

January 1, 2009, Thursday

New Year's Day Run • Thompson Falls, 5K & 2K, Start is at Mighty Fine T's, just east of Thompson Falls Race begins at 11:00, race day registration 9:00-10:30 Cost: \$15 with long sleeved shirt, \$4 without Race day costs are \$18/\$5. To benefit: Clark Fork Valley Running Club and their scholarship fund. For info contact: Sarah Naegeli at 827-4887 or tf14887@blackfoot.net or Tim/Anders Brooker at the Runner's Edge. They will have registration forms at the Runner's Edge and you can register there as well as Mighty Fine T's in Thompson Falls. OR Download Registration Form : www.runmt.com/NYDR.pdf

GET OFF YER DUFF Fun Run • Choteau, Montana. 10:00 a.m. start at the Teton Medical Center Community Clinic (in the hospital building). Registrants will get their choice of a challenging run with a pack leader taking them through hills and for a longer route, a middle run or "get'r done" distance that will be flatter and more mid-pack paced. The last choice will be of a "Got Off My Duff" for the walkers. The routes will only be determined on race day by the pack leaders. \$10 for adults and \$5 for students. At the end of the distances, registrants will gather for prize drawings to include a manual treadmill, personal training sessions, aerobic class passes, t-shirts, etc. All registrants are entered into the drawings but must be present to win. Proceeds will be used to purchase equipment for the school gym. To register, email Syd Rogers at irun4me2@hotmail.com or leave a message at 231-4557.

January 3 , 2009 Saturday

Franklin's Fat Ass 50K • Bozeman , 50K, 5K at a time. 9:00 AM. Headwaters Park (If it is below 0° the run will take place the following Saturday). Start in the parking lot by the restrooms. Run as many 5K's as you want (or the weather allows). Free entry. Free hot and cold drinks. Free company. Top five entrants get free entry next year. Big Sky Wind Drinkers website: www.winddrinkers.org

January Jingle Bell Jog • Polson 5K Run/Walk.. Starts at 10:00 am at the corner of Hwy 93 and Hwy 35. (Century 21 Parking Lot) Great paved trail out and back. Cost is \$15 prior to December 23, includes long-sleeved shirt; same day registration for \$7 does not include shirt. Start off your "Healthy New Year's Resolution" and join us Saturday Morning. Packet pickup and same day registration starts at 9:15.. Contact polsonrunning@yahoo.com or call Tyana at 406-883-8322 for more information.

January 10 , 2009 Saturday

HURL Fat Ass 50K • Helena, 9 AM Start/finish at 815 11th Ave, Relay options available include the two-person Half Assed Relay and the multi-person Skinny Ass Relay. Fat Ass rules apply: No fee, no aid or support, no awards, no wimps, no weenies, no whiners. mpmiller93@yahoo.com, or 459-6296.

January 24, 2009, Saturday

Aussie Jingle Cup • Darby, 4.2 Miles, This race is in support of 2 Darby runners headed for Australia to run. Jingle bells, food, and drink will be provided. , race begins 11 am , race day registration 9 am Price-

\$15 per person, Prizes- top finishers awarded prizes, and best hat. Registration- race day registration & forms can be found at Runners Edge in Missoula, Antara Sport in Hamilton, and Right to Bare Arms in Darby. Race Location at Wally Crawford fishing access. Directions- driving from Missoula- 4 miles north of Darby, take a left at old Darby road. Signs will be posted Contacts- Seth-821-4748, Heather-381-2472 downloadable application www.runmt.com/aussie.pdf

January 25 , 2009 Sunday

Andy Blank Hour Run • Bozeman, in the Brick Breeden Field House on the MSU Campus. 3:30 pm following the All Comers Track Meet. Bring someone to count your laps.
Big Sky Wind Drinkers website: www.winddrinkers.org

January 31, 2009 Saturday

Frost Fever 5K • Missoula, Join Missoula Parks and Recreation for this 5K Fun Run/Walk at 10 a.m. Start and finish next to Currents in McCormick Park. Participants will receive a long sleeve shirt & 50% off at

Currents Aquatics Center during race weekend. Stick around for the great prize drawings after the race! more info at Missoula City Parks & Rec. www.ci.missoula.mt.us/ParksRec for more info and downloadable application.

2009 Montana State Snowshoe Championships • BUTTE at Homestake Lodge, 10am Start Time, Registration begins 8:30am Distances/Fees: The trail will include segments of groomed and ungroomed terrain. 10k- \$25 (adults must do this to qualify for Nationals), 5k- \$20 * both fees include free coffee mug More Info: www.homestakelodge.com or call Chris 406-585-8052 Prizes: Prizes and awards following lunch and completion of the race. Awards to overall Men and Women first, second, and third places.

February

February 14, 2009 Sat.

Southwestern Montana Family YMCA Valentine's Day 5K Fun Run/Walk • Dillon, Whether you are a serious runner looking for a medal, a family looking for something active to do together, or a senior looking for a little exercise and time to visit with others, this race is for you. We will award medals to the top two place winners in each age category as well as prizes for the top male and top female runners. Each participant regardless of how they finish will receive an event t-shirt. Call the YMCA for more information or to sign up 406-683-6922. Please sign up by Feb. 6 to ensure receiving your shirt the day of the event. Cost: \$15 YMCA members/\$20 non members, ages 3-12 with a parent \$5, ages 0-2 free.

Scrumpy Jack Scramble • Missoula, A Valentines Day Tradition! 2 person , 2 Mile Relay Race 10 am start at Currents, McCormick Park, Flat 2 Mile loop thru McCormick Park. \$20.00 per team, (\$10.00 a person) Don't have a partner? Teams will be formed at race day registration starting at 9 am. Race to benefit Hellgate High X- Country. Race Directors: Em & Tory Kendrick akendrick99@msn.com 546-5721

February 21, 2009, Saturday

Wulfman's Frigid Digger Run • Butte, 10 a.m. 3M and 7M on the roads behind Montana Tech. Race day registration starting 9:00 a.m. in Montana Tech HPER Building Lobby at 1301 West Park St, Butte. \$5 for 14 and under. 15 and over is \$15 for pre-registration and \$18 after Feb 18. Includes t-shirt and refreshments. Race held regardless of weather conditions! Contact Bruce Robinson at 723-8662. Entry form and course map posted at:
http://buttespissandmoanrunners.com/Butte%20Races/butte_area_races.htm

February 22, 2009, Sunday

Powder Hound Winter Triathlon • Bozeman 10:00 AM Start,, 5K Run, 10K Mt. Bike, 5K XC Ski, Co-Sponsored by Homestake Lodge and The Bozeman Tritons Triathlon Team. Entry Fees: Individual \$35, Team of Two \$60, Team of Three \$75. This event will be run at the Homestake Lodge; Montana's newest Cross Country Ski Center. The courses will be on the x-c ski trails and forest service roads. They will wind through woods, meadows and include some steep ascents and descents. Race Entry includes one trip through the Homestake Lodge Soup and Sandwich Bar and a day trail pass. Showers available after the event, bring your own towel. Online Registration at:
http://www.active.com/event_detail.cfm?event_id=1692373. Directions: Get off I-90 at Exit 233 and head to the south side of the highway overpass. Forest Service Road 240 begins at the cattle guard. Drive 3 miles and look for the Homestake Lodge Entry on the right after the power lines. Further info and entry form: www.homestakelodge.com or call 406-585-8052 write chris@homestakelodge.com

February 28, 2009 Sat.

Snow Joke Half-Marathon, Seeley Lake, 11:00 a.m. 13.1 mile lap around Seeley Lake on plowed roads. Icy patches likely. Registration Race Day Only, 8:45 to 10:30 a.m. Fee \$10.00 (\$5.00 if under age 20). T-Shirts extra, first come first serve, or reserve per web site. For more info: www.cheetahherders.com

March

March 7, 2009, Saturday

2nd Annual Bust-A-Gut 5K • Missoula, Registration starts at 7:30 AM (race day only) at Oval on the University of Montana Campus. Race fee is \$10, which includes breakfast (before or after). Race begins at 9 AM on the UM oval, goes over to the Kim Williams Trail, to Orange Street, and back. The corresponding Pancake Breakfast will be held at Christ the King Church on the corner of Beckwith and Gerald. Tickets for the Pancake Breakfast only are \$5, or 4 for \$15 (kids 6 and under eat free!) All proceeds go to UM Physical Therapy graduate student scholarships. deborah.mitchell@umontana.edu or jessica.anderson@umontana.edu

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March 14, 2009, Saturday

----- Run to the Pub • Bozeman, A St. Patrick's Day celebration not to miss! Here is an early season 10K or Half Marathon to start your year off right. A mostly downhill course will get you prepped for meeting at the Pub after the race. All runners receive a mug, a T-shirt, and post-race party at the 317 Pub! Fees: \$30 - 10K, \$35 - Half, \$5 late fee race day. We will be giving away a trip for two to the Dublin marathon to one lucky runner; including airfare, three nights at a Dublin hotel and marathon entry fees. To be eligible, you don't need to win the Run to the Pub, you just need to finish. After the Run to the Pub, a drawing will be held to select the winner of the Dublin marathon trip. The Dublin marathon is October 26, 2009. For more information please visit: <http://pub317.com> or call 406.580.0967. Runners may register online at www.active.com.

