



Running Wild

The official newsletter of Run Wild Missoula
September, 2012

~ I run because I can ~

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Run Wild Missoula Events – September and October

Vote for the Most Inspiring Run Wild Missoula Member

Run Wild Missoula is holding a contest for the Most Inspiring Run Wild Missoula Member. The entries are open for voting through September 6 and the winner(s) will be announced at the Run Wild Missoula Annual Meeting of Members on Monday, September 10.

Sweathouse Half Marathon, Saturday, September 08, 2012, 9 a.m. in downtown Victor, Montana.

The Sweathouse Half Marathon course follows a loop dirt and blacktop back road course. Overall and age-group prizes, finisher medals, shirts and drawing prizes with a local flavor. Come see a beautiful part of Montana. Runners and walkers are welcome. Download registration form. [Register online- no extra fees!](#) Questions or want to volunteer? Email Race Director Nichole Corona.

Run Wild Missoula Annual Meeting Of Members, Monday, September 10, Run at 5:30 p.m., Meeting at 6:30 p.m., 5501 Rattlesnake Dr.-- FREE for Run Wild Missoula members

As a 501c3 nonprofit organization, Run Wild Missoula is required to have an annual meeting of its membership. We don't mind as we're always looking for an excuse to get together, run and socialize! Start your evening with a run starting at member JB Yonce's house, 5501 Rattlesnake Drive at 5:30 p.m., led by Executive Director Eva Dunn-Froebig. We'll then treat you to dinner before we begin our Annual Meeting of Members around 7 p.m. This is your chance to find out more about what your running club has been up to this year and what is in the works. The Run Wild Missoula Board of Directors will give a report, acknowledge exceptional volunteers and ask for your input. As always, there will be time to socialize with running and walking friends.

Don't miss the event of the year with a FREE group run, FREE dinner and a chance to find out directly from the Run Wild Missoula Board of Directors what the club has been up to and plans for the future. Thanks to JB Yonce for offering a beautiful setting for the meeting.

What to Bring & What to Expect

Please come ready to run at 5:30 p.m. if you plan to participate in the approximately 4-mile group run. Please arrive at 6:30 p.m. if you plan to attend the dinner and meeting only. The meeting will be outdoors so please dress appropriately depending on the weather and bring another layer for the cooler evening temperatures. Please bring a chair and a beverage for yourself. We will provide the food, plates and utensils-- and the fun!

Getting There & Parking

If possible, please carpool, run, bike to the Annual Meeting. See web site for directions to the meeting from downtown Missoula.

Registration

This event is FREE to Run Wild Missoula members. Please register for this event so we know how many people to expect and how much food to order. You must login with your username and password to register. Please click "forgot password" in the upper right hand corner of the web site if you do not know your username and password. Once you are logged in visit the Annual Meeting page (under "classes" and listed on the events section of the homepage) on our web site and click "register."

Contact **Eva Dunn-Froebig** with questions or if you have problems registering.

Run Wild Missoula's Tuesday Track

A coached track workout for runners of all levels. Whether you run a 5 minute mile or a 12 mile minute, you will find someone to run with! Courtney Babcock will coach speed workouts every Tuesday meeting at Dornblaser Track beginning at 6:00pm. Cost: Free to Run Wild Missoula and Team Stampede members. This event sponsored by Axis Physical Therapy. Questions? Email Coach [Courtney Babcock](mailto:Courtney.Babcock@runwildmissoula.org)

Diva Day All Women's 5K Registration Event, Thursday, September 13, 4 - 7 p.m., Clocktower at Southgate Mall

Come to the Diva Day All Women's 5K kickoff party and registration event at Southgate Mall. You can: consult with Skin Chic, listen to Mountain FM 102.5, snack and learn about the Women's Club, enter a special drawing for great local products, and get \$1 off of the registration fees to the All Women's 5K. Snacks/drinks from Oil and Vinegar and other specialty items. Great music from Mountain FM 102.5, Oula dance and other activities from the Women's Club, free quick makeovers from Skin Chic, and drawings for great prizes from Skin Chic, the Women's Club, Run Wild Missoula, and Mountain FM 102.5. See you there!

Core Strength Training for Runners

Download registration form at RWM. Questions? Email Instructor Alison Laundrie .

Thursdays, 6 - 6:45 p.m., September 13- December 13, (no class Thanksgiving Day), Move Missoula, 1900 W. Broadway, C. Cost: \$79 for RWM members/\$88 for non-members. **Mondays, 5:15 - 6 p.m.**, September 17- December 10, Missoula, 1900 W. Broadway, C. Cost: \$79 for RWM members/\$88 for non-members. **Wednesdays, 12:15-1 p.m.**, September 19- December 12, Runners Edge, 325 N. Higgins Ave. Cost: \$79 for RWM members/\$88 for non-members.

Yoga for Runners

Download registration form at RWM.. Questions? Email Instructor Missy Adams. **Thursdays, 6 - 7 p.m.**, September 13- December 13, (no class Thanksgiving Day), Runners Edge, 325 N. Higgins Ave. Cost: \$85 for RWM members/\$95 for non-members.

Tuesdays, 12:15-1 p.m., September 18 - December 11, Runners Edge, 325 N. Higgins Ave. Cost: \$79 for RWM members/\$88 for non-members.

BACK OF THE PACK Social Run/Walk, Friday September 14, 6:00 pm

Connie Chestnutt's home at 13618 Bisson Place. (Take Mullan Road 9 miles west from North Reserve; Bisson Place goes to the right off of Mullan Rd.)

We will run and/or walk 2-4 miles, then socialize over potluck snacks and drinks (bring something simple to share). If some of us bring our own lawn chairs, we will be sure to have enough for everyone.*

Thanks, Connie for the hospitality!

~Pam Gardiner

Run@Work Day, Friday, September 21, noon, various locations (see below)-- FREE

Run@Work Day is a national event which encourages the public to incorporate at least 30 minutes of running or walking into their daily lives. Participate in Run@Work Day by joining one of the following group runs:

- Front lawn of County Courthouse, Run Leader: Bridget Voorhees, bridgetv@itstartswithme.com
- Front entrance to Federal Building, 340 N. Pattee St., Run Leader: Nancy Rusho, nrusho@yahoo.com
- Ecology Project International, 315 South 4th St. East, Run Leader: Erin Nuzzo, erin@ecologyproject.org
- St. Patrick Hospital, In front of the Wellness Center in the lobby of the Broadway Building, Run Leader: Keith Blackwell, blackwell@saintpatrick.org
- Rocky Mountain Elk Foundation, front entrance of Visitor's Center, Run/Walk Leader: Deirdre Howell, dhowell@RMEF.org
- Community Medical Center, soccer fields by Outpatient Therapy, Run/Walk Leader: Sunni Corr, scorr@communitymed.org

Run Wild Missoula wants to make Run@Work Day on Friday, September 21 at noon, even bigger and better this year. If you are interested in leading a run from your workplace please contact Eva Dunn-Froebig at eva@runwildmissoula.org or 544-3150 and we will give you some tips about leading a group run and will include your event on Run Wild Missoula's web site.

Beer Run, Wednesday, Sept. 26, 2012, 6:00pm, Press Box

**Saturday Breakfast
Club Runs/Walks
Saturdays at 8 a.m. at
the Runner's Edge**

Questions? Contact Coach [Meg Lerch](#).

Cost: Free to Run Wild Missoula members

Need a little inspiration to get out of bed on the weekend? Love to run but enjoy it a little more with others? Come join us on our Saturday morning runs at the Runner's Edge at 8 a.m. These runs are geared towards everyone, from the beginner to the advanced runners. Plus, there's free breakfast after the runs. We hope to see you there.

Missoula All Women's 5K, Saturday, October 6, 2012, 9:30 a.m. on Diva Day on the Community Medical Center Campus

Registration is open, be one of the first to register online (no extra fees) and be eligible for special drawings (socks, shirts, and more). Register online (no extra fees to you!) For a paper form to download and mail in (no special drawings or incentives) see RWM website.

For even more fun and to get more information on the event register at Southgate Mall, Sept 13, from 4 to 7 pm. Kick off your working attitude and step into the courtyard area to .. Check out the upcoming All Women's 5K Run, with course/event info, photos and costume suggestions from prior years, Register for the All Women's 5K Run, with a special discount for this kickoff, Snacks/drinks from Oil and Vinegar, and other specialty items. Great music from Mountain FM 102.5, Oula dance and other activities from The Women's Club, Free quick makeovers from Skin Chic, Drawings for great prizes from Skin Chic, The Women's Club, Run Wild Missoula, and Mountain FM 102.5

Women - of all ages, generations, fitness levels, running enthusiasts, walkers, wheelers, strollers -can all benefit from the coming together to encourage each other, celebrate and enjoy a grand day for themselves. The grandmothers can inspire their granddaughters, the young ones can hop, skip and jump their way to a finish, mothers and daughters can cheer and run side by side for support. Memories are made in company of friends, colleagues, family and our 'competitors. This is the day for all of the women to be Divas, for fitness, for health, for the pure enjoyment of being out and on the move. Our gracious host is again Community Medical Center, and with their spirit and energy, the party will be better than ever.

