

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | April 2024



A Community That Moves Together

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

A New Space For Growth

Run Wild Missoula's evolution has been a multifaceted process over nearly 20 years that's involved expanding our impact, our reach and our sustainability. It's not just about increasing financial resources; it's also about enhancing the organization's capacity to fulfill its mission more.

I want to recognize RWM founders (many of whom I'm still lucky to work with), along with Eva, and Tony who both helped the organization get to where we are today. As a member for 15+ years, I have been able to watch the club grow in all aspects - events, staff and community involvement.



Just like the club itself, our mission has morphed over time to meet the demands of the community. **Run Wild Missoula promotes and supports running and walking for people of all ages, abilities, and backgrounds.**

By next month's blurb, RWM will be housed in a new, street-level office on East Main Street, with more than 1,500 square foot of office space and storage (all of our race equipment will be on site!). This space will offer our organization greater capacity for RWM member services and fulfillment of our mission. Much will be the same, but with the space, location and easy access to equipment, our increased efficiencies will open doors to new members, collaborations and partnerships that might not have been available before.

We intend to continue to support all current and prospective members of the running and walking community and will make conscious efforts to reach out, invite, actively welcome, and ask for help identifying other areas of the Missoula community we might be missing.

It's important to acknowledge that change can be scary and that it's okay to feel uncertain. Without the willingness to grow, Run Wild Missoula might not have made it to where it is today. Our founders, afterall, started out in a free garage space, with an idea to expand the local running community.

I personally cannot wait to invite each and every one of you into our new home. I'll give you the tour and show you my prized storage bench and trap door. ? Ok, I can't give too much away!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



Run For The Trees

Registration Now Open!

Date: Saturday, April 20, 2024

Time: 9:30 AM

Location: Silver Park

We are partnering again with Missoula Parks & Recreation for this event. Come out and show your support for Missoula's Urban Forests! All 10k and 5K participants will receive a tree sapling?

[More Info + Registration!](#)



Pengelly Double Dip & Bob Hayes Single Dip

Registration Now Open!

Date: Saturday, June 1 2024

Time: Pengelly Double Dip 7:00 AM | Bob Hayes Single Dip 8:00 AM

Location: River Bowl East

Kick off summer trail racing in Missoula with the Pengelly Double Dip and Bob Hayes Single Dip!

[More Info + Registration!](#)

RWM ACTIVITIES & CLASSES



2024 Runner Education Series

April Dates: 4/3, 4/10, 4/17

Time: 6 - 7:30 PM

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

Join us Wednesday evenings 6:00pm-7:30pm to explore a variety of 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](#)



Hot Walk Missoula

Date: Sunday, April 7

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) for 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!](#)



Run Wild Readers Spring Meeting

Date: Thursday, April 4 2024

Time: 6:00 PM

Location: AC Hotel Lobby (175 N Pattee St)

Come and join us next week to discuss our Run Wild Readers spring book choice: [Running While Black by Alison Mariella Désir](#)! All are welcome, and don't worry, you don't have to have finished the book to come and chat about it!

[More Info!](#)



Becoming a Wild Runner: Getting Started in the Rattlesnake

Date: April 11

Time: 6:00 PM

Location: Garden City Harvest Community Barn

Join Montana Trail Crew for our second Becoming a Wild Runner: Getting Started in the Rattlesnake, an enlightening trail running education event designed to equip you with the knowledge and tools to embark on your wild running journey with confidence. This event promises an insightful exploration into the world of trail running amidst the scenic beauty of the Rattlesnake National Recreation Area, accessible right from our Missoula backyard!

With local experts covering a breadth of topics from navigation to nutrition to wildlife safety to running gear, there is something to interest everyone! There will be a Q&A session held after the panel to ensure all your questions are answered.

[More Info](#)



Boston Marathon Watch Party

Date: Monday, April 15

Time: 7:30 AM - 12:00 PM

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

Join us on Patriot's Day, April 15 for a Boston Marathon Viewing Party! We will be holding this get-together at the Confluence Center at the Headwaters Foundation (119 W. Main St.) from 7:30-12:00 pm. We will have an assortment of breakfast foods, juices and beverages, and company while we watch the Boston Marathon! We will start live streaming at 7:30am to catch the start and be there till the finish. Hope to see you there! AND we'll be tracking locals tackling this iconic race!

