

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | February 2024



A Community That Moves Together

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

February Fun!

It would seem a safe assumption would be that June or October would be RWM's busiest month... but after some final counting, February has set the record! If you want to kick start your year to being a Race Maker or Runwilder... these are the days. You can tick off FOUR races during this shortest month of year. One is even free ?

Personally, I'm most excited for the GRM Ten.... however given all our events to support, I'll stick to the 10K in 10 days. I'm looking forward to staying motivated with you all during these cold days. And of course (how could we forget!) Snow Joke Half Marathon! A new course will mean new records and new excitement. We'll roll that out shortly.



I'm also thoroughly stoked to be in Orlando this weekend for the 2024 Olympic Marathon Trials! I'm lucky to be a cog in event and will be supporting the race as a course monitor! I couldn't be more excited to cheer on the country's best.

There's so much happening, please check it all out below and I'll see you soon I suspect!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



GRM Ten Virtual Challenge

Registration Now Open!

Date: February 1-29, 2024

Time: Any time!

Location: Anywhere!

Run Wild Missoula's 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]. NGWSD is a celebration and inspires girls and women to play, be active, and to realize their full power.

[More Info + Registration!](#)



Heart Throb 5K

Registration Now Open!

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 Throb 5K!

[More Info!](#)



Walk/Run 2.23 Miles in Honor of Ahmaud Arbery

Registration Now Open!

Date: Now - February 23

Time: Anytime!

Location: Anywhere!

On February 23, 2020 twenty-five year-old Ahmaud Arbery was murdered during a racially motivated hate crime while running in Satilla Shores, a Georgia neighborhood. Everyone has the right to safe and inclusive experiences in public spaces and in the running and walking community.

RWM's mission is focused on positively impacting the Missoula community, and this event is intended to promote awareness of the injustice and inequity the BIPOC community faces. Please join us in walking or running 2.23 miles between January 15 and February 23rd to honor Ahmaud and consider donating to [EmpowerMT](#). This event will also count towards 2024 Racemakers.

We will also be hosting a group run/walk on February 23rd at VRTX Fitness at 10:00 AM.



Snow Joke Half Marathon

Registration Now Open!

Date: Saturday, February 24

Time: 11:00 AM

Location: Seeley Lake Elementary School

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!](#)

[More Info + Registration!](#)



Run For The Luck of It!

Registration Now Open!

Date: March 16, 2024

Time: 8:45 AM

Location: Missoula County Fairgrounds

Come and celebrate one of Montana's favorite holidays with us! Run or walk 7 Miles or a 5K! The courses feature the Missoula County Fairgrounds, Playfair Park, and Campbell Park.

[More Info + Registration!](#)



Run For The Trees

Registration Now Open!

Date: Saturday, April 20, 2024

Time: 9:30 AM

Location: Silver Park

Run for the Trees 5K, 10K and 1 mile fun run is back on April 20, 2024! Registration opens on Thursday, February 1 at 8:00 am. 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!](#)

RWM ACTIVITIES & CLASSES



Missoula Marathon & Half Marathon Training Class for Runners & Walkers Registration Opens!

Registration Now Open!

Time: 8:00 AM

Class Runs: March 3 - June 30

Since 2007, this class has been offered to Missoula area runners and walkers. This class is tailored specifically for the Missoula Marathon & Half Marathon. Run Wild Missoula has trained



Hot Walk Missoula

Date: Sunday, February 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) 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!](#)

hundreds of runners of all abilities throughout the years to the iconic finish line on Beartracks Bridge! Never run a mile? Great! We got you. A seasoned runner or multiple Missoula Marathon finisher? We got you too! This is a great class to take whether you are a first-timer or repeat runner looking to successfully train for and complete either event during the Missoula Marathon weekend!

Runners and Walkers of all speeds, experience and abilities are welcome! Please note, the walking portions of the class are intended to support the completion of the Half Marathon.

[More Info!](#)



Queer Run Missoula

Date: Tuesday, February 13

Time: 6:00 PM

Location: Imagine Nation Brewing ([1151 W Broadway St](#))

This group unifies queer individuals who share the same love for running and walking within the Missoula community. We aim to foster a welcoming space for queer individuals, creating representation of the LGBTQIA+ community within running and walking, both road and trail, ideally becoming examples and voices for others.

