

Running Wild

The official newsletter of Run Wild Missoula
August, 2008



A young spectator catches the spirit of the 2008 Missoula Marathon, Half Marathon, and Kids Marathon in this photo from

On the Run and the Missoula Marathon

In between awards ceremonies at the Missoula Marathon and Half Marathon, I was walking away from the Caras Pavilion when I realized that someone was trying to get my attention. "Don't make me run anymore today," he said.

The man asked if I was one of the organizers – he must have recognized me from packet pickup – and when I admitted to being on the marathon committee, he told me how much he had enjoyed everything about the race: the course, the organization, and especially how friendly everyone had been. It was his second marathon, and he planned to make the trip from Utah again next year.

I think I know how that man felt. As I wandered out on the course or hung out in the pavilion with the crowd of happy runners, I felt as buoyant as the girl leaping into range of the photographer's lens. Before I had made it back home to the Bitterroot that afternoon, I called Jennifer Straughan to let her know that I was already looking forward to next year.

Along with all of the marathon committee members, I would like to thank, individually and by name, everyone who

helped out before, during, and after the Missoula Marathon. The thing is, I can't do that. I don't know all of the people who helped out at packet pickup during the expo, let alone all the names of the volunteers who staffed aid stations, helped out at the finish line, stuffed race bags, or handed out food at the finish line. It would be easy enough to begin thanking people, but I would not know where to stop and, worse, I would forget someone. Probably a lot of someones.

Jennifer was on vacation the last week in July and, for the first time did not send in an essay for the President's Corner. Bridgett Moriarty said that she would write something about the marathon experience, but then said she needed more time to absorb the experience. And this edition of the newsletter is later than usual because since the marathon I have struggled to write anything at all about running.

Like Bridgett, I am still trying to process the marathon weekend. The weather cooperated, just about everyone seemed to have a great time, and at least 104 RWM members finished the half marathon or marathon. Runners and walkers

came from nearly every state, as well as from Canada, Australia, France, Bali, and Scotland.

F 30-39	8	Colleen Smith	29:48.9
M 30-39	4	Byron Smith	29:32.6
F 40-49	1	Julie Gilchrist	21:19.6

October 4, 2008 Is Diva Day at the Missoula All Women's Run

The organizers of the Blue Mountain All Women's Run have graciously passed on the event to Run Wild Missoula. We've renamed it the Missoula All Women's Run.

This is a 5K run/walk, for women and girls of all ages. It's a run to celebrate with friends, daughters, mothers, grandmothers, nieces: all are welcome.

Women-only races have a long and powerful history, as they bring out not just runners and walkers but a larger community of women who can feel energized by the support and enthusiasm of the whole group. We'll find the oldest and the youngest, the most generations, the first and the last. We are in it together.

The race starts at 10 am at Heritage Hall, Fort Missoula. Events will include health and fitness demonstrations and information, as well as a special table with crafts to create your own family/heritage/diva banner for you and the kids (or you and your moms, sisters, aunts, etc.) for the Heritage walk at 11.

Visit www.runwildmissoula.org for more race details and for ways to register. Encourage female friends, family and co-workers to come join the party. The registration form is in this newsletter; register early, register other friends often, and make this a great day for all of us divas of Run Wild Missoula.

For more info, contact Sue Falsey (sue@runwildmissoula.org) or Loie Turner (Loie@runwildmissoula.org).

~ Sue Falsey

Run from the Edge

So, here's something new for our running community: weekly runs! Join us when you can. Read on for, um, "details"...

What: Informal, social, fun runs!

Why: Keep running, meet new people, invite out-of-towners, fill in the blank, and we don't really need a reason to run, do we?

Who: Runners of all skill levels, speeds, and ages!

Where: Upstairs above Runners Edge, located at 325 North Higgins Avenue.

When: Monday and Thursday evenings at 5:30 PM all year long. Expect shorter distances on Mondays, medium distances on Thursdays.

Questions: Call Runners Edge at (406) 728-9297; or email bridget@runwildmissoula.org

Make it when you can, and pass the word, please. Hope to see you there!

