

MISSOULA MARATHON, HALF MARATHON, FIVE K & KIDS MARATHON

2022 EVENT GUIDE

JUNE 24-26, 2022 | MISSOULA, MONTANA



MISSOULA MARATHON



THE LAST BEST RACE IN THE LAST BEST PLACE
PRESENTED BY **RUN WILD MISSOULA**





2022 MISSOULA MARATHON SCHEDULE OF EVENTS

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FRIDAY, JUNE 24

4:00-8:00pm Packet Pickup: Missoula Kid's Marathon,
Tony Banovich Missoula 5K, Half Marathon
& Marathon & Runner Expo
(Caras Park, Downtown Missoula, 123 Carousel Dr)

6:00pm Beer Run & Welcome Gathering, Caras Park

SATURDAY, JUNE 25

7:00am-7:30am Tony Banovich Missoula 5K race day Packet Pickup
in Caras Park. **We Strongly Encourage You to
Pick Up Your Packet Friday Night**

8:00am-4:00pm Marathon & Half Marathon Packet Pickup
& Runner Expo, Caras Park

8:00am Start Tony Banovich Missoula 5K, Higgins Ave.
in front of Wilma Theatre, 131 S. Higgins Ave.

8:30am-9:30am Kid's Marathon Packet Pickup,
Boone & Crockett, 250 Station Dr.

10:00am Missoula Kids Marathon, Boone & Crockett

12:00pm-1:00pm Another Mother Running Presentation
Double Tree Hotel, 100 Madison St

1:30pm Elite Technical Meeting, Double Tree Hotel

2:30pm Another Mother Runner Live Podcast,
Double Tree Hotel

5:30pm-10:30pm Late Packet Pickup, Missoula Airport,
5225 Highway 10 West

SUNDAY, JUNE 26

4:15am-5:15am Buses load for both Marathon & Half Marathon
at the University of Montana

6:00am Marathon & Half Marathon Start

7:00am-2:00pm Post Race Celebration in Caras Park

1:30pm Marathon & Half Marathon Finish Line Closes



WELCOME!

It's been a wild few years and our race committee along side the Missoula community are beyond excited to welcome you to Big Sky Country for the Missoula Marathon Weekend of Events! Whether you are a first time participant, a 50-stater, one of our legacy runners or anywhere in between, thank you for choosing Missoula.

Our bustling city by the the Clark Fork river is a hub for unique eateries, breweries & spirits as well as attractions for the whole family. Missoula is also the vibrant core of Western Montana recreation.

This weekend is a culmination of efforts from dedicated race committee members, volunteers, sponsors, vendors, suppliers, retailers, hoteliers, government agencies and more. Our community support and commitment to a top-notch runner experience has allowed us to be regularly named on best-of, must-do and bucket lists. But, without participants like you, we wouldn't thrive, so as a thanks, take full advantage of our home-grown hospitality!

We hope you go home with memories of an exceptional race in a beautiful place. You've done all the hard work to get to the start line, now let us encourage and support you to the finish!

Enjoy Every Step!

Trisha Drobeck
Race Director, Missoula Marathon
Executive Director, Run Wild Missoula



RACE INFORMATION

RACE PACKET PICKUP

You **MUST** pick up your race packet at the Runner Expo (*Caras Park, Downtown Missoula*) on Friday, June 24th from 4:00–8:00p.m. or Saturday, June 25th from 8:00a.m.–4:00p.m. There will be **NO** packet pick up on race day. You may have a friend pick up your packet for you. For late arrivals into Missoula, we have made arrangements for a late packet pick up at the Missoula Airport from 5:30–10:30p.m.

PRE-RACE PASTA DINNER

We do not have an official Missoula Marathon pasta dinner. With all the great restaurants in Missoula, we want to give you a chance to experience our city. Visit Destination Missoula or Missoula Downtown Partnership for restaurant ideas.

MISSOULA MARATHON AND HALF MARATHON

Start at 6 a.m. There are **NO** early start times.

