

# Running Wild

The official newsletter of Run Wild Missoula

July, 2009

"It's just blood." RWM member Jenny Newton's answer to a runner who asked if her bloody knee would require stitches after she took a tumble at the Pengelly Double Dip.



Logo for the First Annual Sweathouse Half Marathon. Design by Bryce Dana, a student at Hamilton High School.

## Run Wild Missoula Heads South for Sweathouse Half

Late last fall, Jennifer Straughan told me that the RWM board wanted to organize a dirt road half marathon in the Bitterroot. Would I check out some possible locations?

Of course I would, especially since I had for months been saying that RWM ought to have a race in the Bitterroot. Some of us live in the area, after all.

Donn Livoni, Nichole Unruh – who is directing the race – and I found a loop course that begins and ends in Victor. The majority of the route is on gravel roads. Turns out to be a bit difficult to find a sufficiently long stretch of dirt road that is also near a place you can stage a half marathon.

The half marathon course will tour back roads around Victor and include some long, gradual uphill sections in the first half of the race, followed by a mostly downhill second half.

Finisher medals, t-shirts with logos designed by Hamilton High School art students, age group awards, and drawings.

Don't feel like going 13.1 miles? No problem; we have a 9K as well, also a loop course, and with marvelous views of the Bitterroots (and a dairy, too).

Save the date: **Saturday, September 12, 2009**. Entry forms are available on the website in the club races section.

~ Vic Mortimer

## Newsletter Editor Resigns; Replacement Sought

As of October 31 – sooner, if someone is ready before then to take over the editing duties – I will be stepping down as newsletter editor, 1200 Mile Club coordinator, and RWM vice-president.

I quit once before, in the fall of 2005, when club officers never met, membership was under 100, and no one would agree to relieve Ethel MacDonald of even one of the many positions she held at the time.

Yep, I figured the club was going down, and I'd be the first rat off the ship. I am not proud of quitting, but that is exactly what I did.

It's different this time. To say the least. A board of directors, committees and sub-committees that actually meet, the excitement of the Missoula Marathon and other club races, and 500 members.

The marathon lured me back, as registration director. A few months later, when Jen Lutey's travel schedule did not provide enough time for her to handle the newsletter, I volunteered again. And when Jen Straughan asked me to track 1200 club miles, I said, "Sure, why not?"

And I've had a lot of fun. The thing is, I need to shed a few jobs. There is my paying day job to attend to, and – more important – running. When club commitments start cutting into my running time, something has to give.

The vice-president position is pretty much what you'd expect for any vice-president job: a nice title with very few actual responsibilities. The 1200 Mile Club coordinator needs to know how to enter numbers in a spreadsheet, something that even an English major can do.

The newsletter editor position takes a little more time. On average, I spend 3 – 5 hours each month laying out each edition and taking it to Denny's Copy stop. They do the printing, and then send it off to The Directory for mailing. No stamps or labels to worry about.

The position does require someone who is good with Word or Publisher (Denny's can print from either file) and the software for turning the newsletter into a PDF file for mailing (over 130 members receive the newsletter via email). I am not certain, but I imagine that Denny's can convert files to PDF format.

The editor does not need to write a lot, or even much of anything, although it can be one of the pleasures of editing *Running Wild* (or whatever the next editor decides to call the newsletter).

Best of all, you get a chance to correspond with some club members and the occasional out of town visitor, and bug everyone you know for submissions.

Interested? Email Eva at [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org). I can provide more details, too: [vic@runwildmissoula.org](mailto:vic@runwildmissoula.org).

I'll continue to direct registration for the Missoula Marathon, and I hope to see you all at the races, especially the series of three runs I have planned in the Bitterroot.

It has been a pleasure and an honor to serve as the newsletter editor; my hope is the next editor has as much fun as I have had.