St Patrick's Race • Anaconda, 3M and 6M \$15 for pre-registration and \$20 the day of the race. Meet at the Locker Room Bar in Anaconda on East Park Street, Buses leave at 10:30 am for the start lines west of town. Fast Downhill course. Contact the Locker Room at 563-5494 or go to www.anaconda-aoh.com or www.buttesspissandmoanrunners.com/Butte%20Races/butte_area_races.htm

March Meltdown • Polson, 10:00 am at the Ridgewater Development, off of Hwy 93, northwest of the Miracle of America Museum in Polson. This is a 5K or 10K walk/run. Cost is \$15 with shirt and \$7 without shirt. Pre-registrations accepted until March 5 to guarantee a shirt. Same day registration starts at 9 am. More details and registrations are available at www.polsonrunning.com. Please contact Tyana Smith at 883-8322 for more information.

Second Annual SAINT PATRICK'S DAY DASH • Great Falls, 2 mile and 4 mile races. 10:00 a.m. race start. (9:00 a.m. - 9:45 a.m. race-day number pick-up and day-of-race-registration.) \$20 pre-registration fee if received before March 9th. Pre-registration cost includes a Saint Patrick's Day Dash Race T-shirt! \$25 fee if received after March 9th. Race starts at Heritage State Park (4600 Giant Springs Road) and ends at Giant Springs Park. Race will be along the Missouri River on the River's Edge Trail. All proceeds go to the University of Great Falls Cross-country and Track programs. Race director: Jim Brewer 406-791-5928 jbrewer02@ugf.edu Race Brochures can be downloaded on the University of Great Falls Cross-country Website <http://www.ugf.edu/Athletics/CrossCountryTrack/tabid/111/Default.aspx>

Poker Fun Run • Thompson Falls, 4 miles, 9:30 check in, 10:00 start at Thompson Falls High School, \$5.00 entry, Walk, run, or bike! Prizes given for best poker hand, worst poker hand, and fastest runner across the line. Cards will be drawn at mile 1, 2, 2.5, 3 and 4. It is a fundraiser for some high school students raising money for an educational trip to Europe this summer.

March 15, 2009, Sunday

St. Paddy's 5K • Missoula, The Start time is 1 p.m. Start and Finish is on the River Trail near the UM foot bridge. fee is \$10 includes a pair of running socks, lots of fun prizes. Contact info is Mary Thane, 543-3205 mmthane@msn.com

Shamrock 5k • Billings, 5k run/walk, race day registration 11:30 a.m. to 12:30 p.m. at Zimmerman

center, Pioneer Park (behind Senior High school) on Grand Ave & 3rd St. West. Race start: 1:00 p.m.
For more info. and registration form check out the Yellowstone Rim Runners web site
www.rimrunners.org

March 21, 2009

Wheat Montana 5k • Missoula, 9 am Start, \$14 race entry, includes free food and T-shirt, \$16 race day entry fee. Race begins at the Wheat Montana parking lot. Proceeds benefit the Missoula Aids Council. Registration forms at Wheat Montana and Runners Edge. Great Prizes. For info call Sara 546-1619
Download application: www.runmt.com/wheatmontana.pdf

March 22, 2009 Sunday

Spring Run-Off 5K • Missoula, sponsored by HOFSA Races, 11 am start at Big Sky High School, \$20.00 race entry fee. This 2nd year race, heads west of the school and loops back finishing on the track. Door prizes, top 3 age group prizes, food/drinks, and 4 different colors of shirts to choose from. Race to benefit Big Sky Cross Country team. For more info: www.halloffamesportsacademy.com, Download application at www.runmt.com/HOFSA09.pdf

March 28, 2009, Saturday

Buttercup Run • Arlee, 7th Annual, a benefit for Arlee High School senior college scholarships fund. Increasingly popular spring run in the Jocko Valley, 5K, 10K run/walk, 1 mile fun run, medals for 1st 3 places, each run, age group, sex; prizes, raffle. T-shirts by local artist/photographer Marti De Alva. Races begin at Arlee High, 11AM, 10K race-walk @ 10:30 AM. See website for info, directions, maps, online form for registration: www.geocities.com/btrcuprun, or contact Joe Weydt, arl3335@blackfoot.net, 406-726-3335.

APRIL

April 4, 2009, Saturday

17th Annual Run For The Trees • Missoula, 5k run/walk along Missoula's Riverfront Trails. Participants receive a long-sleeve Monte Dolack t-shirt and a free tree seedling to plant. Missoula Parks and Recreation with proceeds benefit Missoula's urban forest. Starts at Currents Aquatics Center in McCormick Park. Runs along Clark Fork River Trails. Entry Fee: Early registration due by March 27: Adults/teens - \$20; Youth 12 under - \$15. Late Registration – March 28-April 1: Adults/teens - \$25; Youth 12 under - \$20 (t-shirt not available on race day, available after 4/12/09) Bib/packet pick up: Friday April 3, 4-7 pm or Saturday April 4, 8-9:30 am, both at Currents Aquatics Center, McCormick Park. Register: Currents Aquatics Center, 600 Cregg Lane, Phone 721-PARK, visit www.missoulaparks.org or www.active.com.

Silver Bow Montessori 1st Annual Spring Fling Fun Run • Butte, non-competitive 1k & 5k - start/end at

Silver Bow Montessori School, 1800 Sunset Road (behind Star Lanes Bowling Alley). 9:00 a.m. race day registration; 9:30 1k children's fun run/walk start; 10:00 5k fun run/walk start. \$5 entry fee for 1k participants, \$15 entry fee for 5k participants. Pre-registration by March 24 guarantees t-shirt and goodie bag. Proceeds from the race benefit the Silver Bow Montessori School as part of the annual Spring Fling fundraiser. Bring the whole family for a fun run with the Easter Bunny and stick around to enjoy Butte's only egg hunt, games, food vendors, and more! For further race information contact Trilby Cox at trilbycox@hotmail.com Download application: www.runmt.com/SBM_Fun_Run_RegForm.pdf

April 18, Saturday 2009 (a Missoula weekend, now 5 different races in two days, something for everyone)

GrizzlyMan Adventure Race & Black Bear Challenge • Greenough, (near Missoula) 9 am. The 2nd Annual GrizzlyMan Adventure Race, brought to you by The Rocky Mountaineers, will take place at the 28,000-acre Lubrecht Experimental Forest & The Resort at Paws Up. Nestled in the mountains of western Montana, this combined 65,000-acre rugged landscape will provide a challenging venue to racers of all skill levels. Racers can compete solo or as 2 person teams (non-relay). GrizzlyMan Adventure Racers should expect 6-10 hours of trail running, cross country travel, whitewater paddling, navigation, and mountain biking. This is a United States Adventure Racing Association (USARA) sanctioned event with the top three coed teams qualifying for the 2009 USARA National Championships in Pilot Point, Texas. The winning coed team will receive \$400 towards their 2009 USARA National Championship registration. The Black Bear Challenge will be a slightly less intense 2-4 hour course for racers interested in an introduction to adventure racing. The Black Bear Challenge will not include paddling or water navigation. Racers should expect trail running, cross country travel, navigation, and mountain biking. Please visit www.grizzlymanrace.com or contact race director Joshua Phillips at mtsurveyor@gmail.com for more details..

1st annual Two Rivers Superfun(d) Run • Bonner, Our Saviors Lutheran Church near intersection of Hwy 200 and Hwy 210. 1 mile fun fun/walk at 9:30 am, 10K and 5K runs/walks start at 10:00 am. Courses are mostly flat and walkers welcome in all events. Races will showcase new trails in the Bonner area. The cost for the race is \$15.00 for adults, \$12.00 for under 18 if pre-registered by April 13th. Late registration, April 14-18, cost \$20.00 for adults and \$15.00 for under 18. All participants receive a commemorative kerchief. Race day registration starts at 8:30 am. Early registration is preferred. Call 406-546-6026 for more information. Registration forms available at The Runners Edge in downtown Missoula. Sponsored by Run Wild Missoula, www.runwildmissoula.org

TARGET RANGE TIGERS FAMILY FUN WALK/RUN • Missoula, at Fort Missoula, 1K, 5K 9:00 AM start, The start/finish line is at the parking lot Fort Missoula sports complex on South Aveune. (right in front of the baseball diamonds). If pre-register by April 7th: Kids 12 and under \$5.00, 13 and over \$10.00. After April 7th/Race day registration: Under 12 \$8.00, 13 and over \$15.00 All monies will be going to Target Range School for new playground/fitness equipment (its way outdated) and also for the original Target Range Old School House. When completed it will be a "community center" for us all as well as a historical museum. Kathy at 550-1998 x 7788 or 549-1490, Kathy_Armstrong@fsafood.com Download application: <http://www.target.k12.mt.us/targetrange/lib/targetrange/TR-FamilyRunReg.pdf>

