

Running Wild

The official newsletter of Run Wild Missoula

October, 2008

2:03:59: The new marathon world record, set by Haile Gebreselassie at the Berlin Marathon, September 27, 2008 (4:43 mile splits)

Run Wild Missoula Annual Meeting

Don't forget that the Run Wild Missoula Annual run, picnic, and meeting is coming up Sunday, October 5th at Heritage Hall in Fort Missoula. 10 am for people who'd like to go for a jog around Fort Missoula and 11 am for people who'd like to eat and meet.

This is a great chance to meet other people in the club you haven't met before – only heard their names or seen it in race results. It's also an opportunity to knock around ideas for the club that you'd like to see. We'll be working on a new website soon, so there's an area worthy of discussion all by itself.

I haven't heard from many of you that you plan to attend, and I need to know because one package of hot dogs and six pack of beverage don't go far with 25 people. So if you're coming please RSVP at jen@runwildmissoula.org. Actually, if only one package worth of hot dogs RSVP's, we'll probably just go to the MacKenzie River Pizza. Club buys.

~ Jennifer Straughan

Pumpkins Run Wild for Missoula Food Bank

In an attempt to prove that round orange pumpkins run faster than all other veggies, the 12th annual Pumpkin Run extravaganza will be held this October 18th at Maclay Flats on Blue Mountain Road by the Bitterroot River.

This is *the* ultimate pumpkin racing event in Western Montana. As noted in *World Pumpkin Gazette*, "it is a must-do running experience; from the suspenseful 400 meter kids run (12 and under) right up to the final stride of the beautiful 5 K course nestled on the edge of Lolo National Forest."

This internationally known race has prizes for each 400-meter finisher and the overall winner, as defined by our race sponsor, will win a most excellent prize. To make it an even better event, the entire course is on Maclay Flat trails and proceeds will go to the Missoula Food Bank.

~ Ben Schmidt

"My Doctor's Marathon" Offers Chance to Support Local Healthcare

As you may or may not know, I am the medical director for Partnership Health Center, our regional community health center, and we have an exciting new development for which I could use your assistance to help me bring this development to life.

After fourteen years of providing uninterrupted healthcare services to the low-income and uninsured of Missoula and surrounding rural areas, we have outgrown our current location. As a first step in meeting this need, Partnership Health Center has entered into a Buy-Sell Purchase Agreement for the Creamery Building, located on Railroad Street in downtown Missoula. I believe this is a once-in-a-lifetime opportunity for Partnership Health Center.

In order to generate media interest, and put a personal and local face on the national debate about access to healthcare, Partnership Health Center will be hosting the first annual "My Doctor's Marathon" on Saturday, October 11. The route for this marathon will wind through Missoula's low-income neighborhoods. Initially, I was prepared to run this marathon alone, but it turns out that several of my patients have agreed to join me for short sections of the route, as I am hoping that you will too. I am reaching out to you, as fellow athletes, to share in my vision: a community where everyone – regardless of finances or lack of health insurance – has the ability to access comprehensive healthcare. I would be thrilled if you could sponsor my run, either by donating, joining me in a portion of the run, or both. Your sponsorship of "My Doctor's Marathon" will be recognized widely throughout the community, including a permanent display in our new building.

Following the marathon, we will host a small reception at the Creamery Building. If you are interested in the sponsorship and/or joining me on the run, I would love to talk to you further about the details. Every dollar we can raise through "My Doctor's Marathon" brings us closer to our dream. So much will be possible with this new building! I hope you will join me in making this exciting dream a reality for Missoula. Sincerely,

~ Dr. Alison Forney-Gorman, Medical Director
ajfmd@bresnan.net

Second First Annual Sleeping Bear Shuffle

November 8 is the date of the second edition of the Sleeping Bear Shuffle at the Bass Creek Recreation Area, just off US 93 between Florence and Stevensville.

It recently occurred to me that many of you began your running careers a year or two ago by signing up for the Beginning Runner Training Class. This run on trails outside Bass Canyon is a running-birthday celebration for several runners, including Tammy Mocabee (she's baking a cake) and Bridgett Moriarty (who won't tell anyone when her birthday is, which makes it hard to organize a birthday-birthday run).

