

Running Wild

The official newsletter of Run Wild Missoula

December, 2008

"Run hard, be strong, think big!" – Percy Cerutti, Australian running coach



Glenn Govertsen leads at the midway point of the 1965 All-Vermont College 880 yard run, a race he won. See "One the Run" for Glenn's Story

President's Corner

As I sit here in our little bubble of the world and watch the national news, and wonder if perhaps I should be depressed about the fact the country is seriously considering reconvening the Great Depression, and wonder if I am missing the boat because I'm not depressed, I say to myself, "Isn't the running club great?"

The running club is the epitome of the notion of doing what one has control over, and not wasting time and emotional energy over that of which we have no control.

Let's just assume the worst for the moment, and the big three collapse and Wall Street executives spend our billions on their 4th vacation home in the Swiss Alps and none of us can afford health insurance anymore and we might have to grow some of our own food in the back yard. So the question becomes, what *can* you do? And you know what we can all do? We can go out and run somewhere in the beautiful Missoula five valleys.

As I see it, the running club is a health insurance policy anyway. Why? Because I'm runners are almost never sick. I'm sure you have all noticed the same thing. I figure the money I spend on running shoes is more than outweighed by my savings at the physician's office.

Running is the world's best motivational tool, and motivation goes a long way when times are tough. Can't clean the house? Go for a run and come back and vacuum. Can't concentrate any more on the computer screen? Go for a run and come back and finish your novel. Can't find a solution? Go for a run and take a nap.

And just when we really need to concern ourselves with global warming and the fact we don't get as much snowfall and the fires are bad all summer, the bright side is that it *is* easier to run all winter. Heck, you don't even need the yak traks most of the time.

We really do concentrate on making Run Wild Missoula membership and activities financially accessible to people. This club is about promoting running and walking and joining people together to enjoy these events, and we hope to do it as well and cost effectively as possibly we can. It's a wonderful group of people and I hope you all feel that Run Wild Missoula is a part of your life that you enjoy.

In times like these communities turn inwards to get through, and can that really be a bad thing? Turning to fellow runners to help make a day great just by going for a run together is a wonderful thing. (Read Bridgett's article regarding the 50 mile run – what a great day with the primary expense being peanut butter and honey sandwiches.)

When push comes to shove it doesn't take a lot to make us happy. Friends and activities you enjoy together pretty much make life as complete as it needs to be. So let the Great Depression Sequel happen – just keep running and when we get to the other side we might not even care because life was great the whole time.

~ Jen Straughan

RWM Board Seeks Executive Director

As Run Wild Missoula grows and expands the services it provides to RWM members and to the community of Missoula, we are searching for an Executive Director. This is a part time position, 20 hours per week.

We're looking for someone who will be an ambassador to the community on behalf of RWM. This person should have good organizational and computer skills, be a self-starter with reasonable knowledge of financial matters, marketing and promotion. If this sounds interesting to you, please mail your resume to

P.O. Box 7965, Missoula, MT 59807. EOE.

~ Jean Zosel

New Year's Eve Run

It's time once again for the New Year's Eve Two-Mile Timed Fun Run. It will be held again at the Peak Health & Wellness Center (5000 Blue Mountain Road) on Peak's indoor track. Since the weather on December 31st is highly unpredictable and suspect, we have found this a positively fabulous place to hold a New Year's Eve event.

The New Year's Eve Run is a great family occasion because not only is there no need to or worry about frostbite, or about losing your children while running around an indoor circle, but Peak Health & Wellness allows everyone to enjoy the *entire* facility after we're done with our run. That includes the swimming pool, sauna, gym or whatever appeals to you. We really appreciate Peak allowing us to do this every year!

We are doing a couple of things differently. First of all, we'll start at 7 pm instead of 8 pm. We must leave the facility by 10 pm, and starting at 7 gives you time to relax and enjoy after running two miles. Second, we'll have race day registration only. Registration is free and available only to Run Wild Missoula or Peak Health & Wellness members, but you do have to register for insurance reasons. You'll be asked when you arrive to fill out a registration form both for RWM and a separate form for Peak.

Afterwards Run Wild Missoula provides sparkling cider, champagne, and other New Year's Eve type treats. So celebrate New Year's Eve with your running buddies and Run Wild Missoula, and you'll still have plenty of time to see the New Year in at midnight.

