

# Running Wild

The official newsletter of Run Wild Missoula

June, 2009

"If there's a river, I'll go sit in it." Recent UM Law School graduate Mike Wolfe, describing a post-race ritual in the June, 2009 issue of *Trail Runner*



*First Lieutenant Donald Dryer trains for the Missoula Marathon while on duty in Afghanistan.*

## Missoula Marathon Goes to Afghanistan

By Vic Mortimer

First Lieutenant Donald Dryer is on a mission. Well, at least two missions. He is deployed to Afghanistan as a member of the US Army's 82<sup>nd</sup> Airborne Division. That's his first mission.

Lt. Dryer's other mission is to run as many marathons as possible while in Afghanistan. Injuries have kept him out of the sport for two years and he is looking for motivation to keep running and to lose some weight. So, with running partner Tim Wireman, he runs on a pre-measured course with the aid of a GPS to ensure accurate distance and time.

He wondered if the Missoula Marathon Committee would let him run the Missoula Marathon in Afghanistan – that is, run the marathon distance on the same day as the Missoula Marathon and earn a finisher's medal.

We of course agreed to this. In fact, we are sending Dryer and Wireman the same training supplies that are provided to our own Run Wild Missoula training class participants. Later on, we'll send finisher's medals, shirts, and other supplies associated with event day. Registration is, of course, free. These guys have already paid enough dues.

Dryer, who hails from Alabama, served with the 20th Special Forces during the wildfires in Helena in 1999. Wireman's home state is Virginia.

## Jean Zosel Elected As New Board President

By Eva Dunn-Froebig

Ben Schmidt, long-time Run Wild Missoula volunteer and President of the Board of Directors, recently stepped down. He remains involved with RWM on the Committee level and as race director of the Pumpkin Run. We'll miss Ben's presence at Board meetings and insight on issues such as insurance, city government and public process. Thank for your service on the Board of Directors, Ben. We're happy you won't be a stranger to RWM!

The Board of Directors voted that Jean Zosel, station manager of KECI-TV, will replace Ben as Board President starting June 1. Jean has been on the Board since it was formed in January 2008. We're pleased she is willing to take on this leadership role. I recently had a chance to get to know Jean a little better.

**ED:** How did you become involved with Run Wild Missoula? How long ago?

**JZ:** I became aware of the local running club when Jennifer Straughan approached me at KECI-TV to see if the TV station would sponsor the first annual Missoula Marathon. We (KECI), of course, jumped at the chance. Jen's plan was to get Monte Turner to train for the marathon and promote that on our morning show, MONTANA TODAY. Since I was in charge of marketing for the station, I participated in all of those

planning meetings. Much of our discussion centered around training for Monte, his wife Loie and Hasalyn Harris. It was impossible to merely observe, so I too decided to train for my first ever half-marathon. I'd participated in team sports all my life, but hadn't experienced anything quite like this before. What an absolute thrill to cross that finish line!

**ED:** When did you start running /walking? What are you training for now?

**JZ:** A few months later, I was asked to be on the RWM board. Lately, I've let my job and volunteer work consume much of my time, and have been on an exercise hiatus! But with the return of nice weather and longer days, I'm turning a corner and getting back into running. My dream is to be a serious 5K runner, and I'd love to do another half-marathon one day.

**ED:** What are your goals for Run Wild Missoula?

**JZ:** As for RWM, there is so much potential to build our membership, to offer more services to this community, to get more people involved in running and walking.

## **Mile Markers!**

By Brian Fruit

If you have found yourself running the Kim Williams Trail and Bitterroot Trail as of late, you may have noticed the new razoo mile markers that have been installed. Yep, Run Wild Missoula is involved to a certain degree in their sudden appearance. Here's the story:

As many of you know, it has always been an aspiration of Run Wild Missoula to one day have mile markers on some of the more popular running trails and routes in Missoula. About one and a half years ago the window of opportunity finally opened when the Montana Natural History Center (MNHC) sponsored and applied for the Missoula Valley Interpretive Trail (MVIT) grant through the Montana Fish, Wildlife and Parks department. The MVIT project brought together the diverse interests and expertise of the MNHC, The Biomimicry Institute, Missoula Parks and Recreation and of course us – Run Wild Missoula – to implement a plan for educational interpretation and mile markers along the Kim Williams and eventually other trails in Missoula. The grant was approved thanks to a lot of hard work and effort by the folks from the Montana Natural History Center and Missoula Parks and Recreation.

