

# Running Wild

June, 2007

“Bid me run and I will strive with things impossible.” ~ Shakespeare



(Photo of the 2007 Riverbank 1 Mile Run, by Steve Franklin)

## President's Corner

My husband was out of town and yesterday I wanted to go for a run. It was a beautiful day for any outdoor activity. But my two daughters (age 9 and 11) needed to come along – but how?

The solution was a mixture of running, bicycle riding and horseback riding.

Haley got a good bicycle last year and has been great on bicycling ever since. So she got on all her bicycling gear, prepared a water bottle and was ready to go.

Sabrina tacked up Daisy the quarter horse mare, put on her riding clothes and helmet and hopped on, while I put on my running clothes.

Our motley crew headed up the Nine Mile Valley with Haley biking, me running and Daisy trotting with Sabrina on board.

We passed the house where the biting dogs used to live and counted our blessings that the new residents have a Dachshund that seems to stay in the yard. We waved at my friends' new horse. We scurried past the emu (yes, “emu,” as in ostrich relative) before Daisy the quarter horse could observe the strange creature. Haley managed to ride her bike up the one steep hill without getting off. We cut through the fence at Butler Creek. In 30 minutes we made it to the turn-around point of the irrigation ditch.

We decided to take a break (especially Daisy – she's old and not really in endurance horse condition, to say the least). But what was there? Horse flies! So we decided to NOT take a break. Instead, we turned right around and headed home at a healthy pace.

Solving a problem turned out to be fun for everyone! Hope the next time you have a problem to solve, it turns out as well. ~ Jennifer Boyer

## Run Behind the Fences at the Metcalf Ramble

Originally called a “biothon,” the organizers of the Metcalf Ramble have provided a unique opportunity to run behind the fences at the Lee Metcalf National Wildlife Refuge just north of Stevensville. Teams or individuals walk or run from one check station to the next, where you answer natural history questions. There are time bonuses for correct questions. This would be a great chance for entrants in the Missoula Kids Marathon to record some mileage, as well as for half marathoners or marathoners to get in some interval work in a beautiful setting.

The ramble is Saturday, June 23. Online registration is available online; you can download registration forms as well. Look for details in this month's race calendar.

## Still Time to be a Part of the Missoula Marathon

If you haven't registered for the Missoula Marathon yet, you did miss the cutoff before the price increase. But you're not too late! If you want to run, you can still:

- Register for the Marathon
- Register for the Half Marathon (Remember, Walkers are welcome on the half marathon course, and you've got six hours to finish.)
- Register for the Kids Marathon (by June 15<sup>th</sup>)
- Register for the Sundae Run (Saturday July 14<sup>th</sup>)

Final day for registration is Saturday, July 14<sup>th</sup> at the Missoula Marathon Expo from 3 pm to 7 pm. Otherwise, you can register on-line or pick up registration forms at our many sponsor locations (listed in this newsletter).

If you want to help, you can still:

- Contact Wilma Tabaracci at [volunteer@missoulamarathon.org](mailto:volunteer@missoulamarathon.org). All volunteers get a t-shirt!
- Consider a financial donation! Just the street markings alone will cost over \$4,000. The licensed flaggers and police will cost between \$2,000 and \$3,000. We need all the money we can get to make the event go well.
- Plan to get out on the course and cheer runners forward on race day. Get out your hose – get out your lemonade stand – let those runners know that you support them.
- Have a booth at the Expo. If you have a business that would like to get in front of a lot of athletes, their families, and visitors from out-of-town (as of May 29, we have entrants from 30 states, two Canadian provinces, and Japan.), get an Expo booth! Email Marcie Brooker at [marciebrooker@yahoo.com](mailto:marciebrooker@yahoo.com) or call her at 370-4469 for more information.
- Have your business become a sponsor. There are still lots of opportunities for great exposure. Contact Jennifer Boyer at [jboyer@runwildmissoula.org](mailto:jboyer@runwildmissoula.org) for more information.

The Missoula Marathon was designed as a community event. Help your running club produce a race of which you can be proud! Thanks in advance! ~ Jennifer Boyer

### Hit the Trail on First Thursdays

RWM member Jeff Flury has volunteered to lead trail runs from the main Rattlesnake trailhead on the first Thursday of each month, beginning June 7 at 6 p.m. Jeff knows these trails well, and can show us some good trails for both beginning trail runners and those who want to take their trail running to new heights. RWM will provide refreshments after the runs. ***These runs are free for RWM members.***

### Double Dip Volunteers Still Needed

Those not planning to run any of the Pengelly races might consider volunteering on race day. The same deal we mentioned last month still applies: volunteer and get two dollars off Missoula Half Marathon registration, a Pengelly race sticker, and a t-shirt

To volunteer, email Chris Carey at Missoula Youth Homes at [ccarey@youthhomes.com](mailto:ccarey@youthhomes.com) or phone him at 721-2704, ext. 229.

