

Running Wild

The official newsletter of Run Wild Missoula

January, 2009

"The slow one now / Will later be fast" – Bob Dylan



Participants in the Second First Annual Sleeping Bear Shuffle. Back row: Glenn Govertsen, Vic Mortimer, Bridgett Moriarty, Sally Russell, Kelly Noe, Yvette Heintz. Front row: Tammy Mocabee, Maggie Carlsen, Mace Wescott, and Rick Ryan. Photo by Bob Zier.

Snow Joke Bus Rides Again

It's the New Year, so it's time to point yourself towards the Snow Joke Half Marathon around Seeley Lake. Pat Caffrey had so many runners last year that he's even thinking about soliciting more help. (Go to www.cheetahherders.com to volunteer.) Snow Joke gets a pretty amazing turnout, considering it's intended to be a low key event with a good sense of humor.

This year it's Saturday, February 28th, and once again the RWM Snow Joke Bus will be going. \$20 for RWM members, \$25 for non-members. We are planning for it to leave later in the morning since it got there so nice and early last time. Meet in front of the parking garage on Main Street.

The report is that people who rode the bus really appreciated it and enjoyed the trip up and back with other runners. Be part of the fun! Ride the RWM Snow Joke Bus!

Who Is on the Board of Directors?

It occurs to me that I should give an update on our Board of Directors. They have been busy and deserve recognition. The Board had its first meeting in December of 2007, and the first three or four meetings were long – very long – and included a backlog of issues that we had been unable to resolve without this group in place. The Board hung in there, made decisions, cleared out old business, and after about six months things were humming along pretty well with more attention to looking forward than the necessity of looking back.

The Board views the running club as an organization that is community oriented, and as one that has longevity. The decisions they make all point towards continuing to grow and be involved and to promote running and walking not only within our club, but within Missoula and the surrounding

areas as well. Although you don't necessarily see them regularly, please be sure to thank them for volunteering their time to the running club. It is a thoughtful and diverse group, and puts Run Wild Missoula in a great position to grow in 2009. In alphabetical order:

Courtney Babcock had to step down from her President of the Board of Directors position when she started her coaching job at the University of Montana. Fortunately for us, she remains on the Board and still coaches Tuesday Track, plus still runs for Mountain West Track Club.

Anders Brooker is still on the Board, still the track and cross country coach for Hellgate High School, and still owns Runner's Edge with his dad. Fortunately, he's young and doesn't need any sleep.

Mark Burke is our CPA (thank goodness) and the treasurer of the Board of Directors. He's also on the Board of Directors for Team Stampede, so he's in high demand in the volunteer business. If you ever want to actually pay him for something, he has his own CPA firm. Tax season will be here soon.

Brian Fruit has been at the University of Montana Campus Rec department for many years. Frankly, pretty much everybody knows Brian even though he's a quiet sort of a guy. He's so quiet, that it was a long time before I found out he used to be the race director for the Grizzly Triathlon.

Stu Kaplan is the Executive Director for Camp Mak-a-Dream. He got involved with the running club when he asked if Camp Mak-a-Dream could be involved with the Missoula Marathon. Now he manages our most enthusiastic aid station and is also on the Board.

Ben Schmidt is the Vice President of the Board of Directors and as such is currently acting as the President. Among other things, Ben fixed all our insurance woes this year, and we are now officially an RRCA running club. (This is actually a big piece of news and probably deserving of an entire article all by itself.) We used to be a USATF-affiliated running club. Now that we have so many activities, the switch to RRCA made sense and Ben is the one who did all the homework on that – and prepared and submitted the lengthy document.

Loie Turner sits on so many Boards I feel honored that she agreed to be on ours. What a popular woman and for good reason. Didn't she and Sue Falsey do a fabulous job as race directors of the Missoula All-Women's 5k? Plus as owner of Turner Sign Arts, she's a great help with all of our events (we look so much more professional than we used to).

