



Helena Vigilante Runners, Inc.

Promoting health, fitness, and community through group training runs, races, and events in the greater Helena area.

**PO Box 663
Helena, MT 59624**

www.vigilanterunning.org

July 8, 2013

Greetings fellow runners!

Summer is here and it's time for HVR's annual request for volunteer and financial assistance. As you may know, the club is now in its 5th year of existence, with the purpose of "*promoting health, fitness, and community through group training runs, races, and social events in the greater Helena area.*"

I certainly think it accomplishes this (and more) in Helena. As someone who moved to Helena alone a few years ago, I showed up at a Tuesday track workout in March and was instantly impressed. Whether it was people making a point to learn my name and welcome me, the number of people at the workout, or the variety of the workouts – not every community has this kind of organization! Through the HVR workouts and races, I have met a lot of great people who have not only become running partners throughout the year – whether on the trails, ice, roads, or track – but have also made life-long friends through the group. Additionally, I'm always amazed at how often I see Helena represented across the age groups at races all over the state, and while there are many reasons for this, I think one of them is certainly the intensity and quality of our weekly group training.

It also makes me proud to be a part of the organization when I see how much we give back to the community, whether it's to youth running (HEAT Meet, \$600 for Youth XC programs from the Augúst Road Race, Open Streets), supporting running-related community efforts (trail stewardship, pedestrian-friendly policies in Helena, assisting other groups with race logistics and equipment), and other runner services - such as the portable toilet at the track. Because of all of this, I feel very comfortable endorsing HVR by asking you to consider both volunteering at one of their events, and donating to our modest enterprise.

A great way to support HVR is by volunteering your time at one of our races. It's simply impossible to put on a great race event without help from volunteers, and the success of the HVR races is in large part due to a strong volunteer network. In the next twelve months, HVR has the following races planned (in addition to our Vig Scrimmage one-mile time trials):

- Augúst Road Race (Thursday, August 22nd)
- Mt. Helena Classic (Saturday, September 14th)
- Helena Elementary Area Track (HEAT) Meet (Sunday, June 8th, 2014)

Along with volunteering your time, we are also asking supporters to make a tax-deductible donation of \$30, \$50, or \$100 (or any amount they are comfortable giving) by sending a check to PO Box 663, Helena, MT 59624 or by bringing a donation to a Tuesday workout (receipts for tax purposes will be provided). As in years past, we are relying upon voluntary contributions rather than charging a membership fee. Member donations are the main source of income for the club.

In addition to our Tuesday workouts and races, HVR has had some important accomplishments in 2012/13. Some of the highlights include:

- Launching a Facebook page (Dec. 2012), and overhauling our website (May 2013)
- Continuing our popular “Speaking of Running” series
- Conducting a member survey (Winter 2012), which gave us some great feedback
- Presenting “Volunteer of the Year” awards for 2011 and 2012
- Celebrating the club at the Blackfoot “Community Monday” and the Lewis & Clark “Ales for Charity” events
- Advertising the club in the IR’s “101 Summer Things to do Helena” publication (Summer 2013)
- Updating our brochure (Summer 2013)

Finally, please know that we value your feedback and ideas, and always love to hear from you. Feel free to contact any board member or attend any of our quarterly meetings (3rd Monday of Feb, May, Aug, and Nov). Thanks for your participation in the club, and for considering these requests. And best wishes for the remainder of the running and racing season – enjoy the summer!

Sincerely,

Erik Makus and the HVR Board of Directors:

Patrick Judge (President), Jeff Thomas (Vice President), Carolyn Blasch (Secretary), Chris Colberg (Treasurer), Chris Beskid, Samsara Chapman, Sean Connolly, Mike Fanning, Tammy LaVigne, Erik Makus, Janet Robinson, Ann Seifert, Scott Story, and Todd Younkin

***The 2013 “must have” item is the Vig running cap. Contributors donating \$30 (or more) will receive the color of their choice (navy on white or white on navy), while a donation of \$50 or more will net one of each color scheme.**

