

January 4th, 2021

On May 19th, Governor Bullock announced a Directive on Phase Two of the phased reopening of Montana. Montana remains under Phase-two of the phased reopening. As of November 17, 2020, Governor Bullock issued an executive order limiting sizes for public events and gatherings; to read the Governor's Directive, go [HERE](#). Click [HERE](#) & [HERE](#) for the Missoula City-County Health Department Order and related Appendix A.

Run Wild Missoula is committed to the safety and well-being of its members, volunteers, staff, and the Missoula community at large. We will continue to go to the lengths necessary to ensure that we are properly mitigating Coronavirus risks within the context of the Governor's Directives and the Health Department Orders.

Therefore, beginning Monday, January 4th, 2021, Run Wild Missoula will modify our current operations as noted below:

Run Wild Missoula Office

Our office will be open to the public Tuesdays and Thursdays from 10-4pm. As a reminder, we ask that you wear a mask (covering your mouth and nose) when you enter the building and keep it on for the remainder of your time in our office.

- Contact Sally (sallyh@runwildmissoula.org) for questions regarding membership, Racemaker status, 1200/2000 Mile Club, or training classes
- Contact Ashley (ashleyc@runwildmissoula.org) for questions regarding upcoming races, the Missoula Marathon, or other club matters

Group Runs: Limited to 25 People

- Saturday Group Run: Meet at 8:00 AM in alley behind Runner's Edge
- BOP/Galloway Buddy Runs: Currently on Hiatus
- At this time, group runs are for members only
 - Membership will be verified
- Outside meeting only (i.e. basement will not be opened for these runs)
- Please practice good social distancing to the greatest extent possible (see below)
- Please continue to use good hygiene practices (see below)
- Please be supportive of those people who have made the choice to use cloth face mask during activities

Missoula Marathon Training Classes

The marathon training classes (RWM and Walking) are being planned as in-person classes with several modifications. However, this is subject to change as we closely monitor the COVID-19 case load in Missoula and Montana. Our first priority is the health and well-being of members, volunteers, staff, and the Missoula community at large. Please check the individual class pages on our website for the most current information.

Other Classes, Activities, & Events

We are further reviewing how to undertake the following under Phase Two guidelines:

- Tuesday Track: Workouts are provided each week by coach Courtney Babcock via RWM's weekly membership email and are listed on the Tuesday Track page on our website
- Spring Trail Classes: Scheduled to begin in April. Check back for updates.
- Yoga with Missy: The 2021 Winter session meets January 5th through March 25th and includes both in-person and ZOOM opportunities.

In-Person Races

Run Wild Missoula continues to work with the Missoula City-County Health Officials to determine the feasibility and safety of in-person events moving into 2021. We will provide updates on our website as they become available.

Run Wild Missoula supports a cautious, phased approach to the return of business-as-usual in Missoula and in Montana. We support the notion that a careful approach will allow Missoula to move through Phase Two and on to Phase III (full "re-opening") in the safest and most expeditious manner possible.

Further, moving into Phase Two does not mean that social distancing is over. Social distancing has been demonstrated as the best weapon that we have at this time in fighting the spread of this virus. We must do our part to ensure the health and safety of those around us. As such, we still encourage you to follow good social distancing and hygiene practices.

- To the greatest extent possible, maintain at least 6-feet of separation from others
 - This does not include members of your immediate household
- No hugs, handshakes, high fives, or elbow bumps
- Wash your hands, or use hand sanitizer, before and after your run or walk
 - And, regularly wash your hands in between your runs and walks
- Sneeze or cough into a tissue, handkerchief, or the inside of your elbow
- Don't pose together for selfies
- If you feel any sign of sickness or illness, stay home
- If it seems overly busy where you intended to run or walk and it's more congested than you are comfortable with, consider finding a different course/route/trail