

Running Wild

The official newsletter of Run Wild Missoula

September, 2008

"If you think you can, or you can't, you're right." ~ Henry Ford



Forest Chaput (center) and two Hellgate High School cross country team mates cross the 2008 Roots Run 4 mile in this photo from Neil Chaput.

Annual RWM Member Meeting Scheduled

The 2008 Annual RWM Member Gathering/Meeting/Feed will be Sunday, October 5th, 11 am – noon at Heritage Hall in Fort Missoula. *Come at 10 am if you want to go for a run first.*

Last year we had our first one of these meetings and it was great to meet people I hadn't met before. In fact last year I met Bob Hayes for the first time. EVERYBODY knew Bob – except me – until that day. People used to say to me, "You know Bob Hayes, right?" Then they'd see perhaps I didn't and so would press on, 'You know – BOB HAYES? He runs tons of races so you must have met him.' At which point I'd have to confess in shame that I had never met Bob Hayes. Thank heavens Bob showed up for the annual meeting or who knows how long that might have gone on.

So right from the getgo the meeting was a total success and therefore we're doing it again.

The purposes of the meeting include:

a) Run (duuuuhhhhhh)

b) Eat (No worries, you don't have to bring anything – I didn't say "potluck". Although last year Bob Taylor and Tom Halverson spent a significant amount of time putting the BBQ together.)

c) Meet RWM members, committee members and Board members

d) Discuss the future of the club

e) Put in your thoughts

f) Vote for any vacant positions (I'm pleased to report we don't seem to have any of these at this point unless someone is about to tell me something I don't know. However, if any come up we'll send out an email so you have time to talk yourself into the joys of volunteering.)

This is your annual opportunity to voice your opinion and we hope you come. We like to hear from club members. There will be an actual agenda. It's definitely a family affair.

I would also like to point out that even though this function isn't until *October*, it is in the *September* newsletter. You have a whole month to think about this and get it on your calendar.

Now I know Missoulians don't like to RSVP, but it really helps if you do. Especially if you're interested in the food/beverage part of this operation. So please send me an email at jen@runwildmissoula.org and let me know that you are coming and how many of you. If you see me and tell me, I won't remember. Ask Em Kendrick. She told me something important once (see – only once).

~ Jennifer Straughan

Missoula All Women's 5K: Participate, Volunteer, Promote

We are looking for lots of participants from the club to support this race. Come ready to run, bring friends and relatives along, start new goals to a run/walk, or convince new runners/walker they can do a 5K and have fun doing it. Just by being a runner/jogger/walker yourself, you can show them the way.

If you're sidelined, participate as a volunteer by contacting Sue Falsey at sue@runwildmissoula.org and indicating whether and when you can help Friday, October 3, or Saturday, October 4.

RunWild Men are invited to volunteer too, and make this a special day for your women friends, relatives, spouses, partners. Give them that extra support, and they will remember it -- get some "good guy" points.

We are also looking for those of you who want to promote any products you or friends sell that appeal to women of any age, from makeup to sports gear to other business and professional products, to contribute to the race bag, to awards and random giveaways. Products would also include the food table – from gourmet to basics. We are also looking for a few cool expo tables, to provide special expertise to women. Ranging from health care to nail/hair care, sports or fashion, anything that's fun and engaging qualifies. Whether you're involved with a large business or small, if you have something to offer women young or old, we'd like to talk with you about being at the Expo.

We're excited about this new run. When we look at what happens with women's runs in other communities, it's clear that the possibilities are endless. This is the year for shaping it into what we wish. Help make it great – participate.

~ Sue Falsey

Roots Run from the Intersection

Once again I found a new angle from which to enjoy a run. This time it was at the intersection of Spruce and Pattee during the Roots Run. I got to don a bright orange vest and wield a stop sign while standing in the middle of the street. Better yet, I got to do this with my daughters Sabrina and Haley, plus Bridgett Moriarty and her daughter, Quinn.

With five of us manning the intersection not only were we highly visible (a real plus since 25% of the drivers had a cell phone attached to their ear), but we automatically had a great cheering section. We were only four blocks from the finish and by that point in a four-mile race, a little cheering goes a long way.

We reminded people it was only a few more blocks (always important to round down). Told them cold water was

waiting -- and also announced with confidence that it was all downhill from that point to the finish. It's possible this is even a true statement but it sounded really good regardless.

