

# Running Wild

The official newsletter of Run Wild Missoula

March, 2008

"Begin at the beginning and go on till you come to the end; then stop." ~ Lewis Carroll



Tim Brooker at the Freezer Burn



Tory Kendrick at the Freezer Burn

## President's Corner

Here's how pathetic I am: Every time I see someone walking, jogging or running I ask myself, "I wonder if that person is going to train for the Missoula Half Marathon or Marathon?" The goal for participation in this year's event is 2,008 athletes. 2,008 athletes in the year 2008. Seems like a good idea, don't you think?

You can help us reach that goal by training for one of the races yourself, or by encouraging someone you know. We have more opportunities this year, too, since we added a relay, and with our new Walking Training Program (more information in the April newsletter).

Also, the Missoula Kids Marathon committee is hard at work. Their first bit of promotion comes at the Southgate Mall Kids Fair on Saturday, March 8<sup>th</sup>. The committee will be there signing up kids and their families and getting them ready for another year. This year we're encouraging all members of the family to participate – not just the kids. Participants keep track of their miles on a log for 25 miles, then completing the final 1.2 miles on Sunday, July 13<sup>th</sup> for a total of 26.2 miles. It's just one more way to participate.

In our inaugural year the Missoula Marathon became the biggest marathon in Montana. We're proud of that fact and will continue to make it the best marathon we know how to produce, so that participants and the community will look forward to its return each year.

~ Jennifer Boyer

## 2008 Snow Joke Sets New Registration Record

I just finished processing results and am trying to coerce some coherent functionality from my brain as I write this. My post-race mindset is one of elated disappointment. We broke our all-time record by 80 runners, which overwhelmed our systems. 400 of 402 entrants finished. We registered the entire field within two hours, that's 20 seconds per entrant by our heroic registration crew, but one guy was mis-sorted into the wrong division and was erroneously declared division winner.

The aid stations ran out of cups. Our finish line timing crew was overwhelmed, and I still have the scrambled data under review as feedback comes in. We maxed out what our Elementary School can handle. My attention is now focused on developing

new methods for handling a big field next year while everything's fresh in my mind.

On the plus side, we had good weather, got quite the mob around the lake, covered our costs, I didn't yell at anybody, and most folks seemed happy. Our pink shirts sold out, which is good since we can't eat surplus shirts, but now several finishers who didn't reserve shirts are living in desperation and agony and sharing their pain with me. In short, this year's race was a managerial challenge on every level.

Expect things to be handled differently next year - something like a low-key event backed by a high-key organization. I am suddenly finding I have new friends in the Seeley Lake business community I didn't know I had, and the event will do well by their support.

~ Pat Caffrey, Snow Joke Race Director

### Help for What Ails You

Training for a marathon is tough on the body. Many runners will experience pain and develop injuries before they reach the starting line.

Physical therapist Brent Dodge's advice: Don't try to run through it. Find out what is wrong and deal with it early on.

"When you push your body like this, it's very likely to find a weak link," Dodge told a group of runners gathered at the Good Food Store on Feb. 11 for the lecture "How to Prevent Injury While Training for the Missoula Marathon." He recommends runners consider a consultation with a physical therapist when those weak links start to appear.

Dodge works at Alpine Physical Therapy, the official physical therapy sponsor of the Missoula Marathon. They are offering free 5-10 minute consultations for anyone training for the full or half marathon.

At the GFS lecture, Dodge and fellow physical therapist Sam Schoeneman urged runners to dig deeper when running injuries occur and fix the underlying problem that is causing the pain.

"Take time to find out what your body is saying," Schoeneman said. "Don't just treat the symptom, treat the cause."

Many running injuries, Dodge said, are due to a muscle imbalance and pain in one place can indicate a problem in another area. When asked, the runners at the lecture shouted out various ailments they've experienced: pain in the side of the hip, kneecap pain, repeated straining of the calf muscles, pain in the front of the knee.

Dodge knowingly nodded his head as the complaints rolled in. Knee pain often stems from a muscle imbalance in the hips, he said. Hamstring or calf

injuries can come from weak muscles in the lower back or the core. An imbalance in the gluteus medius can lead to iliotibial band syndrome.

A physical therapist can determine the underlying causes of your running injury and help you fix the imbalance by re-educating the muscles. Then you can get back to marathon training immediately, Dodge said.

He also encouraged runners to visit the "Patient Resources" page of Alpine Physical Therapy's Web site, [www.alpinePTmissoula.com](http://www.alpinePTmissoula.com). There you can find a wealth of information on conditions like Achilles tendonitis, ITB syndrome, plantar fasciitis, patellofemoral syndrome and other injuries that often afflict runners. The site details the symptoms of each injury, and the typical diagnosis, treatment and rehabilitation of each condition.