~ Vic Mortimer

### Missing Newsletter Submission

A couple of weeks ago, someone mailed in a newsletter submission. Eva put it in a box at the Runner's Edge for me to pick up, but it's gone missing. If you are that person, please email me ([vic@runwildmissoula.org](mailto:vic@runwildmissoula.org)) or give me a call at 406-381-8382.

~ Vic Mortimer

### First Second Annual Sleeping Bear Shuffle and Huckleberry Friends Race Set for August 15, 2009.

Several months ago, Tim Brooker mentioned a *Runner's World* article about free or very inexpensive races. I read the piece and immediately thought, "RWM should do something like that."

By "like that," I mean a series of races that are free. The race organizer would have to plan a course, announce a date and location, and keep track of results. No shirts, race numbers, packets, aid stations, or anything like that. Just a bunch of runners who wanted to get together for a race.

It reminded me of when I was a kid in a Denver suburb playing neighborhood football. Every day after school, I downed a glass of milk and two chocolate chip cookies before joining my friends for a game.

Anywhere from six to ten of us showed up. We played on two adjoining front lawns – eight- and nine-year-olds don't need much space – chose teams, and played. We didn't need referees or any gear beyond a football and our play clothes.

If a dispute arose, we settled it. If the score got out of hand, we mixed up the teams and started again. We played until our parents called us home for dinner.

Runners don't seem to do this so much. Maybe we're conditioned to sign up for races and pay a fee for the race number, t-shirt, and aid stations. Or maybe we just like all the familiar trappings of even the smallest of local races.

But I think that there is a space for draw-a-line-in-the-dirt races. In fact, I tried a couple last year.

The First Annual Sleeping Bear Shuffle drew four runners – including me. We had a good time, even if Bridgett and Quinn Moriarity got a little turned around (I am willing to admit that I may have left out a key turn or two).

So, I tried again, a few months later, at the Second First Annual Sleeping Bear Shuffle. A dozen of us turned out for this one, and no one got turned around, if only because the lead runners had to wait a few times for me to catch up and tell them which trail to take. I resisted the impulse to send them on a longer route, but they thought I should flag the course. I thought they were unwilling to strike out on their own.

But I've come to see that, yes, a course should be flagged. And that the run should be a race, at least for those who feel like racing.

I'll put this to the test on August 15<sup>th</sup>, with a timed trail race up a Bitterroot canyon. There will be **prizes** (expect whimsical, goofy, perhaps a bit ridiculous), and, yes, the course will be marked.

In fact, it's always marked: there is just one trail, and the turnaround is at the Selway-Bitterroot Wilderness boundary (although, last time I checked, it was partially obscured by a downed tree).

And there will be **huckleberries**. Or at least huckleberry bushes. Along with an often-rocky trail, exposed tree roots, birdsong, creek chatter, and fine views.

I don't know how long the course is, but it takes me 45 – 50 minutes of easy running and walking to reach the turnaround point.

Not interested in racing, or looking for a shorter run, a leisurely hike, or simply a place to sit on a rock ledge and soak up the sound of water rushing down a canyon? Come on down. There is only one trail, and thus no way to get lost.

Directions: By **7:30 am**, meet at the west end of the Super 1 parking lot at the Stevensville cut-off on US 93. There are signs, a traffic light, a really big parking lot; anyone who gets lost could also get lost in his or her own home. Look for the pale gold Tacoma with the whit topper.

At 7:30 I'll lead you to the trailhead – no more than 30 minutes away. Normally I'd have people meet at the trailhead, but huckleberries are at stake; you'll have to earn these with a trail run. Yep, I'll do just about anything to drag Missoulians to the 'Root to go for a trail run with me – or have a chance to see some Bitterroot RWM members without having to drive to Missoula for a race.

And in late September, everyone will have a chance to participate in the Second Second Annual Sleeping Bear Shuffle at the Bass Creek Recreation Area. The inaugural series of three free Bitterroot races will conclude on Halloween with the Willoughby Wobble 10-mile on Sunset Bench west of Stevensville. Look for details in the coming months.

