

# RUN WILD MISSOULA

## MONTHLY NEWSLETTER

Running Wild | May 2023



## A Community That Moves Together

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

### Springing into May

The switch flipped. Big time! I see buds on trees, creeks rising, birds chirping and running shorts abound! I hope everyone has been able to experience the first signs of Spring. Our Missoula Marathon training classes are creeping into some of their longest runs and walks and even double-digit miles as training gets serious for this final 8 weeks of training.

But the Missoula Marathon Weekend of Events isn't the only thing to look forward to this spring. No races this month, but we have a few central events to get you moving outside and engaged with other members.



Next Monday, RWM and Montana Trail Crew hosts a panel of seasoned trail runners, storytellers and route planners. These adventurers are going to discuss and present the many benefits to self-supported trail running. Becoming a Wild Runner is a night not to be missed.

Registration for the Mntwi l Nifay Virtual Half Marathon opens next week. We have set a goal to host 300 registrants this year, and we're enticing you with sweet swag from Indigenous owned and created Urban Native Era. All of the proceeds from this event support All Nations and we hope to raise more than \$7,000 this year. Help us get there by registering next week!

The BOP Social heads to Grant Creek on the third Saturday of the month. The run-walk portion of the meet-up tours the paved trail and participants will be the first to check out the two new County dedicated interpretive signs discussing Salish Namesakes and history of the area.

Our Last Wednesday Beer Run is sticking around Downtown Missoula at Cranky Sam Brewing. I'm sure we'll be taking advantage of their awesome patio.

I'm most pleased to report our membership has crested well above 1,700 for the last few months. We have quite a few first-time members and I speak for the board and staff, we are so happy you are a member and look forward to seeing you out running and walking.

Enjoy Every Step!

**Trisha Drobeck**  
RWM Executive Director

**RWM RACES**



## 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!](#)



## Mntwi I Nl?ay Virtual Half Marathon Registration Opens

Registration Date: Tuesday, May 9  
Race Date: September 1 - 30  
Location: anywhere

Join us for this virtual Half Marathon and complete it anywhere you like in the month of September! Registration opens on Tuesday, May 9.

All proceeds from this event will be donated to [All Nations Health Center](#) General Donation Fund. All Nations Health Center is one of 41 Urban Indian Health Programs (UIHP) located throughout the United States.

[More Info + Registration!](#)



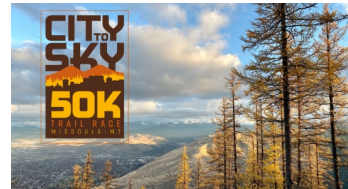
## Missoula Marathon, Half-Marathon & Tony Banovich 5K

Date: June 23-25  
Location: Missoula, MT

Enjoy the Missoula area while completing one of the best courses out there!

Join us for a weekend of events. Sign up for the Missoula Marathon, Half-Marathon, Tony Banovich 5K and Beer Run! Feeling ambitious? Do all three and complete the "Big Three Challenge"!

[More Info + Registration!](#)



## City to Sky 50K Registration Opens

Registration Date: Thursday, May 11  
Race Date: Sunday, October 15  
Time: 7:00 am  
Location: Dornblaser Lews & Clark Stadium

This unique trail race starts and finishes near Missoula's University District and features multiple mountain summits totaling 8,000+ feet of elevation gain and exploring many of Missoula's iconic open space and conservation lands circumnavigating the Pattee Creek watershed. It highlights the best of Missoula's open space and urban recreation areas and boasts less than two miles of pavement.

Spots are limited in this inaugural year to 100 participants.

[More Info + Registration!](#)



## Becoming A Wild Runner: The Practice & Payouts of Self-Supported Trail Running

Date: Monday, May 8

Time: 6:30 - 8:00 pm

Location: Zootown Arts Community Center (216 W Main)

Join this experienced panel for an evening exploring the value of self-supported runs as a way to deeply experience landscape, seek solitude, pursue individual goals and connect with other runners in a non-competitive way.