April 19, 2009, Sunday

Summit Classic 5K/10K • Kalispell, The Summit Classic is a 10 Kilometer or 5-Kilometer Walk/Jog/Run community event on the paved streets surrounding The Summit. All ages and all abilities are invited to participate. This event focuses on participation rather than competition. Participants who cross the finish line will receive an accurate finish time and a First National Bank of Montana Summit Classic T-shirt. This event is a community gathering where people of all ages and abilities can participate together in a friendly and fun-filled atmosphere to enjoy the benefits of physical activity! There will be free massages and music to add to the fun! The top finishes will be recognized following the event. Time: 1:00 PM, All ages, Start at the Summit, Price: 13 & Over = \$15.00, 12 & Under = \$5.00, Family (2 adults & 2 or more children) = \$35.00 Register Now Call 751-4133 or kschaefer@krmc.org

North Avenue Road Mile • Missoula, sponsored by HOFSA Races, 11:00 am start at Big Sky High School, \$18.00 race entry fee. This 2nd annual race, heads straight west down North Avenue and back. There will be 2 separate heats one for Men and one Women. Prize Drawings, top 3 age group prizes, food/drinks, and 4 different colors shirts to choose from. Race to benefit Big Sky Cross Country team. For more info: www.halloffamesportsacademy.com, Download application at www.runmt.com/HOFSA09.pdf

gASping for Air Run • Missoula, 5K Fun Run near the University of Montana. Registration/check-in will begin at 11 a.m. with the race beginning at 12 p.m. The purpose of this event is to raise community awareness of asthma. Money raised will be used to send children in the Missoula area with asthma to an asthma education summer camp. Race t-shirts will be available for early registrants and asthma education will also be provided during the event. The race registration tables and start location will be at the Southside River Trail near the footbridge by the UM Campus. Early registrant fees: Adult with T-Shirt \$15, Youth with T-Shirt \$13, without T-Shirt \$10. Late registrant fees (April 13 - April 19): All \$15 (T-shirt not guaranteed with late registration). Race awards and door prizes will be presented after the race! For more information or to register contact Morgan Werst at 406-210-3209 or morgan.werst@umontana.edu. Download application: www.runmt.com/2009GaspigForAirEntryForm.pdf

Run for the Earth 5k & 1mile • Bozeman, MT, start & finish will be in front of Montana Hall at Montana State University. Races begin at 9am. Race day registration will be from 8:00am-8:45am. Costs are \$15 if register on or before April 16th. Registration day of, or after the 16th will be \$20 per participant. T-Shirts with "Gallatin Earth Celebration" logo will be provided on Race Day to those who register before April 9th. Shirts may have to be mailed to participants who register after the 9th. The purpose of the event is to promote Earth Week and increase sustainable efforts at Montana State University. Light refreshments will be provided for participants along with water stations. For more information or to register contact Deb Crawford at 406-994-6653 or decrawford@montana.edu. To register online, go to http://www.active.com/event_detail.cfm?event_id=1720628.

April 25, 2009 Saturday

Riverbank Run • Missoula; Mile, 5K, 10K or run all three for a Trifecta or Corporate Challenge. www.ymcamissoula.org

Jefferson River Rally Run • Whitehall; 9 a.m. 3 mile walk/run or 6 mile run. Held in conjunction with the Jefferson River Rally. http://buttespissandmoanrunners.com/Butte%20Races/butte_area_races.htm

MSDA Five-a-Day 5K Fun Run/Walk • Bozeman, 10 AM, MSU-Bozeman Campus, Roskie Fields, Lincoln Street, Pre Registration: \$15, ends Monday April 13th, 2009, Race Day Registration: \$20

Information and Registration form: www.msdafunrun2009.webs.com For Questions Contact: msda5k2009@live.com. MSDA is the Montana State University Dietetics Association chapter. It is a student organization of dietetic majors to promote community involvement of its members. The fun run is a fundraiser to send juniors in the dietetic major to the annual American Dietetic Association conference.

April 26th, 2009, Sunday

Peaks to Prairie • The traditional Peaks to Prairie is a unique Montana race that's run-bike-boat. Athletes compete either as a soloist or in teams. Additionally, there is a Duathlon that consists of the run-bike legs of the first two legs of the traditional Peaks race. The race opens with an 8.8 mile run in the rarified air and in the shadow of the majestic Beartooth Mountains. Spectators cheer the runners into the resort community Red Lodge for the run-bike transition. Athletes then hop on bikes to ride 43 miles through farm and ranch country to Riverside Park, south of Laurel. The Duathlon ends there. For the traditional Peaks athletes, they face one more grueling leg ... paddling 23 miles on the last of America's undimmed natural waterways to the finish at Coulson Park in Billings. www.peakstoprairie.org

MAY

May 3, 2009, Sunday

33rd Bloomsday • Spokane, Washington, The only non Montana race listed on www.runmt.com, 50,000 plus attendance including 1,000s of Montana Runners & Walkers www.bloomsdayrun.org

May 9, 2009, Saturday

The Don't Fence Me In • Helena, 30K, 12K & 5K Trail Runs, 7:30, 10:00 & 10:30 AM, respectively. A non-competitive 5K dog walk will start at 10:45. Start/finish area near Anchor Park. This is a fund raiser for the Prickly Pear Land Trust and its work to preserve open space in the Helena area. T-shirt for all entrants. "May we all have trails to run on 4ever!!!" Contact: Martin Miller, mpmiller93@yahoo.com, 406-459-6296. Register online at: www.pricklypearlt.org

4th Annual Run for Education • St. Ignatius, 5k and 1 mile run/walk. Long-sleeve t-shirts available with pre-registration (before May 1). Adults w/wo shirt \$20/\$12; Students \$15/\$10. See reg. form for more prices. (If late registration after May 1st or day of race, T-shirt will not available, will order after run). Race time is 10:30am and starts and ends at H.S. Track. Late registration and shirt pick-up starts at 9:00 a.m. All proceeds go toward scholarship fund! Download registration form at: <http://www.inoutfitness.com>. Questions? Call Aspen @ 370-4773 or email aruhkala@yahoo.com

Spring Fever Walk/Run • Polson, 9:00 am.. Start and Finish will be at the SKC College Joe McDonald Fitness Center parking lot in Pablo. We will run along the Hwy 93 running/bike path south to Ronan. Very nice and flat, out and back. Cost is \$15 with a shirt, \$7 without. Pre-registration forms available at www.polsonrunning.com and are due April 24. Same day registration starts at 7:30 am. Cost is \$20 with a shirt (sizes and quantity are limited) and \$10 without. Call Tyana at (406)883-8322 with any questions.

28th Annual Montana Women's Run • Billings, 2 Miles or 5 Miles...Run or Walk...all are timed with

chip timing from Championship of the Rockies. Last year over 6,400 women of all ages hit the streets on the day before Mother's Day in mutual pursuit of health and fitness, camaraderie and medals! We gave \$60,000 back to the community divided among the Billings YWCA, Billings Clinic Women's Wellness Fund, Billings Family YMCA, and scholarships at both Rocky Mountain College and MSU-Billings. Top 3 finishers in each race, as well as Masters and Super Masters (60+) receive special awards. Medals are 5 deep in 5-year age groups up to 90+. RRCA State Championship for women in the 2 Mile and 5 Mile Open, Masters and Grand Masters (50+). All entries receive a long sleeve, specially designed t-shirt. See our website. Entry fee is \$15 online at active.com or \$17 by mail or walk in (cash or check). \$2 extra for XXL. Fee goes up by \$5 on Thursday May 7. Online entry closes Friday, May 1st at 11 pm. No Race Day registration. Free Getting Started Clinics March 16 – May 4 at Rocky Bowl or Lockwood School. Free Kids' Run May 5, 6:00 pm at Rocky Bowl. Pasta Night dinner May 8, 6:30 pm at Senior High School...reservations a must by Wednesday, May 6, \$10 each. Headquarters does not open until Monday, May 4. Please see our website for all the information: www.womensrun.org

May 16, 2009, Saturday

----- Susan G. Komen Race for the Cure • Helena, Lockey Street, State Capitol, 5K run/walk starts at 10:00 a.m., 1 mile fun run/walk starts at 10:15 a.m. Online registrant fees (through May 10): Adult \$25, Survivor \$25, Child (0-17) \$12. Late registrant fees (After May 10): add \$5. Register online at www.komenmontana.org by mail or in person at the Capital Hill Mall (near JCPennneys) in Helena, Thursday May 14th 4 – 8 p.m., Friday May 15th 8 a.m. – 8 p.m., and at the State Capitol Saturday May 16th 7 a.m. – 9 a.m. Race T-shirt, bib and lapel pin are available for pick-up at the Capital Hill Mall during registration hours. Complimentary food and beverages available to all race participants following the race (wear your bib!) Race awards and breast cancer survivor recognition ceremony after the race. Please visit our website at www.komenmontana.org for more information or to sign up. All proceeds from this race are dedicated to the fight against breast cancer, with 75% of the money raised staying in Montana.