The marked course is somewhere between 5 and 6 miles; shorter options – unmarked but hard to get lost on (unless you're running with Bridgett and Jen Straughan) – are also possible. For that matter, longer runs are possible, too.

As with the first run, I'll provide goofy prizes. Since I've no idea how many people might actually show up, this is strictly a bring-your-own-refreshments run, except for the cake. The National Forest Service provides the restroom.

The run starts at 10:00 am at the picnic area – just follow the signs. And if you're not sure how to get to the Bass Creek Recreation Area, just send me an email.

~ Vic Mortimer

Missoula Marathon Pacer in the Literary Spotlight

What's more fun than running? Talking with runners, or perhaps reading about runners, or best of all talking *and* reading about runners.

It will all combine into one big happy occasion on Tuesday, October 14th, 7:30 pm at Shakespeare & Co., when Rachel Toor, ultra-runner, reads a bit from and then signs copies of her new book: *Personal Record: A Love Affair With Running*. You're invited and admission is free.

Rachel is well known in this community after doing a stint at the University of Montana. She became involved with Team Stampede and also Run Wild Missoula and was a semi-regular at Tuesday Track. Rachel now lives in Spokane, but she returned both years of the Missoula Marathon (and hopefully all future years) to help us out with pacing duties, which we really appreciate.

This book signing at Shakespeare Books will be publicized among the writing community, but let's help Rachel out by spreading the word in the running community. You may notice she strategically placed it right after Tuesday Track, so go ahead and show up in your sweaty stinky running gear – Rachel's expecting it.

Shakespeare & Co. is located on the corner of Higgins Ave. and 3rd St. at the Higgins Ave. Bridge (103 South 3rd St. West). This is a different aspect to our running world than we normally get to participate in, so let's take advantage of it. It'll be fun!

~ Jennifer Straughan

Missoula One of Top Towns for Greenest Commuters

In an article titled "Healthiest Hometowns," AARP magazine's Sep/Oct issue had a sidebar listing the Greenest Commuters. Missoula shows up at number 9, with 8.91% of our population biking or walking to work. At the top of the heap is Ithaca, NY with 16.88% walking or biking to work.

Missoula didn't show in the top 10 for Healthiest Hometowns, but that gives us something to strive towards. Many cool climate cities are on the list, including Ann Arbor, Michigan at Number 1; Madison, Wisconsin at Number 3; Fargo, North Dakota at Number 5 (can you believe that?); Boulder, Colorado at Number 6; and Minneapolis/St. Paul at Number 8. It just goes to show that having a genuine winter doesn't have to slow people down. In fact, the article says that "cities in the South tend to have some of the highest rates of obesity and chronic disease in the nation."

So as we head towards cooler days, don't let it slow you down and keep walking to work!

~ Jennifer Straughan (who recently turned 50 and, along with moving up to a new age group, now qualifies for AARP membership)

Hellgate Village 5K Raises \$ for Alzheimer's

Remember the Hellgate Village 5K that Run Wild Missoula put on the evening before the Missoula Marathon? In case you missed it, that was a fundraiser for Alzheimer's Support Group in memory of Anne Hayes. Bob Hayes told a wonderful story just prior to the run regarding Anne and her determination.

Anyone who didn't know Anne personally had a great and colorful picture drawn by Bob with that story.

The event had 80 participants, and Run Wild Missoula sent 100% of the profits, \$487.57, to the Alzheimer's Support Group.

Thanks to all of you who participated or supported the run in any way. Thanks again to Carol Brooker, Race Director Extraordinaire, who has already agreed to do it again next year. (We hope she does the shoe bags again – those were great.)

ID Tag for 2008 Club Members

Ninety Run Wild Missoula members have gotten their runner ID tag and we're hoping all of you will take advantage of this club benefit! You can order your ID tag through December 31st of this year, and then next year we'll have a different club member benefit so this one will be finished.

Just log onto www.coolidtags.com/missoula.html and you'll be on Run Wild Missoula's own page for ordering ID tags. The bill comes directly to Run Wild Missoula so you don't have to do a thing except tell them what information you'd like on your tag (or two tags for family memberships).

Get your free running ID tag today!

