

# Running Wild

October, 2007

The official publication of Run Wild Missoula

“Nothing but sincerity as far as the eye can see.” ~ Linus



## RUN WILD MISSOULA

Missoula runners Susan Miks (175), Colleen Alber (166) and Shirley Zylstra get ready for the start of the inaugural Missoula Marathon. Alber was the seventh woman to cross the finish line. Her wings were not considered a performance-enhancing device (except, perhaps, by Alber).

### President's Corner – New Things to Try

After years of contemplation and in an effort to force some cross training, I finally participated in the Garden City Triathlon. Not only did I have a great time, but I recognized so many people from Run Wild Missoula! It seems clear that many of you have a much healthier attitude than I, in that you participate in a multitude of activities and sports, whereas I tend to do “one thing at a time.”

So for those of you who perhaps have been considering a triathlon, I am testament that it is possible to complete one without months of advance training or months of post race recovery. All it takes is the attitude, “I will eventually get to the end,” and “What a good day for a workout,” and not being bothered by the question “I wonder if I’m last?” I would suggest testing that you can complete each of the three stages individually – no sense in drowning.

My next new fun thing is helping out at the Mountain West Classic. Michele Chalmers asked Run Wild Missoula to assist at the Mountain West Classic, held at the University Golf Course. Again, it seems that many of you have already been participating because I saw plenty of Run Wild members, but it’s new to me. I had never before been to a cross-country track meet.

Anders Brooker had marked the course and, after an exciting night consisting of a broken water main and consequential flood, got two lines of flagging up along the entire three miles. Apparently this is the only cross-country meet in which many of these runners will ever have a “double flagged course,” and it’s beautiful to see.

First we crammed over 400 kids into 60 starting blocks. The starter’s arm went up, the whistle blew and they were off. What fun to see so many teams heading up the golf course in a

pack, all their school colors in blocks at first, then mixing, then stringing out.

The next big excitement came at the finish. There were two chutes. Remember now, we're about to get 400 kids screaming across the finish line. First they were all shuttled into one chute – "Keep Your Place! Stay In Line! Rip Your Tag! Hang on to it Until the End! Somebody Get In Line for That Kid – Grab His Tag – Somebody Help Him!" Then when that chute got full someone yelled "SWITCH!" and the next chute got filled, then "SWITCH" until everyone had finally passed through.

We did this process through four races. What fun.

For those of you now inspired to try something new, we have just the thing coming up next month. The Montana Cup Women's Masters Team is open for more participants. Most of us on this team have never run the Montana Cup before, so you'll be in good company.

If you're not female or 40+, you'll need to get in touch with Steve Simpson for the men's Master's Team, Julie Ham for the women's Open team, or Anders Brooker for the men's Open team. Log onto [www.montanacup.com](http://www.montanacup.com) for information. Enjoy your run!  
Jennifer Boyer

### **Beginning Runner Training Class 2007: Calling all 2006 BRTC Graduates**

Run Wild Missoula will be putting on another six week Beginning Runner Training Class starting Saturday, November 17 and ending with the New Year's Eve Run on December 31<sup>st</sup>.

This class is truly aimed at beginning runners, from those who have never attempted to jog across the street in their life, to those recovering from injuries, to those who haven't laced up running shoes since junior high.

Registration is free for Run Wild Missoula members, and \$25.00 for non-members. You can register on the 17<sup>th</sup>, or download a registration form in advance from the website. The Run Wild Missoula registration form is also at [www.runwildmissoula.org](http://www.runwildmissoula.org).

Former BRTC Graduates and RWM Runners – we will need people to help guide these classes on Wednesdays at 6 pm and Saturdays at 10 am. We need your help and if you sign up to guide 6 or more runs, you'll get a shirt! Please email me at [jboyer@runwildmissoula.org](mailto:jboyer@runwildmissoula.org) so I can mark down what days you can help.

### **Tuesday Track Goes Cross-country & Season Ending Soon**

Tuesday Track is now meeting at the corner of Dornblazer Stadium by the University Golf Course. Workouts are done on the golf course, the soccer fields, and surrounding hills. Courtney Babcock still comes at to coach, and we still meet from 6 pm to 7 pm.

The last official track workout of the season is October 30. On that day we meet after the workout to treat Courtney to some MacKenzie River Pizza, hand out awards, swap stories, find out what each other does for a living besides run, etc. Be sure to join us, even if you haven't been able to make all the track workouts.