1200 Mile Club Closing In for 2008

December 31st, 2008 is closing in. For those of you still submitting your miles to Vic Mortimer, you've got a couple of great opportunities to add some miles this month. The first one is the Freezer Burn Half Marathon (or 5K) on December 6th. The Last Chance Gas Station is the New Year's Eve Run. With nothing being added/subtracted to the website at this point, you'll have to check with Vic to see how you're doing and how close you might be to joining the club.

For the Over Achiever's Club, it's 2,000 miles or more. It will be exciting to see if anyone hits this point! I still can't tell you what you'll get for running over 2,000 miles this year, so it will be a surprise for everyone.

~ Jen Straughan

Art Contest for Butte Run

Wulfman's 2009 Continental Divide Trail 14K will be run on Saturday, 20 June. This year a thematic memento (t-shirt?) will be given to each participant in the race, and there is now an art contest with a \$100 purse to find the theme art which will be used to create that memento.

The art contest application deadline is New Year's Day 2009. For more information go to http://buttespissandmoanrunners.com/Butte%20Races/CDT-14K/art_contest.htm.



Julie Gilchrist, Jen Straughan, and Bridgett Moriarty get loopy during last month's 50-mile birthday run. Photo by Jenny Newton.

Fifty Years, Fifty Miles, One Day, Why Not?

Jennifer Straughan, our fearless running club president, turned 50 earlier this year. She had been harboring the goal of running 50 miles in her 50th year, so she called her good friend Julie Gilchrist, who is equally fearless, and asked her to join in the endeavor. Apparently, and amazingly, there was no real hesitation by Julie to consent to a challenge that most people don't even conceive is possible. Um, that's what friends are for, right?

Both of these women have run many marathons, and neither of them is a stranger to long, hard runs; however, neither of them had run more than 26.2 miles, until Saturday November 22nd. I had the good fortune to be involved in this madness, and at one point during the run, I mentioned to Jen that I couldn't wait to see "President's Corner" this month figuring that she would have a good and entertaining story about her accomplishment. She looked a little surprised, and stated that she hadn't even thought about writing on this subject, instead she was thinking about running and the economy. It made me laugh, and I volunteered to write something up because I knew that this little event needed some reporting.

I thought it would be a piece of cake because there were so many great things about the day, but as it turns out, it has been difficult for me to accurately capture the spirit of the day. So after writing, re-writing, and deleting for the past couple of days, I am settling on writing about a couple of things that I hope fellow runners can collectively appreciate and draw inspiration from the next time any one of us reading this article

chooses to embark on our next daunting challenge, whatever that may be.

The nuts and bolts of the operation were as follows: As I understand it, Jen was hoping to find a course that was primarily on trails given that running on pavement for that many miles is not particularly desirable; however, due to time and planning constraints she went with the suggestion that they run the marathon course out and back (that's one heck of an out-n-back!), lopping off the mile between Bonner Park and South Avenue because she didn't feel it was necessary to run 52.4; go figure. She invited people to come and run as much of it as they could, or wanted to, and asked people to pass the word and invite other potentially interested runners, and just after 6:00 AM she and Julie took off from the Wilma building downtown on what turned out to be a truly incredible experience.

Jen and Julie did not start by themselves, nor did they finish by themselves; they were joined along the way by runners who supported them wholeheartedly, and many others who couldn't run that day were there and supportive in spirit. Vicky Mix and Sheri Kenyon were there bright-eyed and bushy-tailed to start the run with them, Brian Fruit joined up with them early in the morning for a stretch, Tammy Mocabee and Danelle Gjetmundsen were there for most of it, both as runners and as aid and cheering throughout. Sue Falsey showed up with various goodies, which included hot water and towels to clean up, this was an unexpected treat that I will remember for a long time to come, and she ran t'boot. Renate Bush ran a section in the middle, and I was able to run a fair piece myself. Jenny Newton was multitasking by taking pictures AND running, and let's not forget about the chocolate dipped peanut butter cookies from GFS that were greatly appreciated by all well into the run; thanks Jenny!

Never was there a doubt that these two women would realize their goal, nor was there any resistance. The question was not *if* they could do it, rather it was *how* to make it happen. It was all forward motion. Therefore, they confidently and resolutely met the challenge with laughter, support for one another, and determination. Jen said that she would have done the run by herself if it came down to it, but she didn't have to; though she and Julie took every step of those 50 miles themselves and the glory of that day belongs to them, it was definitely a group effort that helped them to the end.