BioThon • Stevensville, at Lee Metcalf National Wildlife Refuge Start time: 8 am. Description – A run/walk/hike timed team event navigating the “back country” of the Refuge. Event is more than just recreating, teams will be a) required to answer ecological questions every half mile for bonus points and b) navigate to the same “question” stations using a map and your wits. Short (2-3 miles) or long (3-5 miles) course designed for serious athletes, family recreation, or adventurous children. Terrain flat and easy, though on uneven walking surfaces of gravel or dirt. Team sizes of 2 to 5 members in categories: adult, family, children and senior teams. You are invited and challenged to navigate, experience, explore, recreate and discover the expanses of the magnificent Lee Metcalf National Wildlife Refuge at , MT. Information: call Active Care Family Chiropractic (Drs. Amy and Ryan Wood) 777-1048 OR Lee Metcalf NWR at 777-5552 x203, email Bob_Danley@fws.gov.

Sidney Duathlon • Sidney, Solo (\$20) and team (\$30) divisions for 2.5mi run/5.5mi mtn bike/2.5mi run start is 8am at Svarre pool. Course is mixture of gravel, dirt and pavement. Random prizes and awards. Contact Paul Kaufmann 406-480-4194 or pkaufmann@midrivers.com for entry form.

May 17, 2009, Sunday

Scary Forrest 10K • Missoula, sponsored by HOFSA Races, 11:00 am start at Rattlesnake School, \$20.00 race entry fee. This 2nd annual race starts and finishes at Rattlesnake school. It has an upper and lower loop crossing two bridges with trails and road surfaces. Prize Drawings, top 3 age group prizes,

food/drinks, and 4 different color shirts to choose from. Race to benefit Big Sky Cross Country team. For more info: www.halloffamesportsacademy.com, Download application at www.runmt.com/HOFSA09.pdf

May 20, 2009, Wednesday, late afternoon

Race to Recycle • Helena, 5K. Start time 4:30, at Northwest Park, across from Capital High School on Valley Drive. Registration fee is \$10, really cool t-shirts are available on a first-come, first-serve basis (in terms of registration). 3rd annual charity race put on by CHS's Green Club and Student Council will benefit The S.A.V.E. Foundation, a local non-profit providing recycling and much more to Helena and the state. Forms available at the CHS Main office, on www.savemobile.org, by emailing racetorecycle09@gmail.com, OR at the race.

May 30, 2009, Saturday

----- 23rd Evaro Mountain Challenge • Evaro, (Evaro is just NW of Missoula, Milepost 7 on Highway 93 N), 5K, 10K, runs, walks, 10K walk starts at 9:30 a.m., others 10 am. T-shirts, (prices & Online application coming soon) Prizes, Food, Age divisions. The 10K Run: Challenging trail course for those who want to run or run and walk. 5K Run: On gravel road through scenic valley. Run or run and walk. 5K Funwalk: Noncompetitive -- walk, run, or stroll with Fun awards to top finishers.. Call Bob at 726-3695, Bob Hayes, 6125 Mercer Lane, Evaro, MT 59808. Sponsored by Evaro Community Center. Download the entry form: www.runmt.com/evaro09.pdf

Great Northern 5K Fun Run and Walk with NEW! 1-mile Kids Sprint • Kalispell. On the Great Northern trail near Meridian and Center Street. For more info, visit www.gn5k.com. This is a fundraiser for the Rails to Trails of NW Montana.

6th Children's Health River Run • Livingston, The run like past years will consist of a 0.5 mile children's fun run at 9AM, a 5K walk, 5K run, and 10K run all to start at 9:20AM after the children's run and will begin and end as in past years at Sacagewea Park in Livingston. Sign up on www.active.com or download application: www.runmt.com/2009RiverRun.pdf or 406 222-7599 and leaving a message requesting an entry blank.

The East Helena Fun Run • East Helena, 5 km, 10km. 3rd Annual, Races start at 10 AM, 10K runners will start concurrently with the 5K runners. The 10 K course will be 2 laps of the 5K course. The course starts at Kennedy Park and travels around a mostly gravel path to the north of East Helena and loops through city property along a gravel road and returns south to Kennedy Park via a gravel road and pathway. Fees: Adults \$8, Youth 8 and under \$5, Families of 5 – 7 \$30 without a T-Shirt. Race T-Shirts are available for an additional fee of \$8. Awards: Overall first place winners will receive ribbons and race results will be published in the local paper. There is a special Kids Fun Run at 9:30 am for children 8 and under with all participants receiving a ribbon. This race is a fund raiser in conjunction with a carnival immediately following the race. Registration forms available at <http://www.ehps.k12.mt.us/easthelena/site/default.asp>. No race day registration.~

Shaping Our Community Fun Run & Bike • Havre, Active-planet will host the 2nd Annual Shaping our Community in the beautiful Bears Paw Mountains South of Havre. This event includes 1 mile, 5k, 10k & 10k relay walk/runs and a 20 mile bike. 10k & bike to start at 2pm from the Eagles Campground (1 mile south of Camp Kiwanis). Registration is \$15/individual - \$25/family - \$50/relay team (participants

will receive a t-shirt). For more information please contact Dana Robertson, robertson@itstriangle.com

May 31, 2009, Sunday

Second Annual BUFFALO JUMP Half MARATHON, 10K, and 3 M • Near Great Falls in Ulm, Half Marathon Run, 10K Run, and 3 mi Walk. 9:00 a.m. race start for the ½ marathon and 9:45 a.m. race start for the 10K run and 3 mile walk. (8:00 a.m. - 8:45 a.m. race-day number pick-up and day-of-race-registration.) Fees include \$20 for 3 mi, \$25 for 10K, and \$30 for ½ marathon if pre-registered before May 26th. Fee increases \$5 on day of race. Pre-registration cost includes a BUFFALO JUMP Race T-shirt. The race starts at the First People Buffalo Jump State Park in Ulm (exit 270 off of I-15). The race consists of soft, rolling, dirt and paved roads with beautiful views of Square Butte, the Big Belt Mountains, and the Little Belt Mountains. All proceeds benefit the University of Great Falls Cross-country and Track Programs. Race director: Jim Brewer 406-791-5928 or jbrewer02@ugf.edu. Race brochures can be downloaded on the University of Great Falls Cross-country Website <http://www.ugf.edu/Athletics/CrossCountryTrack/tabid/111/Default.aspx>

JUNE

June 6, 2009, Saturday

Governor's Cup • Helena, New name, same course! The Governor's Cup in Helena and the Montana Marathon in Billings have merged. The Governor's Cup will still have a 5 and 10K and bike race in June, and the marathon, relay, half and another 10K will be in Billings on September 20, 2009. Check out more information at www.montanagovernorscupmarathon.org, or call Time Out Sports in Billings at 406-245-9735. RRCA State Marathon championship, USATF certified, great Boston qualifier, www.active.com for registration.

Plains Day 5K • Plains, Live in Western Montana and looking for an old-school, down-home race option to the mayhem and madness at the Governor's Cup. Come on down to the Plains Day 5K. Race start @ 9:00 a.m. Race Day Registration begins at 7:45 a.m. Start and Finish at Plains High School. Challenging 5K on paved and dirt roads with great views of the Lower Clark Fork Valley. \$15 entry fee. Stick around after the run and enjoy all the Plains Day activities. Contact = Tony @ 826-6108 or badrock04@msn.com

June 7, 2009, Sunday

Torch Scholarship Run • Polson- supporting a two year scholarship for a Polson High School grad. Half-marathon and 5K scenic loop courses on paved roads and trails. All participants receive a long sleeve t-shirt designed by a high school student. Age divisions winners will receive an award. Half-marathon starts at 8am with race day registration being from 7:15-7:45. 5K starts at 9 am with race day registration being from 8:15-8:45. 5K pre-registration : \$15 up to May 22, 2009. Late registration and race day registration \$20. Half-marathon Pre-registration: \$35 up to May 22, 2009. Late registration and race day registration \$40. Shirts only guaranteed by pre-registration date of May 22nd. Download and mail entries to address listed on form. www.runmt.com/2009TorchRun.pdf Thank you for your interest. Race Director: Heidi Sturm. Please email with any questions: torchrunjune@gmail.com

June 11, 2009 Thursday

Montana Senior Olympics 5K Road Race • Kalispell. For men and women 50 years of age and older. Race begins at 5:00 pm. Medals awarded in 5 year age groups. Registration closes May 29. No race day entries. For information or forms contact MSO at 406-586-5543 or kayjn@imt.net

June 12, 2009, Friday

Montana Senior Olympics 10K Road Race • Kalispell. For men and women 50 years of age and older. Race begins at 8:45 am. Medals awarded in 5 year age groups. Registration closes May 29. No race day entries. For information or forms contact MSO at 406-586-5543 or kayjn@imt.net

June 13, 2009, Saturday

----- Buzzard Day • Glendive, Makoshika State Park, Challenge yourself in Montana's Toughest 10K! Let the switchbacks lead you through Makoshika's beautiful and rugged badlands landscape. Not sure about the 10K? Participate in our 5K or our one-mile fun walk/run. Once you've been to Makoshika State Park's Buzzard Day you'll want to come back year after year! There are four running/walking events held on Buzzard Day that vary in difficulty. For the serious runner there is Montana's Toughest 10K! Other events include a 5K, Fun Walk/Run, and Kid's Run. Both the 10K and the 5K are divided into male/female divisions. Prizes are awarded to top runners in their respective categories. Prizes are donated by sponsors and vary from year to year. The courses lead runners from the Makoshika State Park Group Use Shelter, up the winding switchbacks to a turnaround point, and then back to the Group Use Shelter. The Fun Walk/Run is suitable for all ages and participants can choose to walk or run. The Kid's Run is dedicated to kids ages ten and under. There is no fee to participate in the Kid's Run and participants do not receive a free t-shirt or lunch ticket. The courses for these events follow a gently rolling, paved road. A free Buzzard Day T-shirt and lunch ticket are given to participants registered for the 10K, 5K, and Fun Walk/Run! Check our site for registration fees:

www.makoshika.org/buzzard_day.htm Individuals wishing to participate in any of the running/walking events can register by following the instructions using the link provided. For more information contact: Carrie Sokoloski, Secretary Friends of Makoshika, Makoshika State Park, 1301 Snyder Ave. PO Box 1242 Glendive, MT 59330 fom@midrivers.com (406) 377-6256 Pre-registration is recommended to guarantee participants get their desired t-shirt size and to avoid a wait on the morning of the event. All participants should be at the Group Use Shelter no later than 8:00am for those who need to register, and 8:30 am for pre-registrants. We Hope To See You On Buzzard Day!

