

# Running Wild

## The official newsletter of Run Wild Missoula

(Accept no substitutes.)

April, 2009

*"I hate to break the news to you but we don't get spring. Doesn't happen. As I write this, the snow has started in the mountains just north of us so it's only a matter of time. Oops, time's up! Ah well, as Paige puts it, this makes us 'tough runner chicks.' That phrase was coined last week when we went running together (she's 13) for 4 miles and the hail started when we turned around. It was a bit miserable. I tried to convince her we were getting an expensive (yet, free!) exfoliation treatment of our faces while we ran into the hail for 2 miles. Funny, she wasn't buying it."*

*~ Julie Gilchrist commenting on spring in the Northern Rockies. March 30, 2009*

### Check Email Address on Mailing Label

On this month's mailing label you will see the email address we have for you. If that address is out of date, or if you would prefer that we send club messages about upcoming events to a different address, please let Sue Falsey know. Her email address is [suefalsey@aol.com](mailto:suefalsey@aol.com). This will save her some time in cleaning out returned email and ensure that those who want email messages from us will continue to get them.

Those who receive the newsletter electronically will not, of course, see this message. We thought about mailing them a reminder, but that seemed more than a little absurd.

### Run Wild Missoula Seeking New Committee

#### Members:

#### Treasurer and Secretary Positions Open

Are you interested in helping guide Run Wild Missoula as our organization expands? We're seeking two new Voting Officers of our Committee, which meets monthly, to make decisions about Run Wild Missoula's programs and races.

We are in need of a Treasurer starting May 1. This person would collect money and reports from Race Directors, pay monthly bills, give financial reports to the Board of Directors and Executive Director, and attend monthly Committee meetings.

We're also seeking a Secretary who can step in as soon as possible to take minutes at monthly Committee meetings and share them with the rest of the Committee. The Secretary would also have the opportunity to direct races or other program if he or she chooses.

Both the Treasurer and Secretary are volunteer positions. Please contact Eva Dunn-Froebig at [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org) or 544-3150 if you are interested in either of these positions.

~ Eva Dunn-Froebig

### Thank you, Nancy Shrader and Bridgett Moriarty!

Dedicated Officers of the Run Wild Missoula Committee, Treasurer Nancy Shrader and Secretary Bridgett Moriarty, recently decided to step down. Nancy is resigning from the Committee after volunteering for Run Wild Missoula for almost 10 years. She worked as Equipment Manager for eight years and has been the Treasurer for one and a half years. Thank you, Nancy, for your hard work and dedication to Run Wild Missoula for so many years.

Bridgett Moriarty will remain a member of the Committee, but is resigning as Secretary. She started volunteering as Secretary one and a half years ago when she learned that the position was open and had a desire to give back to the running community. Bridgett will continue to sit on the Committee as Pengelly Double Dip Race Director. Thank you for your past and continued commitment to Run Wild Missoula, Bridgett.

~ Eva Dunn-Froebig

### Executive Director's Corner

I was downtown on a Wednesday night recently to meet friends for dinner and as I was walking to my destination I noticed several groups of runners on the streets of Missoula. After a closer look, I recognized many of the runners from Run Wild Missoula's marathon training class. I felt proud to see runners from our training class taking over the streets of Missoula and it made me realize that Missoula is a running community. Maybe we can't claim to be Track Town, USA, like Eugene, Oregon, but we're getting there. Close to 200 people have signed up for the marathon training class, which meets each Sunday at 8 a.m. and Wednesday at 6 p.m. at Runner's Edge, and so far almost 30 have signed up for the walking class that meets at Community Medical Center each Saturday at 8 a.m. and Wednesday at 5:30 p.m. Compared to last year's enrollment in the training classes, that's twice as

many runners and three times as many walkers. It sends the message that our community is excited about getting outside and exercising. We're also excited about having a goal and event to train for whether you just want to finish or shave time off your personal record in the half or full marathon.

Run Wild Missoula's membership numbers are up as well. We have about 100 more members compared to last year. One could have predicted that our membership numbers would be down this year as the economy takes a nosedive. But running and walking are relatively inexpensive sports: All you really need is a good pair of shoes. Our membership dues and race registration fees are inexpensive compared to the payback. Runners and walkers get good health, a goal to work toward and a sense of belonging when they become a member, sign up for a class or register for a race. So encourage your friends to become a member of Run Wild Missoula by handing them the membership form enclosed in this newsletter!

