

*Running Wild* | June 2022

## Run Wild Missoula Executive Director: 7th Street Super Power

I was recently running with the Missoula Marathon and Half Marathon training class members during their Sunday long run and topic came up of how to best run the Missoula Marathon course. My answer could be a long essay if I really sunk in my teeth, but I think the best tip I can offer is welcoming Seventh Street.

I think we've all heard the term 'embrace the suck,' and I encourage you to do just that.

Seventh Street: it's a 1.3-mile, straight east stretch... directly into the rising sun. Mile 19 of the marathon. Right when your legs are screaming to stop, but you're doing your best to convince them to keep moving.

It's the right time to start repeating those mantras or pour on some serious positive self-talk. Unlike our visiting participants, you have the power of anticipation and practice. If you know the long, hot mile+ is approaching, you can take it on and maybe squeeze out a little fresh resilience with a smile on your face.

Although I'm not running this year, my heart will be with all of you. I'll be thinking of you on Seventh Street (and all the iconic places on our course.) Own that stretch, let that confidence carry you to last 10K of the marathon. And we'll celebrate you under the arch on Beartracks Bridge!

Enjoy Every Step!

Trisha



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## Training Classes!

We had an incredible run with our nine Spring Trail Sessions and will be slowing it down for summer. Registration for **Summer 301 Trail Session** will open June 14th. Keep an eye on our website for the registration link.

More info, click [here](#).

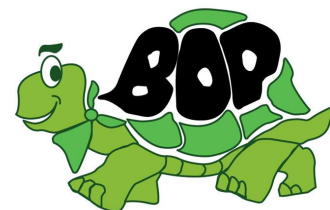


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## BOP Social + Run-Walk • Marathon Cheerleaders!

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!

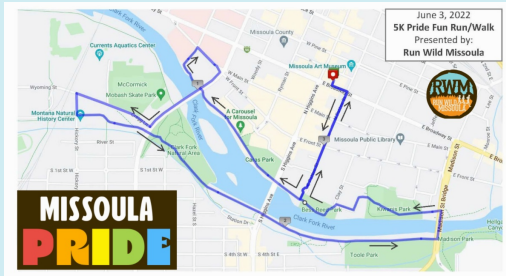
The BOP Social is canceled in June to support Missoula Marathon efforts. It feels so good to celebrate, especially with those whose extra effort might go unnoticed. **Volunteer to be a Back of the Pack Cheerleader at the Missoula Marathon.** We make sure the final two hours of full-marathon finishers get



special treatment. [Sign up now!](#)

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).

We are also in need of a BOP run/walk group lead for either Tuesday or Thursday meet ups. If you are interested in volunteering please email [Angela](#).



## Run With Pride • June 3rd

Celebrate Missoula Pride with RWM & [The Center](#). This is a non-timed 3 mile fun run or walk. Wear your best rainbows or pride as we tour the river trails in Missoula. Breakfast treats and coffee for mingling when you return! June 3 at 10am, we'll meet behind the Runner's Edge.

More info, click [here](#).

## Last Wednesday Beer Run • June 24th & June 29th

This month's beer run will be twice the fun!

### Missoula Marathon Beer Run on Friday, June 24th!

This legendary 3.1 mile social run around Missoula is free and will start and end at **Caras Park Pavilion**, in beautiful downtown Missoula, and will conclude with a party in Caras Park with live entertainment and a free beer for all finishers over 21, compliments of **Big Sky Brewing Company**. Extra beer and wine will also be available for purchase. Please feel free to converse with any of our specially clad Beer Run Guides along the course regarding questions about Missoula or the Missoula Marathon weekend.

We'll recover from Marathon weekend on June 29th at **Cranky Sam's Brewing**. More info, click [here](#).

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



## Roots Run • Registration Opening Soon

**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!

Registration will open June 9th at 8am.

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



## Pengelly Volunteers Still Needed!

Consider helping this weekend for the Pengelly Double Dip!  
Spots available for:

- Course Marking
- Course Monitor
- Aid Station

- Race Day Setup

Sign up [here](#).



## Volunteers Needed • Missoula Marathon Weekend

Looking for a different way to participate in one of the events on marathon weekend? Maybe you have some friends, family or co-workers that want to get involved in the excitement of the weekend?

We have more than 800 different volunteer needs/tasks over the course of marathon weekend. Volunteering is a great way to be part of the weekend without all the sweating, blisters or sore legs!

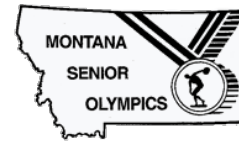
For more information & to register, click [here](#).



## Additional June Volunteer Opportunities

The **2022 Montana Senior Olympics** has running events Thursday, June 16th and Friday, June 17th for their 5K and 10K events. If you or someone you know are able to lend a hand, they would greatly appreciate it. +

Email [Anna Bruning](#)



The **All Nations Health Center 5K Fun Run & Walk** is Saturday, June 18th. They could use a few volunteers for race day 8am-1pm.

Email [Erica Rubino](#).



## RWM Club Miles

**Registration for the 2022 Mileage Club is now open!**

So far this year, we have run or walked 3,3693 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 [Angela](#).

## Around Town

[Mountain to Meadows](#), Lolo Pass MT

[All Nations Health Center 5K Fun Run/Walk](#), Ogren Park, Missoula 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](mailto:info@runwildmissoula.org) | [www.runwildmissoula.org](http://www.runwildmissoula.org)

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#RunWildMissoula #LaceEmUp



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



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