

# RUN WILD MISSOULA

## MONTHLY NEWSLETTER

Running Wild | March 2023



## A Community That Moves Together

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

### Marching into Spring

When we brainstormed and created the GRM Ten last summer, the most difficult challenge [10 miles, 10 days] seemed demanding, but certainly an attainable goal. And why not? The temperatures were warm and the days long. I thought it would be manageable... even through the shortest month.

I have to admit it was so tough! I underestimated the dedication necessary and quite frankly the elements. I wrapped up my last ten miler on the treadmill yesterday (more than half of my miles were on the treadmill) and I am so happy I persisted to finish out the challenge.



The best part of GRM Ten was watching other RWM members tackling their challenges, following progress and cheering for them on Strava and Instagram. It was also special watching the 53 third to sixth grade girls finish their final workout and proudly wear their medals for their month-long miles and movement. I don't think I've ever enjoyed a virtual race or challenge so much.

Moving into March, let the snow melt and get us back on the roads! We're beyond thrilled to host the Run for the Luck of It! at the Missoula Co Fairgrounds this year. We are excited to have a nice indoor space for everyone because this means we get bagpipes again! They need an indoor place to warm up their instruments, so we've been missing them for the past few years. We're also hosting Irish Dancers and feasting on Bangers and Mash. It's shaping up to be a fantastic celebration... and I've also heard there might be a fast leprechaun for our littlest runners to chase in the Kids Dash.

On the horizon, we're all itching to get back out on the trails with our popular Spring Trail Sessions and start training for the Pengelly races. We have a lot of specialness in store for Pengelly this year being the 20th running of the event. You can expect prize money, awesome food and a celebration of this iconic race.

Enjoy Every Step!

**Trisha Drobeck**  
RWM Executive Director

### RWM RACES



## 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 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!](#)



## Pengelly Double Dip & Bob Hayes Single Dip

Registration opens: March 23 at 8:00 am  
Race Date: Saturday, June 3  
Start Time: 7:30 am

Kick off summer trail racing in Missoula with the Pengelly Double Dip and Bob Hayes Single Dip!

The Pengelly Double Dip Course is a tall half marathon+ with 3,400 ft of elevation gain; very challenging and always worth it! The Bob Hayes Single Dip Course is probably the toughest first mile of a 10K that you'll ever do. After that, it ain't so bad, and gives you the best views in town.

[More Info + Registration!](#)

## RWM ACTIVITIES & CLASSES



## Running on Native Lands Virtual Challenge

March 4 - 12  
Location: anywhere  
Registration is 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!](#)



## Spring Trail Sessions

Registration opens: March 9 at 8:00 am  
Session dates: April 3 - May 30

Back by popular demand, Spring Trail Sessions are starting soon. Registration is open to Run Wild Missoula members. There will be various sessions for all runners depending on comfort level. There are limited spots, so make sure your [membership](#) is active and set the alarm!

Run Wild Missoula is choosing not to charge for trail sessions – in doing so, the hope is that participants will pass along what they consider the session to be



## March Beer Run Great Burn Brewing

Wednesday, March 29  
Start Time: 6:00 pm  
Location: Great Burn Brewing (2230 McDonald Ave.)

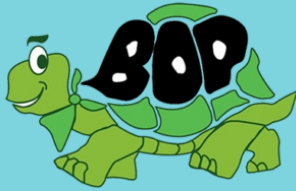
Join us for the monthly Beer Run. We are headed over to [Great Burn Brewing](#) to enjoy the food, beverages and course. Walkers and runners alike are welcome! We will head out at 6:00 pm from Great Burn and come back to enjoy a free drink on Run Wild Missoula! The Big Thai Country food truck is usually there on Wednesdays too.

We have 3 & 5 mile options as usual!

worth in a [donation](#) to the Five Valleys Land Trust! The donation to FVLT will aid with the development of area trails and open spaces.

[More Info!](#)

[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!

### March BOP Social

Saturday, March 18, 2023

Start Time: 3:00 pm

Location: Wildwood Brewery (4018 US Hwy 93 N.)

Notes: We will be meeting this month at Lee Metcalf Wildlife Refuge viewing area and river trailhead (not the visitor center). We will walk out-and-back on Wildfowl Lane. We will then head over to [Wildwood Brewery](#) for a potluck social! Please bring a snack to share.

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](mailto: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

March

4

**Missoula Half Marathon Walking Class begins**

8:30 am

[More Info](#)

March

6

**Run for the Luck of It! Price Increase**

9:00 am at Missoula County Fairgrounds

[More Info](#)

March

9

**Spring Trail Sessions Registration Opens**

8:00 am

[More Info](#)

March

11

**Run for the Luck of It!**

9:00 am at Missoula County Fairgrounds

[More Info](#)

March

16

**Missoula Marathon Weekend of Events Price Increase**

[More Info](#)

March

18

**BOP Monthly Social**

3:00 pm

[More Info](#)

March

23

**Pengelly Double Dip & Bob Hayes Single Dip Registration**

**Opens**

8:00 am

[More Info](#)

March

29

**Last Wednesday Beer Run**

6:00 pm at Great Burn Brewing

[More Info](#)

March

30

**Run for the Trees Price Increase**

10:00 am at Silver Park

[More Info](#)

## Membership Benefit Spotlight

Lake Missoula Tea Company promotes living longer, healthier lifestyles through the benefits of tea. With strong ties to tea farms in Indonesia, China, Taiwan, Kenya, and Colombia, they provide some of the world's best flavors. These connections allow for a sustainable, organic source of quality teas from



working farms and villages. Lake Missoula Tea Co. offers Run Wild Missoula members 10% off their total purchase in store!

[lakemissoulateacompany.com](http://lakemissoulateacompany.com) | 406-926-1038

**[See All RWM Membership Benefits](#)**

## AROUND TOWN

### **Runner's Edge Treadmill Challenge, Missoula MT**

March 1 - [More Info](#)

### **Hells Canyon Trail Run, Upper Pittsburg Landing ID**

March 18 - [More Info](#)

### **Bitterroot Runoff, Lolo MT**

April 16 - [More Info](#)

### **Big Sky Horse Park Pet Run, Missoula MT**

May 6 - [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

RWM Members ran or walked 7,253.75 miles in January & February.

**[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](http://www.runwildmissoula.org)

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