

# RUN WILD MISSOULA

## MONTHLY NEWSLETTER

Running Wild | November 2023



## A Community That Moves Together

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

### Gobbling Up The Miles!

I want to thank all our volunteers, race officials, race director Justin Grigg, land management agencies, sponsors and the entire RWM & Montana Trail Crew community for coming out for an epic inaugural City to Sky 50K. It was truly a team effort and what a day we had. Mother Nature showed her gorgeous fall colors and I witnessed the breaking of 4 cow bells from exuberant cheering.

It took more than a year of planning, permitting and coordinating and I was touched by the turnout and vibe. I promise to share more of the meaning of this race to me, the RWM board, Montana Trail Crew and our local community.



Onto this month! Our sold out Elk Ramble takes to Mount Jumbo this weekend and we've got a hot walk for you Sunday. We've been scouring films for the 10th Annual Mountain Film Festival and I know you're going to be pleased - we have a lot of Missoula to show off this year! And our second biggest race of the year, Turkey Day will have you gobbling til you're wobbling.

Please consider signing up for one of our winter virtual challenges to stay motivated and earn sweet swag!

There are some exciting things happening in the near future for RWM! I can't spill the beans just yet, but know we're working hard for our members and this community.

Enjoy Every Step!

**Trisha Drobeck**  
RWM Executive Director

### RWM RACES



## Mt. Jumbo Elk Ramble 15K

Registration Full

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 + Volunteer Info!](#)



## Roads, Tracks and Trails Virtual Memorial Run

Registration Now Open!

Date: December 2023

Start Time: Anytime!

Start Location: Anywhere!

Support Tony's legacy of supporting running and walking throughout Missoula and Montana by running or walking 4.35 miles – the average daily distance of Tony's 1,731 day run streak.

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

[More Info + Registration!](#)



CHALLENGE OPTIONS:



## 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!](#)



## Resolution Run 5K

Registration Opens November 7!

Date: Monday, January 1

Time: 10:00 am

Location: Pineview Park

Let's ring in the New Year outside & moving! Run Wild Missoula & Runner's Edge are happy to bring back the Resolution Run. Take advantage of your chance to get the New Year started on the right foot.

[More Info!](#)

## GRM Ten Virtual Challenge

Registration Opens November 14!

Date: February 1-29, 2024

Time: Any time!

Location: Anywhere!

Run Wild Missoula is pleased to host a virtual challenge for your winter

- 10 Mile Race
- 10 Minutes for 10 Days
- 10K for 10 Days
- 10 Miles for 10 Days

training motivation or to Missoula Marathon training kick off! We are excited to engage while raising money for a great cause.

The challenge will run the month of February, beginning just before [National Girls & Women in Sports Day](#) [February 7, 2024]. NGWSP is a celebration and inspires girls and women to play and be active, to realize their full power. By age 14, girls drop out of sports at two times the rate of boys. The confidence, strength and character gained through sports participation are the very tools girls and women need to become strong leaders in sports and life.

[More Info!](#)

## RWM ACTIVITIES & CLASSES



### Hot Walk Missoula

**Date: Sunday, November 5**

**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!](#)



### 10th Annual Mountain Running Film Festival



### November Beer Run: Buffalo Wild Wings

**Date: Wednesday, November 29**

**Start Time: 6:00 pm**

**Location: Buffalo Wild Wings - [2615 Radio Way](#)**

We are headed to Buffalo Wild Wings this November Beer Run! Chicken is close enough to turkey, right? With a full bar and extensive beer

**Date: Thursday, November 9**  
**Time: Doors at 6:00 PM | Films at 7:00 PM**  
**Location: The Wilma**

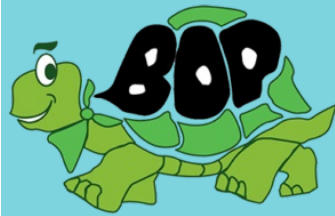
menu, as well as famous wings, there's something for everyone!

We will have 3 & 5 mile course options!

The tenth(!) annual Mountain Running Film Festival is returning to the Wilma this year on Thursday, November 9! Join Montana Trail Crew for food, drinks, special guests, merchandise, and prizes - not to mention some incredible films to get you stoked on trail running! All proceeds from this event help fund stewardship projects with the Montana Trail Crew.

[More Info!](#)

[Buy Tickets Here!](#)



## 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!

While there is no BOP social this month, we invite you to 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](#)



## Love for the National Forest's Wilds

Have you ever thought about how lucky we are to have so much access to Wilderness areas here in Missoula?

Check out the new post on the MTC Blog from Erin Clark, a Montana Trail Crew and Run Wild Missoula board member, about our incredible opportunities for Wilderness access, as well as how to use your voice to influence forest management decisions for decades to come!

[Read the Blog Post Here!](#)



# RWM CALENDAR OF EVENTS

November

4

## Mount Jumbo Elk Ramble 15K

10:00 AM | Hellgate Soccer Fields

[More Info](#)

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November

5

## Hot Walk Missoula

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

[More Info](#)

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November

7

## Resolution Run 5K Registration Opens

8:00 AM

[More Info](#)

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November

9

## Mountain Running Film Festival

7:00 PM | The Wilma

[More Info](#)

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November

10

RWM Office Closed for Veteran's Day

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November

14

## GRM Ten Virtual Challenge Registration Opens

8:00 AM

[More Info](#)

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November

23

## Turkey Day 8K & 3K Family Fun Run

9:30 AM | UM Tailgate Area

[More Info](#)

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November

24

RWM Office Closed for Thanksgiving

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November

RWM Office Closed for Thanksgiving

# 27

November

# 29

**November Last Wednesday Beer Run**

6:00 PM | Buffalo Wild Wings

[More Info](#)

## AROUND TOWN-THE STATE!

Are you a RWM member traveling elsewhere in the state for the holiday and still want to get your run in? Check out the other **Turkey Trots** taking place around Montana!

**Turkey Dash - Libby, MT**

November 18 - [More Info](#)

**Run! Turkey Run! - Billings, MT**

November 23 - [More Info](#)

**Whitefish Turkey Trot - Whitefish, MT**

November 23 - [More Info](#)

**Big Sky Turkey Trot - Big Sky, MT**

November 23 - [More Info](#)

**Burn The Bird Runs - Great Falls, MT**

November 23 - [More Info](#)

**Huffing for Stuffing - Bozeman, MT**

November 23 - [More Info](#)

**Need a Running Tune Up?**

[Alpine Physical Therapy](#)'s PT's 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 71,164 miles through October 2023!

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

MEMBER INFO

RACES

ACTIVITIES

DONATE



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www.runwildmissoula.org

**BOARD**

**STAFF**

**CHARITABLE  
GIVING**

**MISSION**

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