Tim Winger is the general manager of Southgate Mall and has run many marathons. Tim is another Missoula Marathon sponsor that became more involved than he had ever imagined, including being the Secretary of the Board of Directors.

Jean Zosel is the station manager at KECI-TV and became involved with the running club because of the Missoula Marathon. She sits on several Boards as well, and brings a lot of good suggestions to our growing club. At the last minute she ran the Missoula All-Women's 5k and remembered how it is she got involved in the first place – because running is about running! (Not just meetings.)

~ Jennifer Straughan

The Runner's Edge Boston Marathon Training Program

So you qualified for Boston, but it is cold, snowy, and training for a marathon in the dark Missoula winter is intimidating. Well, this year you are in luck: the Runner's Edge, with support from Run Wild Missoula, is hosting a marathon training program.

This training program is an advanced class designed for runners competing in the 2009 Boston Marathon on April 20. The 16-week program begins on Monday, December 29, and will take you all the way through race day.

If you are running in the Boston Marathon, or will be preparing for another spring marathon, this is the program for you. Any age or speed is welcome and encouraged. However, this training is not for beginners; participants must have run at least one marathon, and have a base of 30-40 miles/week before beginning the 16-week training program.

This will be a great opportunity to meet local marathoners and to represent Missoula in Boston this spring. We are fortunate to have two excellent coaches who will offer inspiration, planning and advice: Anders Brooker, Hellgate High School Cross Country Coach, and Courtney Babcock, University of Montana Cross Country Coach. Group training sessions will include three weekly group runs: a track workout, long run and medium distance/ tempo run. These will be the hardest runs of the week.

All the group runs begin from the Runner's Edge. The fee for the training group is only \$30 (payable to the Runners Edge). For information and to download a training schedule or registration form go to:

<http://groups.google.com/group/missoula-boston-marathon-training-group> or contact David, dschmett@bigsky.net, or

Anders at the Runner's Edge 728-9297

~ David Schmetterling

Missoula Marathon 2009 and the First Good Food Store Seminar

We're off and running again with the 3rd annual Missoula Marathon, and the seminars that go along with it. All seminars will be:

Date:	2 nd Monday of each month
Time:	7 – 8 pm
Location:	the Good Food Store

We'll be changing seminars a bit, but the first one with Anders Brooker and training for the Missoula Marathon or Half Marathon, is our launching pad. Even if you don't plan to train for either event, come anyway because Anders is funny. So, to see Anders in action, be at the Good Food Store on Monday, January 12th, 7 pm. Bring your friends. Especially those who *think* they might be able to train for the half or full marathon, but aren't quite sure. Anders will convince them.

Time to Renew Membership

January is that time of year when we start pestering you to send in your membership renewal form. I know how it is – the issue of the newsletter containing the membership form migrates from your mail box to your kitchen table to your desk, or to the floor of your car, under the front seat where that glove you’ve been missing for two months has been hiding since November.

We’ll keep including the form with the newsletter for another month or two, along with gentle reminders. No other Missoula running club provides its members with 10% discounts at the Runner’s Edge, special discounts on yoga for runners, the opportunity to connect with other runners and support local runners and walkers, goodies like shoe bags and runner I.D. tags, the latest in local race results, in-depth profiles of members, or a newsletter that is certified 97% typo-free.

Valentine’s Day Tradition Returns

That’s right, the Scrumpy Jack Scramble is set for Saturday, February 14th. This two-person relay (two miles each) features free Big Dipper ice cream to all participants and great prizes, especially for best costume. For more information, contact Em Kendrick at 546-5731 or akendrick99@msn.com.

President’s Corner

I had to pass on the Over Achiever’s Club this year. At the end of November, Vic told me I needed to run 172 miles in December to qualify, and I was all geared up for it. But then cold cold weather hit and my fingers and toes can’t tolerate those temperatures any more so I settled for a few laps around the indoor YMCA track. Then I went to Bellingham, Washington for the holidays, where normally one can expect clear pavement and trails, only to find more snow than I had left in Nine Mile. And it was all piled in the streets because Bellingham doesn’t own any snowplows. So then it became clear that in order to hit the 2,000 miles necessary for the Over Achievers Club, it would have to become *the most important* thing I was doing in December. And it wasn’t. I actually ranked time with my family over the running. Not to mention work and kids and stuff like that.

