

Running Wild

The official publication of Run Wild Missoula

February, 2008

“Life is short. Running makes it seem longer.” ~ Baron Hansen
(Thanks to Nichole Snow for sending this quote our way.)



This Is the Last Issue of *Running Wild*

The last issue, that is, for those who have not renewed their Run Wild Missoula membership for 2008. I know how it is: that membership form is sitting on a desk under a pile of books, or on the floor in the backseat of the car, or in the January issue of *Running Wild*, the one with the registration form that you meant to send in *that day* or at least that week and here it is February and you still haven't mailed the form.

As I write this, I still haven't sent in my renewal, so I know how it goes. But Sue Falsey is keeping track, and she will let me know who has not renewed by February 29th and won't receive the newsletter anymore and so won't get to essays like Bridget Moriarity's account of the Thompson Falls New Year's Day 5K or Jennifer Boyer's musings on running and eating, both in this issue. Or see your name in race results (when we don't miss a name or two). Or be eligible for a 10% discount at The Runner's Edge.

You can see where I'm going with this. Please join me in renewing your RWM membership by February 29th.

~ Vic Mortimer

President's Corner

Have you ever run experiments in bad judgment in regards to what you eat before running? I have. In fact, I do. I do it all the time. One would think the learning curve on this would be a little steeper, but it's hard when something looks good, smells good, other people are eating it and you're hungry.

One day before a faster-than-usual run, I ate a great big muffin. You know the kind of muffin I'm talking about; the kind of muffin that's actually cake if it only had a little frosting on top. Great big muffins that are really cake with extra fat don't digest too rapidly, so it was still sitting there by the time the run rolled around. Burped my way through that one.

I've learned a big bowl of Grape Nuts doesn't work too well, either, or any other dense, fibrous cereal, all of which I like so I tested each and every one individually.

Hot dogs are another poor choice with which I've experimented. Grilled cheese sandwiches are also terrible, especially if you like them as I do, which is with lots of butter. These are not "melted cheese" sandwiches or "toasted cheese" sandwiches. No, these are "GRILLED on the grill with extra butter" sandwiches.

I hear stories so I'm not the only one. I had a friend who was essentially a non-runner and who, on a lark, decided to run a 10K. Immediately prior to that, she ate a piece of cheesecake. Go figure, but she had a great time.

The following year she ran the same 10K, only this time she'd trained. She chose to follow tradition and eat the cheesecake prior to the race. Bad idea. Cheesecake is *definitely* a bad thing to eat before a race, especially when you're really racing.

My current favorite comes from Tuesday Track. One of the other runners ate popcorn before Tuesday Track. My eyes got big when she told me. Even I wouldn't eat popcorn before Tuesday Track. That still cracks me up.

Maybe the real reason runners tend to be on the thin side is because of all the things we're avoiding prior to running. It's not necessarily that runners refuse to consume those deliciously bad-for-you foods, like donuts, it's just that there is at least a small window in the day where it's a bad, bad idea. On the days I manage to listen to my head instead of my stomach, I could cut it down from, say, eight hours of donut eating to maybe only four hours of donut eating. I'm pretty sure *Runner's World* is about to come out with an article on this very subject: "Eat it All, Just Don't Eat it Before Running", by Liz Applegate.

Have a great February and don't forget to run Scrumpy Jack Scramble on February 9th, and to ride the Run Wild Missoula bus to the official end of winter, Snow Joke, on February 23rd.

~ Jennifer Boyer

Successor to the Blue Mountain All-Womens' Run Slated for October

The Blue Mountain Clinic hosted the 24th and final Blue Mountain Women's run last October. Run Wild Missoula will carry on the tradition with the **Missoula All Women's Run, October 4th, 2008**. Our aim is to keep the race moving and growing for all of us. We will finish the transition soon so expect to hear and see some announcements around town.

This 5K run/walk for women and girls of all ages will, in the tradition of women-only runs, celebrate the past, present, and future with friends, daughters, mothers, grandmothers, aunts, and nieces. We are not designating the event as a fundraiser, but there will be an opportunity to donate and raise funds for specific groups and causes. Women-only races have a long and powerful history of bringing out regular runners *and* a larger community of women who can feel energized by the support and enthusiasm of the whole group. For more information, contact race directors Sue Falsey (sue@runwildmissoula.org) and Loie Turner (Loie@runwildmissoula.org).

