

Running Wild

August, 2007

(The official publication of Run Wild Missoula: all the news that fits.)

“Everybody looks good at the starting line.” ~ Robert Thorn



PHOTO: DARIUSZ JANCZEWSKI, MISSOULA MARATHON 2007

RWM Members Jeff Flury (442) and Thad Jones (126) at the Inaugural Missoula Marathon

President's Corner

In the aftermath of the Inaugural Missoula Marathon, it's fun to look ahead and see what that this year's success means not only for that event, but for the running club as a whole. Doors have been opened and the possibilities of what this club can do seem bound only by our imagination and energy.

There are plenty of tremendous running club models we can look at for ideas and inspiration. We might be small, but it never hurts to look at what larger clubs are doing to see what might work for us as well.

The evolution of Run Wild Missoula will take place one carefully thought out step at a time; we will make mistakes and celebrate successes, always with our mission I mind: to promote and support running as a sport for people of all ages and abilities.

Thank you for being part of the energy that is Run Wild Missoula. ~Jennifer Boyer

Get Out of Town with the First RWM Running Clinic

For the first time ever, Run Wild Missoula is planning a two-day running clinic. The clinic will be put on by Courtney Babcock, professional runner with Mountain West Track Club, 2004 Olympian, and our Course Director for the Missoula Marathon.

The location will be just close enough to Missoula that you can easily drive there, and just far enough away that you aren't expected to go home and do chores. Plus it will be somewhere new to run!

The weekend will *probably* be October 19-21, and either a Fri/Sat or Sat/Sun. We tried to get the details ironed out before this newsletter, but it was just too close to the marathon to finalize the information. This notice is a "heads up". As soon as we've locked into details, we'll send out an email.

If you have any thoughts on this, please feel free to email me at jboyer@runwildmissoula.org. In

the meantime, we'll get to it as soon as Courtney is back from a well-deserved vacation.

Roots Run and MT Cup Top Fall Race Calendar

Get your racing shoes ready for two Run Wild Missoula events coming this fall. First, our club has been asked to help put on the River City Roots Run this year. Although the race is in only its 2nd year, we expect a great turnout.

The distance is now four miles, instead of last year's 5K. The course starts on Alder St. by the XXXX on North Higgins and heads up Duncan Dr (the hill). From there it loops through Greenough Park and finishes in the heart of Downtown. There will plenty of great age-group prizes and prize money for the top 3 overall. You won't want to miss the awards on Main St. at 12:45 p.m. for your chance to win 2 round-trip tickets to Las Vegas. The Missoula Downtown Association and sponsors are on board to make this into one of the biggest races in the state. Let's get out there and make it happen!

Also for this fall, the Montana Cup is coming to Missoula. The Montana Cup is a cross country race that pits teams from Montana towns against each other. Missoula, Helena, Kalispell, Butte, Billings, Bozeman, and Great Falls all put together Men's, Women's, and Master's teams compete for the cup. Missoula men currently have the cup and need to defend their title; the women's team needs to make sure they get the cup back. The race will be held in Pattee Canyon and will be around 8K long.

Scoring is based on the top five runners from each city in each category, but you don't have to be the fastest kid on the block to enter. Slow, fast, in between: everyone is welcome to run.

For more information about either race, stop by the Runners Edge. For those who want to volunteer, we can sure use your help for both races. Email Jennifer Boyer to help at the Montana Cup - jboyer@runwildmissoula.org. Email or call me to help at the Roots Run - runners_edge@hotmail.com. Those races again: River City Roots Run - 4 Miles, September 16th @ 11:00 a.m. Montana Cup - 8K, October 27th @ 2:00 p.m.

Happy Running!

~ Anders Brooker

In Memoriam: Anne Hayes

This is a tribute to a runner – an athlete might be the better term – and her family, all athletes. Anne Hayes was a familiar sight at most local runs. She was a walker who always signed up in the runner category because “I might want to jog a little.” I remember

her in the Mutt Strut with her two small dogs, at the annual Riverbank Run (10K, of course), at the Governor's Cup, and at many other local races. She also did much longer runs, like the Elkhorn. I have two special memories of Anne.