Questions? Email [vic@runwildmissoula.org](mailto:vic@runwildmissoula.org).

~ Vic Mortimer

### Missoula Marathon Takes Big, Green Strides This Year

The Missoula Marathon, since its inception, has tried to be conscious of the environmental impact it has on the communities through which its routes pass. For this year's

race, those efforts toward becoming a more environmentally friendly race were drastically increased.

Already the largest Marathon in Montana, the Missoula Marathon, even as it grows larger, will continue to reduce its carbon footprint and the environmental impact a race of such a magnitude can create.

We are working diligently to make improvements, and this year, we proudly introduce true, eco-friendly, high-end technical shirts for our finishers made of bamboo charcoal and/or recycled polyester. The bamboo was grown and the t-shirts were dyed and printed in the U.S.A.

The dye for the shirts and the ink for the print are environmentally friendly as well; they are water-based, non-toxic, lead-free, and contain no heavy metals.

The same applies to our official posters and fliers; those were printed on 100% or partially recycled post consumer waste paper, and printed with soy-based inks.

Also starting this year, we will separate garbage from recyclable materials at the Expo, the Half and Full Marathon Starting Lines, throughout the courses at every aid station, at the finish area, the food area after the finish, and at Caras Park, where the awards ceremonies and other post-race activities will take place.

A big thank you goes out to our post-race food provider, The Good Food Store, for providing cups, plates, bowls, and plastic and paper products made out of biodegradable, corn-based plastic and/or recycled paper.

Our race bags are also made out of partially recycled plastic and are re-usable.

The three leaders of the Half and Full Marathon will be accompanied by bicyclists, not motorized vehicles.

All of the port-a-potties will be free of formaldehyde and provide an eco-friendly hand sanitizer.

The Runner's Edge is starting a recycling program for your old running shoes. This program not only takes your shoes so that they don't end up in the landfills, but will also benefit great causes by either recycling the materials for various projects or by distributing the shoes to individuals in need of a running shoe.

We will not give out plastic bottles which cannot or should not be re-used. However, we will provide filtered and treated drinking water at the Expo, as well as before, during, and after the races. We encourage you to bring your own re-usable water bottles to the Expo to stay hydrated.

Our volunteers will be provided with "green" shirts, similar to the finisher shirts, and with re-usable drinking bottles – made out of recycled, PBA-free plastic.

There are things all of us can do to help make the Missoula Marathon an enjoyable and green race experience for yourself and those around you. Please dispose of any gel wrappers, bottles, or any other garbage at any of the many aid stations throughout to race. Keep in mind, volunteers will pick up your garbage, and it will become more than cumbersome if the volunteers have to collect those items farther than in their immediate areas of the aid stations. Also, we are privileged to be able to run through many neighborhoods, so let's not trash the front yards of those friendly people who will wave at and cheer for us and have their water sprinklers running for us.

~Vo von Sehlen, Director of Green Efforts, Missoula Marathon

## **Run Wild Missoula Holds Official Group Runs**

Are you training for a fall marathon or other upcoming race? Are you finding it hard to get – and stay – motivated? Join Run Wild Missoula for a group run every Thursday at 5:30 p.m. and Saturday at 8 a.m. led by Program Director Meg Lerch. Runners meet and stretch at Runner's Edge. For more information contact Meg at [meg@runwildmissoula.org](mailto:meg@runwildmissoula.org).

## **RWM Member Profile: Tommi Burton**

### **27 Years of Running and Still Going**

*(Tommi did not plan this as a member profile, but the people I've been bugging to complete the form – you know who you are – haven't come through yet. But Tommi's essay about trail running works nicely as both an essay and a member profile. – VM)*

For the last few months Vic Mortimer has been encouraging RWM members to write articles for the newsletter. With this open invitation I'm giving it a shot even though I am somewhat hesitant to write about myself.