Run Wild Missoula Equipment

We finally have all our equipment in one location and have taken inventory. We have lots of supplies for putting on races. We would like to remind you that it is possible to rent the club equipment if you have an organization that is putting on its own run. For just \$25 you can rent just about anything you might need, including signage, flagging, garbage cans, banners, etc.

Which reminds me, now that we've finally gotten it organized, we could use an Equipment Manager. This involves knowing what's in, what's out, who has it, and when it's coming back.

If you're interested in either renting equipment or in helping out the club by volunteering as Equipment Manager, please contact Jennifer Boyer at jboyer@runwildmissoula.org.

1200 Mile Club 2008

After some committee discussion we have decided to stick with vests for 1200 Mile Club 2008 members. We will once again be embroidering "Run Wild Missoula, 1200 Mile Club" with 2008 on the vest. The vest will be a different make, model, and color than last year, however, so don't worry about having a closet full of the same thing. Now you know what you're running towards.

We have also decided to add an Over Achievers category. I thought we should include this because some people are actually embarrassed by the fact they run so darn many miles. So now we have a category that fits. Anyone running over 2,000 miles in 2008 qualifies. Keep track of your miles through 12/31/08 and if you run 2,000+ miles, your actual miles logged for 2008 will be put on something. I don't know on what, yet, but on something. Yes, you'll still get your 1200 Mile Club vest when you hit 1200 miles, but in January of 2009 you'll be recognized for this additional category.

The rules for the 1200 Mile Club are the same as last year: You must send your mileage in to Vic every month. You do not get to send in all your miles on 12/31/08 and expect a vest. The cut-off will be June 30th. If you haven't submitted any mileage to Vic by then, you're out of luck for this year. You have the option of asking Vic to not list your initials on the 1200 Mile Club chart if you just can't stand the publicity.

If you have any questions, let Jennifer Boyer know at jboyer@runwildmissoula.org.

More Missoula Marathon Sponsors Sign On for 2008

Put your hands together for the following businesses who are ready to support the Missoula Marathon in 2008: **Gold's Gym, Missoula Bone and Joint, Family of Banks** (Clark Fork Valley Bank Branch is the staging area for the marathon starting line), **Break Espresso, DoubleTree, PowerBar and Saucony** are all back for another year.

These businesses put their faith in us our first year, so let's do everything we can to support them in return.

Thank you!

What's New with the Missoula Marathon in 2008?

New Finish Line

The City of Missoula has approved a new finish line where runners will cross Higgins Bridge and finish at Higgins and Front. Runners will then be turned left onto Front St., where they will enjoy all their post-race food and drink, then head to Caras Pavilion for the post-race party and awards. Better yet, Higgins Bridge will be closed on both sides, so spectators will be able to line the bridge. We are very excited about this new finish, so please thank Doug Harby and Phil Smith if you see them, for helping us make this happen.

Chip Timing Company Hired: Accu-Split Timing Company

We are thrilled to have hired this company out of Iowa. We will have starting line mats for both the full and half marathons, a halfway split for the full marathon, an announcer mat and finish line mat. Our many conversations to date lead me to believe that Accu-Split will do a great job for our Missoula Marathon.

More Tree Streets

More shade! More aid stations and spectators! That's the goal, so after the Super Aid Station at Southgate Mall, we'll use the Parks & Rec path only as far as Knowles. At that point, we'll guide you through the tree lined residential streets where we'll encourage spectators to have their sprinklers out, and have more opportunity to put up aid stations. The course map will be completed soon, so you'll be able to check it out on-line.

Runner's Lounge

We've created a space in the Bitterroot Room of the Florence Building for participants who want the full pamper after they run the Missoula Marathon or Half Marathon. Runners opting for this will receive a full body massage from Alpine Physical Therapy that addresses specific aches and pains, improves lymphatic uptake, and revitalizes muscles and soft tissues by way of a full body massage; real bathrooms; a changing area; furniture to lie on; music; good food and drink; shade; an elevator; a concierge; and an escort to the Bitterroot Room from the finish line just in case one can't find their way there on their own at that point.