Chief Victor Days 5K Fun Run/Walk for Victor Park District • Victor Start is at the Post Office in Victor. Race Day Registration is at 7:30 am at the Victor Post Office. Race begins at 8:00 am. Early registration (by May 26th) cost is \$16.00 shirt included. Late registration (after May 26th) cost is \$18.00 no shirt. To Benefit Victor Park District. For info contact Jessie Cavill at (406) 642-3431 or jessiec@farmersebank.com. For registration forms logon to www.victormt.com and click on Chief Victor Days Link.

Heart & Sole Run • Billings, 5K, 10K, 2 mile Health Walk, Triumph Trek. Race start is 8:30am. All races begin and end at Grandview Park - North 30th Street & Poly Drive, north of St. Vincent Healthcare. Contact Linda Baugh at 406-237-3600 or go to our website at www.svfoundation.org

4th Annual Hamilton PTA Fun Run • Hamilton, - Run a 10K, 5K, or in our 1 mile Family Fun Run- Begins at Canyon Hideaway Park. The 10K will have moderate grades on the Westside of Hamilton and all runs will be on pavement. Registration is \$15 for adult 10K and 5K or \$20 after May 31st. 50% of all profits will go toward healthy lifestyles in local schools. Contact Autumn Bellwood, 406-544-7255 with questions.

JIM BRIDGER TRAIL RUN • Bozeman, 10-mile run starts promptly at 10:00 am. NEW START TIME THIS YEAR: If you anticipate your time exceeding 3 hours, we will start a group at 9 am. Location: Bridger Mountain Range, Bozeman, Montana. Start 3 miles up Sypes Canyon Road at Sypes Canyon Trailhead. Because this race starts and finishes at a private residence, please NO dogs or unattended children. Entry fee: \$30.00 Entry includes custom running shirts, prizes, course aid, food, beverages and awards to top finishers. Race day registration is \$35.00. All runners will pick up race packet morning of event. Please come early! On-line registration at www.active.com or mail in registration at www.bsfnordic.com.

Course and other info: Start and finish at Sypes Canyon Trailhead. 10-mile course is a single loop crossing private property on gravel and dirt roads and rough and rocky trails on National Forest land. With multiple stream crossings, mud, snow, mountain lions and over 2,000' of elevation gain, the Jim Bridger Trail Run is challenging! Please be prepared! Food and beverages provided at post race party for race participants and volunteers only. Food tickets will be included in you're race number packet. You will need it to eat and be eligible for door prizes! Also, the proceeds raised from this race will be donated to the Bridger Ski Foundation Nordic Team, www.bsfnordic.com.

The 6th annual Pengelly Double Dip • Missoula, The Pengelly Double Dip is a challenging 13 mile trail run on some of the most scenic trails up and around Mt. Sentinel. The Single Dip, approximately 5 miles long, offers runners a commanding view of Missoula while not being quite so committing as the Double Dip. Everyone is welcome! Location: Start and Finish adjacent to Riverbowl Field on the Kim Williams Trail (University of Montana near the University foot bridge). Time: Both races start at 0900, day of race registration starts at 0730. Contact info: Eric Webster, Co-Director, erictwebster@gmail.com; Bridgett Moriarty, Co-Director, bridget@runwildmissoula.org. Preregistration at the Runner's Edge. You can also find a registration form by clicking on the 'RWM Pengelly DD Run' link on www.runwildmissoula.org

Whoop-Up Fun Run • Conrad, 5k Run, 1 Mile Fun Run/Walk, Relay Race Registration at 8am Fee: \$12 Per Entry: \$35 Per Family of 4 (\$5/additional) \$30 Per Relay Team of 4. Meet in front of the Court House (1 block West of the stop light) For more information call Charlene Bouma at (406) 271-2295

Jump into Summer • Missoula, 5K Fun Run/Walk, Run starts at 9 a.m. and finishes by 12 noon. Race day late registration starts at 7:30 a.m. Place: Boone & Crockett Club, 250 Station Drive (On river, just off south end of Higgins Avenue Bridge). Early bird fee if received prior to June 7: \$10 per person or \$35 per family of 4. Late registration after June 7: participants must register at event & pay \$15 per person or \$50 per family of 4. All participants receive a Montana Super Skippers Competition-Style Jump Rope! Super Skippers will be on-hand for jump rope demos & instruction! Proceeds support our team-members at the upcoming National Jump Rope Tournament in Texas! Registration forms can be found at the Montana Super Skippers website at www.MontanaSuperSkippers.com. Beverly L. Williams at 360-9469.

June 18, 2009, Thursday night

Summer Road Mile • Bozeman, The Big Sky Wind Drinkers will sponsor the 4th annual Summer Road Mile. This is your chance to participate in an accurately measured level road mile. The timing will be accurate and age group records will be kept for bragging rights. There will be drinks and refreshments

after the run. The race will start at 8:00 PM. The race will be held in Bozeman on Manley Road just north of the East Gallatin Park. Registration will start at the finish line at 7:00 PM. The entry fee is \$5.00 and the proceeds go to the Bozeman Track Club. Race day registration only. For more information contact John Zombro john@zombrophysicaltherapy.com or Bob Wade kathybob2@usa.net

June 20, 2009, Saturday

----- Wulfman's Continental Divide Trail 14K • Butte, A Point to Point, Single-Track Race on the beautiful section of National Scenic Continental Divide Trail between Pipestone Pass and Homestake Pass. Butte's Piss & Moan Runners are a joyous group who treat this race as the club's premier event of the year. Hard core trail runners do not rate this trail as "technical," and in the immortal words of the club's late and beloved Wulfman "there is just one hill." Route is run south to north in odd numbered years. Bussing provided to start area. Race entry also buys you access to post-race BBQ at the Homestake Lodge. Carnivorous and vegetarian fare available with beverages including micobrewed beer. Awards ceremony also included with unique top 5 overall and age-group prizes. \$200.00 prize purse and prize for closest finish time prediction. Complimentary "Run with the Wulf" race socks to the first 50 registrants. NO race-day registration. Registration limited to first 240 entrants. Online race registration available. Website contains lots more information www.buttesspissandmoanrunners.com.

Herron Hustle Trail Race • Kalispell – 8:00 a.m. Come enjoy about 5.5 miles of challenging double and single-track trail. Runners and hikers alike are welcome. Cost is \$15 if you register before June 12 and \$20 thereafter. All proceeds benefit Foys to Blacktail Trails, a non-profit organization endeavoring to preserve the trail system in Herron Park and a trail corridor to Blacktail Mountain. All finishers win a cool pint glass and first male and first female receive an additional award. Visit <http://herronhustle.com> for more information or email darcomatic@yahoo.com

----- Run for Wishes • Missoula, Race will be located at Pineview Park/Rattlesnake school area. \$10 for 12 and under; \$15 for 13 and up. Race day registration will be 8:30am to 9:30am and race begins at 10:00am. This race will be a 5.23k (3.25 miles) with all proceeds donated to the Make-a-Wish foundation. The make-a-wish foundation grants the wishes of children with life-threatening medical conditions to enrich the human experience with hope, strength and joy. We would love to see all your shining faces to support such a great cause. Please feel free to call me with any questions or concerns. Pam Cordis (406) 214-6896 lv message. Applications available soon here online and at the Runners Edge in downtown Missoula. Download application [www.runmt.com/Run for Wishes Registration Form.pdf](http://www.runmt.com/Run%20for%20Wishes%20Registration%20Form.pdf)

Harlowton Wind Festival • Harlowton, 3 different events: Wind Farm Trail Challenge -Run 5 K-Bike 30K-Run 5 K Pre-registration required: \$30 Start at 8.30 am at Judith Gap High School or 5K Run/Walk, Registration \$10 at Hillcrest Elementary in Harlowton, Start at 8:30 am at Hillcrest Elementary School in Harlowton or Scenic 30 Kilometer Bike Ride, Ride your bicycle from Judith Gap through the prairie to Harlowton. Registration \$15 in Judith Gap, Start at 9:00 am at Judith Gap High School. Contact Adrie Min 406-632-3116 or adrie.min@wheatlandmemorial.org. Download application: www.wheatlandmemorial.org, click on the Local Events link.

