

Running Wild

The official publication of Run Wild Missoula

January, 2008

“Let us spend one day as deliberately as nature, and not be thrown off the track by every nutshell and mosquito’s wing that falls on the rails.” ~ Henry David Thoreau



1200 Mile Club Member Tammy Mocabee in the first mile of the 2008 Freezer Burn half marathon.



1200 Mile Club member Danelle Gjetmundsen gets ready for the Freezer Burn half marathon

President’s Corner: Meet the New Board of Directors

The new Board of Directors met for the first time on Wednesday, December 5th. They were greeted with a four page agenda that had been accumulating for months. That resulted in a three hour meeting. Then they immediately turned around and scheduled another meeting for two-weeks later because the backlog of issues requiring decisions was hefty. Who are these generous people willing to dedicate their after-work time and energy to guiding Run Wild Missoula?

Courtney Babcock: Chairman of the Board

Most of you know Courtney by now, being as she has been involved with the club for many years. For those of you who don’t, Courtney is a professional runner with Mountain West Track Club, the coach of Tuesday Track (even when there is no track to run on in the winter), race director of the Turkey Day 8K, and our new Program Director. I think she’s not planning on telling her husband, Miles, that she’s taken on this

additional responsibility. She might not want to tell their baby, Ridley, either. Ridley still thinks he’s the only one in the world and doesn’t know his mom does all these other things.

Ben Schmidt: Vice Chairman of the Board

Ben has been with the club since the beginning of time. If you don’t know him, it’s downright criminal and you should make a point of going up to the County Health Dept. and introducing yourself. At the Health Dept. Ben is personally responsible for keeping the air breathable in Missoula. I’m not kidding. He’s also been in just about every position with the running club at one time or another. These days he tries to keep it down to a low roar, so he vacated his officer position as VP to add his experience to the Board, plus he can be counted on to be wearing the pumpkin costume in his position as race director for the Pumpkin Run.

Mark Burke: Treasurer

Mark Burke is well known to Tuesday Track runners and any Team Stampede members. He just got back from running the Las Vegas Marathon, in fact. It is really nice of him to take this position because he's the treasurer for Team Stampede, too. Once you become known as a volunteer, that's it. Everybody calls. The great news is that Mark is a CPA, so we'll probably even be operating in a financially legal manner that allows us to maintain our 501(c)3 status. We care about this. Thank Mark when you see him.

Tim Winger: Secretary

Tim Winger got involved with the running club through the Missoula Marathon. He is the general manager for Southgate Mall, and Southgate Mall is a major sponsor of the MM. Tim and his family moved to Missoula in 2006, and he was enthusiastic about being a part of producing a marathon after having run many of them himself. Slowly but surely Tim has been sucked into the vortex, and now he's on the Board of Directors and even agreed to take the minutes.

Anders Brooker

Stop in to Runner's Edge and tell Anders to thank Marcie for letting him be a Board Member.

Brian Fruit

Brian is Assistant Director of Facilities at U of M's Campus Rec. Pretty much anyone who works at the University knows Brian. He's become a big part of the running community in the last year, participating in lots of races including the Missoula Marathon (where he ran 3:05 and placed 8th overall). His reward for running such a great race is to be on the Run Wild Missoula Board of Directors. I think this is even better than the shoe bags he received.

Stuart Kaplan

Stu Kaplan is the Executive Director for Camp Mak-a-Dream. He was so enthusiastic when he heard about the Missoula Marathon, being as he's a marathon runner and all, that he contacted me and asked if Camp Mak-a-Dream could be a part. So they became the critical element to the most boisterous and enthusiastic aid station – at Southgate Mall of course. You can look forward to seeing them again next year at the same location. Stu's experience with Boards is a great asset to us. Not only that, he allows his employee, Beth Martin, to spend time working with the medal company designing the 2008 Missoula Marathon medal! Thank Beth, too!

Loie Turner

I'm sure Loie Turner would never have dreamed that in one year she'd have gone from complete non-runner to a regular runner and a Run Wild Missoula Board Member! Both Loie and her husband Monte trained for the Missoula Marathon and that's how the whole thing started. Plus we needed lots of signs. (When Loie isn't running or volunteering for us, she's at work at Turner Sign Arts.) No going back, now, for Loie – she's a runner.