Hellgate Village 5K

Carol Brooker (Tim Brooker's wife, Anders Brooker's mom) has taken on the job of race director for the Hellgate Village 5K. What would our running community do without the Brookers? This family fun run takes place on Saturday, July 12, the day prior to the Missoula Marathon. Watch for details, but it's a fun run for anyone.

Relay

We'll have four person teams: men, women or co-ed (2 men, 2 women). Each leg will be approximately 10K distance. Runners will pass the team chip provided by the timing company. \$180 a team. Get your team ready now!

Walking Training Program

Bill Samsoc and his wife have agreed to coordinate a Missoula Half Marathon Walking Training Program, so thank them if you see them. Watch the website for details, but this should start late March or early April. Remember, walkers are encouraged on the Missoula Half Marathon, but not the full marathon. With chip timing this year, we will have to be more stringent on the six-hour cut-off. Six hours is plenty of time to comfortably walk the half, but not the full.

These are some of the projects we've been working on for 2008. We're excited about all the additions and hope it encourages even more participation in the Missoula Marathon and Half Marathon.

Missoula Kids Marathon Seeks Volunteers

The Missoula Kids Marathon is a log system where kids (or adults) fill out a log over a period of weeks. Participants can start logging miles as of April 1st, and have until July 12th to complete 25 miles. On July 13th they complete the final 1.2 miles necessary to have finished an entire marathon.

To encourage more participation among the kids, the Missoula Kids Marathon Committee is seeking volunteers to coordinate Missoula Kids Marathon Run/Walk Clubs. These individuals would arrange to show up at an assigned school twice a week and work with the kids to complete one mile each time.

Teachers have their own obligations at lunch time and it is difficult for them to commit to this additional responsibility. That is why, this year, the Missoula Kids Marathon Committee is asking adults who might be free twice a week to help out. If you are interested, please contact Missoula Kids Marathon Race Director, Sidney Hahn, at sidneyhahn@mac.com.

RWM Joins the Missoula Downtown Association

At the last Run Wild Missoula Board Meeting, the Board voted that RWM should become a member of the Missoula Downtown Association. We have been thrilled to work hand-in-hand with the MDA on the Missoula Marathon and the Roots Run, and look forward to many more successes with our combined efforts.

Missoula Marathon Good Food Store Seminar

"How to Prevent Injury While Training for the Missoula Marathon" will be the topic when Brent Dodge and Sam Schoeneman of Alpine Physical Therapy give a free talk at 7 p.m. on Monday, February 11, at the Good Food Store.

Training for the Missoula Half or Full Marathon requires dedication and strong self-motivation to reach the finish line. So there is nothing more frustrating than being sidelined by an injury just when everything seems to be going well. Come to this seminar to learn prevention techniques, common training injuries, what to watch for, when you need to get assistance, when to work through the discomfort, and what you can do on your own to stay injury-free.

Space is limited, and we frequently run out of room for this seminar series; get there early.

Missoula Marathon and Half Marathon Training Program 2008

Get ready for the Missoula Marathon or Half Marathon with Run Wild Missoula's training program for anyone. You don't have to be a semi-professional athlete, former track star, 5% body fat, or logging 30 miles a week to participate. You just have to want to complete the half or full Missoula Marathon on Sunday, July 13, 2008.

The course starts with distances as low as 2 miles, but **how fast you run absolutely does not matter.**

For beginners, there is a run/walk option. Beginners who have not run a step as of the first day of class will be encouraged to set the Missoula Half Marathon as their goal. (Yes, you can do this. You have six hours to complete the Half Marathon course and you have 4 ½ months to train.)

The program begins conservatively but the miles start adding up quickly, even for more advanced runners. By the end of this course you will be ready for race day.

In addition to coaching by Anders Brooker (cross country coach at Hellgate High School, home of the 2007 boy's state champions), the comprehensive training program includes twice-weekly group runs, weekly speakers, a nutrition plan, a "Missoula Marathon In Training" shirt, and a great group of people to run with.

The program begins **March 8th**. You can download registration forms or register online at the RWM web site, or register at The Runner's Edge.