Women: Come and celebrate your strength, your future and your past with your friends, daughters, mothers, grandmothers, nieces, all welcome! Race packets can be picked up October 5 at Community Medical Center, side entrance (follow signs), from 1 - 7 pm or on race day between 8 - 9 am.

Day of race come early and carpool if possible. Park in Community Medical Center Campus lots and follow signs to race site. Race starts and ends at Community Medical Center Campus. From Reserve Street or Fort Missoula Road, follow signs to Community Medical Center and race signs to the parking area. Course goes into and around Fort Missoula's internal roads and the Fort Missoula Park paths. A link to the map will be posted on our web site after course is final. Diva costumes are encouraged. Leave your heels at home. This is your day to play! Teams and an overall diva will be chosen on costume/styling!

Community Medical Center Ava Nicole Breast Health Fund: You have an option to donate to the Ava Nicole Fund through the Community Medical Center Foundation when you register for the Diva Day run. The Ava Nicole fund was established in 2008 to help support the needs of breast health patients during their diagnosis and treatment. For anything from medication, wigs and camisoles, to gas money, and beyond; it is our commitment to help patients fight this disease with grace and dignity. For more information you may contact the Community Medical Center Foundation at 406-327-4141. Thank you for your generosity; you make a difference!

Age Groups: 5-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+

Event Schedule

9-noon.....Health, fun, dance and fitness activities and info all morning. Kids projects, activities.

9:30 am.....5 K (3.1 mile) start (must have race number).

10:00 amGeneral health and fitness activities and info booths.

10:45 am.....Awards, mixed with Runner's Edge Diva Fitness Fashion Show and random drawings.,

11:00 amKids 1 K Family Run/Walk, free, must register on-site and sign waiver.

Awards are given to the overall, masters and top 3 runners from each 5K age group on race day. Overall winners do not qualify for age group awards. Team award to best Diva theme team, to be judged by a secret judge who will be interviewing teams during the day.

Official results will be available at RunWildMissoula.org within 24 hours (via Bozeman Running Company).

All females are encouraged to participate in the 5K Run. Because of potential safety-related problems, all strollers and assisted wheelchairs, regardless of athletic ability, must line up at the



back of the starting field. Helmets for children in strollers are strongly encouraged. Dogs are not permitted by our insurance and can be a real hazard to other runners on the course.

Questions or want to volunteer? Email Race Directors Sue Falsey or Loie Turner.

Trail Running with Mike Foote & Mike Wolfe, Monday, October 8, 7 p.m., The Loft-FREE

Come hear from ultra-talented ultra-marathon runners Mike Foote and Mike Wolfe. This is a unique opportunity to hear racing stories and trail running tips in an intimate setting from Foote and Wolfe, who both call their home Montana and train on the trails surrounding Missoula.

Wolfe's accomplishments include setting a course record of 18:43 in the Bighorn 100, 2nd place in the Ultra Trail du Mont Blanc in 2010; 1st place in the Way Too Cool 50k, 2nd place in the Miwok 100k, and 2nd place in the Western States 100k in 2011. Foote has placed 11th in the 2011 and 3rd in the 2012 Ultra Trail du Mont Blanc, 1st in The Bear 100k and 2nd in the Hard Rock 100k and setting a new course record of 18:36 in the 2012 Bighorn 100.

Pumpkin Run, Saturday, October 13, 2012, 400 meter kids run 9:45 and 5K at 10:09am, Osprey Stadium

Registration & Start at Osprey Baseball Stadium; West end of Cregg Lane. 400 meter kids race at 9:45 a.m. and 5K at 10:09 a.m. Questions or want to volunteer? Email Race Director Ben Schmidt. Register online- no extra fees!

Download registration form. Run Wild Missoula's Pumpkin Run is a benefit for the Missoula Food Bank.

400 Meter Kids Event: For ages 12 and under. Very exciting and all on the trail!

5K Run: A short and sweet half 10K! Run is by river on Kim Williams Trail, paved and gravel trails.

5K Age Divisions: 13 and under, 14-15, 16-18, 19 -34, 35-44, 45-54, 55 and up.

Proceeds benefit the Missoula Food Bank. For more information, contact Ben Schmidt at 406-542-1257. Registration on race day starts at 8:45 a.m.

Beer Run, Wednesday, October 24, 2012, Draught Works

Bus to Montana Cup, October 27, 2012

Ride the Bus to the **Montana Cup!** Let's show Montana what Missoula's got! This is a cross-country meet and a team event. Visit the **Montana Cup web site** for more information and to register and get your team jersey.

The bus is **FREE** and will leave very early on Saturday, October 27 to drive to Kalispell and will return to Missoula in the evening after the race. Run Wild Missoula will provide refreshments on the way to Kalispell and stop for dinner (on your own) on the way home.

Please email **Andy Tucknott** by October 3 to reserve your seat on the bus. Andy will fill seats on the bus after that, but will make no guarantees that seats are available after October 3.

Other Events

Middle School Runners – Join the Missoula Middle School Cross Country Team

Enjoy group running twice weekly beginning August 28. Compete in up to 8 races. Hike the "M" and go to Dairy Queen. No cost to join! Contact Gary or Daryl Little 370-8412 or glittle@montana.com <https://sites.google.com/site/mssoulamsxc/>

Chokecherry 10K, 5K run, 5K walk & 1 mile fun run, Sept. 8, 9 a.m., Lewistown, MT

More info: 406-366-3876 or devney.welsh@gmail.com

Bike/Ped Counts Volunteers Needed, Tuesday, Sept. 11 and Saturday, Sept. 15

Twice each year the Missoula Metropolitan Planning Organization (MPO) counts the bicyclists and pedestrians on the roads, paths, trails and sidewalks throughout town. This is a 100% Volunteer effort and the MPO is in need of volunteers. The Fall count dates will be Tuesday, September 11 from 4:00 pm to 6:00 pm and Saturday, September 15 from noon to 2:00 pm. All it

Winners of the Roots Run – Photos
courtesy of Neil Chaput de Saintonge



Jimmy Grant



Kara DeWalt

takes is 2 hours of your time, a willingness to wear a snazzy orange safety vest, and the ability to count.

Bike and pedestrian traffic data tells us which bike and pedestrian facilities are being used and how heavily so that we can plan for expanding and improving our non-motorized system. If you would like more information about the non-motorized traffic count program or are interested in volunteering, please contact Mirtha Becerra at 406.258.4989 Transportation Planner, Transportation Information Specialist, Missoula Office of Planning and Grants , mbecerra@co.missoula.mt.us (406)258-4989, <http://www.co.missoula.mt.us/transportation/>

**Dirty Dash, Sept. 15, Missoula Equestrian Park, 35000 North Ave.
www.thedirtydash.com**

Mud run and piglet plunge. \$50.00 registration deadline Sept. 11, 2012. Register for the Dirty Dash using the promo code CASAMISSOULA and the Dirty Dash will donate 35% of the registration fee to CASA of Missoula. For more information contact Kirsten Vorreyer, Volunteer Coordinator, CASA of Missoula at 241-9899 or 542-1208 or by email.

**Two Bear Marathon and Half Marathon, Sunday Sept. 16, 2012,
Whitefish**

8th Annual Hammer Nutrition Two Bear Marathon & Half Marathon. For more information and to register visit: www.twobearmarathon.org or phone 406-862-2444 ext. 123.

Montana Marathon & Half Marathon, Sun., Sept. 16, 2012, Billings.

Formally Montana Governor's Cup Marathon. Register at www.montanamarathon.org

Canine Classic Trail Run, Sept. 23, Paws Up.

The Humane Society of Western Montana is hosting a trail run - The Canine Classic at Paws Up - on September 23rd at The Resort at Paws Up. 100% of the proceeds benefit the shelter. Everyone can register online at www.firstgiving.com/hswm

**I Run For Bob, Sunday, Sept. 23, 2012, 1:00pm, King Ranch Golf
Course, Frenchtown, Montana**

5K race, silent auction and BBQ. Held in honor of the continued legacy of our friend Bob Heinle. www.irunforbob.com Race begins at 1:00pm with silent auction and BBQ to follow. All proceeds benefit the I Run For Bob Foundation which provides quality of life and recreation equipment for kids and adults with disabilities. Entry fee includes race shirt, bbq, music and beverages. 5K race \$30 (before 9/10) and \$40 (after 9/10); 5K Race Family \$90 (before 9/10) and \$100 (after 9/10). Mail registration form to I Run For Bob, P.O. Box 628, Frenchtown, MT 59834.

Missoula HeartRUN 5K, Sept. 29, 9:15 a.m., University of Montana.

Register online or on race day at the University of Montana Oval. \$20.00 Race fee – great prizes and FREE lunch! 8:00am-9:00am – Heart Run Registration. 9:15am – Heart Run start time. Proceeds benefit the American Heart Association. Register at www.missoulaheartwalk.org or call Trisha at 531-0933.

