



## Helena Vigilante Runners, Inc.

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](http://www.vigilanterunning.org)

---

November 15, 2024

Greetings Vigilantes,

On behalf of the HVR Board of Directors, thank you for helping make 2024 such a resounding success! Here are some highlights:

### **Vig/Novas 2024 – By the Numbers**

- 33 [Tuesday-at-Noon](#) interval workouts (most ever!), averaging 43.2 people-per-week
- 30 [Thursday Trails](#) workouts, averaging 12.8 people-per-week (new record!)
- 11<sup>th</sup> annual [HEAT Meet](#), introducing 111 elementary kids to track & field
- 56<sup>th</sup> annual [Augúst Trail Race](#) fundraiser, with a record 215 finishers
- 48<sup>th</sup> annual [Mount Helena Run](#), with an historic win by Pete Behrends at age 50!
- 9<sup>th</sup> annual [Helena Sun Run](#), raising \$14,000 for solar panels at the new Helena Food Share
- 10<sup>th</sup> season of [Helena Novas](#) youth program
  - hosted Junior Olympics State Track & Field meet, with a record 116 Novas competing
  - hosted Junior Olympics State Cross Country meet, with a record 80 Novas competing
- Hosted [MT Cup XXXI](#) at the beautiful Zinn Ranch, with 272 finishers (record 121 "Team Blue")
- And still to come, the 40<sup>th</sup> annual [Helena Turkey Trot](#) at Crossroads Fitness – 117 & counting!

Please also join us for our ever-fabulous **Year-End Party**, scheduled for Friday, December 6 (5:00pm-close) at the Broadwater Hot Springs event room. Stay tuned for more information!

### **Testimonial**

We on the board feel so grateful to be able to pursue the sport that we love in the company of such a fun and positive group. And we love hearing the feedback, such as this recently received message:

*I wanted to express my heartfelt appreciation for the Vigilante runners club. I am so thankful to have joined such a supportive and kind group. Besides the friends I have gained, my running has substantially improved. I went from a 10min pace for my first 5k in April to a 10min pace for my first 1/2 Marathon in October. In just 6 months I have been able to run 10 more miles at the same average pace. Besides that, I ran miles 9, 11 and 13 at a faster mile pace than I have ever run a mile! –DM*

## **Looking Forward to 2025**

HVR has always prided itself on creating a welcoming environment to runners of all ages and experience levels. On that note, we're excited to introduce a new "Beginner's Running Program" consisting of 8-week spring & fall training sessions leading up to the Governor's Cup and the Sun Run, respectively. Thank you to David Merrien & David Curd for developing this idea! Stay tuned also for a new "Vigilante Footnotes" monthly e-newsletter (first issue Jan 1!), brought to you by co-editors and Vig board members Michael French and Hannah Goemann.

## **Membership Drive**

Our once-per-year membership campaign officially starts today! This year, we've compressed our renewal drive to just **4 weeks** (so as not to bug people too long), so please sign-up soon! Our RunSignUp URL is located here:

<https://runsignup.com/MemberOrg/HelenaVigilanteRunners>

For the sixth consecutive year, the club is maintaining the same low rates for its members (note that the 2025 membership period starts upon sign-up and runs through Dec 15, 2025):

- Individual \$25
- Medalist \$50
- Champion \$100

The Medalist and Champion options are for those who are able to support the club and its offerings at a higher level. Thank you for your tax-deductible donation at whatever level you can afford. We appreciate you!

Please let us know if you encounter any difficulties, or have any questions about the club. Again, a profound thank-you for being a part of our awesome community! Go Blue!

Sincerely,  
Pat Judge, and the entire HVR board

P.S. Last year, we surpassed our goal of 150 memberships. We would love to do even better this year!

## **HVR "Save the Date" Events 2025**

HEAT Meet (T&F) – Thursday, May 29  
Governor's Cup (mult.) – Saturday, June 14  
August Trail Race (5k) – Thursday, August 21  
Vig Scrimmage (1 mi.) – Tuesday, August 26  
Mount Helena Run (9k) – Saturday, September 20  
Sun Run (5k / 1 mi.) – Saturday, October 4  
Montana Cup (5k-8k XC) – Saturday, November 1 (Bozeman)  
Turkey Trot (5k / 10k) – Thursday, November 27