

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | October 2023



A Community That Moves Together

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

Having a Howling Good Time!

We've had our foot on the gas pedal for the last few weeks here at Run Wild and there's no letting up this month. We've been hosting, helping, donating and prepping for more! We have so much for you coming in the next few weeks.

Be the first to register for the Last Best Race! October equals Missoula Marathon registration is live. After you register at 8am, hit our newest recurring group Hot Walk Missoula for a stroll. Then round out the day with RWM Movie Night featuring a compelling and intriguing documentary *26.2 to Life*. And that's just October 1!!

Whew. Of course, much of our focus this month will be on the launch of City to Sky 50K where 100 lucky runners will get to race the best of Missoula's glorious front country.

Our BOP social heads to Lee Metcalf down the Bitterroot and Beer Run wraps up October at Bayern.

Need to take your legs for a spin? Enjoy the Spooktacular Skeleton Skedaddle and your little ghouls can get their Pumpkin at the Plod. So much happening this fall, I hope you get out there and relish it all.

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director



RWM RACES



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, but we are welcoming volunteers!

[More Info!](#)



Mt. Jumbo Elk Ramble 15K

Registration Now Open!
Date: Saturday, November 4
Time: 10:00 am
Location: Lincoln Hills Trailhead

Let's get ready to ramble! Don't miss the opportunity to take part in the only organized trail race on Mt. Jumbo. As part of this exclusive event, you will experience stunning landscapes as you traverse the winter home of the Mt. Jumbo elk herd. The Mount Jumbo Wildlife Management Area closes to all recreation on December 1st – take this chance to practice responsible recreation on Missoula's Conservation & Open Space Lands and welcome the wildlife herds back to Jumbo!

[More Info + Registration!](#)



Skeleton Skedaddle & Kids Pumpkin Plod

Registration now open!
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!](#)



Turkey Day 8K & 3K Family Fun Run

Registration Now Open!
Date: Thursday, November 23
Time: 9:30 am
Location: University of Montana Tailgate Area

Start your Thanksgiving Day with fresh air and exercise and join us for our turkey trot! The Turkey Day 8K and 3K Family Fun Run courses travel along Ron's Riverfront Trail and around the University of Montana Campus, with short distances on a few Missoula city streets.

[More Info!](#)



Roads, Tracks and Trails Virtual Memorial Run

Registration Opens: October 12

Date: December 2023

Start Time: Anytime!

Start Location: Anywhere!

In 2021, the Montana running community came together and ran or walked 4.35 miles – the average daily distance of Tony’s 1,731 day run streak – while raising funds for the Tony Banovich Memorial Fund, furthering Tony’s legacy of supporting running and walking throughout Missoula and Montana.

RWM is pleased to continue this Memorial run as a virtual option and fundraiser to participants in December 2023.

The [original course](#) included a little roads, tracks, and trails in and around Playfair Park. You are welcome to run the route designated in 2021 or choose your own adventure to celebrate Tony’s life and legacy on the 4.35 mile route that suits you.

The virtual event will continue to raise funds for the [Tony Banovich Memorial Fund](#).

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 due by **October 25, 2023** and applicants will be notified in early November. [More Info!](#)

RWM ACTIVITIES & CLASSES



Special Screening of *26.2 to Life*

Date: Sunday, October 1

Time: 4:00 pm

Location: Confluence Center

No Registration or RSVP necessary!

Free!

26.2 to Life is a new award-winning documentary that explores the transformative power of San Quentin’s 1000 Mile Club, a running club inside the prison in which volunteer veteran marathoners train with incarcerated runners in preparation for a marathon that takes place entirely behind the prison walls — 105 dizzying laps around the crowded Lower Yard.

Many thanks to 26.2 to Life for making screenings like this possible for running clubs across the nation!

[Check out the trailer here!](#)



Hot Walk Missoula

Date: Sunday, October 1

Start Time: 10:00 am

Location: S Side of Van Buren St Footbridge

Want to participate in a Run Wild Missoula event but running itself isn’t quite your jam? Join Run Wild Missoula’s Back Of The Pack (BOP) in our new program - Hot Walk Missoula! Inspired by the “Hot Girl Walks” of internet fame, Hot Walk Missoula aims to get anyone and everyone looking to add more movement and friends into their lives out and walking.

[More Info!](#)

Missoula Marathon Registration Opens October 1!

Date: Sunday, October 1
Opens: 8:00 AM MST

The countdown to the 2024 Missoula Marathon weekend of events, taking place June 28-30, is finally on!

