

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | October 2024



A Community That Moves Together

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

Ready-Set-Go!

It was so lovely to meet up with everyone at Highlander two weeks ago for our Annual Meeting! If you missed it, you can review the RWM Annual Report [here](#) or swing by our office to pick up a copy.

You'll also notice one less email in your inbox! We've decided that our Monthly Newsletter will serve as the weekly update for the first week of each month. This way, you'll stay informed while enjoying a little less clutter in your inbox.

It's time to get excited—Ready, Set, GO TIME! Over the next six weeks, we have five incredible events lined up. I truly hope you can join us, whether as a participant or a volunteer. There's something for everyone, with a diverse range of interests, terrains, and distances. Don't miss out on the fun.

Hopefully, October is the month where the leaves fall and your motivation rises!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director



RWM RACES

Missoula Marathon Registration Opens October 1!

📅 Start your countdowns now, because registration for all of the races during the Missoula Marathon Weekend of Events opens TOMORROW on Tuesday, October 1 at 8:00 AM! That includes the Missoula Marathon & Half Marathon, the Tony



Banovich 5K, and the Missoula Kid's Marathon! (Can you believe it's time already? We sure can't!)

[More Info!](#)



Fierce Fab Women's Running Festival

Registration Open!
Date: October 6, 2024
Start Time: 9:30 AM
Start Location: Northern Rockies Heritage Hall

An event to celebrate your fiercest, most fabulous self! Join us this October at Heritage Hall in Historical Fort Missoula for an empowering and fun-filled day where you can walk or run as many 1-mile laps as you like within a 2.5-hour period.

Don't miss out on our raffle with epic prizes, a mimosa bar to toast your achievements, and awards for the fiercest and most fabulous outfits. It's an event you won't want to miss – come celebrate strength, community, and fabulousness!

[More Info!](#)



Skeleton Skedaddle & Kid's Pumpkin Run

Registration Open! - Beat the Price increase on



City to Sky 50K

Waitlist is Open!
Date: October 20, 2024
Start Time:
Start/Finish Location: Dornblaser Track Stadium

This unique trail race starts and finishes near Missoula's University District and features multiple mountain summits totaling 8,000 feet of elevation gain over 33 miles, circumnavigating the Pattee Creek watershed. It highlights the best of Missoula's iconic open space, conservation lands and recreation areas, and boasts less than two miles of pavement.

Come and join us on race day as a [volunteer](#) or [spectator](#)!

[More Info!](#)



Mount Jumbo Elk Ramble

October 3!

Date: October 27, 2024

Start Time: 10:25 AM

Start Location: Silver Park Pavilion

Trick or Treat? How about a low cost 5K that's Fang-Tastic? And don't forget the FREE kids run that's Eerie-Sistible where each kiddo will go home with a Gourd-Geous pumpkin!

☑ Registration for this Spook-Tacular event opens on Thursday, August 17.

☑ Costumes encouraged - Boo-yah! Just try to skele-run from our skele-puns ☑

[More Info](#)



Turkey Day 8K & 3K Family Fun Run

Registration Open!

Date: Thursday, November 28

Time: 9:30 AM

Location: University of Montana Tailgate 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!](#)

Registration Open!

Date: November 2, 2024

Start Time: 10:00 AM

Start Location: Hellgate Soccer Fields

Don't miss the opportunity to take part in the only organized trail race on Mount Jumbo!

As part of this exclusive event, you will experience stunning landscapes as you traverse the winter home of the Mt. Jumbo elk herd. The Mount Jumbo Wildlife Management Area closes to all recreation on December 1st - take this chance to recreate responsibly on Missoula's Conservation & Open Space Lands and welcome the wildlife herds back to Jumbo!

[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



Hot Walk Missoula

Hot Walk Missoula will be taking a hiatus this month due to the [Fierce Fab Women's Running Festival](#)! All Hot Walk devotees are warmly invited to join us at the fest on Sunday, October 6!