Currently, there are four mile markers on the Kim Williams Trail and two on the Bitterroot Trail. The markers were constructed and installed by Missoula Parks and Recreation while the locations were provided by a trusty Run Wild Missoula member. The starting point or "0" mile marker is located at the intersection of the Kim Williams and Bitterroot Trails – just past Hickory Street heading west. The mile markers have been placed at one-mile intervals heading east on the Kim Williams Trail, and there are two going south on the Bitterroot branch Trail. The funding for this year's work was covered by the grant. Run Wild Missoula has agreed to fund additional mile markers as the Kim Williams trail is extended to the east and west as well as on other popular trail systems in Missoula.

## **Rocky Mountain Road Runners**

By Jennifer Straughan and Vic Mortimer

Jen recently was reading the current issue of *Colorado Runner and Triathlete*. Near the beginning of the publication in "Running Shorts" is a column stating "Rocky Mountain Road Runners Celebrate 50 Years." This is the Denver running club from whence our former Missoula Road and Track Club President and (current) speedster, Steve Weiler, heralds. So I started to read it.

Jen immediately recognized some of her conversations with Steve, in particular the Trophy Series races, explained as a "staggered start system that welcomes runners and racewalkers of all ages and abilities."

But here is the thing that caught her attention: "... the Road Runners have built strong ties to the Denver running community and are now a 500+ member running club."

Jen claims that she is not much into numbers (unless she wants an update of current marathon and half marathon registration numbers), but guess what – *we have nearly 500 members*. That's right, Run Wild Missoula based in Missoula, Montana has almost as many members as that club in Denver. Here's the thing: Denver's population is a lot bigger than Missoula's. In fact, many of you probably live here and not there *because* Denver is bigger than Missoula.

Denver has a population of 555,000 people, and is the 20<sup>th</sup> largest city in the US. Vic added up the population of the four counties that border Denver and came up with 2.4 million. The combined population of Missoula and Ravalli counties is 147,000 – in an area larger than Denver and those other four counties.

The percentage of the Missoula population participating in our running club is significantly larger than the percentage of Denver, which is certainly considered an athletic and outdoorsy community. Now, doesn't that make you proud?

Of course, there *are* other running clubs in Denver: a women-only club, a club devoted solely to track, a club for master's racing and race walking, a Qi Running Club (Vic ran out of time to look up "Qi"; if anyone knows what that is, please let Vic know), even a club devoted to relays. There are at least two trail running clubs, although these appear to be very loosely organized. The most intriguing club that Vic found during a fifteen-minute search was the "Irish Snug Running Club." It meets in a Denver pub. Clearly, these are drinkers with a running problem.

Aside from the Rocky Mountain Road Runners, none of the web sites for these groups mentioned how many members they had. The larger point here is that Denver runners and walkers who want to get involved with a running club have a lot of options, and Denver has a big enough population to support specialty running clubs.

We don't have that here, so Run Wild Missoula has to be a generalist in offering something for everyone, to the degree we are able.

It is certainly one of the goals of Run Wild Missoula to be an important part of the community, and we hope you feel we've been successful towards that end. Our new Executive Director, Eva, has been working very hard on organizing new activities to encompass a wide variety of running and walking abilities. With her efforts and your support we look forward to continued growth, and with that

growth we can provide more for our members and also give more back to the community.

As always, thank you everyone for being a member of Run Wild Missoula.

### **RWM Seeking Testimonials from Members**

The Member Services and Marketing subcommittees are seeking testimonials from RWM members to help us create promotional materials. We will also use the testimonials on our new web site. Please take a minute to answer one of the following questions to help us encourage more runners and walkers in the community to join RWM. You may email your answers to [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org) by the end of the June.

1. Why is being part of RWM important to you?
2. What do you like about being a member of RWM?
3. What's your favorite RWM race or program and why?

