

Running Wild

The official newsletter of Run Wild Missoula

January, 2009

"No doubt a brain and some shoes are essential for marathon success, although if it comes down to a choice, pick the shoes. More people finish marathons with no brains than with no shoes." ~ Don Kardong



Tammy Mocabee at the 2007 Freezer Burn. See this month's Member Profile for more.

1200 Mile Club Winds up 2008, Begins Again in 2009

Did you run in January? At all? Even 10 miles? Then by golly send it in to Vic, who will put you in the running for the 3rd annual 1200 Mile Club.

You may ask, "What is the 1200 Mile Club?" Simple. Just run 1200 miles this year. Or walk. Or walk and jog. Or skip and jump. You get the idea.

In 2008, 16 club members covered 1200 miles under their own power and earned a 1200 Mile Club jacket: Donna Ayres, Kara Contonio, Chris Everett, Julie Gilchrist, Danelle Gjetmundsen, Glenn Govertsen, Donn Livoni, Tammy Mocabee, Bridgett Moriarty, Rick Ryan, Jim Ryan Jr., David Schmetterling, Nichole Snow, Sharon Sterbis, and Jennifer Straughan.

The key is sending in your mileage every month to Vic. He'll keep track and when you hit 1200 miles, the 2009 1200 Mile Club Fashion Item Carefully Selected by Bridgett will be yours, with the 1200 Mile Club logo embroidered on it.

The first year (2007) it was a vest. An "ill fitting" vest, according to Bridgett, who then became the official garment-selector because no one else sitting at the table really was all that concerned with fit, or color, or even what. Therefore, in 2008 it was a much nicer jacket, and Bridgett is now on the hunt for the 2009 item.

There is also an Over Achiever's Club, so if you're obsessive and a little embarrassed by the fact you run well over 1200 miles a year, and you run over 2,000 miles in 2009, keep Vic up to date right up through December 31st and

there'll be something unique for you. We can't tell you because it's a surprise to you. And us. Only Vic knows. And he can keep a secret.

I bring this up only because 2008's only Over Achiever's Club member, Julie Gilchrist, didn't participate in the 1200 Mile Club the first year because she *knew* how ridiculously many miles she runs and she didn't really want to confess to anyone exactly how many that *was*. So we created this category really just for her so that she'd no longer be embarrassed by running all those miles out there in Ovando with the cows, wolves and grizzly bears, and claim her much deserved reward: a "Runner Girl" decal from the Runner's Edge (we spare no expense for those who go the extra 800 miles).

~ Jennifer Straughan (with a few additions from Vic Mortimer)

Help Wanted

I need someone to take on the project of coordinating the Expo at the Missoula Marathon.

This position requires someone to be the contact person for interested vendors, and preferably someone willing to solicit vendors as well, for the Expo. For those of you unfamiliar, we have the vendors at the packet pickup and registration on Saturday 11th, the day prior to the Missoula Marathon.

You do get paid a regular salary and bonus – at least I think you will. Jeri Delys, the volunteer coordinator, said she

is committed to providing pizza and maybe even some bottled water this year for all our volunteers on Saturday and Sunday. That's your salary. Your bonus is that Break Espresso provides pastries. And Jeri will make you laugh because she's funny. That goes a long way, too.

If you can't run, do this! It's not that hard (I just made that up because I don't even know) but Nancy Shrader did it last year and she'll give you important tips. She'd do it this year, but she's going to be out of town.

Thanks for volunteering – or for volunteering someone you know!

~ Jennifer Straughan

As I write this on January 27th the view from my window is snow and overcast skies. I know in just a short 166 days, the sky will be blue and the streets of Missoula will not be covered in snow, they will be thundering as the 3rd annual Missoula Marathon will be underway.

The Expo and race day would not be possible without the hundreds of volunteers who support the event. Volunteering is a lot of fun. I was a volunteer at the finish line at the inaugural marathon and it was wonderful to hear how the participants were so pleased with the course and the volunteer and crowd support.

Last year, I made the mistake of telling Jennifer Straughan that I was not going to run the half or the marathon and, before I knew it, I was the volunteer coordinator along with Wilma Tabaracci. It was lots of work, but the devoted volunteers and Wilma made it easy, so easy that I agreed to be the volunteer coordinator for the 2009 marathon.