**Lolo Booster Club 3rd Annual Lolo 5K and 1-Mile Fun Run, Sept. 29,
9 a.m., Lolo Shopping Center Parking Lot.**

www.lolo.k12.mt.us

Diva Day Prizes –



Tiara



Scarf



Charm

Race/Event Reports

Diva Day – Online Registration is open, come on in

Run Wild Women, get your inner Diva ready! On-line registration is open for the Missoula All Women's 5K Run on Diva Day, Oct 6, 2012. No extra fee to register online, so get started and committed to running the most exciting and fun run of the year. There are a limited number of items for early registrants, first come first selected until they run out. . Diva socks, Run Wild socks and last year's great Diva shirts (XXL) are running low, but we'll have other incentives (special drawings) for the 1st 100, 2nd 100, etc. Brochures are being mailed out the week of Sept 5th, so get your information from the brochure or runwildmissoula.org, but best to register on-line.

Want more encouragement to run fast? The "gold, silver, and copper" Diva 5K charm necklaces go to the 1st 3 finishers in each of our 17 age groups, and also top 3 overall, and top master. Tiara on a pillow for the best Diva Diva. Best team (best theme) will have 5 bronze charms reserved for them. All our charms designed and made by Amy Lewis, a local runner and talented crafts-woman.

The party is on. Hosted by Community Medical Center. Facepainters, photo booth, Oula from the Women's Club, Fashions by Runner's Edge, Skin Chic's experts, massage and consults by Alpine Physical Therapy, and more.

What? no shirt???? All registered runners will receive our sweet Diva Day scarf, long and elegant, ring-spun cotton with or logo on it. Here it's shown by Jennifer at Skin Chic. They are being printed at Exact Image as this goes to press, so get going...and get on it ...and get registered.

~ Sue Falsey

Fall Beer Runs

Summer is drawing to a close and we had some nice weather and even nicer Beer Runs, but now it is time to start thinking about our fall and winter adventures. As you probably read earlier in this newsletter on September 26th we will meet at the Press Box, yeah we haven't been there yet, which I found surprising. As usual show up a bit before 6:00 and we will take a quick run before meeting back at the Press Box for a bit of rehydration and conversation.

I also have a plan or most of a plan for the rest of 2012, October will bring us back to the Draught Works and we will do the usual Halloween tour of the cemeteries out on the North Side of Missoula. Because Halloween is on the last Wednesday of the month, we have decided to avoid all the trick or treaters and have the Beer Run a week early so mark October 24th on your calendar.

November means Thanksgiving-Thanksgiving means turkey, turkey is a bird, so is chicken, so we are headed back to Double Front Chicken for the third annual Beer Run Thanksgiving Feast on November 28th. December we will meet on Boxing Day, (Dec. 26th) for our annual tour of the Christmas Lights. We will be back in the same area as the past couple years, unless we find an area with even better light shows. I haven't selected a host purveyor of fine food and drink yet, but we have a bit of time. And just to really surprise you all I even have January planned, someone wanted to go back to the Oxford so unless I hear a great hue and cry against it we will wander around down town on January 30th.

And who said I wasn't able to plan ahead? Well maybe I can't plan a head, but I can plan a Beer Run. See you all soon, and have a great Fall.

~Pat Cross

View From The Back

Two Candles on the Birthday Cake

The Run Wild Missoula Back of the Pack had a somewhat fuzzy beginning, so it is hard to pinpoint when to celebrate its birthday. However, the first glimmer of the idea sparked on September 12, 2010, at the Sweathouse Half Marathon in Victor.

I had volunteered to work at the finish line, and was among the small handful of folks who remained when the final runner came in, 20 minutes after the walker ahead of her. That experience inspired a *Running Wild* article celebrating the accomplishment of Stacy Bray, the “Last Best Finisher.” In that article, we celebrated her courage to start the race, persistence to continue as the going got tougher, and commitment to finish even when tempted by the offer of a ride.

As response to that article was warm, the idea of targeting some Run Wild Missoula activities toward slower runners and walkers began to grow. And grow. In two years, our BOP e-mail list has grown from zero to 142 (approximately 10% of total club membership). In the process, people who had envisioned the running club as only a haven for the hyper-competitive, have found that it is so much more than that. The tortoises have come out of their shells, met their pace-mates, and formed deep and lasting friendships at the Back of the Pack.

The following are some highlights of our journey so far:

- We send a **monthly BOP Bulletin** to the mailing list, with news about coming events and opportunities.
- The BOP hosts a **monthly social run-walk** most months of the year. While usually a potluck, we have also used Westside Lanes and Blacksmith Brewing Company as the start-finish and social hub during colder months. We like to move around, and have met at dispersed locations from Frenchtown to Bonner to the Bitterroot.
- We have distributed more than 100 **bright green BOP bandannas** free to anyone who wants to identify with the group at races and other club events.
- We have this **monthly column, View from the Back**, in the *Running Wild* newsletter. More than a dozen different BOPers have shared their perspectives and experiences in that column over the past two years.
- We also wrote a year’s worth of monthly BOP articles for the **Run It Walk It blog** on www.makeitmissoula.com. Those articles are still accessible on the website.
- We have become a visible presence at **RWM Beer Runs**. Even those BOPers who prefer water love the camaraderie of running, walking, and drinking with buddies.
- **RWM’s Jeff Galloway marathon-half marathon class** has provided a viable option for slower folks, alternating short intervals of running and walking. The longstanding **RWM marathon-half marathon walking class** is also popular. The BOP provides an opportunity for walkers and slower runners and Galloway run-walk-runners to meet one another and experiment with different approaches to going slowly and steadily toward our athletic goals.
- And, last but not least, there are **the BOP Cheerleaders**. Our primary mission is to stay at the finish line of the Missoula Marathon with smiles, hugs, loud plastic clappers, and fresh snacks for those who finish after 5½ hours. However, we may show up spontaneously just about anywhere with our clappers and our smiling faces at the end of a local race.



Run Wild at Any Pace
 And remember...
 "Smile Like a Turtle!"

What's Next?

- **T-SHIRTS:** The bandannas are fun (and they're free, thanks to our sponsors) but some of us want a more visible BOP uniform. We are designing a Back of the Pack t-shirt, for sale through RWM, with our wonderful BOP tortoise logo (designed by RWM graphic artist DJ). For details on ordering a t-shirt, contact me: backofpack@runwildmissoula.org
- **SWEEPERS:** BOP cheerleaders provide support to runners and walkers who bring up the rear on race day. We have also presented a unique Last Best Finisher medal at some of our club events. In addition, we are **volunteering to "sweep" for some races**, running or walking at the back of the back (BBOP) to make sure no one is left behind, alone and discouraged. Our first RWM event to sweep will be the Sweathouse Half on September 8.

Which brings us back to the beginning. The Sweathouse is a great event to use as a birthday marker for the BOP. It is a small, intimate, informal event in a lovely setting. And we will be there with you until the very end. See you there!

~Pam Gardiner, Leader of the Back

At The Races Visit www.runmt.com for a complete list of Montana races.

An IMPORTANT note concerning race results! If your name is missing from a Run Wild Missoula race, please let Sue@runwildmissoula.org know. Especially if you are going for the end of the year award--Hoodie - 7 races needed. We need to make sure the spellings and memberships are on target to be able to keep track. Thank you.

Place	Name	Age	Sex	Time
1	Jimmy Grant	34	M	0:19:50
2	Adam Peterman	17	M	0:20:02
6	Chris Herrick	16	M	0:22:04
7	Kara DeWalt	24	F	0:22:33
8	Trisha Drobeck	32	F	0:22:40
9	Andy Drobeck	30	M	0:22:41
12	Tyler Johnson	27	M	0:23:15
14	Mark Kindred	48	M	0:23:51
15	Paige Gilchrist	17	F	0:23:56
16	Brian Williams	34	M	0:24:22
20	Daniel Dewey	27	M	0:24:53
21	Derek Baggerly	43	M	0:25:00
22	Darr Tucknott	32	F	0:25:09
23	Pat Cross	53	M	0:25:17
25	Graham Serviss	19	M	0:25:53
27	Mary Thane	49	F	0:26:00
28	Sabrina Sterbis	15	F	0:26:16
29	Cody Stekly	30	M	0:26:19
31	Michael McGinnis	30	M	0:26:30
32	D. Schmetterling	41	M	0:26:33
34	Russell LaFontaine	38	M	0:26:50
35	Rob Gillison	26	M	0:26:56
38	Deborah Richie	53	F	0:27:04
41	Pam Schiemer	46	F	0:27:50
42	Julie Vetter Danelle	42	F	0:28:02
43	Gjetmundsen	43	F	0:28:10
44	Eva Dunn-Froebig	36	F	0:28:22
46	Mark Kindred	48	M	0:28:54
52	Bob Homer	57	M	0:29:17
53	Isaac Schmidt	13	M	0:29:29
61	Dick Everett	64	M	0:30:03
62	Brian Reid	54	M	0:30:03
64	Austin Ault	24	M	0:30:19
65	Ross Carlson	25	M	0:30:23
66	Finn Westenfelder	11	M	0:30:34
67	Jon Capon	59	M	0:30:36
69	Ben Schmidt	48	M	0:30:42
73	Sean O'Halloran	50	M	0:31:04
75	Tammy Mocabee	49	F	0:31:13
76	Randy Tanner	33	M	0:31:14