~ Eva Dunn-Froebig

### **Interested in A Core Strength Class for Runners?**

By Alison Laundrie & Eva Dunn-Froebig

RWM already offers training classes, track workouts and yoga for runners. We're wondering if our members would also want to take a core strength training class for runners. We've been in touch with Alison Laundrie, a Pilates instructor who has worked with runners.

Pilates works on building strength, flexibility, stamina and stability. Most people assume that Pilates is a lot like yoga. The only way that these two methods are similar is that they both require a mind-body connection.

Pilates conditions the body from the center of the body (the abdominals) to the distal ends of the body (the arms and legs). Often runners are much stronger in their lower extremities than their core. This creates an imbalance in the body that the body will continuously try to remedy. The runner will feel tight in the pelvis, lower back, upper back and legs.

Core work (or Pilates) works the abdominals in order to lift the torso up and out of the pelvis, thereby realigning the hips, which in turn aligns the knees, ankles and planting of the foot. This in turn puts the body in proper alignment for optimal performance so there is less compensation while running.

This means you will be "tight" from running, but you shouldn't be hurting. If you are so tight that your movement or performance is effected, then something is wrong. If the pelvis, which is the base and shock absorber of your spine, is not healthy and strong you will be running with compensations. Your body is amazing and can adapt, but often to its ultimate demise.

Chronic tightness sets in and the hip flexors, lower back muscles and hamstrings have no choice but to over-react in order to keep the pelvis aligned. Unfortunately, that is not their job. But if the abdominals are engaged and stabilizing the pelvis, everything above the pelvis and below perform better without overworking. Muscles perform better. Disc space between the lower back vertebrae is restored, thus restoring nerve output to the lower extremities. Flexibility is retained. Strength, in equilibrium, is honored.

If you're interested taking core strength training for runners please email Eva Dunn-Froebig [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org). Classes will be priced similarly to our Yoga for Runners classes.

### **Additional Training Runs Available**

We're finally adding more training runs. As another perk to your RWM membership, we will be offering group runs from the Runners Edge on Thursdays and Saturdays. Thursday runs will begin at 5:30pm, and Saturday runs at 8am, both meeting in the upstairs space at the Runners Edge. The first run will take place on June 13.

Because there is only one option for speed workouts during the week (think Tuesday track), we wanted to add another for you speedsters out there. Thursday nights will be a tempo run, so be prepared to run a little bit faster those evenings. And for those of you who can't make the Sunday long runs, we will have routes ready for you on Saturday mornings. If you have any questions, please contact Meg Lerch at [mleerch2@yahoo.com](mailto:mleerch2@yahoo.com).

### **Anyone for Free Art?**

This year's 3rd Annual Missoula Marathon Poster designed by Dariusz Janczewski (many of you know him as DJ) of Rattlesnake Studio Design is looking good and available to you free of charge. All you have to do to qualify for this free poster is place it in a prominent location for everyone to see. Honor system.

It's a first come first served operation so if you'd like a poster and have a good place to position it, please stop by KECI-TV at the corner of Orange and Main. Ruby, the KECI receptionist, will have them at the front desk and you may ask for one or two. Ruby is delightful and even if you don't want a poster, you should come into KECI just to talk with Ruby.

But you do want a poster because they are beautiful! Stop by Monday – Friday, 8:30 am – 5:30 pm, decorate your office and support the Missoula Marathon. Thank you for your help.

### **RWM Member Profile: Pat Cross**

"Old enough to know better, too old to care."

**When did you start running?** February 2008

**Why did you start running?** I started running after I went from 275 to 180.... and I knew that I needed to set some new goals in order to help me keep the weight off. And, so far, it is working.

**What keeps you running?** The feeling of freedom when I run, the joy, knowing I can run, goals for my next race, meeting the wonderful folks in the local running community. The wonderful stress release, and mental health benefits. Continued weight loss.

**Best run and/or race:** There have been more good ones than bad ones, running on the Indian Ocean in Mozambique, running in a warm thunderstorm a couple months ago, runs with my friends, some of the solo runs up the Rattlesnake, my first 16 miler trying to keep up with Tim. Many of the Sunday Morning runs when the Puffins let me join in... The 10k I ran almost a year ago, which was my first race in 30 years.