The last time I remember seeing her at a race was as she came into the finish at the 2006 Riverbank 10K. Bob was at her side, having finished the 10K much earlier and gone back, as was his habit, to accompany Anne to the finish line.

My other treasured memory is of the 2005 Governor's Cup, when I talked to Bob, Anne, and their son Tom at the starting line of the half-marathon. Bob was running it, but Tom was going to walk it with Anne. In response to my obvious admiration, Tom said, “I'm going to spend this time with my mother.” I waited the hours at the finish line for the moving sight of Anne and Tom walking in. Bob had joined them, and the three of them walking together was such a moving sight I ran up and joined them for a short distance. I'll admit to having tears in my eyes, and feeling part of a wonderful, loving family.

Anne had been failing mentally for a number of years, but it took a stroke to end her running. She died in July. We will all miss her.

~ Ethel MacDonald



(Anne Hayes at the Bighorn Trail Run)

Race Results

Celebrate the Swan, Condon, Saturday, July 7
10K

Women 50-59

1. Linda Vevera 47:04

Half Marathon

Women 30-39

1. Julie Gilchrist 1:34:33



Runners at the start of the Sundae Run 1-mile. Photo by Steve Franklin

24th Annual Dairy Queen Sundae Run, McCormick Park, Saturday, July 14,

4 Mile

Women

30-39

1. Marilyn Marler 34:20

1 Mile

Men

10-11

1. Adam Peterman 6:39



PHOTO BY DARIUSZ JANCZEWSKI, MISSOULA MARATHON, 2007

Jimmy Grant (485) and Men's Marathon Winner Kiefer Hahn (511). Photo by Dariusz Janczewski.

Missoula Marathon and Half-Marathon, Sunday, July 15
Marathon Women



Mandy Halverson smiles for the camera as she passes Smurfit Stone. Photo by Dariusz Janczewski.

20-24

8. Jessie Taylor 4:29:11

16. June Noel 5:44:42

25-29

5. Darr Tucknott 3:44:57

7. Nichole Snow 3:51:43

9. Jennifer Sauer 3:56:11

12. Brittne Keilman 4:06:57

27. Kandace Kannberg 4:50:09

28. Meg Wik 5:01:25

30. Hasalyn Harris 5:13:08

37. Katie Spaid 6:20:24

30-34

11. Julie Baldwin 4:27:24

22. Jennifer Lutey 5:00:15

23. Rachel Hill 5:05:33

26. Adelfa Garcia 5:13:31

35-39

15. Marilyn Marler 4:11:52

25. Danelle Gjetmundsen 4:52:36

26. Julie Walker 4:54:01

40-44

5. Beverly Wiaczek-Naef 4:06:37

7. Sharon Sterbis 4:12:59

15. Tammy Mocabee 5:04:31

19. Jodie Hooker 5:28:36

50-54

9. Kathy Engstrom 4:46:02

13. Leanne Young 5:08:40

14. Bridget Johnson 5:24:17

15. Kim Foiles 5:27:13

60-64

1. Donna Ayres 4:52:55

Marathon Men

25-29

19. Brian Wasik 4:16:37

30-34

2. Tory Kendrick 3:14:47

5. Torrey Holmquist 3:39:30

7. Thomas Roethler 3:55:27

12. Aaron Baldwin 4:01:33

19. Jeff Kannberg 4:50:09

25. Kelton Olney 5:37:13

35-39

3. Thad Jones 3:18:32

9. David Schmetterling 3:29:22

15. Marc Weber 3:42:52

29. David Krause 5:28:37

40-44

33. Paul Muench 4:55:58

34. Jack Matthias 5:01:23

45-49

1. Brian Fruit 3:05:02

2. Jeff Flury 3:17:04
11. Tom Halverson 4:03:59

50-54
22. Robert McQuilkin 4:24:28
32. George Bailey 5:09:29
36. Donald Porter 5:30:51
39. Pat Garbutt 6:05:43
40. Chuck Deaver 6:05:44