RACE RESULTS

5 Valleys Fun Run/Walk Challenge Series: South Hills 5K, June 21st

F 30-39	3	Kelsi Camp	26:32.2
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Lolo Pass Run: Mountain-to-Meadow, June 28th

		Place	Time
Women's 5K			
D	Odom	9	0:32.54
M	Odom	11	0:36.03
Men's Half Marathon			
B	Fruit	4	1:44.35
J	Hart	5	1:45.25
J	Beatty	7	1:47.16
A	Baldwin	11	1:52.51
R	Zier	37	2:43.09
R	Tandberg	45	3:29.00
Women's Half Marathon			
J	Sauer	4	1:54.40
A	Kendrick	10	2:01.15
S	Sterbis	29	2:17.30
R	Lett	33	2:20.39
K	Miller	38	2:23.16
B	Johnson	45	2:30.47
C	Anderson	59	2:43.02
K	Foiles	67	2:54.31
K	Ellison	68	3:00.42
Y	Heintz	69	3:13.28
J	Kisselbach	76	3:42.55
M	Wik	80	4:11.00

Sundae Run, July 4th, 2008

1 Mile Youth Girls

5 and under	3.	Annika	Kendrick	16:00
10-11	2.	Haley	Boyer	11:59
12-13	1.	Sabrina	Boyer	12:05

1 Mile Youth Boys

Overall		Adam	Peterman	5:56
8-9	2.	Isacc	Schmidt	7:09
12-13	1.	Adam	Peterman	5:56

Adult 1 Mile Male

60-69	1.	Glenn	Govertsen	20:12
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4 Mile Female

12 and under	1.	Andrea	Schmidt	40:38
19-29	6.	Dawn	Odom	41:13
19-29	9.	Amy	Olson	46:50
30-39	2.	Em	Kendrick	31:06
30-39	3.	Wisdom	Ming	33:37

30-39	4.	Mary	Bricker	35:12
40-49	2.	Peggy	Schmidt	32:34
40-49	4.	Caryn	Youngholm	36:27
50-59	1.	Jennifer	Straughan	28:35
50-59	4.	Christine	Everett	35:00
50-59	9.	Elizabeth	McDonald	42:49
50-59	10.	Melissa	Odom	48:30
60-69	1.	Donna	Ayres	39:18
4 Mile Male				
Overall		Brandon	Fuller	21:15
Masters		Joe	Beatty	25:07
19-29	3.	John	Cuddy	24:46
40-49	3.	Tom	Halverson	27:13
40-49	4.	Benjamin	Schmidt	28:44
50-59	1.	Bob	Homer	29:09
50-59	8.	JR	Strand	43:18
60-69	2.	Frank	Kisselbach	56:51
70+	1.	Bob	Hayes	38:03

Hellgate Village 5K, July 12th

Gender	Group	Place			Time
F	Overall		Aimee	Kendrick	21:44
F	10-14	3.	Haley	Boyer	40:09
F	20-29	2.	Dawn	Odom	30:48
F	20-29	3.	Melissa	Notti	30:54
F	30-39	1.	Aimee	Kendrick	21:44
F	50-59	2.	Melissa	Odom	34:10
F	50-59	3.	Sue	Falsey	43:45
M	10-14	1.	Adam	Peterman	18:20
M	30-39	2.	Tory	Kendrick	18:52
M	50-59	3.	JR	Strand	32:47
M	80-over	1.	Bob	Hayes	48:01

Missoula Half Marathon, July 13th

Men

	Overall	Age Group	Div Place	Time
Brandon Fuller	2	25-29	2	1:11:39
Robbie Brooks	3	14-19	1	1:12:31
Jacob Naegeli	7	14-19	2	1:20:39
Don Malerk	38	50-54	4	1:29:31
Benjamin Schmidt	57	40-44	7	1:34:33
Aaron Baldwin	60	35-39	5	1:34:43
Steve Weiler	70	55-59	2	1:35:48
Bob Homer	88	50-54	7	1:38:20
Greg Dillon	129	35-39	14	1:42:13
Matthew Stergios	207	50-54	10	1:51:16
Tim Furey	351	50-54	16	2:03:32
Geoffrey Harp	617	60-64	6	2:52:55
Tony Beltramo	619	65-69	5	2:53:38
Rolf Tandberg	620	60-64	7	2:53:48

