

Running Wild

May, 2007

"Everyone is an athlete. The only difference is that some of us are in training, and some are not." ~ Dr. George Sheehan



Running with the Old Dogs

Typically when one envisions running with the family dog, the picture is of a zippy, highly energetic, enthusiastic, inexhaustible running partner. And most of the family dogs start off that way. Runs with the dog mean an effort to keep up and staying within sight of a beast that covers four times the territory you do, even though you're on the same run.

Eventually, over the years, that electron of energy slows down and the next thing you know, you're having forced walk breaks for the benefit of the dog.

These are some of the most enjoyable runs. Sometimes I take my old dog, Bucky, on purpose because I know I'll have to stop and smell the roses, so to speak.

Yesterday we went for a run (okay, a jog/walk). The day was beautiful. Sunny. Not too hot, not too cold. She was just thrilled to be invited, and we started off at a pretty good pace, but by the time we hit the bridge a mile down the road, it was time for a Nine Mile Creek break (lab, you know). Then we started up the long hill towards the Ranger Station. Fortunately, there's another creek half way up. Then we made it all the way over and down the hill where there are some good, large mud puddles.

Some barking dogs behind a fence propelled her to keep up as we hit the turnaround point. The trip back required all the same water stops, but this time she lay in all of them for a while, especially the mud puddles.

Eventually she lagged so far behind that I had to stand and wait for periods of time so she could catch up. Cars and

trucks graciously slowed and pulled off way to the side. Not for me, but for Bucky.

By the time we hit the yard she was ready for a long nap. I gave her the usual post-run peanut-butter covered aspirin and I'll give her a few days to recover before inviting her on another outing.

The run that typically takes me an hour took me an hour and 20 minutes and I enjoyed every minute. She had a great time. I had a great time.

Running with old dogs is good for the soul. Take an old dog for a run today! ~ Jennifer Boyer

Calling All Volunteers!

Summer is creeping up and, in just a few months, the inaugural running of the Missoula Marathon will commence.

Those of you have already run a marathon know that there are many components that make a marathon great. But the backbone of any well-organized race is its volunteers—and lots of them. If you aren't planning to run the marathon or half marathon but want to help keep the runners on pace, motivated, hydrated and moving in the right direction, we can give you a chance to help by volunteering.

Even if you are planning to run, we can use help the day before at the race expo with things like registration and packet pickup.

Volunteers can be of any age and choose tasks from bag check-in to course monitor, aid station attendant to finish line assistant and everywhere in-between.

We encourage entire families, groups, organizations and individuals to get involved. It's simple, entertaining, free, and is sure to be a Missoula tradition for years to come. Volunteers get free t-shirts, too.

Want a chance to be part of the marathon and half marathon? Contact Wilma Tabaracci: volunteer@missoulamarathon.com.

Double Dip Volunteers Needed

Those who like to run up and down – and up and down – hills can get their fill on Saturday, June 16, at the **Pengelly Double Dip**. Check out the entry form in this month's issue of *Running Wild*.

New this year is the Skinny Dip, a 5K (or a bit more) along the Kim Williams Trail. Volunteers are needed on the course of the Skinny Dip to point runners in the right direction, as well as on Mt. Sentinel for the trail runs.

Aside from the pleasure of volunteering – and what could be better than working a water station up on the hill? – volunteers **get a couple of bucks off the cost of registering for the Missoula Half Marathon, a Pengelly race sticker, and a t-shirt..**

If you are planning to run Pengelly, remember that RWM members receive a \$2.00 registration discount.

To volunteer, email Chris Carey at Missoula Youth Homes at ccarey@youthhomes.com or phone him at 721-2704, ext. 229.

Bus Shuttles and Tour for the Missoula Marathon

Runners will be shuttled to the Missoula Marathon starting line in Frenchtown, and the Missoula Half Marathon starting line on Blue Mountain Road. Buses will be leaving from downtown Missoula in front of the Parking Garage on Main St. (between Higgins and Ryman). An approximate departure time based on current information is 5:30 am. Bus departure times will be dictated by the number of athletes so watch the website for more information. Final information will also be available at the Expo and in the race packets.

A bus tour of the Missoula Marathon course will be available on Saturday, July 14th at noon. The bus tour will leave from the Parking Garage on Main St. (between Higgins and Ryman) and will cost \$5 per person. Persons wishing to pre-register for the bus tour may do so on ACTIVE.com, or pay when boarding the bus.

