

# Running Wild

The official newsletter of Run Wild Missoula  
May, 2008

*"I decided to go for a little run." ~ Forrest Gump*



Runners line up for the start of the 2008 1 Mile Run. Photo by Steve Franklin.

## **The Trails/Wheels of Progress Turn Slowly: A Report from the 2008 State Trails Conference**

Don't let the headline of this report get you down. I just spent two-plus days listening to passionate dreamers talking about big dreams. Thanks to the Montana State Fish, Wildlife, and Parks Department and Run Wild Missoula, I was given the opportunity to hear about those people who create our trails. There were over 25 sessions to attend, albeit some that were held concurrently. Professionals from all over the state talked about establishing trails and their importance.

I can already hear you asking, "What kind of trail is she talking about?" Here are a few of the many issues that were discussed: the Milwaukee Road Rail-Trail, the Florence to Lolo highway trail, the Continental Divide Trail, the Headwaters Trail in Three Forks, the River's Edge Trail in Great Falls, snowmobile trails and grooming, bridge siting, connector trails in urban areas, [completestreets.org](http://completestreets.org), and the system to be developed in the Milltown Dam area.

What did I learn at this conference? Well, I learned that successful trail building involves everybody – governments, businesses, schools, designers, engineers, users and quite a bit of time and money. The transportation modes are by foot, bike, horse, wheelchair, snowmobile, motor bike and OHV. All voices need to be heard and compromises need to be made.

The other important issue that I want to mention is the discussion at the conference about our children's health. The keynote speaker, Rick Potts (formerly of the Bitterroot and now Chief of Conservation and Outdoor Recreation of the National Park Service in Washington, DC) spoke of the need for "free-range" kids. We do know that the times have changed and it isn't just the demographic shift from rural to

urban living. In the 50s and 60s, in Cleveland, Ohio (as urban as you can get), I was a free-range kid. I always walked to school and parks. More surprisingly, I was allowed to play in a nearby ravine. Yikes, I don't know if I would have allowed my own daughters to play in a place like that in Missoula in the 90s. So...it is possible that the trails of today are the ravines of yesterday. We need them especially for our children – so that they can get around our communities and neighboring forest lands on their own. We need to reduce their indoor screen time and their dependence on us driving them everywhere. Their health depends on their freedom.

This Trails Conference was an amazing gathering of opinions and ideas. I urge all of you to become involved whenever you can – write to your politicians, pull weeds, shovel snow, write grants, use existing trails a lot and don't get discouraged. As seen with the Missoula Trail System, it started over 30 years ago with a few small pieces and a big dream. Look at it now!

~ Nancy Shrader

## **Welcome to Our New Equipment Manager**

Everyone please extend a great big "thank you" to Tommi Burton, who has volunteered to be the official Equipment Manager. You may remember that Nancy Shrader did this for many years, hosting the whole operation out of her garage. Not surprisingly, Nancy eventually was ready to do something else, but we appreciated her ability to not lose things or as was much more likely, let other people lose things.

Now that we have a larger storage facility, and more stuff to go in it what with all the Missoula Marathon acquisitions, we're even more thankful that someone is willing to keep track

of it. This will be much better than having whomever seems available downtown on any given day go deal with the latest issue.

Tommi has been a member of the running club for many years and just recently found herself in a position to contribute more to Run Wild Missoula. (In other words, she has more time.)

If you need to use or rent equipment, you can contact Tommi at [tommi@runwildmissoula.org](mailto:tommi@runwildmissoula.org).

### **Run Wild Missoula Booth at Riverbank Run**

What a pleasure it was to see so many RWM members at the Riverbank Run! It's one of the first times we've set up our canopy, with our banners, and been available to hand out literature. Thanks for stopping by and saying "hi" to Vic, Tommi and me. It made for a great day. ~ Jennifer Straughan

### **The Riverbank Run 5K from a Kid's Point of View**

My name is Haley Boyer and I am 10 years old. I am a Run Wild Missoula member, and this year I attended The 35<sup>th</sup> Riverbank Run 5K. I think we had the most beautiful course, and the people running around me kept me happy, going, and determined. There were plenty of cops and they helped keep us on track. The people on the side of the road did a great job cheering. I would like to thank my YMCA swim team coach for giving me encouragement at the end, and for keeping me company when I was finished running. I will attend this wonderful run next year.