**Worst run and/or race:** They are all good in their own way. Though some days you have to work harder to find the good.  
**One must-do race:** I have four on my bucket list: Missoula Marathon, Portland Marathon, Dublin Marathon and the Newport Oregon Marathon, but I only want to run that for the oysters at the aid stations. That and it is flat, fast and at sea level.

**Favorite places to run:** Waterworks Hill and up the Rattlesnake.

**Music currently playing on your car or home stereo, iPod, MP3, CD player, cassette deck, LP, or 8-track tape player:** At this moment it is Allman Brothers Whipping Post, also in this mix are: Hendrix, The Animals, Led Zeppelin, The Rollin' Stones, John Lee Hooker, Muddy Waters, Howlin' Wolf, Sonny Boy Williamson II and Too Slim and the Tail Draggers.

**Best books I've read recently:** I recently read *Bowerman and the Men of Oregon* by Kenny Moore and thought it was a wonderful book and very inspiring.

**Favorite pre-race food and beverage:** Coffee and Almond Butter

**Favorite post-race food and beverage:** Sushi and Wine

**Who inspires you as a runner?** I grew up in the Coos Bay area while Prefontaine was in high school, so even though he went to the arch rival school and went to Oregon instead of Oregon State University.

**Running words to live by:** Any victory, no matter how shallow, is worth savoring.

## AT THE RACES

### Buttercup Run, Arlee, March 28, 2009

#### 5K Women

Age Place	Name	Overall	Time
5	Shamya Decker	127	37:59.5
1	Emily Schall	4	20:26.3
12	Lynn Schmidt	74	30:38.1
9	Jennifer Vail	72	30:13.2
14	Cher Desjarlais	90	32:32.6
16	Jennifer Graves	100	33:10.1
21	Aspen Incashola	141	42:05.0
2	Lisa Walser	57	28:56.3
1	Jeannie Siegler	69	29:40.0

#### 5K Men

Age Place	Name	Overall	Time
15	Tyler Graves	125	37:50.5
1	Adam Peterman	1	18:33.0
3	Kevin Rouse	8	20:53.3
8	Tom Vail	49	27:37.5
3	Micheal Cain	22	24:11.0

#### 10K Women

Age place	Name	Overall	Time
1	Yvette Heintz	48	1:06:56
1	Bridgett Moriarty	10	46:38.1
5	Kelsi Camp	21	52:52.2
1	Tammy Mocabee	15	47:30.3
5	Rhonda Decker	42	1:02:00

2 Christine Everett 28 54:16.6

#### 10K Men

Age Place	Name	Overall	Time
1	Christopher Everett	2	39:03.3
1	John Croft	24	53:12.8
2	Bob Hayes	39	57:00.0

