

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | January 2025



A Community That Moves Together

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

Ringin' & Running in 2025!

The New Year is a time of reflection, renewal, and setting fresh goals for the months ahead. For many, it's also an opportunity to embrace healthier habits and connect with the community. Run Wild Missoula offers the perfect chance to do just that.

If you're new to RWM, we invite you to explore our variety of events and programs designed to inspire and motivate. Whether you're an experienced runner, walker, or someone just starting your fitness journey, RWM creates a welcoming environment to celebrate movement, camaraderie, and the joy of being active. These activities not only provide physical benefits but also offer the opportunity to build lasting friendships in a vibrant, supportive community.



Whatever your goals—improving fitness, conquering new challenges, or simply enjoying the outdoors—we have something for you to make 2025 your most active and fulfilling year yet.

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



GRM Ten Virtual Challenge

Registration Opens December 5!

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 Elementary 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 Opens January 8!

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!](#)

Walk/Run to Honor Ahmaud Arbrey

Registration Opens January 28!

Date: Virtual & In-Person, February 23, 2025

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

[More Info](#)

Walk/Run 2.23
Miles to Honor
Ahmaud Arbery

FEBRUARY 23



Benefiting:
**Empower
MT**

RWM ACTIVITIES & CLASSES



NEW **Indoor Bubble Run!**

Friday, January 17, 24, 31 & 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](#)



Dry Miles

Debuts Thursday, January 9

Time: 6:00 PM

Location: Pie Hole, 525 N Higgins



Queer Run Missoula

Date: Tuesday, January 14

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!](#)

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!](#)

Last Wednesday Beer Run - Missoula Marathon Locals Registration Party

Date: Wednesday, January 29

Start Time: 6:00 PM

Location: Big Sky 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 US! RWM WEEKLY RUNS



[Tuesday Track](#)



[Wednesday Wild Miles](#)



[Saturday Breakfast Run](#)



[Sunday Long Run](#)



[Strava](#)

RWM CALENDAR OF EVENTS

January

7

2024 Mileage Club Miles Due

11:59 PM
[More Info](#)

January

8

Run For The Luck Of It! Registration Opens

8:00 AM
[More Info](#)

January

9

Dry Miles

6:00 PM | Pie Hole
[More Info](#)

January

14

Queer Run

6:00 PM | Western Cider
[More Info](#)

January

15

GRM Ten Virtual Challenge Price Increase

[More Info](#)

January

17

Indoor Bubble Run

6:00 PM | University of Montana
[More Info](#)

January

20

RWM Office Closed - MLK Day

January

20

Ahmaud Arbery 2.23 Registration Opens

8:00 AM
[More Info](#)

January

Snow Joke Half Marathon Price Increase

[More Info](#)

21

January

23

Heart Throb 5K Price Increase

[More Info](#)

January

24

Indoor Bubble Run

6:00 PM | University of Montana

[More Info](#)

January

29

Last Wednesday Beer Run + Missoula Marathon Registration Party

6:00 PM | Big Sky Brewing

[More Info](#)

January

30

Run For The Trees Registration Opens

8:00 AM

[More Info](#)

January

31

Indoor Bubble Run

6:00 PM | University of Montana

[More Info](#)

AROUND TOWN!

Runner's Edge Frozen Feet Challenge - Missoula, MT

January 1 - 31 - [More Info](#)

Sorry 'Bout That Half Marathon & Team Relay - Polson, MT

January 11 - [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 133,007 miles through 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

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