55-59
16. John Croft 4:45:52

60-64
2. Glenn Govertsen 4:06:45
8. Donn Livoni 5:32:23

Half-Marathon Women

25-29
52. Maggie Carlsen 2:30:29
70. Aspen Incashola 3:18:00

30-34
30. Kelsi Camp 2:07:05
61. Erin Nuzzo 3:11:23

35-39
12. Shannon Ortt 1:58:47
6. Jennifer Vander Weide 2:00:10
24. Bridgett Moriarty 2:10:51
41. Denise Martinez-Sierich 3:12:07

40-44
5. Peggy Schmidt 1:52:51
22. Candy Hartman 2:18:58

45-49
40. Mary Pat Malerk 3:43:39

50-54
16. Jean Zosel 2:32:15
21. Barbara Thayer 3:13:16

55-59
7. Brenda Desmond 2:33:05
9. Elizabeth McDonald 2:47:42
11. Patty Harp 3:03:47

60-64
2. Dynah Geissal 2:33:25
5. Sally Daer 3:03:07

Half-Marathon Men

20-24
2. Kyle Malerk 1:22:22

25-29
2. John Cuddy 1:25:24

30-34
24. Mace Wescott 2:30:29

40-44
8. Ben Schmidt 1:42:13

30. Don Hartman 2:18:57

45-49
6. Jim Ryan 1:36:03

50-54
2. Don Malerk 1:31:34
9. Pat Smith 1:53:06
21. Monte Turner 3:24:36

55-59
13. Tom Daer 2:19:48

Five Valleys Race Series, South Hills 5K, Saturday, July 21 Men

Ben Schmidt 23:32
Adam Peterman 23:49
Steve Franklin 32:15

Women
Nichole Snow 23:59
Kelsi Camp 29:21
Lisa Walser 29:46
Bridget Johnson 31:01
Jayne Franklin 41:18

RACE CALENDAR

August 11, 2007, Saturday

An Ri Ra' Irish Festival • Butte, 5k/10k plus Family 5k walk & run. Come join us in Historic Uptown Butte at 8:00 A.M. at Emma Park for the start of both the 5k & 10k. USATF sanctioned. Free T-shirt for all participants. Coupon available to enter Irish Festival at discounted rate. Registration fee: \$15.00 per entrant before August 8th. After August 8th- \$18.00 per person. No race day registration. Download mail-in application and race course maps at www.mtgaelic.org

Aquathlon at the Pond • Frenchtown Pond State Park (15 miles W of Missoula) 1000M swim + 5K run, 10:00 AM Start, Open water swim followed by an out and back run. Early Registration Before July 9th: \$20 individual/\$35 team +USAT fee(s) Late Registration After July 9th: \$30 individual/\$45 team + USAT fee(s) Clydesdale, Athena and Team categories. Lots of great awards and prizes! All athletic levels welcome! Kayla 531-3926 more info and online application : www.runmt.com/r/AQ.JPG

Fun Run 2007 • Sidney at Veteran's Memorial Park, 5th Street SE. Healthworks and Sidney Health Center are co-sponsoring this annual event. Events include a 10 Run, 5K Run, 5K Walk, and 1 Mile Kid's Run. Registration starts at 8:00AM, and the 10K and 5K events begin at 9:00AM. All participants receive a free t-shirt, free beef barbecue meal, and a chance to win \$100 in Sidney Chamber Bucks along with other door prizes. Sidney Health Center's Centennial Celebration will run in conjunction with this year's run, so there will be much more for you to enjoy after all of the events. If you would like more information about the Fun Run, please call Healthworks at (406) 488-4631, or visit <http://sidneyhealth.org/Event.aspx?ID=11> to register online and view more event information.