I can honestly say that hanging out with John Wells at the Expo last year handing timing chips out was better than Comedy Central. Meeting the runners and cheering them on is what makes this event one of the best.

I would love to share this experience with you and have you be part of the volunteer team. If you are interested please go to www.runwildmissoula.org, click on MMvolunteer, and fill out the form.

~ Jeri Delys

Good Food Store Seminar

The first Missoula Marathon seminar of the year was held on January 12th at the Good Food Store. Anders Brooker talked about preparing for the Missoula Marathon or Half Marathon. As usual, the room was filled to capacity and then some, and Anders convinced the entire room that they can do this (which they can).

The next seminar, "How to Prevent Injury while Training for the Missoula Marathon", is coming up **Monday, February 9, 7 pm, at the Good Food Store**. The seminar is free, and the speaker will be Angela Listug, DPT.

There is nothing more frustrating than training hard and being sidelined by an injury – and especially a *preventable* injury. Angela Listug with Alpine Physical Therapy will talk with you about training and what you can do to remain injury free. Angela won the "best of" for Best PT in Missoula, so she knows all about preventing and taking care of injuries.

Winter Running Brings Out the Nuts

On the Tuesday before Christmas I was waffling on whether or not to meet the Tuesday night interval running group. A large part of me was on the greased incline towards wimping out and going home to cookies, but since there were eight nice degrees out, not the mean negative kind, I decided to meet everyone at the Montana School of Massage for a hard pre-Christmas work out.

After the candy-cane and I stood around for a while with no other bodies present, I congratulated myself on being the only nut tough enough to be out there and took off for a run. Later, I remembered that the Tuesday night group now meets at the Runner's Edge and I was not quite as tough or mentally organized as I imagined.

Because of my fortunate brain spasm I had one of the most enjoyable runs of the year. Not only was I tickled by the (wrong) belief that I as the only one valiant enough to run on a cold night, but the snow and cold snap had made the Kim Williams Trail feel like a winter postcard.

With no other people on the trail, and the city sounds subdued, I could easily hear the creak of the Clark Fork River ice and the gurgling water under the ice. The timber riverside shelters built last summer near the Osprey Stadium were neat to investigate, but the trail was not plowed all the way to the shelters. All this combined with the fact that I actually felt like a runner, a feeling which seems quite rare these last few years, reminded me that winter running can be fun once I get out the door.

When snow is on the ground to brighten up the scenery, even a winter night time run can be good. While my January running has taken its usual decline, it is runs like these that can help motivate one to get out the door at least on some nights.

~ Ben Schmidt (*with a headline from the editor. Ben did say that I could add anything I wanted to his story, although I think he may have meant anything that would improve the story, which did not need any help at all.* ~ VM)

President's Corner

We had something exciting happen the other day. Our first Run Wild Missoula community project, placing mile markers along the Kim Williams and Old Milwaukee trails, is going to happen.

This project started about a year ago with the desire amongst the RWM Board of Directors and the Committee Members to provide something that would be good for our club members *and* good for the community as a whole. We quickly latched on to the idea of placing mile markers along the main running paths, while knowing this would be a collaborative effort with Parks & Rec.

We met with Parks & Rec, and they liked the idea while having their own list of concerns (such as "who maintains them") and eventually a couple of other non-profit organizations wishing to have signage of various types along the same pathways entered in, and the entire project finally took the form of a large grant involving all the organizations.

The grant was written, submitted, and just recently we heard back that it was approved. Parks & Rec now has the funds and ability to create the mile marker signage, and Run

Wild Missoula will provide any additional funds necessary *plus* we will be doing the measuring.

Parks & Rec is moving quickly on this, and they hope to put up the mile markers at the end of winter and before they get busy in the spring. Don't look for the Run Wild Missoula logo on the signage, however. It's one of the elements that we don't get, although when maps are printed our logo will be on those as the suppliers of the mile markers. The plan is that RWM will add mile markers to the trail system annually. All mileage starts at the oval between McCormick Park and Parks & Rec, where the two major trail systems meet.