### June Training Tip: Get Outside

Missoula offers some of the finest trails and outdoor spaces for recreating. The gym can provide a great workout, but why not move your gym workout outside? Using the natural environment can be an excellent way to train your body, breathe the air, see new places and use your body in a functional way. The benefits of this kind of workout are endless. The following examples are two very important ways in which your physical body responds positively to training in a natural environment.

Functional training: using your muscles and body in ways that mimic or are closest to how you would use your body in real life or for your sport. This is one of the most effective ways to prevent injury, maximize balance, gain strength and speed and improve coordination. Utilizing trails, rocks, trees, stairs, hills and your body weight for resistance, eliminates the

need for cumbersome fixed weight machines and forces your body to respond to a natural environment.

Proprioception: The ability to sense or have an awareness of the position of your body or body parts (limbs) in space. Balance and coordination are the key components of proprioception and are directly linked to the internal response of the central nervous system and the muscle receptors working together effectively. Engaging this system allows you to respond quickly to outside stimuli that could cause injury, like uneven terrain. Running outside (vs. on a treadmill) allows the body to experience natural variations in the environment and is an effective way to engage the whole body.

Training for a marathon is an involved process. Why not maximize what you get out of it by making sure that every workout has a purpose that brings you closer to attaining your running goal and increasing your body awareness? In July, I will be back to demonstrate functional strength exercises that you can incorporate into your training program. ~ Rhea Fuller (Momentum 541-7474)

### The Last Great Seminar

So don't miss it. It's the last Good Food Store Seminar for the Missoula Marathon. This is the one designed to get you through race day: "Formulating Your Own Race Strategy for the Missoula Marathon."

Tom Raunig, Head Track and Field and Cross Country coach for the University of Montana, and Courtney Babcock, professional runner with Mountain West Track Club and 2004 Olympian, know what it takes to strategize a race.

You've tested all the gear, you've done all the training, you've perfected your nutrition. Now the big day is coming. What should you do on race day? How should you pace your race? What do you do to recover?

Remember, at this point it's all about you. Come get their tips on how you can plan to do your best. They've got good stories, too.

Where: Good Food Store  
When: Monday, 25<sup>th</sup> at 7 pm  
Cost: FREE

### Mr. Nishi of Japan Comes to Missoula for the Marathon

Ever heard of Hajime Nishi? Over 500 other marathon communities have. Mr. Nishi is from Japan, and travels the world running marathons and promoting environmentalism, humanitarianism and peace. Mr. Nishi asked us to support his running of the Missoula Marathon and we are delighted he is joining us on July 14<sup>th</sup> and 15<sup>th</sup>.

He's the author of Ecomarathon, an international marathon guidebook. He is currently working on the next edition and the Missoula Marathon will be in it. He estimates the Missoula Marathon will be his 536<sup>th</sup> marathon.

You can hear Mr. Nishi speak at the Expo on Saturday, July 14<sup>th</sup>. Let's welcome him to Missoula and the Missoula Marathon. Mr. Nishi ends all his emails with "Deep Bow." Deep Bow back to Mr. Nishi!

## Race Results

Riverbank Run results have a page of their own this year. We owe Jen Sauer profound thanks for plowing through the results and finding RWM members among the 3,000+ participants. As always, thanks, Jen!



(5K start. Photo by Steve Franklin)

### **Calling all Bloomsday runners!**

Did you make the pilgrimage to Spokane for the 31st annual Bloomsday 12K on Sunday, May 6? More than 50,000 racers participated this year. That makes it difficult to search for the handful of Run Wild Missoula members who undoubtedly smoked the competition at this wildly popular event. If you ran Bloomsday, send your race results to Jen at [jsauer@runwildmissoula.org](mailto:jsauer@runwildmissoula.org) and we will publish them in the July newsletter.

