

Running Wild

The official newsletter of Run Wild Missoula
May, 2009

*"I am in a world of pain, but I'm happy. I survived the water obstacle and I can't even swim."
Briton Mark Hawkins, finisher from Bristol, in the 2002 World Wife-Carrying Championships*



Each year, RWM members receive some kind of useful running item; shoe bags in 2007, runner/walker I.D. tags last year. This year, it's a reflective arm band (pictured above). Stop by the Runner's Edge to claim your own stylish band.

Race Entry Forms No Longer Automatically Accepted

RWM members who direct races routinely send me entry forms for publication in *Running Wild*. I know that race directors want to get the word out about their races, and that entry forms have traditionally been included in the newsletter.

That made sense in 1989 and even 1999, but not in 2009, when race entry forms are – and should be – easily available online.

Let's face it: race entry forms are just plain boring. I suspect that just about everyone skips past those forms in search of news and stories.

I will still gladly accept items that promote races, provided the item is not a copy of what appears on runmt.com. But beginning with the June issue of *Running Wild*, race entry forms will be published only if space allows.

~ Vic Mortimer

Get Published in *Running Wild*, Get a T-Shirt

I have always thought that every issue of *Running Wild* should include as many different member voices as possible. In fact, every issue includes a submission policy that indicates I will accept just about any item related to running or walking.

The response to that open invitation has been uneven at best. I can think of at least three reasons for that.

I routinely draft "On the Run" essays after weekend runs. In fact, I look forward to the writing, sometimes more than I do to the run; I suspect that most of you would rather throw up during Tuesday Track or suffer through the late stages of a marathon gone terribly wrong than write a personal essay.

A second problem is that I have not been specific in my calls for submissions, nor have I established any regular features that don't require a personal essay.

The third problem is a lack of incentive. A few of us write for pleasure; the rest need some kind of reward. Money is out of the question – this is, after all, a strictly amateur publication and I don't want to jeopardize anyone's amateur status.

But we *can* offer running gear. Beginning with the June issue, we will offer "I was published in *Running Wild*" t-shirts to members whose articles and essays are accepted for publication in any one of three categories (limit one per member per year).

The first option is an "On the Run" essay of at least 750 words. Just about any topic will do. For examples, check out the last few columns, which have included meditations on trail running shoes, a story about nearly hitting a runner, and, this month, an essay about half marathon training and neighborhood dogs.

We all have running stories, and we like to tell those stories and hear them, too. Sure, knowing that over 400 people will have the opportunity to read your story can

be a bit daunting. But you'll have help from a kind and encouraging editor and an appreciative audience.

I realize that a t-shirt and the promise of help from an English major will not be enough to encourage many of you to write a personal essay. That is why I have created two regular features that will debut in the June issue of *Running Wild*.

The "**Cool Race**" feature will be 300 – 350 words on any race in the world that the author has participated in. Give us the when, where, and how far of the race, along with some details that make it a great race. Note that the length requirement is considerably less than for "On the Run" essays. That is why the photo – or drawing – is required. The photo does not have to be of you, but I do need one. No clip art, please.

The second feature, "**Happy Trails,**" also requires 300 – 350 words and a photo or drawing. I'm looking for descriptions of good places for trail running. Location, approximate distance, and so on. Again, any trail anywhere in the world, although I am likely to give preference to local trails. Of course, "local" does not necessarily mean Missoula: we have members in the Butte-Blackfoot region, down in the Bitterroot, up the Mission, Swan, and Flathead Valleys, and even a few folks in California, Colorado, Minnesota, and Florida.

There you have it: three ways to get published and get a great t-shirt. And if you have an idea for other regular features, please let me know and I'll see what we can do.

~ Vic Mortimer

Missoula Marathon Numbers on the Rise

The Missoula Marathon appears to be growing. In fact, it appears to be growing quite a lot. At the last Missoula Marathon meeting Registration Director Vic Mortimer reported that in comparison to last year, we have 2 ½ times the number of entries in the Half Marathon, and 1 ½ times the number of entries in the Full Marathon.

Not only that, but Treasurer Torrey Holmquist was busy opening envelopes with additional registrations during the meeting, so there were even some more.

Since my brain really doesn't have any capping system in it and nothing is impossible, wouldn't it be exciting if, at some point down the road, we have to consider *capping* the race?! We actually thought about that when we were designing the course, and hopefully we can grow a long time before we run into a bottleneck somewhere that mandates a limit to the number of entries. In the meantime, it's very exciting to produce an event that apparently people appreciate!

Thank you all for making the Missoula Marathon what it is in only its third year.

~ Jennifer Straughan

Any Race Walkers Out There?