June 21, 2009, Sunday A Montana Tri Day

Rocky Mountain Bank Summit Solstice Triathlon/Duathlon • Kalispell, This is a fun event for 1st timers or veteran triathletes who have been competing for years. This Triathlon consists of ½ mile swim around Foys Lake, followed by a 12.7 mile bicycle ride on beautiful rolling hills surrounding Foys Lake, followed by a 3.1 Mile run on the streets surrounding Foys Lake. 9:00 AM pre-race meeting, 9:30 AM gunshot start. Triathlon registration deadline is June 15th. Computer chip timing will be offered allowing for accurate times, accurate split times and results after you finish the race. Awards for the top three division winners will be presented after the last participant crosses the finish line. Food will be provided. There will also be free massages available. Raffle prizes will be given out after race is completed. Awards will be presented to the top finishers after the last participant crosses the finish line. Register Now or visit www.summithealthcenter.com for more information or call 751-4133 or e-mail kschaefer@krmc.org

Treasure State Triathlon • Bozeman, starts at 8:30 am hosted by Bozeman Sunrise Rotary Club. All profits will go towards improvements at the East Gallatin Recreation Area. The course consists of a 1.5K open water swim, a 40K bike and 10K run. The event is open to individuals and teams in all age groups. Fleet Feet Sports, 406 587 1135 or staff@fleetfeetbozeman.com. Treasure State Triathlon is the 2009 State of Montana qualifier for the "Best of the U.S. Triathlete Competition" and a USAT sanctioned event. www.tri-mt.com

June 27th, 2009

----- Kickin Assphalt • Great Falls 1/2 Marathon, 10k and fun run. See www.assphaultkickers.net for more information or sign up at active.com. Email Syd at assphaultkickers@hotmail.com for questions.

Mountain to Meadow Half Marathon and 5K Fun Run • Lolo Pass, Sign up for the 2nd Annual 2009 Mountain to Meadow Half Marathon and 5K fun run! The race takes place on the Idaho/Montana border at Lolo Pass on Saturday June 27th at 7:30 am Pacific time. What could be better then spending a fine June morning running past fields of wildflowers and under the shadow of the Bitterroot Mountains. Log onto www.runlolopass for information about the race and to see scenic photos of the 2008 event.

The Whitefish Lake Run • Whitefish, 5 km, 10km. 32nd Annual, Races start at 8 AM, 10K runners are bused to the start at 6:45 to run the one way route along Lake Shore Drive back to City Beach. Course: The 5K course starts at City Beach and loops around a fairly fast route back to the beach. Fees: Adults \$15, Youth 12 and under \$10, Awards: Overall first place winners get specially designed custom awards. Overall 2-5 also get nice awards. Overalls are not eligible for age groups - we like to spread the wealth. Masters 1-5 places (also taken out of age groups) get special stuff, too. Age groups are 8 and under, 9-12, 13-15, 16-18, 19-25, 26-32, 33-39, 40-49, 50-59, 60-69, 70-79, 80+, so everybody has a chance! Age group awards go 3 deep. Timing by perfect-timing. Register on www.active.com. No race day registration. www.sportsmanskihaus.com. (bbrist@sportsmanskihaus.com)

Logger Days 5K / 10K • Libby. Race starts at 8:00am in front of the Lincoln County Community Health Center (320 East 2nd Street, Libby, MT 59923). The "Fun Run for Health" races tour historic downtown Libby and racers pass over the scenic Kootenai River twice! The 5K and 10K races finish on Mineral Avenue just after Lincoln Boulevard, in a perfect spot and just in time to watch the 51st Annual Logger Days Parade which begins at 10am along Mineral Ave. Stick around for a day of Timbersports competitions, carnival games and rides, and great family fun. Entry is \$10 by June 9th, or \$18 after (including day of the race). All participants receive a t-shirt and other goodies. Check out www.LibbyRunners.com for more information.

Terry Badlands Trail Run • near Terry, 10K, 5K, and 1 mile fun run. The course follows the scenic Calypso Trail through the Terry Badlands. Race begins at 9 a.m. Race day registration from 7:30 to 8:30 a.m. For more information or to download an entry form visit the website at: www.geocities.com/terry_badlands_trail_run/index or call Ryan at 406-939-3815.

Old Gabe 50K / 25K • Bozeman, brutally challenging course including 11,000 feet of elevation gain. www.winddrinkers.org

41st Beartooth Run • Red Lodge, 4.2 & 8.4 Miles, www.beartoothevents.com

SWEET GRASS FEST • Big Timber, Fun Runs begin at 8:30 a.m. with a 5K Run, 5K Walk, and 10K Run. Activities planned throughout the day include the Fun Runs, Car & Cycle Show-n-Shine, street vendors, Parade, and Rodeo! Questions? Contact the Sweet Grass County Chamber of Commerce, 406-932-5131, or email: info@bigtimber.com

Sidney Fun Run • Sidney, 1mi kids run, 5k run/walk and 10k run as part of their Town & Country Festival, 8am at Healthworks, \$15 day-of includes t shirt

JULY

July 4, 2009, Saturday

Make It Hurt On The Dirt Off-Road Duathlon • Butte, 9:00 AM, Adults 10K+ Mt Bike & 5K+ Run, Youth Race 2K/1K. Great way to start celebrating the 4th of July. Music and famous Cheesburger Feed, Lots of Camaraderie. This event will be run at the Homestake Lodge; Montana's newest Cross Country Ski Center. The courses will be on the x-c ski trails and forest service roads. They will wind through woods, meadows and include some steep ascents and descents. Online Registration at: http://www.active.com/event_detail.cfm?event_id=1692383. Adults \$30/Relay \$45/ Youth \$12.50
Directions: Get off I-90 at Exit 233 and head to the south side of the highway overpass. Forest Service Road 240 begins at the cattle guard. Drive 3 miles and look for the Homestake Lodge Entry on the right after the power lines. Further info and entry form: www.homestakelodge.com or call 406-585-8052 write chris@homestakelodge.com

Let Freedom Run • Choteau, 5k and one mile fun run. Download the entry form: [www.runmt.com/Let Freedom Run Registration.pdf](http://www.runmt.com/LetFreedomRunRegistration.pdf). Download the info poster: [www.runmt.com/Let Freedom Run Poster.pdf](http://www.runmt.com/LetFreedomRunPoster.pdf). For more information, see www.grizzlyactivities.com or email Syd at grizzlymarathon@hotmail.com.

Reach's Second Annual Run For Independence • Bozeman Show your patriotic colors and join us for a 1k, 5k, and 10k run on the trails in north Bozeman. This is a fund raiser for Reach, Inc, a non profit organization serving people with developmental and physical disabilities in Gallatin Valley since 1974. All proceeds of the race will go towards a new living facility for Reach's clients. Race time 8:00 am. Registration \$20 without a T-shirt, \$27 with a tee. For more information contact www.reachinc.org. Watch for registration on active.com.

4th of July Fun Run • Jordan, No registration fee, but donations are accepted for the fire works display put on by the Jordan Volunteer Fire Department. Events - 1 mile, 5K & 10K run or walk. Race time 7:30 a.m. Register day of race-meet on main street. Can't miss it. Refreshments provided. Parade and

home town 4th of July celebration to follow. For more information contact ssfitz@midrivers.com or call Sue at 406-557-2539.

Race For This Place • White Sulphur Springs. The White Sulphur Springs Community Fund is kicking off the 3rd annual Race For This Place fun run/walk. This year the race is in benefit for the Meagher County City Library. Half of the library's building has been condemned due to a sinking foundation. The race will be on July 4th at 7:30 AM with a 15k, 5K and 1M Run/Walk. All routes will begin at the Meagher County Courthouse proceeding west of town on Highway 360. The 5k and the 1 mile run/walk are an out and back course over the North fork of the Smith River and along highway 360. This year a 15k race has been added. This course will be run on mostly dirt roads west of town. It is a scenic run through surrounding ranchland with spectacular views of the Big Belt and Castle Mountains. Most of the course is flat; the one substantial hill provides one of the best views in the Smith River Valley. Participants and volunteers will receive a T-shirt, certificate, and goodies. Continental breakfast, award ceremony, and door prizes will be immediately following the race. Register for only \$15.00 until June 20th, and \$20.00 until race day. White Sulphur Springs offers many other fun activities for the family surrounding July 4th. There will be a Ranch Rodeo, Firecracker golf tournament, baseball, horseshoe tournament, Barbeque, and of course no Fourth of July celebration would be complete without fireworks. Website: www.wsscf.meaghercounty.org

Seeley Spectacular • Seeley-Swan YMCA's first annual 4th of July event! Join the adventure and show your support in the 1K, 5K, and 10K run on the trails in Seeley Lake. This is a fund raiser for the local YMCA, a non-profit organization which helps build strong kids, strong families, and strong communities. All proceeds go to developing and maintaining programs in the Seeley community. Race time: 1K 8:30am, 5K/10K 9:00am. Registration \$20 (by June 26th) \$23 (after June 27th). For more information contact 677-3330 or email ssymca@blackfoot.net Online registration powered by active.com

12th Annual Chief Joseph Runs/Walks • Laurel, Starts at Thomson Park * 2 Mile, 4 Mile and 8 Mile Run--2 Mile and 4 Mile Walks- 7:00 am Start, 6:00am Registration. Pre-Registration Fee & Deadline: (with race shirt guaranteed): \$15.00 by 5:00 pm Monday June 19th. Late Registration acceptable up to race time - Fee \$20.00. Early Bib & T-Shirt Pick Up: at Laurel Chamber beginning June, 25th. Entry Forms available at www.laurelmontana.org or by calling 406-628-8105 or email laurelchamber@rbbmt.org to have one emailed to you.

