

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | June 2023



A Community That Moves Together

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

Worst Parade Ever

Hooray! June has arrived. A great month (especially for Geminis like me). I think the question we need to ask is 'what *isn't* RWM up to this month?' We are cruising into summer and won't stop until we clean up after the Last Best Race.

We're starting this month with the iconic Pengelly Double Dip and Bob Hayes Dip. If you haven't seen the participant and volunteer Sayso shades, head over to our social channels. This being the 20th running of PDD, we're boasting a large prize purse for our overall winners, maters (40+) and legends (50+). It's a celebration and we are counting down the hours until the weekend.



Our sport's annual celebration Global Running Day is next week and we're partnering with Runner's Edge to commemorate with a jaunt around the river and a beve at Dram Shop. There will be pizza too, so don't miss this day!

The second annual Missoula Pride Fun Walk/Run kicks off Pride Weekend in Missoula with a social run (dogs on leashes welcome!) plus music, coffee and treats. Last year we met so many amazing folks from all over Montana and the country and we hope to celebrate, educate and advocate this year even more.

Then the big dance; the main event! MISSOULA MARATHON WEEKEND! The Marathon committee has been feverishly planning over the last year to bring this incredible event to our community. All I can tell you is there's going to be all the things you love about Marathon weekend plus we're amping it up, and can't wait to share. I can hardly wait!

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 Ni?ay Virtual Half Marathon

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!](#)



River City Roots Run



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"!

Not wanting to race? We need many volunteers to help us out! Consider lending a hand for a couple of hours. [Sign up online!](#)

[More Info + Registration!](#)



City to Sky 50K

Race is sold out, but the waitlist is open!
Date: Sunday, October 15
Time: 7:00 am
Location: Dornblaser Lewis & 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!](#)



Fierce Fab 5K

Registration Date: Thursday, June 8
Race Date: Saturday, August 26
Time: 8:30 am
Location: East Main St. between North Higgins and North Pattee

A 4-mile fun run in association with the **River City Roots Festival**. This 4-mile run pays tribute to the city's love of recreation and staying active. All ages, abilities and backgrounds are encouraged to enjoy a morning run or walk before the festival in the afternoon and evening!

[More Info + Registration!](#)

Registration Date: Thursday, June 29
Race Date: Sunday, September 24
Time: 8:30 am
Location: Community Medical Center Campus (2827 Fort Missoula Rd.)

The Fierce Fab 5K encourages and supports all women, transgender, non-binary, Two Spirit or otherwise marginalized people because of their gender identity. The Fierce Fab 5k also supports our male counterparts who celebrate women and are working to grow equality and awareness.

All participants will receive custom finishers medals, free photos, mimosa (or apple juice for our under 21 participants), custom bib and course experience you will never forget! Wearing what makes you feel fierce & fabulous is strongly encouraged!

[More Info + Registration!](#)

RWM ACTIVITIES & CLASSES



301 Summer Trail Session

Session Dates: June 28 - August 16
Time: Wednesdays at 6:00 am
Locations: vary per week

Registration is open today! Run Wild Missoula is offering a single 301 level Trail Session to keep the momentum going! Join trail leads Justin and Kristina on Wednesday mornings to work on honing in your fitness goals. This is our hardest level trail session, so be prepared to reach those heights! Our Fall Trail Sessions will open for registration on August 22 and will include all levels, ranging from beginner to advanced.

Trail sessions are free and open to Run Wild Missoula members.

[More Info + Registration!](#)



Missoula Pride 5K

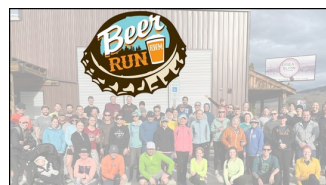


Global Running Day

Wednesday, June 7
Start Time: 5:30 pm
Location: the Runner's Edge

Join us in celebrating Global Running Day! We are partnering with the Runner's Edge and the Dram Shop. We will be running a casual 5K leaving from the Runner's Edge and ending at the Dram Shop. Run Wild Missoula will supply the free pizza and the Runner's Edge will provide free beer!