Come out for the Two Rivers Superfund(d) Run on Saturday, April 18. There's a 10K, 5K and fun run for the kids, all of which showcase Bonner's new trail system. If you're running Bloomsday on May 3, don't forget to Ride the Bloomsday Bus with Us for only \$50. It's a perfect way to continue carpooling the day after Missoula's Bike Walk Bus Week ends and it will save you money on gas and a hotel room. Registration forms for both the Superfun(d) Run and the Bloomsday Bus are included in this newsletter.

Happy Running / Walking,  
Eva Dunn-Froebig

### Montana Senior Olympics

The 24<sup>th</sup> Annual Montana Senior Olympics Games will be held in Kalispell on **June 11-13**. We have 12 different sports for individuals who are 50 years of age and older. Gold, silver and bronze medals are awarded in each of the 5-year age groups (50-54, 55-59, 60-64, etc.).

There will be 5K and 10K runs plus track and field events for you runners, jumpers and throwers. All abilities are encouraged to participate. Social events include a pasta buffet on Thursday evening and a low key banquet on Friday evening with recognition of athletes in attendance.

Entries close on May 29 and there will be no on-site registrations. For information see the web site at [www.montanaseniorolympics.org](http://www.montanaseniorolympics.org), call 406-586-5543, or email [kayjn@imt.net](mailto:kayjn@imt.net) for an entry booklet.

### Hello Fellow Trail Runners

Butte's *Piss and Moan Runners* will host this year's second annual Wulfman's Continental Divide Trail

(CDT) 14K on Saturday, 20 June. We're hoping for a repeat of last year's pleasant Summer Solstice weather.

This race runs along that scenic section of CDT between Homestake and Pipestone passes and it celebrates the trail and the memory of one of its greatest local proponents -- the late John "the Wulfman" Wulf, who was the godfather of our running community in Butte.

The route will be run in the opposite direction this year, offering 180° offset views of the majestic rock formations among spectacular mountain vistas.

Hardcore trail runners do *not* rate this trail as "technical." It offers sound footing in most places, and the grade of the ups & downs are USFS standard.

We have made this race our club's premier event, one we think you will enjoy and remember. We'll provide everything we did last year, plus a few new twists that were suggested by last year's participants:

- There will be *no* race-day registration. We have a 240 entrant limit, and the first 50 entrants win a free pair of "Run With The Wulf" race socks.
- Buses will transport runners from the parking area to the starting line.
- Our seeded time-trial starting was popular due to its allowing each runner an unencumbered tour of the narrow single-track trail, but we have shortened the starting intervals from 15 down to 10 seconds, in an effort to get everyone out the gate more quickly and to speed results tabulation.
- There will be an additional water stop.
- Registration fee again includes the complementary post-race BBQ at Homestake Lodge, which is now fully operational and additionally equipped with a large shade tent and chairs.
- We are offering the choice of selecting a race T-shirt with art by Natasha Franz & Cheryl Hoover, who created the winning work in our '08 art contest.
- We'll also have great overall, age group, and time prediction prizes with a \$100 bonus possible for fastest man and woman.

Race proceeds will be used to develop the CDT throughout SW Montana. We really hope you will come run this race and then stay around for the BBQ. Find lots more details and registration at [www.buttesspissandmoanrunners.com](http://www.buttesspissandmoanrunners.com).

~ Nicole Hunt, Promotions Director

## **1<sup>st</sup> Annual Target Range Tigers Family Fun Walk/Run 1K and 5K**

Come join the fun on April 18, at 9 a.m. at the Fort Missoula Sports Complex Parking lot on South Avenue. Target Range School is raising money for new playground/fitness equipment for the school as well as towards renovation of the original/historical "Little White School House" that is being restored to be used as a community center and museum.

We have also invited ALL area schools and local clubs to "TAKE THE TARGET CHALLENGE." Any school or club (with at least 15 participants) can earn HALF of their registration fees back. For those students participating in the Kid's Missoula Marathon, this fun run would be a great way to earn some of your miles.