### **Nichole Unruh-Snow First to 1200**

In late August, Victor resident Nichole Unruh-Snow topped 1200 miles for 2007. She wore out several toe nails and no

doubt a few pairs of shoes on her way to becoming the first member of the RWM 1200 Club.

I met Nichole at the Stevensville Milk Run in early August, where I found her to be cheerful, optimistic, and fast (first woman across the line that day in the 5K and first in her age group at the Roots Run). She and running friend Amber Parks are considering organizing a race – perhaps a 5K and half marathon – next year in Victor.

Nichole agreed to write a few words about the year and to send us a photo of her wearing the vest that 1200 Mile Club members earn. Here is what she sent in:  
"First I want to thank Vic Mortimer for his 100% effort in making the 1200 Mile Club totals come together, and also Run Wild Missoula for supplying us with the awesome vests and especially for bringing all of us runners together. I truly appreciate the encouragement that everyone aforementioned has given us runners. This is something we crave and most of us rely on. This year has been a great running season for me; in addition to exceeding the 1200 Miles, I've also been able to accomplish the Missoula Marathon, the Disney World Half-Marathon, and many local and out-of-state races. 1200 miles seems like a long way, but within perspective, it is attainable and within many of our capabilities. Pile on the miles!"

Good work, Nichole!

~ Vic Mortimer



Nichole Unruh-Smith shows off the 1200 Mile Club vest.

## Thursday Night Trail Runs

At the annual meeting, many members said they would like to see the guided trail runs take place EVERY Thursday, instead of just the first Thursday of the month. Our guides, Jenny Newton and Jeff Flury, are willing.

So starting in October, trail runs will be each and every Thursday at 6 pm. Jenny Newton has given a description of each of the runs:

October 4: Spring loop - meet at the main trailhead and run up the main trail to the second trail on the left - run up this trail past the outhouse/bridge and it will loop around and we will end up at the main trail on the other side of Spring creek. About 1 hour. Not too hilly.

October 11: Sawmill loop - meet at the second Rattlesnake trailhead (keep going past the main trailhead about 1/2 a mile) - Run up main trail to the second trail on the right and do a loop up to the Sawmill/Curry junction and down the trail that goes through an old burn and end up back on the main trail. About 1 hour. Hilly but not too steep, the route goes up for the first half and down for the second half.

October 18: Sonoma/Fenceline loop - Meet at the second trailhead - run up main trail and take first left onto a singletrack - the trail winds around and goes up to a ridge where we can come down the Fenceline cutoff trail or continue up along the ridge and come down one of the vague trails that ends up on the main trail. Between 1 to 1.5 hours. The route is hilly but you get some great views.

October 25: Wallman loop - meet at the main trailhead - run up the main trail for a couple of miles and turn left onto a singletrack trail that goes up a steep trail and back down onto the Spring trail and out to the main trail head. About 1.5 hours. Very challenging with one creek crossing that is probably very low by now.

All trail runs are in the Rattlesnake Recreation Area at 6 pm. We'll take a look at how dark it is becoming and weather before deciding how best to proceed with November. All runs are free to Run Wild Missoula members.

## Get Your RWM Shoe Bag

For those who didn't make the annual meeting, don't forget to stop by Runner's Edge and pick up your RWM shoe bag. These bags are nice, so you'll want to make the effort. I've seen people using them.

There is one bag per individual membership, or two per family membership.

After October 31<sup>st</sup>, they'll no longer be at Runner's Edge because we really can't expect Anders and Tim to store great big boxes of running club stuff until forever. At that point, you'll have to email me at [jboyer@runwildmissoula.org](mailto:jboyer@runwildmissoula.org) to obtain yours. So make life easy on yourself – do it now!

## 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](http://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.

## Checked the Run Wild Missoula Web Site Lately?

It's worth your while to check the [www.runwildmissoula.org](http://www.runwildmissoula.org) website regularly. Steve Franklin is constantly adding information to the BLOG, the calendar, or other areas of the site. Put your hands together here for Steve, because he does a great job.

## “We'll just sit here in the pumpkin patch, and you can see the Great Pumpkin with your OWN EYES.”

While we can't guarantee Great Pumpkin sightings, we do feel confident in predicting a good time at the Pumpkin Run on October 13th at Maclay Flats, just off Blue Mountain Road.

Registration is race-day only and begins at 8:45 a.m. There is a kids-only 400 meter race at 9:45, followed by the 5K at 10:00 a.m. At \$3 for the 400 meter run and \$8 for the 5K, this is one of the best race deals in western Montana and is sponsored by Run Wild Missoula.

