



Youth Track & Field Team



Novas Youth Program



Youth Cross Country Team

## Who We Are

### About Us

Helena Vigilante Runners, Inc. (HVR) is a tax-exempt non-profit organization that incorporated with the State of Montana on January 22, 2009. The club serves as the umbrella group for Helena's diverse community of runners, which includes trail runners, track athletes, triathletes, and fitness enthusiasts.

Helena Novas is a USA Track & Field member club that offers competitive youth cross country and youth track and field programs for Helena-area residents between the ages of 7 and 18. Our mission is to develop individual athletic skills, foster personal growth, improve health and wellness, and pursue competitive cross country and track and field in an optimal training environment.

### Join Our Team!

Phone: (406) 459-5838

Email: [info@vigilanterunning.org](mailto:info@vigilanterunning.org)

Web: <http://vigilanterunning.org>



**HELENA VIGILANTE RUNNERS**

PO Box 663

Helena, MT 59624

VIGILANTE



**HELENA  
VIGILANTE  
RUNNERS**

*Promoting health,  
fitness, and community  
through group training  
runs, races, and social  
events in the greater  
Helena area*



Tuesday-at-Noon Intervals

▪ **Tuesday-at-Noon Intervals (HMS Track)**

Weekly practice on the track or offsite.

▪ **HEAT Meet (HMS Track)**

End of May. FREE competition for youngsters age 9, 10, and 11.

▪ **Vig Scrimmage (HMS Track)**

End of August. One-mile time-trial.

## Our Events

(Please see our website for specific dates and locations.)

▪ **Thursday-at-5:45pm Trails (Dirt)**

Weekly practice on mountain trails.

▪ **August Trail Race 5K (Dirt)**

Middle of August. "Montana's Second Oldest Footrace." Fundraiser for local high school cross country teams.

▪ **Mount Helena Run 5.6M (Trail)**

End of September. The course starts on historic Last Chance Gulch and climbs 1300+ feet above the starting line before returning to town.

▪ **Helena Sun Run 5K/1M (Road)**

Beginning of October. Fundraiser to support clean energy projects in the community.



Thursday-at-5:45pm Trails

▪ **Montana Cup 5-8K (XC)**

Late October/Early November. This team event gathers runners from seven regions across Montana.

▪ **JOXC/Vig Fall Classic 2-5K (XC)**

Beginning of November. The USATF Montana Junior Olympic Cross Country Championships will take place in Helena. For youth ages 7-18.



# MONTANA CUP