I recently received an email asking if I know of anyone who can teach race walking. I don't know anyone, but I understand there are race walkers in Missoula somewhere. Does anybody know any race walkers personally? If so, it would be fun to talk with this group about the Missoula Marathon, so please contact me at jen@runwildmissoula.org if you know somebody's 3rd cousin twice removed best friend's little brother who once had a customer who did race walking, I'd love to hear.

~ Jennifer Straughan

Missoula Marathon Sponsors and Sponsor of the Week

On the website I have created a section called Sponsor of the Week. Click on the Sponsor tab and you'll see it. This is because there are so many unsung heroes out there in sponsor world. I think when someone says the word "sponsor" there is vision of a check being cut. This couldn't be farther from the truth. Sponsors are involved, caring, encouraging, helpful, supportive businesses and individuals.

Sometimes it's hard to describe, but let me give you just one example: VW Ice.

I didn't get to know Tom Vacura at VW Ice until shortly before the Inaugural Marathon. In case anyone doesn't remember, it was hot that year. Super duper hot. Record breaking super duper hot. We suddenly started to realize all sorts of things, like that the Big Dipper ice cream would melt, the Good Food Store food needed to be chilled, that Bob with Coke wanted to provide cold finish line beverages, and so on and so forth.

How stinky is it to plan an event for 14 months, then a week out call up some business that's incapable of keeping up with all his own vendors at it is because, I'll mention again, *it's a record breaking heat wave*, and ask him for ice. Lots of ice. Preferably free ice.

You know what Tom said? "Sure. Take all you need." Can you believe that? I mean how great is that? Totally saved our skin.

And then you know what Tom did? Tom figured out the course went right by his business the first year, and stood out there with a hose.

What a great guy. You can feel very good every time you buy a bag of ice from your local grocer, because it probably comes from VW Ice.

There are lots of great sponsors like Tom Vacura, so please read the Sponsor of the Week every week at missoulamarathon.org.

~ Jennifer Straughan

Missoula Kids Marathon Update

The Missoula Kids Marathon is in full swing and kids all over Missoula and the surrounding area are logging miles by running, walking, hiking, and swimming. All of Missoula County Public Schools have liaisons that are encouraging registration and the formation of running clubs. At least five schools have organized running clubs or have teachers that are running with their kids. Alberton, Bonner, Frenchtown, and Hellgate Elementary are encouraging registration and fitness as well and the Missoula International School has just recently signed on as well.

Several recent events have helped kids log miles for the MKM. Many of our registrants participated in the Riverbank Run and have also signed up for the Missoula Youth Track Club which starts in May. The first Movin with the Mayor run was on April 9th and some kids logged up to two miles at Playfair Park during this event. The YMCA brought kids participating in their after school programs and helped to make this a great success. Mayor John Engen promoted health and fitness and the kids loved visiting and logging miles with him. The next event will be held at Franklin Park on May 16th.

Anyone interested in attending and monitoring runners would be welcome. The run begins with a talk by the mayor at 3:30 followed by a run around Franklin Park. Please encourage attendance if you can. The MKM encourages kids to run, have fun, and be healthy!

~ Kathy Devlin

The Next Greatest Missoula Marathon Good Food Store Seminar

When push comes to shove, the training miles increase and Missoula Marathon race day draws nearer, to whom do you turn for sage and experienced advice? Runners who have done it before, of course!

Everyone is different, so we've put together a panel of runners who have all trained for and run the Missoula Marathon. Each has had their individual issues and solutions and experiences on the way to the finish line. They have suggestions on what works for them on everything from gear to aches and pains to psychological tricks. Nobody really understands the misery of chafing or that gels maybe just don't work for a person, except for another runner.

Come ask regular humans with jobs and families and maybe even flat feet who have somehow managed to fit it all in and cross the Missoula Marathon finish line.

Monday, May 11, 2009 is the date, 7 pm the time. Arrive at the Good Food Store early; the seminar is free, but space is limited and attendance has at other seminars has been standing room only.

It's So Good to Be So Wrong!

Whether it was fatigue, boredom, or a name that didn't excite interest, back in 2006 our Missoula Road and Track Club, founded in the mid-70's, was suffering badly from a lack of enthusiastic members willing to take leadership. A few long-time members, including Steve Franklin, Nancy Shrader, Bob Zier, Ben Schmidt, and I had managed to keep the club's membership, treasury, equipment, website, newsletter, and basic structure of officers intact, but a sense of stagnation prevailed.

Suddenly out of what seemed like nowhere to me, some crazy people, including MR&TC president Anders Brooker, were talking about a July 2007 marathon. I voiced my immediate negative reaction: "I'm not interested. We don't have people to work on it and nobody will want to run a marathon in July."