Anders Brooker Offers Marathon Advice at GFS Seminar

You can run a marathon.

That was the message local running guru Anders Brooker conveyed to a packed classroom at the Good Food Store on the night of Jan. 28.

The No. 1 question Anders hears as owner of the Runner's Edge in Missoula is "Can I do a full or half marathon?"

"Not knowing where you're at individually, I can say yes," he said. "Yes, you can do it even if you're not running now. But you need to get started now."

Dozens of inquisitive marathon-hopefuls turned out to hear Anders' advice at the first of several monthly seminars sponsored by Run Wild Missoula and the Good Food Store. His talk, "How to Start from Zero and Still Run the Missoula Marathon or Half Marathon," drew more people than the classroom could hold, so a repeat performance is scheduled for 7 p.m. Wednesday, Feb. 6. The seminars are free, but seats go quickly so arrive early.

According to Anders, the first step toward reaching the finish line is making the commitment now to train for and run the Missoula Marathon or Half Marathon on Sunday, July 13. Once you've made that decision, it's time to start working toward that goal.

At the beginning of February, the Missoula Marathon is five and a half months or 22 weeks away. Most marathon training plans last between 18-24 weeks. Anders personally recommends training plans of 16-18 weeks. That gives runners enough time to slowly and steadily build their mileage and peak around the time of the race without overtraining.

"If you start too early, you can burn out," he said.

That leaves roughly a month or so before most runners and walkers will officially begin training for the Missoula Marathon. But that doesn't mean it's all couch time and potato chips until then. Right now is the time to "get fitness in your legs and start getting active," Anders said.

If you aren't running at all right now, Anders advises beginning with a walk-run routine that consists of one minute of running following by 2 minutes of walking. Gradually extend the time spent running as you shorten the time spent walking. By the time marathon training begins in March, Anders suggests you should be able to walk or run 3-4 miles once a week and run shorter distances during the rest of the week.

But that doesn't mean you have to run every day.

"For most beginners, I don't recommend running every day," he said. "You can run a marathon by running three to four days a week."

And while you are getting active over the next few weeks, take the time to research training plans to guide you through the 16-18 week process.

"You need to have a plan and you need to start researching that plan now," Anders said. "Find one that fits your schedule and your goals."

The Run Wild Missoula training groups provide runners and walkers with training plans, and literally hundreds of other plans can be found on Web sites and in books. Anders recommends

www.jeffgalloway.com and the book "Marathon" by Jeff Galloway as good place to research training plans. The Run Wild Missoula Web site, www.missoulamarathon.org, also offers links to several different training plans.

Anders outlined a sample plan that would require running four days a week.

The most important part of any training plan is the long run, he said. The distance of the long run will increase about one mile per week over the course of your training plan. Eventually, the long run should reach at least 18 miles. That's the minimum distance Anders recommends each person complete before the marathon. If you can run or walk 3-4 miles at once when you begin marathon training, you will have the time to build up to 18 miles.

A sample training plan also includes one medium-long run that is between one-half and three-quarters the distance of your long run. Two other days will consist of what Anders calls "recovery runs," or easy runs where you are relaxed, talking and taking your time.

The remainder of the week might include "active rest" days when you do not run but could participate in other activities like cycling, yoga or swimming that elevate your heart rate while working different muscles. And every training plan should include one day a week of complete rest.

Anders does not recommend speed work, tempo runs or track workouts for beginning marathoners. The first goal should be to finish the race, he said. Once you cross the finish line for the first time, you can consider adding speed work to your training plan.

Anders also advised beginners to set their sights on finishing, rather than picking a time goal.

"Don't have a time in mind," he said. "The last thing you want to do is set yourself up for failure."

As marathon training progresses, you will be able to identify your own personal pace. Most runners gauge their pace in minutes per mile. For example, it might take you 12 minutes to run a mile.

Anders also urged the audience to invest in a quality pair of running shoes that fit properly.

"The neat thing about running is that it's fairly cheap," he said. "That's the one investment you have to make."

Anders encourages anyone with questions about running or marathon training to stop by the Runner's Edge at 325 N. Higgins Ave., where there is never an obligation to make a purchase.