[More Info!](#)



Queer Run Missoula

Date: Tuesday, October 8

Time: 6:00 PM

Location: [Draught Works](#)

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!](#)



Mountain Running Film Festival Tickets on Sale Now!

Join us for the eleventh annual Mountain Running Film Festival at The Wilma on November 7, 2024! Buy early online and save money!

[More Info!](#)



Dry Miles

Debuts Thursday, October 10!

Time: 6:00 PM

Location: Higgins St Dairy Queen

This group unifies those who are cutting back, sober-



Last Wednesday Beer Run

Date: Wednesday, October 25

Start Time: 6:00 PM

Location: Bayern 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

curious, ten years sober (or anywhere in between!) to share the same love for running and walking within the Missoula community. 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!](#)

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!](#)



Montana Cup 2024

The 2024 Montana Cup will take place Saturday, November 2 at the Zinn Ranch west of Helena. Registration is open. The Montana Cup is a team-oriented cross country meet that pits teams from each of Montana's seven largest towns against each other for the right to claim the Montana Cup "traveling" trophy for one year.

Participants of all levels are welcome!

[Registration Link](#)

Run Wild Missoula will be hosting a bus to the 2024 Montana Cup in Helena - its free and includes snacks and beverages. If interested please [email Trisha](#) by October 30.

JOIN US! RWM WEEKLY RUNS



[Tuesday Track](#)



[Wednesday Wild Miles](#)



[Saturday Breakfast Run](#)



[Sunday Long Run](#)
On Pause



[Strava](#)

RWM CALENDAR OF EVENTS

October

1

Missoula Marathon Registration Opens!

8:00 AM

[More Info](#)

October

3

Skeleton Skedaddle & Kid's Pumpkin Run Price Increase

12:00 AM
[More Info](#)

October

6

Fierce Fab Women's Running Festival

9:30 AM
[More Info](#)

October

8

Queer Run Missoula

6:00 PM | Bayern Brewing
[More Info](#)

October

10

Elk Ramble Price Increase

12:00 AM
[More Info](#)

October

10

Dry Miles

6:00 PM | Higgins Ave Dairy Queen
[More Info](#)

October

14

Indigenous People's Day

Keep an eye on RWM Social Channels for our annual donation from Mntwi | Nt?ay
Virtual Half Marathon.

October

15

Elk Ramble Volunteer Registration Opens

8:00 AM
[More Info](#)

October

20

City to Sky 50K

7:00 AM | Dornblaser-Lewis & Clark Stadium
[More Info](#)

October

24

Turkey Day Price Increase

12:00 AM
[More Info](#)

October

27

Skeleton Skedaddle & Kid's Pumpkin Run

10:25 AM | Silver Park Pavilion

[More Info](#)

October

30

Last Wednesday Beer Run

6:00 PM | Bayern Brewing

[More Info](#)

AROUND TOWN!

11 Miles to Paradise - Paradise, MT

October 6 - [More Info](#)

Whitefish Trail Blazer Trail Races - Whitefish, MT

October 5-6 - [More Info](#)

Back Roads Half & 10K - Red Lodge, MT

October 6 - [More Info](#)

Tammany Trot 5K Trail Run & 1 Mile Fun Run - Daly Mansion, MT

October 12 - [More Info](#)

Le Grizz Ultramarathon & Relay - Polebridge, MT

October 12 - [More Info](#)

Go Run Missoula Sip & Support Fundraiser - Missoula, MT

October 24 - [More Info](#)

Montana Cup - Helena, MT

November 2 - [More Info](#)

** If you're looking for the **Homecoming Hustle**, the University has decided to not hold it this year, but be on the lookout in 2025 for its return! **

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 47,467 miles through September 2024!

[More Info on Mileage Club & How to Log Your Miles!](#)



MEMBER INFO

RACES

ACTIVITIES



DONATE



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