Drawing from the commentary after the run, I think I can safely say that this fantastic running community of ours, and subsequently our cooperation, are among the very high points of the day. I think every one who ran said or thought, "it would suck to do this alone." Instead of plugging into our iPods, we shared stories and experiences and we bonded in a way that can't be replicated any other way. Something extraordinary happens when you endure tired muscles, and draw from the strength and positive energy of others.

In one of our conversations when I was talking to Jen about the purpose of this run, she simply described it as "because we can." It wasn't about pace or competition. There's certainly a time and place for that, but this run was not among them. There was not a lot of fanfare, or planning for that matter; just the critical elements were in place. It was not a race after all; it was a concept and a goal. As is Jen's way, and

Julie's too, there was a whole lot of faith that things were going to work out, that aid was going to be there when it was needed, and that we would see Jen's way to the end of that run one way or another, and we did and it all worked out splendidly, just as they believed it would.

So the next time you are doing something seemingly impossible, and your mind starts working against you, asking incessantly "why am I doing this?" Talk yourself down and just remember, "Because I can." It is astonishing how far that small phrase can carry you.

Happy 50th Jen; thanks for sharing!

~ Bridgett Moriarty

AT THE RACES, ON THE TRAILS

Second First Annual Sleeping Bear Shuffle, November 8th

The first annual edition of this informal trail run drew three people, so I was pleasantly surprised to see 10 people brave morning fog for a trail run at Bass Creek Recreational Area.

Based on a suggestion from Bridgett Moriarty, who participated in the first edition of the run and somehow got off the carefully worked out course, I provided an official US Forest Service site map and, I must say, extremely helpful verbal directions. As in, "When in doubt, follow the fence; take the *second* trail off the road, not the first – unless you *want* to take the first trail. And don't go past the cairn I built just for the occasion.

Perhaps I had forgotten that it took me a half dozen times to work out the course, as well as the fact that there is more than one cairn on the trail (although mine is the only one on a big tree stump), and that *the* trail that is part of *the course on this day* might not be completely obvious.

But there was cake, and the good company of fellow runners, and the best chance I'll ever have to get the likes of Glenn Govertsen, Bridgett Moriarty, Tammy Mocabee, and Rick Ryan to slow down for me: they kept waiting for directions.

Sally Russell took some photos, but technical difficulties kept her from sending them in time for publication. But we'll have the photos eventually, and I'll send them along to anyone who was there.

Look for the First Second Annual Sleeping Bear Shuffle sometime next spring or summer, and thanks to those of you who joined me on the trails. It was just about the most fun I've had in a long time.

~ Vic Mortimer

Montana Cup 2008

I'm writing the Montana Cup story from the Missoula Women's (Open and Masters) point of view. As a reminder, the Montana Cup is a team race where the various major Montana cities race against each other. So it's Billings vs. Butte vs. Kalispell vs. Helena vs. Great Falls vs. Missoula. We all wear the world's most unstylish, color-coded jerseys. Missoula is maroon.

This year it was in Helena. We car pooled and drive past Helena out into the tooley bushes east of Helena. In the middle of nowhere there was a long line of cars all turning left into a field. It looked like Field of Dreams.

The course was straight up a hill. Then part way back down. Then straight back up. Then back down (but it was pointed out to me, not as far down as where we started). It was only about 3 miles but it was tough.

In spite of the fact it was held November 1st, it was a beautiful day and even though it was vertical, it was a great place to run. The dirt road had good footing and was wide enough that people could pass each other. I noticed later that we were in an area that allows hunting, and none of us got shot, either. This probably had something to do with the race organizers doing such a good job.

Missoula came away with an Open Men's trophy. Since I coordinate the Missoula Masters Women team, I'll focus on that. The Missoula Masters women will have to wrestle it away from Helena next year. Helena has won the masters women trophy three of four years, so if you're 40 plus, think Bozeman next year on October 31st. Yep... a Halloween race! THIS ought to be FUN!

If you're under 40, please participate anyway so that you're well trained for when you're 40. Questions? Go to montanacup.com.