How good it is to be wrong! I hadn't known Jennifer Straughan and her dedication and skills. The first Missoula Marathon was not only a huge success, but thanks to Jennifer and her organization and Anders and the marathon training program, the running club has taken off! It seems there are hundreds of new Missoula runners inspired by the program. Many had never run at all and were training for a marathon! An example – the goal of walking the half-marathon was instrumental in inspiring Mayor John Engen to lose over 100 pounds, and he in turn inspires others. The Missoula Marathon has made Missoula a healthier community, and our club a vibrant organization.

Although I avoided the marathon planning, I was still an officer in the club, and with some new energy, we solicited ideas for a new club name. Ben Schmidt came up with "Run Wild Missoula" – a name that makes people want to join! Among those new members are skilled, enthusiastic people like Sue Falsey who have accepted leadership positions and are doing a fantastic job. The Diva Run last October was an excellent example of the new energy and creativity in the club.

As we look forward to summer and fall races, let us remember that it takes a lot of volunteers to put on a good race and that we all need to give time back to the club, even when it seems there are lots of competent people doing the work for us. If you don't plan to run or walk, be sure to volunteer to help with the third Missoula Marathon. I don't think I'll be wrong in saying, "It will be great!"

~ Ethel MacDonald

Over 40 Walkers Training for the Half and Full Marathon

Walkers are training for the Missoula half and full

marathon. Last year there were around 10 of us, but this year over 40 have signed up for the walking class. We meet on Wednesdays to do interval training and Saturdays for longer distances. Eva Dunn-Froebig and Candace Crosby have arranged for informational and inspirational speakers to talk to us on Saturdays before we start our walks.

You might say that we all know how to walk. The training and talks help us to be healthy, efficient walkers and to listen to what our bodies are telling us. This is important as for many this may be the first competitive thing we have done in many years. As walkers we know that we will not be the first person to finish these races and the competition we face is to reach the goals that we have set for ourselves, either distance or time. Walking has become a means to better fitness for us.

Another thing that walking allows us to do is talk with each other. I have met interesting people and we are never so winded that we can't have a spirited conversation.

When you see our group wearing their green walkers in training shirts, wave and say hello.

~ Rolf Tandberg

Run Wild Missoula Members Get Snazzy Armbands This Year

We like to give our members a little gift to show our appreciation for your support for RWM. This year we chose a running arm band with the RWM logo displayed on it. The bright green reflector will keep you safe during those dawn and dusk runs and the logo shows your support for RWM. Pick up your arm band at Runner's Edge next time you're downtown. Individual members, please just take one. Family memberships include two armbands.

~ Eva Dunn-Froebig

ID Tags Available to Run Wild Missoula Members at Discount

ID Partners Program is offering a 15 percent discount to RWM members who want to order ID tags. The tags are functional and will show your support for RWM. To order yours, go visit www.id4emt.com and click on the RWM link in the left hand column under "category section." The discount code is rwm9.

~ Eva Dunn-Froebig

Bill & Mary Muse Concert to Benefit Karen Kempel Jones Bike Trail

A concert to raise money to complete the portion of the City Bike Trail between Russell Street and Reserve streets will take place Saturday, May 9 at the University

of Montana Recital Hall in the Music Building. Bill and Mary Muse, who toured as professional musicians for seven years before moving to Missoula in 2001, have agreed to a one-time-only Missoula concert to benefit the bike trail and to honor Karen Kempel Jones, for whom the trail is to be named. The Muses will be joined by Doug Wintch and Bill Ward in their first-ever reunion concert.

Bill Muse is a singer-songwriter whose music and lyrics make you recall a home you never had, smell a country breakfast, long for an old love or jump up to dance on the table. The Muses make Bill's songs come alive with their ringing harmonies, Mary's keyboard and Bill's guitar. Ward and Wintch add color and depth with keyboard, guitar, harmonica, and harmony vocals. Call it Singer/Songwriter, Roots, Americana, Original, or Acoustic. Their style defies a single label. Whatever it is, it is real—and the obvious connection and love these four have for each other and the music they share intertwines for a sound that is sure to strike a chord in everyone.

This concert will help the Missoula Rotary Club raise a portion of the \$60,000 needed to complete construction on a one-mile portion of the bike trail which runs through Missoula from east to west. The section chosen for this project will be dedicated as a tribute to Karen Kempel Jones, a long-time Missoula resident who died last spring. Karen touched the lives of many Missoulians through her work with local not-for-profit agencies, by mentoring and otherwise supporting young women, and in her work as a real estate agent.

Tickets for the concert go on sale April 1, at A Carousel for Missoula. Prices are \$10 for balcony seating, \$15 for general admission and \$20 for reserved seating in the center floor area. For more information, contact Dolores Bandow at dmbandow@aol.com.