Julie Ham

Many of you may not know Julie as well. Those of you who do have probably seen her at Runner's Edge, because she's the sales representative for Saucony. Anders sells lots of Saucony's, so when Julie moved back to Missoula permanently, we decided that she should be on the Board. We will also be utilizing some of Julie's other products for the

Missoula Marathon: Powergel and PowerBar Endurance Drink.

Jean Zosel

Jean is the station manager at KECI TV. When I met her she was Director of Programming/Promotions/Marketing, so congratulate Jean when you see her on her recent promotion. Jean is responsible for KECI becoming such a big supporter of the Missoula Marathon. We can't thank KECI enough for all they did to make the marathon a success. Jean became so enthusiastic when Monte, Loie and Hasalyn started their marathon training, that she decided to run the Missoula Half Marathon. And she did (with long time RWM member Pam Schiemer as her personal coach). Jean has been on the Board for other sports organizations (she coaches hockey AND soccer), and will undoubtedly have lots of good ideas for us.

That's the Board as it exists today. We are lucky to have them. There are two other positions that can be filled, but the By-Laws are written that any number between 6 and 12 is where we need to be, so Run Wild Missoula is set until the Board may decide to add someone.

Board meetings will be monthly, shortly following the monthly officer/committee meetings where all the action takes place. Any decisions that can't be made at that level get bumped up to the Board.

This was a long process, but well worth it. The Board has already made lots of headway on some important decisions that will help us move forward more efficiently and effectively. If anyone has any questions, please don't hesitate to call (626-4055) or email me (jboyer@runwildmissoula.org).

~ Jennifer Boyer

Board Selects Vic Mortimer as New RWM Vice President

With Ben Schmidt vacating this position, we needed someone to step up and offer to run meetings in case of the President's absence. Vic volunteered, and the Board unanimously voted him in. Vic already does a lot (he might say "too much" some days) as Missoula Marathon Registration Director, Newsletter Editor, and, with Bridget Moriarity, co-director of the Pengelly Double Dip. If you get a chance, send him an email at vic@runwildmissoula.org saying "thank you!!!!!!!" (He likes it if you use lots of exclamation points.)

~ Jennifer Boyer

Editor's Note: I have been on an apparently futile campaign to reduce the use of exclamation points in RWM publications. I do, of course welcome emails and letters, with or without exclamation points, for publication in Running Wild or just to complain about anything and everything. I forward all complaints and extra exclamation points to Jennifer Boyer. ~ Vic Mortimer

Montana School of Massage Sponsors RWM

Joe Beatty has been a competitive runner for more than 30 years and, for the last eight years, the owner of the Montana School of Massage on 131 East Main Street in Missoula. Thanks to Joe's generosity, we can now store RWM equipment in his basement and meet there for yoga classes, Tuesday Track (a

warm place to dress in cold weather), and for other club activities that require an indoor space.

Joe and his staff run a professional school with a comprehensive 650-hour massage therapy program for students and, for the general public, a range of massage services that includes Swedish, relaxation, deep tissue, pregnancy, chair, and sports injury and prevention. For relieving stress, reducing blood pressure, promoting faster healing of muscle strains, increasing blood circulation, easing the symptoms of arthritis, and increasing endorphins (the body's natural pain killers), massage is remarkably effective.

The rates are reasonable, gift certificates are available, and we can all look forward to a warm and welcoming space. Next time you stop by the Montana School of Massage to work out the kinks, be sure to say "thanks!" to Joe and his staff.

~ Vic Mortimer

Four More Join the 1200 Mile Club – Are You Ready to Try for 2008?

Well before the end of December, **Danelle Gjetmundsen, Tammy Mocabee, Donn Livoni, and Ben Schmidt** topped the 1200-mile mark for 2008. I was able to take pictures of Danelle and Tammy at the Freezer Burn; unfortunately, I missed my chance to get some photos of Donn (whom I have met only through email) and Ben (who suggested I use a bear. Alas, I am fresh out of bear photos).

Tammy and Danelle began running just a little over a year ago and completed the Missoula Marathon last July, which makes their achievement particularly impressive. Ben has, of course, been running for years; in 2008, he strained a hamstring early in the Missoula Half Marathon and finished anyway. Donn spent much of the fall helping a friend train for the Boston Marathon.