~ Jen Straughn

Montana Cup, Spokane Hills outside of Helena, Nov 1, 2009

Gender	Place	Name & Age	Region	Time
F	13	Jenny Newton (38)	Msla	25:17.0
F	17	Julie Gilchrist (40)	Msla	26:02.0
F	34	Pam Schiemer (42)	Msla	28:06.9
F	37	Jennifer Straughan (50)	Msla	28:25.0
F	59	Sherri Kenyon (46)	Msla	31:35.0
F	64	Mariah Naegeli (15)	Kspl	32:22.9
F	69	Christine Everett (57)	Msla	33:35.0
F	78	Sue Falsey (60)	Msla	38:00.0
M	41	John Herring (44)	Msla	23:07.0
M	61	Christopher Everett (15)	Msla	24:18.0
M	64	Adam Peterman (13)	Msla	24:26.0
M	69	Robbie Brooks (19)	Unat	24:51.0
M	82	Brian Fruit (46)	Msla	25:40.0
M	89	Dean Lipp (48)	Msla	26:26.0
M	110	Jim Ryan (49)	Butte	29:37.0

Turkey Day 8K, November 28

Thanks to everyone who came out for the Turkey Day 8K. We had a great time, a great race, and even pretty great weather (especially compared to last year) as we tried to work off that turkey before we ate it.

The sun peaked out as much as it could over the canyon as almost 250 runners – twice as many as last year – took off down the Kim Williams trail.

Nicole Hunt was our women's winner with Jenny Newton and Rye Palen close behind.

On the men's side, Matt Winter beat out Phil Keller in a close race with Brian Shonebarger coming in third.

Our under-18 winners were Emily Schall and Seth Alvestad

Over-40 winners were Pam Schiemer and Brian Fruit.

Over-50 top finishers were Jennifer Straughan and Jim Darcy

Over-60 were Sue Falsey and Glenn Govertsen.

If you did run and didn't get a pair of gloves they will be at the Runner's Edge in a couple of weeks. Thanks again and hopefully we'll see you next year!

Cheers,

~ Courtney

Place	Name	Time	Gender	Age
13	David Schmetterling	30:32:00	M	37
14	Michael Yager	30:44:00	M	39
16	Tory Kendrick	31:03:00	M	33
18	Brian Fruit	31:27:00	M	47
19	Adam Peterman	31:37:00	M	13
22	Jenny Newton	31:34:00	F	38
27	Dale Reese	32:52:00	M	39
30	Alec Patterson	33:25:00	M	17
36	Darr Tucknott	34:10:00	F	29
38	Pam Schiemer	35:21:00	F	42
39	Julie Gilchrist	35:33:00	F	40
40	Steve Weiler	35:38:00	M	59
41	Pat Cross	35:49:00	M	49
43	Em Kendrick	36:09:00	F	32
52	Erik Kappelman	36:38:00	M	17
55	Ben Schmidt	36:55:00	M	45
56	Jennifer Straughan	37:08:00	F	50
66	Bridget Moriarty	38:27:00	F	39
71	Glenn Govertsen	39:04:00	M	64
74	Gilia Patterson	39:18:00	F	14
82	Kathleen Whetzel	40:02:00	F	49
83	Tammy Mocabee	40:06:00	F	46
86	Lisa Sproull	40:24:00	F	35
100	Emily Sterbis	41:57:00	F	13
102	Beverly Williams	41:59:00	F	44
103	Sharon Sterbis	42:00:00	F	42
107	Erin Williams	42:34:00	F	17
109	jim Williams	42:43:00	M	53
110	Nora Hellman	42:45:00	F	29
111	Sue Falsey	42:46:00	F	60
114	Marilyn Marler	43:16:00	F	37
118	Sue Furey	43:31:00	F	51
121	Tim Furey	44:06:00	M	54
122	Zoe Bradshaw	44:06:00	F	13
126	Rachael Morawski	44:33:00	F	35
127	Julie Young	44:36:00	F	34
129	Colleen Smith	44:46:00	F	34
137	Roni Lett	45:38:00	F	54
144	Bridget Johnson	46:17:00	F	53
151	Cheryl Lauridson	46:38:00	F	41
154	Bryon Smith	46:46:00	M	36
172	Jodie Hooker	48:25:00	F	42
206	Autum Emerson	52:49:00	F	32
218	Kelly Noe	56:53:00	F	33
219	Brad Leonard	56:54:00	M	74
220	Yvette Heintz	56:59:00	F	27
235	Arthur Mouratidis	76:17:00	M	28

RACE CALENDAR

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

On the Run with Glenn Govertsen

Age: 64 (as of November 23)

When – and why – did you start running?