### **Eugene Marathon, Sunday, April 29, Eugene, Oregon**

Jennifer Boyer 3:26:44 (236 overall)

### **Where the Wild Things Run, Lee Metcalf Wildlife Refuge, Stevensville, Saturday, May 12**

#### **5K Men**

8. Vic Mortimer 26:08

#### **10K Men**

1. Brian Fruit 39:22

#### **10K Women**

12. Kelsi Camp 58:55

## **RACE CALENDAR**

### **June 9, 2007, Saturday**

**2nd Annual Downtown Dash** • Bozeman, 1M, 5K, The race starts at the Village Downtown, just east of Broadway and Mendenhall at 8 am for the one mile and 8:30 for the 5K. The \$10 entry goes entirely to Christmas decorations for downtown Bozeman. Music will line the course with free food, drink and runner giveaways at the finish. Youth--8th grade and under are free, but do need to register and get a bib number just like adults. Awards by age category--\$100 gift certificate to overall male and female winner of each event. Online registration at [www.villagedowntown.com](http://www.villagedowntown.com) Bill Muhlenfeld 581-6889

**Skunk Alley Run** • Hot Springs, 3K & 10K 10 am start, registration from 8 am - 9:30 am at corner of Main & Wall Street with runners getting a ride to the out of town start in a cattle trailer. It takes place on a back road called Skunk Alley and finishes on Main Street. Entry fee is \$10 and includes a T-shirt for the first 60 runners. sponsored by the Clark Fork Valley Hospital in Plains. Call Laura at 741-5009 for more info. Part of Homesteader Days in Hot Springs so lots of fun activities going on during race day.

**2nd Annual Hamilton PTA Fun Run & Walk** • Hamilton at the Canyon Hideaway Park, 10K starts at 8:30 am, 5K Run & Walk starts at 9:30, and a 1 mile Family Fun Run & Walk at 11:00...strollers welcome! Registration begins on May 1st; forms available at Hamilton School Offices, 1st Avenue Salon, and Runner's Edge in Missoula or call 363-3108 to have one mailed. \$15 for adult runners and walkers, \$10 for children, seniors, and 1 mile family participants, strollers are free, \$20 for late registrations including race day! Pre-packet pick up will be June 8th at the park from 4-7. Proceeds to benefit healthy activities in the Hamilton Schools and community including the new Hamilton High Tennis

Complex. All participants will receive a T-Shirt, Sports bottle, and Goodie bag thanks to our wonderful sponsors!

### **June 14 & 15, 2007, Thursday & Friday**

**Montana Senior Olympics** • Butte, The running events include a 5K Run/Walk on June 14 at 5:00 pm and a 10K Run on Friday, June 15 at 8:45 am. Track and field events are at various times. Individuals must be 50 years or older to compete. There are 11 other sports to choose from. Games will be in Butte. For information email [kayin@imt.net](mailto:kayin@imt.net) or call 406-586-5543.

[www.montanaseniorolympics.org/http://www.montanaseniorolympics.org/](http://www.montanaseniorolympics.org/http://www.montanaseniorolympics.org/)

### **June 16, 2007, Sat.**

**13th Annual Longest Dam Race** • Fort Peck Dam, Registration begins at 7AM at Kiwanis Park-the awards ceremony and picnic is at noon. It is sponsored by the Glasgow Area Chamber of Commerce & Agriculture 228-2222

[chamber@glasgowmt.netmailto:chamber@glasgowmt.net](mailto:chamber@glasgowmt.netmailto:chamber@glasgowmt.net)

**Pengelly Double Dip** • Missoula, This is year **FOUR** for the Double Dip, an epic trail run to benefit [Youth Homes](http://www.youthhomes.com/doubledip), a non-profit that is committed to caring for children in need. This year there were three course options: **One Dip**: A 4.6 mile circle up the M trail, along the fire road and returning to the University of Montana oval. **Two Dips**: The 12.5 mile challenging mountain run. This course winds its way up Mount Sentinel peaking at the University Beacon. It consists of steep terrain and scenic views atop Missoula's most popular mountain! Create a relay team or be a daring individual. **Monte Mile Fun Run**: The course uses the oval and will not run along any streets. All kids received a participant ribbon and fun run number. Strollers welcome! **NEW THIS YEAR!** We are currently working on the logistics of having a 5K or 10K flat ground run/walk on the Kim Williams Trail. [www.youthhomes.com/doubledip](http://www.youthhomes.com/doubledip) Chris or Kim 406-721-2704 **The Wind Farm Trail Challenge** • Harlowton, ( Run 5 K-Bike 30K-Run 5K' start 8:30); Smoking Boomer Fun Run'(: 5 K walk/run start 8:30); 'Old Farts Track Meet'(: Old fashioned track meet for people 30 and older, start noon). Contact Adrie Min at [adrie.min@wheatlandmemorial.org](mailto:adrie.min@wheatlandmemorial.org) Phone 632-3116 ; or **Robert McNary** : [chamber@harlowtonchamber.com](mailto:chamber@harlowtonchamber.com) 632-4694