This Fab Four join Nichole Snow, Jim Ryan, Jr., Sharon Sterbis, and Jennifer Boyer as charter members of the 1200 Mile Club. Want to join them? Start keeping track of your miles and send them to me each month so that I can post your progress (by initials) on the RWM web site. I've seen the vests, and they're pretty snazzy; I think I just might have to try for one of my own in 2008.

~ Vic Mortimer

Courtney Babcock Named RWM Program Director

Now that we have more classes taking place, it seemed clear that we need someone to oversee trainings, clinics, seminars, and any program we have that involves guiding a runner with our knowledge and expertise. With Courtney in place for this position, anyone wishing to create such a program through the running club first needs to have it approved by her. This helps us confirm that the program is appropriate for the targeted audience, insurance has been properly handled, and that we feel comfortable having it as a Run Wild Missoula program.

For example, if someone wished to put on a Beginning Runner Training Class, Courtney might notice if the first day's mileage was "10 easy miles" and bring the problem to the attention of the people organizing the class.

This position will insure that Run Wild Missoula maintains a good reputation for putting on programs that are

well thought-out, affordable, and targeted to the correct group. Thank Courtney for taking on this additional job!

~ Jennifer Boyer

Passed Time to Renew That RWM Membership

Membership renewals have been trickling in, but some of us (including the newsletter editor) have not yet sent in the 2008 membership for. Those who have a five-year membership or signed up for the Screamin' Deal membership last fall are already covered.

Membership forms are available at The Runner's Edge and online at the RWM web site (and in last month's newsletter). Benefits include member discounts at club races, free training programs, a 10% discount at The Runner's Edge, the newsletter, a cool running gift (this year's was a shoe bag), and, of course, the joy of knowing that you help to support a healthy activity for you and others.

ACTIVE Registrations

In an effort to bring us into the here and now, there has been a concerted effort to place registration onto ACTIVE so people can register on-line. We plan to place everything for which someone must register on-line, even if it's a non-running event (Snow Joke and Bloomsday Buses, for example), or simply annual membership registration for the running club. We will always place the ACTIVE charge into the hands of the registrant, meaning that this service costs the club nothing, so be aware they will always be tacking on about \$3 to your registration fee. For many of you the \$3 might be more than worth it compared to the effort of downloading, printing, writing, including a check and mailing.

We hope you find this additional way of registering helpful. If you go onto the website, you'll find you can register for many events, either with a downloadable registration form or on ACTIVE, that are still months away.

Run Wild Missoula Gives Back to Montana Cup

The Montana Cup (www.montanacup.com) was hosted by Run Wild Missoula in October, and it was a great and successful event. As host, Run Wild Missoula even made some money, although to be clear, this is not an event with profit as its primary goal. This event is intended to be competitiveness in its purest form, and money is seen as a necessity to putting on the race each year. Some hard core members of the committee even forego sponsors of any kind when it's their turn to host.

In appreciation of the organization that keeps the Montana Cup going year after year, one of the first decisions by the new Run Wild Missoula Board was to donate half the proceeds, \$540.00, back to the Montana Cup. They can use the money to help purchase equipment or whatever else is needed.

This is our way of showing Ray Hunt and all the other Montana Cup committee members our appreciation for maintaining this fine Montana tradition.

Missoula Marathon Good Food Store Seminars Start January 28th

The first Missoula Marathon seminar at the Good Food Store is scheduled for Monday, January 28th at 7 pm. The Good Food Store will once again be hosting these monthly seminars, PLUS providing the fabulous food for marathon runners. The subject of the first seminar: "How to Start from Zero and Still Run the Missoula Marathon or Half Marathon". If you ever see Layne Rolston while you're shopping, be sure to thank him for the Good Food Store's great support of the Missoula Marathon.

Missoula Marathon Sponsors Ready for another Year

Let's start right now thanking the Missoula Marathon Sponsors who are ready for Sunday, July 13, 2008. It's true that I have a lot of people with whom I still need to meet and finalize details, but the response for participating another year has been excitingly positive. This has a lot to do with all of you who helped to make the marathon great, whether you ran the Full or Half, had your family participate in the Kids Marathon, volunteered, sponsored the event or participated in some other way.

Sponsors with whom I have met and we can look forward to seeing again in 2008 include:

Cherry Creek Radio, KECI, The Good Food Store, Alpine Physical Therapy, Southgate Mall, Runner's Edge, Dana Gallery, Missoula Downtown Association, Coca Cola, Garlington Lohn Robinson, and Camp Mak-A-Dream.