"Come by the store," he said. "We love to talk running."

~ Jen Sauer

(Many of you will remember that Jen Sauer handled race results for RWM until leaving town for several months. She's back, and sent in this seminar report right at the publication deadline. It's great to have you back, Jen.)

Missoula Marathon Course Nutrition

The Missoula Marathon is proud to announce that we will be using two PowerBar products to aid athletes to the finish line. PowerBar Endurance Drink will be available at every aid station (along with Culligan Water). Aid Stations are located approximately every two miles. PowerBar Gel will be available at two locations: the Southgate Mall Super Aid Station and one other location earlier on the course, still to be determined.

PowerBar Endurance Drink in Lemon-Lime contains an optimized ratio of two different carbohydrates that gives your body 20-55% more sustained energy when you need it most. Each 8 ounce serving delivers 190 mg of sodium to replace this key electrolyte lost in sweat.

PowerBar Gel in Vanilla (non-caffeinated) and Strawberry-Banana (caffeinated) are carb blends that deliver more energy to working muscles. They provide 27 g of carbohydrates that are rapidly absorbed and hit the bloodstream fast. This is the first carbohydrate gel to provide the carbohydrates and electrolytes of a high-end sports drink.

In the Missoula area, PowerBar products are available at The Runner's Edge, (325 N. Higgins, downtown Missoula) and Bob Wards (Southgate Mall and Hamilton).

Log on to www.powerbar.com to find retailers outside the Missoula area or to get more information. The Missoula Marathon believes these are superior products and we are proud to be serving them to our athletes.

PowerBar representative and Run Wild Missoula Board member Julie Ham has helped the Missoula Marathon in many ways. Last year she worked very much behind the scenes and did not receive the public recognition she deserved. She will be out front a bit more this year, so be sure to thank her if you get a chance.

Vic's Birthday Run

For several months there has been contemplation of Run Wild Missoula Birthday Runs. These would be along the lines of what other businesses provide for birthday celebration packages: We provide the activity and all the elements that go along with it. The lucky party people decide how long a run they want and a general location, then pay the club for their good time and the fact that we organize and clean up.

We decided it would be smart to test this idea on Vic. After all, his birthday was in January. So we got together a group of runners who believe January is a perfectly reasonable time of year to go running. This included Bridget Moriarty, Sue Falsey, Tammy Mocabee, myself, Ben Schmidt (who was technically a walker on this expedition) and naturally, Vic.

First of all, Vic got his own shirt: VIC'S BIRTHDAY RUN, JANUARY 25, 2008. On the back there is the Run Wild Missoula logo. Just in case the red shirt wasn't bright enough on its own.

All birthday runners got lei's so that anyone watching would see, beyond a doubt, that we were running as a group on purpose and that we were without question celebrating something, which might lead people to then read Vic's bright red shirt.

The day of Vic's Birthday Run (which actually had to be the 24th because Vic was *busy* on his real birthday) was clear, cold and beautiful. We kept it to 4 miles since this was lunch hour for a number of our participants and this wasn't a birthday race, but a birthday run, complete with enough oxygen for conversation.

We ran out the Kim Williams and back to Vic's office, where we staged Vic's breaking the tape and got the photo to prove it. Then we went and ate cake. It shall be reported here that Vic's wife, Toni, specifically said that Vic likes "chocolate cake with gobs of frosting." I found out from Vic that it's actually Toni who likes gobs of frosting, so I think he took her a piece. We stayed long enough to totally disrupt Vic's office, at which point we announced Vic's birthday run a success.

I can't tell you today whether we will be providing birthday runs to the general population, the committee still needs to decide that, but this one was great!

~ Jennifer Boyer

(Editor's Note: The running company was stellar, the cake was delicious, and the folks at my office got a good laugh at my expense. Thanks to Jen, Bridget, Tammy, Sue, and Ben for one of the best birthday presents I've had in a long time. ~ Vic Mortimer)

Happy Trails Ahead for Summer 2008

Plans are already under way for the **Pengelly Double Dip** this summer. Registration forms (and online registration) will be available by early March, and Bridget Moriarty and I are working on ideas for awards that, to borrow shamelessly from the Cheetah Herders Athletic Club, reflect "play and shameless opportunism" without, we hope, more than the faintest illusion of social order. This is a trail run, after all.

