



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 17, 2017

Dear fellow Vigilante,

Wow, it's been another great year of Vigilante workouts, races, and events. Just a few highlights since we last wrote:

- **Junior Vigilantes.** Under the expert guidance of Jesse Zentz, The Helena Vigilante Youth Cross Country and Track Program exploded in popularity and success. The roster now includes 60 young athletes, with a schedule that includes state, regional, and sometimes even national USATF competitions.
- **Mount Helena Run.** One of Helena's signature running events, MHR marked its 41st anniversary with another great race in 2016. And interest is building for the 2017 event, with special guests Mark and Craig Burgess coming from California. These brothers are the grandsons of Ben Burgess, the winner of the 1916 event!
- **Helena Sun Run.** The Sun Run is a 5K run and 1-mile walk & bicycle parade to support clean energy solutions in Montana's capital city. Under the direction of HVR Board member Shiloh Hernandez, the 2015 event raised more than \$10,000 for the recently installed solar system at the Lewis & Clark Library. The second edition of the event raised much-needed funds for a similar project at the Holter Museum of Art, while the 2017 event will assist with a solar project at Carroll.
- **Montana Cup XXV.** Helena fielded complete teams in all divisions at the largest ever Montana Cup race in Bozeman last October. The Helena Men's Masters team defended their title in a fiercely contested battle with Bozeman.
- **Speaking of Running.** In March, HVR kicked off its annual lecture series with a captivating presentation by Olympic Trials Marathoner Heather Lieberg. The local second-grade teacher and mother of three spoke about "Balancing it all – training as an elite runner while balancing everything else." In May, HVR teamed up with Free Ceramics and Girls Thrive for an event featuring three-time Olympian and current mental health advocate Suzy Favor Hamilton.
- **Community Involvement.** In addition to sponsoring events and workouts of its own, the club provides input and assistance to other community partners. In the last year, HVR board members have weighed in on USFS and BLM trail plans and the Helena Regional Sports Association proposed facility. HVR also regularly helps out with community events like the Governor's Cup.

This was all in addition to the "Tuesday-at-Noon" workout program (now in its 14th season!) and "Phase Parties" (including at the Governor's Mansion!) that provide consistent opportunities for training, camaraderie, and good-natured fun.

But none of this is possible without the support of our members. While the club has never charged for membership, it does ask for voluntary contributions once a year.

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 – 2 pair of Vigilante socks! (see below). And \$50 will get you 4 pair – an even better deal! Your donation is fully tax-deductible, and may be sent to "HVR" (PO Box 663 Helena, MT 59624) or brought to a Tuesday workout. HVR Treasurer Ann Seifert will provide a receipt for tax purposes.

Thank you for your current and past support, and don't forget to join us for the following upcoming events:

- 3rd Helena Sun Run (9/16/17)
- 42nd Mount Helena Run (9/23/17)
- 26th Montana Cup in Billings (10/29/17)

Sincerely, the HVR Board of Directors:

Julie Ackerlund, Sean Connolly, Aubrey Curtis, Joel Harris, Shiloh Hernandez, Patrick Judge, Erik Makus, Ann Seifert, Rebecca Shaw, Christy Otte Stergar, Jeff Thomas, Lila Thomas, Sarah Urban, and Jesse Zentz.

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