

Running Wild

September, 2007

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

"Start slowly, then taper off." —Walt Stack



Pumpkin Run Race Director Ben Schmidt times finishers at last year's Pumpkin Run

Annual Meeting: Sunday, September 9th, 3-5 pm

(I neglected to get this item in the August newsletter, when it would have given everyone more notice. I apologize in advance to anyone who is – rightly – annoyed with the late notice. ~ Vic Mortimer)

It's been a while since there has been an annual general club member meeting, but coming up is your once-a-year opportunity to participate in this aspect of the running club.

Place: NE corner of Greenough Park at the Pavilion

Date: Sunday, September 9

Time: 3-5 PM

What: Run, Eat, Meet

Who's Buying: Run Wild MIssoula

RSVP: At jboyer@runwildmissoula.org

Please RSVP if you're coming – this one is on the house, but I need to know how many of you plan to attend so we can feed and water you properly.

Honestly, I expect that most members want to pay their dues, enjoy club benefits, and go on about their life. Being a club member should not be another "job" for you to do – it's supposed to be fun and relaxing.

That doesn't mean we aren't interested in your thoughts and participation if you're so inclined. We do have some positions on the committee open and, if you're interested, we'd love to hear from you. We'll be electing those positions on the 9th. Positions include Secretary and Membership.

The Secretary is responsible for taking minutes of the meetings, writing them up and sending them off to the committee members, as well as sending out periodic emails to membership. It is important that the Secretary be able to regularly attend monthly meetings.

The Membership Director is responsible for keeping track of club members and payments. Familiarity with spreadsheets (for names, not calculating) would be helpful. This position could be expanded to include generating new members, but that currently isn't the case.

Committee members make all the club decisions.

The Run Wild Missoula committee meets once a month for one or two hours. Other than that, we communicate through email when decisions need to be made between meetings.

So join us! If nothing else, it's a great opportunity to meet the people directing the club, and all the other club members you don't necessarily know.

Pick Up Your RWM Shoe Bag at the All-Members Meeting

As part of your membership, Run Wild Missoula has had shoe bags printed with the RWM logo. What do you need to do to get yours? Just come to the RWM Annual Meeting on Sunday, September 9th!

Can't make it to the meeting? The Runner's Edge will have the remaining bags at the store and you can stop by and pick yours up there during regular store hours.

Limit is one per individual, or 2 per family.

President's Corner

When I see those vacation posters where someone is lying flat on their back on a beach not doing anything I think, "How can they do that? It's so boring!"

I just got back from a delightful vacation where one of the highlights was, of course, running somewhere else. I ran on Lopez Island in the San Juans. I ran past some artists having a paint-out on the spit. I ran on sand (okay not very much because I hate sand in my shoes). I had the joy of running in a little bit of RAIN! I ran in Bellingham, where I grew up. I ran around Lake Padden three times along with lots of back-to-school soccer players and cross-country runners. And then I rode my sister-in-law's bicycle up and down and up and down and up and down around the perimeter of Mercer Island.

There's no doubt that running makes a vacation better. And it's still a restful. If you've hit a running rut – take my advice – take a vacation and run there!

~Jennifer Boyer

Pumpkins Run Wild for Missoula Food Bank

In an attempt to prove that round orange pumpkins run faster than all other veggies, the 10th (or 11th) annual Pumpkin Run extravaganza will be held this October 13th at Maclay Flats on Blue Mountain Road by the Bitterroot River.

The Pumpkin Run is the ultimate pumpkin racing event in Western Montana. As the fictitious *World Pumpkin Gazette* notes, "It is a must do running experience, from the suspenseful 400 meter kids run (12 and under) right up to the final stride of the beautiful 5 K course nestled on the edge of Lolo National Forest."

This internationally known race has prizes for each 400-meter finisher and the overall winner, as defined by our race sponsor, will win a most excellent prize. To make it an even better event, the entire course is on Maclay Flats trails and proceeds will go to the Missoula Food Bank.

~Ben Schmidt

Looking for Montana Cup Women's Masters Runners

We didn't have a women's masters team last year, but this year Missoula is HOSTING the Montana Cup, so let's have a team! The run is somewhere in Pattee Canyon (no, I don't know the course and won't until race day) on October 27th, 1 pm.