The Double Dip will be part of the new **Gnarly Dude Mountain Race Series**, an event that Bozeman runner Tom Hayes (son of Bob Hayes, in Tom's words the original gnarly dude) is developing. Here is what Tom has so far:

"This is a Montana-wide race series which we are calling the Gnarly Dude Mountain Race Series. There are races included from as much of Montana as possible. Each race occurs at least mostly on mountain trails. Potential races are the Jim Bridger Trail Run, the Old Gabe 25K/50K, the Bridger Ridge Run, the John Colter Run and the Devils Backbone in Bozeman; the Beartooth Run in Red Lodge; the Don't Fence Me In, Elkhorn Runs, and Mt Helena races in Helena; the Double Dip and Lubrecht Forest races in Missoula; and the Swan Crest run and Le Grizz near Columbia Falls.

"More races can be added as they come to our attention. Schnee's Boot and Shoes will donate a pair of running shoes to the series winners (female/male). Other prizes are likely for such things as completing the

most races, the most distance and whatever else sounds good and is supported by prizes. The series is composed of completing four of the qualifying races in at least two regions, one qualifying race being 20 miles or longer. We will award points based on a normalizing formula comparing the finisher's time to the age group winner's time in each of ten-year age groups.

"We expect this series to create heightened awareness and interest in trail runs, and pull better performance out of those of you who already race. The normalizing coefficient will make it fair competition for all ages. The prizes will be a catalyst for what we hope is an exciting new series. Our motivation is purely to promote the sport of running. We thank you for your interest and hope to see you on the trails."

Although the exact details and list of designated races have not been finalized, Tom tells me that the series will go forward. The Double Dip will be a part of the series and we will include information about the Gnarly Dude on the RWM web site and in *Running Wild* as it becomes available. In the mean time, contact Tom Hayes at runski@bresnan.net for more information.

~ Vic Mortimer

Race Results

New Year's Eve Run 2007

Thank you to everyone who came out and participated in RWM's New Year's Eve Timed Two-Mile Fun Run at Peak Health and Wellness Center. Running two heats and using the buddy system for timing worked out great. Running on a springy indoor-track is a nice perk for many of our runners. After working hard, participants were able to relax and enjoy the newly remodeled and luxurious PEAK facility.

The following deserve a "thank you" for working with Run Wild Missoula to make the event possible: PEAK Health and Wellness Center, Runner's Edge, KECI-TV, Alpine Physical Therapy, and Dariusz Janczewski (DJ). DJ, the professional graphic designer who is responsible for making the Missoula Marathon look so good in 2007, designed the "finisher's medals" for this event and he really raised the bar on how RWM presents itself.

We had four graduates of the Beginning Runner Training Class participate, so they all ran a PR. Those runners have been noted with an (*), so congratulate them if you get a chance. They did this after only six-weeks of running!

~ Jennifer Boyer, Race Director

(Results are in alphabetical order by last name. Ages are noted for those 15 and under only.)

Isaac Bradshaw (11)	15:55
Kelle Bradshaw	17:59
Stuart Bradshaw	18:05
Zoe Bradshaw (13)	17:29
John Croft	16:06
Christine Everett	16:36
Christopher Everett (14)	13:03
Thomas Everett	11:53
Sue Falsey	16:44
Jodie Hooker	18:57
David Krause	17:21
Brad Leonard	27:00
Donn Livoni	14:53
Marilyn Marler	15:59
Bridget Moriarty	14:59
*Quinn Morrow (12)	19:14
Rae (Haley) Odom (15)	16:56
*Dawn Odom	18:18
*Melissa Odom	22:14
Matt Roberts	13:13
Aaron Jay Schenck	16:47
David Schmetterung	12:42
Andrea Schmidt (10)	20:40
Ben Schmidt	13:48
Isaac Schmidt (8)	17:33