83	Jami FitzGerald	44	F	0:31:40	183	Sue Furey	55	F	0:37:17
86	Laura Westenfelder	43	F	0:31:46	184	Audrey Peterson	51	F	0:37:33
88	Cathy Sohlberg	43	F	0:31:55	185	Barb Naperalsky	58	F	0:37:34
92	Renee Bentham	46	F	0:32:11	186	Maggie Moffatt	61	F	0:37:42
94	Christine Everett	61	F	0:32:16	193	John Moffatt	62	M	0:38:06
97	Sharon Bywater-Reyes	27	F	0:32:23	195	Charles Scallia	69	M	0:38:10
98	Melissa Poffenberger	29	F	0:32:33	196	Shelagh Fox	41	F	0:38:11
101	Robert Ball	32	M	0:32:37	197	Maria Craig	40	F	0:38:11
102	Amy Howard	24	F	0:32:38	207	Terry Stekly	58	F	0:39:01
104	Michael Godwin	44	M	0:32:48	208	Lezlie Miller	50	F	0:39:06
105	Wanda Wildenberg	31	F	0:32:49	212	Mary Steenberg	61	F	0:39:16
106	Barbara Cowan	54	F	0:32:53	217	Katie Knechtges	29	F	0:39:45
110	Joyce Dombrowski	52	F	0:33:12	220	Troy Scribner	47	M	0:40:07
113	Rebecca Kellenberg	37	F	0:33:28	223	Molly Sherwood	33	F	0:40:18
117	Rob McCurdy	41	M	0:33:35	224	Joe Thoreson	53	M	0:40:29
119	Hayley Brager	33	F	0:33:39	226	Beth Smalley	29	F	0:40:40
122	Pamela Stekly	31	F	0:33:48	227	Jamie Bray-Tanner	29	F	0:40:41
124	Christy Wicklund	44	F	0:34:00	229	Barb Fortunate	61	F	0:40:43
125	John Lester	48	M	0:34:02	233	Donna Ayres	65	F	0:40:55
129	Kimberly Grossman	29	F	0:34:14	234	Emily Greenwald	46	F	0:41:03
130	Amy Lewis	54	F	0:34:16	235	Dionne Peterson	41	F	0:41:09
132	Jessica Miller	35	F	0:34:19	236	Heather Marshall	32	F	0:41:09
135	Phoebe Fortunate	26	F	0:34:33	237	Bruce Randall	62	M	0:41:10
141	Audrey Hulsey	40	F	0:34:51	243	Ethel MacDonald	74	F	0:41:24
142	Jon Herrick	52	M	0:34:52	244	Seth Boid	34	M	0:41:31
144	Lou Westenfelder	53	M	0:34:58	245	Whitney Nunnally	28	F	0:41:40
150	James Johnson	42	M	0:35:31	246	Heidi Hanks	39	F	0:41:41
153	Brenda Garren	46	F	0:35:40	247	Jennifer Jackson	31	F	0:41:51
154	Daniel Hathaway	29	M	0:35:41	249	Stacy Jakob	40	F	0:41:54
155	Casey Stekly	27	M	0:35:42	250	Kim Sieber	42	F	0:42:04
156	Bridget Johnson	57	F	0:35:44	251	Rebecca Collinson	37	F	0:42:04
157	Maryann Eikens	53	F	0:35:44	252	LeAnn Dolly-Powell	33	F	0:42:05
165	Susan Mace	40	F	0:36:24	253	Kathy Dahood	53	F	0:42:12
166	Bob McGowan	52	M	0:36:28	254	Connie Chestnutt	52	F	0:42:16
168	Dixie Cook	35	F	0:36:30	262	Terre Short	49	F	0:42:37
169	Amber Ball	28	F	0:36:31	264	Julie Edwards	34	F	0:42:53
170	Sara Carlson	36	F	0:36:38	266	Mary Carroll	48	F	0:43:09
171	Hillary Ogg	34	F	0:36:39	267	Anna Lechleitner	14	F	0:43:20
172	Amanda Patel	36	F	0:36:47	268	Julia Hunt	68	F	0:43:21
173	John Ault	55	M	0:36:47	270	Dan Pierce	37	M	0:43:30
175	Shawn Randall	33	M	0:36:49	281	Lori Reed	31	F	0:44:36
176	Michelle Yoshinaga	39	M	0:36:51	282	Matt Hagedal	30	M	0:44:40
178	Misty Gaubatz	33	F	0:36:56	283	Gina Brown	44	F	0:44:55
179	Jennifer Lewis	34	F	0:36:57	284	Nichol Scribner	37	F	0:44:56
181	Tonya Harding	44	F	0:37:01	285	Georgia Cobbs	54	F	0:45:04
					286	Bob Hayes	86	M	0:45:05
					287	Tammy Nabozney	42	F	0:45:07

288	Michael Matt	13	M	0:45:29
291	Lori Gray	33	F	0:45:52
292	Melaia Matt	10	F	0:46:11
293	Deanna Weaver	33	F	0:46:11
297	Patsy O'Keefe	67	F	0:46:33
300	J.B. Yonce	65	M	0:46:54
306	Moriah Hein	30	M	0:48:07
308	Tia Jennings	27	F	0:48:08
309	Stacey Paul	41	F	0:48:08
310	Vanessa Presley	35	F	0:48:09
312	Carolyn Abbott	68	F	0:48:27
314	Rachelle McPhee	43	F	0:48:34
315	Donna Bennett	66	F	0:48:35
316	Darlene McLuskie	63	F	0:48:35
319	Carol Drake	52	F	0:48:44
322	Betsy Mulligan-Dague	55	F	0:49:14
323	Myke Crosier	63	F	0:49:16
327	Sarah DeGrandpre	50	F	0:50:26
331	Gwen Florio	57	F	0:51:07

335	Michele McCurdy	38	F	0:51:13
336	Jane Kisselbach	71	F	0:51:19
337	Heidi Henson	28	F	0:51:56
338	Kate Satre	26	F	0:51:56
341	Frank Kisselbach	71	M	0:52:34
342	Brad Leonard	78	M	0:52:52
349	Sarah Pierce	36	F	0:53:53
350	Louise Weaver	69	F	0:53:57
352	Sandra Williams	55	F	0:56:55
354	Holly Drake	27	F	0:57:30
357	David Anderson	34	M	0:58:38
358	Judy Wyman	58	F	1:00:41
360	Elizabeth DeGarmo	49	F	1:00:42
368	Jamie Ault	54	F	1:02:58
381	Kristine Miller	64	F	1:12:36
384	Cameo Borntrager	33	F	1:12:52
387	Holly McCartney	58	F	1:41:08

Rockin' Race for Aids Alliance

First	Last	Time
10K		
Russell	LaFontaine	0:43:31
Deborah	Richie	0:43:55
Sean	O'halloran	0:49:40
Jenny-lin	Smith	0:51:25
Sasha	Abrahamson	0:54:18
Amy	Lewis	0:56:08
Bridget	Johnson	0:56:19
Amber	Arnold	0:56:57
Katherine	Brady	0:57:05
Cassandra	Cranston	0:57:53
Sara	Carlson	0:58:07
Amanda	Patel	0:59:32
Lynn	Stenerson	1:11:30
Connie	Chestnutt	1:11:31
Bob	Hayes	1:13:58
Myke	Crosier	1:19:35

Linda	Pilsworth	1:28:31
Maureen	Hoffmann	1:34:06
5K		
Andy	Tucknott	0:19:08
Jeff	Bookwalter	0:20:30
Melissa	Poffenberger	0:25:34
Eileen	Robbins	0:29:46
Casey	Stekly	0:29:51
Pamela	Stekly	0:30:03
Cody	Stekly	0:30:03
Jeri	Delys	0:30:45
Emily	Ward	0:32:09
Sandy	Beaudette	0:33:38
Lori	Reed	0:34:02
Amelia	Lyon	0:40:06
William	Lyon	0:40:06
Hillary	Ogg	0:44:19
Clair	Landers	0:52:40

Photos of the Hardrock 100 – courtesy of John Hart



Kevin, John, Meaghen, Steve

Articles

Having The Run Of My Life At The Hardrock 100

Training for the 2012 Hardrock 100 I now understand began when I was about 5. We joined several other young families with lots of kids to climb Mt. Lassen in northern California. I did my best to stay with the older kids and outdistance most parents to the top, where I promptly fell asleep. That began a lifetime love of going up to the top of anything – preferably, but not necessarily, the highest point around. Nearly 40 years of obsessively going up has made for many fine views, moments of contemplation, and great preparation for the Hardrock 100.