New Website for Run Wild Missoula

Do you have ideas on what you'd like to see for the new Run Wild Missoula website? I hope so because we'd love to hear. We've got plenty of our own, but undoubtedly you do, too.

So let's hear them! Send your website ideas to jen@runwildmissoula.org. I'll keep track and see what we can do.

Lost Our Lease

We're dismayed to announce that our very happy storage space in Joe Beatty's basement at the Montana School of Massage will be destroyed sometime next spring. If anyone has a suggestion on where we could go, we're all ears. Just as a heads up – we've got a lot of inventory now. We need a fair amount of space.

Thank you for keeping an ear to the ground for us.

President's Corner

In the last two years one of the developments with the club that gives me the greatest pleasure, is the number of people who have found friendships and running companions through Run Wild Missoula. Two years ago a person in Missoula who wanted to start running was probably relegated to jogging alone and hopefully not making him or herself miserable as they learned, or if that person was lucky he or she talked a reluctant friend into coming along. No one knew there was a running club or, if he did, he assumed the club was for "real runners." With all our small efforts such as training classes and yoga classes and more events, a bigger result has come about in providing more and more opportunities to find other people with whom to share the joy of running – and the joy of running with other people.

Good examples of that success are Missoulapalooza, the team that just ran the Spokane to Sandpoint Relay in

August, or last year's Montana Cup Masters Team, small groups of club members who meet regularly to jog at lunch, or other groups that meet regularly for workouts of various intensities. These groups have come about by-and-large because of running club connections.

Recently there has been a pretty consistent group on Monday and Thursday evenings meeting and running. This had been tried a couple of years ago and hadn't succeeded. There weren't enough people familiar with the running group and there weren't enough people at different levels so the slower people got left running alone. Frankly, there just weren't enough members of the running club.

That has changed. The club membership has grown from approximately 50 to over 350 in the last two years. There's no doubt that hanging out with runners is a positive force, and I appreciate each and every one of you for sharing that positive force not just with the running club, but with the Missoula community in general. By making it clear that running is for anyone, no matter age or physique or experience, more people get drawn into the circle and everybody wins.

~ Jennifer Straughan

RACE REPORTS AND RESULTS

Leonard Qualifies for World Triathlon Competition

Brad Leonard – some of you know him as Sue Falsey's husband – competed in the USA Triathlon National Age Group Championships in Hagg Lake, Oregon and qualified for Team USA to compete in the 2009 World Age Group Championships in Australia's Gold Coast in September 2009. The age group? 70-74.

Grizzlies and Cattle Liven up the Grizzly Half Marathon

When I heard that a grizzly had crossed the half marathon course at the Grizzly Marathon near Choteau on August 16th, I emailed RWM member **Donna Ayres** to ask if she had seen the griz. Her response: "Yes, a Grizzly did appear at the Grizzly Marathon course but it was up ahead of me so I didn't see it. I did however get stampeded by a herd of cows and had to stop to let them pass in front of me." As she did last year, Donna placed first in her group, although the cattle took a bit off of her time.

~ Vic Mortimer

Bitterroot Triathlon Race Report

One of the greatest benefits of being a RWM member is that you get a cheering section. I was feeling pretty blue that none of my family could make the trek to Hamilton with me on August 23rd. I got to the aquatic center, where Sue Falsey immediately greeted me with a hug; Sue's husband Brad Leonard was there, too.

As luck would have it, I was in the same heat as Brad and Sue. Shanna White, who I became friends with at the Griz tri, was in the same heat as well. I asked Sue to take care of Shanna, as I had in the Griz tri, reminding her to breathe in transition. Shanna works at the Y, and is part of the Missoula High Energy group.

The gun went off and I had an okay swim. After completing the swim almost two minutes faster than Brad, I watched as he blew by me on the bike course. I saw Sue at the turn around on the bike, and was greeted with a, "Go Jeri go!" When I got to the finish line, there were Brad, Shanna and some of the other Missoula High Energy Club, along with Tim and Sue Furey cheering me on.

We all in turned cheered for Sue as she crossed the line. It was a great day filled with camaraderie and support for how hard everyone works to fulfill their goals, dreams and aspirations. Now, if I could just master the bike!