Many marathon runners will face one or more of these common injuries. The key to making it to the finish line is addressing those injuries when they appear and treating the true cause.

"If it is sore, local and consistent," Dodge said, "get it looked at."

~ Jen Sauer



Kendra Borgmann (photo credit to Glenn Tachiyama)

The photo of RWM member Kendra Borgmann, along with the story below, comes from

<<http://coachingendurance.com/blog/blog.shtml>>

“Kendra increased her love-to-run habit to ultra-marathons a few years ago. She has run 18 ultras, winning over half of them. Last year her 50 mile Le Grizz finish of 6:40 was the fastest American women's time at the 50 mile distance in the USA. Her 2008 plans include races at the 50K and 50 mile distances, including the USATF trail championships, as well as to enter her first 100 miler in the later part of the year. Kendra recently quit her job as a private investigator in Seattle to move back to her hometown of Missoula, Montana. Kendra's favorite nuun flavor is Tri Berry.”

## **Tuesday Track is Back**

Once you've recovered from the Snow Joke half marathon, or from your winter downtime, come and join us on the track. February 26 is the first day, 5:30pm is the time until daylight savings when we switch to 6:00pm, and Dornblaser track is the place. There might be snow but we'll be ready to run.

We had an amazing turnout last year with our peak being around 60 runners. Run Wild's marathon training group joined us and hopefully will again this year. We have all ages and abilities and break apart into appropriate groups so don't be shy or intimidated, it's fun. And it's the best way to get faster and meet other runners.

See you there!

~ Courtney Babcock

## **Missoula Marathon and Half Marathon Training**

Missoula Marathon and Half Marathon Training starts Saturday, March 8<sup>th</sup> at Runner's Edge, 9 am. Lots of people have registered already, so don't be left out! You can sign up for Anders' expert training whether you're aspiring to the half or full marathons. It doesn't matter if you're running a lot right now – it starts easy and builds. Register on-line at [www.runwildmissoula.org](http://www.runwildmissoula.org), mail in the registration or sign up in person.

## **Gold's Gym Offers Runner Support**

Gold's Gym is an enthusiastic supporter and excited sponsor of the Missoula Marathon because we feel the marathon represents a great cross-section of people who are at varying levels of fitness and because it is a wonderful family affair. Gold's Gym made its appearance in Missoula back in the mid 90's with the idea of filling a niche in the health club industry. At that time, many people perceived Gold's as being the “muscle head” gym for hard core lifters. While the gym provided, and continues to provide, a great workout for

the bodybuilder population; it reaches out to and successfully provides the best workout for the entire population of Missoula fitness-seekers. Upon moving to the new facility in 2004, Gold's Gym expanded its offerings to include cycling classes, yoga, additional cardio equipment (TRUE treadmills which are excellent for the aspiring or accomplished runner), and increased its size to 15,000 square feet.

This year, the Missoula Marathon will introduce a training program, beginning in April, for walkers of the half marathon; Gold's Gym plans to supplement these efforts with its own training programs for anyone planning to participate. The new four-person relay is a perfect way for friends who run together, and those who do not wish to run the full marathon, to work together to finish those 26.4 miles without losing toenails or acquiring blisters! The half marathon presents an opportunity for the casual runner to expand his or her training and begin working up to that attainable full marathon length. Of course, the kid's marathon provides a way for families to get involved and encourage one another towards the goal of becoming fit.

In a way, Missoula Marathon is a misnomer for an event that encompasses so many different possibilities for participation. In the same way, Gold's Gym offers so much more than just heavy lifting for bodybuilders. As I stood at the finish line last July cheering on participants, I saw the diverse group of people who had come out to conquer the course. From the highly-trained, first place finishers to the beginners struggling to achieve their own personal finish time; I was impressed and moved by the level of commitment required in completing such a feat. Just as Run Wild Missoula hopes you will find a way to participate in the Missoula Marathon, Gold's Gym urges you to experience the many options available for you not only to pursue, but to attain your and your family's personal fitness goals.

~ Susan Langley

## **All Aboard for Bloomsday**

We ran our first “bus test” with Snow Joke, and those who decided to take the school bus, in spite of the nearly perfect weather conditions that prompted many to drive themselves, were supportive enough that we plan to do it again in 2009.

Our next bus is to Bloomsday, Sunday May 4<sup>th</sup>. It's not a school bus, though, it's a nice bus. With a driver attached to it.

The bus leaves from the downtown parking garage on Main between Higgins and Ryman at 3:45 am on race morning. Yes – we'll provide coffee. After all, the driver needs it.

