



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

July 1, 2016

Helena Vigilante Runners,

Moving to a new place isn't always the easiest thing to do. Starting from scratch—like the beginning of a running phase, for example—can be an awkward time.

But I've lived in Helena for a little over a year now (I know that because I just ran the *LeGrande Miles* workout for the second time) and I have never adjusted to a move faster. The *Helena Vigilante Runners (HVR)* has been a big part of that, truly.

I remember the Vig leadership recognizing I was new at that *LeGrande* workout last year and welcoming me. I haven't missed many workouts in the past year and, by another stroke of luck, I even ended up on the board of this impressive organization.

What is immediately remarkable about this organization, to me, is how much the group does without asking for any membership fee whatsoever. The model depends entirely on the generous (and voluntary) support of its members, and that's another mark of the group's dedication.

And we certainly got our money's worth since our last annual fundraiser (in case you hadn't guessed what this letter is about), but before I make the big ask this time around, let's go over some of the big successes from the year:

- **Mount Helena Run.** One of Helena's signature running events, MHR marked its 40th anniversary with another great race in 2015.
- **1st Annual Sun Run.** The brainchild of board member Shiloh Hernandez, this event raised \$10,000 for solar panels to power our own Lewis & Clark public library.
- **Montana Cup XXIV.** HVR's 2015 edition of this (my favorite) race was a complete success and set a high bar for this year's event in Bozeman.
- **Junior Vigilantes.** The "JV" runners made quite the splash in their inaugural run at the USATF state cross country championships in Bozeman last November, winning the 11-12 year old girls division (both team & individual). This Spring, the JV teams competed in the USATF State Track Meet in Butte as well as the Regional Meet in Bozeman. Next stop . . . Nationals! Way to go Junior Vigers!
- **Speaking of Running.** In January, HVR kicked off its 2016 *Speaking of Running* lecture series with marathon great **Jeff Galloway**. The event, co-sponsored by HVR and *Run Wild Missoula*, drew rave reviews from a packed-house crowd at the Myrna Loy Center.
- **HEAT Meet.** This annual track & field meet for Helena's 3rd, 4th, and 5th graders has proven incredibly popular, year after year. Special thanks to board member Sean Connolly for inventing and perfecting this fantastic celebration of youth athletics.
- I could go on, but you're getting the picture right?

This was all in addition to the "Tuesday-at-Noon" workouts and "Phase Parties" that provide consistent opportunities for training, camaraderie, and good-natured fun.

So I'm finally getting to the big ask. Like I said, this amazing organization depends on our generosity, so let's take a moment to reach deep into our hearts (and pockets) to give back. Think about what you're able to give, but please consider a \$30 or \$50 contribution. For \$30, you will receive this year's fundraising Thank-You item -- a classy navy blue tech running shirt complete with HVR's handsome logo (men's version pictured below, women's version has a v-neck). \$50 will get you two of these bad boys. Your donation is fully tax-deductible, and may be sent to "HVR" (PO Box 663 Helena, MT 59624) or brought to a Tuesday workout. Intrepid Treasurer Ann Seifert will provide a receipt for tax purposes.

Looking ahead, here are some upcoming events to add to your calendar:

- 50th August Road Race (8/18/16)
- Vig Scrimmage 1 Mile Track Time Trial (8/23/16)
- Mount Helena Run (9/10/16)
- Helena Sun Run (9/17/16)
- Montana Cup in Bozeman (10/29/16)
- HVR benefit night at Ten Mile Creek Brewery (10/30/16)
- HVR benefit night at Lewis & Clark Brewery (12/6/16)
- HEAT Meet (6/4/17)
- Junior Vigilante coaching (fall x-country and spring track)

Let's make it another fun and successful year for the Helena Vigilante Runners. Thank you for your current and past support, and happy miles to you!

Joel Harris and the HVR Board of Directors

(Board members: Julie Ackerlund, Sean Connolly, Aubrey Curtis, Joel Harris, Shiloh Hernandez, Patrick Judge, Erik Makus, Kathleen McElwain, Ann Seifert, Rebecca Shaw, Christy Otte Stergar, Jeff Thomas, Lila Thomas, Sarah Urban, Jesse Zentz.)