## Turkey Day 8K Details

November 22<sup>nd</sup> – Thanksgiving – is the date for another RWM-sponsored race, the annual Turkey Day 8K.

How far in miles, you may be asking, is 8 kilometers? Just a smidge under 5. The race starts at 9 a.m. at the Boone and Crockett Club and follows the Kim Williams Trail.

Members pay \$8, all others \$10. Entrants receive gloves from The Runner's Edge. Registration is race-day only, beginning a little after 8 a.m.

## Volunteers Needed for Blue Mountain All Women's Run!

Run Wild Missoula has committed to handling an aid station during the 10K at the Blue Mountain run on Saturday, October 6th. We have one person lined up so far – Vic Mortimer – but we need at least a couple more. Email Vic Mortimer ([vic@runwildmissoula.org](mailto:vic@runwildmissoula.org)) if you can help out and for more details.

## Race Results

In addition to handling membership details, Sue Falsey has assumed the task of looking for RWM finishers in local races. If we miss your name, please let us know and we'll get your name in the next issue. With over 200 members, it can take a while to check results and we occasionally miss a name or two.

### Run for Youth-Missoula Parks and Rec., Sept 8, 2007

#### 5K

##### Women 20-29

Nichole Snow 20:47  
Hillary Ogg 26:44

#### 10K

##### Women 30-39

Kelsi Camp 53:38

##### Women 50-59

Sue Falsey 52:26  
Bridget Johnson 54:46

### River City Roots Festival 4 Mile, Sunday, September 16th

#### Women

50-54	Bridget	Johnson	35:35
50-54	Lisa	Walser	36:10
55-59	Susan	Falsey	33:34
55-59	Chris	Everett	34:50
55-59	Elizabeth	McDonald	40:14
60-64	Donna	Ayres	38:32

#### Men

13 and Under	Adam	Peterman	27:02
14-19	Thomas	Everett	25:05
14-19	Christopher	Everett	28:51
25-29	John	Cuddy	24:50
35-39	David	Schmetterling	26:08
40-44	Jack	Matthias	31:49
40-44	Bob	Taylor	42:10
45-49	Brian	Fruit	24:07
45-49	Tom	Halverson	27:17
50-54	Bryan	Flaig	34:23
50-54	Monte	Turner	55:22

55-59	Steve	Weiler	26:30
60-64	Richard	Allen	39:37
70 and Over	Bob	Hayes	38:17
70 and Over	Brad	Leonard	48:21

## RACE CALENDAR

*(Many thanks to Steve Franklin for maintaining the Run Montana web site, from which I copy the race calendar every month and which I depend on for photos and other good stuff.)*

### October 6, 2007, Sat.

**30th All Women's Run** • Missoula, at Fort Missoula, 2-mile family fun run, 5k, 10k and 1/2 marathon. Big Sky High School, 2M starts at 10:00 a.m. \$13 adult, senior (60+) , child (2-12) - 5k starts at 9:30 a.m. \$25 adult, \$13 senior, child 10k starts at 9:45 a.m. \$25 adult, \$13 senior, child - 1/2 marathon starts at 9 a.m. \$35 adult. More info and register online at

[www.bluemountainclinic.org](http://www.bluemountainclinic.org) or call 721-1646 for more details.

**STILLWATER RIVER RUN & FUN WALK** • Absarokee, Annual 5K and 10K run/walk sponsored by the Absarokee Civic Club. Course is mostly flat, very scenic along the Stillwater River. Entry fee is \$15 with an attractive long sleeved t-shirt or \$8 without a shirt. Pre-registration is requested, to be received by Sept. 29. Post race refreshments and award ceremony. Come and join us for the fun run/walk and spend the day in the shadows of the Beartooth Mountains. Entry forms available at [www.absarokeearea.com](http://www.absarokeearea.com). For more information call Linda at 406-328-4314.