When we created the Board of Directors to help us manage the direction of Run Wild Missoula, it quickly became clear that the desire to promote running and walking throughout western Montana is at the top of consciousness. It is very exciting to see this first effort finalized. We look forward to many more such projects for the benefit of our members and our community.

~ Jennifer Straughan

Member Profile: Tammy Mocabee

(Tammy, who is 46 years old, or was when she responded to my questionnaire last fall, kept her answers concise and short. This is the fourth member profile, and they've ranged from long personal essays to models of brevity. It doesn't have to take long to fill out the form, so look for one in your inbox soon. And maybe someone will invent a category of his or her own. ~ VM)

When did you start running? I started on a treadmill in a bootcamp class in 2005. Then I took the RWM Beginner Training in early 2007.

Why did you start running? To lose weight & get in shape.

What keeps you running? I love it - plus the camaraderie.

Best run and/or race. My best races have been the Spokane to Sandpoint Relay and the Two-Bear Half Marathon.

Worst run and/or race. Worst race was last year's Freezer Burn. I started out too fast and bonked.

One must-do race. Spokane to Sandpoint Relay

Favorite places to run. Kim Williams Trail and up Duncan Drive to the Rattlesnake.

Music currently playing on your iPod, MP3, CD player, cassette deck, LP, or 8-track tape: Bon Jovi, Journey, classic rock

Best books you've read recently. *Nineteen Minutes* by Jodi Picoult. *Water for Elephants* by Sara Gruen.

Favorite pre-race food and beverage. Coffee, bagel w/peanut butter & jelly

Favorite post-race food and beverage. Water, Gatorade Rain, bagel w/peanut butter & jelly

Who inspires you as a runner? Tim Brooker. Watching him run - he makes it look so easy. Running with him - he's always very positive & encouraging. He was one of my first leaders in the Beginner Training

UPCOMING RACES

Joe Weydt sent me the same information about the Arlee run that he sent to Steve Franklin at runmt.com. I am delighted that Joe sent me the reminder; maybe next year, or even next

month, I can talk him into sending me a more personal take on the run. ~ Vic Mortimer

March 28, 2009, Saturday: Arlee Buttercup Run

This is the seventh annual, and it benefits the Arlee High School senior college scholarships fund. The increasingly popular spring run in the Jocko Valley includes a 5K, 10K run/walk, and 1 mile fun run, with medals for the top three finishers in each run, age group, and sex. There will also be prizes and a raffle. T-shirts will be designed by local artist/photographer Marti De Alva. The 5K and 1 mile races begin at Arlee High at 11 am, the 10K race-walk @ 10:30 am. For more information, directions, maps, online form for registration: www.geocities.com/btrcuprun, or contact Joe Weydt, arl3335@blackfoot.net, 406-726-3335.

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 misspelled on results lists or we just plain miss a name. Let Sue know if we missed you. In fact, we missed **Jen von Sehlen's** time in last month's **Freezer Burn**. Jen finished in 1:58, which happens to be a half marathon PR for her and which, by the way, represents a nearly 29-minute improvement over her 2007 Missoula Half Marathon Time.)

New Year's Eve Run 2008 Two-Mile Timed Fun Run

Once again New Year's Eve was off to a great start with the annual Two Mile Timed Fun Run at Peak Health & Wellness Center. We divided the group into two teams, each team keeping track of laps for the other person. It's just too difficult to remember if you're on lap 11 or 13 when you've gone around so many times! The New Year's Eve horn blew, everyone ran around the track for two miles (which looks much easier when you're the one doing the timing and not the running), then went downstairs to eat New Year's Eve treats, drink champagne or ginger ale, enjoy the facility and head out to herald in the New Year. Thank you to Brian Fruit for helping out again and of course always thank you to Peak Health & Wellness Center for the use of their facility.

