



## Helena Vigilante Runners

*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](http://www.vigilanterunning.org)**

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July 28, 2015

Dear Running Friends,

Five years ago I moved to this beautiful state. It took me a full year to work up the courage to join the Helena Vigilante Runners (HVR) club. Now, four years later, I am a regular at the Vig workouts. This year I became a board member.

By training consistently and working hard, I have moved from the Cedar group to the Birch group. But it doesn't matter which "tree group" you are in. As runners, we know everyone is working hard and to the best of their ability. Everyone is supported for their **efforts**, and for the enthusiasm and joy we all share in our running.

The Vig weekly workouts are a great opportunity to meet with friends and to train hard with other dedicated runners. We are so fortunate to have great facilities available to us at the track (Vigapotty and custom striping!), "breathtaking" locations for our off-track intervals, and challenging workouts planned for us every week -- all free of charge.

Helena Vigilante Runners is a 501c3 non-profit organization. While HVR remains one of the few "dues-free" running clubs out there, the club does have expenses it must cover (equipment, website, listservs, insurance, etc.). Hence, once a year, we turn to our members for voluntary contributions to keep the club running strong.

In addition to the workouts, your contributions help support the club's many events and activities -- from the Speaking of Running lecture series, to shoe drives for youth athletes and assistance for Tread Lightly's "Junior Vigilante" program, to consultation services for numerous local events. This year, the club is excited to be the lead organizer on an exceptional lineup of races:

4th Annual HEAT Meet	(6/7/15)
50th Annual August Road Race	(8/20/15)
40th Annual Mount Helena Run	(9/12/15)
Inaugural Helena Sun Run	(10/11/15)
24th Annual Montana Cup	(10/31/15)

Please consider donating \$30, \$50, \$100 or any amount you can afford. Your donation is fully tax-deductible, and may be sent to "HVR" at PO Box 663 Helena, MT 59624 or brought to a Tuesday workout. Treasurer Seifert will provide a receipt for tax purposes.

As a member of HVR, I now have lifelong friends. As a board member, I am humbled and honored to serve with individuals who are passionate about the sport, and generous in

organizing events I used to take somewhat for granted. Please consider not only a financial contribution, but also a contribution of your time. The club simply could not exist without the many fantastic volunteers helping at our events.

Thanks so much for being a part of the HVR family -- Go Blue!

Sincerely,

Kathleen McElwain and the HVR Board of Directors

Sean Connolly, Erik Makus, Aubrey Curtis, Patrick Judge, Shiloh Hernandez, Jesse Zentz, Sarah Urban, Ann Seifert, Todd Younkin, Mike Fanning, Jeff Thomas, Lila Thomas, Rebecca Shaw, Chris Beskid

P.S. Aubrey Curtis arranged for this year's "must have" thank-you item, from Sauce Headwear out of Bozeman. With a \$30 donation, you will receive this Vigilante navy or white winter hat. By donating \$50 or more you can "switch it up" and own both colors!

