

Running Wild

The official newsletter of Run Wild Missoula

November, 2008

"Laziness is nothing more than the habit of resting before you get tired." - Jules Renard



Five divas near the finish of the Missoula All Women's 5K. Photo by Neil Chaput

President's Corner

We're launching into that season where some of us think about hanging up our running shoes until spring. Don't do it! The running club is out there to show you the joys of running in crisp, clean, cool air.

Twice weekly group runs are still taking place every Monday and Thursday from Runner's Edge.

Tuesday Track turns into Tuesday Off-Season Track.

The *Turkey Day 8K* is coming up on Thanksgiving Day.

If you want to do some socializing while you run, head out with the *Beginning Runner Training Class* group starting November 8th.

The University Health & Human Performance Dept. is gearing up for their *Freezer Burn Half Marathon and 5K* (Frenchtown, December - entry forms available online at runmt.com).

Plus we're doing something new - the *Christmas Lights Fun Run* in mid-December.

Finally, the *New Year's Eve Two Mile Fun Run* will take place again this year at Peak Health & Wellness Center. Once you start running on a beautiful winter's day or evening, you

remember why this is so joyful. Don't hang up your running shoes - buy a winter pair instead!

~ Jennifer Straughan

Annual Member Meeting Highlights

Our annual meeting took place on October 4th, and despite a low member turn-out we managed to have a pretty dynamic discussion regarding the club's direction, and most prominently the future of our web site. Jennifer Straughan, president, provided an introduction outlining the function of the board of directors highlighting club events and accomplishments over the past.

General discussion included ideas for the RWM web site. As many of you know, Steve Franklin generously donated his time and expertise for many years maintaining Run Wild Missoula's web site (thanks Steve!). He is ready to pass the torch on that particular duty and we are in the market for a new webmaster.

Because we are likely to see some changes to the web site, it is a hot topic of conversation right now and Jen is busily gathering opinions, suggestions and ideas on how to proceed.

Initially, I intended to summarize the minutes in a newsletter-worthy format; however, in the end we decided to just ask Sue Falsey to email a copy of the minutes to the membership list; that way a copy of the agenda would be included in with the minutes.

Outlined in the minutes are as many of the ideas put forth by the members present that day that I could accurately catch and get down on paper. There were a lot of great suggestions provided, not just about the web site, but also regarding the future direction of the club in general.

Run Wild Missoula is growing, and for me personally it's great fun to hear the excitement when a bunch of runners and walkers get together and start talking about our involvement in the community and commitment to the sport. Next year I highly recommend that you come and be heard; in the meantime stay in touch with the club and with each other. Happy winter running!

~ Bridgett Moriarty

Shuffle Down the Bitterroot for November Trail Run

The Second First Annual Sleeping Bear Shuffle begins at 10:00 am at the picnic area at Bass Creek Recreational Area.

The run is free and open to absolutely anyone. The official course, last time I ran it, was 55 minutes long; no one who follows me will get lost; for those who care to run faster, there will be careful directions, at least one course marking, and the chance to go longer – or shorter – than the run I've planned. The course is in a no-shooting area, so orange vests probably aren't necessary.

This will mark the anniversary of the first two beginning runner training classes and, if Tammy Mocabee is still willing, there will be cake.

The Bass Creek Recreation Area is just west of Highway 93 between Florence and Stevensville. Follow the signs to the picnic area; if you're not sure how to get to the Bass Creek Recreation Area, just send me an email or give me a call at 381-8382.

~ Vic Mortimer

Beginning Runner Training Class Strikes Again and We Need You

Run Wild Missoula is about to start it's 3rd Beginning Runner Training Class. This class is designed for the beginning runner with the goal at the end of six weeks to be able to jog continuously for 30 minutes or to complete a 5K. As per usual, our beginning runners really appreciate the support you can bring by participating. Run leaders can really make the difference in the beginning runners' experience. So if you can join in the runs, please do! Remember – these start as walk/jog so if you need a tempo workout, this class isn't the time for it. Thank you RWM members for helping people get started in a great activity.

Dates: November 8 – December 20

Days/Times: Wednesdays at 6 pm, Saturdays at 9 am

Cost: FREE to Run Wild Missoula members or \$25 for the class.

