

Running Wild

The official newsletter of Run Wild Missoula

January, 2010

"The five S's of sports training are: Stamina, Speed, Strength, Skill and Spirit;
but the greatest of these is Spirit."

~ Ken Doherty



Seminars for the Missoula Marathon – First Seminar January 11, 2010

RWM Missoula Marathon Training will begin March 7. (More information will be available in the February newsletter.)

However, while waiting for training to start, begin with taking advantage of the Good Food Store's Missoula Marathon free seminar series! All seminars are held the 2nd Monday of the month and seating is first come first served. Here is the calendar:

- **January 11, 2010**
"Can You Start from Zero and Still Run the Missoula Marathon or Half Marathon?"
Speaker: Anders Brooker, owner of Runner's Edge and Hellgate High School track and cross country coach.
- **February 8, 2010**
"Learn from Those Who Have Done the Training and Run the Race."
Speakers: A panel of runners who have gone through the training program and crossed the finish line of the Missoula Half or Full Marathon.
- **March 8, 2010**
"You Can Walk the Missoula Half or Full Marathon"
Speakers: Candace Crosby and Rolf Tandberg, both of whom regularly walk half and full marathons.

Run Wild Missoula Boston Marathon Training, Tuesday and Thursdays 5:30p.m. and Sundays 8:00am at Runner's Edge

RWM advanced marathon training program for those preparing for a spring marathon is underway. Interested? See registration form in this newsletter.

Yoga For Runners/Core Strength Training For Runners, Beginning January 5, 6, or 7 at Runner's Edge

RWM classes to help your fitness and running. See registration forms in this newsletter.

Frost Fever 5K Fun Run/Walk – Saturday, January 30, 2010 at 10:00am, Missoula

Race will take place on scenic trails/streets around the Clark Fork River. Start and finish will be held at McCormick Park. All participants will receive 50% off admission to Currents Indoor Aquatics Center during race weekend and a long sleeve t-shirt...sign up by early registration deadline to guarantee a shirt on race day. Stick around for great prize drawings after the race!

All race proceeds benefit Missoula Parks and Recreation's youth scholarship fund which provides underserved children and families the opportunity to participate in Parks and Recreation programs. Volunteers needed: Contact Missoula Parks and Recreation if you can help.

Early Deadline and fee: \$20 by 5pm, Saturday, January 23.

Late deadline and race day fee: \$25 from January 24-30. (not guaranteed a shirt on race day)

View Map: <http://www.mapmyrun.com/run/usa/mt/missoula/940125720297097904>

Registration: Return entry form <http://www.eteamz.com/missoula/handouts/#1728269> to Currents Indoor Aquatics Center (600 Cregg Lane) or you can register on-line @ <http://www.active.com/running/missoula-mt/frost-fever-5k-fun-run-walk-2010>

**Scrumpy Jack Scramble, Saturday, February 13, 2010,
10:00am, Missoula**

See registration form in this newsletter.

**Snow Joke Half Marathon, Saturday, February 27, 2010
11:00am, Seeley Lake**

This footrace is always run the last Saturday of February. The course is one lap around Seeley Lake on plowed roads. Expect icy patches. Distance: 13.1 miles.

Registration is Race Day Only, 8:45 to 10:30 a.m.

Fee \$10.00 (\$5.00 if under age 20)

Start & Finish is at the Grade School Gym.

T-Shirts are polyester, \$15.00 First Come, First Served

<http://www.cheetahherders.com/snowjoke.html>



Are you planning on running the Snow Joke Half Marathon in Seeley Lake on February 27, 2010? Need some extra motivation to get some long runs in? Join Run Wild Missoula on Saturdays at 8 a.m. at Runner's Edge for group runs. A group will start putting in some extra miles to get ready for Snow Joke.

Cross Country Nationals, February 13, 2010, Spokane

On February 13, 2010, the USATF National Championships (and World Cross Country Team Trials) will be held at the same venue that hosted the club championships in December 2008. This is an unbelievable opportunity to run with the best of the best in US Cross Country right here in our backyard. They will have Community, Open, Masters and Junior races - so, there should be something for everyone (including any of our talented high school kids). Information can be found at -

<http://www.usatf.org/events/2010/USAXCChampionships/>

Entry is online only. The only entry requirement is that you are a USA Track & Field member. Membership and meet entry can both be found at www.usatf.org. Contact Tony Banovich if you have questions at badrock04@msn.com.

