

RUN WILD MISSOULA

MONTHLY NEWSLETTER

Running Wild | September 2024



A Community That Moves Together

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

Fall is Nearly Here!

Hey all my RWM peeps! I'm so looking forward to seeing everyone in a few weeks at our annual member meeting. I find it hard to believe this will be my fourth time presenting to you all. I'm excited for you to hear all the things we're working on for the next year and how events wrapped up for us in 2024. We've outgrown our usual spot, so we're headed to Highlander for a delicious taco bar, brews and, bonus, it's a covered space in case there is rain. Don't forget to RSVP!



I also have another ask for our membership. This is our third year with the Mntwi | Nt?ay Virtual Half Marathon. We had lots of enthusiasm the first two years (resulting in lots of participants)... however this year, participation is quite low... and I'm hoping you all will give us a boost and register today!

You have all month to complete your miles, and if you're like me who at the moment has to keep my running under an hour, I'll be tabulating over 2-3 days. It's totally fantastic to break it up. Plus, you'll be getting some sweet swag for this race including Indigenous-made products like lip balm from Red Root Herbs and handmade soap from Sequoia. I've been sampling already and they are terrific!

We want to continue to support local group All Nations and other Indigenous makers while using our platform to uplift and educate. I hope you can participate too.

There's so much more happening in September, so read on and I'll be catching up with you real soon!

Enjoy Every Step!

Trisha Drobeck
RWM Executive Director

[RSVP HERE FOR OUR ANNUAL MEMBER'S MEETING!](#)

RWM RACES



Mntwi I N?ay Virtual Half Marathon

Registration Open!
Date: September 1 - 30, 2024
Start Time: Anytime!
Start Location: Anywhere!

Run Wild Missoula is honored to offer a Virtual Half Marathon with 100% of race proceeds going to **All Nations Health Center**; to deepen our commitment to learning more about and supporting our local Indigenous communities. Through partnership and education and in accordance with our mission and values, RWM is passionate to fostering a more inclusive community.

With your help we were able to donate \$6,078 last year to the All Nations Health Center! Help us raise even more this year!

[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.



River City Roots Run

Registration Open!
Date: September 7, 2024
Start Time: 8:30 AM
Start Location: 125 E Main St

A 4-mile fun run in association with the River City Roots Festival. This run pays tribute to the city's love of recreation and staying active. All ages, abilities and backgrounds are encouraged to enjoy a morning run or walk before the festival in the afternoon and evening!

[More Info!](#)



Skeleton Skedaddle & Kid's Pumpkin Run

Registration Open!
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](#)

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!](#)



Mount Jumbo Elk Ramble

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!](#)



Turkey Day 8K & 3K Family Fun Run

Registration Opens September 12!
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!

[More Info!](#)



Hot Walk Missoula

Date: Sunday, August 4

Start Time: 10:00 AM

Location: S Side of Van Buren St Footbridge

Want to participate in a Run Wild Missoula event but running itself isn't quite your jam? Join Run Wild Missoula's Back Of The Pack (BOP) for Hot Walk Missoula! Inspired by the "Hot Girl Walks" of internet fame, Hot Walk Missoula aims to get anyone and everyone looking to add more movement and friends into their lives out and walking.

[More Info!](#)



Queer Run Missoula

Date: Tuesday, September 10

Time: 6:00 PM

Location: Great Burn 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!](#)



September Volunteer Opportunities!

Help us host our First Friday Parklet on September 6!

- Also known as pop up parks, parklets convert on-street parking spaces into temporary people places in support of a friendly environment for people biking and walking.
- We're looking for 1-2 more volunteers willing to lend us a hand from 5-8 PM on September 6! Bonus: you get to listen to Roots Fest music!
- Please email [Trisha](#) if you're interested!

Senior Olympics Road Races

- Thursday, September 12
- Course monitor, Finish line & water attendant spots available.
- [Sign up to volunteer here!](#)





Beginner Running

Registration Open Until Class Begins September 11!