RACE REPORTS AND RESULTS

Diva Day Notes

The Diva run on October 4 was an absolutely perfect one for my re-entry into the world of racing after 18 months out! The usual comradeship of women celebrating good health and each other was further enhanced by all the great "Diva" amenities: chocolate, flowers, great prizes, massages, handsome men all dressed up to accompany the fashion models and give out prizes and hugs, and the energy of the warm-up leader and everybody else in spite of a little pre-race rain.

The course was great, course personnel supportive, finish line fun, results fast and accurate. Special recognition for the oldest runners was also nice; I could only reflect that I missed the presence of Anne Hayes and Mary Schute, the two over-70 celebrants for so many years. Thanks to race directors Sue Falsey, Loie Turner, and all the RWM members who organized and volunteered for this fantastic race. It's great to be back with you.

~ Ethel MacDonald

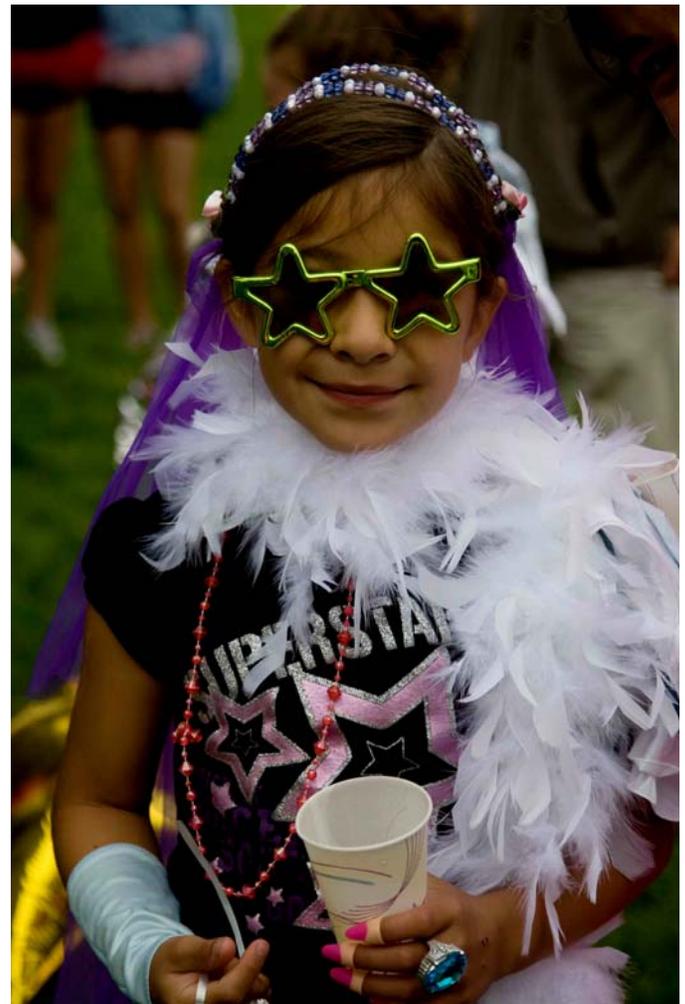


Photo of stylish young diva courtesy of Neil Chaput.