There are also great prizes for the winners and as part of raffles, such as gift cards to Huhot Mongolian Grill, Holiday Gas Stations, Dale's Dairy, King Ranch Golf Course, and I-tunes. The course begins and ends at the parking lot and can be viewed at [http://www.mapmyrun.com/view\\_route?r=760455888178](http://www.mapmyrun.com/view_route?r=760455888178).

We appreciate all the help from Anders at the Runner's Edge and the girls from Kappa Alpha Theta. Please see the registration form in this newsletter, and you can also print more forms from the school's web site at [www.target.k12.us.mt](http://www.target.k12.us.mt). Race day registration begins at 8 a.m. Hope to see you there!

~ Sharon Sterbis

## **Morgenroth Makes Music for the Missoula Marathon**

After several years of thinking how nice it would be to have some music along the course of the Missoula Marathon, it finally occurred to me to ask the people at Morgenroth Music. I'm sure many of you know Gary Bowman, manager of Morgenroth Music Centers, as he has been there for many years and pretty much anyone who has ever had a child rent an instrument or take lessons has come into contact with Gary and Morgenroth at some time.

Gary himself is a fabulous pianist, plus is involved in more than one local choir. One of my good friends quotes Gary as saying, "I can't imagine a home without a piano in it." I love that quote. Any piano at home would be even better if Gary were there to play it for you.

I personally had the good fortune of having Morgenroth Music on my account list when I worked for Z100, so it's a pleasure to have a good reason to be back in touch *besides* the fact that we also rent a trumpet for my daughter, Haley.

Once again, it is proving extremely beneficial to have someone involved who actually knows what he's talking about. For example, Gary immediately pointed out that it's unrealistic for someone to play an instrument for 6 hours straight. I smile as I write this, because of course it's not realistic but I hadn't thought of it myself, and I have a vision of some poor saxophone player more exhausted than the runners, and of course refusing ever to return.

At that point Gary immediately launched into some other logistics like "power" and other things that wouldn't have come to mind for me, so let's all thank Gary and Morgenroth Music for becoming a sponsor of the Missoula Marathon and bringing music to the athletes, spectators and volunteers.

At the end of all the Morgenroth commercials it says, "Life is short. Don't forget to play." That's absolutely right.

~ Jen Straughan

## **Missoula Marathon Seminar: How to Eat and Drink to Fuel Properly Monday, April 13, 7 p.m.**

You've got a training program in place for the Missoula Marathon or Half Marathon coming up Sunday, July 12<sup>th</sup> – but now what do you eat and drink to fuel properly? Come to the free seminar at the Good Food Store Monday, April 13, at 7 pm. Gels, carbs, sports drinks, salt, protein, caffeine, water – where does it all fit into your training and race day? University of Montana Health & Human Performance Professor and Ironman athlete Brent Ruby will lay it all out for you. Missoula Marathon seminars will also be held at the Good Food Store on May 11 and June 8 with varying topics. Free.

## **Missoula Marathon will be at Bloomsday**

For all of you running Bloomsday this year, be sure to check your race bag for our Missoula Marathon card. We're promoting the Missoula Half Marathon in particular, because it's very realistic for someone to complete Bloomsday and then still have plenty of time to train to the 13.1 miles necessary for the half distance.

DJ once again did his usual outstanding design work, so thank him for making us look so good. We're printing 45,000 so it's great to look so professional.

Speaking of which, did you know that DJ donates his artwork for the Missoula Marathon each year? The last two years he has done a piece of art, gratis, for the Missoula Marathon, which he turns around and uses to create all our various posters, flyers, etc. So not only is DJ a graphic designer, he is an artist. Runner's Edge had his art up for a show a while ago, so you might

remember. We are very lucky to have DJ (Rattlesnake Studio Design) working with the Missoula Marathon.

And have fun at Bloomsday. Don't forget to sign up for the bus!

