

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | January 2024



A Community That Moves Together

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

Ring-a-Ding, the New Year is Calling!

Happy New Year Run Wild Members! As we run into 2024, I can't help but look back on 2023 with gratitude, laughter and enjoyment. There were many highlights for the RWM team. We met runners from around the world at the Missoula Marathon, raised and contributed more than \$70,000+ back into our community and welcomed a record number of new members. But, we now are focused on the New Year!



Welcome with me RWM's four new RWM Board Members: Miles Shuck, Becky Dettmann, Rodney First Strike and Hillary Ogg. Check out their bios on our website and give them a high-five if you see them out in the community.

I wanted to share with membership some really exciting news for the RWM team. We are saying goodbye to our subterranean, 300 sqft office to inhabit a beautiful, downtown storefront. We will have windows and be ADA accessible! And amazingly, have enough space for all our race gear, swag, snacks and a dedicated shipping area.

Although, we will miss seeing our dear friends from Runner's Edge daily, we will be able to see their backdoor from our front door as we're only moving one short block. ? Of course, we will still hold classes and bib pickups in the traditional basement space. One thing I can share is no one will miss the drive to our storage units on Roller Coaster Rd! We hope to be in our new home in late spring/early summer.

But for now, enjoy all RWM has to offer in January. I promise we have events to keep you motivated in the cold, dark days!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



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!](#)



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!](#)



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!](#)

CHALLENGE OPTIONS:

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



Walk/Run 2.23 Miles in Honor of Ahmaud Arbery

Registration Opens January 15
Date: January 15 - February 23
Time: Anytime!
Location: Anywhere!



Snow Joke Half Marathon

Registration Now Open!
Date: Saturday, February 24
Time: 11:00 AM

Location: Seeley Lake Elementary School

On February 23, 2020 twenty-five year-old Ahmaud Arbery was murdered during a racially motivated hate crime while jogging 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.

[More Info + Registration!](#)

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!](#)

Run For The Luck of It!

Registration Opens January 4!

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!](#)



RWM ACTIVITIES & CLASSES



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

Registration Opens: January 3rd

Time: 8:00 AM

Class Runs: March 3 - June 30



Hot Walk Missoula

Date: Sunday, January 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) 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

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 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!](#)



Run Wild Readers

Date: Thursday, January 11
Start Time: 6:00 PM
Location: Shakespeare & Co - [103 S 3rd St W](#)

Join us for our next meeting of Run Wild Readers! Our Winter 2023/2024 book selection is the *Becoming a Sustainable Runner: a Guide to Running for Life, Community, and Planet* by Tina Muir and Zoë Rom. The Winter meeting of Run Wild Readers will be held on Thursday, January 11 at 6:00 PM at Shakespeare & Co. (103 S 3rd St W). Come for an hour to socialize, relax, and talk through provided discussion points on the book of the season!

Don't have a copy of the book yet? Please order a copy from our partner bookstore [Shakespeare & Co!](#)

[More Info](#)

looking to add more movement and friends into their lives out and walking.

[More Info!](#)



January Beer Run AND Missoula Marathon Registration Party: Big Sky Brewing

Date: Wednesday, January 31
Start Time: 6:00 PM
Location: Big Sky Brewing Co - [5417 Trumpeter Wy](#)

We are headed to Big Sky Brewing this January Beer Run!

To make this Beer Run even more fun, we will be holding the annual Missoula Marathon Registration Party at the same time and place! Join us for a discount on your Missoula Marathon Weekend of Events registration, a sweet raffle, and motivation!

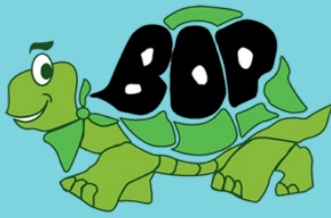
With a great selection of beers and hard seltzers, there's something for everyone at Big Sky Brewing Co.

We will have 3 & 5 mile course options!

[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!



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 Returning 1/7/24!](#)



[Strava](#)



Subscribe to our Calendar!

Can't get enough Run Wild Missoula fun? Keep pace with us in the new year by subscribing to the Run Wild Missoula calendar on Google Calendar, iCalendar, or wherever you might keep track of events digitally!

[Find out how to subscribe here!](#)

RWM CALENDAR OF EVENTS

January

1

Resolution Run
10:00 AM | Pineview Park
[More Info](#)

January

2

RWM Office Closed

January

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

[More Info](#)
3

January

4

Run For The Luck Of It! Registration Opens

8:00 AM

[More Info](#)

January

7

Hot Walk Missoula

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

[More Info](#)

January

7

Sunday Long Run Returns!

8:00 AM | Basement of Runner's Edge

[More Info](#)

January

8

2023 Mileage Club Entries Due!

11:59 PM

[More Info](#)

January

11

Run Wild Readers

6:00 PM | Shakespeare & Co. (103 S 3rd St W)

[More Info](#)

January

15

RWM Office Closed - MLK Jr. Day

January

15

Ahmaud Arbery 2.23 Registration Opens

8:00 AM

[More Info](#)

January

17

GRM Ten Virtual Challenge Prices Increase!

[More Info](#)

January

25

Heart Throb 5K Price Increases!

10:00 AM | Target Range Elementary School Gym

[More Info](#)

January

31

January Last Wednesday Beer Run AND Missoula Marathon Registration Party!

6:00 PM | Big Sky Brewing Co

[More Info](#)

AROUND TOWN!

Runner's Edge Frozen Feet Challenge - Missoula, MT

January 1 - January 31 - [More Info](#)

Sorry Bout That Half Marathon and Team Relay - Polson. MT

January 13 - [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 100,183 miles through December 2023!

Be sure to log all those remaining 2023 miles by January 8!

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

MEMBER INFO

RACES

ACTIVITIES



DONATE



BOARD

STAFF

**CHARITABLE
GIVING**

MISSION

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