**Jim Bridger Trail Run** • Bozeman, 10 miles on trails starting and finishing at the top of Sypes Canyon Road at the Sypes Canyon Trailhead. Rugged trails, 2000 feet of elevation gain, lots of fun. \$25 entry fee includes lunch, support and running shirts. Add \$5 for race day registration. More info : [www.bsfnordic.com:80](http://www.bsfnordic.com:80) Register at [www.active.com](http://www.active.com) or pick up race entries at Threshold Sports, 1232 West Main, Bozeman [www.thresholdsportsmontana.com](http://www.thresholdsportsmontana.com)

### **June 17, 2007 Sunday**

**The Summer Solstice Triathlon** • Kalispell, Starts at 8am. It is a great triathlon for beginners! You can complete it individually or as a team. The course is a 600yd Swim, 20k Bike, and 5K Run. You can register for the course online at <https://www.signmeup.com:443/site/reg/register.aspx?fid=N62VGK7> or print a registration form from the same site. The deadline is June 15th and the event is limited to 225 people. (406)751-4133

### **June 23, 2007, Saturday**

**Old Gabe (AKA Jim Bridger)** • Bozeman, 50 K trail run, Sponsored by The Big Sky Wind Drinkers, [www.winddrinkers.orghttp://www.winddrinkers.org/](http://www.winddrinkers.orghttp://www.winddrinkers.org/) **Rattlesnake 5K Fun Run/Walk** • Missoula, at Pineview Park - Rattlesnake area, 9 am start, \$17.00 1st Annual Five Valleys Fun Run/Walk Challenge Series, consists of five separate running events, beginning in May and ending in September. Sponsored by Missoula Parks & Rec. 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. More info & entry form: [www.missoulaparks.org](http://www.missoulaparks.org) or call 721-PARK.

**Montana Family Medicine Residency 5k Fun Run/Walk** • Billings, 8 AM start (7:30 for registration). Start at 123 S. 27th Street in parking lot for Deering Clinic - Finish at South Park with refreshments, awards, and drawings for finisher prizes. Call 406-247-3306 or email [beckym@vcchd.org](mailto:beckym@vcchd.org) for registration information.

**Summer Celebration Fun Run** • Fort Benton, Fun Run/Walk - 1 Mile, 5K, 10K - Registration begins at 8:00am. Race starts at 9 a.m. \$12/person . The 1 mile and 5K run begin and end at the Lewis & Clark Statue The 10K bus leaves Lewis & Clark Statue to go out of town at 8:20 a.m.sharp! To download an application please visit [www.fortbenton.com/sumcel/saturday.htm](http://www.fortbenton.com/sumcel/saturday.htm)

**The Metcalf Ramble** • Stevensville, Formerly known as the Adventure Biothon, this is a timed team event navigating the backcountry of the Lee Metcalf National Wildlife Refuge. There are short (2-3 miles) and long (4-5 miles) courses designed for serious athletes, not-so-serious athletes, family recreation, or just adventurous children (both young and old). Enter a team - up to 5 members - or compete as an individual. The terrain is flat, easy, and mostly behind the fences in the Refuge. Pre-registration is \$15 per person; families or teams of 5, \$50. Race-day fees are \$18 and \$75. All proceeds go to pay for the

event and to the [Friends of the Lee Metcalf National Wildlife Refuge](#). Friends members save 20% on the registration fee. Register online at [www.bitterrootbirdfestival.com](#) or download the registration form at [www.runmt.com/r/mr07.pdf](#). Contact Bob Danley (777-5552 ext. 203 [Bob\\_Danley@fws.gov](mailto:Bob_Danley@fws.gov)) or Dr. Kimberly Maxwell (777-1048, [acfc@montana.com](mailto:acfc@montana.com)).

### June 30, 2007 Saturday

**1st Annual Kickin Asphalt** • Great Falls, 1/2 Marathon, Fund raiser for River's Edge Trail. This will be run on the trail with a portion of the entry fee going towards donations for the trail. 6:30 a.m. start at Fish, Wildlife and Parks Building, Giant Springs Road. \$45 registration fee by June 1./ \$50 registration fee June 1-15./\$60 registration fee June 16-30 **LIMITED TO 250 ENTRANTS**. Entry will include gym bag, finishers medal, and \$20 donation to the trail. Walkers are welcome! There is a four-hour time limit to the event. For more information: [assphaultkickers@hotmail.com](mailto:assphaultkickers@hotmail.com) Online Application: [www.runmt.com/r/assphault07.html](#)<http://www.runmt.com/r/assphault07.htm>