### Run for the Trees 5K, April 4, 2009

Name	Gender	Age	Place	Age Grp	Time
Michael Yager	M	1		40-49	18:09.4
Mary Thane	F	1		40-49	19:18.4
Bob Homer	M	2		50-59	21:17.8
Tony Napoletano	M	12		30-39	22:55.1
Micheal Cain	M	4		50-59	22:56.4
Nicole Unruh	F	5		20-29	23:55.6
Jen Von Sehlen	F	6		20-29	24:00.2
Glenn Govertsen	M	1		60-69	24:13.9
Kelsi Camp	F	11		30-39	24:33.0
Lisa Sproull	F	13		30-39	24:37.8
Melissa Barba	F	15		30-39	24:59.0
Christine Everett	F	1		50-59	25:03.3
Carol Lipp	F	3		40-49	25:07.6
john croft	M	3		60-69	25:21.3
Sue Falsey	F	1		60-69	25:27.3
Wisdom Ming	F	20		30-39	26:10.0
Bryon Smith	M	19		30-39	26:26.9
Colleen Smith	F	22		30-39	26:33.7
Pam Estill	F	25		30-39	26:46.5
Megan Tiffin	F	15		20-29	27:48.7
Liesi Uskoski	M	22		30-39	28:01.8
Tammy Cummings	F	27		30-39	28:04.8
Erin Mulcahy-Mroz	F	28		30-39	28:06.1
Bob Hayes	M	1		70-99	28:08.3
Dawn Mortel	F	34		30-39	28:20.1
Leslie Vaculik	F	5		50-59	28:28.7
Bridget Johnson	F	7		50-59	28:36.3
Amy Mack	F	8		50-59	28:37.4
Rhonda Decker	F	16		40-49	29:32.9
Mace Wescott	M	26		30-39	29:36.1
Kirsten Spetz	F	22		20-29	29:37.0
Kirsten Anderson	F	25		20-29	29:39.9
Erin Nevers	F	28		20-29	29:58.4
Deidra Mathis	F	45		30-39	30:00.7
Devon Downing	M	31		30-39	30:14.4
Tom Vail	M	16		40-49	30:52.0
Christy Owsley	F	51		30-39	30:52.8
Jackie Cenis	F	21		40-49	30:58.1
Cynthia Wood	F	23		40-49	31:41.1
Ethel MacDonald	F	1		70-99	31:55.8
Teresa Messerman	F	26		40-49	32:40.5
Carol Knutson	F	16		50-59	33:52.5
Wendy Colombo	F	17		50-59	34:01.7
Jennifer Vail	F	57		30-39	34:18.1
Emily McKeever	F	59		30-39	34:26.3
Carol Hedges	F	19		50-59	35:08.5
Melissa Odom	F	21		50-59	36:42.9
Bonnie Fergerson	F	23		50-59	36:50.7
Dan Colombo	M	13		60-69	36:53.8
Brad Leonard	M	2		70-99	37:29.2
Carolyn Abbott	F	9		60-69	38:14.5
Ethan Heide	M	1		1-99	38:27.4
Amy Heide	F	2		1-99	38:47.4
Tony Beltramo	M	2		1-99	38:58.4
Patty Duncan Harp	F	11		60-69	42:34.9

Name	Gender	Age	Place	Age Grp	Time
Hillary Ogg	F	70	30-39		43:05.9
Elizabeth McDonald	F	24	1-99		45:34.9
Susie Graham	F	29	1-99		46:32.0
Darlene McLuskie	F	13	60-69		49:49.7
Jennifer Jackson	F	51	20-29		53:44.1

### RWM members in Riverbank Run 10K, April 25, corrected version

First Name	Last Name	Age	Gender	Time
Rye	Palen	34	F	38:53
Mary	Thane	45	F	39:20
Don	Malerk	54	M	41:20
Aaron	Baldwin	36	M	42:05
Pam	Schiemer	42	F	43:31
Chad	Yurko	48	M	44:04
Bob	Homer	53	M	44:37
Benjamin	Schmidt	45	M	45:09
Micheal	Cain	58	M	47:55
Missy	Adams	36	F	49:02
Rick	Ryan	55	M	49:12
Janet	Kenter	51	F	49:29
Christopher	Herrick	13	M	49:30
Jessica	Weinert	29	F	50:24
Jonathan	Herrick	49	M	51:28
Brenda	Gagner	32	F	51:51
Justin	Barba	33	M	52:05
Vicky	Mix	47	F	52:27
Jody	Bramel	33	M	54:04
Nancy	Seiler	47	F	56:18
Bridget	Johnson	54	F	56:29
Leslie	Vaculik	54	F	56:54
Anya	Means	30	F	56:56
Jamie	McClure	45	F	57:13
Jonathan	Gale	35	M	57:36
Erica	Keeton	24	F	57:51
Jennifer	Lehuta	20	F	58:36
Kirsten	Anderson	25	F	58:55
Cher	Desjarlais	38	F	59:01
Erin	Mulcahy-Mroz	32	F	1:00:52
Cheryl	Hatfield	55	F	1:01:14
Taren	Clement	24	F	1:01:40
Mace	Wescott	33	M	1:02:44
Molly	Norton	27	F	1:02:59
Devon	Downing	31	M	1:03:27
Kristina	Hurley	39	F	1:03:56
Shandor	Badaruddin	43	M	1:04:34
Ethel	MacDonald	71	F	1:05:03
Elisa	McLaughlin	26	F	1:06:49
Kimberly	Ryan-Dufner	39	F	1:09:04
Jackie	Amaya	44	F	1:11:39
Brad	Leonard	74	M	1:15:38
Sally	Daer	66	F	1:17:16
Barbara	Thayer	54	F	1:26:05

