POWER IN NUMBERS: OVER 1500 MEMBERS AND MORE LINING UP EACH YEAR

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2013 MISSOULA MARATHON SCHEDULE OF EVENTS

FRIDAY, JULY 12
9AM  HIKE TO THE M WITH OLYMPIAN JEFF GALLOWAY,
     MEET AT M TRAILHEAD ON UM CAMPUS - FREE
6PM  BEER RUN, WELCOME GATHERING & 5K PACKET PICKUP
     IRON HORSE BREW PUB, 501 N HIGGINS AND REGISTRATION - $30.
10AM-5PM  ART OF THE RUN ART SHOW AT DANA GALLERY, 246 N HIGGINS AVE.

SATURDAY, JULY 13
7AM  5K RACE DAY PACKET PICKUP IN FRONT OF WILMA THEATRE,
     131 S HIGGINS AVE.
8AM-4PM  HALF & FULL MARATHON PACKET PICKUP & EXPO, CARAS PARK
8AM  MISSOULA 5K, HIGGINS AVE IN FRONT OF WILMA BUILDING,
     131 S. HIGGINS AVE.
9:30AM  5K AWARDS CEREMONY, CARAS PARK PAVILION
10AM  MISSOULA KIDS MARATHON, BOONE AND CROCKETT CLUB,
     250 STATION DR.
10AM-5PM  ART OF THE RUN ART SHOW AT DANA GALLERY, 246 N HIGGINS AVE.
1PM  JEFF GALLOWAY TALK AT THE EXPO, CARAS PARK
2PM-5PM  JEFF GALLOWAY RUNNING SCHOOL, DOUBLETREE HOTEL 100
          MADISON ST. - $99. REGISTER AT WWW.JEFFGALLOWAY.COM
6PM-10PM  LATE PACKET PICKUP, DICKEY'S BARBECUE PIT, 143 W BROADWAY
          PLEASE CONTACT AT VICE@RUNWILDMISSOULA.ORG TO HAVE YOUR
          PACKET AVAILABLE AT LATE PACKET PICKUP.

SUNDAY, JULY 14
4:15-5:15AM  BUSES LOAD FOR BOTH HALF & MARATHON
6AM  CANNONS BOOM! FOR MARATHON & HALF MARATHON START
7:30 AM-1:30PM  POST-RACE PARTY IN CARAS PARK AND HIGGINS AVE. BRIDGE
9AM  MISSOULA HALF MARATHON AWARDS CEREMONY,
     CARAS PARK PAVILION
11AM-4PM  ART OF THE RUN ART SHOW AT DANA GALLERY,
           246 N HIGGINS AVE.
10:30AM  MISSOULA MARATHON AWARDS CEREMONY
         CARAS PARK PAVILION
MARATHON COURSE DIRECTIONS
START Clark Fork Valley Bank
Follow Mullan Rd.
Right on Kona Ranch
Left on Big Flat
Left on River Pines
Over Maclay Bridge
Left on Clements
Right on 7th St.
Left on Hibernia
Right on S. 3rd St. W
Left on Grove St.
Right on bike path under Reserve
Left on Davis
Right on Wyoming
Right on Curtis
Cross 3rd St. to Schilling
Left on 4th St.
Right on Walnut
Continues as Beckwith
Right on Blaine
Cross Mount to Hollis
Left on Burlington
(Changes into Hastings)
Right on Ronald
Left on South Avenue
Left on Hilda
Left on Eddy Avenue
Right on Gerald Avenue
Left on Fourth
Right onto Higgins Avenue
Over the Bridge
FINISH: On Higgins Avenue at Front Street.

HALF MARATHON COURSE DIRECTIONS
START Alpine Physical Therapy
(500 Blue Mountain Road)
• Continue for 2.6 miles on Blue Mountain Road
• Right on River Pines
From now on follow the Full Marathon Course Map & directions

MISSOULA, MT
This Aid Station
Operated by:
MISSOULA, MARATHON COURSE MAP

MARATHON & HALF MARATHON
START 3350 feet
3000 feet miles 0 2 4 6 8 10 12 14 16 18 20 22 24 26.2
HALF MARATHON
FINISH 3350 feet
3000 feet miles 0 2 4 6 8 10 12