Again, I still need to meet with many of last year's sponsors, and I look forward to adding their names to this year's list.

We are always looking for new sponsors. If you know of a group that would like to be part of the Missoula Marathon 2008, be sure to contact me at boyer@runwildmissoula.org.

~ Jennifer Boyer

Race Results

If you ran a race and your name is not listed in the results, please email Sue Falsey (sue@runwildmissoula.org) so we can make sure your name will match our RunWild database in upcoming races. We match on last and first name, and a nickname in one place or another – not to mention misspellings in the results we receive – can confuse us even more than we usually are. Thanks!

Freezer Burn 5K and Half Marathon, Saturday, December 8, 2007

5K Women

1 Bayley	Johnson	0:21:17
36 Hillary	Ogg	0:27:51
41 Lisa	Walser	0:29:03
47 Jeri	Delys	0:31:24
61 Kelly	Noe	0:33:08
66 Melissa	Odom	0:34:22
70 Yvette	Heintz	0:36:34
70 Meg	Wik	0:36:34
72 Suzanne	Schweitzer	0:36:58

5K Men

7 Michael	Yager	0:19:32
11 Adam	Peterman	0:20:44
21 Larry	Peterman	0:22:22

32 Jim	Mclean	0:24:51
33 John	Croft	0:24:53
46 Ben	Schmidt	0:29:25
54 Jarrett	Heintz	0:39:19

Half Marathon Women

3 Jennifer	Boyer	1:33:39
12 Bridget	Moriarty	1:45:51
30 Marilyn	Marler	1:57:04
33 Tammy	Mocabee	1:58:34
50 Christine	Everett	2:10:11
53 Danelle	Gjetmundsen	2:12:57

Half Marathon Men

7 John	Cuddy	1:25:10
10 Tory	Kendrick	1:26:07
12 Joel	Carlson	1:27:21
16 Brian	Fruit	1:27:57
17 Adam	Beston	1:29:56
23 Tim	Brooker	1:33:00
33 Tom	Halverson	1:39:14
34 Jim	Ryan, Jr	1:39:34
36 Donn	Livoni	1:41:13
46 Christopher	Everett	1:45:40
65 Vic	Mortimer	2:12:58

RACE CALENDAR

(As always, many thanks to Webmaster Steve Franklin for maintaining the Run Wild Missoula web site, which means responding cheerfully – mostly – to a never-ending stream of requests to put stuff up and, eventually take it down. You can check all the upcoming races at www.runmt.com.)

January 2008

January 1, 2008, Tuesday

New Year's Day Run/Walk 5K and 2K, Thompson Falls, 11:00 AM Start, \$12 entry fee includes long sleeved shirt, \$15 race day entry fee. Proceeds benefit Clark Fork Valley Running Club, For info and race entries contact Sarah Naegeli, 827-4887 or tfl4887@blackfoot.net

January 5, 2008, Saturday

Franklin's Fat Ass Fifty • Bozeman, sponsored by the Big Sky Wind Drinkers 9:00 am Headwaters Park, run as few or as many 5K loops, as you like. See BSWD website:

www.winddrinkers.org

January 12, 2008, Saturday

HURL Fat Ass 50 km • Helena, 9 AM, Start/finish at 815 11th Ave, Helena, . One 31 mile loop with 2,400 feet of ascent on frozen/snow-packed/icy paved or dirt roads. Relay options available include the two person Half-Ass Relay and the multi-person Skinny Ass Relay. Fat Ass rules apply: No fee, no aid or support, no awards, no wimps, no weenies, no whiners. Run at you own risk. Post race pot luck dinner. For more information, email mpmiller93@yahoo.com or phone 459-6296.

January 19th & 20th, 2008

The Montana Senior Olympic Winter Games • Bozeman, for those who are 45 years or older will be held at Bohart Cross Country Ski Area near Bozeman. Medals awarded in 5 year age groups. January 19: 5&10K Classic at 10:00am & 5&10K Freestyle at 2:00pm. On January 20 Gallatin Gallop (Snow Shoe Races) 5 or 10K at 11:00am Contact: Kay Newman at kayjn@imt.net or 406-586-5543

February 2008

February 9, 2008, Saturday

Scrumpy Jack Scramble • Missoula, Sponsored by [Run Wild Missoula](#), Race Directors: *Em & Tory Kendrick* akendrick99@msn.com

February 23, 2008 Sat.

