

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | April 2025



A Community That Moves Together

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

Spring Miles, Big Smiles!

Happy Spring RWM fam. I want to thank all of you who have submitted responses to our survey. It's a great way for our team to receive your feedback on what's important as we navigate and prepare for the next few years. If you haven't submitted yet, there's still time today. See the link below to submit. I hope to write about the membership response next month.

Missoula Marathon training and organizing is underway! Our training class is moving into double digit long runs and behind the scenes, your organizing committee is working diligently to create the best race experience for all. Save the date that MM volunteer spots will open on May 1.

I hope to see everyone out at Run for the Trees, Boston Marathon Watch party or any other of our many April Events!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director



MEMBER SURVEY

Run Wild Missoula 2025 Member Survey

We Want Your Feedback! 🗳️

Run Wild Missoula is looking for your input! Tell us what you love about the club, what could be better, and how we can keep improving. The survey takes 5-10 minutes, and you'll be entered to win a \$150 Run Wild Missoula merch shopping spree for completing it!

Your voice helps shape the future of RWM—take the survey now! ↓

RWM RACES



Run For The Trees

Registration Open!

Date: Saturday, April 12, 2025

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!](#)



Pengelly Double Dip & Bob Hayes Single Dip

Registration Open!

Date: Sunday, June 8 2025

Time: Pengelly Double Dip 8:00 AM | Bob Hayes Single Dip 8:30 AM | Virtual Dips!

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.

The Double Dip will be run in reverse for 2025!

[More Info + Registration!](#)



City to Sky Trail Races

Races are full, but waitlists are open!

Date: Sunday, October 19

Time: 50K 7:00 AM | 25K 8:30 AM

Location: Dornblaser Track (50K) / Pattee Canyon Picnic Area (25K)

These unique trail races finishes in Missoula's University District featuring less than 2 miles of pavement and some of the smoothest single track in Montana. Both races highlight the best of Missoula's iconic open space, conservation lands and recreation areas.

→ The 50K features multiple mountain summits totaling 8,000 feet of elevation gain over 33 miles, circumnavigating the Pattee Creek watershed.

→ The 25K runs the back half of the 50K on the incredible House of Sky Ridgeline Trail.

[More Info + Registration!](#)



RWM ACTIVITIES & CLASSES

MONTANA TRAIL CREW



Trail Work Opportunity!

Dates: April 13 and April 26

Times: 11:00 AM - 3:00 PM on 4/13, 11:00 AM - 3:00 PM on 4/26

Location: Meet at Duncan Dr Soccer Fields

RSVP to [Justin](#)

Want to help give back to the Missoula trail community? Need volunteer hours for an upcoming race? Help Conservation Lands Program staff complete their first trail project of 2025 - a re-route on the Mountain View trail! Connecting the Upper Rattlesnake to the North Hill's Waterworks trail system, the Mountain View trail is a year-round destination for Missoula hikers, runners, and dog-walkers. This year, Missoula Parks and Recreation Conservation Lands Program staff will be re-routing an upper section of the trail to address vegetation damage, erosion issues, and to create a more enjoyable user experience.

[More Info & RSVP!](#)



2025 Runner Education Series

April Dates: 4/2, 4/16

Time: 6:00-7:30 PM

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

Join us every other Wednesday to explore a variety of running 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



Run Wild Readers Spring Meeting

Date: Wednesday, April 2, 2025

Time: 6:00 PM

Location: RWM Office (125 E Main St)

Come and join us tomorrow night to discuss our Run Wild Readers spring book choice: Running

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

[More Info](#)



406 Day

Date: Sunday, April 6, 2025

Celebrate Montana with us!

April 6 is 406 day! Celebrate living in the beautiful 406 area code by walking, jogging, or running 4.06 miles on April 6. Complete those miles and tag us on social media using [@runwildmissoula](#) to get a free Dram Shop token on us! Feeling ambitious? Complete 40.6 miles and get 12 tokens!

As you may have noticed, 406 Day falls on a Sunday this year! Stop by our office to pick up your Dram Shop token and enjoy a classic Missoula drink on Monday, April 7!

Have a wonderful day out in Montana!



Becoming a Wild Runner: Running With Wildlife

Date: Wednesday, April 23

Time: 6:00 PM

Location: Greenough Park Pavilion

Join us for an evening dedicated to responsible recreation and wildlife safety on Montana's trails. Whether you're a trail runner, hiker, or outdoor enthusiast, knowing how to coexist with wildlife is essential.

Learn from local wildlife experts about safely navigating bear, mountain lion, and other wildlife encounters, and get hands-on experience with inert bear spray demonstrations. We'll cover best practices for trail use, including making noise, carrying bear spray, and recognizing wildlife behavior.