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.

This event is reserved for members of the LGBTQIA+ community. While we are grateful for our allies, we're excited to offer this experience for our queer community.

[More Info!](#)



Inclusive Running

Date: Thursday, February 15

Time: 6:00 PM

Location: Zootown Arts Community Center ([216 W Main](#))

Join Run Wild Missoula, local runners and members of the LGBTQIA+ community and experts for an evening of presentations, panel discussions and a Q&A session.

Enjoy personal anecdotes and learn about the many nuances of gender in sport, why representation matters, and how our community can come together through our common love of running.

No RSVP required. This is a free event.

[More Info!](#)



February Beer Run

Date: Wednesday, February 28
Start Time: 6:00 PM
Location: Oddpitch Brewing Co ([1200 W Kent Ave Suite 103](#))

We are headed to Oddpitch Brewing this February Beer Run!

With a great selection of brews and pinball(!), there's something for everyone at Oddpitch!

We will have 3 & 5 mile course options!

[More Info!](#)



Join the Run Wild Missoula team for Running on Native Lands!

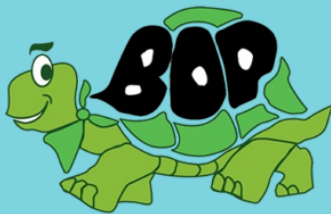
In-person Group Run Details:
Date: March 2, 2024
Time: 10:00 AM
Location: Waterworks Trailhead Parking Lot

"Running is medicine. Running is tradition. Running is healing. Running is community"

It is time to participate in the Running on Native Lands Virtual Run! Join [Rising Hearts](#) and Run Wild Missoula for this event with multiple distance options. Join team 'Run Wild Missoula' at registration checkout! This event runs March 2-10, 2024.

Running on Native Lands is a Rising Hearts program that aims to bring visibility of land acknowledgments and more at trail and road race events by going the extra mile in giving back to communities.

[Register Here](#) | Questions? Email [Mattea Prison](#)



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](#)



[Wednesday](#)



[Saturday Breakfast](#)



[Sunday Long Run](#)



[Strava](#)



February Member Spotlight

For our February member spotlight, we are joined by Run Wild Missoula's top canine member! This 10 year old Border Collie loves to run, jump, fetch sticks, and cause general mischief. While many may know him by the moniker "Fastest Dog in the West", we know and love him by the name Ike!

[Read more about Ike on the RWM Blog!](#)

RWM CALENDAR OF EVENTS

February

1

Run For The Trees Registration Opens

8:00 AM

[More Info](#)

February

1

GRM Ten Virtual Challenge Begins

8:00 AM

[More Info](#)

February

4

Hot Walk Missoula

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

[More Info](#)

February

7

Snow Joke Price Increases

[More Info](#)

February

13

Queer Run Missoula

6:00 PM | Imagine Nation Brewing

[More Info](#)

February

Run For The Luck Of It! Price Increases

[More Info](#)

15

February

15

Inclusive Running Panel

6:00 PM

[More Info](#)

February

16

Missoula Marathon Weekend of Events Price Increase

[More Info](#)

February

17

Heart Throb 5K

10:00 AM

[More Info](#)

February

19

RWM Office Closed - President's Day

February

21

Snow Joke Price Increases

[More Info](#)

February

23

Ahmaud Arbery 2.23 Group Run/Walk

10:00 AM | VRTX Fitness

[More Info](#)

February

24

Snow Joke Half Marathon

10:00 AM | Seeley Lake Elementary School

[More Info](#)

February

28

February Beer Run

6:00 PM | Oddpitch Brewing Co

[More Info](#)

AROUND TOWN!

Running Up For Air - Missoula, MT

February 10 - [More Info](#)

Runner's Edge Treadmill Challenge - Missoula. MT

February 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 1,227 miles through January 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

[Unsubscribe trishad@runwildmissoula.org](mailto:unsubscribe@runwildmissoula.org)

[Constant Contact Data Notice](#)

Sent by info@runwildmissoula.org powered by



Try email marketing for free today!