Even if you don't race in the meet, it's an opportunity to see some of America's best runners. People like Dathan Ritzeheim, Matt Tegenkamp, Alan Hall, Meb Keflezghi, the Torres brothers, Kara Goucher, Amy Yoder-Begley, Shalane Flanagan, Jenny Berringer, etc.

~Tony Banovich

A Freezer Burn

I didn't know I was going to run the Freezer Burn Run until the morning of the race. I knew about it but hadn't committed to it in my head (seeing how cold it was). Also, I hadn't been keeping up my mileage as of late and wasn't sure I was physically able to run 13.1 miles. But the morning of the race I woke up and looked outside, checked the temperature (brrrr) and decided I couldn't pass this by. My husband on the other hand voiced his concern for the sub zero wind chill and told me I was crazy for considering it. That, of course, was the absolute thing I needed to hear to solidify my commitment to run.

I didn't have much time left so I quick got dressed making sure to layer up, but then I realized how hard the wind was blowing and I would not be able to run without something to cover my face. I was running out of time and I couldn't find anything suitable to use over my face so I raced off to Walmart and bought a neck warmer. Neck warmer in hand I realized just how late I was. I still had to get to Frenchtown.

When I finally got there I had 5 minutes to spare but still had to register. When I got to the table I realized I had heard wrong how much the registration fee was and didn't even think about a late fee. I thought the race was just \$5 and that was all I had brought. Thankfully the wonderful people at the registration desk were not about to turn me away. So I paid my \$5 and was still pinning the number to my clothes (with some difficulty due to the gloves I was wearing) and hobbling to the start when the race began. I hadn't even warmed up and off I was. I heard the race was shortened to 10 miles and thanked the God's above. I instantly fell into a nice pace and with the wind to my back running seemed effortless. It went like this until mile 4 when we had to turn into the wind and cross the bridge.

As soon as I turned I was blasted with bitterly cold wind and couldn't breathe. I tried to pull my neck warmer over my mouth but then I felt like I couldn't get a good enough breath. Despite this suffocating feeling I started to laugh. This is why I did this race. Because I knew it would be different and look at all these crazy people just like me. So I tried to forget the cold and move on. By mile 5 my legs were so cold that I couldn't feel them which was fine since I then wouldn't know how bad they felt. The last half of the race went on like this and when those big bursts of wind would blow I would put my head down and keep going even though I felt I was being pushed backwards or running at a walking pace at best. Then eventually I tried running behind somebody to block the wind but that did little and so I just moved on. Mile 9 I felt so cold I was numb everywhere but I was almost there. I increased my pace as best I could and thought about the fire at the end. As I crossed the finish my eyes went to the fire but my feet kept me going to my car. I jumped in started it up and began shaking uncontrollably. I knew I had to get warmed up soon and that I was slightly hypothermic (not sure how that is possible after running 10 miles).

I decided to drive to my mom's house because she was closest but I didn't have my cell phone and couldn't call her. When I got there she wasn't home. Darn it! Still shaking so badly. Cranked up the heat in my car. Still shaking. Don't remember the drive home but somehow I got there and sat in front of the fireplace for an hour. Still shaking. Took a hot shower. Still shaking. Drank some hot tea. Still shaking. Bundled up with a blanket in front of the fireplace and finally started to feel better. It took me a whole day to shake off that chill but I had a smile on my face the whole time. I would have to say that was the funniest race I had ever done and will do it again next year. But I may have some hot drinks at the end and a blanket, oh, and somebody to drive me home.

~Hannah Den Bleyker

Freezer Burn Photographs

David Schmetterling provided all of the photos of the inspiring runners in this awesome Montana race - except for the photo of the start from Miranda Ming. Thank you, David and Miranda.



A Fast Start



Finish Line! JB Yonce, Wisdom Ming, Tammy Mocabee, Danelle Gjetmundsen



Thank goodness for mutual support. Volkmar von Sehlen, Marilyn Marler



Puffins prevailed! Ilana Abrahamson, Mary Bricker, Vicky Mix



And, Santa Pug also braves the cold at Freezer Burn

Missoula Marathon – Voted Best in the Country

Just in case you missed the big news - Runner's World named the Missoula Marathon the best marathon in the country in its January 2010 issue. The award was based on an online poll that was on www.runnersworld.com for a year. Runner's World Chief Running Officer, Bart Yasso, was in Missoula to make the announcement and give a public talk titled "Never Limit Where Your Running Can Take You."

