

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | November 2024



A Community That Moves Together

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

Goodbye BOP

It may seem counterintuitive to celebrate the cancellation of a specific program, but in this case, RWM is happy to report that our need for a Back of the Pack group has diminished.

Previously, we designated a specific 'back of the pack' group for slower runners and walkers, but as our community has expanded, so has our approach. We aim to foster a culture where all runners, from beginners to seasoned athletes, can participate side by side. This shift not only builds camaraderie but also encourages participants to challenge themselves within a supportive environment.



Over the years, our running programs and races have evolved into truly inclusive experiences, ensuring that every participant feels valued and supported, regardless of their pace. The initiatives RWM has introduced—such as shorter route options at social runs, dedicated race sweepers, Missoula Marathon cheerleaders for the final two hours, a monthly walking group, and virtual participation options for iconic trail races—have effectively eliminated the need for a separate group.

RWM strives to create a club where every member feels motivated and secure, free from the fear of being left behind or participating alone. As a result, the need for a separate Back of the Pack group has diminished, reflecting our belief that running is for everyone. Collectively, we are a community that moves together.

I want to thank Pam Gardiner for all her efforts, passion and advocacy to the BOP for the past 15 years. Her ideas and philosophies are now deeply woven into our club's culture. You can read more from Pam [HERE](#).

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

RWM RACES



Turkey Day 8K & FREE 3K Family Fun Run

Registration Open!

Date: Thursday, November 28

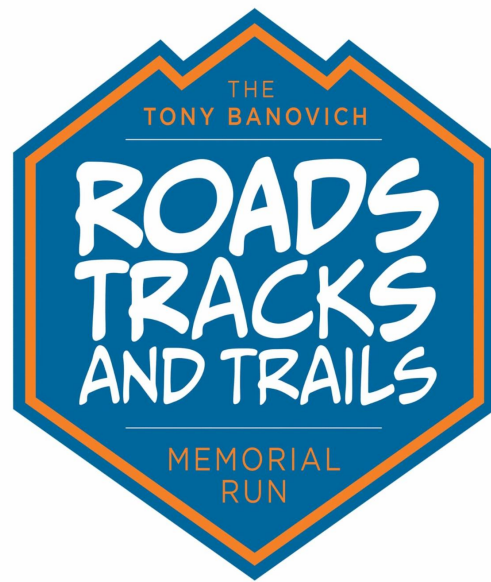
Time: 9:30 AM

Location: University of Montana Campus Rec Area

Start your Thanksgiving Day with fresh air and exercise and join us for our turkey trot! The Turkey Day 8K and 3K Family Fun Run courses are a great way to spend time with your family and get some movement in!

NEW THIS YEAR! 3K participants can purchase T-Day hats during registration!

[More Info!](#)



The Tony Banovich Roads Tracks & Trails Virtual Memorial Run

Registration Open!

Date: December 1 - December 31

Time: Anytime!

Location: Anywhere!

In 2021 this in-person event challenged participants to run or walk 4.35 miles – the average daily distance of Tony's 1,731 day run streak – while raising funds for the Tony Banovich Memorial Fund, furthering Tony's legacy of supporting running and walking throughout Missoula and Montana. We are pleased to continue this Memorial run as a virtual option to participants in December 2024.

The virtual event will continue to raise funds for the [Tony Banovich High School Cross Country Scholarship Fund!](#)

[More Info!](#)



2025 Resolution Run

Registration opens November 5 at 8:00 AM!

Date: January 1, 2025

Time: 10:00 AM

Location: Pineview Park

Put your best foot forward with Run Wild Missoula and Runner's Edge in the new year at the Resolution Run!

[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!](#)

RWM ACTIVITIES & CLASSES



Queer Run Missoula

Date: Tuesday, November 12
Time: 6:00 PM
Location: Bayern 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

Debuts Thursday, November 14
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!](#)



11th Annual Mountain Running Film Festival

Tickets on Sale Now!
Date: November 7, 2024
Doors: 6:00 PM
Show: 7:00 PM
Location: The Wilma Theater

We are back for 2024 at the Wilma with stories and images of some of the best mountain and trail running around. The evening will feature a collection of inspiring and memorable films that highlight the beauty, inspiration, and potential of mountain and trail running in Montana and beyond. All proceeds from the festival benefit Montana Trail Crew, a trail running dedicated component of Run Wild Missoula that stewards our local trails, strengthens the Montana trail running community, and advocates for the open spaces and wild lands where we run.

As in past years, there will be gobs of door prizes, humorous commentary from our master of ceremonies, and a carefully curated collection of films. Run Wild Missoula and Montana Trail Crew apparel will be

available for purchase, along with beverages and popcorn for sale by The Wilma.

[More Info!](#)



Last Wednesday Beer Run

Date: Wednesday, November 25

Start Time: 6:00 PM

Location: TBA!

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

***MOVES TO
RUNNER'S
EDGE
BASEMENT
11/5!***



Wednesday
Wild Miles



Saturday
Breakfast
Run



Sunday
Long
Run

On Pause



Strava

RWM CALENDAR OF EVENTS

November

Resolution Run Registration Opens

8:00 AM

[More Info](#)

5

November **Tuesday Track Moves to Runner's Edge Basement**

5:30 PM

[More Info](#)

5

November **Turkey Day 8K Volunteer Registration Opens**

8:00 AM

[More Info](#)

6

November

11th Annual Mountain Running Film Festival

Doors: 6:00 PM | Show 7:00 PM

[More Info](#)

7

November

RWM Office Closed - Veteran's Day

11

November

Queer Run

6:00 PM | Bayern Brewing

[More Info](#)

12

November

Dry Miles

6:00 PM | Pie Hole

[More Info](#)

14

November

Virtual Elk Ramble Ends

16

November

Turkey Day Price Increase

12:00 AM

[More Info](#)

19

November

20

Last Wednesday Beer Run

6:00 PM | TBA

[More Info](#)

November

27

Turkey Day 8K & 3K Family Fun Run

9:30 AM | University of Montana Campus Rec Area

[More Info](#)

November

29

RWM Office Closed

AROUND TOWN!

Not celebrating Thanksgiving in Missoula this year? Check out the other Turkey Trots around Montana!

Turkey Dash - Libby, MT

November 23 - [More Info](#)

Glendive Turkey Trot 5K - Glendive, MT

November 28 - [More Info](#)

Richland Ranger Turkey Trot - Sidney, MT

November 28 - [More Info](#)

Run! Turkey Run! - Billings, MT

November 28 - [More Info](#)

Run Your Turkey Off 5K - Crow Agency, MT

November 28 - [More Info](#)

Big Sky Turkey Trot - Big Sky, MT

November 28 - [More Info](#)

Crossroads Fitness Turkey Trot - Helena, MT

November 28 - [More Info](#)

Whitefish Turkey Trot - Whitefish, MT

November 28 - [More Info](#)

Huffing for Stuffing - Bozeman, MT

November 28 - [More Info](#)

Red Lodge Event's Turkey Trot - Red Lodge, MT

November 28 - [More Info](#)

Burn the Bird - Great Falls, MT

November 28 - [More Info](#)

Whitehall Turkey Trot - Whitehall, MT

November 28 - [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 56,257 miles through October 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
GIVING

MISSION

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

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



Try email marketing for free today!