

Running Wild | May 2022

Run Wild Missoula Executive Director: Oh hey May!

I blinked and it's May. Buds on trees, putting kids to bed in daylight and the excitement of impending summer (and Missoula Marathon!).

Run Wild Missoula has another full boat of activities for you this month... and then we tee it up for an incredible June which is sure to knock it out of the park.

We listened! Post covid, we heard from many members to provide more virtual opportunities. We are stoked the Forest Service granted us 40 virtual spots as part of our permit for the Pengelly Double Dip. Some of those spots are still up for grabs and you'll have a few weeks to complete the course starting May 26.



The RWM team is excited to bring you the Mntwi l Nl?ay (Man-to-e el En-th-a-eye) Virtual Half Marathon. The translation of this Salish word is *Running in Place of Small Bull Trout* and it's a gift from the Séliš-Q̓lispé Culture Committee. We are equally jazzed to show off the beautiful logo commissioned from local Indigenous designer Robin Iron. We'll have more info on our website in the coming weeks!

Our Back of the Pack (BOP) Social is taking a tour of Fort Missoula and we're taking the Last Wednesday Beer Run out of Missoula to Frenchtown! Runners will get to check out some new brew at Old Brew Brewing (our first Beer Run there!).

The first week of June is proving to be jam packed with Global Running Day June 2, RWM hosted Pride Fun Run/Walk as part of Missoula's Pride week June 3, Pengelly Dips June 4 followed by the Little Dipper Kids Trail Run in the afternoon. Whew!

I hope everyone can get outside and enjoy all that spring in Missoula has to offer.

Enjoy Every Step!

Trisha

PS - Scroll to the bottom of this newsletter to peep baby Powell! Congrats to Sally and Spencer!

Member Spotlight: Angela Bridegam

This month's member spotlight features Angela Bridegam. It is hard to miss Angela at most of our events, as she is typically surrounded by girls gearing up to cheer on runners and walkers or running our races together. Angela has been a member of Run Wild Missoula for some time now and recently she is stepping into the office more regularly to fill in for Sally while she is on maternity leave.

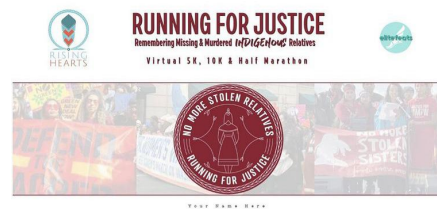
Visit our blog to learn more about Angela [here](#).



Running For Justice Virtual Run • May 4th - May 8th

Join RWM staff and members to support the **Fifth Annual Running for Justice Virtual Run** put on by [Rising Hearts](#). May 5th is National Day of Awareness for Missing and Murdered Native Women and Girls. This Virtual Run aims to bring awareness to the epidemic of missing and murdered Indigenous people, to honor those who have been impacted, and fight for a better future. There are four distances to choose from in this virtual run and each distance has its own beneficiary whose work is dedicated to this issue.

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



5TH ANNUAL RUNNING FOR JUSTICE VIRTUAL EVENT

Marathon Volunteers! • May 4th

Looking for a different way to participate in one of the events on marathon weekend? Do you enjoy a front row seat for the race day action? If so, serving as a race volunteer may be just the ticket!! We have more than 800 different volunteer needs/tasks over the course of marathon weekend!

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

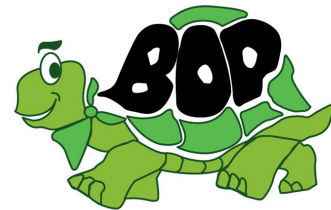


BOP Birthday Social + Walk/Run • May 15th

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, May 15th, 2pm at the Historical Fort Missoula.

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.

Last Wednesday Beer Run • May 25th

Join us at the **Old Bull Brewery** on Wednesday, May 25th

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](#)



Missoula Pride Run/Walk • June 3rd

Run Wild Missoula and [The Center](#) are pleased to co-host a

non-timed 3(ish) 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!

The fun run is Friday, June 3 at 10am. We'll meet behind the Runners Edge, 304 N Higgins. You can find out more info and RSVP [here](#).



Pengelly • June 4th

Kick off summer trail racing with the **Pengelly Double Dip & Bob Hayes Single Dip** on Saturday, June 4th. There is even a Virtual Pengelly Double Dip. All events are capped but still have spaces available, be sure to sign up soon!

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



National Trails Day • June 4th

If you are not participating in the Pengelly Double Dip or Bob Hayes Single Dip, come out to House of Sky in celebration of National Trails Day with Five Valleys Land Trust and MTB Missoula.

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



Mntwi l Nl?ay Virtual Half Marathon • September 2022

RWM is pleased to announce a new virtual half marathon! **Mntwi l Nl?ay** (Man-to-e el En-th-a-eye) is Salish for *Running in Place of Small Bull Trout*. Participants will have the month of September to complete their miles and all proceeds of this event will benefit the **All Nations** General Fund.

Registration will open later next week. Keep an eye on your inbox and our social channels to learn more about this race, it's beneficiary and logo designer!



RWM Club Miles

Registration for the 2022 Mileage Club is now open!

So far this year, we have run or walked 27,522 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](#).





Congratulations Sally & Spencer!

May's newest addition!

RWM is happy to report the arrival of Powell Leslie Plumb. The family is home from the hospital and enjoying their sweet baby boy. We are so excited to meet him!

Around Town

[Big Sky Horse Park Pet Run](#), Missoula, MT

[Mama Bear 5K](#), Missoula MT

[Honoring the lives of the 608 and 21](#), Missoula, MT

[Little Dipper Kid's Trail 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 | www.runwildmissoula.org

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#RunWildMissoula #LaceEmUp



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



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