~ Haley Boyer

### **Marathon Training Group Wall of Fame**

Besides wanting to wish you all a happy spring, now that we are finally getting an occasional glimpse of it, I want to send kudos to Marilyn Marler, fellow participant in the Missoula Marathon/Half Marathon training group. She took it upon herself to get as many photos of everyone in the group as humanly possible, she printed them off and brought in labels for our names, and posted them on the walls of Runner's Roost above The Runner's Edge where we meet twice a week. If Dave, Marilyn's husband, weighed in on this project, I don't mean to leave him out; kudos to him too.

Not only was this a great idea, I am sure it was a bit of a challenge, and a lot of work as well; there are quite a few people milling about up there. I don't know the actual numbers, so I will refrain from going there, but trust me, we are an impressive crowd of folks when we are leaving the shop together for the group runs.

If you are participating in the training program, and your photo is not yet on the wall, please see Marilyn soon so it can join the others. Forget about vanity or being shy; the camaraderie of the group and knowing who is suffering and succeeding with you is just as important as the long runs and the rest days.

That last statement was *not* run an approved by Anders or any other coach. I made it up, but speaking for me it's often the groups I am running with that carry me through a miserable run onto the next good one, not so bad one, or even crummy one again.

It is difficult to meet everyone and this wall of photos cuts through any need for formal invitation. Hopefully we will all be running together for a long time and it's nice to know the names that go with the butts we're slapping as we pass, or get passed, and whose backs are sporting the brightest targets. This is all in good fun!

I am writing the shared sentiments expressed by numerous folks, "Thanks Marilyn and Dave"

~ Bridgett Moriarty

### **Marathon Expo Opportunity**

Table spaces are available for the Missoula Marathon Expo on Sat. July 12th at the Caras Pavilion. 2008 (we hope!) race participants will be picking up their race packets at that location, so there's lots of exposure. Contact Nancy Shrader at [najash@msn.com](mailto:najash@msn.com).

### **President's Corner**

We've got four important Run Wild Missoula races on the horizon, and there are four separate committees focused in on them. It's fair to say that our plate is full for the time being, because none are long-time established events for the club, and we're doing our best to make sure that each is successful in its own right. We have visions of all of these races being of regional and even national interest, which means they must be well thought out and organized.

First up is the Pengelly Double Dip on June 14th, with race directors Vic Mortimer and Bridget Moriarty. We are so thrilled to have a trail run in our repertoire, thanks to Missoula Youth Homes handing it off to us. The biggest element of this event has turned out to be the many entities all requiring a permitting process. Better said, a slow permitting process. We've had a bit of a learning curve on this one. Regardless, this race is happening so get your trail legs ready to run. We also need volunteers, so please email [vic@runwildmissoula.org](mailto:vic@runwildmissoula.org) or [bridget@runwildmissoula.org](mailto:bridget@runwildmissoula.org) if you can help. The registration form will be done soon... very soon... and posted on the website.

Second is the Missoula Marathon, Half Marathon, Relay, Kids Marathon and Hellgate Village 5K, all happening the weekend of July 12<sup>th</sup> and 13<sup>th</sup>. The goal is 2,008 participants in 2008, so make sure everyone you know is in! Please invite all your friends and relatives from out-of-state while you're at it. Heck, just go ahead and solicit people you don't know at all, too. I really don't care if they're your friend or not as long as they register.

