

RUN WILD MISSOULA - RULES OF THE RUN



Exploring Routes - We'll provide you with exciting routes to discover! We often use Strava, but also feel free to grab a map or jot down directions so you can fully enjoy the journey.

Share the Trail, Sidewalk & Road Shoulder - Let's be courteous companions! Run side-by-side with a buddy while keeping space for others to pass.

Family-Friendly Fun - We're excited to have runners of all ages! Keep conversations upbeat and appropriate for our younger adventurers.

Together We Run - We're a community that looks out for each other! If you need to change your route or finish early, just let someone know so we don't worry.

Safety First, Smiles Always!

- ➡ Be bright, be seen! When running at dawn or dusk, shine bright with reflective gear and lights.
- ➡ Wave hello to cars and follow traffic signals - safety is part of the fun!
- ➡ Face oncoming traffic when road running and share friendly waves with motorists.
- ➡ Keep one ear free to hear the sounds of nature and your fellow runners. If you love your music, just remember to stay extra alert at crossings.

Stroller Striders - Enjoy the back of the pack where you'll have plenty of space for your little ones. Also, save the kids on bikes for another day.

Keep Missoula Beautiful - Help preserve the beauty on our routes by packing out what you pack in and use proper trash and recycling receptacles.

Looking Out for Each Other - If anyone needs assistance during a run, let's work together to help. Notify your run leader of any concerns.

Sorry Fido - Pups (who we LOVE BTW) need to stay at home.

Every run is an adventure, and we're in this together! 🏃‍♀️ 🏃‍♂️