### October 7, 2007, Sunday

**Wolf Creek Canyon Relay** • Wolf Creek, 9 am. Starts 6 miles south of Wolf Creek, MT. A relay for 4 person teams, 2 person duos and solos. The relay is run through the beautiful Wolf Creek Canyon along the Missouri River. Total distance 28.02 miles. Hundreds of dollars in prizes. Contact Carl Clark, 406-761-8322 or [ccarlrm@juno.com](mailto:ccarlrm@juno.com)

### October 13, 2007, Sat.

**26th Le Grizz Ultramarathon** • Spotted Bear, 8 a.m. 50 miles on forest road along Hungry Horse Reservoir. \$75 pre-entry. Entries close September 29, 2007. USATF Membership required. All information and registration handled only through web site: [www.cheetahherders.com](http://www.cheetahherders.com)

**Helena South Hills Trail Series** • Helena, Race # 3 Helena Public Library (Ridge Trail Head) 6.6 miles 9 am  
[www.helenarunningclub.com](http://www.helenarunningclub.com) email: [bquick50k@hotmail.com](mailto:bquick50k@hotmail.com)  
ph# 406-431-0697

**The Pumpkin Run** • Missoula, 400 meter kids run & 5K, Sponsored by Run Wild Missoula, Proceeds benefit the Missoula Food Bank. 400 meter kids run (12 years old and under) at 9:45 am and 5K race at 10 am. Cost is \$3 for the 400 meter run and \$8 for the 5 kilometer race. Race is located at Maclay Flats on Trails in the Lolo National Forest. Maclay Flats is located off of Blue Mountain Road by the Bitterroot River. Take HWY 93 S. to Blue Mountain Road (by athletic club) to Maclay Flats. For information contact Ben Schmidt at 406-542-1257.

[ben@runwildmissoula.org](mailto:ben@runwildmissoula.org) Registration on race day only starts at 8:45 AM. [www.runwildmissoula.org](http://www.runwildmissoula.org)

**26th Annual Oktoberfest 5K Run** • Bozeman This is a fun and challenging 5K race over mostly trail. Lots of great prizes and giveaways. New to this year will be a separate relay event with an Oktoberfest theme (read: beer). Call Dewey @ 586-1737 for more info.

**2nd Annual What Women Want Fun Run** • Great Falls, 5k Run/Walk along River's Edge Trail, 8am. A ticket to the What Women Want Expo for October 12th & 13th is included with your entry fee. The course will follow the River's Edge Trail starting and finishing at the 2.5 mile mark at the Missouri River Diner (1000 River Dr. N). Turn around will be marked just past the 4 mile mark, with a water station near the turn around. Pick up race packets Thursday, October 11th at the Tribune. Same day registration will be available up to 7:30 a.m. Registration forms can be downloaded at [www.greatfallstribune.com/whatwomenwant](http://www.greatfallstribune.com/whatwomenwant), click on the link to Fun Run. Sponsored by the Great Falls Tribune and Runner's World. A portion of the proceeds will be donated to the Susan G. Komen Foundation. Contact Tina R. Hart at 406-791-6504 or [trhart@greatfallstribune.com](mailto:trhart@greatfallstribune.com) for more information.

#### **October 20, 2007, Sat.**

**Back to Bridger Run** • Bozeman, Race Starts at the Elks Club on Haggerty Lane. The course will follow the Frontage Road about 1 mile east to Kelly Canyon Road, then 7 miles along Kelly Canyon Rd, turn right on Bridger Canyon Rd, finally turn left into Bridger Bowl and finish at the lodge at the bottom of the ski hill.

There will be five distances runners may run. Each distance has a different start point and a different start time. They are as follows;

9:00 am : 17.5 miles starting at the Elks Club on Haggerty Lane

9:30 am: 12.5 miles starting on Kelly Canyon Rd. at the junction of Sawmill Rd.

9:50am : 10 miles starting at the junction of Kelly Canyon Rd. and Bridger Canyon Rd.

10:10am: 7 miles starting at the junction of Jackson Creek Rd. and Bridger Canyon Rd.

10:30am: 3 miles starting on Bridger Canyon Drive 2.5 miles south of Bridger Bowl

new! 10:40am: 1.5 miles starting on Bridger Canyon Drive 1.0 mile south of Bridger Bowl

The finish line will close at 12:30 pm. All runners need to select a distance and a start time so they can finish by 12:30. There will be no transportation provided by the BSWD. It is each runners responsibility to arrange transportation back from Bridger Bowl. [www.windrinkers.org](http://www.windrinkers.org) for more information.