The registration form is in this newsletter, so sign up now! You can register on-line at [www.runwildmissoula.org](http://www.runwildmissoula.org), mail in the registration or register in person at Runner's Edge.

I was asked if the bus is a "definite." Yes, the bus is absolutely positively going no matter what. We'd like to break even, though, so bring your friends.

~ Jennifer Boyer

### Good Food Seminar and the 1200 Mile Club

In Run Wild Missoula's mission statement we talk about promoting running and *walking*. We have finally found two great ways to get that walking message across through the Missoula Marathon and promoting walking on the Half Marathon course.

Monday, March 10<sup>th</sup> at 7 pm at the Good Food Store there will be the next in our free seminars: Walking the Missoula Half Marathon. Walking the half marathon requires all the same elements one recognizes that goes with runner training: a smart training program, motivation, persistence, the proper nutrition, correctly fitted shoes, injury prevention and more. This will all be addressed at the free seminar. If you or someone you know might enjoy the challenge of walking 13.1 miles, make sure you come to this seminar.

And for those of you who aren't so sure about the prospect of running 1200 miles in a year, remember that walking miles count, too. Going on a weekend hike or a backpacking trip? Those miles count. So does walking to work, walking the dog, walking around (and around) the block. Injuries keeping you from running but not from walking? Count those miles and send them in to Vic Mortimer at [vic@runwildmissoula.org](mailto:vic@runwildmissoula.org). Remember: Round up miles, round down time.

### Charitable Groups to Receive Donations from Missoula Marathon

The Missoula Marathon is proud to announce that as a result of the success of its inaugural event on July 15<sup>th</sup> of 2007, four charitable organizations that volunteered at the event will each receive 2008 donations in the amount of \$1,250.00. The four organizations are Camp Mak-A-Dream, American Red Cross of Montana, Opportunity Resources and Hellgate Amateur Radio Club.

We were hoping that the Missoula Marathon would be profitable in its first year, but we didn't know for sure it would happen. We told those organizations that if we had money to donate back to them, we would. We are thrilled that things worked out so well that we could fulfill our promise, and of course one of the reasons the event was so successful is because of these organizations. This is the running club's way of saying

"thank you" for their help with the Missoula Marathon and the community in general.

## RACE RESULTS

### Scrumpy Jack Scramble, February 9, 2008

Runner One	Runner Two	Time	Category	Place
John Cuddy	Megan Lerch	22:36	M/F	1st M/F
Jennifer Boyer	Brian Fruit	23:29	M/F	2nd M/F
Tim Brooker	Carter Montgomery	24:00	M/M	3rd M/M
Tory Kendrick	Jon Veale	24:34	M/M	
Michael Yager	Paul Soukup	24:41	M/M	
Adam Peterman	Chris Everett	24:44	M/M	
Jeffreyanne Parker	Jacob Naegeli	25:28	M/F	
Mariah Naegeli	Ryan Sol	26:55	M/F	
Larry Peterman	Lily Clarke	27:16	M/F	
Bridget Moriarity	Tammy Mocabee	27:27	F/F	1st F/F
Don Livoni	John Croft	29:12	M/M	
Thad Kendrick	Joshua Kendrick	30:03	M/M	
Bryon Smith	Colleen Smith	34:20	M/F	
Christine Everett	Lisa Walser	34:55	F/F	3rd F/F

## RACE CALENDAR

(Many thanks to Steve Franklin for maintaining the Run Wild Missoula and Run Montana web sites.)

### March 2008

March 8, 2008, Saturday

**28th Annual St Patrick's Race** • Anaconda, 3M and 6M \$15 for pre-registration and \$20 the day of the race. Meet at the Locker Room Bar in Anaconda on East Park Street, Buses leave at 10:30 am for the start line west of town. Fast Downhill course. Contact the Locker Room at (406)563-5494 or go to [www.anaconda-aoh.com](http://www.anaconda-aoh.com) or [www.buttesspissandmoanrunners.com/Butte Races/AOH Run/aoh\\_st\\_pat's\\_race.htm](http://www.buttesspissandmoanrunners.com/Butte Races/AOH Run/aoh_st_pat's_race.htm)

March 22, 2008

**Wheat Montana 5k** • Missoula, 9am Start, \$14 race entry, includes free food and T-shirt, \$16 race day entry fee. Race begins at the Wheat Montana parking lot. Proceeds benefit the Missoula Aids Council. Registration forms at Wheat Montana and Runners Edge, can also register online at [Active.com](http://Active.com). Great Prizes. For info call Sara 546-1619  
**31st Handicapped Run** • Bozeman 5.4, 3, 1.1 mi, 9:00 AM, MSU Grant & 11th. Courses go out along Kagy, the furthest going

through the Cherry subdivision. Start according to your handicap. Sponsored by Big Sky Wind Drinkers.