Peggy Schmidt 15:38
*Marcene Stocks 22:37

New Year's Day 5K, Thompson Falls

		Time	Place
Anders	Brooker	20:03	6
Tory	Kendrick	20:04	7
Megan	Lerch	20:05	8
John	Cuddy	20:52	14
Tim	Brooker	20:55	16
Thomas	Everett	21:43	19
Jennifer	Boyer	22:21	25
Christopher	Everett	22:35	27
Adam	Peterman	22:35	28
Christene	Everett	28:33	60
Lisa	Walser	29:08	64
Bridget	Moriarty	36:18	75
Quinn	Morrow	36:18	76
Jarrett	Heintz	40:22	80
Yvette	Heintz	40:24	81

Frost Fever Frozen 5K, January 26th

		Age Group	Overall	Time	
Men	Dean Lipp	40-49	2	18:43	
	Adam Peterman	12 & Under	5	21:11	
	Steve Weiler	50-59	6	21:11	
	Bob Homer	50-59	9	22:45	
	Jacob Notti	20-29	10	23:04	
	Larry Peterman	50-59	12	23:50	
	Michael Cain	50-59	18	28:13	
	Jarrett Heintz	20-29	29	38:43	
	Women	Nichole Snow	20-29	2	23:39
		Tammy Mocabee	40-49	3	25:10
Christine Everett		50-59	8	26:15	
Melissa Notti		20-29	11	27:02	
Carol Lipp		40-49	12	27:18	
Sue Falsey		50-59	15	27:55	
Kelsi Camp		30-39	16	28:47	
Lisa Walser		50-59	23	29:51	
Dawn Odom		20-29	25	30:29	
Cynthia Wood		40-49	31	31:51	
Brenda Desmond		50-59	33	32:07	
Jackie Amaya		40-49	42	35:09	
Dana Schumacher		40-49	45	37:14	
Melissa Odom		50-59	53	37:31	
Yvette Heintz		20-29	54	38:40	
Bonnie Fergerson		50-59	55	38:44	
Carol Hodges	50-59	56	41:25		

RACE CALENDAR

(As always, many thanks to Webmeister Steve Franklin for maintaining the Run Wild Missoula web sit and the Run Montana race calendar. We ran out of space this month for the race calendar, but all the upcoming races are at www.runmt.com.)

On the Run

(Bridget sent in this essay just under the publishing deadline, thereby rescuing me from a piece I was having trouble finishing. I think you'll like Bridget's story better than what I was struggling with. ~ VM)

On January 1st this year, at just about the time that most people were making their way into their beds, I was dragging my sorry bum out of mine so I could prepare myself and my 13- (then 12-) year-old daughter Quinn for a day of play away from home. We drove up to The New Year's Day Run in Thompson Falls for her very first 5K, and it proved to be a truly awesome day.

When I sat down to write this post, I asked Quinn what she remembered about the day, because admittedly I go a little foggy on the details when it concerns this kind of hubbub. I either don't pay full attention to them (the details), or they just escape me altogether. She said, "It was really cold!" I laughed, and I agree. I remember that it was

cold, and I also remember that it was snowy; that's not always the case here in Montana in January. I am not sure what the exact temperature was, but it was one of those crystal clear, sparkling Montana mornings, which translates into "really cold." When I was walking back to my car to pick something up shortly after we arrived, I saw Carol Brooker. She threw her arms open wide and said, "Welcome to Sanders County; isn't it beautiful?" and I looked around and thought to myself, "stunning" is a better word for it; "that's why we live here", Carol said.

Quinn went on to say of that day that she remembered the bonfire, that there was a 5K and a 2K race, the prizes – everyone got a prize it seemed – and the plunge. Then, of course, there was the gathering of runner families and runner friends at Carol and Tim Brooker's house in Plains after it was all said and done.

What strikes me as I sit here writing is that Quinn didn't mention pre-race jitters, the course, the running field, or her time – I don't think that her time even registered in her mind, truth be told – or how she did in relation to anyone else, and I am also pretty sure that she doesn't fully comprehend the accomplishment of finishing her first 5K. She's actually stirring up great memories of the camaraderie of the day, which I have come to understand over the past year is why I continue to be a part of this club, and what I like best about events like this. It was a family event and a fun tradition for a lot of folks in the area, I could tell; hopefully that's what it will turn into for us, too. It was, of course, a good route; there were, of course, some really fast runners; and it was, of course, a thrill to see who won and what their times were. The hand-made trophies were one of my favorite parts of the race; you can check them out at Runner's Edge, where they have a lot of 'em.