TEMPERATURE

Mild to warm & low humidity. Expect to start off in the low 50s and end in the 70s if you finish around noon.

COURSE AND COURSE SAFETY

(Full list of course rules in the Race Info/FAQ tab at www.MissoulaMarathon.org)

The course is coned and marked very well, but it is open to traffic. There will be volunteers or police officers at most intersections. Please remain on the right side of the road unless otherwise directed. The last 10K of the races are split, marathon left side of the road and half marathon right side of the road.

Music devices and earbuds/earphones are strongly discouraged. For your safety and the safety of those around you, it is recommended that you leave the music at home on race day. Baby joggers are allowed, but we ask that you start toward the back. Dogs are not allowed (*with the exception of required service animals*).

It is strongly recommended that all handcycle and wheelchair participants wear a helmet. Due to the course being open to traffic, a flag (*at least 5' off the ground*) and/or flashing light(s) on each wheelchair or handcycle is recommended.

Participants should be aware that the marathon and half marathon courses merge at the 15.6 mile point of the marathon (*mile 2.5 of the half marathon*). Marathon participants are likely to encounter half marathon participants after the merge point. Wheelchair and handcycle marathon participants with finishing times faster than 2:00 (*2 hours*) can expect large numbers of half marathon participants from the merge point to the finish. Please use caution when overtaking slower participants.

Half marathon participants should be aware that marathon participants, both runners and wheelers, may be overtaking them after the merge point. Half marathoners with finish times over 1:40 (*1 hour, forty minutes*) – be aware that you are likely to be overtaken by wheelchair and handcycle marathon participants who may be traveling at a much faster speed than you. Please obey any commands from course monitors and/or escort bicycles/vehicles.

We ask that all faster participants yield right of way and go around when overtaking slower participants. All participants, please use extra caution when overtaking and passing other participants on the section of bike path near mile 20.5. Over the last

5.5 miles ±, the half and marathon will be split by cones to give you more room. Half marathoners please stay on the right side of the cones. Marathoners please stay on the left side of the cones. Please do not cut across cones when turning at corners.

If you experience medical issues while on the course, please look for a volunteer, bike monitor, or police officer. There is a fully staffed medical tent at the finish. If you have to drop out of the race, please let a volunteer at an aid station or law enforcement officer know and they will arrange for you to be transported.

COURSE TIME LIMIT

The half and marathon course officially close at 1:30 p.m., a 7 1/2 hour limit. There will be no official time for anyone taking longer than seven and a half hours. Aid stations, traffic control, volunteers, etc. will relinquish their posts based upon the 7 1/2 hour completion time.

TOILETS

There are port-a-potties at each start, the finish, and at every aid station on the course.

AID STATIONS

There are 15 aid stations for the marathon and 8 aid stations for the half marathon. They are approximately every 2 miles then every mile during the last 10K. Each aid station will have Powerade (*lemon-lime*) at the 1st table and water at the 2nd table. Cliff Shot Gel will be handed out at 3 aid stations. Please check the course map to see which aid stations will have gel. There will be two flavors of Cliff Shot Gel: Strawberry (*CAFFEINE*) and Vanilla (*NO CAFFEINE*).

SECURITY CONCERNS

- Pre-Race shuttles are for participants wearing bibs only.

- Please check your gear bags promptly upon your arrival at the starting line. Bags left unattended are subject to search and removal.

- Participants will be ushered through the finish chute to the gear bag pickup zone. They will then leave the finish area and walk to the food and post-race area in Caras Park. Participants can wait for other finishers at the post-race events area in Caras park. There will be no re-entry into the participant area once finishers exit to Caras Park.

GEAR BAGS

You will be given your gear bag at packet pickup. Please make sure your gear bag has your correct race number written on it. Both start lines will have a drop off area and your bag will be transported to the finish area courtesy of UPS. Please do not leave any valuables in your gear bag. We will only accept the gear bags provided, there will be NO other bags accepted. When you pick up your gear bag at the finish, you will be required to show your bib number.

