

# RUN WILD MISSOULA

## MONTHLY NEWSLETTER

Running Wild | August 2023



## A Community That Moves Together

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

### August Sizzle

Putting this newsletter together, I was surprised with the amount of activities and races in the pipeline. Too much to list, but I'm personally excited for Race Director 101 next week and the River City Roots Festival at the end of the month. I also love the patio at Lolo Peak Brewery (beer isn't shabby either!).

RWM staff and board are also excited to welcome Sidney Scarlett to the team! She is coordinating RWM & MTC club communication and club programming (and about 100 more tasks!) We wear many hats in our office, but we have no doubt Sidney will be a wonderful addition. So if you see her in the office or at an event, be sure to say hi and welcome.



Enjoy Every Step!

**Trisha Drobeck**  
RWM Executive Director

### RWM RACES



#### River City Roots Run

**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](#)



#### Fierce Fab 5K

**Date:** Sunday, September 24  
**Time:** 8:30 am  
**Location:** Community Medical Center Campus (2827 Fort Missoula Rd.)

**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!

Special pricing for UM Students!

[More Info + Registration!](#)



## Mntwi I N?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! Miles can be cumulative throughout the month.

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!](#)



## City to Sky 50K

**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!](#)

This event amplifies fun to celebrate the love and camaraderie of coming together! 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!

PLUS a sweet raffle and expo featuring women-owned businesses and equality-centered community organizations.

[More Info + Registration!](#)



## Skeleton Skedaddle & Kids Pumpkin Plod

**Registration Opens:** August 17

**Date:** Sunday, October 22

**Time:** 10:25 am

**Location:** Silver Park

Enjoy a morning of fall family fun with Run Wild Missoula and UM's Physical Therapy Student Association at the Skeleton Skedaddle 5K & Kids Pumpkin Plod!

Halloween costumes are strongly encouraged!

[More Info!](#)

## RWM ACTIVITIES & CLASSES



## August Beer Run

## Race Director 101

**Date:** Wednesday, August 9

**Time:** 6:00 pm

**Location:** Headwaters Foundation - [119 W. Main Street](#)

Are you wanting to be more involved in the running and walking community? We are holding a Race Director 101!

All year round, Run Wild Missoula hosts a wide variety of races from trail to road. We love the work we do, but need helping hands from our wonderful volunteers. At each race event, a lead volunteer acts as the event's "race director" to help us plan logistics, set up the courses, and much more.

[More Info!](#)



### Fall Trail Sessions

**Registration Opens:** August 22  
**Classes Run:** September 11- November 3

**Levels & class dates coming soon!**

Run Wild Missoula offers a variety of trail running sessions designed to get you ready for a season of strong and healthy trail running. Our trail classes are geared toward everyone. We offer sessions for people brand new to trails to the experienced trail runner, and everyone in between.

[More Info!](#)

## Lolo Peak Brewery

**Wednesday, August 30**

**Start Time:** 6:00 pm

**Location:** Lolo Peak Brewery - [6201 Brewery Way, Lolo, MT](#)

We are heading back to Lolo Peak Brewing in August for a run through Travelers' Rest State Park and beyond. [Lolo Peak Brewery](#) has excellent beer and a full food menu for your post run appetite. Please plan a little extra time for the drive to Lolo to arrive on time. A 3 and 5 mile course will be offered (approximate).

We have 3 & 5 mile options as usual!

[More Info!](#)



### Yoga for Runners & Walkers

**Lunch Yoga:** Mondays 12:15-1pm

**Evening Yoga:** Wednesdays 5:30-6:30pm

**Classes Run:** September 11- December 14

Yoga for Runners & Walkers is designed specifically with the runners/walkers body in mind, and focuses on core work, stretching, strength and balance poses that will compliment all of the miles you are logging each week.

In addition, each practice will include an emphasis on breathing and relaxation techniques that will help you release physical tension, de-stress and clear and quiet your mind.

[More Info!](#)



### Beginner Running

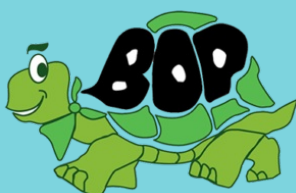
**Registration opens:** August 15  
**Class Runs:** September 20- November 23

Are you having a hard time getting motivated to start running, or do you lack consistency? Don't know where to begin? Don't want to do it alone?

If you are nodding your head yes, then this class is for you!

This fun, 9-week training program that will start with running/walking intervals and gradually work up to completing the [Turkey Day 3K or 8K](#).

[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!

#### August BOP Social

**Date:** Sunday, August 20

**Location:** Fort Missoula Regional Park (Bitterroot Shelter by the tennis courts)

**Time:** 9:00 am

Notes: We will walk/run as a group around the trails around Fort Missoula then reconvene for our potluck social. Pace and distance is entirely up to you! We have reserved the Bitterroot Shelter (located next to the tennis courts on Fort Missoula Rd). Please bring some food to share with everyone!

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

August

9

**Race Director 101**

6:00 pm at Headwaters Foundation

[More Info](#)

August

15

**Beginner Running Registration Opens**

8:00 am

[More Info](#)

August

16

**Last Day of Summer Trail Session 301**

August

17

**Skeleton Skedaddle & Kids Pumpkin Plod Registraion Opens**

8:00 am

[More Info](#)

August

# 20

## BOP Monthly Social

9:00 am at Fort Missoula Regional Park

[More Info](#)

August

# 22

## Fall Trail Sessions Registration Opens

8:00 am

[More Info](#)

August

# 26

## River City Roots Run

8:30 am start on Main St Between Higgins & Pattee

[More Info](#)

August

# 30

## Last Wednesday Beer Run

6:00 pm at Lolo Peak Brewery

[More Info](#)

## RWM Annual Member's Meeting

Save the date for **Wednesday, September 13**. We'll be hosting a run, dinner & gathering at Imagine Nation Brewing! Group Run Begins at 5:30 pm & meeting Begins at 6:30 pm. This is a free event for RWM members.

Stay tuned to our social channels & weekly emails for RSVP deadlines. [More Info!](#)



## RWM Seeking New Board Members

Are you looking to take your RWM commitment to the next level and become a part of the RWM board? View current board members [here](#). Cover letter & resume are dues by **October 25, 2023** and applicants will be notified in early November. [More Info!](#)

## AROUND TOWN

### Mission Mountain Classic 5K - Ronan, MT

August 5 - [More Info](#)

### Robert's Run 10K, 5K, 1M - Hamilton, MT

August 5 - [More Info](#)

### Smelter City Scamper - Anaconda, MT

August 5 - [More Info](#)

### Missoula Strong 5K - Missoula, MT

August 19 - [More Info](#)



## Canine Classic at Paws Up - Greenough, MT

August 27 - [More Info](#)

--> RWM receive a \$10 discount off any race registration with code **RWM10**

\*\*New this year: Paws Up Shuttles will be running from Runners Edge to race start. Relax & ride with your pup!\*\*

## 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 48,803 miles through July 2023!

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

MEMBER INFO

RACES

ACTIVITIES



DONATE



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[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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