Almost as hard as doing Hardrock is getting into Hardrock. The lottery entry favors those who have previously finished Hardrock. The more times one has completed Hardrock, the better one's chances are of getting in again. The lottery was held December 4, 2011, seven months before the race. This was my third time in the lottery and I had a less than 10% chance of gaining entry. I tried to forget about it that Sunday until Steve Brown texted me that I was third on the waiting list. That, I knew, meant I would toe the starting line on July 13. Yet I promised myself not to become OCD until May or June at the earliest. Just train conservatively, stay healthy and get to Silverton, Colorado without any flaring injuries. Somehow I managed.

Chuck Hansberry gave me the best advice for running Hardrock: Go out to Colorado two weeks early and get acclimated if you can sacrifice the time. Knowing I realistically had one shot at this dream race, I took that advice and told my law partner – probably on December 5 – that I would be gone the first three weeks of July. Barring the unforeseen, nothing would interfere with making the most of this opportunity. My wife knew without asking where we were spending our summer vacation.

Hardrock traverses and circumnavigates the San Juan Mountains of southwest Colorado. It begins and finishes in Silverton, but runs through Telluride, Ouray and the abandoned mining town of Sherman. My exploration began when I rolled solo into Telluride on the evening of Monday, July 2. Having heard about Telluride for decades, and always regretting that I missed catching the Grateful Dead there on its annual Rocky Mountain High summer tour, the town and mountain setting did not disappoint. In fact, the San Juan scenery exceeded in beauty everything I imagined. If you have to give up Montana, and I hope you don't, you could do much worse than that country. Too bad half of Texas was there too, driving around in high-clearance 4WDs. Better there than Montana, right?

For the next six days I lived out of the back of my car and walked various sections of the Hardrock course until I had covered nearly half of it. Each night I tried to sleep above 10,000 feet. Although most days brought proof this was the monsoon season, those days were exquisite. I had the freedom of a 20 year old, something that probably contributed to a simmering confidence that I could handle the terrain and altitude of this formidable course. I also let my whiskers grow and quit combing all the hair that I hadn't cut since April. I channeled Jeremiah Johnson for all his legacy was worth.

Melissa and Maisie joined me the next Saturday and we settled into a full week stay in Silverton on Sunday. The house we rented was around the corner from Silverton High School – race central. For the next several days I tried to live clean and enjoy life, but anxiety was taking over, especially since I could not hide from the Hardrock hoopla. We enjoyed the modest tourist life in Silverton, a town without the glitz and glamour of Telluride. Maisie enjoyed the cable TV, Melissa tried to forget we weren't in San Francisco or Seattle, and I obsessed until 6 am on Friday, July 13.

One hundred miles is a long way to travel on foot. (This year, Hardrock was 102.5 miles, but who's counting...) Almost anything can and will happen despite the best preparation. I had done three 100 mile runs so I knew some of what would come at me. But Hardrock is different and



daunting – 33,000' of climbing, most of it over 11,000'; 33,000' of descent; 13 high passes, 5 of them over 13,000'; and a summit of Handies Peak at 14,048'. I knew I could do it if everything went well, but what if something went wrong? Could I overcome it? Hardrock for me was uncharted terrain and I couldn't shake the worries. Thank goodness for the starting gun.

After those first shuffling steps out of town and into the wilderness I never once questioned whether I would finish the race. I started, like sage Kevin Twidwell taught me, conservatively in the back of the top third. I walked every uphill step of the entire race. That offered plenty of opportunity to chat with other runners for much of the first 10 miles. This being a race, though, I had a mission and never hesitated to scuttle by anyone and move on if it felt right. It felt right several times over the next 30 miles to Telluride. In fact not one runner passed me the entire race; I did nothing but move up and overtake. That was a huge confidence contributor although sometimes I wondered if I'd see some of those runners again if my race fell apart.

On the way down to Telluride just above Bridal Veil Falls rain began and then intensified as Ted Mahon, Tim Long, and I loped into the aid station. My dad was standing in the rain watching for me just before we got there. I think he'll run 100 miles in his next life. In this life he's content to have planted and imparted a passion in me to go to all high places along my path. Telluride aid station was a bit chaotic with everyone crowded for cover under the canopy. I regret not staying longer, but I felt so strong and I wanted to keep going as long as the journey was good. I ditched my sunglasses, ate a Pecan Sandie and tore off toward Virginius Pass with the rain coming down. Gratefully, it stopped below the Pass and never started again.

Meaghen Brown, my first pacer, took me out of Ouray at mile 45 and 5 pm. Meaghen paced me the final 35 miles at The Bear 100 last September and saved my race from disaster. I knew she could get me through and past the gates of Hell. Fortunately, she didn't have to shoulder that burden today. The climb from Ouray to Engineers Pass climbs over 5,000' in seven miles. Halfway there I reluctantly let Ted Mahon and his pacer out of sight. I had caught and hung with Ted since Oscars Pass at mile 24, but I couldn't hang with him anymore. Despite that Meaghen helped me keep a strong and prudent pace toward dusk.

A rough jeep road transects the top of the ridge representing Engineers before the course descends to Grouse Gulch. A happy, peppy hippy managed to get his VW Vanagon up there to motivate runners with his maniacal yells as they completed the long climb out of Ouray. This zealous spectator had a display of alcoholic beverages available to tempt runners. He'd clearly been sampling his own wares. It was cocktail hour at dusk, but I had given up alcohol for a month before this race, and I wasn't about to fall off the wagon until I kissed the Hardrock. (No one officially finishes Hardrock until s/he kisses the large rock painted with the Hardrock logo.) We thanked him for his enthusiasm and let gravity take over to Grouse.

Kevin Twidwell, Steve Brown, and darkness were waiting for us there at mile 60 and 9:30 pm. Steve took over pacing duties from his daughter. Thank you again, Meaghen! I ate pumpkin pie, changed into a light wool shirt, donned light cap and gloves, and stuffed a rain shell in my pack for the long, dark stretch ahead. We wouldn't see Meaghen and Kevin again until mile 93 well into Saturday morning. From Grouse I knew it was generally straight up until we topped Handies Peak at 14,048'. I still felt remarkably good, but I was into a 16 hour run now and the day was beginning to take its toll. I tried not to think about another long climb ahead with darkness, but there it was.

I had never changed pacers during a race before. I didn't know what it would be like. It was just fine. Steve stepped right in and helped me keep a steady march forward. Neither of us are big conversationalists, but Steve peppered me with tidbits from the day. Eventually we saw a line of





headlights in the distance. It was so dark I didn't know if they were a mile or 10 miles ahead, but they appeared to be higher and I hoped Handies was at hand. The better to get it over with. The wind picked up and we felt a drop of rain now and then. No moon or stars kept the threat of weather always alive. At exactly midnight – 18 hours and 65 miles from Silverton – we stopped briefly at the top of the Hardrock course. I peered into the darkness and imagined what surrounded me and felt blessed to be alive and able to be at that spot at that instant in my life – a Zen moment if ever I had one. And then we dived back down into the world, 6,000 feet below.

I had explored the next 15 miles of the course. I knew what hid in the darkness. In fact I had spent a very quiet night on the other side of Handies, 2,500 feet below the summit. And I had camped at the trailhead that serves as Sherman Aid station at mile 72. Generators and lights were at Sherman this night and boy was that a welcome sight for my dragging ass at 2 am. I stayed at Sherman longer than any other aid station. Who knew bright lights, chicken broth and more pumpkin pie could feel so good?

I had suggested that Steve pace me through the night. He is training for Cascade Crest 100, his first foray into the triple digit realm. Nothing prepares one to run through the night during a 100 miler like running through the night in a 100 miler. My least favorite time is from 2 am to dawn - unpleasant at best, miserable at worst. And that cussed headlamp guiding the way. We made it through with nothing more than a bit of route finding difficulty when our headlamps weren't quite up for the task of finding the next course marker over a trail-less stretch. Now Steve knows what he is up against (he'll get it done) and I don't have to do that again unless amnesia takes over.

The reward for moving forward all night is the dawn and a slight second wind. Even appetite kicks up a tiny bit. That first light of dawn, I've often reminded myself, signals the day that I get to stop running. That's motivating and it worked for me at Hardrock. Even though it seemed like forever to get to Pole Creek at mile 81, then Maggie Gulch at 85, by the time I got over Buffalo Boy ridge (13,100') and Green Mountain Pass (13,000') and could see the next LONG descent into Cunningham at 10,200' and mile 93, I felt OK again and more confident than ever that I would kiss the Hardrock. Then, cresting Green Mountain, I also witnessed and appreciated the final climb of the race far across in the distance – a steep, unrelenting ascent out of Cunningham straight up another 3,000 feet. OMG I thought – in the parlance of the generation below me. For the first time all race I really wasn't sure if I had the energy to do another climb.

