

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | March 2025



A Community That Moves Together

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

Happy March and all the Melting!

What a tease this last weekend was - T-shirt and shorts weather! And also it was a perfect way to wrap up the GRM Ten challenge and kick off Missoula Marathon and Half Marathon Training. If you're a Punxsutawney Phil fan, you know we still have a few more weeks of winter, but with the trails drying out, time change coming and spring races on the horizon, the buzz is tangible.

I do hope you can join us for one of our most iconic races, Run for the Luck of It! or you can pop into one of our weekly or monthly runs. If you've been following along on socials, you know we've been working on something special over the past few months. We are beyond thrilled to announce to our members first that we've added a 25K distance to City to Sky! Whoop! This course will start at the Pattee Canyon picnic area and cover the back half of the course. You can discover more on the City to Sky website.

Oh, and one more fun trail note, the 2025 Pengelly Double Dip will be run in reverse this year! You can register later this month :)

Happy (almost!) Spring to all of you and I hope to see you out there! .

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director



RWM RACES



Run For the Luck of It!

Registration Open! Price Increases Tuesday, March 4

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!](#)



City to Sky Trail Races

Registration Opens March 19, 2025 at 8:00 PM

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!](#)



Run For The Trees

Registration Open! Price Increases Thursday, March 27

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 Opens March 25 at 8:00 AM

Date: Sunday, June 8 2025

Time: Pengelly Double Dip 8:00 AM | Bob Hayes Single Dip 8:30 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.

The Double Dip will be run in reverse for 2025!

[More Info + Registration!](#)



Train with Us!

Registration Open Until March 10
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](#)

RWM Spring Trail Sessions

Registration Opens March 6 at 8:00 PM!
Sessions Meet Week of April 7 - Week of May 19
Times and Locations Vary

Discover the beauty and challenge of trail running with Run Wild Missoula's Trail Sessions! These weekly group runs are perfect for runners and hikers of all experience levels, offering a supportive and welcoming environment led by knowledgeable volunteer leaders.

[More Info!](#)



Queer Run Missoula

Date: Tuesday, March 11
Time: 6:00 PM
Location: Highlander Brewing

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, March 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!](#)

Last Wednesday Beer Run

Date: Wednesday, March 26
Start Time: 6:00 PM
Location: Great Burn 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
***Moves**
back to
Dornblaser
Track
March 11!*



Wednesday
Wild Miles



Saturday
Breakfast
Run



Sunday Long
Run
On Pause



Strava

RWM CALENDAR OF EVENTS

March

2

Missoula Marathon & Half Marathon Training Class Starts!

[More Info](#)

March

4

Run For The Luck Of It! Price Increases

12:00 AM

[More Info](#)

March

6

RWM Spring Trail Session Registration Opens

8:00 PM

[More Info](#)

March

11

Queer Run

6:00 PM | Highlander Brewing

[More Info](#)

March

11

Tuesday Track Moves Back to Dornblaser!

6:00 PM | University of Montana Dornblaser Track & Field

[More Info](#)

March
13

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

March
15

Run For The Luck Of It! 5K, 7 Mile, & Kid's Dash
Kid's Dash: 8:45 AM 7 Mile: 9:00 AM 5K: 9:15 AM | Missoula Co. Fairgrounds
[More Info](#)

March
19

City to Sky Trail Races Registration Opens
8:00 PM
[More Info](#)

March
25

Pengelly Double Dip + Bob Hayes Single Dip Registration Opens
8:00 AM
[More Info](#)

March
26

Last Wednesday Beer Run
6:00 PM | Great Burn Brewing
[More Info](#)

March
27

Run For The Trees Price Increases
12:00 AM
[More Info](#)

AROUND TOWN!

St. Paddy's Day Race - Anaconda, MT
March 15 - [More Info](#)

Run To The Pub - Bozeman, MT
March 15 - [More Info](#)

Shamrock Run - Billings, MT
March 16 - [More Info](#)

St. Patrick's Day Color Run - Butte, MT
March 17 - [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 **6,519** miles through February 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

[Unsubscribe](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!