We're so excited to welcome new and returning runners to join us for the most exhilarating race weekend yet! We have 4 amazing distances to choose from:

- ☑ Missoula Marathon
- ☑ Missoula Half Marathon
- ☑ Tony Banovich 5K
- ☑ Missoula Kids Marathon

[More Info + Registration Here!](#)



Bus to MT Cup!

Run Wild Missoula will be sponsoring a bus ride from Missoula to Helena and back for the Montana Cup on October 28.

Contact [Trisha Drobeck](#) to reserve your spot today!

[More Info!](#)



October Beer Run: Bayern Brewing

Date: Wednesday, October 25
Start Time: 6:00 pm
Location: Bayern Brewing - [1507 Montana St](#)

We are heading back to Bayern Brewing in October for a run through Missoula. [Bayern Brewing](#) has excellent beer and a menu of German snacks for your post run appetite.

We have 3 & 5 mile options as usual!

[More Info!](#)



October Trail Work Days

Join RWM and Missoula Parks & Rec to complete the brand new Woodsy Spur Pedestrian Loop Trail!

Date: Saturday, October 21

Time: 8:30 AM - 12:30 PM

Location: Park at the corner of Whitaker Dr and Dean Stone Dr on the south side of the road.

Total Hiking Distance: 3/4 mile, ~300 ft of elevation gain

RWM Volunteers will join Missoula Conservation Lands staff for a morning of trail construction work on the brand new Woodsy Spur Pedestrian Loop Trail. We will park on the corner of Whitaker Dr and Dean Stone Dr on the south side of the road, then carpool up to the work site. Volunteers will assist with brushing, tread, and general trail construction work. All required equipment and materials will be provided. Volunteers should come prepared for a morning of outdoor work - including sun protection, long pants and sleeves, sturdy close-toed shoes, water, and personal snacks if desired.

Snacks will be provided!

Please contact [Sidney](#) to RSVP.



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!

Join us for our October BOP Social on Saturday, October 14 at the Lee Metcalf Wildlife Refuge down in Stevensville! See [here](#) for more information.

Check out our new program: [Hot Walk Missoula](#)

[See All BOP Info Here](#)

JOIN US! RWM WEEKLY RUNS



[Tuesday Track](#)



[Wednesday Wild Miles](#)



[Saturday Breakfast Run](#)



[Sunday Long Run](#)
Postponed to 1/24



[Strava](#)

RWM CALENDAR OF EVENTS

October

1

Missoula Marathon Registration Opens

8:00 AM

[More Info](#)

October

1

Hot Walk Missoula

10:00 AM on the South Side of Van Buren St Foot Bridge

[More Info](#)

October

1

Special Screening of *26.2 to Life*

4:00 PM at the Confluence Center inside Headwaters Foundation

[More Info](#)

October

12

Registration for the Virtual Roads Tracks and Trails Memorial Run Opens

8:00 AM

[More Info](#)

October

14

BOP Social

3:00 PM

[More Info](#)

October

15

City to Sky 50K

7:00 AM

[More Info](#)

October

21

Trail Work Day with Missoula Parks & Rec

8:30 AM

[More Info](#)

October

22

Skeleton Skedaddle 5K & Kid's Pumpkin Plod

Pumpkin Plod 10:00 AM | Skeleton Skedaddle 10:25 AM

[More Info](#)

October

25

Last Wednesday Beer Run

6:00 PM | Bayern Brewing

[More Info](#)

October

28

Trail Work Day with Missoula Parks & Rec

8:30 AM

[More Info](#)

AROUND TOWN

Brio Fitness Beer Mile - Missoula, MT

October 5 - [More Info](#)

Zootown Challenge Obstacle Race - Missoula, MT

October 7 - [More Info](#)

Hole in the Wall Hustle - Potomac, MT

October 7 - [More Info](#)

11 Miles to Paradise - Paradise, MT

October 8 - [More Info](#)

Gathering of Families - Great Falls, MT

October 8 - 14- [More Info](#)

Tammany Trot Trail Run - Hamilton, MT

October 14 - [More Info](#)

Montana Cup - Helena, MT

October 28 - [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.



2023 Big Sky XC Championships

Take this awesome opportunity to spectate at the Big Sky Conference's XC Championship held in Missoula this year! The event will be held on Friday, October 27 at the University of Montana Golf Course.

[More Info](#)



RWM Mileage Club

RWM Members ran or walked 59,859 miles through September 2023!

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

MEMBER INFO

RACES

ACTIVITIES



DONATE



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BOARD **STAFF** **CHARITABLE GIVING** **MISSION**

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