I have been a runner for 27 years. It's hard to believe I have stayed with it this long and still enjoy it. Running for as long as I have, I've needed to do new and different things to keep my interest alive. After many years of running shorter races, I decided at the age of 40 to run my first marathon—the Tri Cities marathon in Pasco/Kennewick/Richland, Washington. I completed it and became hooked on distance. Five marathons later (including Boston) and countless miles of pavement pounding, I was feeling like I was stuck in a rut. Don't get me wrong! I still enjoyed the running but some of the excitement seemed to be gone, and I grew to really dislike hard surfaces.

Then I discovered trail running. It started with an easy, flat run one day down the Kim Williams trail heading east. I had run Kim Williams many times before but had never ventured off the main route. That was my comfort zone. That day for some reason, I noticed a single track trail that ran along the river and decided to be adventurous and take it. It followed the river, cut through the trees and eventually reconnected with the main trail. Heading back to town, I noticed another trail that turned left up the mountain. Again, I left my comfort zone and ran/walked up the trail. I finished that run feeling like I had discovered another part of the world. I couldn't wait to start exploring some more of the trails around Missoula.

Trail running has completely revitalized my interest in the sport. I started exploring places like Mount Sentinel, Blue Mountain, Pattee Canyon, Waterworks Hill, the Rattlesnake—always by myself because I don't run with others and don't have the kind of dog that can keep up with me (I have a weiner dog.). Since then I have discovered countless trails—some primitive, others more developed. Most are difficult terrain with a lot of up and down. I am not fast going uphill, but I love the feeling of being able to settle into a nice, steady pace and run nonstop for a very long time. Sometimes I meet people on the trail. Other times I am completely alone with only my thoughts to keep me company. Every day is a day of

discovery for me. I have seen deer, elk and bear in various places and once even a wolf by Superior. On top of this is the beautiful scenery I experience every time I am out. I have found new strength from trail running, both physical and mental.

I now consider myself a committed trail runner. I'm not an ultra runner. You won't see me doing those 50/100 mile races, but I have run some trail races in and out of state at distances of up to 30K and have thoroughly enjoyed it. I have also met a whole new group of people who are part of a different subculture of runners.

After all these years of running I am still essentially injury free (knock on wood) and like to think it is because of the varied running environments I have tried – from hard pavement to soft surfaces. Trail running may not be for everyone but for me it has opened up a whole new realm of possibilities and expanded my comfort zone way beyond what I ever thought it could be.

### Free Gifts

I was still catching my breath from our fifteen-mile run last Sunday when someone commented on the ear buds dangling around my neck. They're blue, with earpieces that are sort of elongated – not round like the ones Apple sends out with its iPods. I prefer them on account of they fall out less when I'm running.

"Where did you get them?" my fellow trainee wanted to know.

I thought for a minute, and then laughed at the irony: They were actually a gift of the Parliament cigarette company. I quit smoking back in October after ten years as a smoker and one long summer of fits and starts. [Full disclosure: I've actually fallen off the wagon a couple times since May, but these were momentary indiscretions and regrettable.] Parliament used to send me all kinds of crazy free gifts. Earbuds, cool cigarette cases, CD organizers. Once they sent these flashing blue electric LED lights shaped like ice cubes. I've never actually been to a party where I thought carrying a glowing blue beverage would up my cool factor, but they work really well for lighting a dark tent.

I always told myself that I'd quit smoking when it started affecting my ability to do the things I like to do. Which is pretty moronic, when you think about it, because how would I know? Not long after quitting, though, I found myself doing things with relative ease that used to be a lot tougher – things like biking all the way up Pattee Canyon and tasting my food. So training for the half-marathon seemed like the next logical step. Of course, it's since become much more for me than just another non-smoking challenge – it's the culmination of months of work, as well as something convivial, a kind of big aerobic street party celebrating a town that I love.

I do miss the periodic monthly surprises from my peeps at Parliament, though. Finding an unexpected, icy blue package in the mail every couple of months was always a nice surprise. To console myself, a short list of fun things I've acquired thanks to my marathon training:

- Sweet Run Wild Missoula shirt, upping the number of non-cotton articles of running-wear in my possession to two.