This is a free event open to the public! Come with your burning questions and learn more about the sport you love. Can't make it in person? We will also be streaming the event live on our [Facebook page](#)!

[More Info!](#)



## May Beer Run Cranky Sam Brewing

Wednesday, May 31

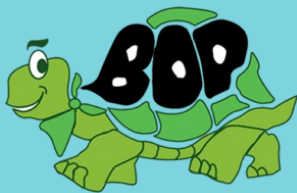
Start Time: 6:00 pm

Location: Cranky Sam Brewing (233 W. Main St.)

Join us for the monthly Beer Run. We are headed over to [Cranky Sam](#) to enjoy their beverages and course. Walkers and runners alike are welcome! We will head out at 6:00 pm from Crank Sam Brewing 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!

### May BOP Social

Saturday, May 20

Start Time: 10:00 am

Location: Snowbowl Park & Ride (on Grant Creed Rd. at Town Pump Store)

Notes: Meet us this month at the Snowbowl Park & Ride. We will be walking/running an out-and-back on Grant Creek bike trail. Distance and time up to you. This route is a hidden gem with very little trail traffic and lovely views. We wait for everyone so you are with the pack! We will then reconvene at 11:00 am for our social at Mackenzie River Pizza (5210 Grant Creek Rd).

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

May

4

**Missoula Marathon Volunteer Positions Open**

[More Info](#)

May

5

**Run Wild Missoula Office Closed**

May

9

**Mntwi I Ni?ay Virtual Half Marathon Registration Opens**

[More Info](#)

May

11

**City to Sky 50K Registration Opens**

[More Info](#)

May

18

**Virtual Pengelly Double Dip & Bob Hayes Single Dip Begins**

[More Info](#)

May

20

**BOP Monthly Social**

10:00 am at Snowbowl Park & Ride

[More Info](#)

May

# 25

**Pengelly Double Dip & Bob Hayes Single Dip Price Increase**

[More Info](#)

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# May 29

**Run Wild Missoula Office Closed**

Memorial Day

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# May 31

**Last Wednesday Beer Run**

6:00 pm at Cranky Sam Brewing

[More Info](#)

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## Membership Benefit Spotlight

**Run Wild Missoula members** receive some wonderful perks including discounts, access to classes and programs, and community support. Yoga Sessions have become an integral part of RWM in prioritizing recovery and health. Missy Adams is a certified Yoga Instructor, Personal Trainer, and Nutritional Health Coach. Teaching **Yoga for Runners & Walkers** for Run Wild Missoula for 16 years. RWM members get a \$20 discount on 10-week yoga sessions!

[missyadamswell.liveeditaurora.com](http://missyadamswell.liveeditaurora.com) | [contact info](#)

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



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## AROUND TOWN

### Sentinel Hill Climb, Missoula MT

May 3 - [More Info](#)

### Running for Justice 5K for Missing and Murdered Indigenous People, Pablo MT

May 6 - [More Info](#)

### Mother's Day Walk/Run, Missoula MT

May 14 - Runners Edge is hosting a 2 or 6 mile run/walk. Meet at 11:00 am with mimosas after [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](#)

### VSAP Veteran Suicide Awareness and Prevention Walk Half-Marathon, Missoula MT

May 20 - [More Info](#)

### Tutu Trot, Missoula MT

May 21 - [More Info](#)



## Blue Mountain 30K, Missoula MT

May 21 - [More Info](#)

## Spokane to Sandpoint, Spokane WA

July 21 - 22 All Montana registrations will give 10% back to the Tony Banovich Memorial Fund - [More Info](#)

## Running with the Stars, Darby MT

July 28 - 30 - [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 21,998.10 miles through April 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](http://www.runwildmissoula.org)

BOARD

STAFF

CHARITABLE  
GIVING

MISSION

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

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