[More Info](#)

Queer Run

MISSOULA



April Beer Run

Date: Wednesday, April 25

Start Time: 6:00 PM

Location: Imagine Nation Brewing Co ([1151 W Broadway St, Missoula MT 59802](#))

We are headed to Imagine Nation Brewing this April for the Last Wednesday Beer Run!

With a great selection of brews (and one of our favorite patios!), there's something for everyone at Imagine Nation!

We will have 3 & 5 mile course options.

[More Info!](#)

Queer Run Missoula

Date: Tuesday, April 9

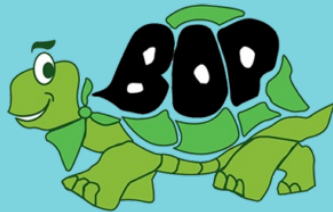
Time: 6:00 PM

Location: To Be Announced

This group unifies queer individuals who share the same love for running and walking within the Missoula community.

This monthly meetup is a casual fun run/walk open to all runners and walkers of all abilities. Each month a 3 and 5 mile route is offered. At the end is a social gathering with libations and food.

[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!

Join us at the Spring BOP Social on Sunday, April 14 at the Lee Metcalf Wildlife Refuge at 3:00 PM! [More info here!](#)

We also invite you to check out: [Hot Walk Missoula](#)

[See All BOP Info Here](#)

JOIN US! RWM WEEKLY RUNS



[Tuesday](#)



[Wednesday](#)



[Saturday](#)



[Sunday Long](#)



[Strava](#)

RWM CALENDAR OF EVENTS

April

3

Runner Education Series - Women's Night!

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

April

4

Run Wild Readers

6:00 PM | AC Hotel Lobby (175 N Pattee St)

[More Info](#)

April

6

406 Day!

[More Info](#)

April

7

Hot Walk Missoula

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

[More Info](#)

April

8

Spring Trail Sessions Begin!

[More Info](#)

April

9

Queer Run Missoula

6:00 PM | To Be Announced

[More Info](#)

April

10

Runner Education Series - Fuel, Nutrition, & Taste Night!

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

April

Becoming a Wild Runner: Getting Started in the Rattlesnake

6:00 PM | Garden City Harvest Community Barn

11

[More Info](#)

April

14

Spring BOP Social

3:00 PM | Lee Metcalf Wildlife Refuge

[More Info](#)

April

15

Boston Marathon Watch Party

7:30 AM - 12:00 PM | Confluence Center

[More Info](#)

April

16

Runner Education Series

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

April

20

Run For The Trees!

9:30 AM

[More Info](#)

April

24

April Beer Run

6:00 PM | Imagine Nation Brewing

[More Info](#)

April

25

Pengelly Double Dip & Bob Hayes Single Dip Price Increases

8:00 AM

[More Info](#)

AROUND TOWN!

Take Back the Night Glow Run - Bozeman, MT

April 11 - [More Info](#)

Indigenous Trail Running Club Road 13.1, 5 mi, 5K - Garryowen, MT

April 13 - [More Info](#)

Mount Helena Run for Justice 9K - Helena, MT

April 20 - [More Info](#)

Bitterroot Runoff - Lolo, MT

April 21 - [More Info](#)

Expedition 12K - Whitehall, MT

April 21 - [More Info](#)

Stevi STARS Blackout Run - Stevensville, MT

April 26 - [More Info](#)

Missoula YMCA Riverbank Run - Missoula, MT

April 27 - [More Info](#)

Bozeman Without Borders - Bozeman, MT

April 27 - [More Info](#)

Buttercup Run - Arlee, MT

April 27 - [More Info](#)

Purple 5K - Billings, MT

April 28 - [More Info](#)

Icebreaker Road Race - Great Falls, MT

April 28 - [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 6,772 miles through February 2024!

[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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