

# RUN WILD MISSOULA

## MONTHLY NEWSLETTER

Running Wild | March 2024



## A Community That Moves Together

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

### Marching into Spring

Spring is on the horizon and Run Wild Missoula is happy for in person, outdoor events, returning to the track, getting prepped for trail season and more daylight.

We do need to reflect briefly on a HUGE February. Not only did we successfully reroute the 45<sup>th</sup> Annual Snow Joke Half Marathon for nearly 600 participants and host a riveting panel on gender experiences in our running community, we raised more than \$10,000 for other local nonprofits through a variety of virtual and in person events. Big shout out to all our participants and volunteers, we couldn't have done it without you!



Our first Queer Run last month was a big success and we're excited to host again in March in this monthly meetup. We also had a big turnout in February for our Beer Run (starting and finishing before it was dark!). We anticipate another stellar group at Great Burn at the end of the month, no headlamps necessary, whoop!

Get ready for trail season! We are beyond excited to have double the participants for City to Sky 50K this year. And peep the evening registration as well. Pengelly Dips registration is opening as well as a large group of trail sessions in a variety of levels. Our Montana Trail Crew is putting the final touches on another Becoming a Wild Runner, so keep an eye out for the finalized date.

Come see us at the Missoula Women's Fair next weekend and then celebrate St. Paddy's Day in style with Run for the Luck of It!, one of my personal favorite club races.

AND – how could I forget; the best marathon training class starts in March! Join Coach Abby and her team for 17 weeks of fun to get the miles in to run the Missoula Marathon or Missoula Half Marathon. Oh, and a Runner Education Series you won't want to miss! Here. We. Go.

Enjoy Every Step!

**Trisha Drobeck**  
RWM Executive Director

## RWM RACES

**City to Sky Registration Opens March 13!**

Registration Opens March 13 at 8:00 PM  
Date: October 20, 2024  
Time: 6:00 AM  
Location: Dornblaser Track

We are also stoked to share with you that we are opening up the race to 200 participants this year! Double the spots, double the fun! ??σ???

[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! .

[More Info + Registration!](#)



### Pengelly Double Dip & Bob Hayes Single Dip

Registration Opens March 21!  
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!

[More Info + Registration!](#)



### Run For The Trees

Registration Now Open!  
Date: Saturday, April 20, 2024  
Time: 9:30 AM  
Location: Silver Park

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 Begins!

Registration Now Open!

Time: 8:00 AM Sundays, 6:00 PM Wednesdays

Class Runs: March 3 - June 30

Run Wild Missoula has trained hundreds of runners of all abilities throughout the years to the iconic finish line on Beartracks Bridge! 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!](#)



## Spring Trail Sessions Registration Opens!

Registration Opens March 7 at 8:00 PM

Run Wild Missoula offers a variety of trail running sessions designed to get you ready for a season of strong and healthy trail running. Our trail classes are geared toward everyone. We offer sessions for people brand new to trails to the experienced trail runner, and everyone in between. **The Spring Sessions (all levels) will run from April 8 through May 24, 2024.**

[More Info](#)



## Hot Walk Missoula

Date: Sunday, March 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!](#)



## 2024 Runner Education Series

March Dates: 3/6, 3/13, 3/20

Time: 6 - 7:30 PM

Location: Headwaters Foundation Confluence Center ([119 W Main St First Floor](#))

Join us Wednesday evenings 6:00pm-7:30pm to explore a variety of topics with local experts. Free for all RWM members and specifically those training for the Missoula Marathon or Half Marathon in our **RWM Training Class**. Registration is not required.

All presentations will be held at the Confluence Center at the Headwaters Foundation – **119 W Main St** in Downtown Missoula.

[More Info](#)



## Queer Run Missoula

Date: Tuesday, March 12

Time: 6:00 PM

Location: Highlander Brewing Co. ([200 International Dr, Missoula, MT 59808](#))

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!](#)



## March Beer Run

Date: Wednesday, March 27

Start Time: 6:00 PM

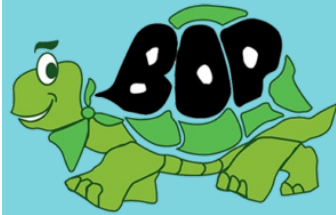
Location: Great Burn Brewing Co ([2230 McDonald Ave](#))

We are headed to Great Burn Brewing this March for the Last Wednesday Beer Run!

With a great selection of brews, there's something for everyone at Great Burn!

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](#)  
*\*On Pause\**



[Strava](#)

## RWM CALENDAR OF EVENTS

March

2

**Running on Native Lands Group Run**

10:00 AM | Waterworks Trailhead

[More Info](#)

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March

3

**Missoula Marathon & Half Marathon Training Class Begins!**

8:00 AM

[More Info](#)

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March

3

**Hot Walk Missoula**

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

[More Info](#)

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March

3

**GRM Ten Celebration**

11:00 AM | Basement of Runner's Edge

[More Info](#)

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March

5

**Run for the Luck Of It! Prices Increase**

[More Info](#)

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March

6

**Runner Education Series - So You Want to Complete a Marathon (Or Half!)**

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

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March

7

**Spring Trail Sessions Registration Opens!**

8:00 PM

[More Info](#)

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March

12

**Queer Run Missoula**

6:00 PM | Highlander Brewing Co.

[More Info](#)

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March

13

**City to Sky Registration Opens!**

8:00 PM

[More Info](#)



March  
13

**Runner Education Series - Shoes, Equipment + Form**

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

March  
16

**Run for the Luck Of It!**

8:45 AM | Missoula County Fairgrounds

[More Info](#)

March  
20

**Runner Education Series - Exercises for Performance & Injury Prevention**

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

March  
21

**Pengelly Double Dip & Bob Hayes Single Dip Registration Opens!**

8:00 AM

[More Info](#)

March  
27

**March Beer Run**

6:00 PM | Great Burn Brewing

[More Info](#)

March  
28

**Run for the Trees Price Increase**

[More Info](#)

## AROUND TOWN!

**St. Paddy's Day Run - Anaconda, MT**

March 9 - [More Info](#)

**Pub 317's Run to the Pub - Bozeman, MT**

March 16 - [More Info](#)

**St. Patrick's Day Butte Color Run - Butte, MT**

March 17 - [More Info](#)

**Indigicat Powwow Fun Run - Bozeman, MT**

March 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 6,772 miles through February 2024!

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

MEMBER INFO

RACES

ACTIVITIES



DONATE



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[www.runwildmissoula.org](http://www.runwildmissoula.org)

BOARD

STAFF

CHARITABLE  
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