Missoula All Women's 5K, October 4th, 2008

Overall	Name	Group	Place	Time
2	Mary Thane		2	19:38.6

3	Jenny Newton	3	20:09.3
6	Darr Tucknott	1	20-29 20:42.3
15	Sarah Raz	5	20-29 22:52.4
19	Nichole Snow	7	20-29 23:37.9
22	Danelle Gjetmundsen	7	30-39 24:03.7
24	Marilyn Marler	8	30-39 24:15.9
35	Wisdom Ming	13	30-39 25:46.8
54	Phoebe Fortunate	16	20-29 26:32.1
58	Sally Russell	3	50-59 27:04.4
68	Brenda Gagner	25	30-39 27:29.7
115	Barbara Fortunate	7	50-59 29:20.4
117	Jeannie Siegler	1	60-69 29:24.3
134	Donna Ayres	2	60-69 30:06.2
142	Chelsea Pennick	48	20-29 30:22.1
144	Jeri Delys	16	40-49 30:42.6
163	Miranda Ming	54	20-29 31:19.4
180	Ethel MacDonald	1	70-98 32:24.4
198	Angie Palin	23	40-49 33:49.4
204	Julie Gilchrist	2	40-49 34:15.5
210	Melissa Odom	16	50-59 34:56.3
215	Melissa Notti	72	20-29 35:12.4
217	Patricia Williams	64	30-39 35:23.1
223	Tammy Mocabee	29	40-49 36:17.4
233	Patty Harp	3	60-69 37:49.6
241	Suzanne Schweitzer	19	50-59 38:17.6
243	Carolyn Abbott	5	60-69 38:58.3
262	Jane Kisselbach	8	60-69 43:30.3
263	Karen Shimoda	21	50-59 44:34.9
264	Jean Zosel	22	50-59 45:04.1
265	Hillary Ogg	78	30-39 45:05.2
266	Loie Turner	23	50-59 45:53.6
286	Karen Erbe	82	30-39 48:55.4
300	Susie Graham	30	50-59 51:26.8
335	Bree Tretter	4	0-6 1:02:06
336	McKenzie Tretter	3	7-12 1:02:14
337	Megan Tretter	12	30-39 1:02:16

12th Annual Pumpkin Run 5K and 400M Kids' Run, October 18th, 2008

This year was the twelfth running of the Pumpkin Run, and I was privileged to get an inside look at the pumpkin phenomenon.

Because I own a pickup, race directors tend to be especially nice to me before races. Need 40 bags of ice for the Missoula Marathon? I'm your guy. A dozen boxes of Missoula Marathon flyers? Call Vic. Not enough room in your vehicle to haul some gear for the Pumpkin Run? That would be me. In fact, Pumpkin Meister Ben Schmidt told me that he agreed to time the Pengelly Double Dip primarily so that I would owe him one for the Pumpkin Run.

Ben needn't have worried. I love the Pumpkin Run. A beautiful course at McClay Flat, very cool race signs (although the ghost might could use a fresh coat of paint), and the best costumes I've seen since the Dead Celebrities Run in Columbus, Ohio.

Best of all, I got to help Ben set up the course. Ben has the course measured to within a pumpkin seed of Great Pumpkin certification standards. An old ponderosa serves as one marker, and even older wooden fence posts, off a ways in the

woods near where I saw an owl in 2007, marks another key point in the race. Some of the markers have, over the years, become a bit ghostly; the sign that once provided information about riparian areas has disappeared – fallen to vandals or a Forest Service change.

At Jen Straughan's suggestion, I brought the Run Wild Missoula canopy. I didn't set it up. The morning was pleasant and I was feeling lazy. Naturally, it rained, but only during the race. And Ben forgot the race clock and had to resort to tick sheets, which got a bit soggy in the drizzle.

No matter. Ben and daughter Andrea wore cheerful pumpkin gear, well over 200 entrants in the 5K and kids' 400 meter run raised more than \$1,300 for the Missoula Food Bank – a new record – and Jason Hedahl who won the Runners Edge \$25.00 gift certificate for coming in 53rd place (some runners left early – rain and all that – which left more pumpkin chocolate chip cookies for me. I work cheap).

Ben wanted to be sure to say thanks to all this year's sponsors: Missoula Ace Hardware, The Runners Edge, The Book Exchange, The Good Food Store, Big Sky Cyclery and all the volunteers. It was the biggest Pumpkin Run crowd ever.