It's Official: Run Wild Missoula Doesn't Charge for Use of Most Equipment

Are you fretting about all of the water coolers, cones or signage you need for an upcoming race? Fret no more because RWM has what you need and we'll let you use it free of charge.

The RWM committee of officers and board of directors recently adopted an equipment rental policy, developed by RWM Equipment Manager Tommi Burton, which states that our equipment is available to anyone who wants to use it provided they sign a form saying they are responsible for replacing unreturned or damaged items.

The only thing RWM will charge a fee for is our timing clocks, which we'll rent for \$25. This is because the timing clocks require some extra maintenance and

care. The decision to make equipment accessible to everyone is based on the philosophy that RWM wants to support the entire running community. If you have equipment needs for your upcoming race please contact Tommi Burton at tburton@bresnan.net.

~ Eva Dunn-Froebig

Eva's Letter

It makes ecological and financial sense. Plus, it's the new trend; everyone is doing it. That's why RWM is making its best effort to go green. We're using water coolers instead of bottle watered and reusable race bags in some of our upcoming races. We're buying and printing locally as much as possible. Can you do your part to help us with this effort? We'd like this newsletter to go paperless, but we'll continue mailing it to you if you prefer reading a hard copy. If you don't already receive an electronic version and you want to, please contact Membership Coordinator Sue Falsey at suefalsey@aol.com. You'll be doing your part to help RWM go green.

Speaking of reading things online, we hope you've noticed that we've been updating RWM's web site. You can now find our race information and download registration forms for most of our upcoming races. Visit www.runwildmissoula.org to view our upcoming events. You can even link on the upper right hand side for a new calendar of events. Check out our blog at <http://themiissoulamarathon.blogspot.com/> for the latest developments on upcoming races, training classes and other personal running stories. Brian Kevin, who will run the Missoula half-marathon, has been writing about his training on our blog. We've included Brian's most recent blog in this newsletter to entice you to visit it more.

We're also working hard to redesign our web site. This process always takes longer than expected and we had hoped that we'd have a new site by now. We'll keep you informed as things progress. We hope the completion of our web site will help us with our goal to go green by having the option of signing up for and maintaining memberships online as well as providing options for registering for races and programs online.

While you're waiting for our new web site to go live, think about your next RWM race. The Pengelly Double Dip is coming up on June 13. If the thought of gaining and losing thousands of feet in elevation over approximately 13 miles—or five miles if you sign up for the Single Dip—frightens you, just think of it as a training run for your next race—say the Missoula full or half marathon? I hope to see you running or walking at one of our upcoming events.

Happy Running/Walking,

Eva Dunn-Froebig

Member Profile: Donna Ayres

I started running in 1977 after my youngest son was born. My friend and doctor convinced me to start running with him and we organized a local Fun Run in 1978 which we co-directed for two years.

I had started running to lose weight and get in shape. I needed an exercise routine that would fit around a 24 hour "on call" business and two small children.

I keep running because of the peaceful feeling I have on a long run along the ocean (in California), the back roads of the Bitterroot Valley, or other areas of the country as we travel. It is my time to think, plan, and contemplate the beauty of nature.

My best race was my first marathon, the Humboldt Redwoods in 1984 when I ran my fastest time through the ancient Redwood forest on a cool, sunny, fall morning.

My best run was along the Mendocino Coast of Northern California from my home to the Point Arena Lighthouse and return.

Worst Race: On the California coast, The Trinidad to Clam Beach run the year we had heavy rain and cold, ocean winds which caused me to get hypothermia afterwards.

One must-do race for me is the Two Bear Half or Full Marathon.

My favorite places to run are the Redwood trails near my California home and the back roads of the Bitterroot Valley.

My I-Pod music consists of Country singers like Alan Jackson, Tim McGraw, and Brooks and Dunn as well as Classic Rock music.

The Best books I have read are the Catherine Coulter series of FBI Thrillers.

My favorite pre-race food is toast with peanut butter, a Banana and several cups of coffee.

My favorite post race fare is water, bananas, and a granola bar.

The person who inspires me as a runner is my friend, Lynn Lawrence, who at 75 is still running races in my California running club.