~ Jeri Delys

Bitterroot Triathlon, Hamilton, August 23, 2008

Eivind & Danelle	Gjetmundsen	00:11:00	00:34:30	00:24:27	1:09:57
Chad	Yurko	00:14:45	00:40:28	00:22:51	1:18:04
Brian	Furey	00:12:34	00:42:44	00:29:18	1:24:36
John	Croft	00:16:32	00:41:47	00:29:03	1:27:22
Tim	Furey	00:12:41	00:46:02	00:29:12	1:27:55
Sue	Furey	00:12:36	00:47:54	00:28:11	1:28:41
Brad	Leonard	00:15:07	00:41:17	00:38:49	1:35:13
Jeri	Delys	00:13:51	00:50:11	00:32:26	1:36:28
Sue	Falsey	00:15:23	00:53:01	00:30:37	1:39:01
Barbara	Thayer	00:26:58	1:00:55	00:42:00	2:09:53
Suzanne	Schweitzer	00:19:53	1:18:09	00:44:23	2:22:25

Five Valleys Fun Run for Youth, September 6, 2008

Group	Race	Place			
13-15 F	5K	1	Paige Gilchrist	21:02.5	
20-29 F	5K	1	Dawn Odom	32:00.6	
30-39 M	5K	1	Curtis Bunton	25:47.3	
40-49 F	5K	5	Jodie Hooker	31:04.1	
50-59 F	5K	4	Melissa Odom	32:01.5	
30-39 F	10K	1	Kelsi Camp	51:49.4	
30-39 F	10K	3	Colleen Smith	56:38.1	
30-39 M	10K	1	Thad Jones	42:00.0	
30-39 M	10K	4	Bryon Smith	58:26.2	
40-49 F	10K	1	Julie Gilchrist	42:28.8	

Two Bear Half Marathon, Whitefish, September 21

Mark	Schleicher	M	30-34	1:41:12	15
Danelle	Gjetmundsen	F	35-39	1:52:32	32
Marilyn	Marler	F	35-39	1:52:38	33
Tammy	Mocabee	F	45-49	1:53:15	35
Mary	Bricker	F	30-34	1:53:54	37
Victoria	Mix	F	45-49	1:57:24	50
Ilana	Abrahamson	F	30-34	2:02:41	60
Rachael	Morawski	F	35-39	2:03:20	62
Holly	Schleicher	F	30-34	2:10:24	76

Two Bear Marathon, Whitefish, September 21

Sharon	Sterbis	F	40-44	4:28:05	42
Christine	Everett	F	55-59	5:13:10	77

Homecoming Hustle 5K, Missoula, September 21

7	Kyle	Malerk	M	18:31
17	Don	Malerk	M	20:02

22	Darr	Tucknott	F	20:41
39	Angel	Herring	F	22:36
56	Bob	Clark	M	23:44
66	Isaac	Schmidt	M	24:19
74	Justin	Barba	M	25:04
80	Melissa	Barba	M	25:54
100	Bridget	Johnson	F	27:43
116	Colleen	Smith	F	28:41
117	Bryon	Smith	M	28:42
129	Bob	Hayes	M	29:03
136	Devon	Downing	M	30:30
141	Christine	Everett	F	31:12
154	Hasalyn	Harris	F	32:55

RACE CALENDAR

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

On the Run: A Year and a Half Without Racing

Vic's sad story of injuries a few issues ago, and Jennifer Straughan's great inspirational columns about setting goals make me want to tell my story. Or maybe I just want to re-connect – to remind my many running friends that I'm still around and "I'm not down yet!" But I have been *out* of the races for too long, and it has *nothing* to do with the fact I turned 70 in March.