AID STATIONS
MARATHON
1.9 miles - Mercer Lane
4.4 miles - Lacsasse Lane at Stone Container
6.6 miles - Harper’s Bridge
8.5 miles - Deschampa Lane
9.4 miles - Kona Ranch
11.4 miles - Big Flat/Paradise
13.4 miles - 1100 Big Flat Road
15.6 miles - River Pines
17.7 miles - 1010 Elements - Mountain View School
19.3 miles - 3rd @ Hibernia – Hawthorne Elemnt
20.3 miles - Tunnel under Reserve on East End
21.2 miles - 3rd @ Curtis / Schilling
22.1 miles - Incl @ 41h
23 miles - Brooks & Beckwith (Catal Docey)
23.8 miles - Bonner Park #1 (Ronald & Beverly)
24.5 miles - Bonner Park #2 (Hilde and Evans)
25.3 miles - Hellgate High School on Gerald

HALF MARATHON
Finish aid station 2.6 mile marker. From this marker on all aid stations same as full marathon.

TOILETS
WATER & GATORADE / AID STATIONS

WATER & GATORADE will be served on each Aid Station.

Full Marathon Mile Markers (GREEN)

Half Marathon Mile Markers (ORANGE)
JEFF GALLOWAY AT THE MISSOULA MARATHON

Olympian Jeff Galloway (1972 Olympics) will be in town to participate in the Missoula Marathon and will be available to the public. He plans to use his run-walk-run method with his wife Barbara and has a goal of finishing in 5 hours. Galloway welcomes others to join him during the Missoula Marathon. He will be available at the following events, many of them free and open to the public.

JEFF GALLOWAY’S 3-HOUR RUNNING SCHOOL, 2 - 5 p.m., Doubletree Hotel, 100 Madison St. Cost: $99

The highlight of Galloway’s visit will be his three-hour running school from 2 – 5 p.m. on Saturday, July 13 at the Doubletree Hotel. The cost of the school is $99. The running school is an informal session in which Galloway presents a broad overview of his trademarked run-walk-run approach, training principles, race strategies, nutritional considerations, motivational ideas, gear, form and more. The format encourages questions and answers and Galloway stays around after the workshop for individual conversations with those who have specific questions. Register for the running school at www.jeffgalloway.com and select Missoula for your location. Registration (cash and checks only) will be available at the door.

- Jeff Galloway will lead a gentle hike to the M on Friday, July 12 at 9 a.m. Meet at the trailhead on the University of Montana campus. Free and open to the public.

- Jeff Galloway plans to run-walk-run three miles at the Beer Run on Friday, July 12 at 6 p.m. at the Iron Horse.

- Jeff Galloway will encourage runners and walkers at the start of the Missoula 5K on Saturday, July 13.

- Jeff Galloway will be at his Expo booth in Caras Park from 8 a.m. – 1 p.m. on Saturday, July 13.

- Jeff Galloway will give a talk at the Expo at 1 p.m. on Saturday, July 13.
Race Packet Pickup: You MUST pick up your race packet and chip on Saturday, July 13th, at the Expo between 8 a.m. and 4 p.m. There will be NO packet pick-up on race day. You may have a friend pick up your packet for you. For late flights into Missoula, we have made arrangements for a Packet Pick-Up Table at Dickey’s Barbecue Pit, downtown Missoula (143 W. Broadway Street) on Saturday night. Please let us know if you will not make the Expo and need to pick up your packet late by sending an email to vice@runwildmissoula.org. Only those who send an email will be able to pick up their packet late.

Pre-Race Pasta Dinner: We do not have a official Missoula Marathon pasta dinner. With all the great restaurants in Missoula, we want to give you a chance to experience our city. Visit Destination Missoula or Missoula Downtown Association for restaurant ideas. http://www.destinationmissoula.org/where_to_eat/

Missoula Marathon and Half Marathon: Start at 6 a.m. There are NO early start times.

Temperature: Warm and low humidity. Expect to start off in the mid 50s and end in the high 70s if you finish around noon.

Course: The Missoula Marathon and Half Marathon courses are flat, fast, USAF certified, and the full marathon is a Boston Qualifier. The marathon course does have a significant hill at the halfway point. Both races are point-to-point, beginning with a scenic route through the countryside and finishing in historic downtown Missoula. The marathon and half marathon courses are well marked with both cones and arrows on the road.