[www.winddrinkers.org](http://www.winddrinkers.org)

**Spring Run-Off 5K** • Missoula, 10:00 am @ Big Sky High School, \$16.00 Early Registration, \$19.00 Race Day. Race 1 of the H.O.F.S.A., Five 2008 RACING SERIES, Races to benefit: Big Sky High School Cross Country and Under-Privileged Youth Scholarship Program. Visit

[www.halloffamesportsacademy.com](http://www.halloffamesportsacademy.com) for more info.

[pmarron@halloffamesportsacademy.com](mailto:pmarron@halloffamesportsacademy.com)

**28th annual Big Butte Run** • Butte, 5k Run or Walk, 11k Run and 1-mile youth fun run. Start and finish at World Museum of Mining behind Montana Tech. Enjoy the rugged trails and the historic beauty of the backroads in and around Hell Roaring Gulch. A challenging cross country course of trails and hills.

Information Butte Family YMCA 782-1266 or

[http://buttespissandmoanrunners.com/Butte%20Races/butte\\_ae\\_races.htm](http://buttespissandmoanrunners.com/Butte%20Races/butte_ae_races.htm)

March 29, 2008, Saturday

**Buttercup Run** • Arlee, 6th Annual, a benefit for Arlee High School senior college scholarships fund. Increasingly popular spring run in the Jocko Valley, 5K, 10K run/walk, 1 mile fun run, medals for 1st 3 places, each run, age group, sex, prizes, raffle. T-shirts by local graphic artist Jan Bennett. Races begin at Arlee High, 11AM, 10K race-walk @ 10:30 AM. See website for info, directions, maps, online registration:

[www.geocities.com/btrcuprun](http://www.geocities.com/btrcuprun), or contact Joe Weydt,

[arl3335@blackfoot.net](mailto:arl3335@blackfoot.net), 406-726-3335.

## **April 2008**

April 5, 2008, Saturday

**Run for the Trees** • Missoula, 5k Run or Walk and 1-mile youth fun run. McCormick Park and Riverfront Trail System.

Missoula Parks and Recreation, 721-PARK (7275)

[www.missoulaparks.org](http://www.missoulaparks.org)

April 12, 2008, Saturday

**20th Annual Grizzly Triathlon** • Missoula, 1,000 yard pool swim (4 participants in each lane); 20km paved bike course (out and back) 5km trail run, [giles@mso.umt.edu](mailto:giles@mso.umt.edu) website

[www.teamstampede.com](http://www.teamstampede.com)

April 13, 2008, Sunday

**North Avenue Road Mile** • Missoula 9:00 am @ Big Sky High School \$13.00 Early Registration, \$16.00 Race Day. Race 2 of the H.O.F.S.A., Five 2008 RACING SERIES, Races to benefit: Big Sky High School Cross Country and Under-Privileged Youth Scholarship Program. Visit

[www.halloffamesportsacademy.com](http://www.halloffamesportsacademy.com) for more info.

[pmarron@halloffamesportsacademy.com](mailto:pmarron@halloffamesportsacademy.com)

April 19th, 2008, Saturday

**Inaugural GrizzlyMan Adventure Race** • Missoula, Adventure Racing has come to Missoula! An ideal venue for adventure racing, the University of Montana and Pattee Canyon Recreation Area will provide an exciting and challenging sprint adventure race. This event is USARA sanctioned which ensures participants a safe, well-organized, and enjoyable race.

The GrizzlyMan Adventure Race covers 23 miles of trail and open terrain, over 3500 feet of climbing on foot or bike, and will take most racers between 5-7 hours to complete. See [www.grizzlymanrace.com](http://www.grizzlymanrace.com) for further details. The GMAR is also a Regional Qualifier for the GoLite-USARA US National Championship Adventure Race!

