

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | May 2024



A Community That Moves Together

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

I Did a Non-Running Thing!

One of the main tasks I get to do as Executive Director for this awesome organization is inviting, engaging and building community. I often meet with leaders of other Missoula groups to scheme a collaboration, but it's not too often I get to immerse myself and be a participant.

This past week, I had the opportunity to perform in a production at Westside Theater with Bare Bait Dance called 40 Over 40. The premise was 40 dancers over the age of 40 sharing the stage. We rehearsed for three months and last week performed seven sold out shows.



It can be unnerving, making yourself vulnerable and hopping into another community. But from the first day of rehearsal, I was welcomed, immediately made new friends and enjoyed dancing (something I had not done in a very long time). The space created for those new to this dance community settled my nerves, because learning choreography worked a part of my brain that I hadn't used in a while! There was lots of downtime backstage and many of my fellow cast members were intrigued to know about RWM, and I was able to hear about their livelihoods, families, communities and passions.

Just as I was vibrantly welcomed these past few months, I hope new runners and walkers, former runners, volunteers or those who are just looking for a community club that gives back in a variety of ways, find Run Wild Missoula as an inviting place for all with a wide spectrum of opportunities.

There are many pockets of communities around Missoula. And it's fun to branch out and discover new things. So, I hope the next time you meet a new member to our community you can go the extra mile to welcome them and find out what other awesome things they also do in the Missoula community.

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



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!](#)



Missoula Marathon Weekend of Events - VOLUNTEER Registration Now Open!

Registration Opens May 2 at 8:00 AM!
Date: June 28 - June 30

The time has come! The Missoula Marathon Weekend of Events is fast approaching, and we can't make it happen without your help!

[More Info!](#)



Mntwi I N?ay Virtual Half Marathon

Registration Opens Tuesday, May 7!
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!](#)



Join the RWM Team!

Run Wild Missoula is seeking a **Race Operations Coordinator** to be part of our dynamic team that provides running and walking opportunities to people of all ages, abilities, and backgrounds. Are you detail oriented, self-motivated and interested in the active and healthy lifestyle that is part of Missoula's culture? Then we are looking for you!

[Read the job description here!](#)



2024 Runner Education Series

May Dates: 5/1, 5/8, 5/15, 5/22

Time: 6:00-7:30 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](#)



Hot Walk Missoula

Date: Sunday, May 5

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!](#)



Volunteers Needed For May Trail Work Days!

Want to give back to our trail systems? Need volunteer hours for an upcoming race? Volunteer with Montana Trail Crew at upcoming trail work days on the M Trail and the Continental Divide Trail!

[More Info + Registration!](#)



Queer Run Missoula

Date: Tuesday, May 14

Time: 6:00 PM

Location: Western Cider



May Beer Run

Date: Wednesday, May 29

Start Time: 6:00 PM

Location: Draught Works ([915 Toole Ave](#))

We are headed to Draught Works this May for the Last Wednesday Beer Run!

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!](#)

With a great selection of brews (and one of our favorite patios!), there's something for everyone at Imagine Nation! Fresh Root Beer too!

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!

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

May

1

Runner Education Series: Exercises for Performance & Injury Prevention for Runners + Walkers Part II with Alpine PT

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

May

2

Missoula Marathon Volunteer Registration Opens

8:00 AM

[More Info](#)

May

3

RWM Office Closed - Expo Season!

May

5

Hot Walk Missoula

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

[More Info](#)

May

7

Mntwi I NI?ay Virtual Half Marathon Registration Opens

8:00 AM

[More Info](#)

May

8

Runner Education Series: Mental Strategies for Training and Racing with Adam Peterman & Erin Clark

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

May

10

Race Operations Coordinator Applications Due

[More Info](#)

May

14

Queer Run Missoula

6:00 PM | Western Cider

[More Info](#)

May

15

Runner Education Series: TBD

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

May

15

Pengelly Double Dip + Bob Hayes Single Dip Volunteer Registration Open!

8:00 AM

[More Info](#)

May

16

Virtual Pengelly Double Dip + Virtual Bob Hayes Single Dip Begins

ANY TIME!

[More Info](#)

May
17

Continental Divide Trail Work Day

8:00 AM-5:00 PM | Near Lincoln, MT

[More Info](#)

May
22

Runner Education Series: What's Next? Post Race Practices & Expectations

6:00 PM | Headwaters Foundation Confluence Center

[More Info](#)

May
23

Pengelly Double Dip + Bob Hayes Single Dip Price Increases

[More Info](#)

May
27

RWM Office Closed - Memorial Day

May
29

May Last Wednesday Beer Run

6:00 PM | Draught Works

[More Info](#)

AROUND TOWN!

Sentinel Hill Climb - Missoula, MT

May 1 - [More Info](#)

Big Sky Horse Park Pet Run - Missoula, MT

May 4 - [More Info](#)

Team Jonah 5K - Bonner, MT

May 5 - [More Info](#)

Veteran Suicide Awareness & Prevention Awareness Walk - Missoula, MT

May 18 - [More Info](#)

Little Dipper Kid's Trail Run - Missoula, MT

May 18 - [More Info](#)

Whitefish Marathon - Whitefish, MT

May 18 - [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 16,276 miles through April 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
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MISSION

Run Wild Missoula | 304 N. Higgins Ave. Basement | Missoula, MT 59802 US

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