

44th Mount Helena Run – Helena, Montana

September 21, 2019 - 10:00am

**Walking Mall & Broadway St.
Downtown Helena**



A 5.6 mile (9 kilometer) run starting and finishing on the downtown Helena Walking Mall featuring a 1,300 foot climb to the top of Mount Helena and back.

www.vigilanterunning.org

Name (please print legibly)

Phone #

Address

e-mail Address

City

State

Zip Code

Age on Race Day: _____

Sex: M F

T-shirt size (gender specific): S M L XL

Birthdate: ____/____/____

Age Division: 14 & Under 15-19 20-29 30-39 40-49 50-59 60-69 70-79 80+

Waiver: I understand that there are inherent risks associated with my participation due to the nature of this race and that my participation may subject me to injury and/or illness or worse, including but not limited to injuries caused by running on roads, running at high altitudes, running hazards related to poor footing, rocks, narrow trails, trees, tree roots, wildlife, and weather. In consideration of the aforementioned, I for myself, my executors, administrators, and assigns, do hereby release and discharge any and all liability, rights, and claims for damages incurred before, during, and after this race against RRCA, the Helena Vigilante Runners, the City of Helena, and the race officials, sponsors, volunteers, and participants in this race. I attest and verify that I am physically fit and have sufficiently trained for this event. I hereby consent to permit, and accept responsibility for emergency medical treatment, regardless of whether I have authorized such expense. The foregoing release is binding upon me personally as well as upon my heirs, executors, administrators, all members of my family, or any others who might make a claim on my behalf.

Signature (Parent or guardian must sign for minors)

Date

Entry Fee: \$30 (Entry fees are non-refundable. Registrations received by 9/5 are guaranteed a long-sleeve t-shirt.)

Make Checks Payable to &
Mail Entry Form and Fee to: Helena Vigilante Runners
PO 663
Helena, MT 59624

Questions? Contact:
MountHelenaRun@gmail.com

Race Website: <http://vigilanterunning.org/our-events/mount-helena-run/>

Race Day Registration and Packet Pick-up: Downtown Walking Mall at Broadway Street, 8:30am – 9:30am, Sept. 21, 2019

Awards: Trophies/medals to Top 3 Overall Male and Female and Top Masters Male and Female.

Medals to top finisher in each Male and Female Age Division (Overall Trophy winners removed from Age Division medals)



BlueCross BlueShield
of Montana



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