Third is the Roots Run on August 24<sup>th</sup>. Yes, you're right, this has moved up from September. The organization behind the Roots Festival is the Missoula Downtown Association, and Anders Brooker is the race director for the Roots Run. They have been meeting for several months now, and we're looking forward to our second year doing this race as well. The Roots Festival is the signature event for the Missoula Downtown Association, and they take their event seriously. Working with the MDA on both the Missoula Marathon and the Roots Run is a real pleasure.

Fourth is the Missoula All-Women's 5K coming up October 4<sup>th</sup>. It might not seem "around the corner" to you, but to race directors Loie Turner and Sue Falsey it does. This is

our first year of this event, and you'd be shocked how much there is to get in place. Fortunately, Loie and Sue are creative and energetic, and really excited about a celebration for women. Check out some of the other women's run websites – they can get participation in the thousands. We think ours can, too.

To be honest with you, sometimes I think we should produce a run where we draw a line in the dirt, invite anyone in earshot, say “go” and buy them a smoothie afterwards. It sounds so spectacularly simple. But there is real lasting satisfaction with producing an event that runners appreciate, the community is aware of and appreciates, and of which we are proud. We're working very hard to do that, and these four events are a demonstration of that goal.

If you want to help out with any of them, please do. Just contact the race director and sign yourself up. Or just send a word of encouragement. These races take a lot of time and dedication to put on.

Thanks for being a Run Wild Missoula Member.

~ Jennifer Straughan

## RACE RESULTS

*Sue Falsey does a great job of gathering results, but there is always a chance of missing someone; our data is only as good as what we get from the race web site. Let us know if we missed you; we'll add your time next month.*

### Bust-a-Gut 5K, Saturday, March 15<sup>th</sup>

John Cuddy	2	18:49
Brian Fruit	3	18:05
Dean Lipp	4	19:10
Adam Peterman	9	20:34
Jennifer Sauer	11	22:19
Carol Lipp	23	25:18
Bryan Flaig	24	25:31
Kelsi Camp	31	26:22
Candy Hartman	33	26:35
Lisa Walser	45	30:56

### HOFSA Spring Runoff 5K, Saturday, March 22<sup>nd</sup>

Trisha Miller	19:56
Chris Everett	22:18
Christine Everett	27:14

### Wheat Montana 5K, March 22<sup>nd</sup>, 2008

Women	Age/Time
Nicole Snow	27 23:48
Melissa Barba	34 25:31
Lisa Sproull	35 25:32
Carol Lipp	48 25:42
June Noel	21 26:50
Kelsi Camp	32 27:01
Jennifer Graves	34 32:13
Yvette Heintz	26 38:48
Julie Candler	48 53:12
Kendra Candler	15 53:12

Men	Age/Time
Bob Homer	52 22:19
Bryan Flaig	52 25:59
Bob Hayes	81 29:41

### Arlee Buttercup Run, Saturday, March 29<sup>th</sup>

#### 5K

Group	Name	Place	Overall	Time
M 12 & Under	Adam Peterman	1	5	20:29
F30-39	Aimee Kendrick	2	12	21:57
F30-39	Jennifer Graves	8	80	31:42
F30-39	Aspen Incashola	11	96	35:01
F40-49	Kathleen Whetzel	3	24	23:48
M50-59	Larry Peterman	1	13	22:17
M50-59	Michael Cain	2	50	28:21
F50-59	Linda Vevera	1	20	23:07

#### 10K

M5-19	Christopher Everett	2	13	45:11
F20-29	Yvette Heintz	9	46	1:13:48
F30-39	Kelsi Camp	5	31	53:10
F40-49	Tammy Mocabee	3	25	51:03
M50-59	Gary Johnson	3	34	56:16
F50-59	Christine Everett	3	32	55:23
F50-59	Bridget Johnson	4	33	55:52
M60+	Bob Hayes	2	36	57:37