~ Vic Mortimer

Pumpkin Run 5K

7	John	Herring	m	35-44	17:57
10	Dean	Lipp	m	45-54	18:47
18	Julia	Graham	f	35-44	21:03
23	Tom	Halverson	m	45-54	21:11
25	Pat	Cross	m	45-54	21:27
27	Em	Kendrick	f	19-34	21:29
35	Kelsie	Miller	f	<19	21:59
38	Megan	Herring	f	<19	22:28
39	Angel	Herring	f	35-44	22:29
41	Bayley	Johnson	f	19-34	22:41
43	Sarah	Raz	f	19-34	22:54
50	Glenn	Govertsen	m	55+	23:46
51	Danelle	Gjetmundsen	f	35-44	23:48
57	Bridgett	Moriarty	f	35-44	24:44
58	Julie	Gilchrist	f	35-44	24:44
59	Vicky	Mix	f	45-54	24:44
63	Katy	Ellison	f	19-34	25:09
64	Mary	Bricker	f	19-34	25:12
71	Don	Hartman	m	45-54	25:48
73	Carol	Lipp	f	45-54	25:53
77	Nora	Hellman	f	19-34	26:18
86	Rachael	Morawski	f	35-44	27:02
87	Candy	Hartman	f	35-44	27:04
90	Roni	Lett	f	45-54	27:15
91	Sue	Falsey	f	55+	27:29
96	Colleen	Smith	f	19-34	28:25
106	Alan	Gilchrist	m	<19	29:52
115	Donna	Ayres	f	55+	31:03
128	Autum	Emerson	f	19-34	33:26
134	Yvette	Heintz	f	19-34	34:56
135	Kelly	Noe	f	19-34	34:56
139	Brad	Leonard	m	55+	35:45
143	Patricia	Williams	f	35-44	37:27
144	Thad	Jones	m	35-44	37:28
152	Paige	Gilchrist	f	<19	40:48

Pumpkin Run 400M Kids' Run

5	Andrea	Schmidt	1:25
6	Isaac	Schmidt	1:26
7	Marshall	Beatty	1:27
9	Tim	Mocabee	1:30
30	Annika	Kendrick	

RACE CALENDAR

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

On the Run Member Profile: Rick Ryan

(Editor's Note: This marks the return of an old Missoula Road and Track Club newsletter feature: the member profile. I sent Rick and a few other members a questionnaire that was, and will continue to be, no more than a suggested list of topics. If you have provided RWM with an email address, expect to get a questionnaire from me sometime in the next year or so. A few people just followed the questions, which is fine. Rick took the questions as a starting place and composed the story that follows. Rick is 55 years old and, at the second Missoula Marathon (MMII), qualified for Boston. I think that you will enjoy his story as much as I did. Rick wrote that he hoped I could cull what I needed from this. I didn't cut a thing, and I hope that Rick's story will inspire more of you to send in your own running stories. ~ VM.)

When did you start running? And what keeps you going?

I started running, really, about three years ago, but I had a slow start 8 years ago this month. I quit smoking in October 2000, after 35 years of it (yeah, I really did start smoking, daily, at age 11). In my early 20's I could actually work in 3-4 packs a day, mostly Marlboro's. Cigs were around 32 cents a pack and I could smoke while I worked nights as a janitor at the Missoula County Courthouse, and also at school at Uof M, where you could just sit back, smoke and listen to the lecture in any classroom at the U. Seems strange to think of it now. As time wore on I went down to an average of a pack-a-day; lack of available opportunity, increasing prices and diminished lung capacity steered me in that direction. After a couple of failed attempts to quit, in 2000 I decided to *really* quit, and included walking up Waterworks Hill every morning to replace the smoking. I decided I needed to replace smoking with something, preferable a positive behavior, so that I didn't think I was just "giving something up". As time went on my stamina improved and I started running the flat and down-hill parts.

That spring, 2001, we acquired a couple of pups, a Lab and a Golden Retriever and they became my companions on this daily outing. They provided plenty of motivation on those mornings when I really didn't feel like going out in the cold/rain/snow/wind, etc. – they didn't really care about the weather, they were just pumped to get out there and get to be real dogs, doing what dogs do – run around, sniff and breath in the world. After a couple of years I started fantasizing being able to run the whole hill and I started incrementally placing

my goal just a little bit further up the hill. By then I had figured out it was about 1.1 miles to a special spot on top where I would stop and say my morning prayer. So running 2.2 miles a day became my goal. I did reach that goal around 2005 and then I started on Mount Sentinal, about 3 miles round-trip. In the spring I started walking up the north trail and running down, about three times a week, with Waterworks in between. When winter hit and I couldn't do Mt Sentinal any more, I expanded my Waterworks to going over the top to the fence and back, 3.5 miles.

