



Running Wild | July 2022

Run Wild Missoula Executive Director: Thank you RWM Members!

You showed up -- for this community, for this race, for me.

A week before the Missoula Marathon weekend, I sat in a conference room (slightly panicked) with the Missoula Marathon committee and we had to make some tough decisions. We cut two aid stations and systematically prioritized the remainder of volunteer positions. The plea went out like an old fashion game of telephone.

Over the following days, we received drop-ins, emails and phone calls from people wanting to help, willing to do whatever job was needed. And those difficult 3 am or course monitor spots quickly filled. I was truly touched.



Thinking about my last race, I am quickly reminded what it is about Missoula Marathon that give us our 5-star rating and thousands of online raves. It's you! Our volunteers, running community and Missoula as a whole. I tried hard to remember the volunteers of that last race I ran.... Were they friendly? Helpful? Honestly, I don't have any distinct memory of any volunteer interaction. However, it's the #1 compliment we receive post-race: The positive vibes created by volunteers on course to Caras and everywhere in-between.

I'm so proud of what we all accomplished. There were some extreme challenges to this edition of the race and we should all be delighted to be back and producing a great experience for participants. It takes an extraordinary volunteer and community effort especially from those on the Marathon Committee, a dedicated group of volunteers who all lend their expertise to each component of the event. They all go above and beyond for the months leading up and of course race weekend.

And hat's off to Taylor. She was everywhere race week working exceptionally hard and manning a fleet of U-Hauls.

So just like that -- it all ends, but the feels keep coming and will keep me motivated for a long time. I hope you echo the feelings too.

Enjoy Every Step!

Trisha

Volunteer on the M Trail!

Volunteer with Friends of the M Trail this summer starting this Saturday, July 9th through September repairing and rehabilitating the M Trail. As a community that utilizes the M Trail quite a bit, this is a great opportunity to show this iconic trail some love!

If you cannot make it this Saturday, consider signing up for another day and bring your friends!

To sign up, click [here](#).



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 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 July BOP Social + Walk/Run will take place on Sunday, July 17th at 10:00 AM at Milltown State Park.**
 - For more information please visit our [website](#).
- Join us on Tuesdays and Thursdays for an interval focused run/walk! We are excited to announce that **Kaya McCutcheon** will be leading our Tuesday & Thursday groups! She's excited to be a volunteer for the back of the pack run/walk group. She strives to make a fun inclusive environment where you can walk, run and enjoy at your own pace with friends!
 - More information can be found [here](#).
- Mark your calendars!! The long awaited BOP Birthday Bash and Reunion is happening next month on Sunday, August 21st. Stay tuned for more details!

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.



Fierce Fab 5k!

Save the date for the 2022 **Fierce Fab 5K** (formerly known as Diva Day) on Sunday, September 25! The Fierce Fab 5K encourages and supports all women, transgender, non-binary, or otherwise marginalized people because of their gender identity. It also support our male counterparts who celebrate women and are working to grow equality and awareness. Same great race, different name!

Registration will open on Thursday, July 14th at 8:00 AM.

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



Last Wednesday Beer Run • July 27th

Join us at **Imagination Brewery** on Wednesday, July 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](#)

More info, click [here](#).



River City Roots Run • August 27th

River City Roots Festival is our region's largest arts and music festival. River City Roots Fest draws more than 15,000 individuals to the heart of Downtown Missoula for a variety of fun activities and exceptional music and of course the 4 mile Roots Run!

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



Mntwi I Ní?ay Virtual Half Marathon • September 1st - 30th

Wondering what's next after your Missoula Marathon or Half? Run Wild Missoula is honored to offer a Virtual Half Marathon with 100% of race proceeds going to [All Nations Health Center](#); to deepen our commitment to learning more about and supporting our local Indigenous communities.



All participants receive half marathon training plan, custom finishers medal and 1/4 fleece pullover.

Additional information and registration, click [here](#).

Missoula Marathon Committee

Although the 2022 Missoula Marathon has come and gone, we are already looking into 2023! Do you want to be a part of the weekend's excitement? The Missoula Marathon Committee has some open spots. Commitment includes monthly meetings (weekly as we approach race day), additional meeting with others from your particular area, then execution of your position including setup and tear down on race day. Take your volunteerism to the next level and join our group!



For more info or to inquire, please email [Trisha](#).

RWM Club Miles

Registration for the 2022 Mileage Club is now open!

So far this year, we have run or walked 46,254 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](#).



Around Town

[Robert's Run](#), Hamilton, MT

[Hoofin' it on the Ranch 3k, 5k, 10k!](#), Powell County MT

[Paddle, Bike, Run!](#), Powell County MT

[The Herd Relays](#), Big Sky 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 | www.runwildmissoula.org

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#RunWildMissoula #LaceEmUp



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



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