Snow Joke Half-Marathon, Seeley Lake, 11:00 a.m. 13.1 mile lap around Seeley Lake on plowed roads. Icy patches likely. Registration Race Day Only, 8:45 to 10:30 a.m. Fee \$10.00 (\$5.00 if under age 20). T-Shirts extra, first come first serve, or reserve per web site. For more info: www.cheetahherders.com

On the Run

An English writer named G.K. Chesterton once noted that anything worth doing is worth doing badly. When I think of my sketches of mountains, trees, and birds, I see what he may have meant – my drawings are terrible, but I take great pleasure in the process of making them and no one sees them except me.

I can't say the same about racing. I don't mean to imply that you have to be fast to run a good race, nor that I have a huge amount of ego invested. Unlike a male ultra-runner I read about in a recent issue of *Trail Runner*, I have never worried about being "chicked" (i.e. beaten by a woman). I have been chicked, and kidded, and often grandpa'd and grandma'd in just about every race I've entered since my first one back in 1991.

For me, a bad race means bonking in the late miles, or suffering leg cramps in a half marathon or marathon, or simply not putting in the necessary work that would allow me to turn in the modest times I sometimes like to think I'm capable of. In the last few years, I just haven't raced well, even by my low standards. For awhile it seemed easier to avoid the disappointment and to simply enjoy running for the sake of running, far from any race.

The thing is, I *like* going to races and hanging out with running friends and getting a race t-shirt – even if, unlike Kelsi Camp, I've never won a decent drawing at a race, except for a Burt's Bees sampler that my non-running wife has thoroughly enjoyed.

In short, I needed to find a way to participate in races without actually. The answer is deceptively simple: just say "No." Follow the philosophy of John "The Penguin" Bingham, who has made a name for himself by promoting running for pleasure and fitness rather than the thrills of racing.

Sound advice, but not as easy as it sounds for anyone who has raced, who has done his share of speed work and has run just enough good races that the very idea of entering a race without the intention of running as hard as possible is an alien concept. To be *in* a race but not *of* a race requires commitment, determination, even a training program and philosophy. I've call it "not-racing."

Perhaps the most important requirement for the not-racer is to be slow. It may be possible for fast runners to not-race, but they are seriously handicapped by their speed. Sure, they might occasionally run a race slower than they are capable of, but in such cases they are usually training for another race or pacing a friend in a half marathon or marathon. Jennifer Boyer

has told me that she believes runners at the back of a half marathon or marathon are having more fun than anyone.

But she's only guessing. Jennifer routinely runs at just below her vomit threshold and either wins or places near the top in her local age group. Besides, many people at the back are, in fact, racing; they're either running as fast as they can, or suffering late race leg cramps, or otherwise suffering enough to qualify as racing. I know; I've been there.

As I have suggested, being slow is not enough; the not-racer has to *want* to not race when all, or nearly all about him or her, are racing, or doing intervals on the track, or doing hill repeats, or tempo runs or fartlek (a Swedish word that means "speed play" but sounds, to English speakers, like a word made up by teenaged boys to describe some disgusting activity that you just know only teenaged boys could find amusing).

Aside from wanting to run against the tide of racing urges (or well behind hit, as the case may be), not-racing requires a not-training program. This does not, of course, mean not running. There is no substitute for long, slow runs for building the necessary endurance for making it to the end of a half marathon or marathon. Not-training supplements long, slow distance with a healthy dose of short, slow distance. That's right: no speed work. At all. Not-racers run for fun, so fartlek, in mild doses, is permitted.

"Not-racing" has the advantage of implying that I am *choosing* not to race on a given day (and maybe not for many days to come), but *could* race if I really wanted to. In fact, I may race again, perhaps very soon, but I am taking things easy now, and besides, the newsletter needs photos and I bear a certain editorial responsibility to get those photos. Cynical readers may call this rationalizing. My wife, with whom, over the years, I have found it prudent to agree, has been urging this course of action for years. (Of course, she does not run and often wonders why, after returning from a long run, I didn't just take the car.)