VIRTUAL RACE BAGS

The Missoula Marathon uses a virtual race bag to further assist our efforts in making our event green. Those registered will be able to view and link our sponsors' websites and offers. Virtual Race Bags will be emailed the week of the event. All participants will receive a gear bag for checking race morning.

BUS SHUTTLE

There is **NO parking** at either the marathon or half marathon start. The bus pick up for both races will be at the University of Montana. *Please see the bus loading map for more info.*

AGE DIVISIONS

(Marathon and Half) 0-19, 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+

(5K) 9 & under, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80+

PACE GROUPS

We strive to have pacers for the following times:

Marathon

3:00 (6:52 mi pace), 3:10 (7:14 mi pace), 3:20 (7:37 mi pace), 3:30 (8:00 mi pace), 3:40 (8:23 mi pace), 3:50 (8:46 mi pace), 4:00 (9:09 mi pace), 4:10 (9:32 mi pace), 4:20 (9:55 mi pace), 4:30 (10:17 mi pace), 4:40 (10:40 mi pace), 4:50 (11:03 mi pace), 5:00 (11:26 mi pace).

Half Marathon

1:30 (6:52 pace), 1:40 (7:37 pace), 1:50 (8:23 pace), 2:00 (9:09 pace), 2:10 (9:55 pace), 2:20 (10:40 pace), 2:30 (11:25 pace).

The pacers will wear bright pacers shirts and carry balloons with the pace time written on them. Please remember our pacers are volunteers with their own potential injuries, and they aren't professional pacers.

TIMING/RESULTS

The Marathon, Half, and 5K will be chip timed by Competitive Timing with results posted as quickly as possible on race day. There will be 7 split mats for the marathon and 3 split mats for the half.

AWARDS

Age group awards will be mailed out in the weeks following the race after results are official.

RACE PHOTOS

All marathon and half marathon participants will receive free on-course photos via EnMotive. There are no official race photos for the Kids Marathon or 5K.

MISSOULA MARATHON, HALF MARATHON, TONY BANOVICH MISSOULA 5K FINISHERS

All finishers of the Missoula Marathon, Half Marathon and Tony Banovich Missoula 5K receive a technical short-sleeve shirt, a medal, gear bag, post race food, live runner tracking, free race photos and more! (*No gear bag, post-race food or photos in 5K*).

BIG 3 CHALLENGE

If you participated in the Beer Run, 5K, and Marathon or Half Marathon you will receive a special Missoula Marathon Big 3 Challenge reward. Following the marathon or Half Marathon make your way to Caras Park after the finish to pick up your reward!

RUNNER TRACKING

Live participant tracking & results for the Tony Banovich Missoula 5K, Missoula Marathon and Half Marathon are available via Competitive Timing App. Available on the App Store and Google Play.

In the app: Search for and click on the event you'll be following or participating in. Spectators can track any number of participants and view live progress on a map.

BE SOCIAL!

Tag us on social media during race weekend at #MissoulaMarathon, #LastBestRace and @missoulamarathon



ELITE RUNNERS

An updated list of elite athletes can be found in the RACE INFO-Awards/Elites section of MissoulaMarathon.org