- Boxer briefs. As a lifelong boxers man, I'd never before shimmied myself into a pair of these bad boys until running-shorts season came around. It's like having an Ace bandage wrapped around your crotch.
- Blisters. I've always said that it's good to really toughen up your feet early in the summer – lay down that nice, thick layer of calluses. At this rate, I'm gearing up to walk across a bed of hot coals sometime this August.

Not a bad haul, all things considered, and I've still got a couple of weeks to go. Maybe next year, Run Wild Missoula will consider handing out ear buds.

~ Brian Kevin

(Editor's Note: Read more by Brian Kevin at <http://themissoulamarathon.blogspot.com/>)

## AT THE RACES

### Evano Mountain Challenge, May 30, 2009

#### 5K

Age Group	Sex	Place	Name	Age	Time
20-29	M	1	Chris Herrick	13	20:33
50-59	F	2	Chris Everett	58	27:12

#### 10K

Age Group	Sex	Place	Name	Age	Time
30-39	f	1	Rye Palen	34	39:14
30-39	f	2	Jennifer Sauer	31	45:40
30-39	f	4	Bridgett Moriarty	39	50:51
30-39	f	5	Kelsi Camp	33	53:13
30-39	f	7	Dana Fitz Gale	38	57:40
30-39	m	2	Keifer Hahn	36	33:30
30-39	m	7	Josh Kendrick	36	46:16
40-49	f	1	Pam Schiemer	42	46:26
40-49	m	2	Tom Halverson	48	45:49
50-59	f	1	Tommi Burton	56	54:04
50-59	f	2	Sally Russell	56	58:42

### Pengelly Double Dip, June 13, 2009

#### Single Dip

Rye Palen	30-39	F	2	1	0:45:08
Chris Everett	10-19	M	3	1	0:47:46
Jen von Sehlen	30-39	F	15	2	0:59:19
Ann Wolf	40-49	F	40	3	1:22:32

#### Double Dip

Jenny Newton	30-39	F	11	2	2:05:11
Mark Kindred	40-49	M	17	1	2:09:51
Aaron Baldwin	30-39	M	18	6	2:10:16
Joe Fischer	40-49	M	21	2	2:11:01
Dale Reese	30-39	M	23	10	2:11:21
Joel Carlson	30-39	M	29	12	2:14:36
Tom Halverson	40-49	M	39	8	2:24:45
Jennifer Burke	30-39	F	44	4	2:28:48
Martin Horejsi	40-49	M	46	9	2:29:52
Matt Nelson	20-29	M	49	13	2:31:10
Chad Yurko	40-49	M	53	11	2:33:23

Jennifer Sauer	30-39	F	64	5	2:42:46
Paul Leusch	40-49	M	69	13	2:51:31
Tammy Mocabee	40-49	F	71	4	2:53:54
Marilyn Marler	30-39	F	72	7	2:54:00
Danelle Gjetmundsen	40-49	F	79	5	3:11:37
Caryn Youngholm	40-49	F	80	6	3:12:05
Katie Spaid	30-39	F	88	9	3:40:31
Heather Smith	20-29	F	92	11	4:06:01



Rye Palen nears the finish line of the Pengelly Single Dip. She finished first among women and second overall.

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

#### Letter from the Executive Director

The Missoula Marathon is just days away. It felt like it was so far in the future when I was hired by Run Wild Missoula four months ago. I met many of you then at the first running and walking training classes. Some of you could barely run three miles and now many of you have completed 20 or 22 mile training runs. What an accomplishment! You have already succeeded in doing something you never thought possible. Race day will truly be an amazing event.

I have watched Marathon Race Director Jennifer Straughan and a committee of volunteers put an impressive amount of time and effort into making the Missoula Marathon better than ever. I'm impressed at the dedication this committee has to make the event successful for runners and walkers as well as our community.

