

Run Wild Missoula Masters Track & Field

We've continued to work on how to put together a masters track & field (T&F) program for those of use 35 years and older. Thank you to Mary Thane for her hard work on how to make get this program introduced and off the ground.

We're looking at this program as an opportunity to try something new; rejuvenate our competitive juices; meet some new people with similar interests; and, tap our inner track geek. Most of all, we're looking at a way to encourage people to continue to use running, walking, throwing and jumping as part of a fit, active and healthy lifestyle.

Mary will serve as the Team Manager, for the time being and will be collecting your name, event interest, etc. at practice. Look for her neon yellow jacket and check in with her when you arrive at the track.

Here's where we are right now.

- We expect to be able to have our first track session on Tuesday, March 19th. 6:00 PM at the UM track at Dornblaser Field (South Higgins across from Hoagieville).
 - This is subject to snow conditions on the track and if UM will allow us onto the track on that date.
- The Tuesday sessions will take place in concurrence with our long time [Tuesday Track](#) workouts. Courtney Babcock will continue to coach the distance runners and provide distance specific warm-up routines.
 - We'll have lots going on at the track. So, keep your eyes open and be sure to check both directions on the track before crossing any lanes. And, always be aware when you are on the infield or within the areas of the turbo jav or shot put.
- During the first few sessions, Paul Reneau (University of Montana Sprint Coach) will be on hand to guide other participants through a dynamic warm up and various drills.
- Aside from Paul, UM athletes and other event experts will be on hand for coaching and technique assistance.
- During the first few sessions, you'll have the opportunity to try out a variety of events to see if there is something in particular that you like. Or, if you prefer, you can stick with an event you already know and want to continue with.
- The tentative schedule for these introductory sessions is listed below. (All dates listed are Tuesdays.)
 - March 19th: Introduction to Long Jump, Hurdles and Distances (5K to Marathon)
 - March 26th: Introduction to High Jump, Triple Jump and Sprints (100 and 200 Meters)
 - April 2nd: Introduction to Turbo Javelin, Shot Put and Middle Distances (400 Meters to 1500 Meters)

- From the perspective of safety and/or equipment availability, the following events will not be part of the program for 2019.
 - Steeplechase
 - Javelin
 - Pole Vault
 - Hammer
 - Discus

A few things relative to membership and insurance.

- All participants will be required to be Run Wild Missoula members. You can find out more about RWM membership and sign up by clicking [HERE](#). Individual membership is \$27 for 12 months.
- RWM membership includes insurance for those taking part in flat running events.
- For those who will be taking part in Hurdles, Jumps or Throws, you will be required to become a member of USA Track & Field. Learn about USATF membership by clicking [HERE](#). Individual membership is \$30 for the calendar year.
 - When you become a member, it will ask what club you want to be affiliated with. Choose Run Wild Missoula, Club Number 31-0129.
 - If you are already a USATF member and are not affiliated with a club; or, are affiliated with another club, please let me know and I can get the affiliation changed.
 - The affiliation is important for the insurance provisions.

If the cost of membership to either Run Wild Missoula or USA Track & Field is a barrier to your participation, please let us know. We do have a limited number of sponsorships available.

Next steps.

- It looks like we will have the opportunity to add a 2nd night of practice on Thursday evenings. More information about the 2nd weekly session will follow.
- We'll also keep you up to date on competitive opportunities. At this point, we know that the following will take place.
 - Montana Senior Olympics. 50+ Missoula, June 13 – 15.
 - Big Sky State Games. All ages. Billings, July 19-21.
 - Tentative – Run Wild Missoula All-Comers Meet. TBD.
- Finally, we're working to utilize the BAND app to communicate with the group. More information will be coming soon.

Thank you for your interest in our Masters Track & Field program. We don't expect it to be perfect this first season; and, will likely hit some bumps along the way. But, we felt it important to move forward with a program, get things started, and take advantage of the momentum and interest displayed by our local athletic community.

Questions – feel free to reach out to Mary Thane at mmthane@gmail.com or myself at tonyb@runwildmissoula.org.

