

Running Wild

July, 2007

“Without ice-cream, there would be chaos and darkness.” ~ Don Kardong



RUN WILD MISSOULA

(2007 Pengelly Starting Line, courtesy of Steve Franklin)

President's Corner

It's been a whole year since Run Wild Missoula decided to take on the ambitious project of the Missoula Marathon. It's been a year since I became President of the running club. I'd like to give my assessment of this first year: This is the most fun job I have had since I worked at the UC Theatre in Berkeley, California.

I was in my early 20's. I rode my bicycle all day in the Berkeley Hills, and watched movies (this was working) at our repertory movie theater every night. All my friends also worked at the movie theater. We got into every other movie theater in town for free. Theoretically I was job hunting – but I had very little motivation because I was having too much fun. Eventually I moved because, if I had stayed, I would have kept doing what I was doing. I got a real job. It wasn't near as much fun.

Why is this job so great? Because of you guys. All those people who joined the club with the Beginning Runner Training Class. All the people who decided to try Tuesday Track. All the people who have been with the club since forever who offer their experience and knowledge. All the Run Wild Missoula committee members. Everyone who's been so supportive of the marathon effort. All the marathon and half marathon trainees. All the people who show up for the Missoula Marathon seminars at the Good Food Store. All the people who put on the Missoula Marathon seminars. All the people I've gotten to meet, all the people I've needed to meet, to accomplish whatever needs to be accomplished on any given day. So to all of you, thank you. It's been a great year. ~ Jennifer Boyer

Last Call for Missoula Marathon

It's the inaugural – don't miss out on participating in some way!

- **Be a pacer.** Yes, we are organizing pace groups for the marathon (not the half marathon). Pacers will run 13.1 miles and switch off half-way through. We are having 3:19, 3:29, 3:39, 3:49, and 3:59 pace groups. (You probably noticed, but we figure most people want to BEAT something – not hit it. Hence the 3:59 instead of 4:00, for example.) This is a great way to run the event without having to register.
- **Volunteer.** We need a great cheer section at the end. We need clean-up. We need set-up. We need someone to help with awards down in the Pavilion. We need help with the Expo. And much more! Plenty to do and it's all fun!
- **Be a bicycle monitor.** We need bicyclists on the half and full marathon courses to help monitor runners.
- **Run one of the events.** Remember, there's the Sundae Run on Saturday, the half marathon and full marathon.
- **Send Money.** You think I jest: PO Box 7965 Missoula 59807 Send \$100 and you'll be a Friend of the Missoula Marathon.

If you have questions about any of these, email me at jboyer@runwildmissoula.org. I'll get you to the right spot.

Missoula Marathon Expo Update

Because we have so many registrants for the Missoula Marathon and Half Marathon, the Missoula Marathon Expo has expanded its hours. We'll have registration and packet pick-up, but we'll also have lots of other vendors down there for you to peruse. Bring the whole family!

Expo location: Under Higgins Bridge by Caras Park.

Hours: Noon to 7 pm

Date: Saturday, June 14th

First Thursday Trail Run: Inaugural Event

A handful of us showed up for the first of the Thursday Trail Runs. There's a whole world up there, and for those of us unfamiliar, having a tour guide is extremely helpful. For those of you who regularly run the Rattlesnake trails, it's still a good opportunity to run the trails with a group.

Tour guide Jeff Flury had charted a course that made for a pleasant distance, not too hilly, and a run completed within an hour. He waited at critical junctures to make sure people went the correct direction, which was much appreciated. The whole point, of course, is to enjoy oneself, and not get lost and end up on a 20-mile mountain goat run.

(At this point, everyone invariably mentions the infamous Blue Mountain Endurance Run initial year, where everybody got lost. It's something of a legend. The 20-mile runners ran 26+. I was doing the 10-mile, and was one of those who tired of having no idea which way to go, map or no map, and eventually cut straight down the mountain until I hit a road. It was something of an adventure. Perhaps sometime we should do a "Let's Get Lost" race.)

We found out that there is a long-standing Thursday Night Mountain Bike Group, one of whom is in the training

group for the Missoula Marathon. They also meet at 6 pm (but it's every Thursday, not just once a month). So if for some reason you don't want to run, you can mountain bike with them! Their website is: <http://thursdaynightmtbr.org>. Plus they have great maps of all the Rattlesnake Trails, including elevation.

The box of Nilla Wafers and a jug of water came out at the end. Some of us went home and some continued on for a longer run.

So, thank you to Jeff. We look forward to next month's run (which take place on the first Thursday of each month). Be there Thursday, July 5th at 6 pm at the main Rattlesnake Trailhead. ~ Jennifer Boyer

Missoula Marathon Registration Update

When I volunteered to help with the registration for the Missoula Marathon, I figured there might be 100 marathoners and maybe another 150 to 200 half marathoners – about what you would expect for a Montana marathon. Fact is, I kind of counted on that.