I will be at Caras Park for the Marathon Expo and on race day to promote RWM. I hope you will stop by and say hello and take a look at our new marketing materials. Our Marketing and Member Services committees have worked hard during the past month to produce a large vinyl banner featuring three of our dedicated members—Danelle Gjetmundsen, Mark Kindred and Tammy Mocabee—in action. They are the new faces of Run Wild Missoula and represent our club's varied demographic of runners and walkers. Thank you, Danelle, Mark and Tammy, for putting your trust in us and taking the time to be photographed for this project.

At the Expo, I'll also hand out our new membership brochures, temporary tattoos and stickers featuring a new, cleaner logo. I hope to see our stickers pasted on water bottles and temporary tattoos plastered on racers' faces and arms on race day.

The Marketing Committee also came up with a new slogan— "Lace 'em up!"—to reflect the fun, active nature of RWM. We hope it and our new membership brochure featuring testimonials from RWM members will encourage more people in the community to Lace 'Em Up and Join Today!

If you didn't train for the half or full marathon, register for the Hellgate Village 5K. The race is on Saturday, July 11 at 5 p.m. at Caras Park when the Expo comes to an end. The Hellgate Village 5K, organized in memory of Anne Hayes and to raise funds for the Missoula Alzheimer's Support Group, is a way to include everyone in the Missoula Marathon festivities. Happy Running/Walking,

~ Eva Dunn-Froebig

#### On the Run

I have been a runner for about 25 years, starting in my mid-20's, seeing running as a good way to stay in shape for skiing. My exercise addiction has grown with each passing River Bank Run, each finisher's medal and t-shirt. After about 15 years of nightmarish chaffing, I worked myself into some halfway middling shape, and developed a serious marathon obsession along the way. I actually thought I was close to a breakthrough. I was running 3-oh somethings, and was chomping at the bit to break the 3 hour barrier. Instead, I broke into the world of Unhealthy Runners. In a testament to my arrested development and immaturity, I developed Juvenile Onset Diabetes at age 37. Type I. The kind with needles, vials of insulin and blood monitoring gadgets you see on TV these days.

At first I thought it was the end of the road. I wailed and moaned. How can a sick person do what I wanted to do? I pictured myself as a frail, depressed guy cooped up in a dark room with rusty needles lying around. But then I got to thinking about what diabetes entailed, and it somehow sounded like the perfect disease for me. I mean, I was already watching my diet, I knew the importance of keeping track of carbohydrate intake, and I was sort of obsessive about all of my bodily functions, all byproducts of trying to be a better runner. How much of a difference was being a diabetic going to make?

I didn't stop running one day because of diabetes. I learned to adapt. I had to watch out for low blood sugar while

running, as this phenomenon would wipe me out like being wasted drunk, and could kill me. But that is easily remedied just by carrying one of those little GU flasks filled with some sort of sugary stuff. I was slower, for sure, but it was better than never running again. Much better. I would show up for races and it seemed no one even noticed the difference, or they were polite enough not to let on (which is a tribute to how kind runners tend to be). I just had to recalibrate my PR's (personal records) for AD, After Diabetes. It was like being in a new age group.

After about 10 years of dealing with this, I thought I was doing pretty damn good. I was staying fit and keeping my disease under control. But then, a year and half ago, I had a heart attack. I had just registered for the Boston Marathon, and was psyched to get training. . . and felt a suffocating pain in my chest. It turns out that heart disease is the most common way people with diabetes die, even if their cholesterol levels are good, as mine are. I guess I would have died, except my exercise fetish saved my ass. Being a runner, I had developed collateral arteries in my heart that compensated for my blocked artery. It was a natural bypass.

Part of my heart died. I didn't know if I could continue to run. The doctor said I'd better take it easy for a while. So I did. I ran slowly. But I kept running. In fact I ran more. I figured if I had to go easy, I would go long. And even though I was slow as a turtle, I ran Boston anyway. No one was going to keep me from running that awesome race one more time.