[More Info!](#)



June Beer Run OddPitch Brewing

Date: Friday, June 16
Start Time: 10:00 am
Location: Rainbow crosswalk (on corner of Pattee and East Pine)

This is a non-timed 3-ish mile fun run or walk. Wear your best rainbows or pride as we tour the river trails in Missoula. Festive tunes, breakfast treats and coffee for mingling when you return! Leashed dogs are welcome and encouraged to wear pride too! Maps will be provided.

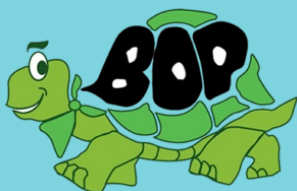
[More Info!](#)

Wednesday, June 28
Start Time: 6:00 pm
Location: OddPitch Brewing (1200 W. Kent)

Join us for the monthly Beer Run. We are headed over to **OddPitch** to enjoy their beverages and course. Walkers and runners alike are welcome! We will head out at 6:00 pm from OddPitch 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!

June BOP Social

Notes: The BOP Monthly Social is on break for the month of June due to the high amount of activities and Missoula Marathon weekend of events. We will be back in July to resume our monthly socials.

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

June
3

Pengelly Double Dip & Bob Hayes Single Dip

[More Info](#)

June

7

Global Running Day
5:30 pm at the Runner's Edge
[More Info](#)

June

8

River City Roots Run Registration Opens
[More Info](#)

June

15

Virtual Pengelly Double Dip & Bob Hayes Single Dip Ends
[More Info](#)

June

16

Missoula Pride Run
10:00 am at the Rainbow Crosswalk (corner of Pattee St/East Pine)
[More Info](#)

June

19

Run Wild Missoula Office Closed
Juneteenth

June

19

Missoula Marathon Price Increase
[More Info](#)

June

23

Runners Expo & Missoula Marathon Beer Run
[More Info](#)

June

24

Tony Banovich 5K, Kids Marathon, Runners Expo
[More Info](#)

June

25

Missoula Marathon, Half Marathon
[More Info](#)

June
28

Last Wednesday Beer Run

6:00 pm at OddPitch Brewing

[More Info](#)

June
29

Fierce Fab 5K Registration Opens

[More Info](#)

Membership Benefit Spotlight

Run Wild Missoula members receive some wonderful perks including discounts, access to classes and programs, and community support. With all the spring rain and blooming wildflowers, we thought some florals could brighten your day. Habitat Floral Studio and Events is a woman-owned flower shop and event business that has been providing Montana with exquisite and innovative floral designs. They offer RWM members 10% off all daily deliveries!

habitatfloralstudio.com | 406.543.0967

[See All RWM Membership Benefits](#)



AROUND TOWN

Mountain to Meadow, MT/ID

June 10 - [More Info](#)

Celebration of Life for Brad Leonard, Meadowlark Pavilion at Fort Missoula

Walk, talk, eat and drink to celebrate Brad

June 18 : 12:00 - 5:00 pm

Big Sky Brewing Co. Summer Concert Series, Missoula MT

July 11 - August 5 - Register to volunteer: [More Info](#)

Spokane to Sandpoint, Spokane WA

Spokane to Sandpoint Relay (S2S) returns for the 15th running on July 21-22, 2023. This is a two day, 200 mile relay for teams of 12 across a spectacular course in Spokane and Northern Idaho, finishing on the lakeshore at Sandpoint. Registration closes for S2S on June 30th. For every Montana-based team registered this year, S2S will donate 10% to the Tony Banovich High School Cross Country Scholarship.- [More Info](#)

Run with the Wild 1K, 5K and 10K, Seeley Lake Trails MT

July 22- [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 30,170.76 miles through May 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

[Unsubscribe trishad@runwildmissoula.org](mailto:trishad@runwildmissoula.org)

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