I started running as a junior in high school. I tried out for football but at 135 pounds I wasn't knocking anyone around. The uniform didn't

fit either. So I ran on the cross country team and that led to running track and field in high school and Middlebury College.

What keeps you running?

I keep running now because I remember how enjoyable it used to be and I've always appreciated what it did for my health and the activities that it allowed me to do. Now it is more difficult and not always as enjoyable but there are times when the old feeling of effortlessly flowing along still occurs, usually on a downhill! I also like the good health it still brings me.

Best run and race:

My best run ever was in 1990 when I was 45 and marathon training. My friend, Marv Clover, now golf pro at King Ranch, and I ran in Glacier Park on Labor Day. We ran from Logan pass to Granite Park Chalet, hiked to Grinnell Glacier overlook and ran back down, hiked to Swiftcurrent Lookout tower and ran back down, and then completed the run back to Logan pass. Pretty fun!

My best race was the 1990 Chicago marathon: 2:47:24. It was cold but with clear sunny skies. I was 45 years old.

Worst running experience:

My worst race/running experience was my very first marathon, Seattle in 1986 at age 42. I developed blood blisters on the balls of both feet starting at mile 18. By the end they were the size of half dollars on each foot. I also hit the wall at mile 22 or so. The level of pain was so bad that I vowed NEVER to run another marathon. (I have now completed 30 of those suckers). By the way, my time was 2:54:12.

One must-do race:

One must do race is the Boston Marathon. It's the one place that has millions of spectators who actually know what you are doing and appreciate it. Very exciting.

Favorite place to run:

My favorite place to run is the Rattlesnake wilderness area. It surpasses any other place in the world that I have tried running.

Currently on my CD player:

Music on my CD player (no iPod yet) ranges from Mylie Cyrus, Rihanna, Pink Floyd, Bob Marley to Chris Tomlin and MercyMe.

Recent reading:

Recent novels I've read are *One Shot* by Lee Child, *Deadly Decisions* by Kathy Reichs and *L.A. Requiem* by Robert Crais. A recent non-fiction book was *The Language of God* by Francis Collins, head of the human genome project.

Favorite pre-race food:

Pasta and salad and Pepsi the night before and Thomas' English muffins with butter and blueberry preserves before the marathon.

Favorite post-race food:

Pizza and anything else within reach.

Inspirational runners:

The list has varied through the years. Early on it was Jim Ryun and Lee Evans. Later it became Juma Ikanga, Bill Rogers and Uta Pipig. Most recently I am impressed with the quality of Ryan Hall's life and running.

Running words to live by: "Put on your running shoes and get out the door!" Any run is a good run.

I have included a chart of my running/racing career since I first began racing. In a sense I find it to be a science experiment of one and I believe can show the effect of aging. I find it almost

more interesting now even with the much slower times to see what it takes to run and compete. I have listed the sort of classic race distances that I competed in through the years where I had race results. There are a lot of good and bad experiences that are not included and some of the results listed were not exactly at that age, e.g. I may have gotten some result at age 46 that I listed as 45. Also, my early 100m, 400m, and 800m times were adjusted from yards and a couple of mile times were adjusted from 1500m. Hope you find it interesting too. Please feel free to blast away any of my PR's.

~ Glenn Goversen

Age	100m	400m	800m	1 mile
21	10.9	49.4	1:55.8	4:45
35	11.5	51.7	2:02.2	4:41
40	12.1	54.4	2:05.1	4:45.9
45	13.1	58.1	2:08.1	4:53
50		60.8	2:14.9	5:17
55				
60	14.0	69.4	2:49	6:26
63 (now)				

Age	5K	10K	½ Mar	Marathon
21				
35				
40	17:47	34:23	1:18:27	2:54:12
45	16:40	34:54	1:16:19	2:47:24
50	17:57	37:12	1:29:06	3:02:11
55	20:04	44:32	1:41:24	3:25:29
60	20:57		1:43:02	3:43:26
63	22:41		1:49:32	4:06:47

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 Falsay – 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. 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.