Women

	Overall	Age Group	Div Place	Time
Julie Gilchrist	32	40-44	1	1:28:01
Pam Schiemer	54	40-44	2	1:33:54
Jennifer Sauer	56	30-34	2	1:34:28
Anicka Kratina-Hathaway	127	20-24	7	1:41:47
Angel Herring	128	40-44	4	1:42:06
Mandi Reimers	183	25-29	13	1:49:02
Peggy Schmidt	196	40-44	7	1:50:14
Megan Herring	198	14-19	3	1:50:20
Kelsi Camp	205	30-34	18	1:51:12
Sue Furey	262	50-54	5	1:55:20
Casey Gooley	283	25-29	27	1:56:39
Julie Walker	330	40-44	20	2:00:59
Bridget Johnson	379	50-54	8	2:05:54
Marya Bruning	424	30-34	46	2:11:02
Jennifer Graves	464	30-34	50	2:15:15
Emily McKeever	470	30-34	51	2:15:53
Donna Ayres	476	60-64	4	2:17:04
Jennifer Harper	498	35-39	53	2:20:04
Cynthia Wood	500	40-44	38	2:20:33
Sally Russell	501	55-59	9	2:20:34
Miranda Ming	502	25-29	61	2:20:35
Kim Foiles	503	50-54	20	2:20:47
Nicole Crepeau	519	30-34	60	2:24:15
Margaret Norris	530	20-24	50	2:25:56
Elizabeth McDonald	541	55-59	13	2:26:53
Barbara Chaney	552	45-49	27	2:29:07
Julie McLennan	555	35-39	61	2:29:53
Beth Baumstark	556	40-44	41	2:29:53
Jill Roberts	557	40-44	42	2:29:54
Brenda Desmond	570	55-59	15	2:34:31
Britt Hanford	587	35-39	64	2:43:25
Barbara Callaghan	596	45-49	32	2:46:04
Patty Harp	606	60-64	6	2:49:27
Carol Hedges	610	55-59	20	2:51:06
Bonnie Ferguson	612	55-59	21	2:51:28
Sally Daer	615	65-69	2	2:52:17
Barbara Thayer	626	50-54	26	2:55:24
Carolyn Abbott	634	60-64	11	2:58:22
Marlene Beltramo	636	65-69	4	2:58:44
Claudia Denker	651	55-59	27	3:03:07
Jane Kisselbach	657	65-69	5	3:04:32
Chris Day	666	30-34	74	3:10:50
Amy Kroon	670	35-39	73	3:11:37
Suzanne Schweitzer	717	55-59	30	3:28:23
Katie Spaid	738	25-29	81	3:42:11

Missoula Marathon, July 13th

Men

	Overall	Age Group	Div Place	Time
Dean Lipp	6	45-49	1	3:01:37
Brian Fruit	9	45-49	2	3:05:57
David	21	35-39	5	3:14:21

Schmetterling				
Michael Yager	24	35-39	6	3:15:48
Joe Fischer	29	40-44	4	3:20:04
Tom Halverson	61	45-49	8	3:33:52
Joel Carlson	75	35-39	12	3:38:26
Rick Ryan	96	50-54	8	3:44:30
Patrick Ryan	118	25-29	11	3:50:07
Eric Wolf	119	45-49	14	3:51:31
Travis Ross	122	25-29	12	3:51:59
Joseph Beatty	142	40-44	16	3:55:49
Brian Wasik	151	25-29	14	3:59:45
Robert McQuilkin	158	50-54	13	4:03:19
Mark Schleicher	159	30-34	10	4:03:24
Matt Bowen	178	25-29	17	4:08:02
Randy Tanner	186	25-29	18	4:09:29
Baron Tynan	189	40-44	19	4:09:32
Torrey Holmquist	202	30-34	12	4:11:32
Norm Williamson	218	30-34	15	4:16:30
Kelton Olney	281	30-34	18	4:39:59
John Koenig	294	55-59	22	4:46:41
Bob Hayes	334	80+	1	4:59:51