### Run for the Trees 5K, Saturday, April 5<sup>th</sup>

Men	Age Group	Place	Time	Division
Michael Yager	1 M 30-39	17:28	5	
John Cuddy	3 M 20-29	17:36	4	
Adam Peterman	1 M 1-15	19:37	2	
Don Malerk	1 M 50-59	19:44	7	
Bob Homer	3 M 50-59	20:47	7	
Micheal Cain	14 M 50-59	28:01	7	
Bob Hayes	1 M 70-99	28:11	9	
Bill Borrie	29 M 40-49	35:28	6	
Geoffrey Harp	7 M 60-69	37:07	8	
Brad Leonard	3 M 70-99	37:27	9	
Marlene Beltramo	1 F 1-99	38:23	10	
Jarrett Heintz	13 M 20-29	40:43	4	

#### Women

Age Group	Place	Time	Division
2 F 20-29	20:19	4	
4 F 30-39	20:59	5	
2 F 50-59	21:38	7	
3 F 20-29	21:45	4	
6 F 50-59	24:40	7	
9 F 20-29	25:21	4	
12 F 20-29	25:47	4	
8 F 50-59	26:03	7	
12 F 50-59	26:22	7	
30 F 30-39	27:31	5	
19 F 50-59	28:11	7	
42 F 30-39	29:17	5	
17 F 40-49	29:56	6	
52 F 30-39	31:13	5	
47 F 20-29	33:10	4	
33 F 50-59	34:24	7	
35 F 50-59	35:16	7	
10 F 1-15	36:24	2	
36 F 50-59	36:44	7	
37 F 50-59	36:57	7	
3 F 60-69	39:17	8	
65 F 30-39	47:48	5	

### Riverbank Run, Saturday, April 26<sup>th</sup>

#### Women's 5K

Overall	Group	Time
Paige Gilchrist	5 2 F 12-14	21:00
Megan Herring	7 3 F 12-14	21:37
Angel Herring	14 2 F 40-44	22:30

Peggy Schmidt	23	3 F 40-44	23:39
Susan Falsey	34	1 F 55-59	24:38
Jaime Troiano	61	7 F 30-34	25:55
Cynthia Ford	86	4 F 50-54	26:55
Lisa Walser	122	5 F 50-54	28:05
Jeannie Siegler	146	1 F 60-64	28:45
Jeri Delys	148	8 F 45-49	28:49
Dynah Geissal	156	2 F 60-64	29:06
Tanya Stickler	197	18 F 35-39	30:12
Julie Gilchrist	248	21 F 40-44	31:29
Dawn Odom	254	24 F 19-24	31:35
Andrea Schmidt	270	36 F 0-11	32:13
Suzanne Schweitzer	301	10 F 55-59	32:58
Melissa Odom	320	16 F 50-54	34:00
Haley Boyer	392	59 F 0-11	36:42
Carolyn Abbott	415	13 F 60-64	38:02
Marlene Beltramo	431	2 F 65-69	38:30
Gere Peckinpough	481	16 F 60-64	41:15
Barbara Thayer	490	24 F 50-54	41:31
Patricia Williams	528	53 F 35-39	43:17
Jade Krause	535	55 F 12-14	43:46
Jayne Franklin	541	28 F 50-54	44:05
Robin Franklin	542	34 F 19-24	44:06

#### Men's 5K

	Overall	Group	Time
Thomas Everett	5	2 M 15-18	16:36
Kyle Malerk	6	2 M 19-24	17:10
John Herring	12	2 M 40-44	18:11
Bill Ewing	17	3 M 19-24	18:56
Steve Weiler	23	1 M 55-59	19:41
Ryan Malerk	37	6 M 19-24	20:31
Mark Williams	49	7 M 40-44	21:36
Matthew Stergios	53	2 M 50-54	21:48
Tom Daer	150	4 M 55-59	26:31
Greg Dillon	192	15 M 35-39	27:43
Alan Gilchrist	195	34 M 0-11	27:53
Jack Matthias	207	13 M 40-44	28:17
Steve Franklin	215	10 M 60-64	28:31
Russ Beree	357	11 M 55-59	35:51
Tony Beltramo	386	6 M 65-69	38:29

