

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | February 2025



A Community That Moves Together

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

Staying on Course in 2025

Around this time of year, I often hear, "Oh, this must be a quiet season for you." But surprisingly, it's quite the opposite! February—despite being the shortest month—is one of our busiest.

In addition to our regular weekly and monthly runs, we're launching a brand-new Valentine's Run, hosting our final Bubble Run, and gearing up for two iconic races: the Heart Throb 5K and Montana's oldest (and coldest) race, the Snow Joke Half Marathon!

Beyond these in-person events, I also want to highlight two virtual races that not only bring our community together but also raise funds for meaningful causes. The GRM Ten has become a favorite February challenge among our members, while the Ahmaud Arbery Run serves as a powerful reminder that everyone has the right to run safely. Learn more about these important events below.



In Missoula, where outdoor recreation and community spirit run deep, Run Wild Missoula has a unique opportunity to foster a welcoming and inclusive space. Our club is dedicated to breaking down barriers to participation, ensuring equitable access to events, and amplifying diverse voices within both the running and broader Missoula communities.

This commitment strengthens not only our club but also the greater Missoula community—promoting unity, belonging, and, most importantly, sharing the joy of running with all who lace up their shoes and hit the trails.

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



GRM Ten Virtual Challenge

Registration Open through February!

Date: February 1 - February 28

Time: Anytime!

Location: Anywhere!

RWM is happy to host this virtual event that brings awareness and support to local youth running program [Go Run Missoula](#). We are hosting 4 different challenges:

☑10 Miles

☑10 Miles for 10 Days

☑10K for 10 Days

☑10 Minutes for 10 Ten Days

[More Info!](#)



Heart Throb 5K

Registration Open!

Date: Saturday, February 15, 2025

Time: 10:00 AM

Location: Target Range School Gym

Get ready to run, strut, or stroll your heart out at the Heart Throb 5K! ☑ Join us on Saturday, February 15th, for a groovy, 80's-themed race that benefits the Western Montana LGBTQ+ Center. Dress to impress in your best retro attire and show your love for our community

[More Info!](#)



Snow Joke Half Marathon

Registration Open!

Date: Saturday, February 22, 2025

Start Time: 11:00 AM

Start Location: Seeley Lake Elementary School

Join us in Seeley Lake for the 46th edition of these 13.1 blazing fast and freezing cold miles!

[More Info!](#)



Run For the Luck of It!

Registration Open! Price Increases Thursday, February 13

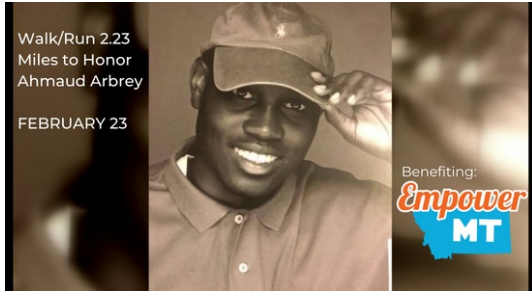
Date: Saturday, March 15, 2025

Time: 8:45 AM

Location: Missoula County Fairgrounds

Kick off your St. Patrick's Day festivities with Run Wild Missoula at the Run for the Luck of It! On Saturday morning, March 15 Walk our run our 5K or 7 miler. But don't forget your Little Leprechauns for the free kids dash. Let the beat of the Celtic Dragon Pipe band help you finish strong, Then indulge in classic Irish nourishment along with beverages from Big Sky Brewing in your custom Run for the Luck of it! glass.

[More Info!](#)



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!](#)

Walk/Run to Honor Ahmaud Arbery

Registration Open!
Date: Virtual & In-Person, February 23, 2025
Group Run/Walk: February 23 at 10:00 AM at VRTX Fitness

Everyone has the right to safe and inclusive experiences in public spaces and in the running and walking community.

[More Info](#)

RWM ACTIVITIES & CLASSES



Indoor Bubble Run!