Women

	Overall	Age Group	Div Place	Time
Darr Tucknott	35	25-29	1	3:24:10
Sherri Kenyon	90	45-49	1	3:44:16
Bridgett Moriarty	92	35-39	3	3:44:17
Janet Kenter	140	50-54	6	3:55:39
Sharon Sterbis	147	40-44	7	3:57:50
Holly Schleicher	160	30-34	6	4:03:24
Nichole Snow	167	25-29	8	4:05:01
Marilyn Marler	175	35-39	5	4:07:30
Mary Bricker	195	30-34	9	4:10:08
Roni Lett	210	50-54	9	4:13:43
Victoria Mix	227	45-49	14	4:18:48
Ilana Abrahamson	228	30-34	10	4:18:49
Tammy Mocabee	240	45-49	15	4:23:21
Danelle Gjetmundsen	241	35-39	11	4:23:22
Marjie Tennyson	260	55-59	1	4:27:23
Carol Lipp	273	45-49	17	4:33:18
Katie DeSoto	292	40-44	15	4:45:31
Karen Tynan	308	35-39	16	4:51:15
Caryn Youngholm	325	45-49	20	4:57:31
Jessica Weinert	357	25-29	26	5:22:45
Zoey Meissner	358	30-34	19	5:23:07
Jamie McClure	377	40-44	20	5:44:12

5K Run

12 & Under - Male	1	Adam Peterman	20:57.2
13-15 - Female	1	Paige Gilchrist	22:43.7
20-29 Female	1	Nichole Snow	26:30.2
20-29 Female	4	Dawn Odom	32:58.9
30-39 Female	3	Kelsi Camp	27:25.2
30-39 Female	7	Colleen Smith	30:31.8
30-39 Male	6	Byron Smith	29:54.0
40-49 Female	1	Julie Gilchrist	22:15.9
50-59 Female	5	Melissa Odom	38:45.3

RACE CALENDAR

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

On the Run

RWM Club Officers

President:

Jennifer Straughan – jen@runwildmissoula.org

Vice President & Newsletter Editor:

Vic Mortimer – vic@runwildmissoula.org

Treasurer: Nancy Shrader – najash@msn.com

Secretary: Bridgett Moriarty – bridget@runwildmissoula.org

Membership & Race Results:

Sue Falsey – sue@runwildmissoula.org

Program Director:

Courtney Babcock – courtney@runwildmissoula.org

Equipment Manager: Tommi Burton –

tommi@runwildmissoula.org.

Run Wild Yogi:

Missy Adams – missyadams410@yahoo.com

Five Valley Series: Rattlesnake 5K, July 19

Group	Place	Time
Open Walk	6 Barbara Thayer	49:46.6



Missoula All Women's 5K

ENTRY FORM

Saturday, October 4, 2008

You May Also Download This Registration Form or Link To On-Line Registration at Active.com: from www.runwildmissoula.org Registration closes 9:45 race day, Oct 4.

Last Name _____ First Name _____ Middle Initial _____
 Address _____ City _____ State/Province _____
 Zip/Postal Code _____ Country (other than USA) _____
 Date of Birth ____ / ____ / ____ Age on Race Day ____ Gender: F (women only please)
 Telephone # (_____) _____ Email address: _____

Shirts Women's Sizes (not Unisex, so a medium is not huge!) circle S M L XL XXL

Entry Fees (the earlier the better for you and for us)

Individual \$20 (thru Sept 14) \$25 (Sept 16-Oct 3) \$30 (Oct 4)
 Family (up to 4) \$70 (thru Sept 14) \$85 (Sept 16-Oct3) \$110 (Oct 4)

(Family Name to Use as Family Group: _____):

Make checks payable to: RunWild Missoula, W5K , PO Box 1573, Missoula, MT 59806

Registration Date _____ Amount Paid (Family group, enter all forms together in one envelope) _____

Any special notes? _____

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, the City of Missoula, Missoula County, NRHC 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 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 MUST SIGN FOR MINOR.

Signature of Participant: _____ Date: _____

Printed Name of Participant: _____

If Participant is younger than 18 years

Signature of Parent/Guardian: _____

Printed Name of Parent / Guardian: _____



RUN WILD MISSOULA

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