2022 MISSOULA MARATHON

MEN

Mark Messmer
2:17 | Denver, CO

Kyle Masterson
2:17 | Alamosa, CO

Jason Delaney (Masters)
2:19 | Polson, MT

Patrick Hutton
2:24 | Flagstaff, AZ

Chad Beyer
2:24 | Tempe, AZ

Ben Kopecky
2:29 | Saint Louis, MO

AJ Eckman (UM Griz XCTF)
Debut | Bolder, MT

Michael LaForest (Masters)
2:35 | Missoula, MT

WOMEN

Heather Lieberg (Masters)
2:34 | Helena, MT

Shayna Barbash
2:53 | Boulder, CO

Kristina Pham
2:53 | Chapel Hill, NC

Anna Hailey
3:01 | Tioga, TX

Jamie Morgenstern
1:19 [Half] | Seattle, WA



2022 HALF MARATHON

MEN

Matt Welch
1:02 | Bellingham, WA

Zach Perrin
1:06 | Bozeman MT

Adam Wollant
1:06 | Half Bozeman, MT

Erik Teig
1:07 | Boise, ID

Collin Buck
1:09 | Kalispell, MT

Micah Drew
1:11 | Kalispell, MT

Jesse Zentz (Masters)
1:14 | Helena, MT

Evan Bates
Debut | Spokane, WA

Ellis McKean (UM Griz XCTF)
Debut | Glasgow, MT

Cody Moore
1:12 | Kalispell, MT

Isaac Schmidt (MSU XCTF)
1:12 | Missoula, MT

WOMEN

Elizabeth Wasserman
1:16 | Columbia Falls, MT

Kelsie Zitzer
2:50 [Marathon] | Dillon, MT

Carrie Birth
3:01 [Marathon] | Fayetteville, AR

Nicole Murray (Masters)
1:29 | Whitehall, MT

Beatrix Frissel (UM Griz XCTF)
Debut | Polson, MT,

Kayla Ingraham (UM Griz XCTF)
Debut | Milwaukie, OR

Carly Dahms (UM Griz XCTF)
Debut | Roseville, MN

Sam Kelderman (MSU XCTF)
Debut | Issaquah, WA

Iris McKean (UM Griz XCTF)
Debut | Glasgow, MT

MISSOULA MARATHON & HALF MARATHON COURSE RECORDS

MARATHON

Men's Open

Matthew Adams - 2:20:27 - 2014
Mark Messmer - 2:24:00 - 2019
Luis Orta - 2:24:58 - 2014
Jason Delaney - 2:26:10 - 2013
Elliot Welder - 2:26:25 - 2011

Women's Open

Trisha Drobeck - 2:46:54 - 2015
Trisha Drobeck - 2:48:35 - 2016
Trisha Drobeck - 2:49:32 - 2012
Kayla Brown - 2:50:47 - 2019
Sarah Hallas - 2:51:40 - 2019

Men's Masters

Geoffrey Terer - 2:31:11 - 2017
Michael Wardian - 2:34:22 - 2016
Jesse Zentz - 2:34:32 - 2016
Jesse Zentz - 2:37:22 - 2018
Jimmy Grant - 2:38:40 - 2018

Women's Masters

Mo Bookwalter - 3:08:05 - 2019
Mo Bookwalter - 3:10:34 - 2016
Jenni Brown - 3:12:58 - 2019
Julie Gilchrist - 3:14:14 - 2015
Beth Woodward - 3:14:30 - 2018

HALF MARATHON

Men's Open

Kenneth Kosgei - 1:05:30 - 2019
Mick Iacofano - 1:06:00 - 2019
Nicholas Hilton - 1:06:04 - 2016
Carlos Trujillo - 1:06:22 - 2014
Brian Masterson - 1:06:29 - 2019

Women's Open

Makena Morley - 1:14:29 - 2019
Makena Morley - 1:15:52 - 2018
Heather Lieberg - 1:15:55 - 2015
Heather Lieberg - 1:15:56 - 2014
Allison Morgan - 1:16:05 - 2015

Men's Masters

Sam Krieg - 1:10:56 - 2018
Mike Bresson - 1:11:20 - 2012
Michael Wardian - 1:11:34 - 2017
Sam Krieg - 1:11:35 - 2017
Jesse Zentz - 1:14:53 - 2017

Women's Masters

Rachel Jaten - 1:19:39 - 2016
Christine Julien - 1:24:57 - 2011
Danielle Shahan - 1:26:40 - 2014
Jenny Newton - 1:26:49 - 2015
Michelle Paxton - 1:27:19 - 2019