August 16, 2006, Thursday Evening

44th Annual August Road Race, (Montana's Second Oldest Race) • Helena. Benefit for Helena area youth cross-country runners (adults welcome!). 3.75 mile point-to-point fast course (mostly dirt road). Starts at 7:15 PM at intersection of Head Ln. and Country Club Ave. \$5 entry fee. Race day registration only (6:45 PM, near the starting line). While there are no race t-shirts, numbers, awards, or door prizes, there WILL be fast times, friendly volunteers, quick results, and a warm feeling for helping to support a worthy cause! Contact: Patrick Judge, 459-5838, pjudge@bresnan.net

August 18, 2007, Saturday

Grizzly Marathon • Choteau, Half Marathon & Marathon, www.grizzlymarathon.com

Helena South Hills Trail Series • Helena, Race # 1 Kading Campground 7.3 miles 8 a.m. www.helenarunningclub.com email: bquick50k@hotmail.com ph# 406-431-0697

Fort Missoula 5K Fun Run/Walk • Missoula, at Fort Missoula Park - North entrance, 9 am start, \$17.00. Part of the first Annual Five Valleys Fun Run/Walk Challenge Series. 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 or call 721-PARK.

4th Annual Roodell Run • Eureka, 5K/10 K Walk or Run. Registration starts at 7:30 am, Race time at 8:30 am. This fun run honors a great running legacy in the Tobacco Valley. This run supports the Eureka Cross Country Team. Pre Registration fee is \$10, with a race day registration of \$12. Pre registration deadline is August 7th, and includes a t-shirt. The race starts and finishes at Lincoln County High School in Eureka. For more information and to download an entry form, go to www.lchigh.net/roodellrun.

Ticker Tuner 1M & 5K Fun Run/Walk • Butte, St. James Healthcare Cardiac Rehab Department is having its first annual Ticker Tuner Fun Run/Walk. Our department is in desperate need for a new heart monitoring system as well as new exercise equipment for our patients. Please come join the fun and help us raise money for our department. Pre-registration deadline is August 10th in order to guarantee tee-shirt. Cost is \$15.00 7 and older, \$8.00 for 6 and under. After August 10th, cost is \$18.00 for 7 and older or \$11.00 6 and under. Race day registration & packet pickup held from 7-8 a.m. at Chester Steele Park in front of St. James Hospital at 300 S. Clark. 5K run/walk starts at 8:30 a.m. and 1M run/walk starts at 9:00 a.m. Awards and refreshments served post race at 10:15 a.m. For more information and registration forms please contact mokrusch@hotmail.com, or call 406-494-8303

Teepee Creepers Classic Run • Crow Agency, 7:30 am Start Registration will begin 6:15am (race day only) Fee includes t-shirt and post race munchies. Awards to Overall Male/Female and age group winners. This 5k race takes the runners throughout the encampment of the world famous Crow Fair. This fun course is not an 'out and back'. Registration, Start and

Finish will take place on the south end of the dance arbor. For more information contact Wayne Not Afraid at 679-1084 or 620-2210 or kewlrunnings@yahoo.com

August 19th, 2007 Sunday

Treasure State Triathlon-On Road Edition • Bozeman, East Gallatin Recreation Area. Race starts at 8:30 am. 1.5k Swim - 40k Bike -10k Run. Wetsuits Optional/ Rentals at Fleet Feet-Bozeman, Post Race BBQ, For more info: www.tri-mt.com 406-587-1135

August 25, 2007 Sat.

Quality of Life Run • Billings, 2-mile Walk/Run and 5-mile Run, at 8 a.m. – Nicest Race Course in Billings sponsored by the Billings Association of Realtors. All proceeds benefit the non-profit Senior Helping Hands. Registration available at www.QualityofLifeRun.com

August 26, 2007, Sunday

1st Annual Lubrecht 50K Trail Loppet • Missoula area, Sponsored by The Missoula Nordic Ski Club. The race will include: 50K team, 50K solo, and 25K solo events. (4 person team only for the relay). Race will be run entirely on trail and forest road within the Lubrecht Experimental Forest trail system. Download our brochure: www.runmt.com/r/L50kL.pdf
Should you have questions or would like additional information, please contact Scott Anderson @ (406) 829-6514

Aug. 29, 2007, Wed.