Results (In alphabetical order)

| | |
|--------------------------|--|
| Adam Beston | 11:33 |
| Beckie Christiaens | 22:30 |
| Kalen Christiaens | 23:18 |
| Trey Christiaens (Age 7) | AWESOME performance but didn't have the personal need to finish the last lap - he felt he'd gone far enough! |
| John Croft | 16:42 |
| Pat Cross | 14:41 |
| Devon Downing | 23:11 |
| Christine Everett | 16:20 |
| Christopher Everett | 11:56 |
| Thomas Everett | 11:24 |
| Glenn Goversen | 15:14 |
| Torrey Holmquist | 13:12 |
| Kristina Hurley | 21:01 |
| Donn Livoni | 14:49 |
| Alec Patterson | 11:42 |
| Gilia Patterson | 14:13 |
| Adam Peterman | 12:35 |

| | |
|--------------|-------|
| Ezra Preston | 15:42 |
| Emily Schall | 12:58 |
| Julie Walker | 20:24 |
| Lisa Walser | 18:49 |
| Eric Wolf | 13:39 |

RACE CALENDAR

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

On the Run

In the week after the *Missoulian* ran a front-page story about the Boston Marathon training group, I was twice asked if I was training for Boston. One of Jen Straughan's daughters, Sabrina or Haley, was the first. I laughed and said that I wasn't, that you have to be a relatively fast runner to qualify, and that I am slow.

A few days later, while picking up a takeout pizza, the shop owner asked if I had any big Saturday night plans. Pizza and beer, I said; it was a reward for completing my Saturday long run. Was I, he asked, training for the Boston Marathon? Well, no. You have to run a qualifying time, I told him, and I hadn't run a marathon since 2002 and, besides, I'm not fast enough anyway.

I am mostly OK with being a slow runner. In fact, last year I wrote about the pleasures of not-racing: of essentially jogging a half marathon for the sake of hanging out with other runners and, of course, the t-shirt. After a February injury resulted in a very much unwanted seven-week layoff, I dropped the hyphen in "not-racing" and began a very cautious program of short, slow distance. Eventually I started running trails, still running slowly and walking up the steeper inclines. I stopped any time there was a good view of the Bitterroot Valley, or a hillside of balsam arrowroot or lupine to enjoy, and, in August, I snacked on huckleberries up in one of the Bitterroot canyons. (I'd mention which canyon, but I'm as secretive as anyone when it comes to the location of huckleberry patches.)

My aim was to approach running with a beginner's mind – to go back nearly 20 years and see if I could recapture at least a little of the wonder I felt as a beginner, when after a few weeks of struggling through short runs my sore muscles relaxed and running became, at least at times, nearly effortless and, nearly always, joyful.

For many years, I have thought of running as a kind of spiritual discipline, or at least a moving meditation. That's probably putting it too strongly, and it certainly suggests that I may have read too much Emerson and Thoreau, as well as Danny Dreyer's *Chi Running*, which suggests that runners would do well to concentrate on form, to aim for gradual progress, and to run from the center. What a great way for slow pokes like me to approach running, I thought. A bit strange, perhaps, and certainly what you might expect from a running philosophy grounded in T'ai Chi. And while I am not contemplating starting a Church of the Runner, I do know that, more often than not, if only for a few moments, when I settle into the rhythms of a run and my internal chatter goes quiet long enough for me to lose all sense of self.

Jennifer Straughan once suggested that I was becoming an unofficial spokesperson for those of us who feel no need for speed, who are perfectly content to run easily even in races,

rather than just under the vomit threshold at which Jen routinely races. And Sharon Sterbis emailed to say that she prefers marathons because no one expects her to run fast at that distance. Even speedy Brian Fruit, who won the master's division at the 2007 Missoula Marathon, told me that he was thinking of trying some long trail races; he thought those events might be quite relaxing.

Of course, Sharon is a two-time member of the 1200 Mile Club and Brian is currently training for Boston. If I kept track of miles instead of minutes, I might have managed 600 miles last year. Even so, I deeply appreciate their encouragement.

Runners are like that – quick to offer support or to congratulate a runner who finishes ahead of them, and humble when it comes to talking about their own accomplishments. Knowing this should make it easier to start racing again, now that I once again feel the need for speed. But it doesn't.