~ Jen Straughan

### Member Profile: Vicky Mix

*(I regularly stop by the Runner's Edge to chat with the good folks there and to get a couple of Raspberry Vines. Vicky is often there helping customers and keeping Anders and Tim in line. Recently I asked Vicky to fill out a member profile and, unlike some people I've been pestering for awhile, she sent me the filled out questionnaire within a few days. Vicky says that one beer is part of her favorite pre-race meal; I forgot to ask if that is the night before a race or the hour before. ~ VM)*

**When did you start running?** I started running about 5 years ago, but haven't been consistent until I started the marathon training last spring. This is the first winter I ran throughout the season.

**Why did you start running?** A friend of mine from Seattle convinced me to run the Blue Mountain Women's Run with her. We were online training buddies until she decided to go to Italy instead of run. I don't hold a grudge; I would've done the same thing!

**What keeps you running?** My running partners and my job at the Runner's Edge

**Best run and/or race:** The Two Bear Half Marathon in Whitefish, not because of my time, but because I got to spend the weekend having fun with great friends.

**Worst run and/or race:** The first Missoula Half Marathon (I fell apart at mile 10) and the Governor's Cup Half Marathon (A train wreck!)

**Favorite places to run:** The Rattlesnake is my favorite

**Music currently playing on your iPod, MP3, CD player, cassette deck, LP, or 8-track tape:** I don't usually run with music, I like to talk, but when I do it is mostly music from the 80's

**Favorite pre-race food and beverage:** pasta and one beer

**Favorite post-race food and beverage:** Since I run so I can eat, I eat whatever I think will stay in my stomach at the time

**Who inspires you as a runner?** I am fairly competitive, so anyone in front of me pushes me to work that much harder.

**Favorite shoe to run in:** (Anders, my boss, told me to add this question) Brooks Adrenaline

## AT THE RACES

### Snow Joke Half Marathon, Saturday, February 28<sup>th</sup>

Over 400 runners finished this year's edition of Snow Joke. RWM member Julie Gilchrist finished first in the Female Zulu Division (40 and over).

Brian	Fruit	1:26:22
John	Cuddy	1:27:31
Michael	Yager	1:28:27
Dale	Reese	1:30:39
Rye	Palen	1:31:40
Joel	Carlson	1:31:46
Jenny	Newton	1:32:00
David	Schmetterling	1:32:39
Julie	Gilchrist	1:35:10
Adam	Peterman	1:35:19
Darr	Tucknott	1:37:55
Chris	Everett	1:39:43
Mark	Kindred	1:41:30
Torrey	Holmquist	1:42:43
Emily	Schall	1:43:20
Sherri	Kenyon	1:46:01
Pam	Schiemer	1:48:36
Jennifer	Sauer	1:49:23
Vicky	Mix	1:52:42
Tammy	Mocabee	1:52:46
Randy	Tanner	1:52:56
Larry	Peterman	1:52:59
Melissa	Barba	1:53:11
Danelle	Gjetmundsen	1:54:21
Sarah	Raz	1:55:04
Matt	Stergios	1:57:49
Jim	Ryan Jr	1:57:55
Lisa	Sproull	1:58:00
Jen	von Sehlen	1:58:30
Paul	Leusch	1:58:58
Mariah	Naegeli	2:02:39
Christine	Everett	2:03:10
Mary	Bricker	2:06:45
Ilana	Abrahamson	2:06:51
Nora	Hellman	2:07:14
Marilyn	Marler	2:10:10
Katie	Spaid	2:10:12
Spencer	Wolny	2:13:44
Julie	Walker	2:14:36
Meagan	Misner	2:15:39
Julie	McLennan	2:30:26

### St. Paddy's Day 5K, Sunday, March 15th

The St. Paddy's 5k held on Sunday March 15th was a huge success for a blustery kind of day. There were 258 participants and about 100 miscellaneous prizes. Three girls' teams from Missoula Strikers were the organizers and they appreciate the support from Run Wild Missoula and the Runner's Edge. The overall winner was a woman, most fitting for this race since it was sponsored by girls' teams.

Courtney Babcock and John Herring were awarded St. Patrick's Medallions along with gift certificates and Bob Hayes was recognized for being the most senior participant and received a small hand-carved Leprechaun.