Training Shirts are on Their Way

Are you in the Missoula Marathon and Half Marathon Training Group? Well, the training shirts are being completed as I type. The order for the shirts arrived and has been delivered to The Shirt Shop for screening. By the time this newsletter hits your mailbox, they should be done and at Runner's Edge for you to pick up.

For those of you who aren't aware, the shirt style we selected tends to run small, particularly in the women's, so don't be surprised if you find you are wearing a size larger than normal. Anders graciously factored this into his ordering. ~ Jennifer Boyer

The Missoula Marathon and All the Products to Get You Through to the Finish Line

Running magazines are full of new gadgets and clothes that manufacturers claim will get you through a marathon, and we all have running friends with a plethora of gadgets. The question is, what to believe? Is the expensive model better than the inexpensive model? Does it do what it claims? What's the latest and greatest? Should you replace your 15-year old heart rate monitor? Find out what it looks like, what it does, and how to use it at our next Missoula Marathon seminar.

Let Anders Brooker of Runner's Edge show you what's necessary, what's helpful, and what's just plain fun. The right gear can make a big difference, so get the skinny from someone who buys it, sell it and uses it for running races and triathlons.

Where: Good Food Store

When: Monday, May 21st at 7 pm

Price: Free

Dr. Eric Kress Signs on as Medical Director of the Missoula Marathon

The Missoula Marathon is pleased to announce that Eric Kress MD has volunteered to be the Medical Director for the Missoula Marathon. Dr. Kress will be in charge of coordinating the multiple organizations and individuals involved in medical assistance for the marathon. This is a big undertaking, considering that the marathon course stretches from Frenchtown to downtown Missoula.

Organizations involved include Frenchtown Rural Fire District, Missoula Rural Fire District, Missoula Emergency Services, American Red Cross, a bicycle escort team and individual volunteers with a medical background. When you cross the finish line of the Missoula Marathon or Half Marathon and hobble over to the Medical Tent with your big blister, thank Dr. Kress and his team!

Five Valleys Fun Run/Walk Challenge Series

The 1st Annual Five Valleys Fun Run/Walk Challenge Series, a Missoula Parks and Recreation production, consists of five separate running events, beginning in May and ending in September. All races include male and female, youth and adult, run and walk categories. Races will be held on diverse courses throughout the city. The last race will feature a 5K and 10K fun run and a 5K walk. Race proceeds benefit Parks and Recreation youth recreation grants.

Runners and walkers who participate in 4 of the 5 events will receive a custom logo souvenir sweatshirt which is awarded at the final race. All participants registered by the deadline of each race will receive a t-shirt. Participants can register on-line at www.active.com; pick up a registration form at Parks and Recreation headquarters in Currents Aquatics Center or at www.missoulaparks.org (Call 552-6266 for more information, or mail or drop off registration at: Missoula Parks and Recreation, 600 Cregg Lane, Missoula, MT 59801. The first race is the **Splash MT 5K Fun Run/Walk** on Saturday, May 26.

Race Results

Run for the Trees, McCormick Park, Saturday, April 7

Hundreds of racers braved the fierce Hellgate winds to run the 15th annual 5K Run for the Trees on Saturday, April 14. The wind made the first mile of the course a struggle, but runners were rewarded when they crossed the Madison Street footbridge and turned to the west to run with the wind at their backs. Of course, that relief was short-lived as the race course brought runners by the Osprey ballpark and back into the wind for the final stretch. Almost 40 Run Wild Missoula members turned out for the race, and several placed at the top or near the top in their age groups. ~ Jen Sauer

Women

15 and under

Emily Sterbis 24:38

16-29

Darr Tucknott 22:03

Jennifer Sauer 22:44

Nichole Snow 23:15

Rachelle Penrod 27:10

Maggie Carlsen 28:03

Alexa Turner 35:08

30-39

Marilyn Marler 25:55

50-59

Linda Vevera 21:46 (first in age group)

Sue Falsey 24:45

Bridget Johnson 28:16

Chris Benton 29:18

Lisa Walser 29:46

Elizabeth McDonald 32:12

Bonnie Fergerson 36:01

Carol Hedges 38:23

Patty Harp 40:00

60+

Marcene Stocks 37:03

Men

15 and under

Adam Peterman 22:12

16-29

Brian Wasik 19:47

Josh Mahan 20:48

Brian Vander Naal 23:57

30-39

Tory Kendrick 17:57 (first in age group)

David Schmetterling 20:39

Mace Westcott 28:02

40-49

Brian Fruit 18:30 (first in age group)