AT THE RACES

Bust-A-Gut 5K, March 4th

Adam	Peterman	17:29
Dean	Lipp	17:48
Brian	Fruit	17:49
Emily	Schall	19:05
Jennifer	Sauer	20:49
Anicka	Kratina-Hathaway	21:38

Kelsi	Camp	23:32
Carol	Lipp	23:41
Bryan	Flaig	23:51
Larry	Peterman	26:11

Madison Notti	7	F	54:32	1177
Melissa Notti	30	F	54:36	1183

Boston Marathon, April 20th

Brian	Fruit	2:59:20
Dean	Lipp	3:03:15
David	Schmetterling	3:06:56
Tim	Brooker	3:12:59
Darr	Tucknott	3:14:33
Tom	Halverson	3:38:47
Rick	Ryan	3:53:47

Riverbank Run 5K, April 25th

Name	Age	Gender	Time	Place
Eric Wolf	49	M	19:31	10
Steve Weiler	59	M	19:44	14
Matthew Stergios	52	M	21:42	45
Sarah Raz	27	F	22:34	70
Thad Kendrick	9	M	23:56	104
Sue Falsey	60	F	24:25	126
John Marron	67	M	25:51	181
Ann Wolf	42	F	25:53	182
Tom Daer	56	M	27:47	289
Curtis Bunton	40	M	28:24	323
Megan Tiffin	28	F	28:28	329
Jennifer Graves	35	F	28:43	350
Madison Matthias	10	F	28:43	351
Jack Matthias	45	M	28:44	352
Kelle Bradshaw	44	F	29:04	375
Keith Ballenger	40	M	29:06	378
Tanya Stickler	38	F	29:07	381
Lisa Walser	54	F	29:14	389
Jeannie Siegler	62	F	29:35	405
Jeri Delys	47	F	29:46	421
Dawn Mortel	38	F	31:59	544
Teresa Messerman	45	F	32:17	556
Carol Knutson	55	F	32:43	597
Sonya Yager	60	F	32:46	604
Patricia Williams	40	F	32:48	610
Pat Garbutt	55	M	33:12	644
Chuck Deaver	55	M	33:32	659
Jenna Herrick	11	F	35:06	718
Tracy Baldwin	40	F	35:07	722
Melissa Odom	52	F	35:14	732
Andrea Schmidt	12	F	35:34	758
Monique Krebsbach	45	F	36:49	793
Tom Vail	40	M	38:11	830
Marlene Beltramo	68	F	39:13	857
Ethan Heide	7	M	39:33	863
Lillian Lehuta	52	F	39:53	866
Tony Beltramo	68	M	40:22	881
Russ Beree	59	M	41:03	898
Jane Kisselbach	67	F	41:34	914
Chris Stobb	40	F	43:14	951
Haley Boyer	11	F	43:58	963
Max Adams	54	M	44:06	968
Zoltan Badaruddin	6	M	44:46	983
Helen Badaruddin	8	F	44:48	984
Annie Badaruddin	4	F	45:13	989
Norman Fortunate	58	M	47:21	1041
Darlene McLuskie	60	F	48:21	1068
Jade Krause	14	F	50:14	1113
Amy Mack	50	F	53:55	1172

Riverbank 10K, April 25th

Name	Age	Gender	Time	Place
Rye Palen	34	F	38:53	9
Mary Thane	45	F	39:20	11
Don Malerk	54	M	41:20	18
Aaron Baldwin	36	M	42:05	23
Pam Schiemer	42	F	43:31	31
Chad Yurko	48	M	44:04	39
Bob Homer	53	M	44:37	44
Benjamin Schmidt	45	M	45:09	49
Micheal Cain	58	M	47:55	78
Missy Adams	36	F	49:02	104
Rick Ryan	55	M	49:12	106
Janet Kenter	51	F	49:29	111
Christopher Herrick	13	M	49:30	112
Jessica Weinert	29	F	50:24	121
Jonathan Herrick	49	M	51:28	134
Brenda Gagner	32	F	51:51	143
Justin Barba	33	M	52:05	145
Vicky Mix	47	F	52:27	151
Mary Weber	45	F	53:23	168
Jody Bramel	33	M	54:04	177
Ethel MacDonald	71	F	1:05:03	323