Yasso was on hand during his visit to meet with supporters of the Missoula Marathon and even went for a run with Run Wild Missoula members. Yasso created a quite a lot of buzz in our community and inspired many.

AT THE RACES

Freezer Burn – December 6 – Frenchtown, MT
5K and 10 miles. Temperature 5F; Windchill -18F

5K F

Sally	Russell	57	F	0:28:31
Jennifer	Graves	35	F	0:29:37
Jeannie	Siegler	63	F	0:30:45

Jeri	Delys	48	F	0:31:04
Yvette	Heintz	28	F	0:35:15
5K M				
Adam	Peterman	14	M	0:18:16
Larry	Peterman	55	M	0:22:55
Keith	Ballenger	40	M	0:29:22
10mi F				
Tammy	Mocabee	47	F	1:21:25
Sherry	Kenyon	47	F	1:23:37
Hannah	DenBleyker	33	F	1:25:26
Wisdom	Ming	38	F	1:27:39
Danelle	Gjetmundsen	41	F	1:29:49
Carol	Lipp	50	F	1:30:46
Jen	Von Sehlen	30	F	1:30:54
Marilyn	Marler	38	F	1:31:03
Ilana	Abrahamson	34	F	1:34:42
Mary	Bricker	31	F	1:34:42
Vicky	Mix	48	F	1:34:42
Pam	Estill	38	F	1:35:39
BethAnn	Pedersen	40	F	1:39:53
Janet	McKenzie	22	F	-----
10mi M				
Philip	Keller	29	M	0:58:13
David	Schmetterling	38	M	1:08:20
Aaron	Baldwin	37	M	1:11:49
Patrick	Saffel	43	M	1:12:48
John	Pitcairn	68	M	1:29:53
J.B.	Yonce	62	M	1:29:56
Vo	Von Sehlen	44	M	1:30:54
Paul	Leusch	41	M	1:30:59
Bob	Hayes	83	M	1:43:09
James	Lemcke	53	M	-----

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

Send Your Articles and Essays to *Running Wild*

Members, we welcome and solicit your articles and essays for publication in *Running Wild*. Those whose writings are accepted for publication not only get to have the satisfaction of sharing their running with others but can receive from RWM a "I was published in *Running Wild*" t-shirt. (See shirt below.)

"On the Run" essays should be at least 750 words and can be on just about any topic related to running. "Cool Race" articles should be between 300 to 350 words and are about any race that you have participated in. Tell us some details regarding your race and include a photo or drawing. "Happy Trails" articles are also of 300 to 350 words in length providing descriptions of a good trail run that you have taken.

Please provide details and a photo so that we can all learn about new places to run.

In addition we solicit your reviews of any running related books that you think may be of interest to Run Wild Missoula members. Thank you to Adam Peterman for our first book review.

~ Chris Everett

Running For The Long Term

It's that time of year again. That's right. New Years Resolutions. Many of us will most likely sit down and make a list of different goals we would like to accomplish in 2010. As we go through another year, we realize we aren't getting any younger (sorry!). How do we keep up with the same goals? Do you have specific running goals you've set but seem now impossible? Well, this year, we wanted to ask a member of our community advice on the process of running while aging. This runner is someone we look up to and respect greatly. Not only is she a mom and a wife, she also works as a physical therapist at Community Medical Center and at the YMCA. Somehow she finds time to run Missoula Youth Track Club, support her children in all of their activities, and run competitively. When she has more free time (We know! Where does she find it?), you can find her training for a local triathlon, or spending time with friends in need. This lady is none other than Mary Thane and we hope you get to know her and how she stays fit in this article. Although Mary won't say, she is a renowned Masters athlete. You will find her running resume listed below this article.

When Meg and Courtney, with a sheepish look on both their faces, asked me to write something about running, they hesitated then continued with, "We don't want this to sound wrong, but can you write something about getting older and running/competing?" All I can say that at age 46 I have some natural experience, but also look to Glenn Govertson (60s), Ethel (70s) and Bob Hayes (80s) as role models of mentors in the community. They are all still running and competing and knowing that as long as we stay healthy and injury free it is doable if the desire is there.