MISSOULA PADDLEHEADS GAME
SUNDAY - JUNE 26TH
2:00 PM

TICKETS → 

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SPECIAL GUEST SPEAKERS
another mother runners



Sarah Bowen Shea and Dimity McDowell

Friday, June 24
 4-6pm Book Signing meet & greet at Runner Expo
 6-8pm Run Sarah & Dimity will cheer on Beer Runners

Saturday, June 25
 8 am -11am AMR Book Signing, meet & greet at Runner Expo
 12-1pm Presentation at the DoubleTree
 2:30 pm AMR Live Podcast Party at the DoubleTree

MARATHON
SNAPSHOTS






» **NO parking** at the start of the half and marathon, ALL participants must take the buses to the start of the marathon and half.

» Buses will run from 4:15am-5:15am; please allow yourself plenty of time for parking. We ***STRONGLY*** suggest you load one of the earlier buses.

» Bus load will be at the University of Montana (*Less than a mile walk from finish area*).

Thank you University of Montana for hosting our bus pick up.

*Thank you University of Montana for
hosting our bus pick up.*

2. Another great drop off location is East Front & Van Buren to access the pedestrian bridge to the bus load.

****PLEASE NOTE****

Due to construction, parking is extremely limited on campus this year. Instead we encourage you to use downtown parking and walk to buses or use one of our runner drop off zones. Thank you for understanding!



- | | |
|---|---|
|  | <i>Streets</i> |
|  | <i>Pedestrian/Bike Path</i> |
|  | <i>Parking Area</i> |
|  | <i>Runner Only Drop Zone</i> |
|  | <i>Portable Toilets</i> |
|  | <i>Closed Area</i> |
|  | <i>Landmarks</i> |
|  | <i>Marathon Bus Pick Up</i> |
|  | <i>Half Marathon Bus Pick Up</i> |
|  | <i>Volunteer & Equip Parking</i> |
|  | <i>Construction</i> |





SPECTATORS MAP

MARATHON & HALF MARATHON

Race Info: Sunday, June 26th | Start Time 6:00am



START

MARATHON



**MARATHON
MILE MARKERS**

FRENCHTOWN, MT

I-90

**TrailWest Bank -
Frenchtown**
16600 Beckwith St.
Frenchtown MT

MARA / 1.9



PULP MILL RD.

MARA / 4.4



LACASSE LN.

MULLAN ROAD



**MISSOULA
AIRPORT**

MARA / 6.2



HARPER'S
BRIDGE RD.

MULLAN ROAD

MARA / 8.5



DESCHAMPS LANE

KONA
RANCH RD.

MARA / 9.4



MARA / 11.4

Big Flat and Paradise



MARA / 13.4



BIG FLAT RD.

BIG FLAT

MARATHON COURSE DIRECTIONS

START: TrailWest Bank - Frenchtown

Follow Mullan
Right on Kona Ranch
Left on Big Flat
Left on River Pines
Over Maclay Bridge
Left on Clements
Right on 7th
Left on Hiberta
Left on Veranda
Right on S. 3rd St. W
Left on Grove
Right on bike path under Reserve
Left on Davis
Right on Wyoming
Right on Curtis
Cross 3rd St. to Schilling
Left on 4th
Right on Walnut
Right onto Cleveland
Left onto Franklin
Right onto Blaine
Cross Mount to Hollis
Left on Burlington
(Changes into Hastings)
Right on Ronald
Left on Sussex
Left on Helen
Left on Beverly
Right on Hilda
Left on Eddy
Right on Gerald
Left on Fourth
Right onto Higgins
Over the Beartracks Bridge

FINISH: On Higgins Ave at Front Street

HALF MARATHON COURSE DIRECTIONS

START Alpine Physical Therapy /
PEAK Health & Wellness
(5000 Blue Mountain Rd)