~ Mary Thane

Courtney	Babcock	36 F	17:49.0
John	Herring	44 M	18:12.0
Adam	Beston	26 M	18:41.0
Julia	Graham	38 F	20:32.0
Emily	Schall	15 F	21:20.0
Steve	Weiler	59 M	21:32.0
Em	Kendrick	33 F	21:41.0
Paul	Leusch	40 M	22:08.0
Bob	Homer	53 M	22:30.0
Donn	Livoni	62 M	22:43.0
Benjamin	Schmidt	45 M	22:51.0
Angel	Herring	41 F	23:03.0
Melissa	Barba	35 F	23:51.0
Lisa	Sproull	36 F	23:57.0
Lindsay	Thane	17 F	24:15.0
Mark	Thane	49 M	24:29.0
Sarah	Raz	27 F	25:18.0
Jonathan	Gale	35 M	25:27.0
Bryan	Flaig	53 M	25:39.0
John	Croft	60 M	26:26.0
Ron	Krug	45 M	27:26.0
Janet	Mckenzie	21 F	27:36.0
Marjie	Tennyson	55 F	27:59.0
Bryon	Smith	36 M	28:53.0
Colleen	Smith	34 F	28:54.0
Amy	Mack	50 F	29:17.0
Deidra	Mathis	36 F	31:21.0
Bob	Hayes	82 M	31:26.0
Jackie	Amaya	44 F	34:34.0
Patricia	Williams	40 F	38:24.0
Karen	Erbe	37 F	38:43.0
Kathy	Morris	62 F	38:44.0
Tyler	Graves	7 M	40:24.0
Kaleb	Krug	14 M	41:24.0
Brian	Fruit	47 M	44:20.0
Monique	Krebsbach	45 F	44:21.0
Chris	Stobb	40 F	44:29.0
Jan	Krug	46 F	44:36.0
Cam	Ballenger	33 F	44:45.0
Jodi	Rave	45 F	46:09.0
Emilie	Thane	15 F	47:36.0
Cody	Graves	10 M	50:35.0
Jennifer	Graves	35 F	50:37.0

### Wheat Montana 5K, Saturday, March 21<sup>st</sup>

John	Cuddy	27	19:28:00
Steve	Weiler	59	21:29:00
Paul	Leusch	40	22:18:00
Bob	Homer	53	22:43:00
Ben	Schmidt	45	22:43:00
Michael	Cain	58	24:05:00
Lisa	Sproull	36	24:43:00
Janet	McKenzie	21	25:08:00
Sarah	Raz	27	25:19:00
Kelsi	Camp	33	25:35:00
Carol	Lipp	49	26:06:00
Dean	Lipp	48	26:07:00
Danell	Wimer	23	26:14:00
Nichole	Unruh	28	28:12:00
Colleen	Smith	34	28:28:00
Bryon	Smith	36	28:49:00
Lisa	Kercher	40	29:49:00
Bob	Hayes	82	30:26:00
Jeannie	Siegler	62	31:06:00
Jennifer	Graves	35	32:04:00
Keith	Ballenger	40	34:10:00
Melissa	Notti	30	34:34:00
Amy	Heide	31	38:18:00

### Racing Ahead

For those eager to hit the trail, two May races are just the ticket.

On **Saturday, May 16<sup>th</sup>**, runners and walkers can head to the **Lee Metcalf National Wildlife Refuge** and run behind the fences on mostly flat trails and dirt service roads.

This is a unique event: every half mile or so, entrants answer natural history questions; right answers shave minutes off the finishing time. There are options for 3 and 5 mile courses. Anyone looking for a longer run that day can add several miles on the road through the refuge. Google the refuge for race times and details, or look it up on runmt.com.

**Saturday, May 30<sup>th</sup>**, is the **Evaro Hill Challenge**. Choose between a 10K with fairly serious hills on trails and old Forest Service roads, or a 5K on somewhat easier, but still dirt, terrain.

This is one of the first races I ever ran in Montana, and still one of the best. But, as Ethel MacDonald once said, be sure to bring shoes that you don't mind seeing get dirty.

~ Vic Mortimer

Visit [www.runmt.com](http://www.runmt.com) for a complete list of Montana races

## On the Run

In the last few years, I have been increasingly drawn to trail running. I've no fondness for steep hills, no desire to enter a long trail race, and the Pengelly Double Dip is more than I want to attempt right now. Even so, I have spent much of the winter and early spring – hard to tell the difference this year – daydreaming about my favorite Bitterroot trails.