Then I got to thinking about Boston, and training for Boston, and do I have time to train for Boston, and can I bring myself to run Boston but not run it *really*, just jog. And then I got to wondering if I can talk Bridgett into just jogging *with* me, so neither one of us would have to really train, but we could still go with that fun group and I’d have a partner in my non-training. I’m still wondering all this and Boston may or may not be in the cards for 2009.

The point is, sometimes we have lots of time to run and train, and train hard, and recover, and meet running goals, and run with other people – and sometimes we don’t. I happen to be on a “don’t,” and that’s the way it might be for a while. It’s disappointing, but fortunately my running shoes don’t mind if I’m running alone, or slow, or not as far as I would like. My running shoes sit in my closet, ready to go whenever I am, at whatever speed I can do that day, for however far I can go.

Make sure you enjoy your running as “seize the day,” not tomorrow, because today is what it is, and running makes it better no matter how it happens.

~ Jennifer Straughan

Member Profile: Donn Livoni

(Donn was the first to respond to my call for member profiles; he simply filled out the form I cobbled together and sent it right back. I lightly edited the information that appears at the beginning of the profile; the rest, except for fixing typos and removing an exclamation point or two, is in Donn’s words. – VM)

Donn, 62, lives in Hamilton, Montana. He attended college on a swimming/water polo scholarship; he now serves as chairperson of the Montana Masters Swimming Committee. He’s been competing in Masters Swimming at the local and National levels for more than 25 years and has competed in triathlons since 1980. A recent major competition was the Foster Grant 70.3 (a half Ironman) World Champs in Clearwater, Florida last November 8. He has run 8 marathons – Coeur d’Alene (4), Seattle (1), Missoula (1), Montana (1), and Boston (1). In addition, Donn has completed many half marathons.

When did you start running? I started seriously running in the early 1980’s.

Why did you start running? I was beginning to compete in triathlons and running was one of my weak legs.

What keeps you running? Addiction! I’ve been running for over 25 years and find that I need to run to keep my energy and sanity in order.

Best run and/or race: 2008 Boston Marathon. It was an incredible event and experience. My best training runs were when I lived in the Lake Tahoe area. Many wonderful trails in the woods.

Worst run and/or race: I completely blew up during the 2007 Missoula Marathon. The worst experience is cramping during a run and going into vapor lock.

One must-do race: Boston! Again, INCREDIBLE!

Favorite places to run: Any place with little traffic, rolling terrain, nice scenery and clean air.

Music currently playing on your iPod, MP3, CD player, cassette deck, LP, or 8-track tape: I don’t run with any of these. I like to hear the world – including my own breathing and any semi’s coming my way.

Best books you’ve read recently: Any title by Richard Russo, The Kenny Moore biography of Bill Bowerman.

Favorite pre-race food and beverage: I don’t eat the night before or the morning of the race. I do drink Accelerade an hour before the run.

Favorite post-race food and beverage: Chocolate milk shake – either Baskin-Robbins or DQ

Who inspires you as a runner? All the geezers that run faster than I do.

Running words to live by: encouragement, humor, hope, wisdom, whimsy, dry wit, and so forth. “Hit hard, stay high, and leave early”; “Hurry Back.”

AT THE RACES

(Many thanks to Sue Falsey for finding RWM member results for local races. Sue does a good job, but occasionally names are mangled on results lists. Let Sue know if we missed you.)