Falling forever down into Cunningham gave me another boost, though. Kevin, Meaghen and others were cheerfully under the influence of morning coffee. Kevin took over pacing duties at this point from Steve, whose duty was done. Thank you, Steve. Your reward comes at mile 100 of the Cascade Crest. Kevin assured me that the final climb and long descent into Silverton would be a piece of cake. Whatever, let's get it done... I got rid of my night gear and that cussed headlamp. Kevin and I were off to find a rock to smooch.

I really wanted Kevin to pace the final leg. He got me into the ultra running business. He got me through my first 100 at Wasatch in 2008. He taught me most of the tricks and wisdom of enduring these things. If anyone could get me home, it would be Kevin. The climb was worse than I thought. I used every ounce of leg and lung strength left. I knew in my heart that I was still as strong as anyone at that point in the race. One runner that left Cunningham right before me was soon several switchbacks behind. I knew he must be hurting worse than me. At that point I felt grateful for every run, climb, hike, yoga class, and backpacking trip of my life. None of those had made me as tired as I was at that moment, but each prepared me to endure it.

A few intrepid spectators started to appear occasionally beginning about 5 miles from Silverton. We were getting close to the moment I could stop moving forward. Kevin kept brow beating me, never letting me walk a step if possible. A few times I ignored him. Everyone we passed heard Kevin emphatically recite 'this is Johnny Wasatch from Missoula, Montana.' (Johnny Wasatch is the nickname Kevin gave me after that first finish.) With those words, I had to keep running, at least until we were out of sight.

All of that last stretch into Silverton was good – downhill, spectators, a distant view of Silverton down the valley – but my math skills or lack thereof worked the best motivational magic. For most of the night and early morning I had calculated mistakenly that a noon finish would be a 32 hour finish time. Don't ask how I could add 24 + 6 and get 32, but one gets loopy in these things. When I went past the last runner I would see before finishing, I half-heartedly tried to make small talk with him and his pacer, including saying something like 'come on and run with me, I think we're going to break 32 hours.' '32 hours,' his pacer replied, 'we're going to break 30 hours.' WOW! 24 + 6 really is 30 I quickly confirmed in my head and took off with slightly more pep in my stride. I was going to break 30 hours in one of the hardest 100 milers in North America. Oh, yea, where's that Hardrock.

~by John W. Hart

Run Wild Missoula Member Spotlight

Meet the Aults, an inspiring family who run and volunteer together to support running in our community.

John 55, Jamie 54, and Austin 24 write:

We are relatively new to running (approx 4 yrs). We signed up to do a half marathon with the RWM training class in 2011 as a family, as a way to connect with each other and exercise together twice a week. We enjoy encouraging each other and meeting at the end of the run for a meal and stories of how the run went.

We each run at different abilities and speeds so we haven't been surprised by our capabilities. We signed up for the 2012 RWM training class with hopes of training for the full marathon. We maintain our motivation for long runs by enjoying the company not only of our family, but of our group of running friends in the training class.

Because of injuries to John and Jamie only Austin was able to complete the marathon this year. John and Jamie continued to attend the training classes not only for encouragement to Austin, but also to encourage our fellow running buddies. John and Jamie enjoyed volunteering the night before the marathon helping to set up the finish line, make coffee, and help with bus loading.

John's favorite running route is Greenough Park and the Rattlesnake. Jamie and Austin's favorite route is the river trail. Other than running John enjoys snowboarding, restoring old cars, camping, and fishing. Jamie enjoys skiing, fishing, camping and hiking. Austin enjoys skiing, camping, hiking, and dancing.



The Aults

Run Wild Missoula News

Letter from the Executive Director: How I Fit Running Into My Busy Life

The mornings are cooler and the kids went back to school this week, which means that autumn is here. Autumn is one of the big running seasons, with a race scheduled for pretty much every weekend in our area. I find that this time of year is also one of the best times to train and to start getting into a running routine.

Surprisingly, summer is one of the more difficult times to run for me. It's always hot and summer vacations can throw one's training out the window. I went on vacation for five days this summer and was only able to run once during that time.

Now that school is back in session, my son and I have a routine where he rides his bike to school and I run along side him. Him riding his bike is a new development as of a few months ago, and it's given me a new sense of freedom that I haven't felt since my 6-year-old was in a stroller. We enjoy talking side-by-side while he pedals and I pound the pavement. His school is a little over two miles away, so it allows me to run four to five miles in the morning. I also have the option of running back to his school in the afternoon to pick him up or if I'm short on time I can ride my bike to pick him up and we ride home together.

I'm finding that I can fit running into my busy life if I find creative ways to sneak a run in. On occasion, when I don't necessarily need to look nice when I'm meeting someone for a meeting, I have run there. I can fit my key, credit card and phone in my shorts pocket and can carry a notepad and pen or other items I might need for a meeting.

And I'm setting a good example for my son that I hope he will duplicate as an adult. It would be easy to hop in the car and drive him to school every morning, especially since we have to cross four busy streets to get there. But I would be putting more miles on my car and spending a lot on gas. It can be stressful to make sure we are staying safe from traffic on our way to his school, but we are both getting exercise and he's learning bike and pedestrian safety at a young age.

Some days I am exhausted, not so much physically from running, but mentally from making sure my son is making safe choices on his bike-- and I think it could be easier to drive him to school. But for me it's more pleasant to travel on foot or bike than by car, where we spend time at stoplights and sitting in traffic. We also get to spend more time together, talking about school or his favorite subject, Legos.

We all have so many things to do and it's easy to tell ourselves we don't have time in the day to exercise. How do you fit running into your busy life? Email me at eva@runwildmissoula.org with your story.

~Eva Dunn-Froebig

Run Wild Missoula's Fall Seminar Series

Run Wild Missoula has a series of seminars planned for this fall and winter on different topics appropriate for runners and walkers designed to keep you motivated to run through different seasons and challenges. Save the date for the following seminars and social events. More information is coming soon. Want to learn something new? [Email](#) your seminar ideas.

- September 10, 2012, 6 p.m., Run Wild Missoula's Annual Meeting
- Monday, October 8, 2012, 6 p.m., Trail Running
- Monday, November 12, 2012, 6 p.m., Speed Training
- Monday, December 10, 2012, 6 p.m., How to Stay Motivated to Run During the Winter



David Schmetterling

Thank you, David Schmetterling

There are several people involved with Run Wild Missoula behind the scenes who have made the organization what it is today. One of those individuals is David Schmetterling. David has participated in Run Wild Missoula events and has been involved for several years from helping with training programs and races to serving on committees and the Board of Directors. He joined the Board of Directors in August 2009. His term with the board recently ended, but we will remember the work he did during a critical time for the organization during tremendous growth and staff changes.

David led the charge for Run Wild Missoula strategic planning, which is still underway. (See David's article in the August issue of Running Wild.) He was involved with critical policy-making and decision-making that will set a precedent for the organization for years to come—and most-impressively, David did this work while he struggled with a running injury for about two years. It is admirable that he continued his volunteer work on the Run Wild Missoula Board of Directors and he couldn't do what others sitting in the meeting rooms could do: run. David has been on the mend and is now training again. He recently competed in the River City Roots 4-Mile Run. We hope to see more of him at training runs and races in the coming years—and wish him the best of luck with his running. Thanks for all you do, David.

~Eva Dunn-Froebig

Photo courtesy of Lance Fisher



Participate in Run@Work Day on September 21

Run@Work Day is a national event which encourages the public to incorporate at least 30 minutes of running or walking into their daily lives. Participate in Run@Work Day by joining one of the following group runs:

- Front lawn of County Courthouse, Run Leader: Bridget Voorhees, bridgetv@itstartswithme.com
- Front entrance to Federal Building, 340 N. Pattee St., Run Leader: Nancy Rusho, nrusho@yahoo.com
- Ecology Project International, 315 South 4th St. East, Run Leader: Erin Nuzzo, erin@ecologyproject.org
- St. Patrick Hospital, In front of the Wellness Center in the lobby of the Broadway Building, Run Leader: Keith Blackwell, blackwell@saintpatrick.org
- Rocky Mountain Elk Foundation, front entrance of Visitor's Center, Run/Walk Leader: Deirdre Howell, dhowell@RMEF.org
- Community Medical Center, soccer fields by Outpatient Therapy, Run/Walk Leader: Sunni Corr, scorr@communitymed.org

The goal of RUN@WORK Day, presented by the Road Runners Club of America, is to encourage adults to get 30-minutes of exercise each day, in accordance with the Physical Activity Guidelines for Americans, either before work, during lunch, or immediately following work. RUN@WORK Day also encourages companies to help employees schedule time for physical activity. Incorporating exercise into one's daily routine can markedly improve one's overall physical health.

Run Wild Missoula wants to make Run@Work Day on Friday, September 21 at noon, even bigger and better this year. If you are interested in leading a run from your workplace please contact Eva Dunn-Froebig at eva@runwildmissoula.org or 544-3150 and we will give you some tips about leading a group run and will include your event on Run Wild Missoula's web site.