I have always liked running on dirt. When I lived in Columbus, Ohio, I occasionally drove north of town to a large park where I could run on dirt and wood chip trails on the hills overlooking the Olentangy river. But it took awhile to make the drive; not all that long, but longer than I could spare on a regular basis.

Now, I am fortunate enough to live just a couple of miles from the nearest dirt road, and I can be at the trailhead of a half dozen Bitterroot canyons in 15 to 20 minutes. That proximity to dirt came in handy a year ago, when I started running again after a seven week, injury-induced layoff.

Following that injury, I decided to do all of my runs on dirt, on the flats, for two, maybe three months. No point in pushing too hard and re-injuring myself, I figured.

That resolution held for all of five weeks before I headed to the Bass Creek day use trails, where I my first run was 35 minutes on gently rolling trails and old Forest Service roads. It felt like the best run I'd had in years.

I kept coming back on weekends, running a bit farther each time, walking the steeper inclines, pausing on the bridge over Larry Creek to listen to water music, stopping to take in hillsides covered in balsam arrowroot and lupine. By August I was venturing up various Bitterroot canyons. I stayed away from races and renounced pavement.

At the time, I thought I was simply waiting for the racing urge to return, and that by fall or winter I would once again be ready to do track workouts, tempo runs, and hill repeats in order to get ready for spring and summer races. A couple of months ago in this space, I even wrote that I was ready to race again.

I was wrong. Or at least confused. When I began working on this essay, I kept ending up with drafts that were unfortunate combinations of bad nature writing and awkwardly worded testimonials to the spiritual benefits of trail running. You could cue up the New Age music in one version, illustrate another with a Sierra Club calendar, or find the secular equivalent of a tent revival preacher in a third. Can I get a witness? Heaven help me, I even looked for quotes from Emerson and Thoreau.

Embarrassing, really. Fortunately, I was saved by marketing. Shoes, to be exact. Trail running shoes, the kind of shoe that I swore I would never buy, because all you need for trail running, especially the kind of trail running I do, is a good pair of road shoes. It seemed kind of pretentious to buy officially designated trail running shoes when my regular running shoes work just fine on trails.

And then I went to buy new shoes at the Runner's Edge. I walked in expecting to buy a pair of road shoes. I walked out with trail running shoes. Dark gray Sauconys with yellow trim, Vibram soles, and a little pocket on the tongue where you can put a key or tuck in the ends of shoe laces so that nettles and stickers don't get caught in them.

From a strictly utilitarian, commonsensical, grown-up perspective, I do not need these shoes. But for a few moments I felt like a kid again, trying on a pair of new tennies at Thom McCann's and feeling that I could run faster, further, easier.

That illusion disappeared about ten minutes into my next run, of course. But the unexpected pleasure I found in the shoes reminded me that I would not run if it was not fun, if it did not make me feel a little like a kid again.

People run for all kinds of reasons at different times in their lives: to exercise, to compete, to meet a challenge, perhaps even to change their lives. I've spent plenty of years on the road. It's time to find new challenges on the trail.

For me, at least in this cold spring, the need to play is all the reason I need to run. And now I have just the shoes to wear when I go outside to play.

~ Vic Mortimer

### **RWM Club Officers**

#### **Executive Director:**

Eva Dunn-Froebig – [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org)

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

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

**Treasurer:** Nancy Shrader – [najash@msn.com](mailto:najash@msn.com)

**Secretary:** Bridgett Moriarty – [bridget@runwildmissoula.org](mailto:bridget@runwildmissoula.org)

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

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

#### **Program Director:**

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

**Equipment Manager:** Tommi Burton –

[tommi@runwildmissoula.org](mailto:tommi@runwildmissoula.org).

#### **Run Wild Yogi:**

Missy Adams – [missyadams410@yahoo.com](mailto:missyadams410@yahoo.com)

### **Run from the Edge**

Looking for a group run? Meet at the Runner's Edge, 325 N. Higgins, Mondays and Thursdays as 5:30 pm. Monday runs tend to be a bit shorter than Thursday runs. Odds are that you will find at least one runner or walker ready to go at your speed and distance. Call Tim or Anders at 728-9297 for more details.