#### Women's 10K

	Overall	Group	Time
Darr Tucknott	4	1 F 25-29	43:01
Pam Schiemer	7	2 F 40-44	43:44
Melissa Barba	39	9 F 30-34	51:02
Lisa Sproull	42	10 F 35-39	51:21
Janet Kenter	44	3 F 50-54	51:28
Bridget Johnson	56	4 F 50-54	53:18
Christine Everett	60	3 F 55-59	53:40
Wisdom Ming	64	15 F 35-39	54:08
Adefa Garcia	105	18 F 30-34	58:37
Jennifer Lutey	108	19 F 30-34	58:43
Cheryl Hatfield	125	9 F 50-54	1:00:06
Chris Benton	140	8 F 55-59	1:01:13
Sally Russell	143	9 F 55-59	1:01:32
Emilee McKeever	160	26 F 30-34	1:04:28
Barb Callaghan	179	13 F 45-49	1:11:40
Patty Harp	187	4 F 60-64	1:19:09
Sally Daer	188	3 F 65-69	1:19:30
Hillary Ogg	204	27 F 25-29	1:30:01

#### Men's 10K

	Overall	Group	Time
Brandon Fuller	3	3 M 25-29	34:12
Don Malerk	14	2 M 50-54	41:00

Christopher Everett	19	1 M 12-14	42:03
Aaron Baldwin	26	4 M 35-39	43:22
Benjamin Schmidt	30	3 M 40-44	43:42
Chad Yurko	35	5 M 45-49	43:51
Bob Homer	37	3 M 50-54	44:42
Lar Autio	60	5 M 50-54	48:24
Rick Ryan	100	11 M 50-54	54:05
George Bailey	112	5 M 55-59	55:30
Micheal Cain	123	8 M 55-59	56:35
Brad Leonard	146	2 M 70-74	1:14:30
Geoffrey Harp	149	5 M 60-64	1:19:10

#### Trifecta

##### Men

Place	Name/Race	Age	Series Total:	Time	Place*
10	Michael Yager	39		1:00:26	39
	5K			0:17:45	12
	Mile			0:05:39	15
	10K			0:37:02	12
23	Torrey Holmquist	33		1:06:32	86
	5K			0:19:21	28
	Mile			0:06:05	27
	10K			0:41:06	31
26	Adam Peterman	12		1:07:08	83
	5K			0:18:58	24
	Mile			0:06:01	23
	10K			0:42:09	36
38	Tom Halverson	47		1:10:44	144
	5K			0:20:58	50
	Mile			0:06:38	48
	10K			0:43:08	46
71	Mark Schleicher	30		1:21:37	227
	5K			0:24:35	88
	Mile			0:06:28	43
	10K			0:50:34	96
74	Kurt Carlson	42		1:22:05	250
	5K			0:26:04	107
	Mile			0:06:59	59
	10K			0:49:02	84
82	Keith Graham	56		1:23:58	277
	5K			0:24:43	89
	Mile			0:07:43	83
	10K			0:51:33	105
87	John Croft	59		1:25:41	308
	5K			0:26:10	108
	Mile			0:08:15	98
	10K			0:51:16	102
91	Garth Flint	55		1:26:24	291
	5K			0:25:12	94
	Mile			0:07:45	85
	10K			0:53:27	112
98	Bryan Flaig	52		1:28:14	295
	5K			0:25:43	101
	Mile			0:07:35	78
	10K			0:54:55	116
100	David Roberts	36		1:32:11	335
	5K			0:27:51	114
	Mile			0:08:56	104
	10K			0:55:24	117
103	Bob Hayes	81		1:34:16	340
	5K			0:28:01	117
	Mile			0:08:40	102
	10K			0:57:35	121
109	Don Porter	53		1:49:36	354
	5K			0:33:28	121
	Mile			0:10:36	108
	10K			1:05:32	125



### **Kids' 1 Mile (not timed; listed alphabetically)**

Marshall Beatty, age 9

Cody Carlson, age 8

Delaney Carlson, age 5

Isaac Schmidt, age 8

### **RACE CALENDAR**

(Many thanks to Steve Franklin for maintaining the Run Wild Missoula and Run Montana web sites. Go to [www.runmt.com](http://www.runmt.com) for a complete list of Montana races.)