More Info to Come!

Outside the Comfort Zone by Susan Lacke! All are welcome, and don't worry, you don't have to have finished the book to come and chat about it!

[More Info!](#)



Boston Marathon Watch Party

Date: Monday, April 21

Time: 7:30 AM - 12:00 PM

Location: Headwaters Foundation Confluence Center (115 W Main)

Join us for a Boston Marathon Viewing Party! We will have an assortment of breakfast foods, juices and beverages, and company while we watch the Boston Marathon! We will start live streaming at 7:30am to catch the start and be there till the finish. Hope to see you there! AND we'll be tracking locals tackling this iconic race!



Join the 2025 Workplace Wellness Challenge!

We're thrilled to announce that registration is OPEN! We'd love to see our members step up as team captains at their workplaces or encourage organizations to form teams for the Tony Banovich 5K, happening on June 28, 2025.

Flexible Options for Your Team:

We can tailor the payment setup to fit your group's needs, whether it's employer-sponsored, participant-funded, or a mix of both.

What Participating Groups Receive:

- --> A 6 to 8-week Novice 5K Training Program designed for all levels, whether you prefer walking, running, or a mix of both.
- --> Discounted Registrations for team members.
- --> Special Race Day Recognition to celebrate your team's participation!

Let's work together to make wellness a priority and create lasting memories on race day. Join the Workplace Wellness Challenge today!

[More Info!](#)

JOIN US! RWM WEEKLY & MONTHLY RUNS



[Tuesday Track](#)



[Wednesday Wild Miles](#)



[Saturday Breakfast Run](#)



[Sunday Long Run](#)
On Pause



[Strava](#)



[Hot Walk](#)
[Sunday, April 6](#)
[10:00 AM](#)
[S Side of Van](#)
[Buren St](#)
[Footbridge](#)



[Queer Run](#)
[Tuesday, April 8](#)
[6:00 PM](#)
[Cambie Taphouse](#)



[Dry Miles](#)
[Thursday, April](#)
[10](#)
[6:00 PM](#)
[Higgins St Dairy](#)
[Queen](#)



[Last Wednesday](#)
[Beer Run](#)
[Wednesday, April](#)
[30](#)
[6:00 PM](#)
[Big Sky Brewing](#)



Take the 2025 Running USA Global Runner Survey!

The Global Runner Survey from Running USA is now accepting responses. Share your thoughts today to help make races and running better for all. Our club is proud to be a part of Running USA, a non-profit organization that supports our sport. Your insight will be used to help events across the country, as well as running brands, deliver the experience you are looking for.

Take the 2025 survey to be entered to win one of four race entries.

[Take the survey here!](#)

RWM CALENDAR OF EVENTS

April

1

Missoula Marathon & Half Marathon Price Increase

12:00 AM

[More Info](#)

April

2

Run Wild Readers

6:00 PM | RWM Office

[More Info](#)

April

2

Runner Education Series - Footwear & Form

6:00 PM | Headwaters Foundation (119 E Main)

[More Info](#)

April

6

406 Day

[More Info](#)

April

8

Queer Run

6:00 PM | Cambie Taphouse

[More Info](#)

April

10

Dry Miles

6:00 PM | Higgins St Dairy Queen

[More Info](#)

April
12

Run For The Trees 5K, 10K, and Kid's Run

9:30 AM | Silver Park Pavilion

[More Info](#)

April
16

Runner Education Series - Non-Invasive, Holistic Recovery for Long Distance Running

6:00 PM | Headwaters Foundation (119 E Main)

[More Info](#)

April
21

Boston Marathon Watch Party

7:30 AM | Headwaters Foundation (119 E Main)

[More Info](#)

April
23

Becoming a Wild Runner: Running with Wildlife

6:00 PM | Greenough Park Pavilion

More info to come!

April
24

Pengelly Double Dip + Bob Hayes Single Dip Price Increase

12:00 AM

[More Info](#)

April
30

Last Wednesday Beer Run

6:00 PM | Big Sky Brewing

[More Info](#)

AROUND TOWN!

Move Your Phi't for Women's Heart Health - Missoula, MT

April 4 - [More Info](#)

gASPing for Air 5K - Missoula, MT

April 5 - [More Info](#)

Buttercup Run - Arlee, MT

April 5 - [More Info](#)

Bitterroot Runoff Trail Runs - Lolo, MT

April 19 - [More Info](#)

Missoula YMCA Riverbank Run - Missoula, MT

April 26 - [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 **11,815** miles through March 2025!

[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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Run Wild Missoula | 125 East Main | Missoula, MT 59802 US

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