### **Newsletter Submissions Policy**

*Running Wild* welcomes stories, race results, announcements, and the like from all Run Wild Missoula club members. Please submit entries in Word, Wordperfect, Excel, or text files. Please, no PDF files: it makes the editor's job longer and more confusing.



## 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 Sunday, May 3, 2009, from the Parking Garage on Front at 4:45 am Bus Arrives Spokane at 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?

- |   |   |                                 |
|---|---|---------------------------------|
| 1 | • We pick up your race bag  | • You don't have to drive       |
| 2 | • Travel with other runners   | • Breakfast (bagel, OJ, coffee) |
| 3 | • Beverage up and back  | • Bloomsday memorabilia         |
| 4 | • FunHow much does all this joy cost? Only \$50. Considering the price of gas these days, that's a bargain. |                                 |

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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 09

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 Membership Form 2009

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

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

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

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

- ❖ One-Year Individual Membership (through 12/31/09) \$25.00
- ❖ One-Year Family Membership (through 12/31/09): List additional (& email, if they want separate email contact) \$35.00

Name \_\_\_\_\_ Age \_\_\_\_\_ M/F email: \_\_\_\_\_

- ❖ I don't like getting billed every year, give me a Five-Year Individual or Family Membership (through 12/31/13) \$100.00 \$140.00

**Volunteer:** We can't do this without you! We need you to volunteer at RWM activities. Some of them are once a year. Some of them are continuous throughout the year. We don't expect you to volunteer every time, but we are asking you to help once or twice a year. Please select your choice(s) from the following list:

- ❖ Training Classes (on and off year round)
- ❖ Scrumpy Jack Scramble (mid Feb)
- ❖ Pengelly Double Dip (mid June)
- ❖ Sundae Run (July 4)
- ❖ Hellgate Village 5K (July 11)
- ❖ Missoula Marathon (July 12)
- ❖ River City Roots Run (late Aug)
- ❖ Women's October 5K (early Oct)
- ❖ Pumpkin Run (mid Oct)
- ❖ Turkey Day 8k (Thanksgiving)
- ❖ New Year's Eve Run (Dec 31) **I Can't Volunteer.** I am adding \$10 to my annual membership or \$40 to my five-year membership

Email: I'd prefer not to receive emails on volunteer opportunities. \_\_\_\_

Newsletter: Email or Paper copy - Please select only one. Email \_\_\_\_ Paper \_\_\_\_

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 \_\_\_\_\_

Please note: If this is a family membership, all adults 18+ must sign. (use back if needed)

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



## Top 10 Reasons To Add *YOGA* To Your Running Routine:

1. Running is a repetitive motion in one direction. *Yoga* works the muscles in different directions.
2. Running can stress bones and joints. *Yoga* helps you learn to align your spine and whole body in a way that protects your joints—your knees, ankles and feet.
3. Running strengthens mostly the lower body. *Yoga* builds overall strength.
4. Runners tend to lose flexibility with age. *Yoga* allows you to gradually increase your flexibility by bringing the muscles through a longer range of motion.
5. Running, racing in particular, can be physically and mentally intense, requiring focus and the ability to relax under pressure. Relaxed focus is encouraged in *Yoga* poses, meditations and breathing practices.
6. Running requires controlled breathing. *Yoga* increases control and awareness of your breath.
7. Ignoring pain is familiar to many runners. *Yoga* teaches body awareness, and is as much about being aware of the tension in your muscles as it is about physically stretching and strengthening them.
8. Racing is goal-oriented and competitive. *Yoga* is not about achievement, but about allowing your body to do what it can today.
9. Runners often have high standards for achievement. *Yoga* encourages self-acceptance and compassion. Tapping into that accepting part of yourself will help you feel more satisfaction with your running achievements.
10. *Yoga* complements running and helps to create a more balanced physical, emotional and mental runner.

### Yoga for Runners Spring Session

Run Wild Missoula is offering two six week yoga courses, designed especially for runners. These classes will incorporate poses that will help to stretch, strengthen and balance a runner's body. Classes will be held ***Mondays, 12:15-1:00, April 6-May 11, and Thursday evenings, 6:00-7:00, April 9-May 14. Both classes are held upstairs at The Runners Edge.*** Yoga mats and straps provided, comfortable clothing recommended, running shoes not required!