~Eva Dunn-Froebig

Run Wild Missoula "Rules of the Run"

1. Stick to the designated route. We will tell you what the route is, but you are responsible for following it. In most instances, we will not have someone leading the way. Draw a map or write down directions if you need to.
2. RWM discourages the use of headphones. If you choose to use them, you assume the risk of injury associated with head phones. Please be alert, especially when crossing streets.
3. No dogs please.
4. Do not run more than two abreast, especially on busy roads, sidewalks or multi-use trails. Yield to vehicles on the road. They are bigger than you.
5. Be mindful of your language and conversation content during group runs given that we may have some young people joining us.
6. We do not want to leave anyone behind. If you plan to finish your run in a place other than the designated route please tell someone. If you drop out of a run, please contact (or have someone contact) the run leader or Runner's Edge (if that is where the run is ending- other location if it's ending somewhere else) so we are not out looking for you.
7. You are responsible for your safety while you are running. Obey all traffic signs and rules. Pay attention to your surroundings.
8. If you are running on a road, please face traffic and run no more than two abreast. If there is a confrontation with a motorist, please be respectful and report any issues to the run leader.
9. If you are injured during a run (or witness an injury), please report it as soon as possible to the run leader.
10. Do not litter on the course.
11. *If it is going to be dark during the run:* Wear reflective clothing, headlamps and a flasher.
12. *If there are people pushing strollers:* Those pushing strollers, please stay at the back and be mindful of other runners and traffic. You are responsible for your own safety and the safety of the children in the strollers. Children may NOT ride bicycles next to adults during training runs.

Send Your Articles and Essays to -

Running Wild

Members, we welcome and solicit your articles and essays for publication in *Running Wild*.

Examples of articles can include “**On the Run**” essays which can be on just about any topic related to running. “**Cool Race**” articles can be about any race that you have participated in. Tell us some details regarding your race and include a photo or drawing. “**Happy Trails**” can provide descriptions of a good trail run that you have taken. Please provide details and a photo so that we can all learn about new places to run.

In addition we solicit your reviews of any running related books that you think may be of interest to Run Wild Missoula members.

~Chris Everett

1200/2000 Mile Club

Have you become or have been a running phenom? Or perhaps you've been putting on the miles training for the Missoula Marathon. However you've been getting it done, reward yourself for all those miles by signing up for the RWM 1200/2000 Mile Club. Those reaching the necessary mileage this year will earn an impressive pair of custom embroidered compression socks to aid you in your recovery from all those miles.

To sign up simply log into the RWM website and click onto the "Club 1200/2000" option under "Members". Click on the "Add Mileage Entry" and enter your mileage as often as you wish. (If you've forgotten your club password simply click on the "forgot password" link and a new password will be e-mailed to your e-mail account to which RWM connects with you.) Talled past mileage from January 1, 2012 to present does count so be sure to enter it into the website tracker using the current date. You'll have until December 31, 2012 to reach 1200/2000 miles and earn the coveted treasure.

Hurry and initiate entering as the deadline for starting your entries to run for the compression socks is August 1, 2012. After that you'll be locked out from entering. Happy running and long distances to you!

~Kristina Hurley, 1200/2000 Committee Chair, club1200@runwildmissoula.org

Run Wild Missoula Membership Benefits

Aside from knowing that you are supporting a great organization, here are some of the benefits of your Run Wild Missoula membership.

Free group runs and workouts for RWM members.

1. Tuesday Track, coached by Olympian Courtney Babcock at 6 p.m. at Dornblaser. Workouts last 1 hour and are on the track.
2. Saturday Breakfast Runs, coordinated by Meg Lerch on Saturdays at 8 a.m. above the Runners Edge. Free breakfast afterward. We provide suggested routes of 2.5 - 10 miles.
3. Beer Runs at a different bar or brewery on the last Wednesday of each month at 6 p.m. Check runwildmissoula.org or the newsletter for the location. The 5 mile runs are led by Chancellor of Libations Pat Cross.
4. Back of the Pack group runs/walks followed by a social event at a different location and time each month.

Discounts on Run Wild Missoula races and fitness classes.

RWM members get an approximately 10% discount on races and fitness classes like yoga and core strength training for runners.

To receive the \$5 discount when registering for the Missoula Marathon and the \$2 discount when registering for the Missoula 5K (formerly the Hellgate Village 5K). Please enter the following discount codes in the “Coupon Code” field when registering online.

Missoula Marathon, Half Marathon or Marathon Relay: RWM2012MM

Missoula 5K: RWM20125K.

Participation in the 1200 and 2000 Mile Club and a cool gift

In 2011 the 1200/2000 Mile Club gift was a jacket. Participation in the club includes bragging rights and your name printed on our web site and our newsletter, *Running Wild*. 1200 may like a lot of miles, but if you run 23 miles a week you will get there. To log your miles, login to runwildmissoula.org with your username and password. Visit the 1200/2000 Mile Club page at <http://www.runwildmissoula.org/index.php/fuseaction/1200mileClub.main.htm> and click "Add Mileage Entry." Your entries will show up at the bottom of the page. You may log your miles daily, weekly, monthly-- whatever works for you. Just be sure to start logging your miles before August 1, 2012. (This is so we know how many participants to expect and how many 1200 /2000 Mile Club gifts to order in advance.) If you accidentally enter too many miles, just subtract the number of miles you enter by using the minus symbol on your keyboard.

Participation in Run Wild Missoula Race Series Club – Racing to the Hood(y)

The year is half over, but Run Wild Missoula still has lots of races in 2012. How many have you

participated in so far? If you complete 7 RWM races by the end of the year you will be part of the RWM Race Series Club and can proudly wear a hoodie sweatshirt that says so.

All you need to do is keep your [membership current](#) and we'll track the RWM races you have completed. Look for your name in the results section of the monthly newsletter, [Running Wild](#), to be sure that we are tracking you. Don't see your name or have questions? Contact [Results Manager Sue Falsey](#).

Below is a list of upcoming RWM races. Do you feel like 7 races in one year is a lot? Here's a tip: Participate in the [Missoula 5K](#) on July 7 to shake out your legs the day before the [Missoula Marathon](#) and get two races under your belt in one weekend. If you find that you're short a race at the end of the year, participate in the [New Year's Eve 2-Mile Prediction Run](#).

- * [Sweathouse Half Marathon](#), Sept. 8
- * [Missoula All Women's 5K](#), Oct. 6
- * [Pumpkin Run](#), Oct. 13
- * [Turkey Day 8K](#), Nov. 22
- * [New Year's Eve Run](#), Dec. 31

The races add up quickly as do the miles for the [1200 & 2000 Mile Clubs](#). Good luck! The following members have already participated in 3 or more Run Wild Missoula races so far this year. If you have any questions or think we've made a mistake, please contact [Results Manager Sue Falsey](#).

RWM Members with 3 or more races

First	Last	#numraces	First	Last	#numraces
			Ted	Christian	3
			Georgia	Cobbs	3
Ilana	Abrahamson	3	Rebecca	Collinson	7
Sandra	Allen	3	Maria	Craig	6
David	Anderson	6	Candace	Crosby	4
Janet	Anderson	3	Myke	Crosier	5
Amber	Arnold	3	Kathy	Dahood	5
Eryn	Aston	3	Katie	Dalessio	4
Austin	Ault	4	Elizabeth	DeGarmo	6
Jamie	Ault	5	Leann	Dolly-Powell	6
John	Ault	4	Carol	Drake	5
Donna	Ayres	3	Kevin	Drake	3
Amber	Ball	4	Trisha	Drobeck	3
Donna	Bennett	3	Eva	Dunn-Froebig	5
Renee	Bentham	4	Julie	Edwards	3
Melissa	Bestram	3	Maryann	Eikens	3
Hayley	Brager	4	Suzanne	Elfstrom	4
Jamie	Bray-Tanner	3	Thurston	Elfstrom	4
Dan	Brennan	3	Aimee	Elliott	3
Gina	Brown	5	Pamela	Estill	3
Katie	Burke	3	Tina	Estill	4
Glenn	Burwick	5	Christine	Everett	6
Suzanne	Burwick	4	Sue	Falsey	3
Sharon	Bywater-Reyes	3	Bonnie	Ferguson	3
Kelsi	Camp	6	Phoebe	Fortunate	3
Ross	Carlson	4	Kamal	Fox	4
Mary	Carroll	3	Shelagh	Fox	6
Connie	Chestnutt	5	Randy	Frazier	3
Peggy	Christian	4	Sue	Furey	4

