

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | September 2023



A Community That Moves Together

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

Just Try & Stop Us!

And we're off! September in the RWM-sphere is a busy time with not only our own programming, events and races, but Missoula's entire running community.

We kick off our Beginner Runner class, Fall Trail Running Sessions and Fall Yoga. We look forward to inaugural programs: Run Wild Readers book club and Hot Walk Missoula. And, of course, hosting members for our Annual Meeting at Imagine Nation.

RWM will be tabling at UM Welcoming Feast and at the end of the month hosting registration for the UM XC Homecoming Hustle. Mid month, RWM is the commissioner for the 5K & 10K races for Montana Senior Olympics, helping out and donating thousands of shirts at Mountain West Classic XC meet as well as sponsoring the Go Run Missoula Sip & Support fundraiser.

I personally look forward to running 13.1 miles for our Mntwi | Nf7ay Virtual Half Marathon, some cozy merch we're bringing in and watching hundreds of participants blinged-out in glitter at the Fierce Fab 5K. However, top billing may be renting equipment and assisting local schools with their Jogathons.

On another note, I believe all members will be stoked for the 35+ Tony Banovich High School XC Scholarships issued to local students participating in cross country. We've outfitted them with gear and free racing opportunities through out the year. You'll starting seeing a check box on race and program registrations to add \$5 to keep this fund alive and allowing us to gift these scholarships to Missoula youth.

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director



RWM RACES



Fierce Fab 5K

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

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, sparkly tote 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 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!](#)



Mntwi I N?pay Virtual Half Marathon

Registration: Now open through September!
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!](#)



Mt. Jumbo Elk Ramble 15K

Registration Opens: September 14
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!](#)



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!](#)



Turkey Day 8K & 3K Family Fun Run

Registration Opens: September 21
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!](#)

RWM ACTIVITIES & CLASSES



Annual Member's Meeting

Date: Wednesday, September 13
Time: Group Run/Walk at 5:30 pm | Dinner and Meeting at 6:30 pm
Location: Imagine Nation Brewing - [1151 W Broadway St](#)

RSVP today for Run Wild Missoula's Annual Member's Meeting on September 13 at Imagine Nation Brewing! Don't miss your chance to participate in a FREE group run, enjoy a FREE dinner, and the chance to find out directly from the Run Wild Missoula Board of Directors what the club has been up to and plans for the future! RSVPs close on September 10, so don't delay! We hope to see you there!

[More Info + RSVP!](#)



NEW! Fall 2023 Run Wild Readers

Date: Thursday, September 28
Start Time: 6:00 pm
Location: Confluence Center - [119 W Main St](#)

Join us for our first meeting of Run Wild Readers, Run Wild Missoula's new seasonal book club! Our Fall 2023 book selection is the *Slow AF Run Club: the Ultimate Guide For Anyone Who Wants to Run* by Martinus Evans.

Come for an hour to socialize, relax, and talk through provided discussion points on the book of the season!

If you are needing a copy of this book, RWM has purchased the first fifteen of them. Please contact [Sidney](#) to pick up your free (signed!) copy!

[More Info!](#)



September Beer Run: Conflux Brewing Company

Date: Wednesday, September 27
Start Time: 6:00 pm
Location: Conflux Taphouse - [210 N Pattee St](#)

We are heading back to Conflux Brewing Company in September for a run through Missoula. [Conflux Brewing](#) has excellent beer and a full food menu for your post run appetite.

We have 3 & 5 mile options as usual!

[More Info!](#)

NEW! Hot Walk Missoula

Date: Sunday, September 10
Start Time: 10:00 AM
Location: South Side of Van Buren St Foot Bridge

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!](#)





Yoga for Runners & Walkers

Lunch Yoga: Mondays 12:15-1pm

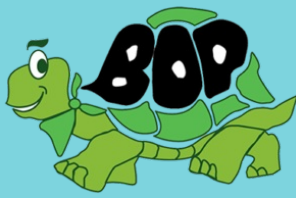
Evening Yoga: Wednesdays 5:30-6:30pm

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!](#)



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!

No BOP Social this month!

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

September

Mntwi I N!?ay Virtual Half Marathon Begins

[More Info](#)

1

September

4

Run Wild Missoula Office Closed

Labor Day

September

10

Annual Member's Meeting RSVPs Close

[More Info](#)

September

10

Hot Walk Missoula

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

[More Info](#)

September

11

Fall Trail Sessions Begin

[More Info](#)

September

13

Annual Member's Meeting

Group Run & Walk at 5:30 PM | Dinner and Meeting at 6:30 PM at Imagine Nation Brewing

[More Info](#)

September

20

Beginner Running Class Begins

[More Info](#)

September

24

Fierce Fab 5k

8:30 am start at Community Medical Center Campus

[More Info](#)

September

27

Last Wednesday Beer Run

6:00 pm at Conflux Brewing Company

[More Info](#)

September

28

Run Wild Readers

6:00 PM at the Confluence Center

[More Info](#)

September

30

Homecoming Hustle

9:55 am at the corner of Broadway & Higgins

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

AROUND TOWN

Disco PBR - Anaconda, MT

September 9 - [More Info](#)

Montana Senior Olympics - Missoula, MT

September 14-16 - [More Info](#)

Orangetheory Fitness Outdoor Dri Tri - Missoula, MT

September 16 - [More Info](#)

The Rut Mountain Runs - Big Sky, MT

September 15-17 - [More Info](#)

Go Run Missoula Sip & Support Fundraiser - Missoula, MT

September 20 | 5:30-7:00pm - [More Info](#)

A Wine Tasting Fundraiser

Join GRM for a special event and support young leaders finding their stride.

Missoula County Fairgrounds

Tickets \$25

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 52,468 miles through August 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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