Continuing to run and compete has worked for me because I have been fortunate to have great friends to run with. Running gives me a great opportunity to socialize, be outside and get the needed release one seeks with their runs. Motivation for me is the running mates, staying fit, setting goals; as I read stories about others and their successes it often keeps me going when my brain may be saying to me, "Why are you doing this?"

The top 10 things that have worked for me to stay healthy and injury free include:

1. Luck (no accidents or mishaps that can set one back).
2. Running mates.
3. Continuity of training - I have been running since I was a youth.
4. Cross training - learning to swim to use this as a workout.
5. Stretching mostly on my own and periodically in a yoga class. (This is preferable to me, but finding the time is difficult)
6. Using either ice baths after hard interval work or a pool/lake/river to limber up the legs. The recovery for me

seems to be so much faster if I have an opportunity to bicycle/tread water in deep water after a tough workout.

7. Rest/recovery days. I am still trying to figure this one out!
8. Running drills and light plyometrics to help protect from injuries. As we age we lose bone and muscle mass so I am working to minimize this.
9. Commuting to work on bike or foot when weather permits.
10. Having a supportive family that understands "always have your running shoes."

~Mary Thane

- 2008 National Champion for 45-49 year old females in the 800 and 1500 USA Masters Nationals in Spokane, WA
- 2007 Missoula Half-Marathon Winner
- 2007 2nd Place in the Masters Invitational Mile at USA Track and Field Outdoor Nationals in Indianapolis, IN
- 2007 2nd Place in the Masters Invitational 800 at USA Track and Field Indoor Nationals in Boston, MA
- 2005 1st Place in the Masters Invitational 1500 at USA Track and Field Outdoor Nationals in CA
- 2004 2nd Place in the Masters Invitational 800 at the USA Olympic Trials, Sacramento, CA

Letter from the Executive Director: New Year's Resolutions, Two New Races for 2010

The start of the New Year marks new beginnings and resolutions for many of us. Losing weight, exercising more and reducing stress are among the most common New Year's resolutions. What better way to succeed at all three of these than by going for a run. We are lucky in our community to be able to pull on our running shoes and explore the neighborhoods and trails right out our back door. With a little extra gear (like ice / snow cleats and a warm hat and gloves) winter running is possible in Montana. The days are now getting longer and Run Wild Missoula provides motivation with group runs and the Boston Marathon Training Class. We also have new sessions of Yoga for Runners and Core Strength Training for Runners starting after the New Year. Please see registration forms in this newsletter or visit www.runwildmissoula.org to register.

Having a goal is a great way to stay motivated to run during any time of year. Once I register for a race I stick to my training plan whereas when I don't have a race on the horizon my running starts to slack. Even if it's only a \$20 registration fee, that small price keeps me running.

That's why Run Wild Missoula has added two races to its running calendar in 2010. We will hold a St. Paddy's Day Race under the direction of RWM members Jen von Sehlen and Maggie Wescott. The date is still to be determined, but it will either be the weekend before or on St. Patrick's Day. Holiday races are popular and Jen and Maggie have some great ideas to get Missoulians in the St. Patrick's Day spirit.

Thanks to the hard work of member and long-time volunteer Tim Brooker, Run Wild Missoula will also offer a one mile race on May 9. The race will be organized in

conjunction with Missoula in Motion's Higgins Avenue street closure to promote alternative transportation. Proceeds from the race will go to prostate cancer education and prevention. With help from local urologists, Tim is hoping to offer free prostate cancer screenings after the race. More details are to come about these exciting new events.

And if neither of these races interests you, below is a list of other RWM races for 2010 to help you stick to your New Year's resolutions. I hope to see you running or walking one of them soon.

Scrumpy Jack Scramble: February 13
Superfun(d) Run: April 17
Pengelly Double and Single Dip: June 12
Hellgate Village 5K: July 10
Missoula Marathon & Half Marathon: July 11
River City Roots 4-Mile Run & Walk: August 29
Sweathouse Half Marathon: September 11
Missoula All-Women's Diva Day: October 2
Pumpkin Run: October 16
Turkey Day 8K: November 25
New Year's Eve Run: December 31

Happy New Year,
~Eva Dunn-Froebig

Run Wild Missoula Launches Email Newsletter

Many of you may have noticed the email newsletter in your inboxes during the past several weeks. We plan to send the newsletter, with reminders of upcoming events and other short announcements, weekly to members in addition to anyone interested in learning more about RWM. We'll continue to publish "Running Wild" monthly. We're exploring new ways to use email to serve you—our members—such as online surveys, membership renewals and member contact information. We hope you like the email newsletter. Please send feedback to eva@runwildmissoula.org.

