

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | June 2024



A Community That Moves Together

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

My Favorite Month

Gemini's rejoice! There's so much to love about the sixth month: Both my son and I have June birthdays; schools out; baseball games; farmer's market; Pride; sunshine; Global Running Day; Pengelly and of course Marathon Weekend! I do hope you get out and enjoy all Missoula and Run Wild have to offer.

If you haven't heard, RWM (and all our equipment!) have moved to our new locale. We're still finetuning the organization and trying to remember where we put things, but it's really coming together and we are enjoying our new view of East Main street. We had hoped to pull off a Grand Opening this month, but the timing has proved to be too tight, plus we have too many medals, shirts and swag in our office. This summer, we'll do it up right.



I better make this one short, because we have lots of planning to do!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

PS - If you're running June 30, I wish you courage to complete your longest run and strength to trust the taper. You got this!

RWM RACES

Missoula Marathon Weekend of Events

The time has come! Join us for our biggest event of the year, the Missoula Marathon Weekend of Events from June 28-30. We run this town!

Expo: June 28 4:00 PM - 8:00 PM | June 29 8:00 AM - 4:00 PM



Beer Run: June 28 | 6:00 PM

Tony Banovich 5K: June 29 | 8:00 AM

Missoula Kid's Marathon: June 29 | 10:00 AM

Missoula Half Marathon: June 30 | 6:00 AM

Missoula Marathon: June 30 | 6:00 AM [Less than 80 spots left!]

[More Info!](#)



Pengelly Double Dip & Bob Hayes Single Dip

Registration 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! Virtual options for both distances.

[More Info + Registration!](#)



Mntwi I N?ay 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!](#)



Roots Run

Registration Opens June !

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



Fierce Fab Women's Running Festival

Registration Opens June 20!

Date: October 6, 2024

Start Time: TBD Start Location: Northern Rockies Heritage Hall

Together we are fierce! And the future looks

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!

fabulous!

[More Info!](#)

[More Info!](#)

RWM ACTIVITIES & CLASSES



Hot Walk Missoula

Date: Sunday, June 2

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!](#)



Global Running Day

Date: Wednesday, June 5

Global Running Day is Wednesday, June 5, and we want to celebrate with you!

Run any distance on June 5, tag us (@runwildmissoula) in a post about your run, and come by on June 5 or 6 for a free Dram Shop token!

Have fun!



Volunteers Needed For The MISSOULA MARATHON WEEKEND OF EVENTS!

The time has come! The Missoula Marathon Weekend of Events is coming up fast at the end of the month, and we can't do it without your help! There's a wide variety of tasks and time slots, so there's something for everybody!

[More Info + Registration!](#)

MISSOULA
PRIDE™

Missoula Pride 5K



Date: Friday, June 14
Start Time: 10:00 AM
Location: Pride Crosswalk, N Pattee St & E Pine St

This is a non-timed 3-ish mile fun run or walk. Wear your best rainbows or pride as we tour the river trails in Missoula. Festive tunes, breakfast treats and coffee for mingling when you return! Leashed dogs are welcome and encouraged to wear pride too!

[More Info!](#)

Queer Run Missoula

Date: Tuesday, June 11
Time: 6:00 PM
Location: Cranky Sam's

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!

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

June

1

Pengelly Double Dip + Bob Hayes Single Dip

River Bowl East

[More Info](#)

June

2

Hot Walk Missoula

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

[More Info](#)

June

5

Global Running Day!

June

6

Roots Run Registration Opens

8:00 AM

[More Info](#)

June

11

Queer Run Missoula

6:00 PM | Cranky Sam's Brewing

[More Info](#)

June

14

Missoula Pride 5K

10:00 AM | Rainbow Crosswalk North of Missoula Art Museum

[More Info](#)

June

18

Virtual Pengelly Double Dip + Virtual Bob Hayes Single Dip Ends

11:59 PM

[More Info](#)

June

19

RWM Office Closed - Juneteenth

June

Registration Opens for the Fierce Fab Women's Running

20

Festival!
8:00 AM
[More Info](#)

June
28

Missoula Marathon Expo & Packet Pickup - Day 1
4:00 PM - 8:00 PM | Caras Park Pavilion
[More Info](#)

June
28

Missoula Marathon Beer Run
6:00 PM | Caras Park Pavilion
[More Info](#)

June
29

Missoula Marathon Expo & Packet Pickup - Day 2
8:00 AM - 4:00 PM | Caras Park Pavilion
[More Info](#)

June
29

Tony Banovich 5K
8:00 AM | Higgins Ave, just north of the Beartracks Bridge
[More Info](#)

June
29

Missoula Kid's Marathon
10:00 AM | Start Location: Clark Fork River Trail, in front of Boone & Crockett Club
[More Info](#)

June
30

Missoula Half Marathon
6:00 AM | Start Location: Alpine Physical Therapy / PEAK Health & Wellness
[More Info](#)

June
30

Missoula Marathon
6:00 AM | Start Location: TrailWest Bank - Frenchtown, MT
[More Info](#)

AROUND TOWN!

Pronghorn Pursuit Trail Run - Dillon, MT

June 1 - [More Info](#)

Mountain to Meadow Half Marathon & 10K - Lolo, MT

June 8 - [More Info](#)

Governor's Cup - Helena, MT

June 7-8 - [More Info](#)

Bookin' It 5K - Plains, MT

June 15 - [More Info](#)

Many Abilities Fun Run 1K & 5K - Stevensville, MT

June 22 - [More Info](#)

Glacier Half Marathon - East Glacier, MT

June 29 - [More Info](#)

Bob Marshall Trail Race - Seeley Lake, MT

June 29-30 - [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 24,537 miles through May 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



Try email marketing for free today!