



Running Wild | October 2022

Run Wild Missoula Executive Director: Carving Out Time for Fall Running

Welcome to fall running in Missoula! A beautiful time to be out clicking off miles using your entire running wardrobe with the 30 degree temperature swing. There's a variety of running events in our community and Run Wild Missoula is no exception. We're busy and stoked for the next few weeks.

If you've got it, haunt it! The Skeleton Skedaddle and Kids Pumpkin Plod is a great way to kick off Halloween. Test your speed in the 5K or enjoy the Kid's Plod (my personal favorite). My skeleton puns are pretty humerus, but my vampire puns suck.

The Montana Cup is a unique and classic event! Location and course are being finalized, but it promises to showcase the best runners in the state. But it's the team aspect, camaraderie and cheering that make this event so special. There's a place for everyone and I hope the club comes out to participate and cheer.

Come hang with your running buddies in non-running clothes! (...and see if you recognize them.) The Montana Trail Crew has been working hard to wrangle films for this year's Mountain Running Film Festival at the Wilma. You're sure to be entertained and inspired and, of course, we'll have lots of goodies to give away.

Also, worth a note, nearly 70 people signed up for our beginner running class this fall! They are in good hands and we can't wait to see them cross the finish line at the Turkey Day 8K or 3K.

If you haven't dropped into a recurring weekly run, beer run or BOP social in a while, consider it to keep you motivated as we move toward the end of daylight savings. We're also excited to be rolling out some new winter challenges for you soon.

Enjoy Every Step!

Trisha



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 October BOP Social + Walk/Run will take place on Sunday, October 16th at the Lee Metcalf Wildlife Viewing area**
 - For more information please visit our [website](#).

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.

Skeleton Skedaddle & Kids Pumpkin Plod • October 22nd

Enjoy a morning of fall family fun with Run Wild Missoula and UM's Physical Therapy Student Association at the **Skeleton Skedaddle 5K & Kids Pumpkin Plod!** Join us at Silver Park on Saturday, October 22nd. Halloween costumes are strongly encouraged!

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



Last Wednesday Beer Run • October 26th

Join us at **Bayern Brewing** on Wednesday, October 26th.

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](#).



Montana Cup XC • October 29th

Back in Missoula for 2022! Let's bring home those trophies! This year the race will be a 4.1 mile course. The **Montana Cup** is a team-oriented cross country meet that pits teams from each of Montana's seven largest towns against each other for the right to claim the Montana Cup.

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



Mountain Running Film Fest • November 3rd

Get amped for a fun night dedicated to trail and mountain running! This popular event is returning to the Wilma and sure to get you stoked with stories and images of some of the best mountain and trail running around. Save the date for the 9th annual **Mountain Running Film Festival** on Thursday, November 3rd. Doors will open at 6:00 PM and films will start at 7:00 PM.

For more information and to buy tickets, click [here](#).



Mount Jumbo Elk Ramble 15K • November 5th

Don't miss the opportunity to take part in the only organized trail race on Mt. Jumbo. As part of this exclusive event, you will experience stunning landscapes as you traverse the winter home of the Mt. Jumbo elk herd. The Mount Jumbo Wildlife Management Area closes to all recreation on December 1st - take this chance to practice responsible recreation on Missoula's Conservation & Open Space Lands and welcome the wildlife herds back to Jumbo! There is a Virtual Elk Ramble option as well.

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



Turkey Day 8K & 3K Family Fun Run • November 24th

Start your Thanksgiving Day with fresh air and exercise and join us on Thursday, November 24th for our turkey trot! The **Turkey Day 8K and 3K Family Fun Run** courses travel along Ron's Riverfront Trail and around the University of Montana Campus, with short distances on a few Missoula city streets.

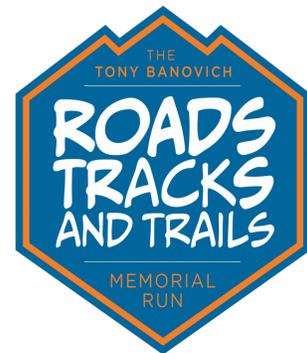
For more information & to register, click [here](#).



Roads, Tracks, and Trails Memorial Run • December Virtual

In 2021 this in-person event challenged participants to run or walk 4.35 miles - the average daily distance of Tony's 1,731 day run streak - while raising funds for the Tony Banovich Memorial Fund, furthering Tony's legacy of supporting running and walking throughout Missoula and Montana. We are pleased to continue this Memorial run as a virtual option to participants in December 2022.

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



Missoula Marathon Weekend of Events • June 23-25, 2023

Registration for the **2023 Missoula Marathon Weekend of Events** is now open! We hope that you will join us for the best weekend of the year next June.

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



RWM Club Miles

So far this year, we have run or walked **77,790** 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

[Virtual MOG Run](#), Virtual

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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