We had a great view down Spruce so we could see well in advance who was coming, so many people we could cheer on by name. We had some Mountain West Track Club athletes participate – I love watching those women run even if it was nothing more than a workout for them. Or a rest day.

The day was hot for running but great for standing at an intersection spectating. So I sympathized with all those overheated runners even though I was happy as could be myself.

Eventually the walkers came, enjoying a fun walk on a great day. There were some determined young kids. One mother was carrying a toddler in one arm and pushing the other in a stroller. I consider that eight miles worth of effort for a four mile run. Some people even had the energy to pick up the pace a little when they realized how close they were to the finish.

When the truck came picking up the cones we figured we must be done and walked to the finish. I love how the vendors line the street along the finish area. I don't know who was responsible for that, but it's a great idea. It makes me want to run it next year so I can finish between all that color and activity.

And since we'd been resting all that time, Bridgett, Quinn and I decided to jog down the Kim Williams as a follow-up.

Thanks to Anders and the Missoula Downtown Association for a great run!

~ Jennifer Straughan

ID Tags for RWM Members

Those of you for whom we have email addresses should already have seen a notice on the 2008 RWM Member Gift – personal runner ID tags! Run Wild Missoula is purchasing members an ID tag through Elephant Ideas. We think it's just a good safe thing to have on a run. Even if you're running with other people having emergency contact information with you is important.

By far the easiest way is to log onto the web page they designed just for us:

<http://www.coolidtags.com/missoula.html>

The tag gives six lines to provide basic information and has the RWM logo. The lightweight plastic tag fits either on your shoelace or on a chain around your neck. I've been testing mine for a few months and don't even realize it's on my shoe.

Individual members receive one tag. Family memberships receive two tags. RWM will be billed directly for those tags.

Additional tags may be purchased at the RWM rate of \$5/tag. There's a special button at the bottom of the web page – click on that and walk all the way through the process including Pay Pal. You will pay directly only for those extra tags you purchase.

If you have difficulties – no worries. Larry Osborne at Elephant Ideas is very helpful and we'll get it worked out.

For those of you who Just Can't Stand ordering on the internet, I suppose you could download the page and mail it to: **Elephant Ideas, 5875 Pacific St. E-6., Rocklin, CA 95677 or call 1 800 204-3327.**

However you choose, please take advantage of your free ID tag! It's our way of thanking you for being an RWM member.

~ Jennifer Straughan

Inside look at the Mountain West Classic Available to Volunteers

One of the biggest and best high school cross country meets in Montana takes place every year in Missoula. This year the race is **Saturday, September 27th** at the University Golf Course.

There will be four high school races, each with 300 – 400 athletes, followed by a middle school race with 200 entrants.

The day provides a chance to see the fastest high school harriers in the region. Those interested in helping out at the meet can do so by emailing Wilma Tabaracci at tabs@montana.com and showing up at 9:00 am at the course. Volunteers should be done by around 1:30 pm.

Missoula will also host the state high school cross country meet on October 25th, which will provide another opportunity to provide tangible, much needed – and much appreciated – support to high school runners. Wilma is also the person to contact for help at the state meet.

Thanks for your consideration.

~ Michele Chalmers

President's Corner

You know what I liked best about the Olympics this year? Paula Radcliffe didn't win. I don't say this because I don't like Paula Radcliffe – I do. She's amazing.

I just find it a total relief to know that Paula isn't so super-human that she can have a stress fracture, recover barely in time to go through a condensed training process, and then win while running against the best marathon runners in the world.

It became very clear that Paula Radcliffe wins because she trains hard. When she doesn't or can't train hard, she doesn't win.

This is just like the rest of us. Isn't that good to know?

You know what else I like about Paula Radcliffe not winning? She finished anyway. Here's this woman who has been training for her redemption for four years. She has a serious injury at a critical time. You know she had to have been severely depressed. She weighs her options... bow out for another four years? Consider that another four years might put her beyond her ability to get the gold? Or go for it. So she went for it.

Paula must have known at mile four that she wasn't going to be able to keep the pace of the frontrunners or probably even be able to put in a good showing. But in the last Olympics she quit because she couldn't go any further, and in this Olympics she could finish, so she did. She ran right across the finish line in what (for her) must have been a humiliating time and place.

I don't think you can ask more than that. I'm sure she's home being completely bummed, but for someone like me she's an inspiration. Sometimes the best stories come from those who don't win.

