

## Marathon

**Date:** Sunday, July 13th, 2008

**Start Time:** 6:00 am

**Start:** Clark Fork Valley Bank area in Frenchtown, MT

**Finish:** Higgins Avenue Bridge, downtown Missoula

## Half Marathon

**Date:** Sunday, July 13th, 2008

**Start Time:** 6:00 am

**Start:** Alpine Physical Therapy/Peak Health & Wellness Center area, 5000 Blue Mountain Rd., Missoula MT 59804.

**Finish:** Higgins Avenue Bridge, downtown Missoula

## Kids Marathon

**Date:** Sunday, July 13th, 2008

**Start Time:** 9:00 am

**Start:** TBD

**Finish:** Higgins Avenue Bridge, downtown Missoula

## Age Divisions

 (For marathon and half marathon)

14-19, 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+

## Awards and Prizes

Overall marathon, half marathon and master's winners will receive a pair of running shoes from Runner's Edge and an original framed Dudley Dana photograph. [www.danagallery.com](http://www.danagallery.com)

The awards ceremonies for first, second and third, men's and women's overall winners will be held after sufficient numbers have completed each race. Age division awards will be held at 10 a.m. for the half marathon, 11 a.m. for the marathon. Top overall master's division prizes will be given for the marathon and half marathon events.

All finishers receive a dri-fit short-sleeve shirt, a medal, excellent post-race food provided by Good Food Store, and more.

## Where to Stay

The Holiday Inn Missoula Parkside - [www.himissoula.com](http://www.himissoula.com)

Wingate Inn - [www.wingateinnmissoula.com](http://www.wingateinnmissoula.com)

Holiday Inn Express - [www.hiexpress.com/missoula-river](http://www.hiexpress.com/missoula-river)

Missoula Convention & Visitor's Bureau - [www.missoulacvb.org](http://www.missoulacvb.org)

## Packet Pick-Up and EXPO

Saturday, July 12, 8 am – 6 pm in Caras Pavilion. Caras Pavilion is located in Caras Park along the Clark Fork River at Higgins Bridge in Downtown Missoula. Registrants must pick up their packet and race number. NO EXCEPTIONS.

## Aid Stations and Nutrition

There will be aid stations every two miles along the course. Each aid station will have water and lemon-lime PowerBar Endurance Drink. Two aid stations will provide PowerBar Gel, including the Southgate Mall Super Aid Station and one earlier on the course (to be decided). Gels will come in Vanilla (non-caffeinated) and Strawberry-Banana (caffeinated) flavors.

## Kids Marathon

 (Adults encouraged to participate as well.)

Kids can do it! So can adults and the whole family! Download a registration form and log from [www.missoulamarathon.org](http://www.missoulamarathon.org). Prior to race day, walk or run one mile at a time. Mark it on your log. Stop when you have completed 25 miles. On Marathon Day, come run or walk your final 1.2 miles! You have completed the full marathon distance of 26.2 miles!

## Hellgate Village 5K

This family run for anyone takes place Saturday 12th, the day before the Marathon and Half Marathon. Log on to [www.missoulamarathon.org](http://www.missoulamarathon.org) for information, to download a registration form, or to register on-line.

## Walkers

Walkers are encouraged on the Missoula Half Marathon course. You have six hours to complete the 13.1 mile distance. Gather your friends, enjoy the aid stations, and walk the Missoula Half Marathon! Log on to [www.missoulamarathon.org](http://www.missoulamarathon.org) for our walking training program, sponsored by Community Medical Center ([www.communitymed.org](http://www.communitymed.org)).

## Runners' Spa

You can register on-line or at the EXPO for the full special treatment after your race. [www.missoulamarathon.org](http://www.missoulamarathon.org) for more information or to register.

## MILE MARKERS FOR SALE

The Missoula Marathon Mile Markers were donated by the Dana Gallery and created by artists from the Dana Galley Missoula, and from other Missoula and Montana professional artists expressly for our event. Each and every one is an original piece of art. Your purchase of one not only gets you an original piece of artwork but supports the Missoula Marathon. They will be on display at the EXPO, along the course, and on-line at [www.missoulamarathon.org](http://www.missoulamarathon.org). Make sure to purchase yours!

PROUD SPONSORS OF THE 2ND MISSOULA MARATHON



The Missoula Marathon is the brainchild of a group of local, dedicated members of Run Wild Missoula who want to share the area's beauty and Missoula's unique feel with runners from all over. Run Wild Missoula is a non-profit, 501(c)3 running club.



COME. RUN. STAY. PLAY.



# 2nd Annual Missoula Marathon

Sunday, July 13, 2008

Marathon  
Half Marathon  
Kids Marathon  
Hellgate Village 5K  
Relay

Missoula, Montana  
PO Box 7965 Missoula, MT 59807  
[www.missoulamarathon.org](http://www.missoulamarathon.org)

## The Area

Missoula is a city of 64,000 nestled in the Rocky Mountains of western Montana. At 3,200 feet above sea level, the summer evenings are cool and the days sunny and warm.