### Grizzly Man Adventure Race April 18, 2009 Paws Up Resort and Lubrecht Forest

(Time is in hours, minutes, and seconds)

#### Grizzly Man Pair Male

Name	Team Name	Time
John Cuddy	Neurotics	8:19:17
Tim Peterson	Neurotics	8:19:17
John Spierling	2 patellas	8:44:54
Dave Krause	2 patellas	8:44:54

### SuperFun(d) Run, Saturday, April 18, Bonner 10K

Age Group	Name	Age	Time	Place
16-25 females	Danell Wimer	23	53:27.4	3
26-35 females	Kelsi Camp	33	53:50.6	4
26-35 females	Andrea Felton	29	1:04:50	8
Males 26-35	Tory Kendrick	33	40:31.8	2
Females 36-45	Michelle Yoshinaga	39	54:01.1	1
Females 36-45	Julie McLennan	36	1:01:19	4
Females 36-45	Karen Erbe	37	1:18:57	5
Males 36-45	Josh Kendrick	36	42:09.2	4
Males 36-45	Ben Schmidt	45	46:16:00	5
Females 56-65	Kathy Morris	62	1:09:46	4
Males 56-65	Steve Weiler	59	44:23.9	1
Males Over 65	Bob Hayes	87	59:23.2	1

#### 5K

Age Group	Name	Age	Time	Place
F under 15	Jenna Herrick	11	34:43	2
M under 15	Adam Peterman	13	18:05	1
M under 15	Chris Herrick	13	22:20	3
M under 15	Thad Kendrick	9	26:14	5
16-25Females	Erin Nevers	25	30:54	1
26-35 Females	Julia Shrader-Lauinger	26	25:29	5
26-35 Females	Chelsea Pennick	30	35:23	12
26-35 Females	Heather Smith	29	39:44	14
Females 36-45	Peggy Schmidt	42	25:01	3
Females 36-45	Rhonda Decker	41	30:23	7
Females 36-45	Cynthia Wood	45	33:20	10
Females 36-45	Jill Herrick	45	35:29	12
Males 46-55	Pat Cross	50	21:52	1
Males 46-55	Bob Homer	53	22:00	2
Males 46-55	Jon Herrick	49	26:15	4
Males 65 +	John Marron	67	26:28	1
Males 65 +	Brad Leonard	74	41:20	4

#### 1 Mile Fun Run

Males 9 & under	Isaac Schmidt	9	08:55.9	1
Females 10-15	Andrea Schmidt	12	11:54.3	1

Visit [www.runmt.com](http://www.runmt.com) for a complete list of Montana races

## On the Run: Letter from Boston

By Rick Ryan

It is April 21, 2009 and I'm sitting in terminal A at Logan International Airport waiting to catch my flights back home to Missoula. I chose a later departure time so as not to have to get up way, way early. It was a choice between a 6 am flight and a 3:30 pm flight. There was a flight delay, so now it looks like I'll be the guest of Delta Airlines in Salt Lake City this evening. I get to sleep in tomorrow too!

The road home begins, of course, with the road to Boston. That road started last July in Missoula at the Missoula Marathon (MM) by qualifying for the BM (I know what you're thinking, but you know what I mean). With the encouragement of friends and family, and the thought that I may NEVER qualify again, I decided to go for it. I contacted my old college roommate Peter and he graciously invited me to stay at his home in Brookline. I took a look at the official Boston Athletic Association (BAA sponsors the BM) training schedule. I quickly realized I was barely a "Novice" (official term).

Other runners from RWM going to BM got together to form a training group and I was happy to join them. I quickly settled into my role as the slowest in the pack. We all suffered through the same winter weather with a particularly ridiculous long run on a Sunday with a good wind providing below zero wind chill. I wasn't the only one doing a sanity inventory that day! I wound up tweaking some damned "rotator" muscle in my left butt and hurt my right knee about 5 weeks from the race. I decided to take in Boston, relax and have a good time; and NOT worry about time.