~ Eva Dunn-Froebig

New Year, New 1200 Mile Club Coordinator

Thanks to everyone who participated in the 1200 Mile Club in 2009. Members will be published in our next newsletter and on our web site in the near future. Special thanks to Vic Mortimer for tracking 1200 Mile Club participants. We are sad to announce that Vic has stepped down from this position. The new 1200 Mile Club Coordinator is Kristina Hurley, who can be contacted at kmh121@gmail.com. We are working toward having an automated 1200 Mile Club system on our new web site, but for now please send your miles to Kristina.

Run Wild Missoula Fan Page on Facebook

Run Wild Missoula now has a "fan page" on Facebook, thanks to RWM member Marilyn Marler. In fact, the RWM fan page has now over 300 fans! It is easy to create a Facebook page and become a fan of RWM. Posts on the RWM fan page go directly to your newsfeed and you will be able to keep up with RWM. We are also able to link our Facebook fan page to our Twitter

account (twitter.com/runwildmissoula). Please join the RWM new fan page.

Membership Renewal - Stay on the Path to Your Best Start and Finish in 2010

Please do not forget to renew your membership! Our membership is growing in numbers (over 600) and variety (from 6 months to 81 years), experience and speed. We are well on our way to becoming the best running community in the Northwest. Together, we have great energy and great plans, and we need each of us to keep up our membership, participation and enthusiasm. This year we will be introducing a membership card for each member, to help us identify members for benefits at races and classes, discounts at Runner's Edge. The new web site, coming in the spring, will have a members only section, giving you the ability to join, renew, correct your email and address and participate in members only conversations. Make sure you keep on running throughout the 2010 year as part of RunWild.

A membership form is included in this newsletter.

Please contact Sue Falsey at email sue@runwildmissoula.org for any membership questions.

Flash from the Past 22 YEARS AGO

Editor's Note: *Thanks to long-time member and former club officer Rich Voorhees for providing past newsletters for this section.*

The January 1988 Missoula Road & Track Club newsletter looks ahead to the Tropical Missoula Race on January 16, 1988. The 5K race started at the home of Wes and Luella Wilson in the upper Rattlesnake. The newsletter features a photo of Sue Monk of the YMCA presenting a one-month YMCA membership to Reindeer Race prize drawing winner Chuck Rafferty.

In 1988, the club encourages race walking among members. Member Carole DeMarinis tries to make walking sound more manageable by qualifying distances. She writes that one mile is about 12 to 15 city blocks and it's "nearly a mile from Bernice's Bakery to the UM Lodge." She encourages walkers to participate in the Tropical Missoula Race. Ann and Bob Hayes are also pictured race walking at the Gobble Wobble race in the newsletter.

~Eva Dunn-Froebig

RWM Board of Directors:

Jean Zosel, *President*
Tim Winger, *Secretary*
Mark Burke, *Treasurer*
Courtney Babcock
Anders Brooker
David Schmetterling
Loie Turner

RWM Staff:

Eva Dunn-Froebig, Executive Director- eva@runwildmissoula.org
Jennifer Straughan, Missoula Marathon Race Director- jen@runwildmissoula.org

RWM Club Officers

Run Wild Yogi:

Missy Adams- missyadams410@yahoo.com

Coach & Coordinator, Tuesday Track:

Courtney Babcock- courtney@runwildmissoula.org

Coach & Coordinator, Training Classes:

Anders Brooker- runners_edge@hotmail.com

Equipment Manager:

Tommi Burton- tburton@bresnan.net

Newsletter Editor:

Chris Everett- chris@runwildmissoula.org

Membership & Race Results:

Sue Falsey- sue@runwildmissoula.org

Program Manager:

Meg Lerch- meg@runwildmissoula.org

1200 Mile Club Coordinator:

Kristina Hurley- knh121@gmail.com

Treasurer:

Dara Rouse- dara@runwildmissoula.org

Secretary:

Darr Tucknott- darr@runwildmissoula.org

Member Services Subcommittee:

Courtney Babcock
Anders Brooker
Sue Falsey
Meg Lerch
Darr Tucknott

Marketing Subcommittee:

Dariusz Janczewski
Jen von Sehlen
Tim Winger

Sponsorship Subcommittee:

Nicole Marshall
Jennifer Straughan
Jean Zosel

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. No PDF files, please: it makes the editor's job longer and more confusing. Race entry forms published only when space allows. **Submission deadline is 5pm on the last Saturday of each month.**

MOVING?