The 2007 River Bank Run was my last race. The First National Bank "marathon" (7 miles) in 1974 was my first race, and my first-place win in the 35-44 age group fired up my racing career of 34 years and more races than I can even estimate -- 250? 300? Lots of 5K, 10 K, 20K's, every "Bank" Run except two until this year, two marathons – lots of 1st and 2nd age-group places. Lots of reconnecting at races with friends, especially my age-group competitors. Lots of race memories – the first time I met Luella Wilson (2nd place in the 1974 race), and Sue Brown (she came on the scene and beat me in a sub-zero-wind-chill Turkey Trot in 1979), and the first time Carolyn Woodbury passed me on the hill of the Oggs 10-mile run, saying, "I'll treasure this moment the rest of my life," the way she continued to finish ahead of me race after race, and the last time I beat her, thanks to a sudden anger-induced spurt. Lots of memories of Bob and Anne Hayes, Bob always finishing ahead of me, but my passing him in the 2006 Governor's Cup half-marathon, and wondering and worrying that he was failing. His super time in the 2008 Missoula Marathon certainly put an end to those worries!

So what happened to me? Nothing huge, but lots of little things. During a slow jog down Cherry Gulch on Waterworks Hill in May, 2007, my left knee suddenly gave out, meniscus was diagnosed, and I had surgery in June. Recovered okay, started running, possibly could have run a race or two, but between a 3-week bike trip in Belgium, Luxembourg and France, and feeling not-quite-ready, I missed a couple of opportunities. Then, just when I was feeling good, having worked up to 100 miles in January with the RWM 1200-mile club and the Seeley Lake Snow Joke in my sights, I tried to force a stretch, pulled something in the groin, and couldn't run for two months. Gradually improving a little, and determined to do my traditional Riverbank Run, I had just

signed up for it when I re-injured my whole leg in a bike-car door collision. Since then it's been a slow walk/jog back, with occasional setbacks like the knee twice doing the painful giving-out trick. But right now the pain has diminished, I have a knee brace, and I've run "a whole mile" several times. Whoopee!

I have a new goal. I have optimistically signed up for the Women's 5K on October 4, and my goal is to stay uninjured until then – and start and finish! If I can do it in less than 30 minutes, meaning my knee holds out and I've been able to run 'smost of it, I'll have surpassed my goal and will win my wish. And as I cross the finish line, I'll remember Mike Barton hollering his endearing encouragement as I finished the Women's Half-Marathon – "Get the lead out, Ethel!" I'll try. See you at the races!

~ Ethel MacDonald

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

Run from the Edge

Looking for a group run? Meet at the Runner's Edge, 325 N. Higgins, Mondays and Thursdays as 5:30 pm. Monday runs tend to be a bit shorter than Thursday runs.

Tim Brooker says that runners and walkers have started to show up regularly, so odds are that you will find at least one runner or walker ready to go at your speed and distance.

Call Tim or Anders at 728-9297 or email Bridgett Moriarty at Bridgett@runwildmissoula.org.

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



New Members Screamin' Deal!

Join now for 2009 and enjoy membership benefits for the remainder of 2008!

Run Wild Missoula Membership Form 2009

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806 www.runwildmissoula.org

Name (Please Print): _____ Age: _____ Male/Female

Address (Street or PO Box, City, State, Zip): _____

Phone: _____ Email: _____

- ❖ One-Year Individual Membership (through 12/31/09) \$25.00
- ❖ One-Year Family Membership (through 12/31/09): List additional family members \$35.00
- Name _____ Age _____ Male/Female _____
- ❖ I don't like getting billed every year, give me a Five-Year Individual or Family Membership (through 12/31/12) \$100.00
\$140.00

We can't do this without you! We need you to volunteer at RWM activities. Some of them are once a year. Some of them are continuous throughout the year. We don't expect you to volunteer every time, but we are asking you to help once or twice a year. Please select from the following list:

- ❖ New Year's Eve Run (Dec 31)
- ❖ Pumpkin Run (mid Oct)
- ❖ Sundae Run (July 4)
- ❖ Turkey Day 8k (Thanksgiving)
- ❖ Hellgate Village 5K (July 11)
- ❖ Training Classes (on and off year round)
- ❖ Missoula Marathon (July 12)
- ❖ Pengelly Double Dip (mid June)
- ❖ River City Roots Run (late Aug)
- ❖ Women's October 5K

I Can't Volunteer. I am adding \$10 to my annual membership or \$40 to my five-year membership.

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release Run Wild Missoula and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities, even if that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signature _____ Date _____

Please note: If this is a family membership, all adults 18+ must sign.

Parent/Guardian Signature if under 18 _____ Print _____





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