April 20, 2008, Sunday

**The First National Bank of Montana Summit Classic** •

Kalispell, a 5-Kilometer Walk/Jog/Run community event on the paved streets surrounding The Summit. All ages and all abilities are invited to participate. This event focuses on participation rather than competition. Participants who cross the finish line will receive an accurate finish time using chip timing and a First National Bank of Montana Summit Classic T-shirt. This event is a community gathering where people of all ages and abilities can participate together in a friendly and fun-filled atmosphere to enjoy the benefits of physical activity! There will be free massages, food and music to add to the fun! For more information and registration go to

[www.summithealthcenter.com/events.htm](http://www.summithealthcenter.com/events.htm)

April 26, 2008, Saturday

**31st Back from Bridger** • Bozeman, 17.5, 12.5, 9.7, 7 & 3 miles 9:00 AM, Bridger Bowl, **Info:** [Kathybob2@usa.net](mailto:Kathybob2@usa.net) Fun run so there is race day registration and no entry fee. The Event starts at the Bridger Bowl Parking lot. Sign up starts at 8:30. The courses follow Bridger Canyon drive and Kelly Canyon road. The 3 mile course ends 2.5 miles from the Bridger Bowl entrance. The 7 mile run ends at Jackson Creek Road. The 10 mile run ends at Kelly Canyon Road. The 12.5 run ends at Sawmill Road on Kelly Canyon road. The 17.5 mile course ends at the Elks Club (Former Sports and Courts) on Haggerty Lane in Bozeman. The finish line closes at 12:30. Water will be provided at the finish of each distance. You will need your own transportation back to the start. Sponsored by Big Sky Wind Drinkers [www.winddrinkers.org](http://www.winddrinkers.org)

## **RWM Club Officers**

### **President:**

Jennifer Boyer – [jboyer@runwildmissoula.org](mailto:jboyer@runwildmissoula.org)

### **Vice President & Newsletter Editor:**

Vic Mortimer – [vic@runwildmissoula.org](mailto:vic@runwildmissoula.org)

### **Treasurer:**

Nancy Shrader – [nancy@runwildmissoula.org](mailto:nancy@runwildmissoula.org)

### **Secretary:**

Bridget Moriarty – [bridget@runwildmissoula.org](mailto:bridget@runwildmissoula.org)

### **Membership & Race Results:**

Sue Falsey – [sue@runwildmissoula.org](mailto:sue@runwildmissoula.org)

### **Race Calendar & Webmaster:**

Steve Franklin – [steve@runwildmissoula.org](mailto:steve@runwildmissoula.org)

### **Program Director:**

Courtney Babcock – [courtney@runwildmissoula.org](mailto:courtney@runwildmissoula.org)



Run Wild Missoula

**Missoula Marathon and Half-Marathon Training Class Registration**

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806, or turn in at Runner's Edge.

**Registration Fees:**

Run Wild Missoula Members: \$45.00  
Non-Run Wild Missoula Members: \$65.00

- Comprehensive Training Program
- Twice Weekly Group Runs
- Weekly Speakers
- Nutrition Plan
- Shirt
- Great group to run with

**What you get:**

- Coaching by Anders Brooker, Hellgate HS Track and Cross Country Coach and owner Runner's Edge

Name (Please Print): \_\_\_\_\_ Age: \_\_\_\_\_ Male/Female

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

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Shirt Size \_\_\_\_ Men's \_\_\_\_ Women's Small Medium Large XLarge XXLarge

- 18 Week Class begins Saturday, March 8 to Sunday, July 13 and the Missoula Marathon and Half-Marathon! First class meets at Runner's Edge, 325 No. Higgins, Missoula, 8 am. Come ready to run!

Become a Run Wild Missoula member today! (Membership form at [www.runwildmissoula.org](http://www.runwildmissoula.org)).

*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 \_\_\_\_\_ Print \_\_\_\_\_





Run Wild Missoula Run Wild Missoula

# RIDE THE BLOOMSDAY BUS with US!

By the time you rent a hotel, Bloomsday can cost a lot more than the \$15 entry fee. So why not travel with us and make it a one day deal?

Bus Departs from Parking Garage on Front: 3:45 am Bus Arrives Spokane: 7 am  
Your Race Bag will be handed to you as you depart the bus. Problems? That desk opens at 6:30 am and closes at 8:30 am. You'll have time to address any issues before Race Start at 9 am.

Bus Departs Spokane: 1:30 pm (Head Count will be taken)  
Bus Arrives Missoula: 4:45 pm at Parking Garage on Front St.

What do you get out of it?

- We pick up your race bag
- You don't have to drive
- Travel with other runners
- Breakfast (bagel, OJ, coffee)
- Beverage up and back
- Bloomsday memorabilia
- Fun

How much does all this joy cost? Only \$50. Considering the price of gas these days, that's a bargain.

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806 [www.runwildmissoula.org](http://www.runwildmissoula.org) Bloomsday 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 \_\_\_\_\_

Parent/Guardian Signature if under 18 \_\_\_\_\_ Print \_\_\_\_\_



*Run Wild Missoula*

P.O. BOX 1573

MISSOULA, MT 59806

[www.runwildmissoula.org](http://www.runwildmissoula.org)

