

## Greetings, Members!

With our fall season behind us and winter weather arriving, it's time once again for our annual [membership renewal drive](#)! We hope you agree 2022 was a fantastic year for the club, with amazing attendance and energy at our workouts and events. Highlights included:

- 30 [Tuesday-at-Noon](#) interval workouts, with great turnout (averaging 40+)
- 31 [Thursday-at-5:45](#) trail workouts, including some epic shuttle adventures!
- 7<sup>th</sup> Annual [HEAT Meet](#), with nearly 100 youth tracksters participating
- 7<sup>th</sup> Season of our incredibly successful [Helena Novas](#) cross-country & track-and-field programs
- Hosting the [Junior Olympic State T&F](#) meet for the first time
- 54<sup>th</sup> [Augúst Trail Race](#), with record participation & representation from 4 local high schools
- 20<sup>th</sup> [Vig Scrimmage](#) one-mile time trial (33 runners)
- 46<sup>th</sup> [Mount Helena Run](#) (special thanks to our new management team!)
- 7<sup>th</sup> [Helena Sun Run](#), raising funds for solar panels at Bryant Elementary
- 30<sup>th</sup> [Montana Cup](#), with 42 Helena runners taking on the beautiful & challenging course in Lolo
- Social Gatherings ("Phase Parties" at McLane & Thiessen households, and more to come!)
- DEQ Lunch & Learn presentation – "5k Training & Racing"
- [Speaking of Running](#) event – "Running for the Health of It" with Marc David

None of this would be possible without the support of YOU, our dedicated members. Heading into our 20<sup>th</sup> year, we are so grateful for our community of runners and all that they do. 2023 promises to be another exciting year (including HOSTING the next Montana Cup!), and we hope you'll continue to be a part of it! Our membership drive runs from now until **December 15**, with a goal of **150 sign-ups**. At a time when everything seems to be getting more expensive, your HVR membership rates remain unchanged, and we think, a bargain! :)

The many benefits of membership also remain unchanged from previous years:

- subscription to the "vig" email listserv where the workouts, events, and socials are announced
- [RRCA](#) membership, newsletter, and insurance coverage
- [Tuesday-at-Noon](#) interval workouts, "Vig Credits" and the [Centurion Club](#)!
- [Thursday-at-5:45](#) group trail runs, with group leaders rotating throughout the season
- 15% discounts on race registrations for:
  - [Governor's Cup](#) (June) — thank you Blue Cross Blue Shield!
  - [Augúst Trail Race](#) (August)
  - [Mount Helena Run](#) (September)
  - [Helena Sun Run](#) (October)
- merchant discounts, starting with 10% off at Universal Athletic – thank you UA!
  - And thank you to Fisher Physical Therapy for "Vig Altra Shoe Discount Days"!
- eligibility to vote for, *and run for* the [HVR Board of Directors](#)
- club socials (usually three get-togethers per year, celebrated at the end of each "phase")
- the chance to meet and run with a welcoming and supportive group of Helena-area runners!

As in years past, members will also receive a commemorative, highly sought-after, navy-and-white swag/apparel item (aka “Vigwear”). Stay tuned for more details!

Specific instructions for joining the club or renewing your membership are available [here](#). The direct link to the RunSignUp portal can be found here: <https://runsignup.com/Club/160>

Again, many thanks for your past support of the club. Please let us know if you have any questions, or if there’s anything we can do to improve your experience as a Helena Vigilante Runner.

Go Vigilantes! Go Novas! Go Blue!

Sincerely, the HVR Board of Directors

*Patrick Judge (President), Jeff Thomas (Vice President), Sarah Urban (Secretary), Ann Seifert (Treasurer), Jason Brown, Sean Connolly, Joel Harris, Mike Kaiser, Erik Makus, Abigail McLane, Ben Quiñones, Christy Stergar, Emily Thiessen, Mitch Young, and Jesse Zentz*

