

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | May 2025



Community That Moves Together

RUNWILDMISSOULA.ORG

Spring Miles, Big Smiles!

Has the countdown to the Missoula Marathon started for you? If you're training for one of our events, your mileage might be blooming to double digits just like the foliage around our beautiful town. For myself and the Marathon Committee, May signals "it's getting real" time, although in my head that statement is not so PG. I hope you're enjoying the process. But if you're skipping racing this year, please consider being one of our amazing weekend volunteers. Sign up May 1!

I also want to thank the 150 folks who filled out our member survey. It's a great way for staff and board to receive feedback from our members. We've got our work cutout for us and we're working through plans to let you all know about our member benefits, community giving and other great thoughts contributed.

My final thought is to remind you to save June 1 on your calendar for Marshal Madness. I would love to see a large population of RWM members that day! If the food trucks, beer, group runs and DJ don't convince you to attend, perhaps the joy of seeing Adam Peterman in the dunk tank is enough!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director



RWM RACES



Mntwi I Ní?ay Virtual Half Marathon

Registration Opens Tuesday, May 6!

Date: September 1 - 30, 2024

Start Time: Anytime!

Start Location: Anywhere!

100% of race proceeds going to All Nations Health Center; to deepen our commitment to learning more about and supporting our local Indigenous communities.

With your help we were able to donate \$4,215 last year to the All Nations Health Center! Help us raise even more this year!

[More Info!](#)

MISSOULA MARATHON CORNER



Hurry - prices are going up soon!

Register today and save on all race distances. The Missoula Marathon presented by Young Mazda Missoula is a bucket list race and 2025 is your year to conquer the course. Don't miss your chance to run the Marathon, Half Marathon, Tony Banovich 5K, or participate in the Big 3 Challenge!

Register before midnight on Thursday, May 15 to save big!

[Register Now!](#)



LAST CHANCE! Join the Workplace Wellness Challenge!

What Participating Groups Receive:

- A 6 to 8-week Novice 5K Training Program designed for all levels, whether you prefer walking, running, or a mix of both.
- Discounted Registrations for team members.
- Special Race Day Recognition to celebrate your team's participation!

Let's work together to make wellness a priority and create lasting memories on race day. Join the Workplace Wellness Challenge today!

[More Info!](#)



Missoula Marathon Volunteer Registration Opens May 1

Date: Thursday, May 1

Time: 8:00 AM

The time has come! The Missoula Marathon Weekend of Events is fast approaching, and we can't make it happen without your help! Secure your spot now.

[More Info!](#)

ALL THINGS TRAIL

Trail Work Opportunity with Five Valleys Land Trust!

Dates: Saturday, May 10

Time: 10:00 AM - 2:00 PM

Location: Mt. Dean Stone Community Forest

Help prepare the Mount Dean Stone Community Forest for the recreation



season before it officially opens! We will spend the workday pulling weeds and cutting back branches near trails. Lunch, snacks and drinks will be provided!

RSVP to [Mari](#)



Pengelly Double Dip & Bob Hayes Single Dip

Registration Open - Price Increases May 21

Date: Sunday, June 8, 2025

Time: Pengelly Double Dip 8:00 AM | Bob Hayes Single Dip 8:30 AM | Virtual Dips!

Location: River Bowl East

Kick off summer trail racing in Missoula with the Pengelly Double Dip and Bob Hayes Single Dip! Virtual options for both distances.

The Double Dip will be run in reverse for 2025!

[More Info + Registration!](#)



City to Sky Trail Races

Races are full, but waitlists are open!

Date: Sunday, October 19

Time: 50K 7:00 AM | 25K 8:30 AM

Location: Dornblaser Track (50K) / Pattee Canyon Picnic Area (25K)

[More Info + Wait List Signup!](#)



Marshall Madness!

Date: Sunday, June 1

Time: 11:00 AM - 3:00 PM

Location: Marshall Mountain Park, [5250 Marshall Canyon Rd](#)

Get ready for Marshall Madness — an epic outdoor bash with group runs, hikes, and rides, brand-new trails, food trucks, Big Sky beer, and hourly raffle prizes! From bike jousting and a dunk tank to a live set by DJ Ivanoff and a bike skills clinic, this is the ultimate summer kickoff you don't want to miss — and yes, there's even free town shuttles and loaner bikes!