Brenda	Garren	5	Sherri	Lien	5
Misty	Gaubatz	5	Tamara	Lysons	3
Julie	Gilchrist	3	Ethel	MacDonald	3
Danelle	Gjetmundsen	6	Kristina	MacGrady	4
Jimmy	Grant	3	Craig	Macholz	3
Emily	Greenwald	4	Carlie	Magill	3
Erica	Grinde	3	Brian	Maki	3
Kimberly	Grossman	3	Don	Malerk	3
Matt	Hagedal	3	Marilyn	Marler	4
Meta	Halverson	4	Heather	Marshall	5
Heidi	Hanks	4	Madison	McCurdy	3
Bea	Happ	3	Michele	McCurdy	4
Tonya	Harding	6	Rob	McCurdy	4
Stan	Harris	3	Elizabeth	McDonald	4
Daniel	Hathaway	3	Jamie	McGarvey	4
Bob	Hayes	4	Michael	McGinnis	4
Jamie	Heffner	3	Teresa	McKinney	3
Laura	Henning	3	Darlene	McLuskie	4
Heidi	Henson	4	Rachelle	Mcphee	5
Jenna	Herrick	3	Margaret	Menendez	3
Jill	Herrick	4	Jessica	Miller	3
Jon	Herrick	6	Lezlie	Miller	4
Maureen	Hoffmann	3	Spring	Mills	5
Susan	Hogan	3	Tammy	Mocabee	5
Tracy	Holland	3	Betsy	Mulligan-Dague	5
Torrey	Holmquist	3	Patty	Murphy	4
Bob	Homer	7	Rebecca	Nank	3
Amy	Howard	6	Josh	Nichols	3
Nathan	Howard	5	Whitney	Nunnally	4
Julia	Hunt	3	Hillary	Ogg	4
Stacy	Jakob	5	Sean	O'Halloran	4
Glen	Johnshoy	4	Maureen	Ojala	3
Bridget	Johnson	3	Becky	Paasch	5
James	Johnson	5	Mary	Pat Malerk	3
Kate	Joyce	3	Larry	Peterman	3
Derek	Kanwischer	3	Audrey	Peterson	6
Rebecca	Kellenberg	3	Dionne	Peterson	6
Clare	Kelly	3	Erika	Peterson	4
Miles	Key	3	Tim	Peterson	3
Mark	Kindred	5	Melissa	Poffenberger	4
Holly	Kuehlwein	5	Vanessa	Presley	3
Mary	Kukowski	3	Bruce	Randall	7
Anna	Lechleitner	3	Shawn	Randall	6
Brad	Leonard	6	Brian	Reid	3
John	Lester	5	Carla	Reneau	4
Amy	Lewis	6	Sandra	Richardson	3
Jennifer	Lewis	6	Lynn	Riley	3

Eileen	Robbins	4	Randy	Tanner	4
Kelleen	Roseboom	4	Mary	Thane	3
Nancy	Rusho	4	Joe	Thoreson	3
Kate	Satre	5	Darr	Tucknott	7
Ben	Schmidt	4	Julie	Vetter	3
Isaac	Schmidt	5	Vo	vonSehlen	3
Peggy	Schmidt	3	Deanna	Weaver	4
Kim	Sieber	4	Michelle	Weaver Knowles	3
Beth	Smalley	4	Steve	Weiler	3
Heather	Smith	3	Laura	Westenfelder	4
Cathy	Sohlberg	3	Christy	Wicklund	6
Katie	Spaid	3	Beverly	Williams	4
Casey	Stekly	4	Brian	Williams	6
Cody	Stekly	4	Jeannette	Williams	3
Pamela	Stekly	4	Sandra	Williams	5
Terry	Stekly	4	J.b.	Yonce	4
Sabrina	Sterbis	6	Michelle	Yoshinaga	3
Jamie	Swartz	3			



Order your free Runners ID Tag, compliments of RWM

Visit www.ID4EMT.com and click on "Run Wild Missoula" in the left hand column. You will be taken to a page with four different types of ID tags: keychain, shoe, neck or wrist/ankle. Pick the one you think you will use most and enter your name and contact information. Be sure to include an emergency contact, any medical information or anything you think could be relevant in case of an accident or injury. After you add the tag to your cart enter the promo code "RWM11" and the item will be printed and shipped to you free of charge.

Show your membership card to receive discounts at the following businesses: (To print out your membership card, login to runwildmissoula.org with your username and password, go to your profile page and click "print membership card." Don't know your username and password? Click "forgot password" in the upper right hand corner of the web site and enter your email address. You will get your password emailed to you immediately.)

* **Runner's Edge**, 325 N. Higgins Ave., 10% discount (except sale merchandise)

* **Momentum Athletic Training**, 214 1/2 E. Main St., discount on circuit or cycle/core classes: \$2 off each class (\$10 instead of \$12) or 10% off a 3-month session of classes

* **MOVE Missoula**, 1900 W. Broadway, C, \$8 group classes- Pilates mat, Barre, Yoga, Zumba and Oula, \$40 privates (normally \$55-60), \$25 semi-privates (normally \$28-32). Childcare available for most classes.

* **Alpine Physical Therapy**, 5000 Blue Mountain Rd. and 2825 Stockyard Road. Suite I-3, \$20 off 1 1/2 hour runner's clinic evaluation (regular price of \$199) and free injury consultation after a RWM race

* **Army Navy Adventure Source**, 130 E. Broadway, 10% discount on merchandise or rental (excluding sale items).

* **El Diablo**, 1429 S. Higgins Ave., On Tuesdays and Saturdays only, buy one burrito or taco, get one 1/2 off

* **Habitat Floral Studio**, 211 N. Higgins Ave Suite 101, 10% off all fresh cut flowers.



- * **Hot House Yoga**, 127 N Higgins # 9, best 6-pack in town: \$48 for 6 classes (\$8/class).
- * **Jen Vanderberg Massage**, 529.1958, \$55 1-hour massage.
- * **Main Street Pilates**, 207 E. Main St., 15% off all services.
- * **Mile 22 Bags**, 10% off. Use coupon code RWMMEMBER.
- * **Montana School of Massage**, 800 Kensington Suite 201, purchase 9 massages and receive 50% of your 10th massage OR a Montana Made S-curve. (Regular price of \$45/hr.). Family members can share punch cards.
- * **Oula Classes at Mismo**, 1900 W. Broadway, \$8/class (normally \$10). Childcare available for some classes.
- * **Revolve Missoula**, 113 W. Main St., 10% off a 10-punch or 20-punch card.
- * **Sorella's Day Spa**, 207 E. Main St., 15% off REGULAR priced active wear and shoes.
- * **Sapphire Physical Therapy**, 1705 Bow St., 20% off on physical therapy services (discount will be applied to all out of pocket costs on PT related issues).
- * **Spring Mills with Twigs Salon**, 335 W. Spruce St., Suite 201, 541-8944, \$26 pedicures by a runner & for runners.
- * **Stafford Fitness**, 218 E. Front St., #100, basic membership- \$42/month (normally \$49/month), elite membership- \$72/month (normally \$89/month) plus 10% off fitness equipment.
- * **Women's Club**, 2105 Bow Street, free 2 week membership and a 30 minute consultation with a personal trainer.
- * **YoWaffle**, 216 West Main St., 10% off.

Run Wild Missoula - Organization

Run Wild Missoula Board of Directors:

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Jennifer Straughan, Missoula Marathon Founder

Run Wild Missoula Club Officers

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Sue Falsey, Meg Lerch, Darr Tucknott

Marketing Committee:

Pat Cross, Dariusz Janczewski, Jen von Sehlen

Trails Committee:

John DiBari, Mike Foote, Marilyn Marler, Kevin Twidwell

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. **Submission deadline is 5pm on the last Saturday of each month.**

Run Wild Missoula
September 2012 Calendar of Events

Visit www.runwildmissoula.org for more information.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
2	3	4 -Tuesday Track, led by Courtney Babcock, 6 p.m., Dornblaser ✓	5	6	7	8 -Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge✓ - Sweathouse Half Marathon, 9 a.m., Victor Park, Victor
9	10 - Run Wild Missoula Annual Meeting of Members, 5:30 p.m., 5501 Rattlesnake Dr.	11 -Tuesday Track, led by Courtney Babcock, 6 p.m., Dornblaser ✓	12	13 -Diva Day/All Women's 5K Registration Event, 4 -7 p.m., Southgate Mall -Core starts, 6 p.m., MOVE Missoula -Yoga starts, 6 p.m., Runner's Edge	14 -Back of the Pack Social Run/Walk, 6 p.m., 13618 Bisson Place	15 -Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge✓
16	17 -Core starts, 5:15 p.m., MOVE Missoula	18 -Tuesday Track, x-country workouts led by Courtney Babcock, 6 p.m., Dornblaser ✓ -Yoga starts, 12:15 p.m., Runner's Edge	19 -Core starts, 12:15 p.m., Runner's Edge	20	21 -Run@Work Day, noon, locations vary	22 -Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge✓
23	24	25 -Tuesday Track, x-country workouts led by Courtney Babcock, 6 p.m., Dornblaser ✓	26 Beer Run, 6 p.m., Press Box	27	28	29 -Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge✓
30	1	2 -Tuesday Track, x-country workouts led by Courtney Babcock, 6 p.m., Dornblaser ✓	3	4	5	6 -Saturday Breakfast Club Run/Walk, 8 a.m., Runners Edge✓ -Diva Day/All Women's 5K, 9:30 a.m., Community Medical Center



P.O. BOX 1573
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Run Wild Missoula promotes and supports running and walking as sports for people of all ages and abilities.

