

Running Wild | September 2022

Run Wild Missoula Executive Director: Back in Action!

After some time to breath to enjoy the summer post marathon, Run Wild Missoula kicks things back into action for a jam-packed fall bringing a wide variety of races, classes and social activities.

I think back to last year around this time when I was itching to get started at RWM. A year later, I'm beyond stoked to work with an incredible staff that brings your usual programming and events, plus extras and opportunities so you get the most out of your membership.

And luckily, we've had a post-pandemic full year to settle into a renewed groove. I hope you all join us in a few weeks at Imagination Brewing to hear about the year's challenges and accomplishments plus next year's goals.



We're happy to report on the success of the Mntwi l Nl?ay Virtual Half Marathon. More than 230 participants from 20 states, two Canadian provinces and one international participant have registered. Thank you to all the members who are logging their miles this month and we hope to make it an annual fundraiser for All Nations.

Peruse all the things happening below. We've got our foot on gas through Turkey Day and we can't wait to see you out there!

Enjoy Every Step!

Trisha

Meet Adam Peterman!

Helloooo Adam Peterman! You may recognize Adam's name from his recent win at Western States but there is a lot more to Adam. He is a proud owner of a chug (read on to discover what a *chug* is), loathes pairing his socks, has new uncle status, and he enjoys fishing on his off days. He also happens to be a profoundly successful yet wildly humble ultra trail runner, with his latest victory in June at Western States 100 Miler.

To learn more about Adam, click [here](#).



Fall Trail Sessions

Registration for Fall Trail Sessions is now open! Fall sessions are 6 weeks long and will start the week of September 12th. This fall we are offering five sessions: three 101 and two 201 sessions. While they are free, RWM membership is required.

At this time there are only two spots left in the Wednesday morning 201 session with Morgan & Tanner. All of the other

trail sessions are currently FULL!

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



Beginner Running

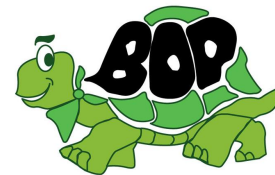
Join Miranda, Spring, and Kelsi for a fun 9-week training program that will start with running/walking intervals and gradually work up to completing the **Turkey Day 3K or 8K**. This is truly a beginner's class so don't be intimidated. Pace doesn't matter – all you need is the willingness to take the first step. Your goal will be to complete the 3K (1.86 miles) or the 8K (4.96 miles), and our goal will be to inspire you to keep on going long after this training class is finished. The class will start on Wednesday, September 21st!

For more information & to register, 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, September 18th at the Grant Creek Trail
 - 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.

Annual Member Meeting • September 14th

Don't miss the event of the year with a FREE group run/walk, FREE dinner and the chance to find out directly from the Run Wild Missoula Board of Directors what the club has been up to and plans for the future! The Member Meeting will be held at Imagine Nation Brewing this year. We do kindly ask that you RSVP so that we know how many folks to expect!

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



M Trail Bucket Brigade! • September 25th

Friends of the M Trail are looking for more volunteers this fall to help with some remaining trail work. All of the work days

will lead up to an 80 person bucket brigade on Saturday, September 25th. During the bucket brigade folks will fill and pass buckets down the pipes to the M terraces!

RWM will even sweeten the deal - all RWM members who sign up & complete the bucket brigade on September 25th, we will give you a beverage token to use at the Dram Shop!

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



Fierce Fab 5k • September 25th

Share your Sunday after homecoming with RWM at the **Fierce Fab 5K** (formerly known as Diva Day) on 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 energy, love and camaraderie with some bonuses this year!

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



Last Wednesday Beer Run • September 28th

Join us at Conflux Brewing Company on Wednesday, September 28th.

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](#).



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!

Kids Pumpkin Plod at 10:00 AM; Skeleton Skedaddle 5k at 10:25 AM!

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



Montana Cup XC • October 29th

Back in Missoula for 2022! Let's bring home those trophies! A 5K-8K race, 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.

Registration Opens September 8 at 8:00am.

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



Mountain Running Film Fest • November 3rd

Save the date for the **2022 Mountain Running Film Festival** on Thursday, November 3rd at the Wilma. Doors will open at 6:00 PM and films will start at 7:00 PM.

More information coming soon!

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 will also be a virtual option.



Registration opens Thursday, September 15th!

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

RWM Club Miles

So far this year, we have run or walked **68,503** 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

[Hole in the Wall Hustle](#), Potomac, MT

[Cedar Creek Marathon](#), Columbia Falls, 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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