

*Running Wild* | March 2022 : The (Inevitable) Arrival of Snarch

## Run Wild Missoula Executive Director:

It was a few weeks into the Missoula Marathon Training Class sometime back around 2014, one quick peek out the window... and ugh, snow. Again. Skiers rejoice, but those beginning the marathon cycle trying to get in miles might just want some dry roads. My phone chirped, and I LOL'd when I read the text.

### SNARCH

It's the perfect description ... the precise mingling of my not-so-enthused feelings combine with the current weather conditions outside. I'm logical; I understand March technically is winter. It just feels awfully long since it was warm. I'm always more than ready for Spring.



So even years later, Snarch has become synonymous with Missoula Marathon (and Half) training. This year is no exception. The nearly 200 runners and walkers participating in 2022 editions of RWM Missoula Marathon training classes are receiving the official Snarch greeting this month. Because snow in March is indeed inevitable.

Usually, Snarch passes as suddenly as it arrives. The training moves on and the snow is forgotten. The miles trend up along with the spring temps. So, to all those training for the Missoula Marathon and beyond, Happy Snarch!

Enjoy Every Step!

Trisha

PS – (Snarch naming credits to Marathon Legacy Runner Marilyn Marler!)

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## Member Spotlight: Kristie Ruttenbur

This month's member spotlight features Kristie Ruttenbur. You probably recognize Kristie from Runner's Edge, derigging on the Bitterroot River, or from one of the many running events around town. Kristie grew up in Montana and has called Missoula her home since officially retiring from the US Army in 2020.

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



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## Spring Trail Sessions

Registration for **Spring Trail Sessions** is open and while many of the sessions have filled up, there are still spots available in the following sessions:

□ Intro to Urban Trails on Tuesdays at 6:00 PM with Forrest &

Vicky. This is a great session to get familiar with all of the urban trails around town and how to connect them to other trail systems!

□ 100 Level on Tuesdays at 6:00 PM with Ashley & Michael. Brand new to trail running or thinking about getting into it?! This session is for you. It's truly a beginners class so don't be shy!

□ 101 Level on Wednesdays at 6:00 AM with Julie & Sam. This one is for all you early birds out there. This session is a beginner-intermediate trail session. Love to get your workout in before work? check this session out!

□ 301 Level on Thursdays at 6:30 AM with Jesse. A spot just opened up in the 301 session. This is our toughest trail session designed for seasoned trail runners looking to bulk up their training!

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



## 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!** this Saturday, March 12th. There is something for everyone: 7 Mile & 5K options, plus a free Kid's Dash! We are also looking for two more course monitors to help out on race day.

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



## BOP Social + Run-Walk • March 20th

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!

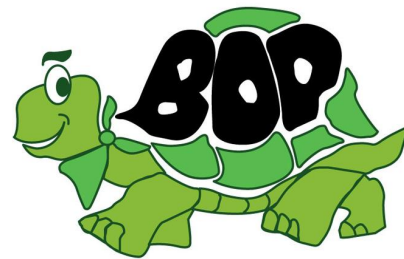
**The next BOP Social will be on Sunday, March 20th.** Meet at the Lee Metcalf Wildlife Viewing Area parking lot (NOT at the Refuge Visitor Center) at 3:00 PM for a walk or run on Wildfowl Lane followed by a potluck social at WildWood Brewing.

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).



## Last Wednesday Beer Run • March 30th

Join us at **Great Burn Brewing** on Wednesday, March 30th

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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## Run for the Trees • April 23rd

Run Wild Missoula & Missoula Parks & Recreation are excited to invite the community to the annual **Run for the Trees** on Saturday, April 23rd! Come out and show your support for Missoula's Urban Forests!

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



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## RWM Racemakers

2022 Racemakers & Run Wilder has begun!

**Racemakers** are those Run Wild Missoula members who participate in 7 Run Wild Missoula races throughout the year – you make our races happen!

**Run Wilder** takes it a step farther and challenges you to complete 12 races in a calendar year to receive FREE entry into the 2023 Missoula Marathon, Half, or 5K.

As a reminder, to qualify for Racemakers & Run Wilder you must have become a member by **March 15th, 2022** and claimed your membership account on RunSignup.

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



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## RWM Club Miles

Registration for the 2022 Mileage Club is now open!

So far this year, we have run or walked 12,634 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

[Big Sky Horse Park Pet 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



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