Benjamin Schmidt 19:46

Jack Mattias 23:58

Vic Mortimer 24:32

50-59

Steve Weiler 20:02 (first in age group)

George Bailey 22:20

Bryan Flaig 24:21

Jim Benton 24:28

60+

Glenn Govertsen 22:19

Bob Hayes 29:59

Grizzly Triathlon, Missoula, Saturday, April 14

Women

55-59

2. Sue Falsey 1:56:52

Men

25-29

John Cuddy 1:18:41

30-34

5. Tory Kendrick 1:14:35

35-39

2. Joel Carlson 1:09:45

13. David Krause 1:23:13

40-44

16. Bob Taylor 1:38:03

45-49

7. Lar Autio 1:30:08

50-54

13. Don Porter 1:52:10

60+

4. Brad Leonard 1:50:03

Kim Williams 5K, Thursday, April 19, 7 p.m.

Women 26-35

1. Nichole Snow 23:57 (second woman overall)

Men 36-45

1. Brian Fruit 19:29 (third overall)

Men 46 +

3. Bryan Flaig 25:38

Run for Respect, Missoula, Saturday, April 21

Women

18-29

7. Kelly Franklin 27:38

30-39

6. Danielle Gjetmundsen 28:53

40-49

1. Tammy Mocabee 29:22

50+

2. Lisa Walser 32:43

Men

12 and under

1. Adam Peterman 26:23

50+

Steve Weiler 22:39

Kalispell Summit Classic 5K, Sunday, April 22

Women 20-29

29. Alexa Turner 37:55

Women 50-59

1. Linda Vevera 22:16

Buttercup Run, Arlee, March 24

Because her name was misspelled on the Buttercup Run race results web site, we missed a name last month:

Women's 10K 50-59

Linda Vevera 46:47:43 (first in age group)

Boston Marathon, Monday, April 16

Tom Halverson 3:47:46

A Note on Race Results

The number of RWM members recently topped 200! It's great to see Missoula's running community coming together. But as we see more members and more local races, tracking race results becomes more cumbersome. We could use your help. If you run a race and the results are posted online, please send the web site link to Jen at jsauer@runwildmissoula.com so we can look for other RWM runners. If you run a race outside the area, or if you know your name is misspelled in the results, please notify Jen so that we can put your name and time in print. If you are a race director, please send in your results or let Jen know where they will be posted online. Races run after the 20th of each month will usually not appear in the next newsletter because of printing deadlines. And if you don't see your results in the newsletter, let us know so we can run them the next month. Thanks for your patience. See you at the races! ~ Jen Sauer

For a couple of months now, I have neglected to thank Jen Sauer for compiling the race results. Comparing unalphabetized results against an ever-growing membership list is no easy task. Thanks, Jen!

And while I'm at it, I also need to thank Steve Franklin for building and maintaining the best running web site in Montana. Way to go, Steve! ~ Vic Mortimer

RACE CALENDAR

May 5, 2007, Saturday

Cancelled! Fundraiser 5K for Florence Crittendon Home • Helena, lbschultz@bresnan.net.

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 6, 2007, Sunday

The annual migration of thousands of Montana walkers & runners to Spokane. The only non-Montana race listed on the site.

31st Bloomsday Run • Spokane, Washington, 12K, www.bloomsday.org

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.

Run for Education • St. Ignatius, 5K run/walk 1 mi run/walk. 2nd annual scholarship fundraiser for graduating seniors. Fun for all ages and pets (on leashes) welcome. Run starts and ends at the high school. Long sleeved T-shirts for participants with pre-registration (now until May 9). \$17 for adults (16 and older) w/ shirt \$10 w/out shirt, and \$12 youth (under 16) w/shirt and 8\$ w/out shirt. Family prices on registration form. Late registration is May 9-race day, T-shirt is not guaranteed. *Late Registration & shirt pickup will be starting at 9:00 am. Races start at 10:30 am. Download entry form at www.runmt.com/r/rfe.pdf For more Info call Aspen at: 406-745-4651 or e-mail aruhkala@yahoo.com or aruhkala@yahoo.com

Don't Fence Me In • Helena, 12K & 5K Trail Runs, Starts 10:00 & 10:30 AM, respectively. A non-competitive 5K dog walk will start at 10:45. Start/finish area near Anchor Park. Race entry is \$25. This is a fund raiser for the Prickly Pear Land Trust and its work to preserve open space in the Helena area. T-shirt for all entrants. "May we all have trails to run on 4ever!!!" Contact: Martin Miller, 815 11th Ave., Helena, MT 59601, mpmiller93@yahoo.com, 406-459-6296. Register online at: www.pricklypear.org