**Sweet Grass Fest** • Rodeo Weekend in Big Timber, Join us for a family fun day in downtown Big Timber. Sweet Grass Fest Fun Runs begin at 8:30 a.m. with a 5K Run, 5K Walk, and 10K Run. Activities planned throughout the day include the Fun Runs, Car & Cycle Show-n-Shine, street vendors, youth activities, Parade, and Rodeo! Questions? Contact the Sweet Grass County Chamber of Commerce, 406-932-5131, or email: [info@bigtimber.com](mailto:info@bigtimber.com)

**39th Annual Beartooth Run** • Red Lodge, starts at 9:00AM. The Beartooth Pass, often described as the most scenic roadway in America and is the perfect backdrop for this challenge. The 4.4 & 8.2 mile race start at 9:00 AM, 12 miles south of Red Lodge, MT. Information & entry forms are available at: [www.beartoothrun.com](#) & [www.redlodge.com](#), or by calling Beartooth Events at (406) 425-0698

**30th Whitefish Lake Run** • Whitefish, 5K, 10K, Runs end at the Whitefish Lake City Beach. 8:00 am starting times for both races. 5km is a loop course, 10km runs along Whitefish Lake with runners bused to the start, just like 30 years ago. Awards for the top three of twelve age groups, male and female. Plus awards for top overall finishers. \$15 for participants 13 & over, and \$10 for those 12 and under. All participants receive race tee and custom designed water bottle, along with fruit, muffins and bagels at the finish line. Designated as the Montana USA TF State 10K road race championship for 2007. For more information or to download an entry form, go to [www.sportsmanskihaus.com](#) or e-mail [bbrist@sportsmanskihaus.com](mailto:bbrist@sportsmanskihaus.com)

## On the Run

*(No one sent an essay or running story for this month, alas. Perhaps next month.)*

As the registration director for the Missoula Marathon and newsletter editor for Run Wild Missoula, I attend a fair number of meetings. I've learned that putting a race together involves more planning and attention to detail than I would have thought: course layout, sure, and finding volunteers and tracking registrations. But there are also overlapping police and fire jurisdictions, tax issues, and legal concerns. Anyone who has entered a race lately knows that the "hold harmless" waiver, the part where you agree that neither you nor your heirs will sue the race organizers if you get hurt or die, now takes up roughly half the space on a race entry form. Even *Trail Runner* magazine, which promotes itself as a publication for fearlessly tough runners, runs a disclaimer cautioning its readers that none of the articles or columns in its pages should be taken as an invitation to get hurt running on trails and sue the magazine.

I am all for organization and even safety. In fact, I quit editing the newsletter a couple of years ago when it seemed to me that the club just was not doing much and was on the verge of dying a quiet death. Clearly, that has all changed, thanks to people who (unlike me) actually did something instead of complaining. And while I can hardly grouse about going to meetings or discussing club plans and policies – I asked for such things, after all – I would like to write a few words in favor of running wild. For the sake of argument, and in the hope of provoking a letter to the editor that will save me from having to write a column next month, here are five ways to run wild. I do not run wild all of the time, or even very often. I am not even

particularly wild, fond as I am of central heating, hot showers, and grocery stores. But it is important to slip out of the mainstream every now and then and go exploring.

1. Run for the sake of running. In a society addicted to automobiles, barcoloungers, and spectator sports, running is profoundly subversive and wonderfully liberating. Most of us have heard friends and family members question our sanity, or heard the jokes: "And you didn't *have* to run that far?" Of course, we so have to run; we are born to run, I sometimes think.
2. Run outside. Running on a treadmill or indoor track may technically qualify as running, but it is not running wild. As Rhea Fuller notes, running outside is good for your proprioceptors. It's just as good for your spirit.
3. Run without headphones. Aside from making it more difficult, if not impossible, to hear approaching cars, the music or news pouring from the headphones directs attention away from the sounds of the city or the forest. Worse, it prevents us from paying attention to our bodies as we run.
4. Run without a watch. This is especially difficult for me, since I feel almost naked without my running watch. In unfamiliar territory, where I do not know how far I will be running, a watch is handy for getting a rough idea of how far I've gone. But if I have the route measured, a watch just tempts me to pay more attention to time than to the run. "Leave me alone, Hours," wrote William Stafford; "I'm just living here. Let now win."
5. Run to get a little lost. Explore the city, hit the trail, follow a country road. You won't be lost, but, like Jim Bridger, you won't know exactly where you are for a time. After you find some limit beyond the waterfall (Stafford again), you'll come back, changed but safe, quiet, even grateful.