### **On the Run**

For the first time since moving to Montana in the summer of 2000, I did not run any of the Riverbank races. Instead, I worked the RWM tent with Jen Boyer and new equipment manager Tommi Barton.

As recently as early February, I was planning to run Snow Joke and the Riverbank 10K. But the morning after an 11-mile run I woke up with a sore right hip, a problem that had bothered me off and on for years. When the soreness didn't disappear after a couple of days, I took Jen's advice and saw a physical therapist. The PT fixed what turned out to be a minor SI joint problem (lower spine), gave me some stretching and strengthening exercises, and I was running again by early March. Until I passed out one night after throwing up, smacked my head, and woke up with a concussion and two black eyes to go with the flu. It felt as if gradually and then all at once, I got older.

And a little bit scared. When I started running again in April, I worried that every ache and pain – the normal aches that accompany running again after a seven-week layoff – was the sign of a new problem. Those aches subsided after a couple of weeks and I certainly could have run the Riverbank 5K and kept my streak alive. After all, last January in this space I extolled the pleasures of not-racing, of participating in races for the sake of seeing running friends and collecting a t-shirt.

But not this year. At some point in late February or early March, I understood that I need to stay away from races for awhile and to run simply for the sake of running, with no goals beyond staying injury-free while running three or four times a week. A good physical therapist had just realigned my hips by pulling my leg, my fainting spell was just a faint and not a sign of other problems, and while I am undeniably older, my fourteen-year-old niece has recently informed me – gently, but in no uncertain terms – that I am not old.

With this many blessings, I feel free to become a beginning runner again. When I started running in the late eighties, I didn't even call it running. It was jogging (some of you may remember the term), and I wore old gym shorts, cotton t-shirts, tube socks, and a pair of all-purpose Nikes that I bought at a sporting goods store from a guy who probably thought that runners were crazy. When the weather turned cool, I put on cotton sweats; when it got cold, I added a layer of long underwear.

For a couple of years I simply ran, taking pleasure in being able to run four, five, eventually 10 miles, all without racing. No speed work, no concern with PRs – just a brief period of

solitude and meditation on the run and, after, a comfortable, comforting tiredness. I miss that kind of running.

I am not arguing against racing. At times I have found an immense satisfaction in pushing myself to the limit in races and in training to push the boundaries of those limits. In fact, I hope to race again. But for now, I need to feel like a beginner again, to go on easy runs in town and on the trails. I know that I cannot become a true beginner again, and I certainly won't go looking for tube socks, but for a season or two I need to remember, to *feel*, what it is like to run for nothing more – or less – than the sake of running.

Some time this summer, or perhaps in the fall or even in the frozen heart of winter, I'll know that it is time to race again. Until then, I'll take out the comma in "not-racing" and simply run.

~ Vic Mortimer



Adam Peterman (white shirt) patiently endures a snow flurry at Tuesday Track in early March. Photo by Courtney Babcock.

### **RWM Club Officers**

#### **President:**

Jennifer Straughan – [jboyer@runwildmissoula.org](mailto:jboyer@runwildmissoula.org)

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

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

**Treasurer:** Nancy Shrader – [nancy@runwildmissoula.org](mailto:nancy@runwildmissoula.org)

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

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

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

#### **Race Calendar & Webmaster:**

Steve Franklin – [steve@runwildmissoula.org](mailto:steve@runwildmissoula.org)

