



Running Wild | December 2022

Run Wild Missoula Executive Director: Happy Holidays!

And just like that, it's holiday time! Although the snow might be a touch early and quite high, it's still fun to get outside and enjoy running (or otherwise) in Missoula. We have some good stuff for our members coming up to keep you involved and motivated through the New Year.

All month long we're celebrating the life of Tony Banovich with the Roads, Tracks & Trails Virtual Run. The Runner's Edge is planning an in person get together this weekend for registered runners if you would like to 'Run for Tony' as a group.

You can't miss the December Beer Run + Christmas lights. Last year was a blast running through snow and enjoying the home displays. We started a new Beer Run tradition last month, so be sure to join us this month to experience that firsthand.

Best way to kick off the New Year: Resolution Run! I can't promise it's won't be 0 degrees again, but some finish line ho cho in your custom mug is worth 3.1 miles for five bucks! Plus, if you register by next week, and there's enough of you, I can promise there will be some local pros getting polar-plungy in the Rattlesnake Creek. Stay tuned for that!

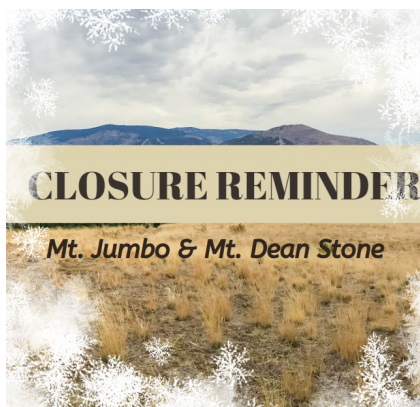
We have some new faces in the RWM office now as well! If you're doing some holiday shopping at the Runner's Edge, attending a class or maybe picking up your Mntwi l Nl?ay virtual half marathon fleece, please stop by and say hi!

Enjoy Every Step!

Trisha



Local Updates



Closure Reminder

Mt. Jumbo & Mt. Dean Stone have seasonal



Marshall Mountain Project

closures in place. Please see the City of Missoula's website for specifics!

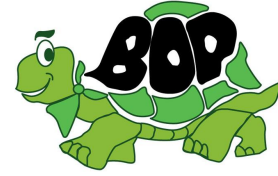
[More Info](#)

Missoula Parks & Recreation is seeking feedback on the draft design concept for Marshall Mountain Park. Public comment will be accepted through December 23d. We encourage all RWM members to take the survey below!

[Take the Survey](#)

BOP News!

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 programs are 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!



- There will not be a December BOP Social. You're encouraged to attend the December Beer Run. For more information please visit our [website](#). The BOP Social will return for January.
- 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.

Volunteer Needed! Half Marathon Walking Class

The **Missoula Half Marathon Walking Class** is a 16 week long class to prepare registrants for the 2023 Missoula Half Marathon! We are in need of a volunteer who is excited about walking long distances and helping others achieve their goals to lead the class this year!



If you are interested or have any questions, please contact [Shawnae](#).

Last Wednesday Beer Run • December 28th

Join us at **OddPitch Brewing** on Wednesday, December 28th.

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](#)

More info, click [here](#).



New Recurring Run! Sunday Long Run

The **Sunday Long Run (SLR)** is a new weekly program starting! We are kicking off the New Year with a self-supported program for those wanting to increase their miles. Our first SLR will be on Sunday, January 8th 2023.

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



Roads, Tracks, and Trails Memorial Run • December Virtual

In 2021 this in-person event challenged participants to run or walk 4.35 miles – the average daily distance of Tony’s 1,731 day run streak – while raising funds for the Tony Banovich Memorial Fund, furthering Tony’s legacy of supporting running and walking throughout Missoula and Montana. We are pleased to continue this memorial run as a virtual option to participants for December 2022.



Runner's Edge is hosting a group run for those registered. This will take place on December 11th at 9AM and meet in the basement of Runner's Edge.

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

Resolution Run • January 1st

Everyone's favorite \$5 5K is back and open to registration. Join Run Wild Missoula and Runner's Edge on New Years morning for the **Resolution Run** to start 2023 off on the right foot!



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

GRM Ten • February Virtual Challenge

Run Wild Missoula is excited to offer a brand new virtual event that will take place in February 2023. **The GRM Ten Virtual Challenge** will run the month of February, beginning on National Girls & Women in Sports Day [February 1, 2023]. NGWSP is a celebration and inspires girls and women to play and be active, to realize their full power. This event will benefit [Go Run Missoula!](#)



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

Heart Throb 5K • February 11th

By the power of love, the Heart Throb 5k is back for 2023! Registration for this event opens December 8th.



For race information, click [here](#).

Missoula Marathon Weekend of Events • June 23-25, 2023

Registration for the **2023 Missoula Marathon Weekend of Events** is now open! We hope that you will join us for the best weekend of the year next June.

Price increase is coming January 1, 2023, so be sure to register this month!

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



RWM Club Miles

So far this year, we have run or walked **106,648** 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 [Shawnae](#).



Around Town

[Light the Way 5K](#)- Missoula, MT

Alpine Physical Therapy's PT's are available for free Consults at the Blue Mountain Peak in the Racquet Club every Monday from 11am-12pm, no appointment necessary.

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 | www.runwildmissoula.org

CONNECT WITH RUN WILD MISSOULA
#RunWildMissoula #LaceEmUp



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



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