Black Eagle Dam Run • Great Falls, 4th Annual race. Starts and Finishes at Black Eagle memorial park (north side of the Black Eagle Dam) Starts at 8:00am, 5K and 6 mile out and back course. Awards top 3 finishers. Fund raiser for CMR cross country team. Contact: Doug Darko 406 727-5234 or 406 899-5923 Applications: Gold's Gym, Universal Athletics, Scheels, Race day applications accepted. Fee: \$15.00

July 11, 2009, Saturday

The Glacier Challenge • Whitefish is a 6-leg multi-sport relay involving a 10k run, canoe, road bike, mountain bike, kayak, and 5k run at Riverside Park in Whitefish. Racers may enter as individuals, partners, and teams [up to 7 members.] We encourage all levels of racers to participate from recreational to competitive. At the end of the race, we will have a post-race party and award ceremony. Food, beverages, raffle prizes, live music, and racer awards make the day a big celebration. To learn more about registration, volunteering, or sponsoring this race, please contact race coordinator, Hannah Plumb at 406.755.4622 or hplumb@youthhomes.com. Our website is www.theglacierchallenge.com.

Literacy Volunteers of Flathead County 5K Fun Run and Walk • Kalispell, 4th Annual family fundraiser.

Race starts at 8 am at the Historic Rails to Trails path on the corner of Center St. and Meridian Rd. in Kalispell, MT. Registration begins at 6:45 am. \$10 per person or \$20 per family if sent by July 3. Add \$5 for day of registration. For more info contact Ashley at 406-471-9002 or LVFC at 406-257-7323. Download the brochure with application: www.runmt.com/5KEntryBrochure2009.pdf. Also e-mail at ashpot@hotmail.com

Devil's Backbone • Bozeman, 50 Mile, Hyalite Lake trailhead, www.winddrinkers.org

The Patriot 5k • Columbus, 5K Run/walk Race starts & finishes at the swimming pool park on 3rd Ave & Quarry. 8 a.m. start . \$ 10. fee More info: Ryan Grubb 245-2552 or rimrunning_ryan@hotmail.com

July 12, 2009 Sunday

----- THE MISSOULA MARATHON • Missoula, Marathon & Half Marathon, Kids Marathon & Marthon Relay. Sponsored by Run Wild Missoula. Marathon starts at 6:00 am in Frenchtown, Half Marathon starts at 6:00 am near Blue Mountain Rec. Area. Bus Shuttles to the starting lines. The Kids Marathon starts at 9:00 am on the Kim Williams Trail. New course through town and all races end downtown on the Higgins Street Bridge with awards in Caras Park. Packet pickup at Missoula Marathon Event Expo Sat. July 11. NO RACE DAY Registration. New for 2009! The full marathon course is open 7 ½ hours! We greatly encourage walkers in the Marathon & Half Marathon. More info including online registration at www.missoulamarathon.org

Spring Meadow Lake Olympic Triathlon • Helena, at Spring Meadow Lake State Park. Olympic: 1.5K Swim, 40K Bike, 10k Run. 8 am. The Spring Meadow Triathlon Olympic Event has been chosen as a 2009 USAT Special Qualifier. The 2009 Special Qualifier race will qualify the top 33% or top 5 people (whichever is greater) per age group for the 2009 Age Group Nationals. For additional information, please visit www.usatriathlon.org \$60 individual. Race start, finish and transitions are located at the Spring Meadow Lake State Park just west of Helena, Montana. Swim a rectangular course in small lake. Bike out and back on a rolling 2-lane paved road. Run a flat fast course on trail, dirt road and pavement. Enjoy wonderful people, beautiful scenery and warm July weather. 5-year age group and team awards. Register online: http://www.active.com/page/Event_Details.htm?event_id=1639866 More information contact Mike Jacobson: cajake@dishmail.net

Spring Meadow Lake Sprint Triathlon • Helena, at Spring Meadow Lake State Park. Sprint: 1K Swim, 20K Bike, 5K Run. 9 am. \$45 individual. Race start, finish and transitions are located at the Spring Meadow Lake State Park just west of Helena, Montana Swim a rectangular course in small lake. Bike out and back on a rolling 2-lane paved road. Run a flat fast course on trail, dirt road and pavement. Enjoy wonderful people, beautiful scenery and warm July weather. 5-year age group and team awards. Register online: http://www.active.com/page/Event_Details.htm?event_id=1639866 More information contact Mike Jacobson: cajake@dishmail.net

July 18, 2009, Saturday

Scramble for Ethiopia • Bozeman, 10k, 5k, Kid's Run (12 and under). 7:15a, 7:25a, & 9:15a, respectively. Start/finish area near Meyer Lake in the Valley West subdivision (start is at the intersection

of Flanders Mill and Durston St). This is a fundraiser for the Ethiopia Hope Project to change the way of living for 2100 orphans in the Bright Hope School by digging a well to provide fresh drinking water and developing the infrastructure for a sustainable community. T-shirts for all 5k and 10k entrants. Cost is \$20 for all 5k and 10k entrants through July 10. \$25 through July 17. No race day registration. Questions, contact Brad at 406-579-6558 or email kate@journeyweb.net. Register at www.active.com or download the registration form at the race website – www.scrambleforethiopia.com.

Pony Trot · Pony, at 8:00 am. Interesting run on mostly dirt roads and trails over hilly terrain at the base of Hollowtop Mountain in the scenic Tobacco Root Range. The 5K is a fairly easy out and back on a country road, whereas the 10K challenges any runner with steeper grades, cow paths, creek crossings and panoramic views. The proceeds go toward reserving historical buildings in Pony. The horseshoe awards are coveted by past runners. Refreshments are provided at the Pony Park, where the race begins and ends. Information and a race entry form at <http://www.theponycabin.com/PonyTrotEntryForm09.pdf> or contact Daryl DeFrance at defrance@cs.montana.edu.

Good Old Days Buffalo Run • St. Ignatius, Half Marathon starts at 7 am, 1, 4 and 7 mile runs start at 8 am. All races will start on Main Street in front of Gambles. COURSE: In and around the town of St. Ignatius, MT (mostly flat). Fees: \$18.00 pre-registration (before July 14, 2008)- includes shirt \$20.00 (after July 14)- includes shirt \$8.00 - no shirt - registration before July 14, \$10.00 - no shirt - registration after July 14, 2008 - sponsored by St. Luke Community Healthcare. Call 528-5296 or download a registration form at www.stlukehealthnet.org

LAKESIDE FAIR 5 K RUN AND WALK • Lakeside, 9:00 a.m. start, Early Registration Fee \$10.00, ends July 16th. You must pre-register to be guaranteed a t-shirt. If received by July 1st, you are eligible for \$100. cash drawing. Late (after July 16th) Registration Fee: \$15. t-shirts while they last. Race Day Registration starts at 7:45 am. Race Start and Finish @ Flathead Bank, Highway 93, Lakeside. Need more information? 844-3940 or mthomson@flatheadbank.com Download Entry Form: www.runmt.com/2009Lakeside.pdf

July 25, 2009, Saturday

Swancrest 100 • Swan Lake - Montana's first 100-miler. 5 am start. New Runner's Packet, Application and Maps - Check it out at www.swancrest100.com.

CMB's Peet's Hill Hustle • Bozeman, 5K and Kids Run. Proceeds benefit the Children's Museum of Bozeman. 8am start for the Kids Run, 8:20 start for the 5K. 5K - \$20 Pre-registration, \$25 race-day registration, includes a stainless steel water bottle. The race will be staged at the Bozeman Public Library on Main Street in downtown Bozeman. The course combines roads, trails, and grass, and provides some of the most beautiful views in Bozeman, including those from Lindley Park, Burke Park, and Peet's Hill. A ½ K kids fun run will precede the 5K. Race day registration for the Kids Run is \$10, and includes a water bottle. Good competition, a beautiful course, a fun event for kids, and all for a good cause, the Children's Museum of Bozeman. Come do the Hustle with us! Register in person at the Children's Museum (202 S Willson Ave in Bozeman), by mail (download registration form at www.cmbozeman.org), or online at www.active.com. Call (406)522-9087 or email tricia.wagner@cmbozeman.org for more information.!

Montana Made • Missoula, 10K/5K and kids run. This will be a summer style run with a BBQ following the race. Great prizes and awards. There will be overall and age group awards 3 deep in each division for both the 10K and 5K. Registration can be done online at active.com. Both distances will start and finish at McCormick Park in Missoula. The course will be very well marked. The 10K will be

a combo of road, paved trail, dirt trail, and a couple of rough sections of singletrack (not suitable for strollers), the 5K will be on all paved and gravel trail (great for strollers). For more info on course maps, course description, waivers, and registration please go to www.montanamaderun.org. All proceeds for this race will go directly to the International Association of Firefighters Burn Foundation. For questions contact Andrew Drobeck 406-240-0049.