Safety: The course is coned and marked very well, but it is open to traffic. There will be volunteers and police officers at most intersections. Please run or walk on the right side of the road unless otherwise directed. Because the course is open to traffic, we discourage music devices. Baby joggers are allowed, but we ask that you start towards the back. If you experience medical issues while on the course, please look for a volunteer, bike monitor, or police officer. There is a fully staffed medical tent at the finish. If you have to drop out of the race, let a volunteer at an aid station know and they will arrange for you to be picked up.

Aid Stations: There are 17 aid stations for the Full Marathon and 10 aid stations for the Half Marathon. They are approximately every 2 miles then every mile during the last 10K. Each aid station will have water at the first table and Gatorade Endurance at the 2nd table. Cliff Shot Gel will be handed out at 3 aid stations. Please check the map to see which aid stations will have gel. There will be two flavors of Cliff Shot Gel: strawberry (CAFFEINE) and vanilla (NO CAFFEINE).

Toilets: There are port-a-potties at each start, the finish, and at every aid station on the course.

Security Concerns: In light of the tragedy in Boston this spring, we want to reassure participants, volunteers and spectators that we have been working closely with law enforcement to ensure the safety of everyone.

- Race shuttles are for participants wearing bibs only.
- Please check your gear bags promptly upon your arrival at the starting line. Bags left unattended are subject to search and removal.
- Participants will be ushered through the finish chute to the finisher food area provided by the Good Food Store. Participants can wait for other finishers in the food area or at the Post-Race Festival in Caras Park. There will be no re-entry into the participant area once finishers exit to Caras Park.
- There will be increased security around the entire race weekend. Please contact 9-1-1 if you see anything suspicious.

Virtual Race Bags: This year the Missoula Marathon is partnering with Virtual Race Bags to further assist our efforts in making our event GREEN. Those registered will be able to view and link to our sponsors website and/or download and print coupon offers of their choice. The Virtual Race Bag will be emailed the week of the event. All participants will still receive a gear bag at the Expo for race day.

Gear Bags: You will be given your gear bag at packet pickup. Please make sure your gear bag has your correct race number on it. Both start lines will have a drop off area and your bag will be transported to the finish area. Please do not leave any valuables in your gear bag. We will only accept the gear bags provided, there will be NO other bags accepted. When you pick up your gear bag at the Expo, you will need to write your bib number on your gear bag. Please write it in big numbers!

Bus Shuttle: There is NO parking at either the full or half marathon start. The bus pickup is at the parking garage (Central Park) on Main St. between Higgins Ave. and Ryman St. There is free parking at the parking garage and it is one block from the finish line. Bus pickup will start at 4:15 a.m. with the last bus leaving at 5:15 a.m. We suggest taking one of the earlier busses to the start.

Course Time Limit: The half and marathon course officially close at 1:30 p.m., a 7.5 hour limit.

Pace Groups: We strive to have pacers for the following times: 3:00 (6.52 mi pace), 3:10 (7:14 mi pace), 3:20 (7:37 mi pace), 3:30 (8:00 mi pace), 3:40 (8:23 mi pace), 3:50 (8:46 mi pace), 4:00 (9:09 mi pace), 4:15 (9:34 mi pace), 4:30 (10:17 mi pace), 4:45 (10:52 mi pace), 5:00 (11:26 mi pace). The pacers will wear bright yellow shirts and carry balloons with the pace time written on them. Please remember our pacers are volunteers, with their own potential injuries, and they aren’t professional pacers. The pacers will start watching their watches at the gun, so their time will not be based on the chip time.

Timing/Results: The Missoula Full, Half, and 5k will be chip timed with results posted the night of the race. Splits will be read at the 10K, halfway point, and 10K to go of the marathon. There will be one split for the half marathon at 10K to go. Please watch a helpful video (www.missoulamarathon.org Race Info/FAQ) which will show you the proper way to attach your timing chip to your shoe in order to ensure that you get an official time on our website.

Awards: There will be an awards ceremony for top 3 in each age group and top 3 overall in the Full, Half and 5k. There will also be top awards for the top 3 masters men and women in the Full and Half Marathon.

Age Divisions:
(Full and Half) 0-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+
(5K) 14 and under, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

Wheelchair Division: Wheelchairs are allowed on the course for the Half Marathon. Handcyles are NOT allowed due to safety concerns with an open course.

Race Photos: Free race photos will be available for download following the event.