Railway 8k, Helena, starts at 7pm www.helenarunningclub.com email: bquick50k@hotmail.com ph# 406-431-0697

September

September 1, 2007, Saturday

MTCC Garden City Triathlon • Frenchtown, 1.5K Swim, 40K Bike, 10k Run. 8 am at Frenchtown Pond State Park. Terrific swim course! Two flat and fast bike laps. Record-setting run course with plenty of aid. Age Group racers, teams, and volunteers can register at www.mtcompact.org. Bring the family for the Kids Triathlon immediately following. Please leave the dogs at home due to park rules. Race benefits the Montana Campus Compact for info call (406) 243-5177

September 8, 2007, Saturday

Run for Youth 5K/10K Fun Run, 5K Walk • Missoula, at McCormick Park, 9 am start, \$17.00. Part of the first Annual Five Valleys Fun Run/Walk Challenge Series. Sponsored by Missoula Parks & Rec. All races include male and female, youth and adult, run and walk categories. All participants registered by the deadline of each race will receive a t-shirt. More info & entry form: www.missoulaparks.org or call 721-PARK.

September 15, 2007, Saturday

10th Annual Pete's Fall Fest • Kalispell, 10K, 5K, and 1 mile walk / run and kids' carnival. Join the Parents of Peterson School in this fundraising event. All proceeds go towards

replacement of dilapidated playground equipment. Scenic, mostly downhill and level course in the 10k and 5k. Bus for 10k begins loading at 9 am. 10k starts at 10 am at Foy's Lake Park, meanders through Eagle Ridge and portion of Rails-to-Trails, and ends at Peterson School. Bus for 5k begins loading at 9:30 am. 5k starts at 10:30 am at Eagle Ridge, follows portion of Rails-to-Trails, and ends at Peterson School. 1 mile begins and ends at Peterson School. Prizes for all kids participating in races. Awards for 1st – 3rd place finishers in all divisions. \$12 per person or \$40 for a family of four and \$6 per additional family member. Price includes a student-designed t-shirt and a meal. Fun kids carnival 10:30 am – 1:30 pm. Contact Laurie at dudleystrees@centurytel.net or 406-755-5442 or Peterson School at 406-751-3737.

Swan Crest 57k Trail Run • Swan Lake, Run the southern half of the Swan Mountain Range on the Alpine Trail Number 7 on groovely smooth single track. This is a self supported run, no aid stations, no course marking, no nothing until you finish. Runner limit is 40. www.swancrestrun.com

September 16, 2007, Sunday

River City Roots Festival 4-Mile Run • Missoula, The two day River City Roots Festival is sponsored by the Missoula Downtown Association, and the Roots Run is sponsored by Run Wild Missoula. Race Day Registration starts at 9 am. Race start: 11 am. Registration: \$15 until September 10, \$22 until race day. T-shirts for finishers. Prize money and age group awards. For more information: www.runwildmissoula.org or 626-4055. Register online at www.active.com

September 16th, 2007 Sunday

Montana Marathon • Billings, 26.2 miles, Sponsored by the Billings Family YMCA, www.montanamarathon.org

Two Bear Marathon • Whitefish, 26.2 miles, Sponsored by the Whitefish Community Aquatic & Health Center, www.twobearmarathon.org

September 21, 2007 Friday

Helena South Hills Trail Series • Helena, Race # 2 Tubbs Trail Head 3.2 miles 9 pm www.helenarunningclub.com email: bquick50k@hotmail.com ph# 406-431-0697

September 23, 2007, Sunday

17th Ascent of the Great Divide Hill Climb • Helena, The Great Divide Hill Climb is a bicyclist/runner team event with a unique twist - The bikers and the runners compete at the same time on the same course. The course is MacDonald Pass the time is 10:00 am with registration beginning at 8:30 am at the State Maintenance Shop on the East base of the Pass 10 miles West of Helena on Highway 12. Bicyclist/Runner finish times are combined to determine team winners. \$20/person (\$40/team) More information: mjacobson@mindspring.com Online application: www.runmt.com/r/2007GreatDivideHillClimbEntry.pdf

Letter to the Editor

(The following email came to Jennifer Boyer shortly after the author's son finished the Missoula Marathon. Jennifer shared it with the marathon organizing committee; with Mollie's permission, I've included it in this issue of Running Wild.)

Dear Jennifer,

First of all, congrats on a successful race! Secondly, I would like to thank you, the race organizers, and all your volunteers for taking such wonderful care of our son, Brian, on his 23rd birthday, and on his first marathon.