After two injury-plagued years, I have become embarrassingly slow, even by my low standards. A combination of inconsistent running and a steady diet of slow, short distance has made me slow, if not short. Running with the same perceived effort now as just a couple of years ago yields a mile pace a full minute slower. Enter a local 5K, and the resulting time would be a couple minutes slower than just 18 months ago, and a full three minutes slower, at least, than two years ago.

And that time would be there for everyone to see. A matter of public record, and never mind that no one aside from me will know how pathetically slow I have become. If I check out the race times, so do others. While no one will know just how slow I've become, I will, and I've felt just plain embarrassed to see that evidence published for all to see.

How pathetic can a guy get? It sure puts all of that talk about the pleasures of running and beginner's mind in a new light: middle-aged guy celebrates the pleasures of running-for-the-sake-of-running essays to mask his dismay over precipitously declining race times. The irony is that, as newsletter editor, he cannot in good conscience delete his own race times from the results. Boys; what are you going to do with them?

Despite a growing urge to race again, I might have indefinitely delayed my return to racing if Sue Falsey and I hadn't inadvertently left out Jen Von Sehlen's 2008 Freezer Burn Half Marathon time in last month's issue of *Running Wild*. Jen's husband, Vo, mentioned at a recent Missoula Marathon meeting that Jen had been disappointed when her times in the Missoula All Women's 5K and, especially, the Freezer Burn, weren't in the newsletter.

Jen's 1:58 finish in the Freezer Burn was a PR – by nearly 29 minutes. Jen did not want to say anything to me or Sue, but Vo saw her disappointment, and I am glad that he said something to me. To go from a 2:28 Missoula Half Marathon in 2007 to a 1:58 less than 18 months later is a remarkable accomplishment. No wonder she was disappointed when her name did not appear in the results: if you race, times matter. Ultimately, we are racing against ourselves as much as anyone else. What matters, finally, is whether we are willing to test ourselves now and then, to see how far we can push ourselves.

Thanks to Jen – whom I have never actually met – I am ready to set my ego aside (mostly – boys never completely

grow up) and race again. Come March, I'll start Tuesday Track; Stevensville High School is just a few blocks away, the track is all dirt, and no one except the magpies and starlings will see me lumbering around the oval. But I'll be getting ready to race again. Never hurts to run a little faster now and then.

But not all the time. If anyone wants to know where those huckleberries are, drop me a line. The canyon isn't far, and I wouldn't mind some company on the trail.

~ 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

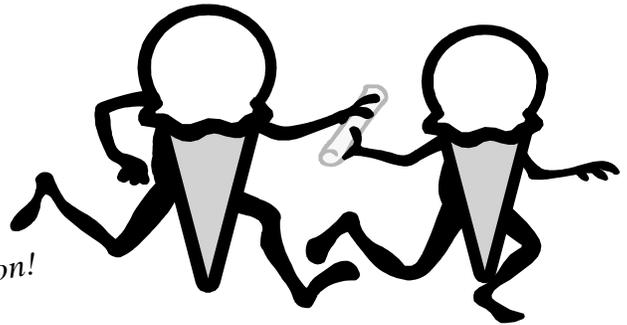
Run from the Edge

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 or JPG files: it makes the editor's job longer and the editor himself cranky.

Scrumpy Jack Scramble



A Valentines Day Tradition!

2 Person by 2 Mile Relay Race

Race Info:

- Date: Saturday, February 14, 2009
- Registration 9:00 Start time: 10:00am
- Registration and Race Location: *Currents* Water Park Meeting Room, McCormick Park
- Course: Flat 2 mile loop thru McCormick Park
- Don't have a partner? Teams will be formed day of!
- Runners get FREE Big Dipper Ice Cream!