I haven't done this before myself, so don't be shy. If you're 40 or older, female, and participating in a team race sounds fun – please email Jennifer Boyer @ jboyer@runwildmissoula.org. Log on to www.montanacup.com for more information on the whole event.

Wanted: Free Storage and Office Space

Run Wild Missoula has been storing stuff in Nancy Shrader's garage for the last umpteen bazillion years. This has been very kind of her. However, now that we also have a whole bunch of

Missoula Marathon stuff, Nancy's garage can't swallow that much. If somebody has knowledge of a storage unit where we might be allowed to store our things for free, that'd be extremely helpful. We're in a temporary space for the Missoula Marathon items, and we'd like to have it all combined into one spot. Soon, if possible.

Also, Run Wild Missoula needs office space in Missoula. It doesn't need to be large, but we need to be able to put a desk and a couple of filing cabinets, have a phone and a place to hang memorabilia on the wall.

I believe it's important that the running club have its own "face," and a physical address to receive packages. It will help to ensure the longevity of the club, because the club won't be individuals' houses, but its own entity.

Remember, Run Wild Missoula is a 501(c)3 organization, so anybody donating space has a tax-exempt write-off. (Put your hands together for Kevin Twidwell here – he fought the battle for months with the IRS employee I will never forget, Mr. Thomas Shu, and won!)

Guinea Pig Running Camp

Yes, guinea pigs can run – at the First Ever Run Wild Missoula Two-Day Running Camp!

Julie Gilchrist, marathon runner, member of Run Wild Missoula, and co-owner (with her family) of Lake Upsata Guest Ranch in Ovando, approached Run Wild Missoula about hosting a running camp. Great idea, we said.

Courtney Babcock, professional runner with Mountain West Track Club, agreed to be the running coach.

We picked the fall when temperatures are perfect for running and people are ready for a little post-summer inspiration.

This camp accommodates runners of all levels, from the beginner to the experienced. Camp includes:

- ❑ 2 nights lodging (Friday and Saturday)
- ❑ 6 meals (Friday dinner through Sunday lunch)
- ❑ 4 runs
- ❑ 3 clinic talks
- ❑ Local excursion (if we can fit it into the schedule)
- ❑ RWM Guinea Pig Running Clinic Visor

Arrival: Friday, October 19 @ 5 pm

Departure: Sunday, October 21 @ 2 pm

Fee: \$295.00

(Make check out to Run Wild Missoula, mail it to PO Box 1573, Missoula, MT 59806)

Accommodations: This double occupancy. There are two beds in every cabin. You may choose your bunkmate or we'll choose for you.

Limit: 16 runners

Note: There are no day-care services being provided, or any other guest ranch activities, during this camp. All attendees must be 14 or older and able to participate.

Lake Upsata Guest Ranch is located about an hour from Missoula. For directions on how to get to Lake Upsata

Guest Ranch, or more information on the guest ranch itself, log on to www.upsata.com.

The fee is only \$295 for the whole weekend, but we'll be looking for feedback because we'd like to do this annually. Where else can you get a deal like that?

To make sure that everyone gets personal attention, please note that space is limited to 16 people! Sign up today! Registration form is included in this newsletter, or you can download one off the website.

Rattlesnake Trail Runs

100+ degree temps made for a glitch in our July Rattlesnake Trail Run, but RWM member Jeff Flury was there for August 2nd and is willing to continue through the fall as our Rattlesnake trail running guide.

That means Thursday September 6th, Thursday October 4th, and Thursday November 1st.

Now that the weather isn't smoky or incredibly hot, it's the perfect time to join in. Runs are the first Thursday of every month, 6 pm. Meet at the Rattlesnake Main Trailhead.

These runs are free to Run Wild Missoula members.

1200 Mile Club Vest Debut

We've had some sample RWM 1200 Mile Club 2007 vests made up and we'll be debuting them at the RWM Annual Meeting on Sunday, September 9th. You'll like them and will want one of your own.

We had them done up in a small, medium and large for both men and women, so you'll be able to try them on. Extra Large and Extra Small are also available, we just didn't do a sample in those sizes.

I know there are a number of you working on your vest for 2007. Don't forget to send in your mileage to Vic every month – the sooner you hit 1200 miles the sooner you'll get your vest. We're ordering them on an individual basis.

