

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | August 2024



A Community That Moves Together

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

Fierce Fab - Let's Go!

I'm super excited to announce some updates to our Fierce Fab event this year! In an effort to offer fresh and unique experiences to our Fierce Fab event participants, RWM staff and Race Director Amber Ball explored options to host a more festival-like atmosphere that includes a mile loop course starting and finishing at Heritage Hall at Fort Missoula. *(Our typical spot at Community Medical Campus is going to be a new nursing building.)*



With the goal of celebrating movement and boosting empowerment, we hope to bring together walkers and runners of all levels and ages in a supportive and inspiring environment. With our one-mile loop course, participants can do one loop or even 13 – as many as their heart desires in the given 2.5 hours. By fostering a positive and encouraging atmosphere, it aims to motivate participants to set and achieve their fitness goals while building lasting connections with fellow participants.

Participants can expect a morning filled with energizing activities, from pre-race warmups and motivational talks to post-race celebrations with hoppin' music and local vendors. The festival aims not only to promote fitness but also to create a sense of community among women who share a passion for walking and running.

Beyond the event, the Fierce Fab Women's Running Festival is dedicated to highlighting cancer prevention and raising funds Cancer Support Community of Montana. I'm eager to see you out there!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



Mntwi I Nŋʔay Virtual Half Marathon

Registration Open!

Date: September 1 - 30, 2024

Start Time: Anytime!

Start Location: Anywhere!

Run Wild Missoula is honored to offer a Virtual Half Marathon with 100% of race proceeds going to **All Nations Health Center**; to deepen our commitment to learning more about and supporting our local Indigenous communities. Through partnership and education and in accordance with our mission and values, RWM is passionate to fostering a more inclusive community.

With your help we were able to donate \$6,078 last year to the All Nations Health Center! Help us raise even more this year!

[More Info!](#)



Fierce Fab Women's Running Festival

Registration Open!

Date: October 6, 2024

Start Time: 9:30 AM

Start Location: Northern Rockies Heritage Hall

An event to celebrate your fiercest, most fabulous self! Join us this October at Heritage Hall in Historical Fort Missoula for an empowering and fun-filled day where you can walk or run as many 1-mile laps as you like within a 2.5-hour period.

Explore an expo showcasing Missoula's finest women-owned businesses and organizations, enjoy glitter and face painting, and dance to



River City Roots Run

Price Increases June 15!

Date: September 7, 2024

Start Time: 8:30 AM

Start Location: 125 E Main St

A 4-mile fun run in association with the River City Roots Festival. This 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!](#)



Skeleton Skedaddle & Kid's Pumpkin Run

Registration Opens August 22!

Date: October 27, 2024

Start Time: 10:25 AM

Start Location: Silver Park Pavilion

Trick or Treat? How about a low cost 5K that's Fang-Tastic? And don't forget the FREE kids run that's Eerie-Sistible where each kiddo will go home with a Gourd-Geous pumpkin!

☑ Registration for this Spook-Tacular event opens on Thursday, August 17.

☑ Costumes encouraged - Boo-yah! Just try to skele-run from our skele-puns ☑

[More Info](#)

lively music. Don't miss out on our raffle with epic prizes, a mimosa bar to toast your achievements, and awards for the fiercest and most fabulous outfits. It's an event you won't want to miss – come celebrate strength, community, and fabulousness!

[More Info!](#)



Mount Jumbo Elk Ramble

Registration Opens August 8!

Date: November 2, 2024

Start Time: 10:00 AM

Start Location: Hellgate Soccer Fields

Don't miss the opportunity to take part in the only organized trail race on Mount 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 recreate responsibly on Missoula's Conservation & Open Space Lands and welcome the wildlife herds back to Jumbo!

[More Info!](#)



Snow Joke Half Marathon

Registration Open!

Date: Saturday, February 22, 2025

Start Time: 11:00 AM

Start Location: Seeley Lake Elementary School

Join us in Seeley Lake for the 46th edition of these 13.1 blazing fast and freezing cold miles!

[More Info!](#)

RWM ACTIVITIES & CLASSES



Hot Walk Missoula

Date: Sunday, August 4



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!](#)

M Trail Tony Banovich Memorial Bench Installation

Date: Saturday, August 3

Time: 7:30 AM - 10:30 AM

Location: The M Trailhead

Join us this Saturday, August 3rd from 7:30 - 10:30 AM, for the installation of the Tony Banovich Memorial Bench on the M Trail!

On October 14th, 2020 our Montana running family lost a treasured friend and invaluable supporter. Tony Banovich, Race Director for the Missoula Marathon and Executive Director of Run Wild Missoula, was kind, generous, and encouraging of all, welcoming countless new runners over the years. He was deeply dedicated to both Missoula and Montana running communities. Help us honor his memory with a bench for us all to enjoy!