The Post Office does not forward Run Wild's nonprofit rate mailings (this newsletter is one of those). Let us know of your new address immediately to immediately avoid missing an issue

Yoga for Runners Winter Session

Celebrate the New Year by finally signing up for that yoga class you've been meaning to take! Run Wild Missoula is offering two 12 week yoga classes specifically designed with the runner's body in mind. Each class will focus on stretching, strengthening and balancing poses that will complement all of the miles you are running each week. Whether you are training for the Boston Marathon or getting ready for the Riverbank Run, this class will challenge and inspire you to take care of your body and mind in the coming year. Classes are held upstairs at the Runners Edge. Yoga mats and straps are provided.

To register or find out more about the classes offered, email Missy Adams at missyadams410@yahoo.com and send registration and payment to: Run Wild Missoula, Box 1573, Missoula, MT 59806

Name _____

email _____

Are you a RWM member? ____

Circle the class(es) you are interested in taking.

- Tuesday Lunch Yoga, 12:15 – 1 p.m., January 5th-March 23rd
Cost: \$68 for RWM members/\$75 for non-members
- Thursday Evening Yoga, 6 – 7 p.m., January 7th-March 25th
Cost: \$78 for RWM members/\$87 for non-members

Core Strength Training for Runners Winter Session

This class is designed to keep a runner's core strong. Core work conditions the body from the abdominals to the arms and legs. Often runners are much stronger in their lower extremities than their core. This results in an imbalance in the body that it will continuously try to remedy. Mats provided, comfortable clothing recommended, running shoes not required.

To register or find out more about the classes offered, email Alison Laundrie at alison@thepilatesplayground.com and send registration and payment to: Run Wild Missoula, Box 1573, Missoula, MT 59806

Name _____

email _____

Are you a RWM member? ____

- Wednesday Lunch Core Strength Training, 12:15 – 1 p.m., January 6th-March 24th
Cost: \$68 for RWM members/\$75 for non-members

Run Wild Missoula
January 2010 Calendar

Monday	Tuesday	Wednesday	Thursday	Saturday
28	29 -Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	30	31 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ New Year's Eve Run, 7 p.m., Peak Health & Wellness Center √	2 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
4	5 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	6 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	7 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	9 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
11 Can you Start from Zero and Still Run the Missoula Marathon or Half Marathon?, 7 p.m., Good Food Store	12 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	13 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	14 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	16 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
18	19 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	20 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	21 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	23 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√
25	26 -Yoga for Runners, led by Missy Adams, 12:15 - 1p.m., Runner's Edge* - Tuesday Track Workout, led by Courtney Babcock, 5:30 p.m., Runner's Edge√	27 -Core Strength Training for Runners, led by Alison Laundrie, 12:15 - 1 p.m., Runner's Edge**	28 -Tempo Runs, 5:30 p.m., led by Meg Lerch, Runner's Edge√ -Yoga for Runners, led by Missy Adams, 6 - 7 p.m., upstairs at Runner's Edge *	30 -Group Run, 8 a.m., Runner's Edge√ -Group Walk, various locations. Email tandberg@centric.net for more info√

√ Free for Run Wild Missoula members.

*Email missyadams410@yahoo.com to register for *Yoga for Runners*

** Email alison@thepilatesplayground.com to register for *Core Strength Training for Runners*.

Scrumpy Jack Scramble



2 Person by 2 Mile Relay Race

Race Info:

- Date: Saturday, February 13, 2010
- Registration 9:00 Start time: 10:00am
- Registration and Race Location: Currents Water Park Meeting Room, McCormick Park
- Course: Flat 2 mile loop thru McCormick Park
- Don't have a partner? Teams will be formed day of!
- Runners get **FREE Big Dipper Ice Cream!**

Entry Fees:

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



RACE TO BENEFIT:

Hellgate High X-Country

Sponsors:



PARTICIPANTS AND/OR THEIR GUARDIANS MUST SIGN THE ENTRY FORM

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

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

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

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

Signature _____ Date _____ Signature _____ Date: _____

Signature of guardian if participant under 18 _____ Date: _____

Mail Entry to:

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



Run Wild Missoula Boston Marathon Training

This is an advanced marathon training program designed for runners competing in the 2010 Boston Marathon on April 19. This 16-week training program begins on Monday, Dec. 28, and will take you all the way through race day. If you are running in the Boston Marathon, or will be preparing for another spring marathon- this is the program for you.