Well. As of late June, the numbers looked like this: 374 for the marathon, 345 for the half, and 193 for the kids marathon. Runners hail from 37 states (from Unalakleet, Alaska, to Key West, Florida), three Canadian provinces, Australia, Japan, and Spain. A runner from the Seattle area is running a 28.8 ultra on July 14, flying to Missoula that evening, and running the Missoula Marathon, which will be his 100th. He is one of several members of Marathon Maniacs who will be running here July 15.

Entire families are getting into the act, including a family from Michigan that, between the four of them, is running the marathon, half marathon, kids marathon, and the Sundae Run. From Stevensville come six kids from one family entered in the kids marathon. And, of course, dozens of RWM members, often entire families, will be running.

While it would have been easier to handle a smaller volume of registrations, I am delighted that so many people have signed up and that registrations are still coming in.

~ Vic Mortimer

Postcard from the Missoula Youth Track Program

Run Wild Missoula is dedicated to supporting running and runners. In most years, the club has donated money to the Missoula Youth Track Program. Here is what an MYTC coach wrote in a postcard:

"Dear Run Wild Missoula: Thank you for your generous you provided the Missoula Youth Track Program. With your support we will be able to provide scholarships to needy children, buy ribbons and provide many other incentives for our athletes. Please check our web site for updates and information."

2007 Big Sky State Games in Bozeman and Billings

The 22nd Annual Big Sky State Games will host 36 different events, including a multitude of running events. The Summer Biathlon running and shooting events are at the Bohart Ranch near Bozeman on July 15, and a Triathlon, Road Race, and Track and Field will be held in Billings on Friday, Saturday, and Sunday, July 20-22. The youth division has a special kids' course of 800 meter swim, 5K bike ride, and 1K run.

The Triathlon has two new divisions – Youth and Team – and consists of an 800-meter swim in Lake Elmo, a 16K bike course, and a 5K run. The road race features a 5K, 10K and half marathon. The 5K on Friday, July 20, at 6:15 p.m. is a traditional event of the Opening Ceremonies. The 10K and half-marathon races are on Saturday, July 21, beginning at 7 and 7:30 am.

Interested? Visit www.bigskygames.org and pick up a participant handbook at The Runner's Edge.

River Roots 4-mile Offers Chance at Vegas

The River Roots Festival 4-mile on September 16 will offer \$1,000 in prize money, trips to Las Vegas for the winners, and a drawing for a trip for two to Las Vegas (that would be Las Vegas, Nevada, not New Mexico).

The course begins at the X's (those big metal X's downtown near the old train station – I had to ask), stays on city streets, and finishes on Main Street at the stage that will be set up for the blues fest. Look for entry forms online and at The Runner's Edge beginning July 1st.

Racing Report from Evaro

The 21st Evaro Mountain Challenge 5K and 10K nearly bettered its attendance record on Saturday, May 19th despite competing with track and field divisionals, the TOSRV and the Race for the Cure in Helena. Chalk it up to increasing interest in the Missoula Marathon. Maybe the twenty Sacagawea dollars to overall winners brought a few people to the top of Evaro Hill north of Missoula.

Competition was fierce and 13-year-olds garnered the cash in the 5K. Emily Schall of Missoula raced to first, beating her Dad, retired rodeo star Bob Schall. Male winner Jonathon Hamilton from Florence was only 53 seconds ahead of Emily but it was enough to whip all the adults, including his mother.

Smokejumper Tory Kendrick sprinted to top honors in hilly 10K, just beating out 45-year-old Brian Fruit by 15 seconds. Helena's Demaris Taylor had nearly a minute's cushion on her competition in the lady's 10K. Senator Joey Jayne of Arlee finished 12th after a grueling session in the state legislature this year.

The race course has a true country flavor as it traces gravel roads and single track up past small farms and ranches along Finley Creek on the Salish Kootenai reservation. Sitings of baby lambs, calves, and turkeys are almost certain for all participants. Race proceeds go towards improvements of the early-1900's schoolhouse that serves as the Evaro Community Center and is registered as a Montana historic site.