**13th annual Run for The Roses** • Bozeman, Alpha Omicron Pi is hosting its 13th annual Run for The Roses. It is a 1 mile/5 K walk or run with all proceeds benefiting juvenile arthritis and arthritis research. The Race will be held at 1119 S. 5th Ave., Bozeman, MT 59715. Packet pick up will begin at 9:00 a.m. the day of the race and both races will begin at 10 a.m. Pre-registration is requested. Registration costs include a t-shirt and are as follows \$12 for a student before Oct. 10, \$15 for a non-student before Oct 10, \$18 for any participant after Oct 10, \$20 for any participant the day of the race. Registration forms can be picked up at local gyms and the ASK US desk on MSU campus. You can also email [jessrperetti@hotmail.com](mailto:jessrperetti@hotmail.com) . Please send

registration form and money order to: Alpha Omicron Pi, ATTN: Jessi Peretti, 1119 S. 5th Ave, Bozeman, MT 59715

**"Live Locally" 5K Run/Walk** • Polson, In honor of Lung Health Awareness & National Pasta Month, HealthCare Plus and Country Pasta have teamed up to provide a 5K Run/Walk . We hope to incorporate local business's as our theme is "Live Locally". There will be educational resources in regards to Lung Health and an onsite respiratory therapist to answer questions. All participant will receive free pasta and there will be an open prize drawing for all racers. All proceeds will be donated to Mission Valley Aquatics where all ages can benefit in supporting Lung Health. 10 am start at Main & 7th, \$15 with t-shirt prior to Oct. 15. Then late registration of \$20.00, HealthCare Plus, (406) 883-3910

#### **October 21, 2007 Sunday**

**Helena South Hills Trail Series** • Helena, Race # 4 Elkhorn Retreat (Awards) 4 miles 10 am [www.helenarunningclub.com](http://www.helenarunningclub.com) email: [bquick50k@hotmail.com](mailto:bquick50k@hotmail.com) ph# 406-431-0697

**1st Annual Lubrecht 50K Trail Loppet** • near Missoula 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. Should you have questions or would like additional information, please contact Scott Anderson @ (406) 829-6514 [www.missoulanordic.org/](http://www.missoulanordic.org/) rescheduled from Aug 26 due to forest fires.

#### **October 27, 2007, Saturday**

**16th Montana Cup** • Missoula, Open men's and women's team cross country races hosted by [Run Wild Missoula](http://RunWildMissoula), distance is between 5K and 8K. Also Masters' Cup team scoring for 40+ competitors. See [www.montanacup.com](http://www.montanacup.com) for more information.

**10th Annual Sourdough Surge 5k Trick-or-Trot** • Bozeman, 5K; Sponsored by MSU Exercise Science Club; Be sure to wear your best "race-ready" Halloween costume in our annual race to benefit Eagle Mount! Check-in/registration begins at 8:15 AM, and the race starts at 9:00 AM at Sacajawea Middle School. Preregistration (by October 19th) is \$15, or \$20 the day of the race. Registration includes a t-shirt, post-race refreshments, and eligibility for prizes - including best costume! The 5 kilometer race follows nearby roads and the Sourdough Trail of the "Main Street to the Mountains" trail system. For information contact Ben Fordahl at [b\\_fordahl@hotmail.com](mailto:b_fordahl@hotmail.com)

**Campus Recreation 5K Turkey Trot** • Missoula, 11:00 AM. Register by October 22nd 7:00 PM (406)243-2802 [campusrec@mso.umt.edu](mailto:campusrec@mso.umt.edu)

## **On the Run**

I don't think that many runners like to talk about running injuries until they get injured, at which point they are perfectly willing to regale their friends with injury details and to seek advice.

There is only one sure way to prevent running injuries: don't run. Call it the "just say no" approach, one that has been happily adopted by millions of Americans.

The second-best way to avoid running injuries is to run as little as possible. Thirty minutes three or four times a week, if done at an easy jog, will most likely keep just about anyone injury free. It will also ease the concerns of friends and family members who worry about you getting injured if you become what a friend of mine once called "one of those running people." This is safe, protected running, perfectly reasonable and entirely prudent.

Of course, we running people are neither reasonable nor prudent. So sooner or later, most of us develop an injury serious enough to keep us running for a few days, a week or two, maybe even months. This is not a pleasant situation to be in.

I have no advice for preventing or treating injuries. But I have had a few injuries in the last few years that resulted in a week or two away from running. The most recent forced layoff came last June and ruined my plans to run the Missoula Half Marathon. Since I have no bear stories, I offer a few strategies for coping with injury-induced down time.

Complaining is always an option. Any injury, especially one that keeps a runner from getting to the starting line of a long-anticipated race, is frustrating, even demoralizing. If you've put in a few months of serious training, you have every right to express your frustration, disappointment, even anger. In fact, it might be unwise to keep those emotions bottled up inside.