When you hit 1200 miles, if you don't know your size you can try the vests on at Runner's Edge (or at the Annual Meeting), and we'll get your order right out.

If you haven't been sending your mileage to Vic, you're too late for this year, but you can start planning for next year. Again, these vests are free to RWM members who log 1200 miles or more in a calendar year. Start adding up those miles beginning January 1, 2008.

Running with the Bear, Part Three

Let's tell more running bear stories! I have one...

My friend and I went trail riding one day in the mountains behind Frenchtown. It was a beautiful summer day. I was still new to the area, and was thrilled to be out on horseback.

As we rode happily along at a nice, steady walk, the birds were singing, the sun shining and the horses delightfully cooperative (those of you who ride horses know this last element is critical to a pleasant day).

My girlfriend is an experienced rider and hunter, and it wasn't long before she pointed to a lump of droppings alongside the forest service road and said, "Look! Bear poop!"

"Oh," I said.

A little bit later she said, "Look! More bear poop! That bear must be eating a lot. Looks fresh, too."

"Really!" I said.

We hadn't gone far enough for my comfort when she announced, "I think it's a mother bear and cubs," as she pointed

to yet another pile of bear poop. I thought back to my limited bear knowledge and remembered the dangers of getting between a mother bear and cubs, that for short distances bears can match a horse for speed, and that my off-the-track thoroughbred had consistently proven to be a gutless hunk of horse patooty.

Nonetheless we continued up and up, following the road – and the obviously well fed bears – and the resultant bear poop – until one couldn't help but wonder what in the heck they could be eating so darned much of that would cause so much poop.

At last we neared the top. As our horses approached the crest we saw a beautiful vista and, smack in the middle of the road we also saw... one running shoe.

We stopped, thought, looked at each other as the implication dawned, and laughed all the way home. There, I checked the newscasts for missing runners (just to make sure) and was quietly relieved when there was none.

~ Jennifer Boyer

A Note from Bob Hayes

Editor,

Thank you for the tribute and last goodbye to my wife, Ann. In these final years running gave her a lift nothing else could do. She knew her brain was deteriorating but doing a race showed her that her body was not. One like a half-marathon buoyed her up for several months. I'm thankful for all the friends she had in the running community. I know somewhere she is still running with friends that have left us.

~ Bob Hayes

Race Results

Five Valleys Race Series, Fort Missoula 5k, Saturday, Aug. 18

Men 15 & under

Adam Peterman 22:10

Christopher Everett 22:40

Men 16-19

Thomas Everett 19:04

Women 20-29

Nichole Snow 22:20

Hillary Ogg 44:19

Women 30-39

Kelsi Camp 27:50

Women 50-59

Christine Everett 26:17

Bridget Johnson 26:56

Lisa Walser 28:07

RACE CALENDAR

(Many thanks to Steve Franklin for maintaining the Run Montana web site, from which I copy the race calendar every month. And, of course, thanks to Steve, we have a constantly evolving RWM web page.)

September 8, 2007, Saturday

Run for Youth 5K/10K Fun Run, 5K Walk • Missoula, at McCormick Park, 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 or call 721-PARK.

18th annual Chokecherry Run • Lewistown, Races include 10K, 5K run, 5K walk, and 1 mile fun run. 10K and 5K races start at 9:00 a.m. One mile start is 10:00. Registration fee: \$5 by Sept 7th or \$10 the day of the race. \$10 for a T-shirt is optional. 10K follows Spring Creek and is overall downhill, 5K's have some hills. Race day registration is at the Frank Day Park from 7:30 to 8:30. For more information call Jim Hamling at 406-535-3263 or email hamling@midrivers.com <mailto:hamling@midrivers.com>

5k Fun Run • Helena, Benefit for the Florence Crittenton Home, Members: \$ 6.00, Non-Members \$12.00. Food, Fun, Music and T-shirts to runners Race Day Registration up until 10:00 am race begins 10:30 GRAND OPENING FOR ANYTIME FITNESS, 605 W. Custer Ave. On the corner of Custer and McHugh, Gina Evans 442-4249

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 to 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 Foys 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 – 3 rd 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](http://www.rivercityrootsfestival.com) is sponsored by the Missoula Downtown Association, and the [Roots Run](http://www.runwildmissoula.org) 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. <http://www.rivercityrootsfestival.com>/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 The Whitefish Community Aquatic & Health Center, www.twobearmarathon.org<http://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 Hiway 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

SEPTEMBER 29, 2007, Sat.

