

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | December 2023



A Community That Moves Together

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

Have a RUNderful Holiday!

My two-year anniversary with Run Wild Missoula came and went sometime in September without much notice as staff, board and I navigated our jam-packed fall. It wasn't until after our Turkey Day races was I ready to properly reflect on the past year... and what a year it was! More races, more programs and perhaps the best... 12% more members!

As a mostly volunteer run organization, its amazing to see key volunteers time and time again step up, coordinate, and execute, lending their precious time to this club. It's also fantastic to see new members step up take on new roles.

I speak for the RWM Board when I say I think we were all blown away by the 19 incredibly high-quality applications for a potential four spots on the Board of Directors. I'm excited to introduce the club to our newly selected board members in 2024... But I know I'll be sad to say goodbye to Jimmy, Elizabeth, Pam & Board President Jeremy. Along with the task of hiring me, these four amazing humans helped guide me in these first two years and were heavily involved in all things RWM. I will miss you and big gratitude props for your six years of service to RWM.

But for December, the team and I want you to stay motivated throughout the holidays, so we still have some fun in store. Happy Holidays and Cheers from all of here at RWM!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director



RWM RACES



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!](#)



Resolution Run 5K

Registration Now Open!

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 Now Open!

Date: February 1-29, 2024

Time: Any time!

Location: Anywhere!

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

[More Info + Registration!](#)

CHALLENGE OPTIONS:

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



Heart Throb 5K

Registration Opens December 7!

Date: Saturday, February 17

Time: 10:00 am

Location: Target Range Elementary School

Beat the winter doldrums by participating in Run Wild Missoula's most love-filled race, the Heart



Snow Joke Half Marathon

Registration Now Open!

Date: Saturday, February 24

Time: 11:00 am

Location: Seeley Lake Elementary School

[More Info!](#)

This is snow joke! Run Wild Missoula is thrilled to announce that the Snow Joke Half Marathon in Seeley Lake, MT is officially a part of the Run Wild Missoula family of races! We are ready to bring you one of the regions' oldest, coldest, and most iconic half marathons. Get ready for for 13.1 blazing fast and freezing cold miles!

[More Info + Registration Here!](#)

RWM ACTIVITIES & CLASSES



Hot Walk Missoula

Date: Sunday, December 3
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!](#)



GROUP RUN

Roads, Tracks, & Trails Memorial Group Run

Date: Sunday, December 10
Time: **Location:** Runner's Edge Basement

Want to take part in the Roads, Tracks & Trails



December Beer Run: Missoula Highlander Brewing Co

Date: Wednesday, December 27
Start Time: 6:00 pm
Location: Highlander Brewing Co - [2000 International Dr](#)

We are headed to Highlander Brewing Co. this December Beer Run! With a fantastic beer menu, as well as famous pizzas, there's something for everyone!

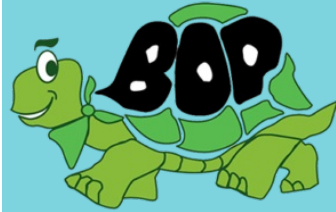
Virtual Memorial Run but don't want to go at those 4.35 miles alone? Join us and the Runner's Edge in the basement of 304 N Higgins Ave at 10:00 AM on Sunday, December 10 for a RT&T Group Run!

We will have 3 & 5 mile course options!

[More Info!](#)

Haven't registered for the Tony Banovich Roads Tracks & Trails Virtual Memorial Run yet? Check out the link below to register and learn more about the scholarship fund the race benefits!

[Register 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](#)



Winter Running Tips & Tricks

As the days get colder and the nights get longer, check out this throwback blog post from Run Wild Missoula board member Justin Grigg for tips on how to dress, footwear, and places to go to keep you moving outside through the winter!

[Read the Blog Post Here!](#)

RWM CALENDAR OF EVENTS

December

Tony Banovich Roads Tracks & Trails Virtual Memorial Run Starts

Starts Anytime! | Starts Anywhere!

[More Info](#)
1

December

3

Hot Walk Missoula

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

[More Info](#)

December

7

Heart Throb 5K Registration Opens

8:00 AM

[More Info](#)

December

10

Tony Banovich Roads Tracks & Trails Group Run

10:00 AM | Basement of Runner's Edge (304 N Higgins)

December

22

RWM Office Closed

December

25

RWM Office Closed - Merry Christmas!

December

26

RWM Office Closed

December

27

December Last Wednesday Beer Run

6:00 PM | Missoula Highlander Brewing Co

[More Info](#)

December

31

Tony Banovich Roads Tracks & Trails Virtual Memorial Run Ends

Starts Anytime! | Starts Anywhere!

[More Info](#)



New RWM Winter Gear!

Searching for that perfect gift for the runner in your life? Or maybe you just want to treat yourself?

Drop by Runner's Edge in downtown Missoula to take a peek at our sweet new winter gear to help keep you toasty as the seasons turn!

AROUND TOWN!

Light the Way 5K - Missoula, MT

December 16 - [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 82,019 miles through November 2023!

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

MEMBER INFO

RACES

ACTIVITIES



DONATE



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BOARD

STAFF

CHARITABLE
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