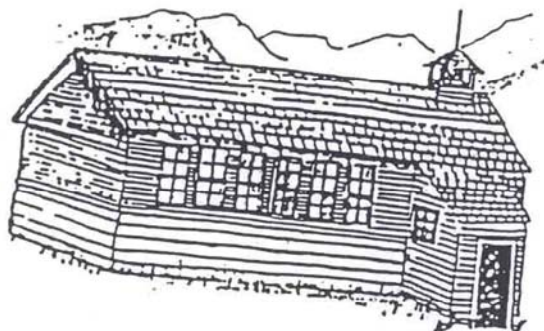
#### **Program Director:**

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

**Equipment Manager:** Tommi Barton – [tommi@runwildmissoula.org](mailto:tommi@runwildmissoula.org).

# Evvaro Mountain Challenge

## 5K and 10K Runs and Walks



When: Saturday May 17, 2008

Time: 10 AM, except 10K walk at 9:30

Registration: 8:30 to 9:45 AM

Entry: \$8/\$19 if postmarked by May 14 (higher price incl T-shirt), \$10/\$21 race day, family (3+) \$20 excluding t-shirts in advance only.

T-Shirts: sizes limited race day  
Long sleeved T avail pre-reg only - \$14

Location: Mile 7 on Hiway 93N (Evvaro)

Ethel MacDonald quoted in the Missoula Road and Track newsletter. "The big events are great; however, when it comes to just fun runs, it's hard to beat the Evvaro Mountain Challenge (the 10K course -- the 5K is just the Evvaro Run, no mountain challenge there). Don't wear your new white shoes."

### -----ENTRY FORM-----

Mail to: Bob Hayes, 6125 Mercer Lane, Evvaro, MT 59808. Call Bob at 726-3695 or Helen at 543-4392, make checks payable to Evvaro Community Center. Proceeds support the Community Center. Donations are appreciated.

Special awards to overall winners by sex of the two runs. The two runs have medals to first and ribbons to second and third place in each age group (5 yr for kids, otherwise 10 years) and sex. Racewalks have medal or ribbons to top three finishers by sex.

#### CHECK ONE

- 10K Run: Challenging trail course for those who want to run or run and walk.
- 10K Racewalk: Absolutely no running, must be 16 or older. No age group awards.
- 5K Run: On gravel road through scenic valley. Run or run and walk.
- 5K Racewalk: Absolutely no running, must be 16 or older. No age group awards.
- 5K Funwalk: Noncompetitive -- walk, run, or stroll. Fun awards to top finishers.

Name: \_\_\_\_\_ Sex \_\_\_ Age race day \_\_\_\_\_

Street, phone \_\_\_\_\_

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

Short sleeve T-Shirt: None \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_

Long sleeve T-Shirt: None \_\_\_\_\_ S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_



I hereby for myself, my heirs, executors & and administrators, do waive and release any and all rights and claims for damages of any nature (except gross negligence) which I might have against any organization, municipality or individual associated with this event. I agree to hold harmless from any claim such parties. I know that I must be in good health to participate and that there might be unmarked hazards on this rustic course. I understand these conditions.

\_\_\_\_\_  
 Signature (parent or guardian if under 18)

\_\_\_\_\_  
 Date



# Run Wild Missoula

## Yoga for Runners

Run Wild Missoula is offering two six week yoga courses, designed especially for runners. These classes will incorporate poses that will help to stretch, strengthen and balance a runner's body. Classes will be held every Monday from 12:15-1:00pm from June 2-July 7 at *The Runners Edge*, and Thursday evening from 6:00-7:00pm from May 22-June 26 at *The Montana School for Massage*. Yoga mats and straps are provided, comfortable clothing recommended, running shoes not required!

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

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

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

\_\_\_\_\_ **Monday Lunch Yoga (\$27 for RWM Members, \$31 for Non-Members)**

\_\_\_\_\_ **Thursday Evening Yoga (\$36 for RWM Members, \$42 for Non-Members)**

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

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

~ Missy Adams





**RUN WILD MISSOULA**

P.O. BOX 1573

MISSOULA, MT 59806

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



Photo by Steve Franklin.