In the fall of 2006 I saw "Ultramarathon Man" by Dean Karnazes at the front of Barnes and Noble and read it. At the time Dean was in the midst of running 50 marathons in 50 consecutive days, culminating in the NYC Marathon. I kept track of his progress on his web site and it was amazing! While Christmas shopping in December I spotted a book; "The Non-Runners' Marathon Book". That sounded like me, I didn't really think of myself as a runner. I bought it and followed the training program and ran the first Missoula Marathon. I survived it well enough to want to do it again. I upped my weekly mileage to 25 over the winter. I found out about Run Wild Missoula and the training group, which I joined and ran the second MM. I improved my time by just shy of 40 minutes and (barely) qualified for Boston. Ander's program was great – I not only improved my time, I felt much better after the race.

I love to cook and eat. I eat a lot. If I didn't run as much as I do, I'd have to eat less, so I run! I eat mostly unprocessed foods and mix my carbs around rice, beans, potatoes and polenta. I generally eat chicken, beef, lamb, pork and fish. I always have cookedveggies, mostly greens, along with salad.

I am just as addicted to running as I was to nicotine. I guess it's the endorphins.

Best race:

The second Missoula Marathon.

Worst run:

Last February when I couldn't because of the pain in my hip. I had thoughts of not being able to run again and it was devastating. I wound up seeing a PT and got some exercises to overcome the condition.

Must do race:

Boston 2009, I've registered and secured housing with my old roommate from UM, who I used to watch run up Hellgate canyon and wonder why he did it.

Favorite places to run: Hellgate Canyon – the river trail is two blocks away from my back door. Also Waterworks Hill. Running with the RWM training group forces me to run on pavement, which is good for the marathon, so I appreciate the routes Anders created for us.

Music currently playing on your iPod, MP3, CD player, cassette deck, LP, or 8-track tape player: I listen to NPR and podcasts mostly when I run. I subscribe to Bill Moyers and "Wait Wait, Don't Tell Me." I listen to tunes I am learning too, mostly Irish tunes. For MM, I load Beethoven's 9th, Crooked Still and the Beatles' "Love" to supplement the NPR broadcasts.

Best books you've read recently: I just finished *Clapton*, Eric's autobiography, and Rachel Toor's *Personal Record: A Love Affair with Running*. I'm currently reading *Blowback: The Costs and*

Consequences of American Empire and *Copper Chorus*. Next will be another Christopher Moore book.

Favorite pre- and post-race food and beverages: My routine is get up at 5am, drink coffee and read the paper. I hit the trail about 6 and run a little over 5 miles with my Lab, Taz. I try to do a longer run on Sundays. I usually have coffee and toast or rice cereal after the run. When I'm going to run more than 10 miles, I'll eat a PowerBar gel before I go. I don't take supplements, though Rachel Toor gave me a canister of Clif Shot Recovery powder which I just started using.

Running inspirations: Dean Karnazes book, *Ultramarathon Man*, helped inspire me to try the first Missoula Marathon. I read an article in the *Missoulian* about Bob Hayes running his tenth (at the time) Le Griz Ultramarathon and that really inspired me, as he started running in his sixties. I had the pleasure of riding back to Frenchtown with Bob and his son after MM II. Like me, Bob just drinks coffee before running and he doesn't stretch. I am also inspired by the folks I see out on the trails day after day, mostly women by the way.

I help motivate myself for the marathons by creating my own category, which I think I can win. It's the "started running after turning 50, smoked for 35 (or more) years and still close down a bar once a week" category. I play in a Bluegrass band, "Pinegrass," which has played every Tuesday for the past 20 years. If there are any other contenders in that category, I'd like to meet them!

I have a major crisis if I can't run for more than three days. I have never regretted getting out there and "just doing it." I have regretted not running. I try to limit my wimp-outs to: If it's below minus ten degrees AND windy – one by itself doesn't count, and also if it's really pouring down rain; that's just too depressing! I love leaving the first footprints in an over-night snow. I run in the dark, without a headlight. It's neat how even just a little moonlight illuminates and how the clouds reflect the city lights. Sometimes it's following the dark stripe (tire rut) between the lighter stripes and sometimes it's following the light stripe (tire rut) between the dark stripe, it all depends on what the dim light source is.