Where The Wild Things Run • Stevensville, at Lee Metcalf Wildlife Refuge, Annual 5K, 10K and Fun Run, a fundraiser for Stevensville Youth Athletics. 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 includes T-Shirt, at Lee Metcalf Wildlife Refuge \$20 after May 9th. Race director, Brock Elam 777-3964, brock.elam@gmail.com Online application: www.runmt.com/WildThings07.pdf

Great Northern 5K Fun Run and Walk • Kalispell, 9:00 am. On the Great Northern trail near Meridian and Center Street in Kalispell. Pre-registration \$16 with t-shirt, \$8 without. Race day registration \$10 without t-shirt. For more info call 471-1949 or e-mail rails2trails5k@yahoo.com. This is a fundraiser for the Rails to Trails of NW Montana. Online Brochure & Application: www.runmt.com/GN07.pdf

8th Dan Fox Fun Run • Polson, 1M & 5K, Sacajawea Park. 10:00 a.m. start for the 1M Fun Run, 10:30 a.m. start for the 5K Walk/Run. The route is a scenic course with views of Flathead Lake, the Mission Mountain Range and Polson's local golf course. Proceeds from the event benefit Dan Fox Foster Care and Adoption, a program of Youth Homes. Youth Homes has been helping children in Western Montana for more than 35 years. 721-2704 xt. 229 or www.youthhomes.com/funrun for more info.

May 19, 2007 Saturday

Lone Pine Grind Hill Climb • Kalispell 12:00 PM, at Lone Pine State Park. 4th annual Hill climb for runners and mountain bikers. Runners tackle the 2.9 mile, 800 ft. climb first. The course is run on single and double track trails through scenic Lone Pine State Park. Several divisions for youth, women and men. NEW Special division for participants running with their favorite dog (on a leash of course). Registration begins at 9:30. Cost is \$12.00 per entrant. Music, food and prizes afterwards! Call the Summit at 751-4500 for more information.

Peak Triathlon • Great Falls, Sanctioned Sprint starts at 8 am and consists of a 1000 yd swim, 18 mile bike and 5K run. Sprint starts at 10:30 am and consists of a 500 yd swim, 13 mile bike and 5K run. First 300 participants receive a bike jersey. Awards for Sanctioned Sprint approx. 12 noon. Awards for Sprint 45 minutes after last athlete finishes. www.peakclub.com or call 406-727-7325.

21st Evaro Mountain Challenge • Evaro, (Evaro is just NW of Missoula, Milepost 7 on Highway 93 N), 5K, 10K, runs, walks, 10K walk starts at 9:30 a.m., others 10 am. T-shirts, (prices & Online application coming soon) Prizes, Food, Age divisions. The 10K Run: Challenging trail course for those who want to run or run and walk. 5K Run: On gravel road through scenic valley. Run or run and walk. 5K Funwalk: Noncompetitive -- walk, run, or stroll with Fun awards to top finishers. Call Bob at 726-3695, Bob Hayes, 6125 Mercer Lane, Evaro, MT 59808. Sponsored by Evaro Community Center. Online Application: www.runmt.com/r/evaro07.pdf

Susan G. Komen Race for the Cure • Helena, 5K & 1M
www.mtrace4thecure.org

May 26, 2007, Saturday

Frank Newman Marathon • Bozeman, 26.2 miles, Sponsored by The Big Sky Wind Drinkers, www.winddrinkers.org

Children's Health River Run • Livingston, 10K, 5K, 5K walk, and 1/2 mile children's fun run, 9 AM start at Sacagawea Park. Race Director: Doyle Scott Coleman 223-6559 pjdscolem@hotmail.com
Online Application: www.runmt.com/r/2007RiverRunEntryBlank.html

Splash MT 5K Fun Run/Walk • Missoula, at Playfair Park - Splash MT parking lot, 9 am start, \$17.00. More info & entry form: www.missoulaparks.org or call 721-PARK.