~ Tom Hayes, Bozeman

Race Results

| | |
|--|---------|
| Pengelly Double Dip, 13.7 miles, Missoula, Saturday, June 16 | |
| Tory Kendrick | 2:00:10 |
| Brian Fruit | 2:02:08 |
| John Cuddy | 2:08:05 |
| Jeff Flury | 2:14:23 |
| Julie Gilchrist | 2:24:57 |
| David Schmetterling | 2:31:09 |
| Jennifer Sauer | 2:41:05 |
| Robert Struckman | 2:48:23 |
| Marilyn Marler | 3:14:35 |
| Tammy Mocabee | 3:28:10 |
| Richard Allen | 3:57:00 |

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| Single Dip, 4.9 miles | |
| Steve Weiler | 42:33 |
| Nichole Snow | 50:32 |

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| Skinny Dip 5K (actually 3.6 miles) | |
| Steve Franklin | 40:51 |
| Jayne Frankin | 53:45 |

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| Bloomsday, Spokane, Wash., Sunday, May 6 | |
| Sue Falsey 65:25 age 58 | |
| Nichole Snow 1:00:42 | |
| Tammy Mocabee 1:08:30 | |
| Linda Vevera 54:04 | |

Great Northern 5K Fun Run, Kalispell, May 12

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|-----------------|-------|
| Women | |
| 3. Linda Vevera | 22:01 |

Riverbank Trifecta, Saturday, May 5, Missoula
(These are results that we missed the first time around. Thank you to all the Run Wild Missoula members who let us know that their times didn't appear in last month's newsletter. As always, please notify Jen Sauer at jsauer@runwildmissoula.org if you don't see your time listed in race results.)

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| 25. Nichole Unruh-Snow | |
| 10K: 47:38 | |
| 5K: 22:44 | |
| 1M: 7:09 | |
| 78. Julie Walker | |
| 10K: 59:52 | |
| 5K: 30:16 | |
| 1M: 9:36 | |

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| Riverbank 10K, Saturday, May 5, Missoula | |
| Women | |
| 40-44 | |
| 9. Tammy Mocabee | 53:27.8 |
| 50-54: | |
| 6. Bridget Johnson | 55:44.0 |

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| Five Valleys Fun Run Series, Splash Montana, Missoula, Saturday, May 26 (was really 2.5 miles) | |
| Men | |
| 15 and under | |
| 3. Adam Peterman | 18:14:62 |
| Women | |
| 20-29 | |
| 3. Hillary Ogg | 21:26:80 |
| 30-39 | |
| 2. Kelsi Camp | 21:07:48 |
| 50-59 | |
| 1. Bridget Johnson | 21:48.29 |
| 3. Lisa Walser | 22:47:22 |

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| Governor's Cup, Helena, Saturday, June 2 | |
| 10K Women | |
| 1. Linda Vevera | 46:30 |

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| Governor's Cup Half Marathon, Helena, June 2 | |
| Women | |
| 19-29 | |
| 10. Nichole Snow | 1:44:44 |
| 30-39 | |
| 65. Danelle Gjetmundsen | 2:13:34 |

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|----------------|---------|
| Men | |
| 40-49 | |
| 1. Brian Fruit | 1:28:10 |

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| Skunk Alley 10K, Hot Springs, Saturday, June 9 | |
| Women | |
| 2. Linda Vevera | 43:53 |

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| Five Valleys Fun Run Series, Rattlesnake 5K, Saturday, June 23 | |
| Men | |
| 15 and under | |
| 4. Adam Peterman | 30:56 |
| 50-59 | |
| 3. Steve Franklin | 36:20 |

Women

1. Nichole Snow 25:33
11. Hillary Ogg 47:44
- 30-39
3. Kelsi Camp 33:18
- 50-59
1. Lisa Walser 31:58
5. Bridget Johnson 35:31
10. Jayne Franklin 45:03

RACE CALENDAR

(Most months, the race calendar is a space-filler. This month, with several actual stories, lots of race results, and three race forms, there was no room left for all – or even most – of the July races in Montana. Go to www.runmt.com for a full race calendar. That is where these entries come from anyway. So, I kept only the runs closest to Missoula. Address any questions, suggestions, complaints, accolades, rants, and the like to the newsletter editor.)

July 4, 2007 Wednesday

1st Annual Race to Save this Place Fun Run/Walk • White Sulphur Springs, 5K & 1M. The White Sulphur Springs Community Fund is kicking off the 1st Annual Race to Save this Place Fun Run/Walk. Mountainview Medical Center is in jeopardy of closing due to financial difficulties, and the community is working diligently to keep the doors open. The 5k and 1m run/walk will take place on July 4th, 2007 beginning at 7:30AM. Refreshments, an award ceremony and door prizes will be distributed immediately following the race. Pre-register for the race through June 18th for \$12.00 and after June 18th for \$15.00. In lieu of the registration fee, participants are welcome to obtain pledges. Visit www.wsscf.org for more information and to download registration and pledge forms or call 406-547-3999 for additional information. Early check-in July 3rd from 5:30-7:30PM at the Tenderfoot Motel. Race day check-in begins at 6:30AM.

