

*Running Wild* | January 2022

## Run Wild Missoula Executive Director: Marathon Dreamin'

It's no secret I love the Missoula Marathon. I've raced or paced the marathon ten times and ran the half a few times as well. It feels like a lifetime ago that it was 2019 and I pushed my 3-week-old son in the Missoula 5K. He's now 2-1/2! Unfortunately, I won't be able to scratch my Missoula Marathon itch in ways I may have in the past, but lucky for me this year I have the incredible opportunity with this organization to present this event to our community and visitors.

Let the countdown begin! 170 days in fact. There's a little bit of something for everyone with the Missoula Marathon weekend. Some of my personal favorites: (I could go on and on and on!) Beer Run, Kids in Marathon Capes, Expo proximity to farmer's market, first time finish line tears, and if you're running, you hear the finish line before actually seeing it.... It gives you goose bumps.



If you're new to RWM or a longtime member, I want to ensure you the entire committee and organization are infusing our passions into the entire weekend! I hope you can participate, volunteer or cheer many times over the last weekend in June.

If you're considering tackling 13.1 or 26.2 this year, we've got you covered! RWM has two training classes with experienced coaches and training professionals that can help get you to the start line. Registration for those classes will open middle of the month and begin at the end of February. So, I know it's a winter tundra out there, but dream with me. Green mountainsides, blue skies, 6am fireworks, repetitive padding of running shoes and watch beeps. Nervous smiles, friendly volunteers, delicious beer and medals clanking. Oh yeah, that's the good stuff.

Enjoy Every Step!

Trisha

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## Welcome New Board Members!

Please give a warm welcome to our new Run Wild Missoula Board Members: Dana Bandy, Candice Reinholdt, Russell LaFontaine, and Andy Nelson. We are so excited that these incredible community members have joined our Board!

Find out more about our Board of Directors [here](#).



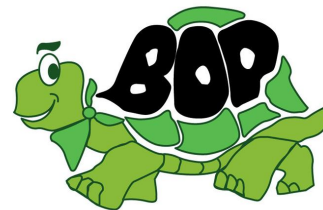
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## BOP Social + Run-Walk • January 16th

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, January 16th at Great Burn Brewing at 2:00 PM. 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 & Missoula Marathon Registration Party • January 26th

Join us at **Big Sky Brewery** on Wednesday, January 26th for our Wednesday Beer Run in conjunction with the Missoula Marathon Registration Party!

Beat the price increase and register for the Missoula Marathon, Half Marathon or Missoula 5K. Enjoy some of Big Sky Brewing's tasty beer too!

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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## Heart Throb • February 12th

The Heart Throb 5K is back in 2022! Join us on Saturday, February 12th for the **Heart Throb 5K** and show your support for love. A portion of the proceeds will be donated to [The Center](#). We are also looking for volunteers!

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



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## Snow Joke Half Marathon • February 26th

The 43rd Annual **Snow Joke Half Marathon** will take place on Saturday, February 26th. Join Run Wild Missoula as we assist the Missoulian by providing race management services for this event. Challenge yourself to 13.1 blazing fast, freezing cold miles!

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



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## Run for the Luck of It! • March 12th

Kick off St. Patrick's Day with Run Wild Missoula and **Run for the Luck of It!** on Saturday, March 12th. There is something for everyone: 7 Mile & 5K options, plus a free Kid's Dash! Be sure to take advantage of early bird pricing for the 5K and 7 Mile distances!

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



## RWM Racemakers

2021 Racemakers & Run Wilder has now wrapped up!

Congratulations to everyone who completed 7 or more races in the last year. Please review the document below to ensure that the information and tally is correct. As a reminder, to qualify for Racemakers & Run Wilder you must have become a member by March 15th, 2021 and claimed your membership account on RunSignup. We will send an email to all Run Wilders with their Missoula Marathon code and be in touch regarding the Racemakers goodie!



### UPDATED RACEMAKERS & RUN WILDER LIST

The deadline to request corrections is Wednesday, January 12th.

If you have any questions, please email [Sally](#)

## RWM Club Miles

So far this year, we have collectively walked or ran 159,732 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.

The deadline to upload mileage for 2021 is January 20th, 2022. Registration for the 2022 Mileage Club will not open until after January 20th.

### 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

[Frozen Feet Challenge](#), Missoula, MT

[Running Up for Air](#), Missoula, MT

## Membership Benefits

[Group Runs](#)

[Racemakers](#)

[Run Wilder](#)

## 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)

CONNECT WITH RUN WILD MISSOULA  
#RunWildMissoula #LaceEmUp



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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.*