

# RUN WILD MISSOULA

## MONTHLY NEWSLETTER

Running Wild | July 2023



## A Community That Moves Together

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

### The Finish Line!

Run Wild! We made it!

Thank you all from the bottom of my heart for making the Missoula Marathon Weekend of Events the BEST. I'm still processing logistics, emotions, exhaustion and all the other things that come with an event of this magnitude, but the feedback we've received has been so positive and inspiring.

I appreciate all the hours our volunteers contribute, community welcoming spirit and agency collaborations. [I hope you all attend the Volunteer Appreciation Party on July 19!] So much of this event is produced from our [Missoula Marathon Committee](#). This group of individuals offers their time, resources and expertise to this event. They are the cornerstones and on behalf of this organization I want to express my gratitude for all their hard work! A few of them are featured [in this video](#) from Martinus Evans and the Slow AF Run Club.



I'm already pumped to get brainstorming and scheming for next year, but first REST! The fall will be upon us soon and we're going to be jam-packed with events and happenings. I wish you all a safe holiday in the summer splendor of Montana. I hope to see you out on the trails or at one of our many social events!

Enjoy Every Step!

**Trisha Drobeck**  
RWM Executive Director

### RWM RACES



## Mntwi I Ntʔay 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

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!](#)

## City to Sky 50K

Race is sold out, but the waitlist is open!  
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!](#)



### Fierce Fab 5K

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.

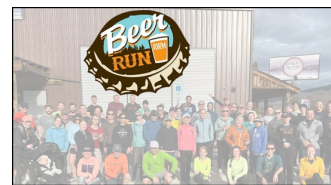
All participants will receive custom finishers medals, free photos, mimosa (or apple juice for our under 21 participants), custom bib and course experience you will never forget! Wearing what makes you feel fierce & fabulous is strongly encouraged!

[More Info + Registration!](#)

## RWM ACTIVITIES & CLASSES



### BOP Social



### July Beer Run

## Imagine Nation Brewing Company

Date: Sunday, July 16  
Location: Frenchtown Pond State Park  
Time: 9:00 am

We will walk/run as a group around the bike trails of Frenchtown Pond and then reconvene for our potluck social. Pace and distance is entirely up to you! We have reserved the West picnic shelter (located on the far right once you turn into the park). Please bring some food to share with everyone!

[More Info!](#)

Wednesday, July 26  
Start Time: 6:00 pm  
Location: Imagine Nation Brewing Company (1151 W. Broadway)

Join us for the monthly Beer Run. We are headed over to **Imagine Nation** to enjoy their beverages and course. Walkers and runners alike are welcome! We will head out at 6:00 pm from Imagine Nation Brewing and come back to enjoy a free drink on Run Wild Missoula!

We have 3 & 5 mile options as usual!

[More Info!](#)



## 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.

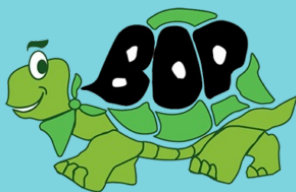
[More Info!](#)



## Sunday Long Run Paused

The Sunday Long Run (SLR) program is on pause until January 2024. This weekly program will be updated in the new year!

[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!

### July BOP Social

Date: Sunday, July 16  
Location: Frenchtown Pond State Park  
Time: 9:00 am

Notes: We will walk/run as a group around the bike trails of Frenchtown Pond and then reconvene for our potluck social. Pace and distance is entirely up to you! We have reserved the West picnic shelter (located on the far right once you turn into the park). 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

July

3

**Holiday Weekend**  
RWM Office Closed

July

4

**Fourth of July**  
RWM Office Closed

July

13

**River City Roots Run Price Increase**  
[More Info](#)

July

16

**BOP Monthly Social**  
9:00 am at Frenchtown Pond State Park  
[More Info](#)

July

19

**Missoula Marathon Volunteer Party**  
5:30 pm at Big Sky Brewing

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July  
**20**

**Mntwi I Nt?ay Virtual Half Marathon Price Increase**

[More Info](#)

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July  
**26**

**Last Wednesday Beer Run**

6:00 pm at Imagine Nation Brewing Company

[More Info](#)

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## RWM is Hiring!

Run Wild Missoula is seeking a Programs & Communication Coordinator to be part of our dynamic team that provides running and walking opportunities to people of all ages, abilities and backgrounds.

Are you detail oriented, self-motivated and interested in the active and healthy lifestyle that is part of Missoula's culture? Then we are looking for you to join our team!

Applications are due Sunday, July 2. [More Info and application!](#)

[info@runwildmissoula.org](mailto:info@runwildmissoula.org) | 406.544.7073



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## AROUND TOWN

### **Big Sky Brewing Co. Summer Concert Series, Missoula MT**

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

### **Robert's Run, Hamilton MT**

August 5 - [More Info](#)

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### **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.

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## RWM Mileage Club

RWM Members ran or walked 38,074.25 miles through June 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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