The Garden City marks the confluence of five valleys and is surrounded by the Rattlesnake Wilderness and the Bitterroot and Lolo National Forests; the Clark Fork River flows through downtown and lively trout wait to test the next angler's line in the nearby Bitterroot and Blackfoot rivers. The University of Montana lends the town its progressive vibe and its 13,000 students give Missoula a youthful pulse year-round. The city is home to more than 100 restaurants; here you can find something to satisfy every palate. Historic downtown provides a unique shopping experience and a wealth of watering holes to quench your thirst after crossing the finish line. Missoula is also a launching point to some of the country's most breathtaking wild lands: Yellowstone National Park, Glacier National Park, the Bob Marshall Wilderness and more.

## What To Do

Log on to [www.missouladowntown.com](http://www.missouladowntown.com) or [www.missoulacvb.org](http://www.missoulacvb.org) to find out what's happening in Missoula and the area.

## The Course (paved and flat with one hill)

The **Missoula Marathon** begins in the beautiful countryside of Frenchtown, Montana, at 6:00 a.m. on Sunday, July 13. Racers will run east on paved roads through Frenchtown Valley and into the heart of the Garden City. The course weaves through the city's neighborhoods to the finish line on the Higgins Avenue Bridge above the Clark Fork River in lively downtown Missoula. Celebrate your hard work with friends, family and fellow racers at the post-race party in Caras Park immediately after the race. Local vendors will offer food and drink. The awards ceremony will also take place in Caras Park.

The **Half Marathon** begins outside Missoula near the Blue Mountain Recreation Area and joins the marathon at River Pines Rd., following the marathon course for the final miles to the finish line on the Higgins Avenue Bridge above the Clark Fork River in downtown Missoula. The Missoula Half Marathon extends a special invitation to walkers who want to experience the thrill of crossing the finish line. The half marathon begins at the same time as the marathon, 6:00 a.m., and the aid stations along the course will remain open for six hours.

## Bus Shuttle

Buses will shuttle marathon and half marathon runners from downtown to the starting lines of each race. Gear bags will be transported from both starting lines to the finish area where runners can reclaim their belongings. There will NOT be a shuttle from the finish line back to the starting line for runners to retrieve their vehicles.

## Bus Tour

Register on-line or at the EXPO for a tour of the Missoula Marathon (NOT half marathon) course. Bus departs from the Parking Garage at Main and Ryman at noon on Saturday, July 12. Cost is \$5.

## Timing and Results

We are proud that in our second year we have already gone to chip timing. Timing and results will be handled by Accu-Split Timing Co. [www.accu-split.com](http://www.accu-split.com)



# MISSOULA MARATHON ENTRY FORM Sunday, July 13, 2008



You May Also Download This Registration Form From [www.missoulamarathon.org](http://www.missoulamarathon.org)  
Registration closes 6 pm Saturday, July 12, 2008. On-line registration: [www.missoulamarathon.org](http://www.missoulamarathon.org)

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Middle Initial \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State/Province \_\_\_\_\_  
 Zip/Postal Code \_\_\_\_\_ Country (other than USA) \_\_\_\_\_ Email address: \_\_\_\_\_  
 Date of Birth \_\_\_\_\_ Age on Race Day \_\_\_\_\_ Telephone # ( \_\_\_\_\_ ) \_\_\_\_\_  
 First Marathon? Yes \_\_\_\_\_ No \_\_\_\_\_  
 Registering for: Marathon \_\_\_\_\_ Half Marathon \_\_\_\_\_ Kids Marathon \_\_\_\_\_ Men's 4-person Relay \_\_\_\_\_ Women's 4-person Relay \_\_\_\_\_  
 Co-Ed Relay (2 men and 2 women) \_\_\_\_\_ Name of Relay Team: \_\_\_\_\_  
**Shirts** Kids sizes are available only for the kids marathon  
 Adult Shirt Size: S M L XL XXL Kids Shirt Size: S M L Sex: M F  
**Entry Fees**  
 Marathon  \$60 (thru May 31)  \$70 (thru July 11)  \$75 (July 12)  
 Half Marathon  \$45 (thru May 31)  \$55 (thru July 11)  \$60 (July 12)  
 Relay  \$180/team. Relay teams MUST mail their individual registration together in one envelope, along with the name of their team.  
 Kids Marathon  \$15 Hellgate Village 5K Download registration form online from [www.missoulamarathon.org](http://www.missoulamarathon.org)  
**Make checks payable to: MISSOULA MARATHON, PO Box 7965, Missoula, MT 59807**

### 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") - the Missoula Marathon, Run Wild Missoula, the City of Missoula, Missoula County 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 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. PARENT OR GUARDIAN MUST SIGN FOR MINOR.

Signature of Participant: \_\_\_\_\_ Date: \_\_\_\_\_

Printed Name of Participant: \_\_\_\_\_

IF PARTICIPANT IS YOUNGER THAN 18 YEARS

Signature of Parent/Guardian: \_\_\_\_\_

Printed Name of Parent / Guardian: \_\_\_\_\_



OFFICE USE: CHECK # \_\_\_\_\_ RACE # \_\_\_\_\_ OTHER \_\_\_\_\_