Even though you don't know Brian, I'm pretty sure you'll remember him; he was that tall, skinny kid with the long red hair and bushy red beard. He started out in the top four or five (or so it looks in the video), hit the proverbial wall at mile 18, and finished 13th. He was a bit disappointed, but any disappointment he felt was overshadowed by the beauty of Missoula and the friendliness of its people.

Brian chose to make the trip from Ohio to Montana for his first marathon for reasons not completely known to me; all I know is, his Dad and I both are so happy he has opened his heart back to running. Let me explain.

Brian ran his first road race at the age of 10 (wearing the same blue singlet he wore Sunday), and ran cross-country all through Jr. High and High School. In December of his junior year, his best friend Kevin was driving home from our house and was involved in a minor car accident. Kev told his Mom he never saw the other car. Three days later he was diagnosed with a brain tumor, and nine months later, just before the start of what was to be his senior year, Kevin left us.

Brian dedicated that cross-country season to Kevin. The white athletic tape he always wrapped around his shoes to make sure they wouldn't get sucked off in the mud (even on dry days – everyone knows runners are superstitious) always had secret messages to Kevin written on it, and Kev's jersey hung on the wall in Brian's room. Kevin was definitely "with" Brian that final season.

At the end of the season, I realized that it truly was Kevin's spirit that sustained Brian through all those practices and races, because after high school, Brian stopped running. Well, except for one day every year. He is always there to run the Kevin Mullin Memorial 5K Run. But for me, it just wasn't the same; his running was labored, the spirit weak, the joy missing.

And then, something happened. This past February he called me and asked me to dig his racing flats out of his closet. I did, and I cried. It was the

smell, Jennifer, and I'm sure you know what I mean. In those shoes was the smell of running, of sweat, of dirt, of rain, of Icy Hot – and for me it was the smell of hope: the hope that Brian was beginning to heal from the pain of Kevin's death, the hope that once again Brian would find that inner strength and peace that running always brought to him before.

Out there in Missoula, in God's country, Brian once again ran "his" race – with Kevin watching from above. And though I wasn't there, I know with absolute certainty that the old Brian is back, and nothing could make me happier. I just love watching that kid run.

He is going to be coaching cross-country at a Catholic High School in Kentucky this fall, and now that he has found his stride again, I know he will be an awesome coach! Sorry this was so long, and please pardon the typos; I was bitten by a brown recluse spider on Saturday, and my left arm is sore and swollen. Again, congrats, and hopefully Brian will make the trip out to see you all next summer. Now, take a well-deserved rest!
~ Mollie Shonebarger

On the Run

(Steve Franklin's bear inspired another "On the Run" submission, thereby sparing me another essay deadline. I encourage readers to send in stories – especially those of you who just completed your first marathon or half marathon and have a story to share. ~ Vic Mortimer)

Bear in the Missions

Taking inspiration from Steve Franklin's bear story in last month's *Running Wild*, I thought I would share some insights on running into Mission Mountain Bears. Once when I was a young aspiring bureaucrat running up in the Mission Mountains at a moderate 4:14 per half mile pace I saw the back side of a horse rounding a bend in the road ahead. Not being too afraid of horses I continued my way up the mountain. When I rounded the corner in the old road that back side of a horse had been changed into a large grizzly bear eating grass about 10 feet in front of me.

I quickly put on the breaks and explained to said bear that even though my first night in Montana was spent in Bozeman, I would henceforth be a grizzly fan. Mollified by this pledge of fandom, the bear continued to eat fresh spring grass and I hightailed it in reverse at a brisk 2:07 pace until I ran into a couple of young women about a quarter mile from the bear. After being notified about the 12 foot tall bear ahead, the women became extremely exited and raced up will while I continued down. I never did

see those women again. I learned that day that if you want to run twice as fast, have a large hungry omnivore behind you, run down hill from bears because bears supposedly don't like to run down hill, and it's best to be a grizzly fan in bear country.

Steve, I hope you found someone to carry that ladder for you at the Celebrate the Swan Run.
~ Alfred Zinglebecker

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