~ Jen

A Florida Perspective on the 2008 Missoula Marathon

(Clearwater, Florida resident – and one-time Griz runner Bob McQuilkin has been a member of Run Wild Missoula since at least early 2007. Many months ago I asked if he would be among the first members to be featured in what I thought would be a regular "Member Profile." I haven't gotten around to any profiles, but Bob graciously agreed to let me use parts of two emails that he sent in late July. I'm only now getting around to getting his story in Running Wild. If the essay looks a bit choppy, the fault is mine; once again, I ran up against my own self-imposed deadline. I've got to have a word with the editor. ~ VM)

What follows is a demonstration of how *not* to train as a marathon, as well as a "big thank" you to the runners and spectators I met along the course.

I found that I averaged 19.2 miles a week during the 15-week build up before Missoula, with a long run of 14 miles. I do not condone this training for anyone else. It leads to turmoil and despair when you crash hard at 18 miles. Under-trained and carrying 186 pounds like last year (I carried 130 pounds as a UM Griz runner in the 1970's), I was very pleased – and surprised – to have willed myself to a 4:03, besting last year's time by 21 minutes.

With my weight and lack of training being woefully comparable to last year, I think the course change, more water stations, cooler temps and running a slower pace contributed to a much better time this year. After crashing again at 18 miles this year, I suffered until 22 miles.

The course then moved into my more familiar college stomping grounds and I was revitalized. The staff and volunteers were wonderful. Everyone performed their part with a sense of ownership and pride. As last year, the residents of Missoula came up large. Families were standing at the edge of their driveways shouting encouragement and offering their hose. It didn't matter that I was a back-of-the-pack jogger, they stayed to shower me with their enthusiasm.

I run Disney Marathon every year with three other Clearwater area guys. Because we are a few years removed from our best performances, we borrowed our team name "The Soggy Bottom Boys" from the movie *How Great Thou Art*. They call me "The Ambassador" as I shout encouragement to other runners that we meet on our runs.

Speaking of inspiration, that young lady in costume whose picture from last year's race graced the cover of Missoula.Com magazine this summer, helped me get up Big Flat Road. Like last year, she passed me again, in costume, after leaving Frenchtown and quickly disappeared out of sight. I remember telling myself, "There's that fast runner from last year."

At Disney Marathon, at my fitness level, I get used to being passed by a handful of Tinkerbell's. About 12 miles, she came back into view on Big Flat Rd and I was inspired to catch that fast runner. I did catch her in about 16 miles. In total movie-speak (Field of Dreams), I asked her if there were fairies (my take on her costume) in heaven. She replied quite graciously that she didn't know. So I left her with a "Gosh, I coulda sworn this was heaven" as I gazed out high above the valley in amazement at the pastures and river below. I introduced myself later at Caras Park.

Although she told me she didn't get an age group award last summer, I let her know that my labeling her a "good runner" and in trying to catch her, helped pull me through to a better time this year.

~ Robert McQuilkin

Run from the Edge

Monday and Thursday evening runs will continue from the Runner's Edge, 325 North Higgins, at 5:30 for shorter runs on Mondays, a bit longer on Thursdays.

All skill levels, speeds, and ages are welcome. Call Anders or Tim at the Runner's Edge (728-9297), or email Bridgett Moriarty at bridgett@runwildmissoula.org.

Wait for the 2008 Pumpkin Run Nearly Over

Yes, pumpkin fans, it almost time to head out to Maclay Flats for the Pumpkin Run 5K. This year's race is Saturday, October 18th. Look of more details in the October newsletter and get ready to help pumpkin meister Ben Schmidt raise money for the Missoula Food Bank.

RACE RESULTS

Celebrate the Swan 2008

(Diann Ericson at Swan Valley Ecosystems sent me this report. A bit late, perhaps, but a welcome reminder that there are races outside of Missoula. In this case, at least two finishers are Run Wild Missoula members: Bob Zier, who finished second among males 60-69 in the half marathon, while speedy Whitefish resident Linda Vevera finished first in the 50-59 age group in the 10K. Let us know if you ran a race outside the immediate Missoula area. Better yet, write it up and send it in. ~ Vic)

Cooler weather with some sun and virtually no wind produced ideal racing conditions for more than eighty runners and walkers at Celebrate the Swan races on July 5th. Most competitors seemed pleased with the additional water stations, earlier half marathon starting time and the casual yet organized racing format. Winner of the half marathon this year was Aaron Little from Townsend with an excellent time of 1:29. He was followed closely by 14 and under competitor Will Strauss in 1:34. Vadine Rispens, 1:41:32 captured honors for the women at that distance.