FNGFA Memorial Day Run/Walk • Arlee, MT, 10:00 am- 5K run/walk 1 mi run/walk. Run starts and ends at the Arlee Community Center. Long sleeved T-shirts for participants with pre-registration (now until May 9). \$15 for participants with a T-shirt, \$10 w/out shirt, Free for 12 and under in the 1 mile race! (No shirt) Late registration and check-in starts at 9:00am, T-shirt is not guaranteed. Races start at 10:00 am. Download entry form at www.runmt.com/fngfa.pdf For more Info call Aspen at: 406-745-4651 or e-mail aruhkala@yahoo.com or Brian at aruhkala@yahoo.com

On the Run

(Editor's Note: Some readers may recall that Runner's World used to devote the last page of every issue to an essay written by a reader. I looked forward to those stories about first marathons, beginning running, adventure, coping with grief, and connecting with friends and family members. When Runner's World dropped the feature – along with Don Kardong – and began looking more like a fashion magazine than a running publication, I dropped my subscription.

But I still miss the stories. I suspect that a lot of you – perhaps all of you – have a story to tell. Jen Boyer's "Running with the Old Dogs" is a fine example of what I am hoping for, as was Jen Lutey's Snow Joke story last March. Send in your stories about, for example, why you run; your best/worst/first race; loves lost and found. Rant, rave, philosophize, climb up on a soapbox, or wax poetic about life on the run.

We offer no "I was published in Running Wild" t-shirts, but I do promise to edit with a light hand. More important, if RWM members do not send in stories on a regular basis, then I'll have to keep writing something for this space. Below is the first of what I hope will be a monthly feature.)

I don't like to exercise. Treadmills and stationary bikes remind me of hamster wheels, lifting weights has all the allure of house

cleaning, I get water up my nose when I swim, and going to a gym for any activity feels like going to a second job.

To be sure, I started running because I wanted to exercise. More than fifteen years ago, in my late twenties, I was feeling out of shape. I took up jogging. It seemed like an easy way to get some exercise, even though I had never much cared for running. Running was what we did to get in shape for junior high wrestling and high school soccer. I never amounted to much as an athlete – an unfortunate combination of skinny and slow – but I've always wanted to be *some* kind of athlete, or at least to sweat, to get a little dirty or muddy, to play. In short, to be a kid.

My best runs leave me feeling like a kid again – slogging through rain and mud, or exalting in freshly fallen snow, or getting dirty and sweaty, blood pumping and all my senses alive. Cold days are my favorite, especially when I can brush ice out of my eyebrows after a run or hit the road in the first snow of the season. "It's snowing," I will shout, and my only fear is that it might stop before I get out the door and on the run.

I rarely run with other people, partly because of my odd work hours, partly because solitude appeals to me. For the duration of the run, I am alone with my thoughts, away from computer screens, ringing phones, and much of the rest of the noise we humans make. On trails up in the Bitterroots and Sapphires, human noise recedes even further into the background, replaced by the balm of mountain streams and summer birdsong.

Racing is a part of this running play, and it has its own attractions. But my best, strictly mid-pack race times are ten years in the past, and I get slower every year. It hardly matters.

What does matter is lacing up my running shoes and heading out the door. These days, when I trot down Wildfowl Lane and into the Refuge and on down to the river, for an hour or so I inhabit the same landscape as herons, magpies, and the occasional coyote. I pause at the river for a moment and, to paraphrase Robert Frost, know that I have found my waters and my watering place. I drink in the morning and, however briefly, am whole again beyond all confusion. ~ Vic Mortimer

RWM Club Officers

President:

Jennifer Boyer – jjranch@montana.com

Vice President:

Ben Schmidt - pbschmidt@imt.net

Secretary/Treasurer/Membership:

Ethel MacDonald - 549-9722 ethelmac@bresnan.net

Race Results:

Jen Sauer - 239-7355

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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



PENGELLY DOUBLE DIP 2007 Registration Form

::: THIS IS A TWO (2) PAGE FORM ::: PLEASE COMPLETE FULLY AND SIGN :::

How to Register

1. By Mail: **Entries by mail must be POSTMARKED by June 13th.** Mail signed and completed registration forms to Youth Homes, P.O. Box 7616 Missoula, MT 59807. Please register early! Sorry, late registrants are not guaranteed a t-shirt or the correct size.
2. On Event Day: a registration table will be set up from 7:00 am – 9:45 pm at the oval at the UM campus.

Entry Information

*** Walkers welcome in all events! ***

Entry Fee: Entry fee WAIVED by getting a minimum of \$75 in the pledge drive!