After the race, everyone got in their cars and drove down the road a ways to a dock in the river for The Polar Bear Plunge, and the energy and excitement were contagious. Jennifer Boyer and I had been talking about there being no way that either of us would even consider going in, but something came over me as I got out of my car and we headed towards the partially frozen water. At nine minutes to plunge time, I changed my mind and decided to jump in.

Maybe it was because of the beautiful woman who talked with Quinn and me just before the race in front of the fire. She asked if we were going in and we said no; she then said that we might want to rethink that because if we didn't plunge, we would go all year regretting that we didn't. That apparently resonated with me; thanks, beautiful woman! My favorite part about the whole experience was getting down to the nitty gritty of survival and basic instincts. I clutter my mind with frivolous problems on a daily basis, but for a few moments that morning I took it down to the base level of get out of the water, get some warm clothes, cover up. Nothing more, nothing less.

We headed to the Brookers' and ate some really great chili and hot dogs. I sat on the couch the entire time because I was so tired and comfortable, I didn't want to move. We were chatting. . . . It came time to head home and Quinn slept in the car on the way. As we made our beautiful Montana way home, I realized that between the New Year's Eve timed run at the Peak, and the run in Thompson Falls, I could not imagine a better way to see 2007 out, and 2008 in. I highly recommend them to anyone interested in a fun, healthy way to spend New Year's next year! Cheers!

~ Bridget Moriarty

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 Falsey – suc@runwildmissoula.org

Race Calendar & Webmaster

Steve Franklin – steve@runwildmissoula.org



Yoga for Runners II

Run Wild Missoula is offering another six-week class in using yoga to keep your body stretched, strengthened, balanced, and smooth. Our last session was very successful and we're continuing for six more weeks.

Classes start on Thursday, Feb 14 at 6 PM, and continue every Thursday for 6 weeks (last through Mar 20) at the Montana School for Massage, 135 East Main Street, in downtown Missoula. Each class will last one hour. **Space is limited to ten participants – sign up early!**

We provide yoga mats and straps for use during each class. Wear comfortable clothes (shorts or tights and a t-shirt). No shoes are worn during class.

Cost: \$36 for 6 week session

Non-members: \$45 for 6 week session.

Questions? Email Sue Falsey at sue@runwildmissoula.org

To register, send the following application and check made out to:

Run Wild Missoula
Box 1573
Missoula, MT 59806

Name: _____

Email: _____ Phone: _____

Address: _____
(Street/City/State/Zip)

Class:

RunWild : Thursday: ___ \$36

NonRunWild: Thursday: ___ \$45





Run Wild Missoula

Beginning Running and Fitness Class Registration

Beginning Running & Fitness Group will meet twice a week for six weeks, Wednesdays 5:30-6:30 pm and Saturdays 9-10 am. Meet downtown at Missoula School of Massage, 135 E. Main. This pilot course includes:

- ❖ Two fabulous instructors: Jenny Newton & Kendra Borgmann (log on to www.runwildmissoula.org under this class to see their bios)
- ❖ a detailed six-week training plan
- ❖ an electronic log that will automatically track and graph progress
- ❖ strength and flexibility exercises
- ❖ information on heart rate, nutrition, and hydration
- ❖ blog for the class where we will post pictures, information, and answer questions
- ❖ Inspiration, Motivation and Fun!

This course is geared toward anyone seeking guidance, structure, and inspiration to gain fitness. Let us help you follow through with your New Year's resolutions!

Registration is \$40.00 for RWM members, \$50 for non-RWM members. Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806, or bring to Runner's Edge, 325 N. Higgins Ave.
First Class: Saturday, February 2, 9-10 am Ends: Wednesday, March 12, 5:30-6:30 pm

Name (Please Print): _____ Age: _____

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

Male/Female _____ 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 membership, 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 _____

Parent/Guardian Signature if under 18

Signature _____ Print _____





Run Wild Missoula

P.O. BOX 1573

MISSOULA, MT 59806

www.runwildmissoula.org