Who can sign up? Any age or speed is welcome and encouraged. However, this training is not for beginners; participants must have run at least one marathon, and have a base of 30-40 miles/ week before beginning the 16- week training program.

What you get: Great running companions, a race day singlet, running apparel, expert coaching, 3 group runs a week, aid stations for long runs, post long-run food, and more!

Coaches: Anders Brooker, Hellgate High School Cross Country Coach and Courtney Babcock, University of Montana Cross Country Coach

Group runs: All group runs meet at the Runner's Edge (325 N. Higgins Ave)

Track Workouts:	Tuesday 5:30 pm	coached by Courtney Babcock
Tempo/Middle Distance Runs:	Thursday 5:30 pm	coached by Anders Brooker
Long Runs:	Sunday, 8:00 am	coached by Anders

Cost: \$50 for Run Wild Missoula Members, \$60 for non-members. Please make checks payable to Run Wild Missoula

When does it start?!

The first group meeting is Monday, December 28, 5:30 pm at the Runner's Edge

Information: For information and to download training schedules go to: <http://groups.google.com/group/missoula-boston-marathon-training-group> or contact David, dschmett@bigsky.net, or Anders at the Runner's Edge 728-9297

Sponsored by:



Run Wild Missoula Boston Marathon Training Program Registration Form

Include \$50 (if a Run Wild Member) or \$60 (if not a Run Wild Missoula member) payable to Run Wild Missoula,

Full Name: _____
Email Address: _____ **Phone:** _____
Singlet Size: _____ (specify M or F): _____

Training Release: In consideration of your acceptance of this training program entry, I for myself, my heirs, executors, administrators and assigns, forever release and discharge all rights, demands, claims for damages and causes of suit or action known or unknown, that I may have against Run Wild Missoula Boston Marathon Training and any and all participating sponsors, the directors, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participation in said marathon training program. I attest and verify that I have full knowledge of the risks involved in marathon training and I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this training.

Signature: _____ **Date** _____



Run Wild Missoula Membership Form 2010

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 12/31/10) \$25.00
- ❖ One-Year Family Membership (through 12/31/10): List additional (& email, if they want separate email contact) \$35.00

Name _____	Age _____	M / F _____	email: _____
Name _____	Age _____	M / F _____	email: _____
Name _____	Age _____	M / F _____	email: _____
Name _____	Age _____	M / F _____	email: _____
- ❖ I don't like getting billed every year, give me a Five-Year Individual or Family Membership (through 12/31/14) \$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:

- | | |
|---|---|
| <ul style="list-style-type: none"> ❖ Training Classes (on and off year round) ❖ Group Runs/Walks (on and off year round) ❖ Scrumpy Jack Scramble (mid Feb) ❖ SuperFun(D) Run (mid April) ❖ Pengelly Double Dip (mid June) ❖ Hellgate Village 5K (July 10) ❖ Missoula Marathon (July 11) ❖ River City Roots Run (late Aug) | <ul style="list-style-type: none"> ❖ Sweathouse HalfMara (mid Sept) ❖ All Women's 5K Diva Day (early Oct) ❖ Pumpkin Run (mid Oct) ❖ Turkey Day 8k (Thanksgiving) ❖ New Year's Eve Run (Dec 31) ❖ Organize social events ❖ Contact me when needed |
|---|---|

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. I also grant permission for the use of any photographs, motion pictures, recordings or any other record of my participation in RunWild for any legitimate purpose.

AUTHORITY TO REGISTER AND/OR TO ACT AS AGENT: I represent and warrant to RunWild Missoula that I have full legal authority to complete this registration. In addition, if I am registering third parties, I represent that I have been duly authorized to act as agent on behalf of such parties in performing this registration. By proceeding with this registration, I agree that the terms of this Registration Agreement shall apply equally to me and to any third parties for whom I am acting as agent.

PARENT OR GUARDIAN MUST SIGN FOR MINOR.

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 _____





NON PROFIT ORG
US POSTAGE PD
MISSOULA MT
PERMIT # 569

P.O. BOX 1573
MISSOULA, MT 59806
www.runwildmissoula.org

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



www.runmt.com