Two Dips - Epic Trail Hike/Run 12.5 m.:

Family (3 plus): \$ 60 (\$65 day of event)

Individuals: \$ 30 (\$35 day of event)

One Dip - Hike/Run 4.6 m.:

Family (3 plus): \$30 (\$35 day of event)

Individuals: \$15 (\$20 day of event)

Skinny Dip – 5K Kim Williams Trail Run/Walk. :

Family (3 plus): \$30 (\$35 day of event)

Individuals: \$15 (\$20 day of event)

Monte Mile Fun Run:

Family (3 plus): \$30 (Same price day of event)

Individuals: \$10 (Same price day of event)

*** Pledge Drive covers entry fee (\$75 for adults, \$35 for kids 12 and under) ***

The following age divisions will be used in the Epic Trail Run/Hike:

10 and under, 11-15,16-19, 20-29, 30-39, 40-49, 50-59, 60-69 and 70+.

Registration Form - Please Print Clearly or Type Directly onto PDF

One form per participant (copies o.k.) Nonrefundable entry fee

Name: _____ Age: _____ Gender : M_____ F _____

Street: _____ City: _____ State: _____

Zip: _____ Phone: _____ Email: _____

Event (check one):

Monte Mile Fun Run 4.6 Walk/Hike/Run 12.5 Hike/Run 5K Walk/Run

Will you be **starting early** to hike or run the 12.5 m course (early starters can't win run prizes): Yes No

Preferred T-Shirt Size: S_____ M_____ L_____ XL_____ XXL_____ Youth L_____ Youth M_____

Amount enclosed for entry \$ _____

Optional Youth Homes Donation enclosed \$ _____ (tax deductible)

All proceeds benefit Youth Homes, a 501c3 non-profit. Donations are tax deductible.

_____ **Yes!** I will be participating in the pledge drive for the event and will be eligible for the top pledge earner prize at the award ceremony. I understand that I am/are NOT responsible for donation collection but AM responsible to turn in my pledge sheet with any donations that I do receive by **June 13th** to be eligible for the prize. I understand I must raise a minimum of \$75 (\$35 for kids) to have my entry fee waived.

PLEASE READ AND SIGN FORM ON NEXT PAGE
*** FORM MUST BE SIGNED BEFORE YOU PARTICIPATE ***

PENGELLY DOUBLE DIP 2007

Please Read and Sign the Following Warning: Release, Indemnification and Assumption of Risk - READ CAREFULLY!

In consideration of your accepting this entry, I RELEASE - for myself and my heirs, executors, administrators, legal representatives, assigns and successors in interest, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child") - the Pengelly Double Dip run, Youth Homes, and all other promoters, sponsors, organizers and volunteers of this event, and the officers, directors, shareholders and/or members, agents and employees of each, as well as all medical, law enforcement and other personnel assisting with this event, the owners of property through which the event course traverses, and their representatives, successors and assigns (collectively "Released Parties") from any and all rights, claims or liability for damage for any and all injuries to me, my child or my property arising out of or in connection with my participation in this event, including but not limited to CLAIMS ARISING FROM THE NEGLIGENCE OF THE RELEASED PARTIES and claims for damage caused by me, my child or anyone else (including acts of God). I PROMISE NOT TO SUE THE RELEASED PARTIES on behalf of me or my child regarding any claim arising from my and/or my child's participation in the Pengelly Double Dip. I further agree that I WILL DEFEND, INDEMNIFY AND HOLD HARMLESS the Released Parties against all claims, demands and causes of action, including court costs and reasonable attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted contrary to this Agreement for the benefit of me or my child. This Agreement extends to all claims of every kind and nature whatsoever, whether known or unknown. I understand that running, walking and hiking on mountain trails is an inherently dangerous activity, and I FULLY ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects; the dangers of trail conditions, surface hazards, weather conditions, and inadequate clothing; encounters with wild or domesticated animals; the possibility of serious physical and/or mental trauma or injury or death associated with an athletic trail run; and dangers caused by the NEGLIGENCE OF THE RELEASED PARTIES. I certify that I am and/or my child is physically and mentally fit to participate in this event. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of weather conditions, fire, drought, acts of God, or other circumstances beyond the control of run management, the entry fee will not be refunded. PARENT OR GUARDIAN **MUST SIGN FOR MINOR**

Signature of Participant: _____ Date: _____

Printed Name of Participant: _____

Signature of Parent/Guardian: _____
(if Participant is younger than 18 years)

Printed Name of Parent / Guardian: _____

Mail signed and completed registration form, along with payment to:
Youth Homes ATTN: Pengelly Double Dip P.O. Box 7616 Missoula, MT 59807-7616



Run Wild Missoula

P.O. BOX 1573
MISSOULA, MT 59806

Our Continuing Thanks to Missoula Marathon Sponsors:

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

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; the race clock is an additional \$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.