3RD ANNUAL TOWNSEND FALL FEST 5K • Townsend, BENEFITTING TOWNSEND "GIRLS ON THE GO" A NON-PROFIT RUNNING CLUB FOR GIRLS REGISTRATION BEGINS AT 8:00A.M. AT HERITAGE PARK IN TOWNSEND, RACE STARTS AT 9:00 A.M. FLAT COURSE, WITH PRIZES FOR TOP THREE OVERALL MALE AND FEMALE. COST \$5.00 FOR STUDENT, AND \$7.00 ADULT. FOR MORE INFORMATION PLEASE CALL BROOKE AT 266-9237 OR

BDOLAN@CO.BROADATER.MT.US

Homestake Pass 5 Miler & 1 Mile Kids Run • Butte, 9:30 AM Start of Youth Race and Adult Race Start immediately after. To celebrate Montana's newest Cross Country Ski Center, Homestake Lodge is hosting this event on its trail system. Cash awards to 1st, 2nd and 3rd place in the overall Women's and Men's categories (\$125, \$75, \$50). There will also be a 1 Mile Kids Race. This will be Homestake Lodge's first event and a great opportunity to check out its extraordinary trail system. The terrain is varied with a mix of old roads and single track, some steep ascents and descents. After the event there will be a BBQ. Bring your own grill item and beverage. Condiments and chips will be provided by Homestake Lodge. Registration is available online at:

http://www.active.com/page/Event_Details.htm?event_id=1477613http://http://www.active.com/event_detail.cfm?event_id=1477613 Race day registration is available and it is the same price. Please arrive by 8:30 AM on the day of the event.

Directions: Get off I-90 at Exit 233 Homestake Pass just east of Butte, MT and head to the south side of the highway overpass. Forest Service Road 240 begins at the cattle guard. Drive 3 miles and look for the Homestake Lodge Entry on the right after the power lines. www.homestakelodge.com. Contact: Chris Axelson or Mandy Bowden by email at: caxelson1@msn.com



Guinea Pig First Ever RWM Running Camp

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806

Camp Dates: October 19 – 21, 2007

Last Name _____ First Name _____ Middle Initial _____

Address _____

City _____ State _____ Zip _____

Country (other than USA) _____ Email Address _____

Date of Birth _____ Telephone _____ - _____

Gender M _____ F _____

Registration Fee: \$295.00 per person, DOUBLE OCCUPANCY

Cancellation Policy: Fully refundable up to October 12, 2007. 50% refund between October 13 and October 18. No refunds after October 18th.

Waiver and Release Statement: In consideration of 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") – Run Wild Missoula, Lake Upsata Guest Ranch, 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 acts of God. 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 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 road 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 others' negligence. 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, with the exception of the refund guidelines stated on the registration form.

PARENT OR GUARDIAN SIGN FOR MINOR.

Signature of Participant _____ Date _____ Printed Name _____

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

Printed Name of Parent/Guardian _____



Run Wild Missoula River City Roots 4 Mile Fun Run/Walk

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806

Race Day: Sunday, September 16, 2007

Last Name _____ First Name _____ Middle Initial _____

Address _____

City _____ State _____ Zip _____

Country (other than USA) _____ Email Address _____

Date of Birth _____ Age on Race Day _____ Telephone _____ - _____

Adult Shirt Size S ___ M ___ L ___ XL ___ XXL ___ Kids Shirt Size S ___ M ___ L ___ Gender M ___ F ___

Entry Fees:

Pre registration: \$15 up to September 10, 2007

Late registration and race day registration: \$22 (Race day registration opens at 9 am)

Cancellation Policy: Entry fees are non-refundable and non-transferable.)

Make Checks Payable to Missoula Downtown Association (MDA)

Mail checks to Run Wild Missoula at the address listed above, or drop off in person to Runner's Edge, 325 N. Higgins, Missoula

Waiver and Release Statement: In consideration of 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 River City Roots 4 Mile Fun Run/Walk, Missoula Downtown Association, the City of Missoula, Missoula County 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 acts of God. 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 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 road 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 others' negligence. 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 SIGN FOR MINOR.