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 (& email, if they want separate email contact) \$35.00
 - Name _____ Age _____ M / F email: _____
 - Name _____ Age _____ M / F email: _____
 - Name _____ Age _____ M / F email: _____
 - Name _____ Age _____ M / F email: _____
- ❖ I don't like getting billed every year, give me a Five-Year Individual or Family Membership (through 12/31/13) \$100.00 \$140.00

Volunteer: 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 your choice(s) from the following list:

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

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

Email: I'd prefer not to receive emails on volunteer opportunities. _____

Newsletter: Email or Paper copy - Please select only one. Email _____ Paper _____

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. (use back if needed)

Parent/Guardian Signature if under 18 _____ Print _____



OFFICIAL NEW YEAR'S DAY RUN ENTRY FORM

Include \$15.00 check or money order (US funds only)

Make checks out to **New Year's Day Fun Run**

Mail to: Sarah Naegeli, 23 Naegeli Road, Trout Creek, MT 59874

Or turn entry forms in to The Runner's Edge, Missoula, MT

FULL NAME: _____ MALE ___ FEMALE ___

FULL ADDRESS: _____

Phone: _____ AGE: _____ DATE OF BIRTH _____

Return completed Entry Form with correct fee before December 30, 2008 to the above address. Day of race registration will begin at 9:00 am, and end at 10:30 am. Race starts promptly at 11:00 am Mountain Standard Time.

T-SHIRT SIZE (please circle) **RACE** 2K _____ or 5K _____

Youth Adult
M L S M L XL

RACE RELEASE: In consideration of your acceptance of this race entry, I, for myself, my heirs, executors, administrators and assigns, forever release and discharge any and all rights, demands, claims for damages and causes of suit or action known or unknown, that I may have against New Year's Day Run and any and all participating race sponsors and the directors, officers, employees and agents of such parties, for any and all injuries in any manner arising or resulting from my participation in said race. I attest and verify that I have full knowledge of the risks involved in the race, that I assume those risks, that I will assume and pay my own medical and emergency expenses in the event of an accident, illness or other incapacity, regardless of whether I have authorized such expenses, and that I am physically fit and sufficiently trained to participate in this race.

Signature _____ Date _____

Signature or parent or Guardian if under 18

Please detach and mail entry form only (Portion above line)

Keep this portion for your information

NEW YEAR'S DAY FUN RUN

Come join the fun at the 10th annual New Year's Day Fun Run 2K or 5K Race/Walk!

Date: Thursday, January 1, 2009 Time: 11:00 am (Mountain Time)

Place: Sherpa Cabins/ Mighty Fine T's parking lot, just east of Thompson Falls

Registration: Packet pick-up and Race Day registration begins at 9:00 am and ends at 10:30 am

**Pre-registration: to Mighty Fine T's, Sarah Naegeli or Runner's Edge by Dec 30

***\$15.00 with T-shirt, \$4.00 without t-shirt

**Late registration: \$18.00 with t-shirt, \$5.00 without t-shirt

SHIRTS FOR LATE ENTRIES WILL BE SUBJECT TO AVAILABILITY

Awards to top winners in nine age divisions (10 year age groups).

Race will start promptly at 11:00 AM!

Questions? Contact Sarah at 827-4887 or tfl4887@blackfoot.net

Or Tim/Anders at the Runner's Edge 728-9297

For those interested, **Polar Bear Plunge** into the Clark Fork River to follow at 1:00 PM

For info contact Jerry at 827-3233



RUN WILD MISSOULA

P.O. BOX 1573

MISSOULA, MT 59806

www.runwildmissoula.org



Jen Straughan after her 50-mile run to celebrate her 50th birthday. "I am woman, I am invincible, I am tired." Photo by Jenny Newton

Christmas Lights Run

Christmas Lights Run is December 17th at 6 pm. The run begins at the big Christmas tree at the end of Higgins downtown and will take a two or three mile loop through neighborhood streets, pre-selected to have beautiful Christmas displays. Count on some post-run goodies to be provided by RWM. The pace will be conversational, the mood festive, the company outstanding, and it doesn't cost a thing.

Runwildmissoula.org

Many of you have noticed the lack of current information on the website. It's true. Please don't think this is due to lack of interest. In fact, the Board is working on revamping the whole thing. It will be great when it's done but it might take a bit. Contact Board of Director member Tim Winger at twinger@shopsouthgate.com if you're interested in helping with the project.

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



www.runmt.com