Runners are likely to sympathize, even if they've never suffered an injury serious to keep them off the road. They will offer advice and encouragement. Besides, if you can't complain, you're just not trying.

But be careful of over-doing the complaining.

Distance runners tend to be optimistic, cheerful, generous, and supportive. Whining is not a characteristic trait of runners, even injured ones. And beware of even mentioning an injury to a non-runner. This well-meaning friend or family member is likely to point out that you brought this trouble on yourself. That they are right will only make you feel worse.

My borrowed motto for injury-down time is this: Don't just do something, sit there. Sure, there are alternative forms of exercise, and I imagine that some people even turn to those options. I suspect that for me, a running injury signals that something is out of balance in my running life: pushing too hard in interval and tempo runs, increasing the distance of my long run too quickly, or obsessing over a time.

"Be quick but don't hurry," I think former UCLA basketball coach John Wooden once said. When I hurry a run, it usually goes poorly. When I try to hurry my training along, I tend to get injured. And I pay for that haste with a week or two away from running.

Once I stop complaining and get past the disappointment, a week or two away from running feels almost like a vacation. I sleep in, take longer walks in the woods, and make running resolutions. When I start running again, I promise, I will leave my watch at home for most runs; I will increase mileage very gradually; I will stop worrying about race times; I will not take running for granted.

We'll see how it goes. I've been leaving my watch at home on most of my runs, and a few days ago I went 6 miles. At this rate, I figure I can enter the Freezer Burn half marathon in early December – as long as I don't hurry.

~ Vic Mortimer

## **RWM Club Officers**

### **President:**

Jennifer Boyer – jboyer@runwildmissoula.org

### **Vice President:**

Ben Schmidt - ben@runwildmissoula.org

### **Treasurer:**

Nancy Shrader – nancy@runwildmissoula.org

### **Secretary:**

Bridget Moriarty – bridget@runwildmissoula.org

### **Membership/Race Results:**

Sue Falsey – sue@runwildmissoula.org

### **Newsletter Editor:**

Vic Mortimer – vic@runwildmissoula.org

### **Race Calendar & Webmaster**

Steve Franklin – steve@runwildmissoula.org

# HHP Freezer Burn Run

**What:** 13 mile run and 5 k (3.1 mile) run/fitness walk

**When:** December 8, 2007 @ 10:00 a.m. (Registration begins at 9:00 a.m.)

**Where:** Frenchtown High School Parking Lot

**Cost:** Free to U of M students with Griz Card (no T-shirt)

**\$5.00 for non U of M participants (no T-shirt)**

***\$15.00 for all participants with a VERY cool long sleeved T-shirt (pre-registered guaranteed)***

The University of Montana



## HHP Freezer Burn

Half Marathon • 5k Run • Fitness Walk

*This run is being hosted by the Health and Human Performance Department Students*

**“To motivate, encourage and support people of all ages in Missoula and surrounding areas to keep moving despite the fading good weather”**

**Proceeds will go towards student attendance at the Northwest American College of Sports Medicine Meeting, Seattle**



Thanks for your participation and time!!

Clip and send with payment by November 23. Check should be made out to The University of Montana Foundation/HHP or bring with you on race day

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail address \_\_\_\_\_ Phone number \_\_\_\_\_

Age on Dec. 8, 2006 \_\_\_\_\_

Race \_\_\_\_\_ 5 K \_\_\_\_\_ ½ marathon

UM student \_\_\_\_\_ Free without T-shirt

non UM student \_\_\_\_\_ \$5.00 without T-shirt

UM student \_\_\_\_\_ \$15.00 with T-shirt

non UM student \_\_\_\_\_ \$15.00 with T-shirt

T-shirt Size xs s m l xl xxl

Extra donation to student travel \$ \_\_\_\_\_

Waiver:

**“I hereby acknowledge by executing this form that my participation in this running activity exposes me to potential risk of injury arising from my running, such as falls, heart or respiratory problems, or other forms of injury. I nonetheless choose to participate.”**

Signature: \_\_\_\_\_

Signature of parent if under 18 years of age \_\_\_\_\_

Mail to: Carla Cox, PhD, RD. The University of Montana, Department of Health and Human Performance, McGill Hall, Missoula, MT 59812



*Run Wild Missoula*

P.O. BOX 1573  
MISSOULA, MT 59806

High School Runners at the start of the 2007 Mountain West Classic (Photo courtesy of Neil Chaput)