Volunteers Needed! Volunteer Registration Opens May 5 at 8:00 AM

[More Info and Volunteer Registration!](#)



2025 Runner Education Series

May Dates: 5/14, 5/21

Time: 6:00-7:30 PM

Location: Headwaters Foundation
Confluence Center (119 W Main St First
Floor)

Join us every other Wednesday to explore a variety of running topics with local experts. Free for all RWM members and specifically those training for the Missoula Marathon or Half Marathon in our RWM Training Class. Registration is not required. All presentations will be held at the Confluence Center at the Headwaters Foundation – 119 W Main St in Downtown Missoula.

[More Info](#)



Last Wednesday Beer Run

Date: May 28, 2025

Time: 6:00 PM

Location: [Draught Works Brewery](#) (915 Toole Ave)

The monthly beer run is a casual fun run/walk open to all runners and all abilities. Each month a 3 and 5 mile route is offered at a different brewery location on the last Wednesday of the month, and at the end is a social gathering with libations and food!

[More Info](#)

JOIN US! RWM WEEKLY RUNS



[Tuesday Track](#)
MAY 6 AT SENTINEL HS TRACK!



[Wednesday Wild Miles](#)



[Saturday Breakfast Run](#)



[Sunday Long Run](#)
On Pause



[Strava](#)

JOIN US! RWM MONTHLY RUNS



[Rise & Roam
\(formerly Hot
Walk\) Sunday,
May 4
10:00 AM
Basecamp Coffee](#)

[Queer Run
Tuesday, May 13
6:00 PM
Dram Shop
Central](#)

[Dry Miles
Thursday, May 8
6:00 PM
Higgins St Dairy
Queen](#)

[Last Wednesday
Beer Run
Wednesday, May
28
6:00 PM
Draught Works](#)

RWM CALENDAR OF EVENTS

May

1

Missoula Marathon Volunteer Registration Opens

8:00 AM

[More Info](#)

May

4

Rise + Roam (formerly Hot Walk)

10:00 AM | Basecamp Coffee

[More Info](#)

May

6

Mntwi I Nt?ay Virtual Half Marathon Registration Opens

8:00 AM

[More Info](#)

May

6

Tuesday Track a *Location Change this Date Only* **Sentinel
High School Track**

6:00 PM | 901 S Ave W

[More Info](#)

May

8

Dry Miles

6:00 PM | Higgins St Dairy Queen

[More Info](#)

May
13

Queer Run

6:00 PM | The Dram Shop Central

[More Info](#)

May
14

Pengelly Double Dip + Bob Hayes Single Dip Volunteer Registration Opens

8:00 AM

[More Info](#)

May
14

Runner Education Series - Race Pace & Injury Imaging

6:00 PM | Headwaters Foundation (119 E Main)

[More Info](#)

May
15

Virtual Pengelly Double Dip & Bob Hayes Single Dip Begins

12:00 AM

[More Info](#)

May
16

Missoula Marathon Weekend of Events Price Increase

12:00 AM

[More Info](#)

May
21

Runner Education Series - What's Next? Best Post Race Practices & Expectations

6:00 PM | Headwaters Foundation (119 E Main)

[More Info](#)

May
22

Pengelly Double Dip + Bob Hayes Single Dip Price Increase

12:00 AM

[More Info](#)

May
26

Run Wild Missoula Office Closed - Memorial Day

April
28

Last Wednesday Beer Run

6:00 PM | Draught Works Brewery

[More Info](#)

AROUND TOWN!

Big Sky Horse Park Pet Run/Walk - Missoula, MT

May 3 - [More Info](#)

Bloomsday - Spokane, WA

May 4 - [More Info](#)

Don't Fence Me In Trail Runs - Helena, MT

May 10 - [More Info](#)

Marshall Mountain Revival Trail Runs - Missoula, MT

May 11 - [More Info](#)

Little Dipper Kid's Trail Race - Missoula, MT

May 17 - [More Info](#)

Whitefish Marathon, Half Marathon & 5K - Missoula, MT

May 17 - [More Info](#)

Veteran Suicide Awareness and Prevention 3 Mile Walk/12 Mile Run/6 Mile Ruck - Missoula, MT

May 17 - [More Info](#)

Sentinel Hill Climb - Missoula, MT

May 29 - [More Info](#)

Need a Running Tune Up?

[Alpine Physical Therapy](#)'s PTs are available for 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 **16,959** miles through April 2025!

[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 | 125 East Main | Missoula, MT 59802 US

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