July 7, 2007, Saturday

FNGFA Arlee Celebration Run/Walk, Arlee, MT, 10:00 am- 1 mile, 5K, and 10K run/walk. Events start and end at the Arlee Tribal Community Center on Powwow Road. T-shirts for participants with pre-registration. \$15 for all participants with a T-shirt, \$10 w/out shirt. Late registration and check-in starts at 9:00am, T-shirt is first come first serve and not guaranteed. Races start at 10:00 am. Download entry form at www.runmt.com/fngfaarlee.pdf For more Info call Lynn Hendrickson @ 275-2861 or 745-4117 or email to lynn_hendrickson@skc.edu

July 14, 2007, Saturday

Sundae Run • Missoula, GREENOUGH PARK, 1 mile and 4 mile races, .9 am start for the 1 Mile, 9:20 am for the Four Mile race, Sponsored by Dairy Queen & Run Wild Missoula , Entry fee is \$14.00 with T-shirt or \$7.00 without T-shirt. PARTICIPANTS WANTING A T-SHIRT MUST PREREGISTER BEFORE 6:00 p.m. ON SUNDAY, JULY 7, 2007. Start and finish for both races is located at the covered picnic area on the northeast side of Greenough Park. 1 mile race is a loop down Monroe, up Jackson and back down Monroe. 4 mile goes uphill thru the park, up (hill) Alvina to Duncan Drive and loops back down into the park to Monroe. Dalene or Dennis Normand 626-4012, norm4012@montana.com All participants will receive a certificate for a free sundae at the Dairy Queen. Lots more info including downloadable application and online registration at www.runwildmissoula.org. Part of The Missoula Marathon Weekend.

July 28, 2007, Saturday

GOOD OL' DAYS BUFFALO RUN • Saint Ignatius, 1/2 Half Marathon, 7M, 4M & 1M, 7:00am starts - 1/2 Half Marathon (Beautiful Course out of town by the foot hills). 8:00am starts - 1 mile run/walk, 4 mile run/walk, and 7 mile run. The start is in front of Gamble's store. All ages: \$18.00 early registration (includes shirt) / \$20.00 on race day. \$ 8.00 early registration (no shirt) / \$10.00 on race day. T-shirts limited to size & availability on day of race. Every participant will receive a medal. Overall winners will receive an awesome trophy adorned with a handsome buffalo. For more info. call: Vic Davis 745-4444(w), or Cardiopulmonary Dept. @ St. Luke 528-5230 more info and online application at: www.stlukehealthnet.orghttp://www.stlukehealthnet.org/

On the Run

(Finally, an answer to my plea for readers to write. Steve Franklin's bear story came just in time – I didn't have an essay ready for this month. Now that Steve has taken the plunge, I

hope that others will follow. As everyone should know by now, Steve does the heavy lifting for the RWM and Run Montana web sites and has taken most of the photos that have appeared in Running Wild in recent months. ~ Vic Mortimer)

Practicing Running Technique: The Shuffle, Huff & Puff, Dead Stop, MoonWalk & Sprint

My favorite place to run is on the top of the mountain I live on out near Petty Creek. I have a nice, fairly flat forest service section I run back and forth on. It has beautiful views.

Last week I was practicing my own running technique, one not found at the Tuesday night training at Dornblaser. As I break into the 60 year race bracket in a few weeks I was practicing the Old Man Shuffle. Simple, really; you just don't lift your feet more than one inch while running. Stones fly everywhere, and you must keep your eyes on the ground to look out for the big rocks (which obstructs the beautiful view). Huff & Puff comes naturally; I'm not in shape.

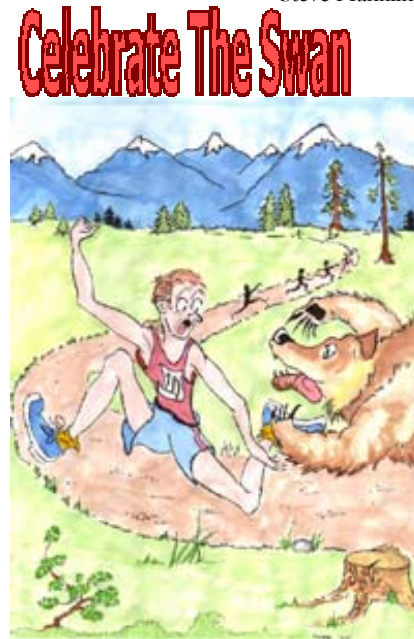
As I was nearing the end of my 5 K run, I was coming around a tight switchback corner and there was my running partner coming towards me. I learned the Dead Stop without ever trying it before. I hadn't started the run with a running partner. A big black bear was standing in front of me, as startled as I. Here is where I learned to Moonwalk backwards as I looked for a tree with a ladder.

The bear looked at me for 10 seconds and went off the bank down through the woods. I sprinted back to the car, having practiced five running techniques in one 5K. Not a bad run.

Yes, I've learned my lesson. Run with bear spray. Run with another person and a 30-foot aluminum ladder if you have to, taking a turn if your wife gets too tired carry it.

I'm ready for the Celebrate the Swan Race on July 7. ~

Steve Franklin



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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.