- Continue for 2.6 miles on
Blue Mountain Road
- Right on River Pines

• From now on follow the
Marathon Course Directions



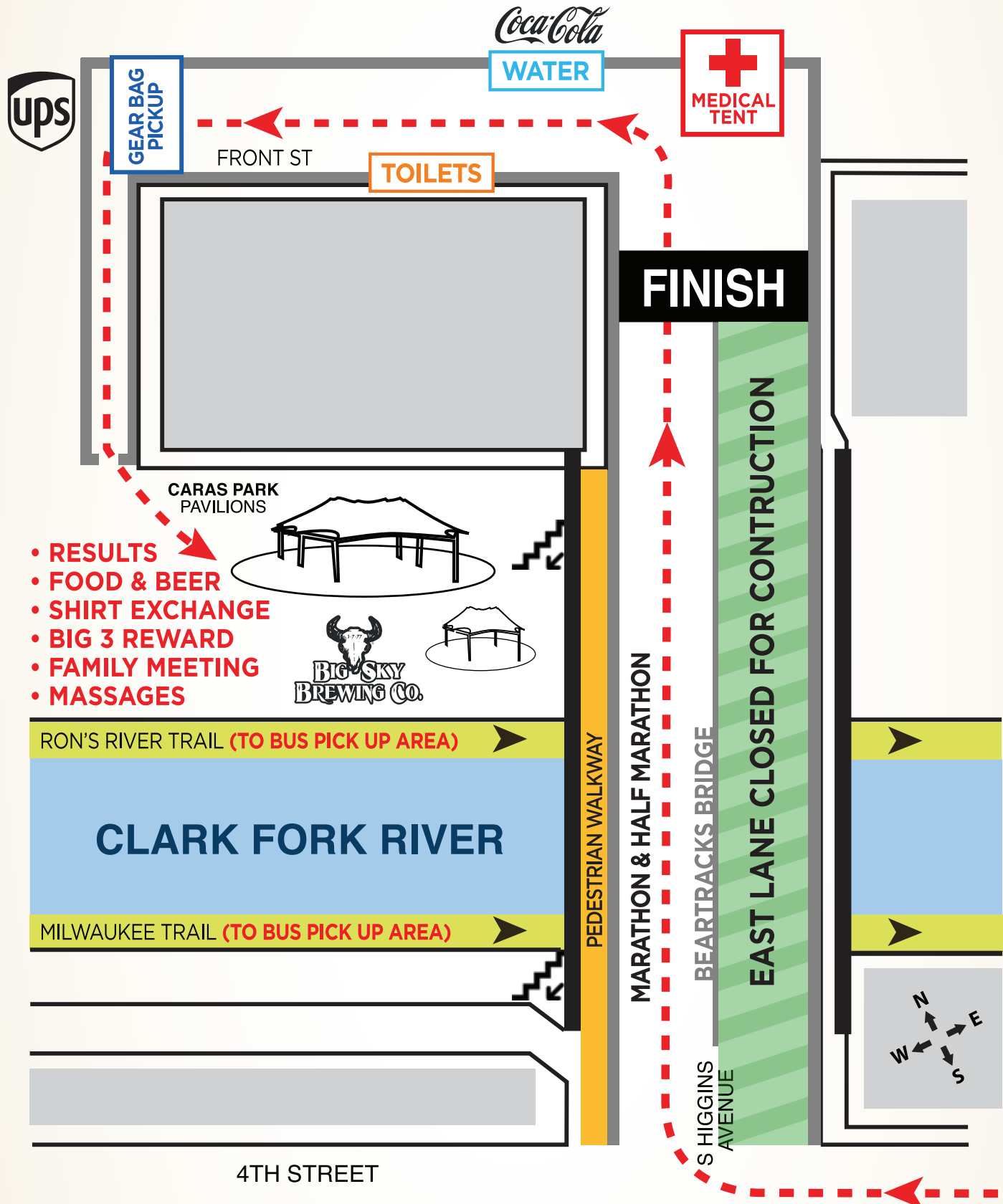
COURS

Race Info: Sunday, June 26th | Start Time 6:00am

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MISSOULA MARATHON & HALF MARATHON FINISH AREA MAP



Sxwúytis Smxe Nxlews | Grizzly Bear Tracks's Bridge

Beartracks Bridge - Historical Background

*Courtesy of Séliš-Qlispé Culture Committee
Confederated Salish & Kootenai Tribes*