Riverbank Trifecta, April 25th

Name	10K	5K	Mile	Total	Place
John Herring	36:23	17:34	5:51	59:47	7
Michael Yager	36:51	17:50	5:59	1:00:39	10
John Cuddy	38:42	18:55	6:19	1:03:55	16
John Hart	39:15	19:06	6:16	1:04:36	19
Mark Kindred	39:51	19:08	6:17	1:05:15	21
Dale Reese	39:49	19:27	6:34	1:05:49	23
Alec Patterson	41:20	19:57	6:11	1:07:27	28
Mark Burke	42:01	20:45	6:47	1:09:32	37
Jennifer Sauer	43:10	20:22	6:43	1:10:13	40
Keith Persicke	43:48	22:00	7:00	1:12:47	53
Mark Schleicher	45:43	21:36	7:09	1:14:27	62
Paul Leusch	45:36	21:51	7:09	1:14:35	63
Matthew Nelson	46:37	21:38	7:06	1:15:20	68
Vo Von Sehlen	46:51	21:53	7:22	1:16:04	75
Danelle Gjetmundsen	47:19	23:13	7:25	1:17:56	83
Tammy Mocabee	47:25	23:13	7:25	1:18:02	84
Brian Kittleson	48:55	23:35	7:19	1:19:48	97
Jen Von Sehlen	48:05	23:47	8:14	1:20:05	98
Nichole Unruh	48:21	24:07	8:15	1:20:42	100
Christy Bloom	49:58	23:35	7:24	1:20:57	105
Kara Contonio	49:07	24:37	8:15	1:21:58	114
Kelsi Camp	50:30	24:45	8:01	1:23:15	122
Garth Flint	51:30	24:13	7:46	1:23:28	128
Carol Lipp	50:25	24:58	8:08	1:23:30	129
Janet McKenzie	50:55	25:20	8:31	1:24:44	135
Wisdom Ming	51:47	26:05	8:00	1:25:51	144
Mary Bricker	52:32	26:02	7:54	1:26:27	147
Melissa Barba	52:04	26:43	8:03	1:26:50	149
Ilana Abrahamson	52:42	26:03	8:16	1:26:59	150
Donn Livoni	51:20	26:59	8:52	1:27:10	152
Michelle Yoshinaga	53:11	25:51	8:27	1:27:28	153
Kara Mileski	54:03	26:03	8:21	1:28:25	160
Jessica Crowley	54:02	26:03	8:22	1:28:26	161
Elisabeth Stoeckel	54:08	26:15	8:21	1:28:43	162

John Croft	53:23	27:28	8:59	1:29:49	173
Emily Buck	54:16	27:17	8:22	1:29:54	174
Sue Furey	54:37	26:50	8:51	1:30:17	179
Pamela Estill	55:22	28:15	8:31	1:32:07	182
Liesl Uskoski	54:44	28:52	8:35	1:32:11	184
Bonnie Spence	55:53	28:03	9:10	1:33:04	186
Maria Alva	57:10	28:15	9:06	1:34:31	190
Leanne Young	57:42	27:42	9:12	1:34:35	191
Tanya Derosa	56:55	29:29	8:53	1:35:17	196
Caryn Youngholm	56:45	29:25	9:07	1:35:17	197
Jennifer Jackson	56:00	30:26	10:31	1:36:56	206
Katie Spaid	58:00	30:00	9:19	1:37:18	207
Judy Gustafson	1:00:41	28:16	9:10	1:38:06	211
Sally Russell	1:00:10	29:46	9:42	1:39:37	214
Barbara Fortunate	59:22	30:32	9:52	1:39:44	215
Miranda Ming	1:00:10	30:46	9:30	1:40:25	218
Terri Barclay	59:52	32:32	9:33	1:41:56	226
Valerie Hedquist	1:01:35	31:05	10:15	1:42:54	227
Jennifer Harper	1:01:10	31:12	10:38	1:42:59	228
Christine Johnson	1:04:46	31:31	9:50	1:46:06	235
Sally Cannata	1:04:47	31:31	9:59	1:46:16	237
Michelle Badaruddin	1:04:34	32:35	10:11	1:47:18	239
Jill Roberts	1:05:51	32:35	10:11	1:48:35	242
Phoebe Fortunate	58:09	46:53	8:57	1:53:59	249
Maureen Karlin	1:07:49	38:27	10:32	1:56:47	250
Carol Hedges	1:12:25	36:51	12:01	2:01:16	254
Bonnie Fergerson	1:14:14	40:02	12:40	2:06:54	255
Lisa Sproull	52:04	27:34			262
Tammi Cummings	55:39	30:41			266
Adam Peterman	38:47				272

A New Governor's Cup in 2009

Along with our traditional 5K and 10 individual events, we've added the 10K Team and 5K Junior Team events, continuing the tradition of team spirit at the Governor's Cup.

The non-timed "Almost-A-Mile Fun Run" is just right for individuals, families, and seniors who want a Governor's Cup experience packed into almost a mile of historical sites, live music, and entertainment.

Sunday, June 7th, will feature a new family fun four-mile bike ride that will start and end at the Helena YMCA parking lot and follow portions of Rails to Trails and the Nature Park Trail.

The Montana Governor's Cup Marathon has a new venue this year. To help promote health and fitness across the state, Blue Cross and Blue Shield of Montana have partnered with the Montana Marathon in Billings to host the Montana Governor's Cup Marathon and related events on Sunday, September 20, 2009, Billings, Montana. www.montanagovernorscupmarathon.org.

Families can no get a great deal on registration. Each member of a family of four living in the same household can register for one or more events for just \$50. Additional family members must register as an individual and pay fees associated with their age and event.

For the event schedule and race details please visit www.govcup.bcbsmt.com.

