

# RUN WILD MISSOULA

## COVID-19 Updates

**March 23, 2020**

As we all know, the COVID-19 Pandemic has led us to a significantly different reality than what we had even two short weeks ago. Perhaps the biggest impact to us as runners and walkers has become the need to practice social distancing in order to “flatten the curve” and try to break “links” in the pandemic chain.

We had already instituted changes to several Run Wild Missoula races, events and activities. But, in the interest of following best public health practices and guidelines, we’re going to implement the following effective immediately:

- **Cancel all in-person RWM group runs regardless of size**
  - This includes Marathon & Half Marathon Training Classes, Tuesday Track, Saturday Group Runs, Spring Trail Classes, Buddy Runs, and Galloway Pace Group Leader Runs
    - We'll continue to provide digital resources for our Marathon & Half Marathon Classes (RWM, Walking & Galloway)
    - We'll be providing more information for those who are registered for Spring Trail Classes
- **These cancellations shall remain in place through at least Friday, April 10th**
  - These may be extended beyond April 10th based on review of guidelines by CDC, the MT Governor's Office, the MT Department of Health & Human Services, and the Missoula City-County Health Department
  - They may be lifted if relaxed guidelines are issued by those agencies prior to April 10th
- The basement/RWM office will not be opened or made available for group runs during this time

We still encourage you to get out and run – for both your physical and emotional health. Should you choose to run with others as a voluntary, personal preference - we recommend that you follow the below guidelines. Remember, in these unique times of Coronavirus transmission, choosing to run with others is a choice that could have consequences for you, your running partners, your families and your friends. Exercising solo is the best option right now for the health of all in the Missoula community.

- Remember to maintain appropriate social distancing – maintain at least 6-foot separation at all times
- No hugs, handshakes, high fives or elbow bumps
- Wash your hands, or use hand sanitizer, before and after your run
- Sneeze or cough into a tissue or the inside of your elbow
- Don't pose together for selfies
- If you feel any sign of sickness or illness, stay home

## March 19, 2020

Due to COVID-19, many Run Wild Missoula events and classes have been cancelled or suspended. We will be following the CDC's guidelines for large group events; and, the recommendations of the Missoula City-County Health Department.

### **Registration Has Been Suspended for:**

- Run for the Trees
- Big Sky Buddy Run
- Sweathouse Half Marathon
- Virtual Sweathouse Half Marathon

For more information, please go to the individual race pages.

**Missoula Marathon Training Class:** In person class meetings have been suspended through May 8<sup>th</sup>. We intend to conduct the class virtually/digitally during this time. More communication will be forthcoming on how we intend to implement the virtual/digital class sessions. Expect to continue to see regular communication from the training class coach.

**Missoula Half Marathon Walking Class:** In person class meetings have been suspended through May 10<sup>th</sup>. We intend to conduct the class virtually/digitally during this time. More communication will be forthcoming on how we intend to implement the virtual/digital class sessions. Expect to continue to see regular communication from the walking class coaches.

**Galloway Classes:** Based on direction from Galloway Production, in person class meetings have been suspended through March 22<sup>nd</sup>. More information will be released as it becomes available.

**Trail Classes:** Trail class registration has been suspended. More information regarding the class status will be released soon.

**Tuesday Track:** Tuesday Track will be suspended through April 7<sup>th</sup>. We will re-evaluate the class status at that time and provide updates when available.

**Tuesday & Thursday Buddy Runs:** The Buddy Run for Thursday, March 19<sup>th</sup> has been cancelled. We are currently evaluating these informal, voluntary runs and will provide more information when available.

**Saturday Group Runs:** The Saturday Group Run for March 22<sup>nd</sup> has been suspended. We are currently evaluating this informal, voluntary run and will provide more information when available.

**Yoga and CORE Classes:** Yoga and CORE classes have been suspended indefinitely. More information will be provided when available.

**Beer Run:** The March 25<sup>th</sup> and April 29<sup>th</sup> Beer Runs have been cancelled.

**BOP Social:** The March 21<sup>st</sup> and April 18<sup>th</sup> BOP Socials have been cancelled.

Additional updates will be posted here and on the individual race, class and activity pages as more information becomes available. For more information, [click here](#) for the CDC's website; or [click here](#) for City-County Health website.

In spite of all the cancellations and suspensions, we still encourage you to get out and get in your runs and walks. If nothing else, think of it as important self-care for your physical and emotional health.

## **March 16, 2020**

### **General**

- The Run Wild Missoula Board of Directors will meet on Wednesday, March 18<sup>th</sup> to discuss our COVID-19 strategies and will update the below (and other related items) as appropriate.

### **Run Wild Missoula Office**

- We expect to keep the office open this week; but, would ask that you limit visits to only necessary business that must be conducted face to face.
  - You may still pick up your Run For The Luck Of It race swag
- We'll ask you to respect an appropriate amount of "social distance" for the safety and protection of yourself and our staff.
- Most business can be conducted on the phone or by email.
- The office phone is 406-544-7073
- For questions about training classes or membership, contact Elizabeth at [elizabethw@runwildmissoula.org](mailto:elizabethw@runwildmissoula.org)
- For questions about races, merchandise or equipment, contact Ashley at [ashleyc@runwildmissoula.org](mailto:ashleyc@runwildmissoula.org)
- For questions about the Missoula Marathon, COVID-19 or other RWM matter, contact Tony at [tonyb@runwildmissoula.org](mailto:tonyb@runwildmissoula.org)

### **Training Classes**

- Classes scheduled to meet (marathon and walking) on Wednesday, March 18<sup>th</sup> will not take place.

### **Tuesday Track**

- Tuesday Track for this week, March 17<sup>th</sup>, will not take place

### **Buddy Runs**

- The Buddy Runs for this week, Tuesday, March 17<sup>th</sup> & Thursday, March 19<sup>th</sup> will not take place.

### **BOP**

- The BOP Social scheduled of this Saturday, March 23<sup>rd</sup> has been cancelled.

### **Upcoming Spring Races**

- At their meeting on Wednesday, the board will discuss the status of Run For The Trees, Big Sky Buddy Run, Sweathouse Half Marathon and the Double & Single Dips. We expect to have more information by the end of the week.

**Stay Fit, Stay Active, Stay Healthy** – as runners ourselves, we know how running and walking can help to keep us healthy – both physically and emotionally. We encourage you to keep up your running and fitness routine. But, keep these things in mind.

- Remember to maintain appropriate social distancing
- Practice good handwashing and hygiene
- Spend time outside every day to brighten your mood and to get a good dose of Vitamin D