Friday, February 7
6:00 PM
Free to RWM Members
University of Montana Indoor Practice Facility
(Between River Bowl East & River Bowl West Tailgate areas)

A special edition of RWM Track workouts to make the dark winter intervals fly by. Coach Courtney Babcock will tailor the workout specifically for this 300M indoor track.

[More Info](#)



Train with Us!

Registration Open!
Class Starts: March 2, 2025
Class Meets Thursdays & Sundays
\$65

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!

[More Info](#)



Queer Run Missoula

Date: Tuesday, February 11
Time: 6:00 PM
Location: Western Cider

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!](#)

Dry Miles

Date: Thursday, February 13
Time: 6:00 PM
Location: Pie Hole, 525 N Higgins

We aim to foster a welcoming, social event without alcohol. While we offer a positive, substance-free environment, Dry Miles Missoula is not an official recovery or substance treatment program.

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.

[More Info!](#)



Sole Mates: A Valentine's Day Run & Social

Date: Friday, February 14
Time: 6:00 PM
Location: Imagine Nation Brewing Company

Looking for love? A new friend? Or just someone who runs your pace? Join Run Wild Missoula and Hellgate Social Club for Sole Mates—a 3-mile social run followed by trivia and fun convo at Imagine Nation Brewing! Whether you're single, taken, or just here for the beer (or a N/A drink of your choice!) and a new running buddy, this is the perfect chance to connect!

Last Wednesday Beer Run

Date: Wednesday, February 26
Start Time: 6:00 PM
Location: Oddpitch Brewing

The monthly beer run is a casual fun run/walk open to all runners and all abilities. Each month a 3 and 5 mile route is offered at a different brewery location on the last Wednesday of the month, and at the end is a social gathering with libations and food. What could be a better way to end the month?



All of our beer runs are open to all runners and walkers. Run Wild Missoula membership is not required. Runners are responsible for their own beverage and food purchases. Non-alcoholic beverages are also available!

[More Info!](#)



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!](#)

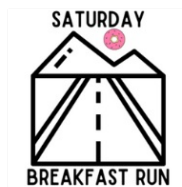
JOIN US! RWM WEEKLY RUNS



[Tuesday Track](#)



[Wednesday Wild Miles](#)



[Saturday Breakfast Run](#)



[Sunday Long Run](#)



[Strava](#)

RWM CALENDAR OF EVENTS

February

1

GRM Ten Virtual Challenge Starts!

[More Info](#)

February

7

Indoor Bubble Run

6:00 PM | University of Montana

[More Info](#)

February

11

Queer Run

6:00 PM | Great Burn Brewing

[More Info](#)

February

13

Dry Miles

6:00 PM | Pie Hole

[More Info](#)

February

13

Run For The Luck Of It! Price Increases

12:00 AM

[More Info](#)

February

14

Sole Mates

6:00 PM | Imagine Nation Brewing

[More Info](#)

February

15

Missoula Marathon Weekend of Events Price Increase

12:00 AM

[More Info](#)

February

15

Heart Throb 5K

6:00 PM | Target Range School Gym

[More Info](#)

February

17

RWM Office Closed - President's Day

February

22

Snow Joke Half Marathon

11:00 AM | Seeley Lake Elementary School Gym

[More Info](#)

February

23

Ahmaud Arbery 2.23

All Day | Group Run: 10:00 AM at VRTX Fitness

[More Info](#)

February

29

Last Wednesday Beer Run

6:00 PM | OddPitch Brewing

[More Info](#)

February

27

Run For The Luck Of It! Volunteer Registration Opens

8:00 AM

[More Info](#)

February

28

GRM Ten Virtual Challenge Ends!

[More Info](#)

AROUND TOWN!

Running Up For Air - Missoula, MT

February 15 - [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 **1,594** miles through January 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 GIVING

MISSION

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

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