

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | January 2023



A Community That Moves Together

[RUNWILDMISSOULA.ORG](https://runwildmissoula.org)

Running Into 2023 Like...

Happy New Year Run Wild Members! I truly hope everyone had a wonderful (and clearly precipitation abundant!) holiday and you are excited for what 2023 has to offer. I also hope you enjoy our newsletter's updated look.

In an effort to be nimble for our members, Run Wild Missoula has a variety of events, races and recurring runs keep your January moving... especially since this winter has proven to be early and harsh. We aim to be the *Community That Moves Together* in each and everything we facilitate.

Is the Missoula Marathon on your mind? (I know it's on mine!) Are you wondering the smartest way to train or how to get back to it? No sweat, we have got you covered! I couldn't be prouder of the coaching team we've put together for everyone to help you tackle the 17-week marathon or half marathon training cycle. Register asap so you can take advantage of the 50% off club race coupons that come with the class.

If you're needing something to get rolling and engaged before training class starts, we've added a new Sunday morning group run for folks who want to potentially string together a longer run with company. And of course do not miss the tradition of our January Beer Run at Big Sky Brewing. Pro tip – you can also register for one of the weekend's events if you missed the price change in December.

Be sure to reregister for the GRM Ten Virtual Challenge for a creative set of challenges for an amazing local cause. As well as the classic Heart Throb 5K!

Registration opens tomorrow for the iconic Run for the Luck of it! We've got a new venue (indoor – whoop!) and new courses (so fun and fast!) for 2023. Same great feels, beer, hot food, music, and 100+ little leprechauns for our kids dash.

I'm already getting excited and ahead of myself with all that's coming, until then enjoy every step! !

Trisha Drobeck
RWM Executive Director



RWM RACES



Heart Throb 5K

Saturday, February 11
Start Time: 10:00 am
Location: Silver Park

Beat the winter doldrums by participating in this 5k, fueled by love!

A benefit for **The Center**, Western Montana's LGBTQ+ Center.

[More Info + Registration!](#)



GRM Ten Virtual Challenge

February, All Month Long
Location: Anywhere

Your choice of three different challenges to run the month of February, beginning on **National Girls & Women in Sports Day** [February 1, 2023]. Proceeds will go to youth running program **Go Run Missoula**.

[More Info + Registration!](#)



Run For the Luck of It! 7Miler & 5K

Saturday, March 11
Start Time: 10:00 am
Location: Missoula Co Fairgrounds

Kick off St. Patrick's Day with a run or walk of 7 Miles or a 5K. New 2023 courses feature the Missoula County Fairgrounds, Playfair Park, and Campbell Park.

[More Info + Registration!](#)

RWM ACTIVITIES & CLASSES

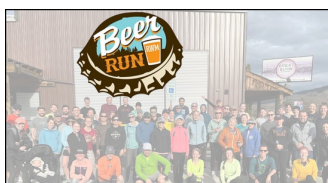


Missoula Marathon & Half Training Class

Registration Opens: Wednesday, January 4
Start Time: 8:00 am
Location: Class location and times vary

Run Wild Missoula has trained hundreds of runners of all abilities throughout the years to the iconic finish line of the Missoula Marathon!

[More Info!](#)



January Beer Run Big Sky Brewing

Wednesday, January 25
Start Time: 5:30 pm
Location: Big Sky Brewing

Oh what fun we'll have! Register for the Missoula Marathon (with special pricing if you missed the price bump) and get your monthly beer run fix.

We have 3 & 5 mile options as usual!

[More Info!](#)



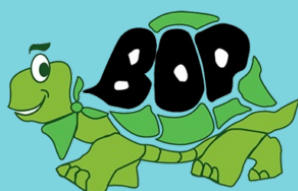
Call for Fall Trail Running Photos

Run Wild Missoula is seeking stunning shots of you and your friends trail running around the Missoula area in the autumn.

We'd love to the the golden hues that Missoula boasts and candid shots if possible.

If we use your picture in our upcoming campaign, we'll hook you up with something sweet!

Email pictures to [Info!](#)



BOP News!

Run Wild Missoula welcomes runners and walkers at any pace with activities aimed at the Back of the Pack (BOP). BOP Socials are a great way to meet other runners and walkers in our community of all paces!

January BOP Social

Sunday, January 15, 2023

Start Time: 11:00 am

Location: The Trough restaurant (2106 Clements Rd.)

Parking: Please park in the large lot behind the gas pumps.
Notes: We will be walking/running on South Avenue or Clements Rd. bike trails out and back. Traction devices are highly recommended. We will reconvene at The Trough for breakfast at 12:00 pm.

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.

[See All BOP Info Here](#)

JOIN US! RWM WEEKLY RUNS



[Tuesday
Track](#)



[Wednesday
Wild Miles](#)



[Saturday
Breakfast
Run](#)



[Sunday
Long Run](#)



[Strava](#)

RWM CALENDAR OF EVENTS

January

4

Missoula Marathon & Half Training Class Registration Opens

8:00 am

[More Info](#)

January

5

Run for the Luck of It! Registration Opens

8:00 am

[More Info](#)

January

16

Martin Luther King Jr. Day

Run Wild Missoula office closed

January

25

Missoula Marathon Registration Party & Last Wednesday Beer Run

6:00 pm at Big Sky Brewing

[More Info](#)

January

Heart Throb Price Increase

February

1

GRM Ten Virtual Challenge StartAnytime
[More Info](#)

Membership Benefit Spotlight

The gym you need this winter! Centrally located, free parking, new treadmills, **unlimited classes**, indoor track, extensive free weights & more!

RWM Members: Individual: \$39.99/month Family: \$99/mo

No sign up or initiation fees

vrtxfitness.com | 255 S. Russell Street | 406-541-3114

[See All RWM Membership Benefits](#)



AROUND TOWN

Sorry 'Bout That Half Marathon, Polson

January 21 - [More Info](#)

Running Up for Air Series [RUFA], Missoula

February 11 - [More Info](#)

Need a Running Tune Up?

[Alpine Physical Therapy](#)'s PT's are available free consults for RWM members at the Blue Mountain Peak in the Racquet Club every Monday from 11:00 am-12:00 pm, no appointment necessary.



RWM Mileage Club

Update! RWM Members ran or walked 135,687.10 miles in 2022!

Members have until January 20 to update their miles

[More Info on Mileage Club & How to Log Your Miles!](#)

MEMBER INFO**RACES****ACTIVITIES****DONATE**



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BOARD

STAFF

**CHARITABLE
GIVING**

MISSION

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