Of course, the opinions expressed above are not necessarily those of this running club or any of its officers, members, sponsors, or any other reasonable person. Extreme care should be exercised in attempting any activity described by those writing under the influence of poetry. Those wishing to express differing opinions are encouraged to send their comments to [vic@runwildmissoula.org](mailto:vic@runwildmissoula.org). Snail mail is fine, too; special consideration will be given to essays, stories, or rants scribbled in crayon on paper torn from Big Chief tablets. ~ Vic Mortimer

## RWM Club Officers

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## 35<sup>th</sup> annual YMCA Riverbank Run, Missoula, Saturday, April 28

<b>1 mile</b> Adam Peterman Andrea Schmidt	13. Danelle Gjetmundsen 54:50:00		
<b>5K Women</b> <b>12-14</b> 50. Jade Krause 45:20.8	<b>40-44</b> 4. Beverly Wiaczek-Waef 48:33:00 6. Sharon Sterbis 52:22:00	67. Jaime Troiano 10K: 1:00:08 5K: 27:23 1M: 8:41	85. David Krause 10K: 52:48 5K: 25:38 1M: 8:02
<b>19-24</b> 4. Kelly Franklin 23:17.2	<b>45-49</b> 2. Deborah Oberbillig 42:49:00 12. Tracy Watt 1:05:15	71. Jodie Hooker 10K: 59:12 5K: 29:31 1M: 8:43	86. John Croft 10K: 53:09 5K: 25:38 1M: 8:01
<b>25-29</b> 17. Aspen Incashola 29:35.7	<b>50-54</b> 5. Kathy Engstrom 55:44:00	91. Katie Spaid 10K: 1:06:18 5K: 35:15 1M: 10:48	92. Paul Muench 10K: 55:47 5K: 26:41 1M: 7:42
<b>40-44</b> 2. Peggy Schmidt 21:46.1 46. Angie Palin 38:22.2	<b>55-59</b> 1. Sue Falsey 52:45:00 3. Chris Benton 1:01:49 5. Patty Harp 1:21:28	93. Bonnie Ferguson 10K: 1:24:25 5K: 43:08 1M: 14:21	<b>Corporate Challenge</b> The Runner's Edge took first with members Meg Lerch (10K 38:33) and Tim Brooker (1 mile 5:51) running legs.
<b>50-54</b> 8. Lisa Walser 28:14.0 9. Kim Foiles 28:23.0 18. Jayne Franklin 38:58.3	<b>60-64</b> 5. Sally Daer 1:25:49	95. Carol Hedges 10K: 1:22:07 5K: 43:42 1M: 14:18	RWM member Layne Rolston ran with team Bone Crushing Mayhem - Good Food Store, finishing the 5K in 17:52.
<b>55-59</b> 6. Elizabeth McDonald 30:29.4	<b>65-69</b> 1. Ethel MacDonald 59:56:00		
<b>60-64</b> 1. Jeannie Siegler 27:29.2 3. Dynah Geissal 30:13.4	<b>10K Men</b> <b>40-44</b> 5. Benjamin Schmidt 45:55:00 9. Bob Taylor 53:32:00	<b>Tri-Fecta Men</b>	Steve Franklin wants it to be known that his time was slow because he was taking photos of other club members during the race.
<b>5K Men</b> <b>11 and under</b> 23. David Turlington 26:35.8	<b>45-49</b> 5. Chad Yurko 43:55:00 8. Lar Autio 48:07:00	10. Brian Fruit 10K: 38:27 5K: 18:20 1M: 5:29	
12-14 8. Robert Turlington 20:22.6	<b>50-54</b> 12. Jim Benton 50:12:00 26. Don Porter 1:00:48	11. John Cuddy 10K: 38:52 5K: 18:25 1M: 5:26	At least 71 RWM members participated in Riverbank this year. But there may be more! If you ran any of the Riverbank races this year and don't see your time here, e-mail <a href="mailto:jsauer@runwildmissoula.org">jsauer@runwildmissoula.org</a> and we will print your time in the next newsletter.
<b>30-34</b> 3. Robert Struckman 20:40.1	<b>55-59</b> 1. Steve Weiler 40:12:00	14. Jeff Flury 10K: 39:08 5K: 18:38 1M: 5:42	
<b>45-49</b> 4. Bruce Turlington 20:29.8 9. Vic Mortimer 23:02.8	<b>60-64</b> 2. Mark Crosbie 48:47:00	19. Tim Brooker 10K: 39:46 5K: 19:05 1M: 5:51	
<b>50-54</b> 5. Larry Peterman 21:28.6 10. Tom Daer 25:11.8	<b>70-74</b> 2. Brad Leonard 1:15:32	21. Brian Wasik 10K: 40:05 5K: 19:51 1M: 5:59	
<b>55-59</b> 11. Steve Franklin 33:23.9	<b>Tri-Fecta Women</b> 2. Meg Lerch 10K: 38:34 5K: 18:35 1M: 5:35	33. Tom Halverson 10K: 42:13 5K: 20:43 1M: 6:17	
<b>75 and over</b> 1. Bob Hayes 26:11.9	14. Linda Vevera 10K: 45:07 5K: 22:00 1M: 6:45	48. Donn Livoni 10K: 44:45 5K: 21:31 1M: 6:55	
<b>10K Women</b> <b>19-24</b> 17. June Noel 1:00:07 24. Elisa McLaughlin 1:05:32	23. Jennifer Sauer 10K: 47:46 5K: 21:58 1M: 6:54	60. George Bailey 10K: 1:16:16 5K: 22:28 1M: 7:25	
<b>25-29</b> 1. Darr Tucknott 42:51:00 19. Hillary Ogg 56:45:00 23. Maggie Carlsen 58:59:00 31. Breeann Johnson 1:04:47 32. Alexa Turner 1:17:54	52. Marilyn Marler 10K: 54:39 5K: 25:25 1M: 7:59		
<b>35-39</b> 10. Shannon Ortt 53:28:00			

