

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | February 2023



A Community That Moves Together

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

February on Fire

Well, really only in spirit... because it's cold out there!

RWM kicks off February with the GRM Ten to keep you moving this entire month. Tackle one of these challenges and round it out with a group run at the end of the month if you like. The values of teamwork, successes, physical exertion, sportsmanship can all be experienced through sport.

This event is particularly close to my heart as I respect and appreciate how sports have formed and influenced my life. Organizations like Go Run Missoula embody this for girls, teaching a body positive and self-esteem curriculum to encourage girls to be lifelong sport participants. And you're going to get some sweet Bernie mittens for completing the challenge!



RWM continues to turn up the heat with our Heart Throb 5K! For this exciting race we partner with our friends at the Western Montana LGBTQ+ Community Center. Part fundraiser, part party, part race, we'll run and walk around the river trails of Missoula and wrap it up with some sweet finish line treats.

Our February Beer Run takes us to a new location at the ever-growing Old Sawmill District. We'll see you at Cambie for our last Beer Run in the dark for a while! The BOP social switches it up to Saturday and takes to the Milwaukee Trail.

Hear that? Yep, the Missoula Marathon is just around the corner! We have some awesome training classes to help you reach the start line. Sign up soon though... we've capped them this year for the best participant experience and they are filling up fast. We also have some awesome new coaches to keep you motivated and of course the best advice from running professionals each week!

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.

Enjoy the courses, food, drink and music! This is an event you won't want to miss.

[More Info + Registration!](#)



Run for the Trees

Saturday, April 22
Start Time: 10:00 am
Location: Silver Park

Run for the Trees registration opens Thursday, February 2 at 8:00 am. Run Wild Missoula and [Missoula Parks & Recreation](#) are excited to invite the community to the annual Run for the Trees! Come out and show your support for Missoula's Urban Forests!

In the spirit of being green, all 10K and 5K participants will receive a tree sapling!

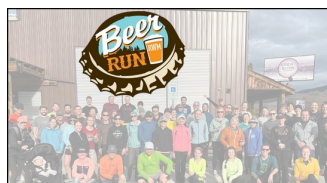
[More Info + Registration!](#)

RWM ACTIVITIES & CLASSES



Marathon and Half Marathon Training Classes

Sunday, February 26
Start Time: 8:00 am



February Beer Run Cambie Taphouse

Wednesday, February 22
Start Time: 6:00 pm
Location: Cambie Taphouse (Old



Running on Native Lands Virtual Challenge

March 4 - 12
Location: anywhere

Location: basement of Runner's Edge

The [Missoula Marathon and Half Marathon Training Classes](#) begin on February 26. Our coaches are ready to start and have a lot of exciting things to share with the class.

The Half Marathon Walking Class starts on Saturday, March 4. Plans are well underway and the team is finalizing those walks as we speak!

[More Info!](#)

Sawmill District)

Join us for the monthly Beer Run. We are headed over to [Cambie Taphouse](#) to enjoy the food, beverages and course. Walkers and runners alike are welcome! We will head out at 6:00 pm from Cambie and come back to enjoy a free drink on Run Wild Missoula!

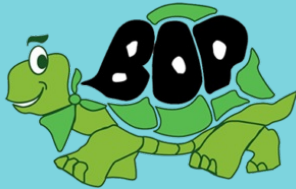
We have 3 & 5 mile options as usual!

[More Info!](#)

Registration is now open

It's time to participate in the Running on Native Lands Virtual Run. Team up with Run Wild Missoula staff and members for this event with multiple distance options. Join team 'Run Wild Missoula 2023' at registration checkout.

[More 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!

February BOP Social

Saturday, February 18, 2023

Start Time: 11:00 am

Location: Bayern Brewing, Inc. (1507 Montana St.)

Notes: We will be walking/running the Milwaukee Trail out and back. The distance and time will be your choice. Traction devices are highly recommended. We will reconvene at the Bayern Edelweiss Bistro for food, drink and social!

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

February

Run for the Trees Registration Opens

8:00 am

[More Info](#)

February

11

Heart Throb 5K

10:00 am at Silver Park

[More Info](#)

February

16

Run for the Luck of It! Price Increase

12:00 am

[More Info](#)

February

18

BOP Social

11:00 am at Bayern Brewing, Inc

[More Info](#)

February

20

President's Day

Run Wild Missoula office is closed

February

22

Beer Run

6:00 pm at Cambie Taphouse (Old Sawmill District)

[More Info](#)

February

25

GRM Ten Group Run and Party

8:00 am in the basement of Runner's Edge

[More Info](#)

February

26

Marathon & Half Marathon Training Class Start

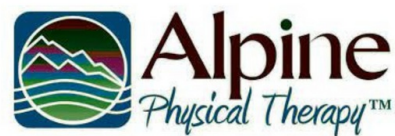
8:00 am in the basement of Runner's Edge

[More Info](#)

Membership Benefit Spotlight

Alpine Physical Therapy is there for you, every step of the way. With a wide array of expert Physical Therapists and

multiple accessible locations, Alpine caters to your individual needs. Meet with Physical Therapists online, on-site, or even off-site. Alpine offers Run Wild Missoula members FREE 15 minute consultations every Monday from 11:00 am - 12:00 pm.



alpineptmissoula.com | 406-251-2323

[See All RWM Membership Benefits](#)

AROUND TOWN

2023 US National Snowshoe Championships, McCall ID

February 4 - [More Info](#)

Running Up for Air Series [RUFA], Missoula MT

February 11 - [More Info](#)

Snow Joke Half Marathon, Seeley Lake MT

February 25 - [More Info](#)

Volunteers Needed for Snow Joke- email [Joe](#).

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

RWM Members ran or walked 172,695.17 miles in 2022!

The 2023 Mileage Club is now open to log your miles for the New Year.

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

MEMBER INFO

RACES

ACTIVITIES



DONATE



406-544-7073 | PO Box 1573 - Missoula, MT 59806 | EIN 20-5794114
www.runwildmissoula.org

BOARD

STAFF

CHARITABLE

MISSION

Run Wild Missoula | 304 N. Higgins Ave., Basement, Missoula, MT 59802

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