I still feel pain in my heart, but just when I'm warming up, and now I can run hard and long. I have to train my butt off to qualify for Boston, but I have done it, defective product or not.

I think these ordeals have actually been more of a positive than negative. I have been forced to come to terms with the fragility of life; no matter how healthy and fit one is, the body can be transformed in a heartbeat. I have also become more aware of other people's problems, especially runners with problems. It's almost rare to find someone who doesn't have some physical or mental ailment. To see all these fighters, with their huge obstacles, standing at the starting line adds a heroic dimension to the drama.

I am so thankful to have a heart and body that will get me down the trail. Even if I'm lucky, there will be untold other issues to deal with down the road. Running is a blessing and it saved my life. I know that through my experiences as a runner, and from the company of others I have had over the miles, that attitude can change the whole journey. I remember one Portland Marathon, at about mile 16, the group I was running with was starting to worry about the hill up ahead, and how crappy they were going to feel at mile 22, and if they would still have energy for a finishing surge, and this woman said "I'm not worried. I say bring it on!"

Of course that may sound cocky, tempting Fate, and it's easy to say, harder to do. We don't seem to have much control over what happens to us, but we do have some power over our how we look at it. With the right attitude, there is less to worry about. The hills up ahead, the Wall, whatever, I say bring it on.

~ Tom Halverson

#### **RWM Board of Directors:**

Jean Zosel, President  
Tim Winger, *Secretary*  
Mark Burke, *Treasurer*  
Courtney Babcock  
Anders Brooker  
Stuart J. Kaplan  
Loie Turner

#### **RWM Staff:**

Eva Dunn-Froebig, Executive Director- [eva@runwildmissoula.org](mailto:eva@runwildmissoula.org)  
Jennifer Straughan, Missoula Marathon Race Director-  
[jen@runwildmissoula.org](mailto:jen@runwildmissoula.org)

#### **RWM Club Officers**

##### **Vice President, Newsletter Editor & 1200 Mile Club Coordinator:**

Vic Mortimer- [vic@runwildmissoula.org](mailto:vic@runwildmissoula.org)

##### **Treasurer:**

Dara Rouse- [dara@runwildmissoula.org](mailto:dara@runwildmissoula.org)

##### **Secretary:**

Darr Tucknott- [darr@runwildmissoula.org](mailto:darr@runwildmissoula.org)

##### **Membership & Race Results:**

Sue Falsey- [sue@runwildmissoula.org](mailto:sue@runwildmissoula.org)

##### **Program Manager:**

Meg Lerch- [meg@runwildmissoula.org](mailto:meg@runwildmissoula.org)

##### **Equipment Manager:**

Tommi Burton- [tommi@runwildmissoula.org](mailto:tommi@runwildmissoula.org)

##### **Coach & Coordinator, Training Classes:**

Anders Brooker- [runners\\_edge@hotmail.com](mailto:runners_edge@hotmail.com)

##### **Coach & Coordinator, Tuesday Track:**

Courtney Babcock- [courtney@runwildmissoula.org](mailto:courtney@runwildmissoula.org)

##### **Run Wild Yogi:**

Missy Adams- [missyadams410@yahoo.com](mailto:missyadams410@yahoo.com)

#### **Member Services Subcommittee:**

Courtney Babcock  
Anders Brooker  
Sue Falsey  
Meg Lerch  
Darr Tucknott

#### **Marketing Subcommittee:**

Dariusz Janczewski  
Jen von Sehlen  
Tim Winger

#### **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** (or when the editor wants to promote a race close to his Stevensville home).

**1st, 2nd, 3rd  
Age Group Awards!**



# Sweathouse Half Marathon and 5-Mile Run/Walk

## September 12, 2009

**Half-Marathon starts at 8:00 a.m., the 5-Mile at 8:15 a.m.**

Both courses begin and end in Victor and follow mostly dirt back roads on loop courses. Overall and age-group prizes, finisher medals for half marathon participants, and drawing prizes with a local flavor.