~ Harry Obert

Visit www.runmt.com for a complete list of Montana races

On the Run: The Neighborhood Dogs Can Smell Your Fear

Last Wednesday, I saw a medium-sized brown dog do a pretty amazing thing. I was somewhere near the middle of the pack as we headed up Greenough Drive. I don't know what it is about the dogs along that street — if they're just unaccustomed to pedestrian traffic or what — but you'd think we were all dressed in bacon. They go absolutely nuts. I was coming up on a split-level with a big, green yard. Behind a chain-link fence, two dogs sprinted back and forth, barking like their lives depended on it. I didn't register the breeds, since I wasn't paying much attention and have never been real good at it anyway. One of them was white, the other was brown, and both were roughly the size of a piece of carry-on luggage. Suddenly, the brown dog executed a move that I've previously only seen in the Street Fighter II video game, a sort of bouncing leap that brought him briefly into contact with the side of the house before kicking off of it and somersaulting over the seven-foot fence. This happened just as I was passing the yard. And then he was out on the lawn, staring at me at me and my imaginary bacon shorts like a desperate convict who knows his time on the lam will be brief.

I think I said, "Oh crap." Probably rather loudly, since my iPod's usually cranked to 11 and I have little concept of the volume of my voice. But it happened right as I passed! I'm the kind of guy who gets excited when a streetlight goes on or off at the exact moment I walk underneath it. I assume, naturally, that the event had something to do with me. So surely there was some reason this dog vaulted the fence just as I came into his sight.

Then I remembered how the wolves in Yellowstone peruse the elk herds at chow time, scanning the whole group before identifying the weakest link, and only then taking off in pursuit. That was it, I thought. I'd skipped running the previous Friday to go to a reading and reception, skipped it Saturday to nurse a hangover, then skipped it Sunday on the pretense that it was Easter (though I actually spent the morning alone in my apartment, drinking coffee and reading magazines). This brown dog knew I'd schlepped off over the weekend, and now he'd picked me out as the weakest link I was about to be culled.

Turns out, though, that the dog was less like an escaped convict and more like a wimpy kid who sneaks off the playground at recess — suddenly liberated, but totally clueless as to how to handle it. The poor pooch just ran back and forth in place, barking at his partner on the other of the fence, oblivious to me and the other runners passing by.

It was a wake-up call all the same, though. A reminder to get back on my game. When the time came for us half-marathoners to peel off from the marathon crowd, I opted to follow the longer route instead. Turns out blending in with the marathoners is kind of easy — you just have to wear a look of steely determination all the time. It's tough to get it across with an emoticon, but it would be something like: :>| And those extra few miles were just what I needed. I was already feeling more confident as we ran the last mile down Monroe Street, and sure enough, the neighborhood dogs didn't even look up.

~ Brian Kevin

For more by Brian Kevin, who is training for the Missoula half marathon, please visit <http://themissoulamarathon.blogspot.com>

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Run from the Edge

Looking for a group run? Meet at the Runner's Edge, 325 N. Higgins, Mondays and Thursdays at 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, letters to the editor expressing strong,

well-informed opinion, and whimsical musings on the running life 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.

Race entry forms published only when space allows.

CELEBRATE THE SWAN RACE

SATURDAY, JULY 11, 2009

Start: 9:00 a.m. half-marathon, other races at 10:00 a.m. **Races:** Half Marathon, 10K, 5K, 5K-walk, 1 mile fun run

Place: South end of the Condon Airstrip, Condon, MT, Hwy 83 @ mile marker 43

Cost: **ADVANCE REGISTRATION:** \$18 (includes T-shirt, refreshments, awards and door prizes) \$9 children (12 and under) **RACE DAY REGISTRATION:** \$20, \$10 children (12 and under)

To Register: By mail or email **by July 2nd** or **in person the day of the race beginning at 8:00 a.m.** Entry forms available at Swan Ecosystem Center, online at www.swanecosystemcenter.org, or by contacting Swan Ecosystem Center, 6887 Hwy 83, Condon, MT 59826, (406) 754-3137 or 754-3138, or email at swanec4@blackfoot.net

Awards: All entrants receive a quality T-shirt. Overall winner in all categories and age division winners (runners only) receive Bob Egan pottery mug. Other category and place winners receive ribbons. Valuable coupons will be given in a drawing during the awards. (Must be present to win.)

Complete form & return with fee to: Swan Ecosystem Center, 6887 Hwy. 83, Condon, MT 59826.

