

*Running Wild* | April 2022

## Run Wild Missoula Executive Director: April has Arrived!

Longer days and drier pavement for the foreseeable future has created the motivation I need to get into a more consistent training routine. And if you're like me, races, classes, group runs can help solidify that commitment. (The stacked American women's field at the Boston Marathon later this month doesn't hurt either... it's going to be an epic race!)

And we're so happy here at RWM to say we have a little something for everyone coming up!

In the way of classes, we have an unprecedented nine trail sessions starting and two marathon training classes in full swing. Tuesday Track is back to running in circles, Wild Miles back to the trails and Saturday group run has breakfast treats to welcome you back.

A handful of races to prep for include Run for the Trees 5K, 10K & 1-mile fun run later this month and other local legends, Bloomsday, Riverbank Run and Sentinel Hill Climb.

If you're looking for little less a social distancing, the beer run this month will feature Draught Works and the BOP Social also convenes at Old Bull Brewing in Frenchtown.

And perhaps the best part about April will be the newest addition to the RWM family. Sometime this month we'll get to meet Sally's baby! I'm feeling pretty good about winning the office pool too.

It's a jam-packed month, so let the fun begin!

Enjoy every step!

Trisha



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## Member Spotlight: Andy Nelson

This month's member spotlight features Andy Nelson. You may recognize his name from his campaign for Montana State Legislature, he is the Executive Director of The Center, and one of Run Wild Missoula's newest board members! When Andy is not working or campaigning, he is passionate about volunteering in the community.

To learn more about Andy, visit our [blog](#).



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## Temporary Work at RWM!

Run Wild Missoula is excited to welcome a new little member to the RWM family in late April when staff member, Sally, is due to deliver her baby!

With that being said, she will be taking some time away from the club during the months of May and June. Run Wild Missoula is looking for someone who is interested in communications to help out in that time period. It would be 5+ hours a week with opportunities to help at events starting at the end of April. Compensation will be provided!

If you or someone you know is interested, please contact [Trisha](#)



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## Boston Marathon Viewing Party!

Spend your Marathon Monday with Run Wild Missoula and Runner's Edge for a Boston Marathon viewing party in the basement of Runner's Edge on Monday, April 18th at 7:30 AM!

We will provide donuts☞ and coffee ☕ during the viewing party, you can even wear your pajamas!



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## Looking for Aid Station Volunteers!

We are looking for several volunteers to help out with aid stations for the **Missoula Marathon and Half Marathon Training Class** this spring! As the miles ramp up for class participants, we treat them to aid stations along the way and are looking for some helping hands to help with set up, tending the aid station, and then tear down. These would be mostly on Sundays with the occasional Wednesday evening!

If you or someone you know is interested, please email [Candy Hartman](#)

Thank you for your consideration!



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## Run for the Trees • April 23rd

Join Run Wild Missoula in partnership with Missoula Parks & Recreation for the 30th Annual Run for the Trees on Saturday, April 23rd. There is a 10K, 5K, and 1 mile fun run!

For more information & to register, click [here](#).

We are also looking for several volunteers to help us out on race day! If you or someone you know is interested, we would greatly appreciate it.

More information about volunteering can be found [here](#).



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## BOP Social + Run-Walk • April 24th

Run Wild Missoula welcomes runners and walkers at any pace. We make that welcome even more inviting with activities aimed at the Back of the Pack (BOP) Our program is always evolving, reflecting the interests of members. BOP

Socials are a great way to meet other runners and walkers in our community of all paces!

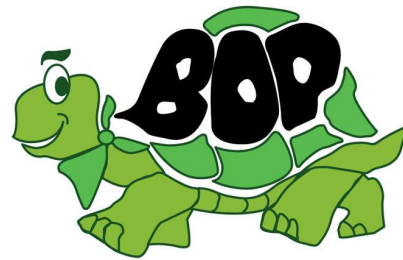
The next BOP Social will be on Sunday, April 24th at Old Bull Brewing in Frenchtown. We will meet at 2:00 PM for a walk/run on the Frenchtown Pond State Park (parking lot to the right of the entrance) followed by a potluck social at Old Bull Brewing at 3:00 PM.