Call it what you will; "not-racing" works for me. True, at the Freezer Burn I felt so good at the beginning that I nearly gave into the temptation to race, to drop my walking breaks in the last few miles and, well, race. But I simply followed Jeff Galloway's advice for long runs: when in doubt, slow down. It's a philosophy I can live with for awhile, on runs short and long, from now until at least the first warm day of spring. Until then, I will continue to not-race. Look for me at Snow Joke: I'll be the slow guy with the camera.

~ Vic Mortimer

RWM Club Officers

President:

Jennifer Boyer – jboyer@runwildmissoula.org

Vice President & Newsletter Editor:

Vic Mortimer – vic@runwildmissoula.org

Treasurer:

Nancy Shrader – nancy@runwildmissoula.org

Secretary:

Bridget Moriarty – bridget@runwildmissoula.org

Membership & Race Results:

Sue Falsely – sue@runwildmissoula.org

Race Calendar & Webmaster

Steve Franklin – steve@runwildmissoula.org

Scrumpy Jack Scramble



A Valentines Day Tradition!

2 Person by 2 Mile Relay Race

Race Info:

- Date: Saturday, February 9, 2008
- Registration 9:00 Start time: 10:00am
- Registration and Race Location: Currents Water Park Meeting Room, McCormick Park
- Course: Flat 2 mile loop thru McCormick Park
- Don't have a partner? Teams will be formed day of!
- Runners get **FREE Big Dipper Ice Cream!**

Entry Fees:

- \$16/team (\$8/person) before February 2nd. Late/day-of registration is \$20/team (\$10/person)
- Make checks payable to:
Aimée Kendrick c/o Scrumpy Jack Scramble
- Prizes to top three in each category
& **Costume Category!**

RACE TO BENEFIT:

Hellgate High X-Country

Sponsors:



PARTICIPANTS AND/OR THEIR GUARDIANS MUST SIGN THE ENTRY FORM

Runner #1:
NAME _____
ADDRESS _____
CITY _____ ZIP _____

Runner #2:
NAME _____
ADDRESS _____
CITY _____ ZIP _____

Category (circle one): **Male/Female** **Female/Female** **Male/Male**
RELEASE

In Consideration of acceptance of my entry, I do hereby, for myself and my heirs, waive, release and forever discharge any and all sponsors, and race directors of the Scrumpy Jack Scramble and the city of Missoula from any and all liability arising from illness, injury or damages I may suffer as a result of my participation in this event.

Signature _____ Date _____ Signature _____ Date: _____

Signature of guardian if participant under 18 _____ Date: _____

Mail Entry to:

Scrumpy Jack Scramble c/o Em & Tory Kendrick 431 East Pine Street Missoula, MT 59802
Questions? Call Em & Tory at (406)829-1313 or email us at akendrick99@msn.com



RIDE THE SNOW JOKE BUS with US!

It might be snowing – it might be windy – it might be rainy – so why drive yourself when you can take the bus with all the other Snow Jokers! Besides, you can sleep on the way home and the bus driver will keep the bus warm.

Bus Departs from Parking Garage on Front: 7:45 am, Saturday, February 23rd.

Bus Arrives Seeley Lake: 9:00 am

Race Day Only registration starts at 8:45 and ends at 10:30. Race Starts at 11 am.

Bus Departs Seeley Lake: 2:30 pm (Head Count will be taken)

Bus Arrives Missoula: 3:45 at Parking Garage on Front St.

What do you get out of it?

- *You don't have to drive*
- *Travel with other runners*
- *Snack going up and coming back*
- *Beverage up and back*
- *Snow Joke Memorabilia of some kind*
- *Fun*

How much does all this joy cost? Only \$20 for RWM members, \$25 for non-members.

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806 www.runwildmissoula.org Snow Joke Bus 07

Name (Please Print): _____ Age: _____ Male/Female

Address (Street or PO Box, City, State, Zip): _____

Phone: _____ Email: _____

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for participation, I, for myself and anyone entitled to act on my behalf, waive and release Run Wild Missoula and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Please note: If this is a family membership, all adults 18+ must sign.

Parent/Guardian Signature if under 18 _____ Print _____



Run Wild Missoula

P.O. BOX 1573

MISSOULA, MT 59806

www.runwildmissoula.org

**Cherry
& Creek
Radio** 



Christine Everett smiles for the camera at the 2008 Freezer Burn