Missoula Marathon, Half Marathon, Missoula 5K Finishes: All finishers of the Missoula Marathon, Half Marathon, and Missoula 5K receive a technical short-sleeve shirt, a medal, excellent post-race food provided by the Good Food Store, and more! (No post-race food by GFS in 5K).


LIVE EMAIL & TEXT MESSAGE RESULTS: Go to www.missoulamarathon.org.
THE ART OF THE RUN
ART SHOW
JULY 5-15, 2013

Be a part of an art show representing the love of running!

“Art of the Run” will be a juried show of recently completed works held in conjunction with the Missoula Marathon. This is a joint venture of Run Wild Missoula and Dana Gallery. It celebrates Missoula as host of one of America’s premier marathons (as voted by readers of Runners World magazine) and a hub of artistic talent in the Northwest.

The exhibition will open on First Friday, July 5th and will close following the Missoula Marathon on Tuesday July 16.

DANA GALLERY
246 N HIGGINS AVE., DOWNTOWN MISSOULA

MISSOULA MARATHON & HALF MARATHON COURSE RECORDS

FULL MARATHON

MEN’S OPEN
Elliot Welder 2:26:25 2011
Kiefer Hahn 2:30:37 2010
Collin Fehr 2:32:38 2012
Kiefer Hahn 2:33:17 2009
Jimmy Grant 2:33:22 2012

WOMEN’S OPEN
Trisha Drobeck 2:49:32 2012
Annie Thiessen 2:57:44 2009
Victoria Russell 2:59:57 2009
Trisha Miller 3:02:22 2010
Erica Schramm 3:03:11 2012

MEN’S MASTERS
Mark Rich 2:43:06 2011
Kyle Strode 2:47:00 2010
Mike Telling 2:50:43 2010
Scott Gaiser 2:54:20 2010
Richard Leibout 2:54:50 2008

WOMEN’S MASTERS
Debbie Gibson 3:15:26 2010
Julie Gilchrist 3:17:37 2009
Tami Harmon 3:18:53 2009
Mary Hanna 3:19:07 2009
Vesta Coufal 3:20:12 2012

HALF MARATHON

MEN’S OPEN
Matt Shyrock 1:09:51 2012
Casey Jermyn 1:09:52 2008
Michael Bresson 1:10:20 2011
Jimmy Grant 1:11:09 2010
Mike Bresson 1:11:20 2012

WOMEN’S OPEN
Emily Shetzler 1:21:27 2011
Chiara Warner 1:21:59 2012
Meg Lench 1:22:24 2010
Andrea Grove-McDonough 1:23:01 2008

MEN’S MASTERS
Peter Miller 1:16:19 2009
Chris Morlan 1:17:57 2012
Carl Clark 1:18:18 2008
Jeff Braun 1:19:59 2011
Ian Blair 1:20:38 2012

WOMEN’S MASTERS
Christine Julien 1:24:57 2011
Julie Gilchrist 1:28:01 2008
Mary Thane 1:29:05 2009
Mary Thane 1:30:00 2007
Wanda Gau 1:30:25 2010
/Julie Gilchrist 1:30:25 2012
AN ACCURATE FORECAST TO HELP PLAN YOUR TRAINING SCHEDULE

STORMTracker WEATHER
Montana’s Most Accurate

CONGRATULATIONS RUNNERS!

With you for the long run!

CHERRY CREEK RADIO Missoula

CHEER ON MARATHONERS WHO ARE GIVING BACK!

GIVE RUNNERS AND WALKERS WEARING RUN 4 KIDS SHIRTS AN EXTRA CHEER!
THEY ARE RAISING FUNDS FOR LOCAL KIDS!

WANT TO JOIN THE TEAM IN 2014?
VISIT www.youthhomesrun4kids.org

Brick your race number the day after (July 15th only) the marathon for a special

20% OFF

So walk, limp or crawl in and check out Missoula’s specialty running store!

RUNNER’S EDGE
DOWNTOWN 304 NORTH HIGGINS AVE | 728.9297
Hours: M-F 10am-7pm Sat. 10am-5pm Sun. 12pm-5pm
Follow our lead.

Leadership means a great deal at Kendall Subaru of Missoula. As a Western Montana’s only Stellar Care Subaru Dealer, we’re also leading in the things that matter to our company and our community. That’s why we partner with local organizations that provide help for youth, families, health, and education. Congratulations to all of the participants of the 2013 Missoula Marathon!

SUBARU

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