I joined Peter for his Saturday morning walk for 3 laps around the reservoir (near mile 21), 4.8 miles. I got a blister! I guess my running shoes are used to me running in them, not walking. Later I took the train into Boston to pick up my bib and bag of goodies. There is an "Expo" to go along with the bib pick-up where all of the major (and many minor) manufacturers have booths and display their wares - hats, shoes, pants, jackets etc. I saw lots of interesting things for sale. I saw shoes designed just for "recovery". They were heavy and had a crescent shape so that the foot never stays flat on the ground. They cost about \$300. There were in-soles to align your feet, tights to improve your time, nutritional supplements galore and "Boston Billy" Rodgers, four-time BM and NY City M champion selling...I'm not sure what; Bill Rodgers? The "Best Buy" I found were simple hats with "Boston 26.2" for \$10. Many booths had hats for \$25 or more.

BM day starts early for everyone. I had to catch the subway by 6:15am. It seemed like an awfully early start for a race that didn't start (for me) until 10:30, but there was no other way to get there. When I got to Boston Commons it was amazing to see the virtual sea of runners lining up to catch the busses or use the portapotties (PP's). Waiting in line you hear lots of people's stories, people from ALL over. It was a surprisingly long ride out to Hopkinton. By the time I used the PP's again and munched down a bagel and banana they

announced it was time for the wave 2 runners (bib numbers of 14,000 on-up including my number, 17,778) to head down to the starting corals, about a .7 mile walk. It was really good to be moving toward the starting line.

We got our start and we got rolling. We went down a bit of a hill, up a bit of another hill and then we started down a larger hill, a hill with a view! For as far as the eye could see ahead of us was a sea of heads bobbing and bodies in forward motion. It sank in that this scene had been playing out continuously for the better part of half an hour and it would continue for some time. It looked like a huge, flat multi-colored snake, undulating off into the horizon. It was a tricky being a part of such a large moving body, trying to hit your pace and stay upright while passing others and being passed.

Not everyone was courteous or safe. I saw a woman smack another woman on the arm after being passed. She was pissed! I edged toward the other side of the road. About mile 6 things started thinning out so that I didn't need to pay as much attention to the other runners. I really started noticing the cheering throngs and the beautiful old buildings and architecture.

I saw the biggest Great Dane dog I've ever seen. Shortly after mile 7 Santa and a few elves made an appearance, cheering us on. Lots of people offered orange slices, water, licorice, gummy bears or wooden spoons with some kind of goo on them. Around the colleges they offered beer! It is true that the girls at Wellesley offer "Free Kisses". I couldn't resist. There was a Bluegrass band. With the temperature less than 50 degrees, I appreciated their enthusiasm. I had my iPod on and I would occasionally even hear whatever it was playing. Most of the time the crowd noise or music playing along the way drowned it out. A little further on down the line were a few men dressed as cheer-leaders, complete with make-up, short skirts and stuffed bras. There didn't seem to be as many PP's as I would have thought along the way. I did have to stop and I had to wait my turn.

I saw a number of runners who inspired me. One gal I saw at the beginning and again toward the end looked like she was limping, right from the start, but she just kept going. She beat me across the finish line. Another runner was blind; amazing. I noticed a barefoot runner! I thought he was nuts, but someone told me there is a barefoot running "movement". There were a lot of folks running for causes; cancer, diabetes and autism research. Many runners were running in memory of family members. Pretty much all along the route were the cheering throngs. They would read what people had on their shirts and yell encouragement. I heard "Good job, Missouri Montana!" A few times I heard "Montana?!" Once I heard the crowd really start cheering. Soon I came upon a pair of perennial participants I had read about, a father/son team. Each year the father pushes his son's wheelchair the entire route. The son teases the father, claiming victory; the chair passes the finish line first.