10K winner Mariah Childs led the women with a time of 45:56. Her counter part Martin Horejsi bested the other male 10K runners in 45:59.

In the 5K John Zehntner of Blackfoot, Idaho took top honors with a time of 18:35. He was followed by the women's titlist Caitlin Stone of Condon in 19:10.

Another outstanding time was turned in by Sawyer Nicholson in the 14 and under category. His 6:40 was enough to edge out Caley Nicholson the girls 14 and under winner by five seconds. Congratulations to these fine runners and the rest of the field who pushed them to do their best. All age group winners went home with Bob Eagen's trophy mugs and satisfied smiles. Thank you all for coming and hope to see you next year.

~ Mike Childs

5 Valleys Fun Run/Walk Challenge Series: Fort Missoula 5K, August 16.

F 20-29	3	Dawn Odom	32:23.8
F 30-39	2	Kelsi Camp	25:06.9
F 30-39	8	Colleen Smith	27:59.9
M 30-39	3	Bryon Smith	26:58.1
F 50-59	3	Melissa Odom	33:38.1

Roots Run Aug 24, 2008

Female	13 & under	1	Gilchrist	Paige	28:32.18
Female	13 & under	9	Tretter	McKenzie	1:02:54.24
Female	14-19	1	Brooks	Robert	21:41.45
Female	14-19	5	Herring	Megan	31:07.65
Female	14-19	7	Herring	Danielle	37:51.26
Female	25-29	2	Tucknott	Darr	27:04.56
Female	25-29	3	Morgan	Cara	27:16.60
Female	25-29	5	Raz	Sarah	29:35.25
Female	25-29	7	Snow	Nichole	31:11.13
Female	25-29	3	Notti	Melissa	53:07.99
Female	30-34	1	Sauer	Jennifer	28:19.04
Female	30-34	1	Gagner	Brenda	36:32.77
Female	30-34	4	Graves	Jennifer	37:58.37
Female	35-39	9	Marler	Marilyn	31:38.18
Female	35-39	0	Gjetmundsen	Danelle	32:02.28
Female	35-39	2	Barclay	Terri	38:45.78
Female	35-39	0	Tretter	Megan	1:02:54.57
Female	40-44	1	Gilchrist	Julie	29:01.09
Female	40-44	2	Herring	Angel	30:00.38
Female	40-44	6	Wood	Cynthia	40:48.58
Female	45-49	4	Mix	Vicky	34:03.63
Female	50-54	5	Walser	Lisa	38:55.88
Female	55-59	1	Everett	Christine	34:41.36
Female	55-59	3	McDonald	Elizabeth	38:54.13
Female	60-64	1	Falsey	Sue	35:53.01
Female	60-64	2	Ayres	Donna	39:55.83
Male	13 & under	1	Peterman	Adam	24:10.35
Male	13 & under	1	Graves	Cody	1:13:15.30
Male	14-19	2	Everett	Thomas	23:49.46
Male	14-19	9	Everett	Christopher	27:16.91
Male	25-29	3	Beston	Adam	26:46.59
Male	25-29	4	Tanner	Randy	29:09.71
Male	35-39	2	Smith	Bryon	35:28.60
Male	40-44	1	Herring	John	24:19.88
Male	40-44	3	VonSehlen	Vo	29:34.5
Male	45-49	1	Lipp	Dean	24:36.01
Male	50-54	3	Peterman	Larry	29:44.42
Male	50-54	8	Turner	Monte	55:21.89
Male	55-59	5	Cain	Michael	34:52.18
Male	55-59	8	Strand	JR	42:46.34
Male	60-64	2	Tandberg	Rolf	50:31.38

Male	70-100	1	Hayes	Bob	36:49.26
Male	70-100	3	Leonard	Brad	47:26.22

RACE CALENDAR

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

On the Run

Before the start of the first annual Sleeping Bear Shuffle at the Bass Creek Recreation Area, I told myself it wouldn't matter if no one showed up. At worst, I'd have a case of Hansen's and a few packages of gummi bears to share with my wife. I was going for a trail run anyway – would it be so bad if I held the first club run at which only the run organizer showed up?