Are you having a hard time getting motivated to start running, or do you lack consistency? Don't know where to begin? Don't want to do it alone? Perhaps you are coming back from a long absence from running and you need to build up slowly? If you are nodding your head yes, then this class is for you!

[More Info!](#)



Last Wednesday Beer Run

Date: Wednesday, September 25

Start Time: 6:00 PM

Location: Lolo Peak 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!](#)

Dry Miles

Debuts Thursday, September 12!

Time: 6:00 PM

Location: Break Espresso (432 N Higgins Ave)

This group unifies those who are cutting back, sober-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!](#)

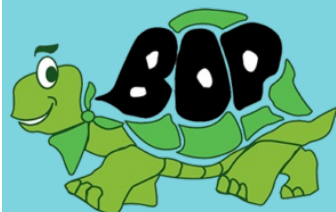


Mountain Running Film Festival

Tickets on Sale Now!

Join us for the eleventh annual Mountain Running Film Festival at The Wilma on November 7, 2024!

[More Info!](#)



BOP News!

Run Wild Missoula welcomes runners and walkers at any pace with activities aimed at the Back of the Pack (BOP). BOP Socials are a great way to meet other runners and walkers in our community of all paces!

We also invite you to check out: [Hot Walk Missoula](#)

[See All BOP Info Here](#)

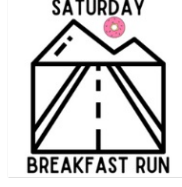
JOIN US! RWM WEEKLY RUNS



[Tuesday Track](#)



[Wednesday Wild Miles](#)



[Saturday Breakfast Run](#)



[Sunday Long Run](#)
On Pause



[Strava](#)

RWM CALENDAR OF EVENTS

September

1

Mntwi | Ni?ay Virtual Half Marathon Starts!

Anytime! | Anywhere!

[More Info](#)

September

1

Hot Walk Missoula

10:00 AM | South Side of Van Buren St Foot Bridge

[More Info](#)

September

2

RWM Office Closed - Labor Day

September

3

Fierce Fab Women's Running Festival Volunteer Reg Opens!

8:00 AM

[More Info](#)

September

5

City to Sky Volunteer Reg Opens!

8:00

[More Info](#)

September

Run Wild Missoula Parklet

6

5:00-8:00 PM
Higgins & Main

September

7

Roots Run!
8:30 AM | 125 E Main St
[More Info](#)

September

10

Queer Run Missoula
6:00 PM | Great Burn Brewing
[More Info](#)

September

11

Beginner Running Starts!
6:00 PM
[More Info](#)

September

12

Turkey Day Registration Opens
8:00 AM
[More Info](#)

September

12

Senior Olympics Road Races - Volunteers Needed
1K & 3K Races at 10:00 AM | 5K Race at 1:00 PM
[More Info](#)

September

12

Dry Miles Debut!
6:00 PM | Location TB
[More Info](#)

September

18

Annual Member's Meeting
Group Run at 5:30 PM, Dinner & Meeting at 6:30 PM | Highlander Brewing Pavilion
[More Info](#)

September

24

Snow Joke Price Increase
[More Info](#)

September

25

Last Wednesday Beer Run

6:00 PM | Lolo Peak Bre

[More Info](#)

September

30

Mntwi I Ni?ay Virtual Half Marathon Ends

[More Info](#)

AROUND TOWN!

Disco PBR - Anaconda, MT

August 7 - [More Info](#)

Foy's to Blacktail Trail Marathon - Kalispell, MT

September 8 - [More Info](#)

Bozeman Half Marathon & 10K - Bozeman, MT

September 8 - [More Info](#)

The Rut Mountain Runs - Big Sky, MT

September 13 - 15 - [More Info](#)

Cedar Creek Marathon - Columbia Falls, MT

September 21 - [More Info](#)

ZooTown Challenge - Missoula, MT

September 28 - [More Info](#)

Mountain West Classic XC - Missoula, MT

September 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 40,9 miles through August 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

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