PLEASE REGISTER AHEAD OF TIME TO ENSURE YOU RECEIVE A SHIRT. ONLY THOSE REGISTERED BY AUGUST 28 ARE GUARANTEED A SHIRT ON RACE DAY. RACE DAY REGISTRATION AND PACKET PICKUP BEGIN AT 7:00 A.M.

NAME: \_\_\_\_\_  
 ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_  
 ZIP: \_\_\_\_\_ EMAIL ADDRESS: \_\_\_\_\_  
 DATE OF BIRTH: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ AGE ON RACE DAY: \_\_\_\_\_ SEX:  M  F  
 TELEPHONE: \_\_\_\_\_

REGISTERING FOR:  HALF-MARATHON  5-MILE

**SHIRT SIZE**

ADULT SHIRT SIZE (Circle One): S M L XL KIDS SHIRT SIZE (Circle One): S M L

**ENTRY FEES:**

5-MILE:  \$20 RWM Members Take 10% Off Fee!  
 HALF-MARATHON:  \$35 (\$18.00/5-Mile and \$31.50/Half-Marathon)



Make checks payable to: Run Wild Missoula, P.O. Box 1573, Missoula, MT 59807  
 For more information contact Nichole Unruh (406) 369-0438

**Waiver and Release Statement:** In consideration of accepting this entry, I RELEASE, for myself and my heirs, executors, administrators, legal representatives, assigns and successors in interest, and for my child (if parent or guardian signing on behalf of a participant under the age of 18, referred to as "my child") – Run Wild Missoula and all other promoters, sponsors, organizers and volunteers of this event, and the officers, directors, shareholders and/or members, agents and employees of each, as well as all medical, law enforcement and other personnel assisting with this event, the owners of property through which the event course traverses, and their representatives, successors and assigns (collectively "Released Parties") from any and all rights, claims or liability for damage for any and all injuries to me, my child or my property arising out of or in connection with my participation in this event, including acts of God. I further agree that I WILL DEFEND, INDEMNIFY AND HOLD HARMLESS the Released Parties against all claims, demands and causes of action, including court costs and reasonable attorneys' fees, directly or indirectly arising from any action or other proceeding brought by or prosecuted contrary to this agreement for the benefit of me or my child. This agreement extends to all claims of every kind and nature whatsoever, whether known or unknown. I fully ASSUME THE RISKS ASSOCIATED WITH MY AND/OR MY CHILD'S PARTICIPATION IN THIS EVENT, including but not limited to: the dangers of falls and collisions with pedestrians, vehicles and fixed or moving objects, the dangers of road and trail conditions, surface hazards, weather conditions, and inadequate clothing; encounters with wild or domesticated animals; the possibility of serious physical and/or mental trauma or injury or death associated with an athletic trail run; and dangers caused by others' negligence. I certify that I am and/or my child is physically and mentally fit to participate in this event. I understand that entry fees are necessary to meet the cost of preparation, months in advance of the run, and that if the run is canceled because of weather conditions, fire, drought, acts of God, or other circumstances beyond the control of run management, the entry fee will not be refunded.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_  
 Printed Name of Participant: \_\_\_\_\_  
**If Participant is Younger Than 18 Years**  
 Signature of Parent/Guardian: \_\_\_\_\_  
 Printer Name of Parent/Guardian: \_\_\_\_\_

OFFICE USE ONLY: Check # \_\_\_\_\_ Race # \_\_\_\_\_ Other \_\_\_\_\_ Amount \$ \_\_\_\_\_



**Thank you to the artists who created our logos!**

Bryce Dana (top), Chrissy Dowdy (left), and Cody Noffsinger (right)





NON PROFIT ORG  
US POSTAGE PD  
MISSOULA MT  
PERMIT # 569

P.O. BOX 1573  
MISSOULA, MT 59806  
[www.runwildmissoula.org](http://www.runwildmissoula.org)

*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)