sunday morning group training runs. So many runners, in fact, that we are **looking for a few volunteers** to help lead the groups. Run-walk, slow, fast, doesn't matter – everyone is welcome. It's a great chance to find new running partners and to participate in the benefits of running with others. Contact Anders at The Runner's Edge or Jennifer Boyer if you want to help out.

## Race Results

### Buttercup Run, Arlee, March 24

#### Men's 5K

20-29  
Jacob Notti 24:55:95

#### Men's 10K

20-29  
John Cuddy 39:14:37

40-49  
Brian Fruit 40:32:94

60+  
Donn Livoni 46:02:27  
Bob Hayes 1:26:10:52

#### Women's 10K

20-29  
Nicole Snow 40:50:49

40-49  
Marie Boyd 40:20:42  
Tammy Mocabee 55:53:64

50-59  
Brenda Desmond 1:14:39:79

# WHERE THE WILD THINGS RUN

## LEE METCALF WILDLIFE REFUGE 2007 ANNUAL 10K, 5K AND FUN RUN MOTHER'S DAY WEEKEND, SATURDAY, MAY 12TH

Please join Stevensville Youth Athletics for this Fun Run or walk beginning and ending at Lee Metcalf Wildlife Refuge in Stevensville, MT. There will be Where The Wild Things Run T-shirts for all participants and prizes after the race.

Where The Wild Things Run is a fundraiser for Stevensville Youth Athletics who work through the community to promote athletics within Stevensville.

**This year the race will raise funds to support the construction of soccer fields for Stevensville area youth.**

Last year this race raised \$3193.00 and my goal this year is to exceed that amount.

### **CHECK-IN AND LATE REGISTRATION WILL START AT LEE METCALF WILDLIFE REFUGE AT 8 A.M.**

Kids' Fun Run 2.5K (1.5 miles) starts at 9:30 a.m.

5K and 10K will start at 10 a.m.

\$15 if registered by May 9th, \$20 after May 9th.

### **PICK UP YOUR REGISTRATION FORM AT THE FOLLOWING LOCATIONS.**

**Stevensville:** Big Sky Insurance Agency, Bitterroot Athletic Club

**Hamilton:** Ravalli Republic and Valley Bicycle & Ski

**Missoula:** Missoulia and The Runner's Edge

Download a form online at: [www.runmt.com/WildThings07.pdf](http://www.runmt.com/WildThings07.pdf)

For more information about being a sponsor or a volunteer call race director, Brock Elam 777-3964 or e-mail: [brock.elam@gmail.com](mailto:brock.elam@gmail.com)





## RACE CALENDAR

### April

#### April 7, 2007, Saturday

**Run for the Trees** • Missoula, 5k Run or Walk and 1-mile youth fun run. McCormick Park and Riverfront Trail System. Youth 12 and under, \$13, Adults \$17. Long-sleeve full-color tee with Monte Dolack print, free tree seedling. Benefits Missoula's urban forest. Deadline March 30. Forms online at [www.missoulaparks.org](http://www.missoulaparks.org) or register online at [active.com](http://active.com), or stop by Currents Aquatic Center in McCormick Park. Missoula Parks and Recreation, 721-PARK (7275)

**Big Butte Run** • Butte, 5k Run or Walk, 11k Run and 1-mile youth fun run. Start and finish at World Museum of Mining behind Mt Tech. Youth 18 and under, \$10 (\$15 on race day), Adults \$15 (\$20 on race day), includes long-sleeve tee. Enjoy the rugged trails and the historic beauty of the backroads in and around Hell Roaring Gulch. A challenging cross country course of trails and hills. Questions and to obtain registration forms, call the Butte Family YMCA at 782-1266.

#### 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](http://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 [helenG@mso.umt.edu](mailto:helenG@mso.umt.edu) or Jeff Cincoski [jcincoski@hotmail.com](mailto:jcincoski@hotmail.com), Online Application & more info: [www.teamstampede.com](http://www.teamstampede.com) Register Early... This race fills up so sign up early....