**Space is limited. To reserve a spot, email Missy Adams at [missyadams410@yahoo.com](mailto:missyadams410@yahoo.com), and send this form with a check to:**

**Run Wild Missoula, Box 1573, Missoula, MT 59806.**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

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

Check one or both of the classes you would like to register for:

\_\_\_\_\_ Monday Lunch Yoga (\$28 RWM Members, \$33 non-members)

\_\_\_\_\_ Thursday Evening Yoga (\$37 RWM Members, \$43 non-members)

**1<sup>ST</sup> ANNUAL TARGET RANGE TIGERS FAMILY FUN WALK/RUN 1K AND 5K**

**SATURDAY, APRIL 18<sup>TH</sup> 9:00 AM HISTORICAL FORT MISSOULA**

**START/FINISH FORT MISSOULA SPORTS COMPLEX PARKING  
SOUTH AVENUE**

REGISTER BEFORE APRIL 7<sup>TH</sup>

12 AND UNDER \$ 5.00

13 AND OVER \$10.00

RACE DAY REGISTRATION

(begins @ 8 am)

12 AND UNDER \$ 8.00

13 AND OVER \$15.00

PRIZES! FUN! PRIZES! FUN! PRIZES! FUN! PRIZES! FUN!

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**REGISTRATION FORM**

NAME: \_\_\_\_\_ M\_\_\_ F\_\_\_ 1K\_\_\_ 5K\_\_\_

SCHOOL/CLUB: \_\_\_\_\_

RACE TAG (office use only)

#: \_\_\_\_\_ AGE \_\_\_\_\_

MAKE CHECKS PAYABLE TO: TARGET RANGE SCHOOL  
4095 SOUTH AVE WEST  
MISSOULA, MT 59804  
[www.target.k12.mt.us](http://www.target.k12.mt.us)

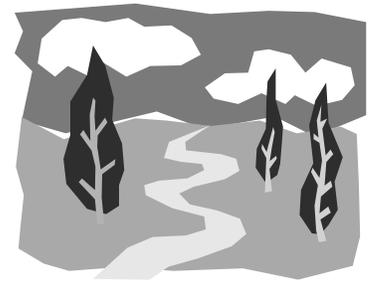
Feel free to contact Kathy Armstrong at [Kathy\\_Armstrong@fsafood.com](mailto:Kathy_Armstrong@fsafood.com) or  
550-1998 x 7788

Signature \_\_\_\_\_ Date \_\_\_\_\_

(or parent/guardian signature if under age 18)



# 1<sup>st</sup> Annual Two Rivers Superfun(d)Run



*Celebrate spring and the new trails in  
Bonner!*

Saturday, April 18, 2009

**10K \* 5K \* 1 mile Superfun(d) Run**

- Registration: By mail or day of registration at 8:30 am at Our Saviors Lutheran Church, Bonner, MT (at the intersection of Highways 200 and 210)
- Start times: 1 mile fun run 9:30am, 5 K and 10 K 10:00 am
- Pre-registration: February 18- April 13 \$15.00 adults, \$12.00 under 18
- Late Registration: April 14-18 \$20.00 adults, \$15.00 under 18
- Courses: Flat through Bonner area
- Runners receive a commemorative neckerchief and more
- Walkers welcome for all events!!!

### Participants and Guardians must sign entry form

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

Address \_\_\_\_\_

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

I plan to participate in the: 1 mile fun run \_\_\_\_\_ 5 K \_\_\_\_\_ 10K \_\_\_\_\_

*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 in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat or low temperatures, 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, 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 this club activity, 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 \_\_\_\_\_

Mail Entry to: Two Rivers Superfun(d) Run, PO Box 1189, Bonner, MT 59823  
Checks should be made out to: Run Wild Missoula

Questions? 546-6026





**RUN WILD MISSOULA**

P.O. BOX 1573

MISSOULA, MT 59806

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

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*Run Wild Missoula promotes and supports running and walking as sports for people of all ages and abilities.*



**[www.runmt.com](http://www.runmt.com)**