More information can be found [here](#).

**BOP Run/Walks are back!** Join us on Tuesdays and Thursdays for an interval focused run/walk!

More information can be found [here](#).

Stay up to date about BOP Socials by joining the [Run Walk Run Wild](#) Facebook group or subscribing to the Monthly BOP bulletin by emailing [backofpack@runwildmissoula.org](mailto:backofpack@runwildmissoula.org).



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## Last Wednesday Beer Run • April 27th

Join us at **Draught Works** on Wednesday, April 27th

A 3 and 5 mile course will be offered. Our beer runs are open to everyone - Run Wild Missoula membership is not required. As outlined in our "Rules of the Run," for safety reasons, we ask that dogs are not present during the Beer Run.

Questions? Please contact our [Chancellor of Libations](#)



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## Pengelly • June 4th

Kick off summer trail running with Run Wild Missoula on Saturday, June 4th for the **Pengelly Double Dip** and **Bob Hayes Single Dip**. New this year is also the Virtual Pengelly Double Dip! There is still room left in every Pengelly event.

For more information & to register, click [here](#).



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## Mentor with Go Run Missoula!

Looking to share your love of running with Missoula's youth? Go Run Missoula (GRM) is looking for female volunteers to mentor 3rd - 6th grade girls once a week from April 11 - June 4. GRM is a non-competitive running program that focuses on girls' leadership development. All meeting locations are in Missoula and the only prerequisite is the desire to have fun with girls while being physically active.

Contact Angela Bridegam at [angela@gorunmissoula.com](mailto:angela@gorunmissoula.com)



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## Indigenous Trail: 20 Mile Trail Challenge

Looking for a trail challenge? Check out the **2nd Annual Indigenous Trail**



**20 Mile!** This event takes place at Gas Cap Hill in Crow Agency, MT on Saturday, April 30th. The race starts at the Gas Cap Parking lot, registration will take place that morning from 8:00 - 8:50 AM.

This event is free but donations are certainly welcome and volunteers are needed!

If you have any questions about the event, please contact [Scott Fatlip](#)



## RWM Club Miles

So far this year, we have run or walked **20,777 miles!** RWM Members who run or walk over 1200 or 2000 miles in one year will receive a Run Wild Missoula customized gift. Even if you didn't run or walk over 1200 miles, we still encourage you to post your miles! We love to see how much activity our club really does.

To register for the 2022 Mileage Club, click [HERE](#).

*\*\* You will need to re-register for the Mileage Club if you did it last year to continue logging miles \*\**

[Video: How to log miles](#)

For more information about Mileage Club, click [here](#).

If you have any questions, email Sally, [sallyh@runwildmissoula.org](mailto:sallyh@runwildmissoula.org)



## Around Town

[Bitterroot Runoff](#), Missoula, MT

[Sentinel Hill Climb](#), Missoula MT

[Big Sky Horse Park Pet Run](#), Missoula, MT

[Mama Bear 5K](#), Missoula MT

[All Abilities Fun Run 1K & 5K](#), Townsend, MT

[Little Dipper Kid's Trail Run](#), Missoula MT

### Membership Benefits

[Group Runs](#)

[Racemakers](#)

[Run Wilder](#)

[1200 & 2000 Mile Club](#)

[Discounts & Freebies](#)

### Run Wild Missoula Information

[Run Wild Missoula Staff](#)

[Run Wild Missoula Board of Directors](#)

[Run Wild Missoula Rules of the Run](#)

Run Wild Missoula | 406.544.7073 | [info@runwildmissoula.org](mailto:info@runwildmissoula.org) | [www.runwildmissoula.org](http://www.runwildmissoula.org)

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THE MISSOULA MARATHON IS ON SOCIAL MEDIA, TOO!  
#MissoulaMarathon #LastBestRace



*Unsubscribing from this email will not eliminate you from receiving emails about volunteer opportunities.*