From Boca Raton Florida, Glenn Govertsen sent the following: "It was the annual "Holiday Mile" downtown in Boca Raton at 7pm right before the big annual Holiday parade. Pretty fun running under the lights in front of hundreds of people dressed in Christmas outfits (Santa hats, Christmas lights etc) but also wearing shorts and flip flops. I didn't wear a shirt because of the heat and humidity. Anyway, I won the 60+ age group with a time of 6:25.5 for the one mile. Very painful! Glenn." No doubt everyone is relieved to be slogging through ice and slush instead of suffering tropical heat.

Freezer Burn, December 6, 2008 – Half Marathon and 5K

First Name	Last Name	Age	Gender	Race	TIME
Brenda	Gagner	31	F	5k	27:23
Jeri	Delys	47	F	5k	31:26
Yvette	Heintz	27	F	5k	35:00
Paige	Gilchrist	13	F	5k	36:44
Quinn	Morrow	13	F	5k	36:44
Adam	Peterman	13	M	5k	19:09
Jarrett	Heintz	27	M	5K	36:10
Julie	Gilchrist	40	F	HM	1:33:12
Courtney	Babcock	36	F	HM	1:34:02
Darr	Tucknott	29	F	HM	1:37:24
Julia	Graham	38	F	HM	1:41:30
Bridgett	Moriarty	39	F	HM	1:44:57
Sherri	Kenyon	46	F	HM	1:47:54
Roni	Lett	54	F	HM	1:55:19
Danelle	Gjetmundsen	40	F	HM	1:55:52
Tammy	Mocabee	46	F	HM	1:56:11
Mary	Bricker	30	F	HM	1:58:39
Lisa	Sproull	35	F	HM	1:59:10
Marilyn	Marler	37	F	HM	2:00:37
Rachael	Morawski	35	F	HM	2:01:13
Chrisine	Everett	57	F	HM	2:02:22
Mandi Jo	Reimers	26	F	HM	2:05:09
Kelsi	Camp	32	F	HM	2:07:43
Taren	Clement	24	F	HM	2:13:31
Adam	Beston	26	M	HM	1:23:59
David	Schmetterling	37	M	HM	1:28:32
John	Hart	41	M	HM	1:31:51
Dale	Reese	39	M	HM	1:31:51
Andy	Gonzales	20	M	HM	1:39:43
Pat	Cross	49	M	HM	1:41:11
Jim	Ryan	49	M	HM	1:44:31
Bob	Homer	53	M	HM	1:46:49
Vo	vonSehlen	43	M	HM	1:52:30
John	Croft	60	M	HM	2:02:04
Bob	Hayes	82	M	HM	2:09:48

RACE CALENDAR

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

On the Run

Among my personal set of rules for real runners is the requirement to always run outside, especially in winter. For years I've told myself and anyone who would listen that I actually like winter running. There is nothing better, really, than finishing a run with ice in my eyebrows and on my balaclava. On days with ice fog, you can even get ice on your shoelaces. If it's snowing before I start my run, my deepest hope is that the snow won't stop before I lace up my shoes and head out the door.

I trace this love for winter running to my childhood, when a good mid-week snow storm in our mountain community west of Denver meant a snow day – an unscheduled holiday from school that we spent sledding, building snow forts, and snowshoeing up into the forests behind our house. I haven't been on a sled or built a snow fort in more than 30 years, but winter running brings back a little of the sense of wonder that I had as a kid.

That winter running involves at least the perception of toughness is also part of its attraction. It's no harder than skiing or snowshoeing, and I've always warmed up nicely after ten or fifteen minutes, even on sub-zero runs, but many people who would never think to warn skiers about being outside in cold weather are eager to warn me of what they believe to be the dangers of cold-weather running. Go figure.

I confess to a taking a certain pleasure in those warnings; like finishing a marathon, it gives me a chance to, well, brag a little. Finishing a marathon, no matter how long it takes, is enough to impress most people and it takes a fair amount of toughness to do so. Even a half marathon sounds good, and a lot of non-runners find the idea of a 5K more than a little daunting.

