

VIGILANTE



HELENA
VIGILANTE
RUNNERS



Helena Vigilante Runners
P.O. Box 663
Helena, MT 59624

www.vigilanterunning.org

*Promoting health,
fitness, and
community through
running*

About the Helena Vigilante Runners

The Helena Vigilante Runners, Inc. (HVR) is a tax-exempt, non-profit organization. The club serves as an umbrella group for Helena's diverse community of runners, which includes trail runners, track athletes, triathletes, and fitness enthusiasts. It is the successor to the Helena Running Club, which began organizing many of Helena's premier running events in 1997. HVR's purpose is to promote health, fitness, and community through group training runs, races, and social events in the greater Helena area.

Tuesdays—Vigilante Track All Levels Welcome!

- ∇ Workouts begin in mid-March and continue to the Montana Cup Cross Country Race at the end of October.
- ∇ Workouts include a variety of speed-oriented intervals, and usually total 3-5 miles.
- ∇ Workouts alternate between Vigilante Track (Helena Middle School) and other sites to take advantage of Helena's unique geography (i.e. hills).
- ∇ Intervals begin promptly at 12:15 PM. Most workouts finish in about 30 minutes.
- ∇ For more information, please visit <http://vigilanterunning.org/>
- ∇ To join HVR (free membership) and receive email updates of Tuesday workouts, races, and other running related information, contact Patrick Judge at pljudge@bresnan.net

HVR Sponsored Event Schedule

HEAT Meet 1st Sunday in June

The Helena Elementary Area Track (HEAT) Meet is a track meet at Vigilante Stadium for boys and girls currently in 3rd, 4th and 5th grades. Events include the 100m, 200m, 400m, long jump, and softball throw. The Meet is free, and provides kids a fun, initial exposure to track and field competition.

Augúst Road Race 3rd or 4th Thursday in August

Having its origins in the summer of 1965, the race brings together runners of varying ages and abilities, all looking for a friendly contest against each other and the clock. Runners receive their starting instructions from the legendary Bill Gilbert, retired Helena High Cross Country Coach and originator of the race. The proceeds support the high school cross-country programs. This is the second oldest footrace in Montana.

Mount Helena Run 2nd Saturday after Labor Day

This 5.6 mile course starts on historic Last Chance Gulch and quickly changes from urban running to mountain trail running. The course takes runners to the top of Mt. Helena, 1,368 feet above the starting line, offers outstanding views of the surrounding area, and then descends back to the finish area on Last Chance Gulch.

The Montana Cup 1st Saturday after High School State XC

A cross-country event on a new and unique course every year, rotating around the state. All courses are between 5k and 8k. This is a team event which brings together runners from seven regions, associated with Montana's seven largest cities. Runners compete for individual places, and also for traveling team trophies — the "Montana Cup" and the "Masters Cup". More information at www.montanacup.com

Other area races and HVR partners and friends lists can be found on our website at <http://vigilanterunning.org>

I want to support the HVR!

- \$5.00
- \$10.00
- \$25.00
- \$50.00
- Other _____

Name

Address

Phone

E-mail (Please print clearly!)

Your generous contribution is a donation to a charitable 501c(3) organization. All proceeds support running events and assist with the costs of providing workouts each week to the public. You will receive a receipt for tax purposes.

Thank you!

Please mail this form and check to:

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