Name: _____ Phone: _____

Address: _____ Circle Entry Fee: \$18, \$20, \$9, \$10 or \$10 (no T-shirt)

Make checks payable to: Swan Ecosystem Center Please circle **Sex:** Female Male **Distance/category:** Half marathon, 10K, 5K, 5K-walk, 1mile fun run

Age Divisions: 14 and under 15-19 (date of birth if under 18 _____) 20-29 30-39 40-49 50-59 60-69 70+
T-shirt size: Adult S M L XL XXL

Waiver: In consideration of the acceptance of this entry, I certify that I am physically qualified and sufficiently trained to participate in this race. I realize that road races entail certain risks of personal injury. In consideration thereof I hereby on behalf of myself, my spouse, my heirs, legal representative and assigns release the sponsors and organizers from any claim for damages for injuries suffered by me as a result of my participation in this event, and waive any claim I might have against the sponsors and organizers for damages arising out of or in any way relating to my participation in this event.

Signature/Name _____ Date _____

Parent/Guardian (if entrant is under 18) _____

The Pengelly Double Dip

6th Annual Epic Trail Run of Elephantine Proportions

Saturday, June 13th



Single Dip: About 5 miles. Up the 'M' trail, down the Mt. Sentinel fire road, and back to Riverbowl Field.

Double Dip: About 13 miles. Up to the 'M' and beyond, to the University beacon, the top of Mt. Sentinel, down the Hellgate Canyon Trail and along the Kim Williams Trail to Riverbowl Field. This challenging course follows some of the most scenic trails in the iconic mountains of Missoula.

Age Divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Race-day registration opens at 7:30 am. Both races start at 9:00 am adjacent to Riverbowl Field (Kim Williams Trail near the University foot bridge).

Early start option: 8:00 am (does not qualify for prizes)

The Double Dip run would have been a favorite event for Dave Pengelly, for whom this race is named. It combines many of the things he adored: Mount Sentinel, where he had hiked since early childhood; strenuous outdoor activity; and an opportunity to enjoy, tease, and probably harass his beloved friends. Throughout his life Dave poured his incredible energy into enjoying the outdoors, especially the mountains and all manner of mountain sports. He loved to share those passions with his many friends, family members, and his younger brother in the Big Brothers and Sisters program. He also supported various organizations that fought to preserve his favorite wild areas. Dave died June 13, 2003, in a mountain climbing accident in the North Cascades in Washington. The speakers at his memorial service, without design, presented a combined sermon on Dave's message to them, a message reinforced by the Double Dip run: get out there and live.

The race began as a fund-raiser organized by the staff of the Missoula Youth Homes. The race is now organized by Run Wild Missoula, a non-profit 501(c)3, that promotes and supports runners and walkers of all ages and abilities.

(See Reverse for Entry Blank)

Name: _____ Age: _____ Gender: M F
(circle one)

Street: _____ City: _____ State: ____ Zip: _____

Phone: _____ Email: _____

Event (circle one): Single Dip (~5 miles) Double Dip (~13 miles)

Shirt Size (circle one): XS S M L XL

Entry Fee (mark one): ___ \$30 (double dip; \$35 race day) ___ \$20 (single dip; \$25 race day)

Make checks payable to: Run Wild Missoula, PO Box 1573, Missoula, MT 59806, or drop off in person at The Runner's Edge, 325 N. Higgins, Missoula, MT.

Waiver and Release Statement: In consideration of accepting this entry, I RELEASE, for myself and my heirs, executors, administrators, legal representatives, assigns and successors in interest, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child") – the Run Wild Missoula, Lolo National Forest, The Nature Conservancy, the City of Missoula, and all other promoters, sponsors, organizers and volunteers of this event, and the officers, directors, shareholders and/or members, agents and employees of each, as well as all medical, law enforcement and other personnel assisting with this event, the owners of property through which the event course traverses, and their representatives, successors and assigns (collectively "Released Parties") from any and all rights, claims or liability for damage for any and all injuries to me, my child or my property arising out of or in connection with my participation in this event, including acts of God. I further agree that I WILL DEFEND, INDEMNIFY AND HOLD HARMLESS the Released Parties against all claims, demands and causes of action, including court costs and reasonable attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted contrary to this agreement for the benefit of me or my child. This agreement extends to all claims of every kind and nature whatsoever, whether known or unknown. I Fully ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects, the dangers of road and trail conditions, surface hazards, weather conditions, and inadequate clothing; encounters with wild or domesticated animals; the possibility of serious physical and/or mental trauma or injury or death associated with an athletic trail run; and dangers caused by others' negligence. I certify that I am and/or my child is physically and mentally fit to participate in this event. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of weather conditions, fire, drought, acts of God, or other circumstances beyond the control of run management, the entry fee will not be refunded.
PARENT OR GUARDIAN SIGN FOR MINOR.

Signature of Participant _____ Date _____ Printed
Name _____

Signature of Parent/Guardian (if participant is younger than 18 years) _____

Printed Name of
Parent/Guardian _____



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