I was spared that distinction when Tommi Burton, Bridgett Moriarty, and Bridgett's daughter Quinn pulled into the picnic area. Actually, Anders Brooker ran at Bass Creek a couple of times the week before – I think he wanted a really early start – but he ran up the canyon instead of on the day use trails. He might have been worried about getting lost.

Now, I *know* that in the newsletter I promised that participants *probably* could not get lost, since I nearly always get lost trying to follow directions that include phrases like, "You can't miss it!" and "You can't get lost!" And I would have sworn – and after the run did swear – that I never told Bridgett and Quinn that they couldn't get lost.

Bridgett and Quinn tell a different story. And they did get lost, sort of, if crossing the same stream twice, in the same place, counts as being "lost." And, OK, yes, I admit that when I told them that I *might* have forgotten to mention which trail to take at a critical juncture, and that *perhaps* a map would have been helpful, well – my face turned as red as the bright shoes Bob Hayes was wearing at the Roots Run.

Aside from witnessing my embarrassment – and a chance to win the bear poop that Tommi won, the bear droppings that Quinn collected, and the spotted owl finger puppet that Bridgett took home – the rest of you missed an hour or so on single track trails, a half dozen stream crossings, and the occasional sounds of red-breasted nuthatches, western woodpeckers, and ravens.

And you missed a chance to get a bit lost in a place where getting lost means nothing more – or less – than choosing an interesting path and seeing where it leads.

No one will ever mistake me for a serious trail runner. In a good year I might run trails a couple of dozen times and I've never entered a trail race. Even so, I return to trails whenever I can, and once I get used to the hills, I wonder what kept me away for any period of time.

Sure, I've gotten turned around a time or two, including one very cold January day when a thick fog in the Bitterroot left me feeling not quite sure where I was for an hour or two. I went from a snow-covered back road that no one would visit until spring, to cattle trail, and finally to no trail at all before finding the way back to my car. It was the scariest – and one of the best – runs I've ever had.

I don't recommend running through unfamiliar territory, in the fog, on 18-degree January days, especially when your brand-new Yak-Trax are sitting at home.

But I do advocate heading up a canyon in the Bitterroot (where you really can't get lost), or trying out the trails at Blue Mountain, the Rattlesnake, or Pattee Canyon. Sure, the run might be longer than you expect, and you may not always know exactly where you are.

But surely we spend enough of our lives on city streets a nicely paved bike paths and groomed urban trails. I would rather venture a few steps into the unknown, at least every now and then.

Of course, having a clearer idea of the course is probably a reasonable expectation, if only to finish in time to get some gummi bears. So, look for another trail run in late October. I think I'll call it the Second First Annual Sleeping Bear Shuffle.

~ Vic Mortimer

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 – bridgett@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

Submission Policy

Running Wild welcomes stories, race results, announcements, and the like from all Run Wild Missoula club members. Please submit entries in Word, Wordperfect, Excel, or text files. Please, no PDF files: it makes the editor's job longer and the editor cranky.

Submissions will be sparingly edited for content, lightly edited for style, and enthusiastically (if unevenly and often unreliably) edited for punctuation and usage.

The deadline for submissions is 5:00 pm on the 25th of each month. I often run behind my own schedule, but don't count on it; some day I may get my act together and meet my own deadline.

~ Vic Mortimer

**Run Wild Missoula
Yoga for Runners
Fall Session**

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 *Monday from 12:15-1:00pm, September 22-October 27, at The Runners Edge, and Thursday evening from 6:00-7:00pm, September 18-October 23, at The Montana School for Massage.* Yoga mats and straps provided, comfortable clothing recommended, running shoes not required!

Space is limited. To reserve a spot, email Missy Adams at 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 RWM Members, \$32 non-members)

_____ Thursday Evening Yoga (\$36 RWM Members, \$42 non-members)





Missoula All Women's 5K

Saturday, Oct 4, 2008

_____ bib #

Heritage Hall , Fort Missoula 10 am

You May Also Download This Registration Form or Link To On-Line Registration at Active.com: from www.runwildmissoula.org Registration closes 9:30 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 XXLYouth Small

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/Corp (up to 4) \$70 (thru Sept 14) \$85 (Sept 16-Oct3) \$110 (Oct 4)

(Family/Corp Name to Use as Family/Corp 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



Runners leap into the start of the 2008 Roots Run. Photo by Neil Chaput.

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



www.runmt.com