

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | April 2023



A Community That Moves Together

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

April is for Anticipation

It's been a busy few months here at RWM HQ! We've been prepping for the year's lineup, training hundreds of runners for the marathon and half, coordinating a trail run educational panel for the spring and getting ready to launch a new event! We've teased it a little, and I cannot wait to share this new project RWM has for you. It has taken more than a year of planning thus far and many conversations and collaborations with our community partners. We are grateful to all the help and encouragement! Ok, ok. I promised I would not to give it all away. Stay tuned 😊



While you're waiting patiently for the launch of our new event, I'll remind you of all the awesome things we have going on this month! The 31st Annual Run for the Trees falls on Earth Day this year. We are pleased to offer this event free to kids 12 and under and only \$10 for teenagers. We are proud that RWM we can offer high-quality and fun events for your whole family for a reasonable cost and we are committed to continuing to do so.

Play hooky from school or work and come watch the Boston Marathon with us! We'll have the big screen on and chilling' at the Confluence Center in the beautiful and state-of-the-art Headwaters Foundation building downtown. Our BOP Socials are growing in numbers and it's a great place to meet new members and enjoy some good snacks. And of course, this month's Beer Run is headed to one of my favorites Draught Works where runners can explore Missoula's Westside. Although I'm partial to the Pineapple Express IPA, their house-made Root Beer is delish too.

Don't forget to run 4.06 tomorrow and swing by our office to brag about it and snag your free Dram Shop token.

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



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

Saturday, June 3
Start Time: 7:00 am
Location: River Bowl East

We are celebrating the 20th Running Celebration of Pengelly Double Dip and Bob Hayes Single Dip! This year, we have more virtual options, awards, and cash prizes.

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!](#)

Something Big is Coming Soon

Tuesday, April 11
Time: 8:00 am
Location: surprise

We have a surprise that we have been eager to share. Keep an eye on your email and our social media accounts for the news!

RWM ACTIVITIES & CLASSES



Spring Trail Sessions Start

Session dates: April 3 - May 30

Back by popular demand, Spring Trail Sessions are starting soon. If you missed out on Spring Trail Session registration, we will have more for Fall Sessions. Stay tuned as we get closer!

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 worth in a **donation** to the Five Valleys Land Trust! The donation to FVLT will aid with the development of area trails and



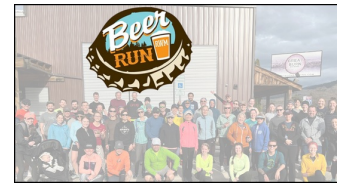
406 Day

Thursday, April 6
Location: Anywhere

Celebrate living in our amazing community and being in the beautiful 406. Walk, run, jog 4.06 miles, snap a photo and tag us @runwildmissoula to receive a free Dram Shop token. Feeling really ambitious? Walk, jog or run 40.6 miles a receive 12 Dram Shop tokens!

Once you have completed your challenge on April 6, stop by our office to get your token.

[More Info!](#)



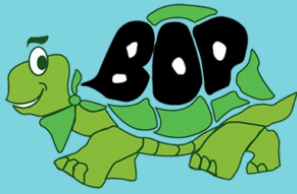
April Beer Run Draught Works

Wednesday, April 26
Start Time: 6:00 pm
Location: Draught Works (915 Toole Ave.)

Join us for the monthly Beer Run. We are headed over to **Draught Works** to enjoy their beverages and course. Walkers and runners alike are welcome! We will head out at 6:00 pm from Draught Works and come back to enjoy a free drink on Run Wild Missoula!

We have 3 & 5 mile options as usual!

[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!

April BOP Social

Saturday, April 15

Start Time: 3:00 pm

Location: Frenchtown Pond State Park (bear right after entrance to parking area)

Notes: Meet us this month at the [Frenchtown Pond State Park](#) for our monthly walk! It will be an out-and-back on the bike trail along Frenchtown Frontage Road. Distance and time up to you. We wait for everyone so your are with the pack! We will then reconvene for our potluck social at [Old Bull Brewing](#) (across from Frenchtown Pond) at 4:00 pm. Bring some food 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.

[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

April

3

Spring Trail Sessions Begin

[More Info](#)

April

6

Little Dipper Trail Runs Registration Opens

[More Info](#)

April

6

406 Day

Walk/Run 4.06 or 40.6 miles!

[More Info](#)

April

15

BOP Monthly Social

3:00 pm at Frenchtown Pond State Park

[More Info](#)

April

17

Boston Marathon Watch Party

7:30 am at the Confluence Center

[More Info](#)

April

22

Run for the Trees 10K, 5K & 1 Mile Fun Run

10:00 am at Silver Park

[More Info](#)

April

26

Last Wednesday Beer Run

6:00 pm at Draught Works

[More Info](#)

April

27

Pengelly Double Dip & Bob Hayes Single Dip Price Increase

[More Info](#)

Membership Benefit Spotlight

Toiffer Pet Outfitter is here to provide sustainably-made food with ingredients and flavors your pet will love, along with toys, treats, and accessories. Their mission is to offer products that are great for your pet and gentle on the planet. On top of it all, Toiffer offers Run Wild Missoula members a free 15 minute pet nutrition consultation. Make sure to stop by their two locations and learn how to help your fur friends!

toiffer.com | 406-540-4334

[See All RWM Membership Benefits](#)



AROUND TOWN

Buttercup Run, Arlee MT

April 15 - [More Info](#)

Bitterroot Runoff, Lolo MT

April 16 - [More Info](#)

YMCA Riverbank Run, Missoula MT

April 29 - [More Info](#)

Sentinel Hill Climb, Missoula MT

May 3 - [More Info](#)

Big Sky Horse Park Pet Run, Missoula MT

May 6 - [More Info](#)

Whitefish Marathon, Whitefish MT

May 20 - use discount code "RUNWILDVIP" for 15% off registration fees [More Info](#)

Little Dipper Trail Runs, Missoula MT

May 20 - [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 13,586.57 miles through March 2023!

[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
GIVING

MISSION

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

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