I love all of the seasons and experiencing them through running. Summer is easiest; fewest clothes. Really cold is neat because of the ice that forms on my beard. Fall is perfect – the colors, brisk air and I get to put on my UnderArmour. Spring is great because it's time to start training for the Missoula Marathon!

My goal is to run every Missoula Marathon while I am still on this earth. When I'm 60 I want to run an Ultramarathon, probably the LeGriz. I am not that competitive, but I want to break Bob Hayes' records in the LeGriz and Missoula Marathon when I hit my eighties. I see people everyday my age and even younger who are forty or more pounds over-weight. Many have type II diabetes and are heading into their last years compromising their health in significant ways. They help motivate me.

Running is such a great portable hobby. I went to an aunt's funeral last May in Abilene, Kansas, where my parents

grew up. I had a 19 mile run to do that Sunday and planned my travel around it. I saw my parents' home town in a way I never had before. In talking with siblings and cousins the discussion came to collectibles. Different people collected different things; one cousin is a cop and collects Bobby's whistles and nightsticks. Another collects political pins and another collects teacups.

When I was asked what I collect I responde,: "Miles." I keep track with my Garmin 301. I was in Seattle last month for a couple of days and one morning I ran all-over and around the Seattle Center – the first time I wasn't sharing it with 100,000 other people; I had the place to myself at 5am. The next morning I ran along Elliot Bay and watched Seattle slowly coming to life. As we grow older I think we need new challenges to keep ourselves interested in life and growing. Running will always hold new challenges for me; it's not something I think I'll ever out-grow or grow bored with or tired of. I am so glad that I got hooked on it!

~ Rick Ryan

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

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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.

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 Bridget@runwildmissoula.org.

Newsletter Submissions 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 himself cranky.

Submission deadline is on or about the 25th of each month for the following month's issue.



TURKEY DAY 8K

November 27, 2008, Thanksgiving Morning

Start: 9:30 am

Race Day Registration & Packet Pick Up: 8:30 am

Race Director: Courtney Babcock

Run off the pumpkin pie before you eat it! Line up on Thanksgiving Morning for the popular Turkey Day 8K. Prizes for male and female first, second and third place finishers.

Thank Our Sponsors: Break Espresso, Bed Bath & Beyond, Runner's Edge

Course: Flat 8K out & back course along the Kim Williams Trail. Start/finish located at "The Bear" (Boone & Crockett Club near the Higgins St. Bridge).

- Registration:** \$8 for RWM members, \$10 for non-members, includes a pair of gloves from Runner's Edge.
- You can become an RWM member for \$25. Join now and membership is good through 2009.
 - Mail Registration to: RWM, PO Box 1573, Missoula, MT 59806

Questions? Email courtney@runwildmissoula.org or website is www.runwildmissoula.org

Turkey Day 8K 2008 registration form Fee: \$10 non-RWM, \$8 RWM members

Name _____ Age _____ M/F _____

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

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 _____

Parent/Guardian Signature if under 18

Signature _____ Print _____

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, November 10th-December 15th, at The Runners Edge, and Thursday evening from 6:00-7:00pm, November 6th-December 18th (no class on Thanksgiving, Nov. 27th), 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)

Tuesday Track Shifts to Tuesday Off-Season Track

So you thought Tuesday Track was over just because it's cold and dark outside? Not so. While it's true that it's not on the track, Tuesdays never end so Tuesday Track never truly does, either. Courtney valiantly coaches onward, meeting the stalwart off-season runners looking for speed workouts at 5:30 at the Golf Course until it gets too dark, at which point it will switch to Montana School of Massage. Questions? Email Courtney at courtneybabcock@yahoo.com.

Remember to Order Runner ID Tag

2008 members of Run Wild Missoula receive an ID tag as part of their membership. Many have already ordered. Those who have yet to order have until December 31st of this year; next year we'll have a different club member benefit.

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!



Anders Booker shows that real men wear pink, at least on Diva Day.
Photo by Neil Chaput.



RUN WILD MISSOULA

P.O. BOX 1573

MISSOULA, MT 59806

www.runwildmissoula.org



Dancing at Diva Day – 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