**Back from Bridger Run** • Bozeman, sponsored by the Big Sky Wind Drinkers, 3, 7, 9.7, 12.5 or 17.5 miles. Select a distance that you can complete by noon. There is no shuttle service. Runners and walkers are welcome. 586-5543 [www.winddrinkers.org](http://www.winddrinkers.org)

#### April 15, 2007, Sunday

**Jenni Kramer Memorial 5K Walk/Run** • Billings -The race will begin and end at Montana State University-Billings in front of Cisel Hall. Walkers will begin at 1:30 and runners begin at 2:00. Late registration / check-in at 12:30. Proceeds and Donations will go to the Jenni Kramer Memorial Scholarship. Prizes and free BBQ after the race. Free T-Shirt. Entry Fees: Pre-Registered (before Friday, April 6th) \$12.00 Race Day Registration \$15.00 Youth Prices: Ages 6-12 \$6.00 Ages 5 & under Free . Online Application: [www.runmt.com/r/JENNIKRAMERMEMORIALWALK07.html](http://www.runmt.com/r/JENNIKRAMERMEMORIALWALK07.html)

#### 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](mailto:erin.scott@mso.umt.edu)

**gASping for AIR Fun Run** • Missoula, 5K Run or Walk, The race is hosted by the University of Montana Skaggs School of Pharmacy and benefits local asthma education programs. The course begins at the north end of the UM campus, near the footbridge, follows the Kim Williams Trail and loops back to the starting point. Registration / Check-In will be at the starting point, near the footbridge, between 9:00

and 9:45 on race day. Early registration post-marked by April 18th Adult (12 and up) \$12, Youth (under 12) \$10 With race T-shirts Late Registration (April 18-21) All \$15 T-shirt not guaranteed for late registrants [betsygebhardt@yahoo.com](mailto:betsygebhardt@yahoo.com) 580-3401 Online Application: [www.runmt.com/r/gASping\\_forAIRrun.htm](http://www.runmt.com/r/gASping_forAIRrun.htm)

#### 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](http://www.signmeup.com/56349) or e-mail [kschaefer@krmc.org](mailto:kschaefer@krmc.org) and have an application mailed to you. (406)751-4133

**Ice Breaker Run** • Great Falls, 1M, 3M, 5M [www.ci.great-falls.mt.us](http://www.ci.great-falls.mt.us)  
**Peaks to Prairie Triathlon** • Red Lodge, run, bike, row, Peaks to Prairie is a unique race that treats runners, cyclists, and boaters to Montana's last, best habitats. The 8.8 mile run opens in the rarified air beneath the majestic Beartooth Mountains. Spectators cheer the runners into the resort community Red Lodge for the run-bike transition. Cyclists will ride 43 miles through farm and ranch country to Riverside Park, south of Laurel. There, boaters will launch onto the last of America's undammed natural waterways for the last 22 miles to the finish at Coulson Park in Billings. [www.peakstoprairie.org](http://www.peakstoprairie.org)

**Strut Your Mutt** • Missoula, 5K, Fun Run/Walk for canines & their human companions, 1:30 pm start for Run, 2 pm start for walkers, On the Kim Williams Trail, U of M, Early Registration \$17 with T-shirt, \$10 without. After April 9: \$20 with T-shirt, \$10 without. Same-day registration and check-in will be held at the River Bowl across from Washington-Grizzly stadium from 12:00 p.m. – 1:00 p.m. Proceeds benefit The Humane Society of Western Montana. More info: [sswa\\_um@yahoo.com](mailto:sswa_um@yahoo.com) or call Mary 529-5764 Online application: [www.runmt.com/r/muttstrut.htm](http://www.runmt.com/r/muttstrut.htm)

#### 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](mailto: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](mailto:msda5aday@hotmail.com) or email to: [msda5aday@hotmail.com](mailto:msda5aday@hotmail.com)

**35th YMCA Riverbank Run** • Missoula, 1M, 5K, 10K, Trifecta [www.ymcamissoula.org](http://www.ymcamissoula.org)

## **RWM Club Officers**

### **President:**

Jennifer Boyer: [jjranch@montana.com](mailto:jjranch@montana.com)

### **Vice Presidents:**

Ben Schmidt: [pbschmidt@imt.net](mailto:pbschmidt@imt.net)

### **Secretary/Treasurer/Membership:**

Ethel MacDonald: 549-9722 [ethelmac@bresnan.net](mailto:ethelmac@bresnan.net)

### **Race Results:**

Jen Sauer: 239-7355

[jsauer@runwildmissoula.org](mailto:jsauer@runwildmissoula.org)

### **Equipment:**

Nancy Shrader: [najash@msn.com](mailto:najash@msn.com)

### **Newsletter Editor:**

Vic Mortimer: 777-0429

[vic@runwildmissoula.org](mailto:vic@runwildmissoula.org)

### **Race Calendar & Webmaster**

Steve Franklin: 722-4939 [steve@runwildmissoula.org](mailto:steve@runwildmissoula.org)



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

### **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](http://www.runwildmissoula.org)

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