I knew "Heartbreak Hill" would be coming up and after that I would look for Peter and his wife Jeni. Heartbreak was about what I expected. I walked a bit, which was what I planned. The downhill afterward I took shorter strides so I wouldn't tweak my butt or knee. It did slam my quads tho, which I can REALLY feel today. At Cleveland Circle I saw

Peter and Jeni and I felt pretty good. A bit after that I checked my time and thought that if I picked up my pace, I could maybe hit my BM qualifying time. I thought the next mile marker would be 24, so just two miles to go after that! When the next mile marker showed 23, it was mildly devastating. 3 more miles to run just seemed depressing. It also hit home that I had slowed down the second half and there was no way I was going to re-qualify. Somewhere in my head I had lost track. Oh well. Back to plan A; "take it in and don't worry about your time". I took the occasional walk break for 20-30 seconds here and there. Some over-enthusiastic crowd members screamed at the walkers "Come on! You can do it! Run!! Push!!! GO GO GO!!!! I sort of wanted to smack them.

The finish line came into view and I crossed; what a relief to be done. I got a water bottle, a "space" blanket wrap which the wind blew up around my head, got my timing chip removed and wandered through the equally dazed throng to get my bag. Navigating around a bunch of now walking, worn-out runners was as challenging as on the course. When I finally found an open subway station I was grateful to get out of the wind and head home. I slept and stayed in bed for ten hours!

The highlight of my trip was staying with Peter, laughing and sharing memories. I reached all of the goals I had set and tho I didn't re-qualify for Boston, I finished ahead of "Boston Billy" Rodgers by over twelve minutes, and he's only 6 years older than me!

### Letter from the Executive Director

I've been feeling a sense of renewal lately. Maybe it's because it finally feels like it's summer. We've come out of hibernation after the harsh winter. I see my neighbors for the first time in months and Missoulians are riding their bikes, walking (and even running!) with the sun shining on them and with smiles on their faces.

Perhaps I feel renewed because I just overcame a hip injury and can actually run more than three miles without feeling pain. It feels fantastic to be in shape again, able to keep up a conversation while running 7 or 8 miles. For the first time in months I feel light on my feet. I'm even thinking about signing up for my first race since the Newport, Oregon marathon last May.

I'm also feeling renewed because Run Wild Missoula has many new faces on its committees. We had so much interest in the call for volunteers for the secretary and treasurer positions that we decided to create positions for everyone. The result is several new committee members and two new subcommittees. Our new treasurer is Dara Rouse, who has tax accounting experience and became involved with RWM last summer when she volunteered for the Missoula Marathon. Darr Tucknott, a University of Montana employee, is RWM's secretary. Darr participated in the Missoula and Boston marathon training classes. Meg Lerch, a runner with Mountain West Track Club, has taken over Courtney Babcock's position as RWM program manager.

Members of the Member Services Subcommittee include Board member Courtney Babcock, Membership & Results Coordinator Sue Falsey, Meg Lerch and Darr Tucknott. The Marketing Subcommittee is made up of DJ Janczewski, a

graphic designer and a member of the Missoula Marathon race committee; Jen von Sehlen, who works at the University of Montana and has participated in the Missoula Marathon training class; and Tim Winger, RWM Board Secretary and manager of Southgate Mall.

The goal of the Member Services Subcommittee is to provide more and better programs for our members and to gain more members in our active community. The Marketing Subcommittee is working on a RWM brochure and other marketing materials. Both committees will help with the redesign of the new web site. It's exciting to hear fresh ideas around the table at our committee meetings. Watch for our new membership and promotional materials in the next couple months.

Happy Running / Walking,  
Eva Dunn-Froebig

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### 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 for more details.

### Newsletter Submissions Policy

*Running Wild* welcomes stories, race results, announcements, letters to the editor expressing strong, well-informed opinion, and whimsical musings on the running life from all Run Wild Missoula club members. Please submit entries in Word, Wordperfect, Excel, or text files. No PDF files, please: it makes the editor's job longer and more confusing. **Race entry forms published only when space allows.**



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Vo and Jen von Sehlen proudly wore their Missoula Marathon training shirts at the Couer d'Alene half marathon on May 9.



For more on Kim Williams Trail Mile Markers, see story inside

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



[www.runmt.com](http://www.runmt.com)