Signature of Participant _____ Date _____ Printed Name _____

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

Printed Name of Parent/Guardian _____

On the Run: Can I Get a Witness?

In addition to completely missing Jennifer Boyer's September all-members meeting notice (who knew that there was more than one page in the document?), I failed to offer up timely thanks to Jen and to Anders Brooker for their key roles in transforming the Missoula Road and Track Club into Run Wild Missoula and, while they were at it, leading the committee that – with a lot of help – turned the idea of a Missoula Marathon into an astonishingly successful inaugural event.

Over 60 runners – no doubt many of you reading this – took part in beginning runner training classes and marathon and half marathon training runs. That many people don't keep coming back, week after week as the temperatures climb into the nineties and beyond, unless people like Anders – and Tim Brooker, too – are not there to provide calm guidance, calm fears, and suggest find the right shoes and clothes. Local running stores are the lifeblood of any running community; at the Runner's Edge, we get sound advice about gear and training, sympathetic ears for our running stories, and a place to stop for a chat with folks who don't think runners are at best odd and, at worst, insane. If you haven't done so yet, stop by the store and thank Anders and Tim for supporting runners and Run Wild Missoula.

Until RWM gets some office space, it won't be quite so easy to thank Jen in person. This will have to do for now. Thanks, Jen, for putting your organizational and marketing talents to work for RWM and the Missoula Marathon. Organizing distance runners, who by nature tend to be quirky, obstinate, contrary, and often solitary creatures has to be a bit like herding cats. I'm not sure how she does this; I just know that without the dynamic combination of Anders and Jen, we would not be enjoying what looks to me like a western Montana running boom. Oh, sure, most of us would still be running; we just wouldn't be having quite as much fun.

To be sure, Ben Schmidt, Ethel MacDonald, Steve Franklin (who has given us the best running web page in all of Montana), Nancy Shrader, and Jen Sauer kept the club on life support while rats like me were deserting the ship. They were just too stubborn to quit. More surprisingly, they welcomed me back as newsletter editor without once mentioning my defection. Granted, no one wants to chase off anyone willing to edit this rag, but still – these are gracious people. Thanks to all of you for that, and for the bear stories, too.

Although a combination of inclination, odd work schedules, and simply not knowing many runners has left me mostly on my own during my running life, I have never thought of running as a lonely activity. Since I crave the solitude that running provides, this has not been a problem. I like to think that I would continue to run if there were no races to enter, no running stores, and no one out there to get us organized. Perhaps I would continue to shuffle on down the road, fashioning sandals out of old tires and subsisting on locusts and wild honey like some Old Testament prophet.

Fortunately, we will all be spared that sight. And in the best tradition of Labor Day telethons, public radio fund drives, and good old fashioned tent revivals, I encourage at least a few of you to step forward and volunteer to handle membership (it requires little more than a familiarity with spreadsheets or the ability to make a Word table), take minutes at monthly meetings (and thus get a chance to see how the sausage is made), or handle race results (which requires, at most, a few hours a month and attention to detail). The chance to get involved with other

runners has been, for me, a way to pass along to others the passion and joy I find in running.

Of course, we do what we can; simply joining RWM is a very concrete way of supporting running and runners, as is entering races, sharing your stories, volunteering at races, even directing a race. That next person might be you. If you feel the call, won't you please come on down? Or at least come to the party on September 9th; we're talking food and gear paid for with your dues, to say nothing of the pleasure of hanging out with other runners.

Once again, many thanks to Jen and Anders – and every other runner I've met in the last several months – for a fine running season; I look forward to working with both of you for years to come.

~ Vic Mortimer

RWM Club Officers

President:

Jennifer Boyer – jboyer@runwildmissoula.org

Vice President:

Ben Schmidt - ben@runwildmissoula.org

Secretary/Treasurer/Membership:

Ethel MacDonald - 549-9722 ethelmac@bresnan.net (for now; Ethel is stepping down as secretary and membership person, and we need someone to step in)

Race Results:

(Jen Sauer has, for now, left Missoula. We need one brave soul willing to comb through local race results for the names of RWM members.)

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



Run Wild Missoula

P.O. BOX 1573
MISSOULA, MT 59806

Time to get ready for another Pumpkin Run