## **WHAT DO MISSOULA MARATHON SPONSORS DO FOR US? PLENTY!**

As a member of the running community, you should appreciate the commitment these organizations have demonstrated to a healthy community and a Class A running event. Please support them every opportunity you get!

### **Amazing Media Sponsors**

*The goal of the Missoula Marathon is not just to contact people who plan to participate in the event. It is also to make our community aware of the Missoula Marathon and all its components, and to have our community feel that this is a positive addition to western Montana. This would not be possible without the invaluable support of our media sponsors. These organizations have supported us not only with advertising and promotion, but by being actively interested and involved. We could never pay for the amount of support they have given us in our inaugural year.*

**KECI News Channel 13:** To think that Monte Turner, Loie Turner and Hasalyn Harris would be willing to take on not only TALKING about the event, but TRAINING for it as well. These people deserve your applause. Watch for them on race day.  
**Cherry Creek Radio (KZOQ-FM, KBQQ-FM, KXDR-FM, KGGL-FM, KYLT-AM, KGRZ-AM):** Not only have they been rotating our ads since LAST YEAR, but Dave Norman (announcer on KBQQ, also known as Q106) will be heralding athletes over the finish line.  
**Missoulian:** Look for that big photo of you winning the Missoula Marathon. Well, for most of us that won't happen, but I'm sure looking forward to seeing the paper on Monday, July 16.

### **Deep In the Thick of It with Time and Money**

*These organizations wanted to be active and participating sponsors. Not only are they involved with committee meetings and details of the weekend, but they have dug into their pockets as well. As I've already explained, putting on a marathon isn't free. We really appreciate their multi-fold commitment.*

**Dana Gallery:** Dudley Dana stepped up to the plate and took on the project of the Missoula Marathon mile markers. My idea was to buy cheap signs with numbers on them. Dudley had another idea. He is making our course into a marvelously unique combination of creativity, time, commitment and money. You will love seeing his mile markers on race day and you will have a chance to purchase one after July 15th. Stay tuned for more details on that. Dudley is also providing prints of his professional photographs to age group winners – another special touch for the Missoula Marathon.

**Alpine Physical Therapy:** Brent Dodge and his crew have been supporting the many runners we've taken from the Beginning Runner Training Class all the way to race day. It's hard to stay injury free, but Alpine PT has been doing its best to help runners remain that way. Take advantage of their many services before race day, at the Expo, at the race finish, and after race day.

**Southgate Mall:** Tim Winger, General Manager of Southgate Mall, has taken on the project of the Ultimate Aid Station. Combining with Camp Make-a-Dream, runners and race supporters can have a GREAT time at Southgate Mall. This is a super location to cheer runners on. It's the last few miles of the race, athletes are hot, they're tired, and Southgate Mall will give them the boost they need to get to the finish line.