Please contact [Justin](#) to RSVP!



Mountain Running Film Festival Tickets on Sale Soon!

Join us for the eleventh annual Mountain Running Film Festival at The Wilma on November 7, 2024! Tickets go on sale August 8!

[More Info!](#)



Marshall Mountain Park Day

Date: Saturday, August 10

Time: 11 AM - 3:30 PM

Location: 5250 Marshall Canyon Rd

Come and celebrate Missoula's newest park at the Marshall Mountain Celebration! The first 50 people to arrive on bike will receive a free Marshall Mountain memento, and all attendees will be entered into a raffle to win one of three historic ski chairs! There will be activities, food, giveaways and more!

[More Info](#)



Queer Run Missoula

Date: Tuesday, August 13

Time: 6:00 PM

Location: Dram Shop Central

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!](#)



Tony Banovich HS XC Scholarships

Applications Open August 20!

Tony Banovich was a passionate coach and advocate for all abilities of running, nevertheless, he strongly believed that all high school levels created impact for students. He saw high school running as the launching pad to lifelong runners. It is in his honor and with his spirit in mind that Run Wild Missoula through the Tony Banovich Memorial Fund is offering high school XC scholarships for gear and races.

[More Info + Applications!](#)



Beginner Running

Registration Opens August 20 at 8:00 AM!

Are you having a hard time getting motivated to start running, or do you lack consistency? Don't know where to begin? Don't want to do it alone? Perhaps you are coming back from a long absence from running and you need to build up slowly? If you are nodding your head yes, then this class is for you!

[More Info!](#)



Fall Trail Sessions

Registration Opens August 27th at 8PM (yes, 8PM!)

Fall is on the horizon, and so are our Fall 2024 Trail Sessions! All sessions will run from the week of September 16 through the week of November 28. Elk Ramble training, anyone? A variety of levels will be offered, from novice-level 100 sessions to experienced 301 sessions.

[More Info!](#)

Last Wednesday Beer Run

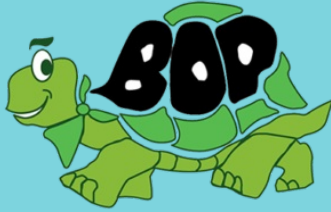


Date: Wednesday, August 28
Start Time: 6:00 PM
Location: Dram Shop Central

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. What could be a better way to end the month?

All of our beer runs are open to all runners and walkers. Run Wild Missoula membership is not required. Runners are responsible for their own beverage and food purchases. Non-alcoholic beverages are also available!

[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!

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

[See All BOP Info Here](#)

JOIN US! RWM WEEKLY RUNS



[Tuesday Track](#)



[Wednesday Wild Miles](#)



[Saturday Breakfast Run](#)



[Sunday Long Run](#)
On Pause



[Strava](#)

RWM CALENDAR OF EVENTS

August

1

Fierce Fab Women's Running Festival Price Increase
[More Info](#)

August

3

M Trail Tony Banovich Memorial Bench Installation
7:30 AM - 10:30 AM | The M Trail
[More Info](#)

August

4

Hot Walk Missoula

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

[More Info](#)

August

6

Snow Joke Price Increase

[More Info](#)

August

8

Elk Ramble Registration Opens

8:00 AM

[More Info](#)

August

8

Mountain Running Film Fest Tickets On Sale

[More Info](#)

August

10

Marshall Mountain Park Day

11 AM - 3:30 PM | 5250 Marshall Canyon Rd

[More Info](#)

August

12-16

Run Wild Missoula OFFICE CLOSED

August

13

Queer Run Missoula

6:00 PM | Dram Shop Central

[More Info](#)

August

15

Roots Run Price Increase

[More Info](#)

August

20

Beginner Running Registration Opens

8:00 AM

[More Info](#)

August

20

Tony Banovich HS XC Scholarship Applications Open

[More Info](#)

August

22

Skeleton Skedaddle Registration Opens

8:00 AM

[More Info](#)

August

27

Fall Trail Sessions Registration Opens

8:00 AM

[More Info](#)

August

28

Last Wednesday Beer Run

6:00 PM | Dram Shop Central

[More Info](#)

AROUND TOWN!

Robert's Run - Hamilton, MT

August 3 - [More Info](#)

The Rut Training Runs - Big Sky, MT

August 3 - [More Info](#)

Smelter City Scamper - Anaconda, MT

August 10 - [More Info](#)

The Divide Trail Race - Butte, MT

August 10-11 - [More Info](#)

Prospector's 50K & 30K - Cooke City, MT

August 10-11 - [More Info](#)

All Nations Health Center 5K Fun Run & Walk - Missoula, MT

August 17 - [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 35,835 miles through July 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

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Run Wild Missoula | 125 East Main | Missoula, MT 59802 US

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