Best of all, you don't have to be even a little bit fast to be what a friend of mine once called "one of those running people." Run regularly, and you're in. If you won't be finishing in front, let alone placing in your age group, you can still work on PR's and new distances or skip all of the competition and just simply run.

It's the perfect sport for someone like me, whose first heroes were cowboys, quarterbacks, and centerfielders. In addition to endless games of touch football with neighborhood friends, I tried all kinds of sports in junior high and high school.

I was stunningly mediocre. At everything. Wrestling in junior high and a year in high school, basketball in eighth grade, football in ninth, soccer in high school. I couldn't shoot straight in basketball, nor did I really understand the game. I understood football better, but I possessed an unfortunate combination of skinny and slow. Imagine a 118-pound right guard on the B team and try not to laugh – or cringe. That people have been to laugh out loud, or at least think I'm joking, when I mention that I was a wrestler tells you all you need to know about my wrestling career (although I once knocked out an opponent, purely by accident, and I felt bad about it – or started to feel bad about it after I pinned him).

At least I lettered in soccer, but the sport was new to our mountain high school in the late seventies and only the occasional foreign exchange student knew the game and had any real skills. Unlike the suburban Denver schools we played,

where youth soccer had been around for awhile. We somehow managed to win our first to matches my junior year, then didn't win another game that year. Or the next.

Running is my last best chance to be some kind of athlete. I'll never win a race and never expect to finish in the top three in my age group (unless there are only three runners in that group), and I have yet to win even a good prize at a drawing. I can always aim for age group PRs, or run a race at a distance I've never run before and get an automatic PR, or simply run as hard as possible, without backing off when the serious discomfort sets in (about 800 meters into a 5K, these days).

Most important of all, running gives me a chance to be, well, at least a little bit tough. Still slow and no longer skinny, but tough enough to run in ice and snow and *like* it.

Until this year. Well, until February of 2008, when a morning run began in a snow squall that ended in fifteen minutes and, after a few moments of blue sky, a wind roared off the Bitterroots and nearly blew me off the road. It wasn't much fun and I didn't feel at all tough. I hoped it was an anomaly, that when winter came this year, I'd greet it cheerfully.

Nope. The first two days of really cold weather, I stayed inside, unwilling to face the cold. Oh, sure, I finally got out the door, even got some ice in my eyebrows, but it just hasn't been the same. I find myself yearning for spring and grumbling about slush turning to ice and the fact that Yaktrax and slip-on spikes work fine, except in loose snow, slush, melting hard pack, glare ice, and so on.

So much for my manly-man pretensions. I suppose there's no use pretending that middle-aged bones get a bit more tired and ache a bit longer, and that the cold is not quite so appealing. At least I can look forward to a time, fifteen or twenty years from now, when I can look back on my late forties and think, oh, if only I had the energy I did then, wouldn't life be grand.

And then I'll head out the door again, grateful for the gift of motion, perhaps still a bit enchanted with winter.

~ 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 – 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. 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: _____

- ❖ 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 _____





RIDE THE SNOW JOKE BUS with US!

Saturday, February 28th, 2009

It might be snowing – it might be windy – it might be rainy – so why drive yourself when you can take the bus with all the other Snow Jokers! Besides, you can sleep on the way home and the bus driver will keep the bus warm.

*Bus Departs from Parking Garage on Main: 8:30 am Bus Arrives Seeley Lake: 9:45 am
Race Day Only registration starts at 8:45 and ends at 10:30. Race Starts at 11 am.
Bus Departs Seeley Lake: 2:30 pm? (Head Count will be taken)
Bus Arrives Missoula: 3:45 at Parking Garage on Main St.*

What do you get out of it?

- You don't have to drive
- Travel with other runners
- Snack going up and coming back
- Beverage up and back
- Fun

How much does all this joy cost? Only \$20 for RWM members, \$25 for non-members.

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806 www.runwildmissoula.org Snow Joke Bus 08

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

Address (Street or PO Box, 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 participation, 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 _____



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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