Above: Higgins Bridge,
c. 1874-76. (Mansfield Library,
Univ. of Montana)



Above: Sxwúytis Smxe — Grizzly
Bear Tracks, 1854. (Gustavus
Sohn portrait, National
Anthropological Archives)



Right: Séliš encampment to
dig bitterroot by Nmqwé
(Mount Jumbo), c. 1890.
(Mansfield Library, U. of MT)

Beartracks is a name steeped in the history and culture of the Séliš (pronounced SEH-leesh, Salish or “Flathead”) people. It is also of direct relevance to the site of the bridge itself, an area that sits at the heart of the overlapping territories of the Séliš and Qlispé (pronounced Kah-lee-SPEH, upper Kalispel or “Pend d’Oreille”).

More than 130 years ago in 1891, the U.S. Government began the forced removal of the Selis under the leadership of Chief Charlo from the Bitterroot Valley to the Flathead Reservation. During this forced march some of the Bitterroot Selis, directed by sub-Chief Louis Vanderburg, crossed the river where the Beartracks Bridge stands today. The importance of Missoula and the surrounding valleys to the Selis and Qlispé has not faded in that time.

“Beartracks” is a shortened translation of the Salish name Sxwúytis Smxe, which means Grizzly Bear’s Tracks. From the mid-nineteenth century on, English speakers have

often referred to the Vanderburgs, members of the prominent and respected Séliš family, by the simplified name “Beartrack” or “Beartracks.”

The formerly Higgins Ave bridge was officially renamed on April 22, 2021, when the Montana Transportation Commission voted unanimously to approve the proposal submitted by the Missoula County Commissioners with the support of the Missoula City Council. The Confederated Salish & Kootenai Tribes recommended the name “Beartracks Bridge.”

Whether we use the name Beartracks Bridge, Sxwúytis Smxe Nxlews, or Grizzly Bear Tracks’s Bridge, it honors the Beartracks / Vanderburg family, the many other descendants of Sxwúytis Smxe, and the Séliš people as a whole — and remind us of the ancient and continuing Séliš-Qlispé connection to this place.



Tony Banovich Missoula 5K COURSE MAP

Race Info: Saturday, June 25th | Start time: 8:00am



About the Tony Banovich Missoula 5K

On October 14, 2020, our Montana running family lost a treasured friend and invaluable supporter. Tony Banovich, Race Director for the Missoula Marathon and Executive Director of Run Wild Missoula, was kind, generous, and encouraging of all, welcoming countless new runners over the years. He was deeply dedicated to both Missoula and Montana running communities.

It is in his honor and aligned with his spirit, we bring this 5K to the streets of Missoula.



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Weekdays 10am-3pm

Denny Bedard
Weekdays 3pm-7pm



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Friday 8:30am-5:00pm
Saturday 9:00am-2:00pm

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ligament, strain a muscle, slip and
fall or have a sports injury ...
Neck to Toe
because we understand it is never a
good time to be injured.**

2360 Mullan Road, Suite A
missoulaboneandjoint.com



Celebrate the Missoula Marathon with the Runner's Edge!

Show us your race bib anytime on Monday, June 27th, and receive

- *FREE acai bowl from Mountain Berry Bowl food truck 10a-2p*
- OR
- *FREE ice cream cone from Big Dipper food truck 2p-6p*

PLUS deep discounts on select in-season apparel AND a chance
to win epic prize packages!*

**do not need to be present to win*



RUNNER'S EDGE

DOWNTOWN 304 NORTH HIGGINS AVE | 728.9297

Hours: M-Th 10a-7p, Fri 10a-6pm, Sat 10a-5p, Sun 11a-4p