Entry Fees:

- \$20/team (\$10/person) Checks payable to: Aimée Kendrick c/o Scrumpy Jack Scramble
- Prizes to top finishing teams in each category & **Costume Category!**

RACE TO BENEFIT:

Hellgate High X-Country

Sponsors:



*** Running Socks or Hat (courtesy of Runner's Edge) to first 35 teams registered!!**

Please indicate which you would prefer, but quantities and sizes are limited so not guaranteed

PARTICIPANTS AND/OR THEIR GUARDIANS MUST SIGN THE ENTRY FORM

Runner #1:

NAME _____
 ADDRESS _____
 CITY _____ ZIP _____
 HAT: _____ or SOCKS: (size) _____

Runner #2:

NAME _____
 ADDRESS _____
 CITY _____ ZIP _____
 HAT: _____ or SOCKS: (size) _____

Category (circle one): **Male/Female** **Female/Female** **Male/Male**
 RELEASE

In Consideration of acceptance of my entry, I do hereby, for myself and my heirs, waive, release and forever discharge any and all sponsors, and race directors of the Scrumpy Jack Scramble and the city of Missoula from any and all liability arising from illness, injury or damages I may suffer as a result of my participation in this event.

Runner #1: Signature _____ Date _____

Runner #2: Signature _____ Date: _____

Signature of guardian if participant under 18 _____ Date: _____

Mail Entry to:

Scrumpy Jack Scramble c/o Em & Tory Kendrick 431 East Pine Street Missoula, MT 59802
 Questions? Call Em & Tory at (406)546-5721 or email us at akendrick99@msn.com



Run Wild Missoula Missoula Marathon and Half-Marathon Training Class Registration

Please fill out completely and mail to Run Wild Missoula, P.O. Box 1573, Missoula, MT 59806, or turn in at Runner's Edge.

Registration Fees:

Run Wild Missoula Members: \$45.00
Non-Run Wild Missoula Members: \$65.00

- Comprehensive Training Program
- Twice Weekly Group Runs
- Weekly Speakers
- Nutrition Plan
- Shirt
- Great group to run with

What you get:

- Coaching by Anders Brooker, Hellgate HS Track and Cross Country Coach and owner Runner's Edge

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

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

Phone: _____ Email: _____

Shirt Size ____ Men's ____ Women's Small Medium Large XLarge XXLarge

- 18 Week Class begins Sunday, March 8 to Sunday, July 12 and the Missoula Marathon and Half-Marathon! First class meets at Runner's Edge, 325 No. Higgins, Missoula, 8 am. Come ready to run!

Become a Run Wild Missoula member today! (Membership form at www.runwildmissoula.org) (2008 form is ok to use).

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 _____ 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, February 23-March 30, and Thursday evening from 6:00-7:00pm, February 19-March 26. Both classes are held upstairs at The Runners Edge.** 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(\$28 RWM Members, \$33 non-members)
_____ Thursday Evening Yoga(\$37 RWM Members, \$43 non-members)



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 \$100.00
- or Family Membership (through 12/31/13) \$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 _____



St. Paddy's Day 5K

Sponsored by the Missoula Strikers U16 and U18 girls soccer teams, Run Wild Missoula, and Runner's Edge



When: Sunday, March 15th

Time: 1:00 PM

Race Day Registration: 11:30 a.m.

Start/Finish: UM Footbridge (Course is along the River Trail heading west)

Fee: \$10 includes a pair of socks!

(RWM members and MYTC members \$8)

Registration Form:

Please mail with your entry fee to Mary Thane, 604 West Artemos Drive, Missoula, MT 59803 Phone: 543-3205 email: mmThane@msn.com

Pre-registration at: missoulastrikers.org registration form at: missoulayouthtrack.org

Name: _____

Gender: _____

Age: _____

I know that running races is a potentially hazardous activity. I agree to abide by any decision of a race official to my ability to safely complete the run. I assume all risks associated with running 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. 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 Missoula Strikers and all sponsors, their representatives, and successors from all claims and liabilities of any kind arising out of my participation in this race.

Signature: _____ Date: _____

or Parent/Guardian Signature (for participants under the age of 18)



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 _____



RUN WILD MISSOULA

P.O. BOX 1573

MISSOULA, MT 59806

www.runwildmissoula.org

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Time to Renew Membership - Really

Unless you receive the newsletter via email, you may notice a date on the mailing label. It is the year in which your RWM membership expires. Just a reminder, of course. We hope that you will want to renew, if it is time, or perhaps join up for the first time. Just fill out the membership form included in this issue and mail it (with your check) to Run Wild Missoula, or drop it off at the Runner's Edge.

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



www.runmt.com