

Thanks you so much for volunteering for the Mount Helena Run this Saturday, September 17, 2022.

We need help from you to make sure our runners do not get lost! Accordingly, we need you to stand at key intersections along the course and direct traffic.

Below is the list of the location where we need you. I have attached a map of the course. The map has your assigned location, by the number below, indicated on the map. Each location has a brief description of what we need you to do.

Please respond to this email, and confirm that this spot/duties work for you. If for some reason our proposed location does not work for you, please let us know ASAP. You will need to be at your assigned location before 10:00 am on race day.

1. Race Start / Finish. In front of Bird's and Beasleys
2. Crossing Guard on Park Avenue Crosswalk, in front of Reeder's Alley. **Kevin & Mo Danmuth.** (Talk to Abby McLane at the start line before the race, she has a vest & stop sign -- We are required to have crossing guards under our city permit, so we must have at least one of you for the entire race, out & back).
3. Mount Helena Trailhead. **Dave Roberts.** Make sure they go up 1906 Trial. (We don't need you there the whole time, just when the runners are going up the mountain – unless you want to stay for when runners go back out.) We will flag/cone off the parking spot right where the trail starts at the parking lot, but please also try to make sure nobody parks there.
4. Start of Prairie Trail at the 1906 Trial. **Hannah Reidl.** Make sure they go out on Prairie Trail. (You are not needed for the whole race, once all runners are have gone up the Prairie Trail you can be done – unless you want to stay when runners come back down 1906).
5. Intersection of Diretissima and Prairie Trail. **David Armstrong.** Make sure they make the turn up the hill and stay on Prairie, and that they do not keep running straight onto Diretissema. (Runner's will only go past this point on the way up).
6. End of Prairie Trail, where it connects to West End Trail. **John Fitzgerald.** Make sure they go towards Mt. Helena on West End Trail. Make sure they don't go towards Ridge Trail. (Runner's will only go past this point on the way up).
7. Intersection of West End and Backside trails. **Kevin Kruetzer.** Make sure runners make a right onto backside trail. Don't let them go straight up the hill to 1906. (Runner's will only go past this point on the way up).

8. Backside to Hogback. **Lucia Olivera.** You get to kill everyone's spirits and make sure they go up the soul destroying Hogback trail to the peak. (Runner's will only go past this point on the way up).
9. Top of Mount Helena. **Joel Harris.** We'll have water stashed up there that you can dole out. (Runner's will only go past this point on the way up). You do not need to pack the water out. We will have a very bare bones first aid kit too.
10. Intersection of 1906 and top of Powerline Trail. **Mike Fanning.** Apparently people regularly attempt to bail off Powerline trail, so keep them going down 1906.
11. 1906 and West End Trail. **[OPTIONAL] Kevin Kreutzer and/or John Fitzgerald.** If one of you wanted to, but only after all runners go by your primary locations, make the short hike to where West End intersects with 1906, please make sure runners stay on 1906, and don't try to go back down to West End/Prairie. Frankly, if anyone did that that, you'd catch them at your primary post of West End/Backside, or West End/Prairie.

Mitch Young and Ryan McLane will be flagging the course Friday after work. If you have any questions about where exactly you need to be, please contact Ryan (rmclane@msn.com / 406-461-0440). They invite any/all of you come along while they flag, and they can show you precisely where you are needed. They will be meeting at 5:30 at the Mount Helena Trailhead on Friday.

The race starts at 10:00, so we need you in your places by then. You are only required to stay as long as runners are on the course. At the moment we have 50 runners signed-up, but we may see an additional sign-ups. We will have a race sweep: **Ben Quinones. He will be starting his sweep duties shortly after the race begins, and we will have him tell you that he has swept the course to that point.** Please use your best judgment. Some runners can be super crabby (especially on hills), and ultimately it is their duty to know the course. You are just there to avoid any potential mistakes. **If anything is concerning / problematic, including medical emergencies, please immediately contact Abby McLane (406-461-1608) and/or EMS if necessary.**