### **Above and Beyond In-Kind Sponsors**

*When one undertakes a project like this, a plan is developed, but who knows what will happen along the way? These organizations got on board to support the Missoula Marathon, without even knowing exactly what it would ultimately cost them. In spite of all the open-ended questions, these organizations have been supporting the marathon from day one (and it isn't over yet.)*

**Good Food Store:** How much food? We'll never know until right before race day.

**Garlington/Lohn/Robinson:** Who'd have thought we could have SO MANY legal questions?

**The Runner's Edge:** In addition to providing running shoes to the overall open and masters winners, Anders and Tim have written training programs, opened their doors off hours, provided aid stations, found speakers, answered questions, and on and on. Thank you over and over for being a major resource for the running community.

**Three Rivers Lifestyle:** Mark Kaneta, Publisher of Three Rivers Lifestyle, provided free ads in his beautiful publication. Not only that, he is on the Missoula Marathon Committee. He's a busy guy, because he is also an MD at Community Medical Center. Try to keep up with that schedule.

### **Corporate Sponsor Plus**

**Community Medical Center** wanted to substantially support the Missoula Marathon. They have. Thank you!

### **Corporate Sponsors**

**Missoula Bone & Joint:** Thank you to all the doctors out there for encouraging people to keep moving.

**Western Title & Escrow:** The Missoula Marathon is a total departure from Western Title & Escrow's usual marketing program. But they wanted to support this community event, anyway. We really appreciate their participation.

## Supporting Sponsors

**Gold's Gym:** Gold's Gym was the FIRST organization to step up to the plate waaaayyyy last fall. At that point, nobody had even heard of the Missoula Marathon, but we needed money to promote the marathon in other regional fall marathons. Gold's Gym was there for us. Thank you!

**St. Patrick's Hospital (CATCH Program):** Their sponsorship paid for the printing of the Missoula Kids Marathon brochures and registration forms, a major expense. It's fun to hear of all those kids out there filling out their training logs.

**Clark Fork Valley Bank:** We really appreciate this sponsor, located in Frenchtown. Imagine Frenchtown becoming as well known in the marathon world as Hopkinton. It's great to have the support of the businesses there to get people off to a good start.

**Missoula Downtown Association:** The Missoula Downtown Association welcomed the Missoula Marathon with open arms. They made sure to secure Caras Pavilion for race day, plus they are providing their invaluable experience by organizing the post-race party. Thank you so much.

## Contributing Sponsors

*People knock on the doors of these businesses every day asking for their financial support. We really appreciate them selecting the Missoula Marathon as an event worthy of their participation.*

**Montana Ace:** They're even helping us obtain garbage cans. It's amazing how many things it takes to put on a marathon.

**Sullivan, Tabaracci and Rhoades:** They're also doing an aid station. Thanks!

**Community Bank:** This is another organization that stepped up to the plate way back at the beginning.

**Break Espresso:** They put up with frequent meetings at their tables! Plus owners Rick and Laura Amon and their kids are running the event.

## In-Kind Sponsors

**Dairy Queen:** For many years, Dairy Queen has been sponsoring the Sundae Run by providing gift certificates for a free sundae to all participants. The Sundae Run (1 and 4 miles races) was incorporated into the Missoula Marathon event weekend as the perfect "everyone can participate and have a good time" run/walk. Who doesn't want ice cream on a hot day in the middle of the summer? A little fun, a little run and ice cream. Thank you, Dairy Queen, for all your years of support.

**DoubleTree Hotel:** When Hajime Nishi, Ecomarathon Runner from Japan, contacted us about participating in the Missoula Marathon, we were delighted. But where is he to stay? We want to make sure that Mr. Nishi has a great visit. So Dan Carlino at The DoubleTree Hotel found room in the height of the tourist season for him. Now we KNOW that Mr. Nishi will have a good visit!

**Big Sky Brewing:** A good beer goes a long way!

**Kettlehouse Brewing Co:** Good root beer for the kids goes a long way, too!

**The Big Dipper:** Thank you for understanding how motivating ice cream at the finish line can be for Missoula Kids Marathon runners.

**Rattlesnake Studio:** DJ has been doing all our graphic design from day one. For those of you who don't have reason to use graphic designers, a good one is invaluable. Ads, brochures, t-shirts, logos, posters – you'd be surprised how often I'm firing off another request to DJ. Thank you!

**Devlin Design:** This goes ditto for all the graphic design that has gone into the Missoula Kids Marathon. Flyers, logos, signage – you name it. Thank you!

## Friends of the Missoula Marathon

*We really appreciate our friends in Frenchtown*

**Frenchtown Physical Therapy**

**Frenchtown Family Fitness**

**Bronc Brew**

**Montana Preferred Properties (George Sherwood)**

**Hercules Mortgage**



*Run Wild Missoula*

P.O. BOX 1573  
MISSOULA, MT 59806

**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.