Lake Como Triathlon • Hamilton. The Lake Como Triathlon will challenge and inspire you in one of the most beautiful mountain lake locations for a triathlon to be held. Swim 1500 yds., Mountain Bike 12.6 mi. on Forest Service Road and some single track, Trail Run is 7.7 miles along perimeter of lake. The bike ascent of 2,279 and a descent of 2,305. Located in the Bitterroot National Forest, 1 hour 20 minutes south of Missoula. Sign up now, as space is limited to 75 slots including teams. \$60/\$120 teams lunch included. www.LakeComoTri.com

Boogie to the Bank • Columbia Falls 5K, 10K mostly downhill – think personal best – on a scenic canyon road ending at Glacier Bank. Register online at www.active.com, by mail to Boogie at Glacier Bank, PO Box 190, Columbia Falls, MT 59912 or on race day at the bank. Bus leaves at 7:45, race starts at 8:30 AM. \$15 (or \$20 race day) or \$55 for family of 4 covers T shirt, snacks, bus. Held in conjunction with Heritage Days. 751-4771

HEADWATERS RUN • Three Forks, 5k/10k on the beautiful Headwaters Trail System in Three Forks. Go to www.threeforksmontana.us (click on city government then city forms) for an application. Details on the application.

July 26, 2009, Sunday

XTERRA Wild Horse Creek • Bozeman, 1200-yd swim, 16-mi MTB, 6-mi Trail Run (8:30am) This course will have many photo-ops for those who are watching their favorite athletes. Beautiful course setting at Hyalite Reservoir. Mountain bike course is intermediate level with mostly trail and some road. Run course is 99% trail. Not interested in going the distance by yourself? Try a relay! Fantastic post-race raffle with lots of race gear to give away. Post-race raffle, healthy treats and DeFeet mountain biking socks are included with every entry. For more information and to sign-up, please go to www.bigskytri.com or www.xterraplanet.com. If you have any questions, please send us an e-mail at bigskytri@yahoo.com. "Early Bird Special" for long course if entering prior to May 1st.

Wild Horse Creek "Just Tri Off-Road" Triathlon • Bozeman, 600-yd swim, 7-mi MTB, 3-mi Trail Run (9:30am) Make it a great day playing in the dirt! This race is for folks who are new to triathlon or mountain biking. The course will still challenge your senses and your fitness level. Post-race raffle, healthy treats and DeFeet mountain biking socks are included with every entry. For more information or to enter, please go to www.bigskytri.com.

July 31-Aug 2, 2009

Headwaters Relay • Three Forks, 232 mile, three day team relay race from Three Forks to Red Rock Pass. Overnight stops on the Beaverhead River near Dillon, and Varney Bridge on the Madison River. Finishes at the utmost source of the Missouri River in the Centennial Valley. Mostly dirt road, with some pavement and mountain single-track trails. Five to ten runners per team. Visit Headwatersrelay.com, or contact Don at DODEMET@AOL.COM; and 539-0368

AUGUST

August 1, 2009, Saturday

Grizzly Marathon • Choteau, 1/2 Marathon, NEW! 10k, 5k, New route starting and ending in Choteau. Kids under 12 register free for the 5k. For more information email Syd at director@grizzlymarathon.com or grizzlymarathon@hotmail.com . Register NOW at Active.com.

HURL Elkhorn 50 Mile and 50 Kilometer Endurance Runs • Montana City, presented by the Helena Vigilante Runners and the Helena Ultra Runners League (HURL). Scenic, challenging loop courses, mostly on single track trails with some jeep and dirt Forest Service road. 100% pavement free. 50 mile course includes 11,460' of elevation gain. 50 K course includes 6,920' of elevation gain. Both courses include numerous small stream crossings. Well stocked aid stations are provided along the course, as well as drop bag service. Generous cut off times of 16 hours for the 50 mile and 14 hours for the 50K. Entry fees: 50 Mile - \$75.00 (\$100 after July 20); 50K - \$60 (\$80 after July 20). Entry fee includes pre-race dinner, post-race dinner, technical T-shirt, and awards for all finishers. For more information contact race director, Steve Engebrecht at slengebrecht@msn.com, or web site <http://www.helenarunningclub.com/elkhorn/home.html>.

Aquathlon at the Pond • Frenchtown, 10 AM start at Frenchtown Pond State Park, 1000 meter swim - 5K run, All athletic levels and ages welcome! Individual \$30 / Team \$45 before July 3, Individual \$40 / Team \$55 after July 3. For more info, email tntmissoula@yahoo.com or call Kayla at 406-531-3926 Register at signmeup.com

29th Annual Mission Mountain Classic Run • Ronan, This 5K race/walk will take place Saturday August 1st at 8:00 a.m. starting at Community Bank in Ronan (Corner of Hwy 93 and Main St.). The race is on a flat, fast, certified course. \$12 entry fee if registration mailed by Wednesday July 29th and late registration will take place before the race for a fee of \$15. There is also a Team division. For more details and registration form please visit www.ronanstatebank.com

August 2, 2009, Sunday

---- The 2nd MADISON Marathon • Ennis, A Marathon on Top of Montana. DO YOU HAVE THE STONES? Gravelly Mountains, A Runner's High at 9,000 feet, Full Marathon, Half Marathon, and Team Marathon Races. Just like last year, the race will be run along the Gravelly Range Road at an elevation of well over 9,000 feet. From what our research can uncover, this makes The Madison Marathon the very highest road marathon in the United States. There are some trail runs along ridge tops that are over 10,000 feet, but we cannot find a true road marathon as high as The Madison. We are the highest and, a bit of bias here, the most beautiful marathon course in America. We will have on-line sign up on active.com starting in a few months. The race will be limited to the first 200 runners. You will all be notified when we're ready to sign runners up with a financial incentive to sign up early. In the interim, feel free to give me a call at anytime 406-682-5923 www.madcoedc.org

Foy's to Herron Paddlethon • Kalispell, 9am. (off road triathlon) 3 mile lake kayak/canoe, 6 mile mountain bike, 4 mile trail run. Race day registration starts 7:30 @ Foy's Lake. Open to teams or solo. Entry fee: \$15 solo, \$28 2 person team, \$36 3 person team. Fundraiser for the Foy's To Blacktail Project. Info: Steve Muller 261-9250, smulr@hotmail.com A FUN RACE!! Website: www.foystoblacktailtrails.org

August 8, 2009, Saturday

----- 31st First Security Bozeman Classic • Bozeman, Big Sky Wind Drinkers, 5 and 10 K, The 10 K will start at 7:15 am and the 5 K at 7:25. This is the Race for Everyone. The 10K race will be the RRCA Montana State Championship. We also encourage all levels of runners and walkers. Strollers are allowed in the 5K. Online registration at Active.com until August 5th at 10 pm. Registration online is \$8 until July 21st and \$10 after. You may also register by mail if it is received before August 1. Fees are \$10 to register by mail or in person. Fees go up to \$15 on the day before the race. Applications are available on this site. Packet pick up and in-person registration will be on August 5,6 & 7th from 10:00 AM to 6:00 PM at the 19th St. First Security Bank. There is no race day registration! Packets may be also be picked up at the start area from 6:00 to 6:45 AM on race day. The BSWD registers the children for the Sweet Pea Children's 1K Run. The entrants in the Children's Run may enter by mail or in person. There is no online registration for the Children's Run. Co- Race director : Jenna Fallaw: jenna_grimm@hotmail.com Website: www.windrinkers.org

Goats in the Meadow • Helena, (SHATS) Race #1 - 8 AM start, Little Blackfoot River Trailhead, 7.3 miles. Directions to Little Blackfoot Trailhead Run up to Little Backfoot Meadow on scenic, non-technical singletrack. Course has rolling hills with a net uphill on the way out, then downhill on the way back. You will cross the Blacfoot River twice, once with an opportunity to get your feet wet. Allow 1 hour to go to the trailhead from Helena. Parking is limited so we recommend carpooling Contact: Brian Wieck bquick50@hotmail.com Website: helenarunningclub.com

Roodell Run • Eureka, 8:30AM. 5k run/walk, 10k run. 6th annual run, honoring Eureka's state XC and Track champion Liz Roodell, supporting the Eureka HS Cross-Country program and scholarships for Eureka XC runners. Runs start and finish at Eureka High School. Pre-registration \$12 (received by August 1st to guarantee T-shirt); race day registration (open at 7:30am), \$15. T-shirts for race day registrants while supply lasts. Races start at 8:30am. "Challenging" courses -- a few hills! Awards to overall and age group winners. Download registration form at <http://www.lchigh.net/roodellrun/>. and mail to address on form (or drop off at Kootenai House). For more information call Neil Longhurst at (406) 889-5587, Blanche Flanagan at 882-4619 / cell 253-3193, or e-mail roodellrun@gmail.com

The 6th annual An Ri Ra Irish Festival • Butte, 5K/10K and Newly added 1 mile walk/run. Come join us in historic uptown Butte, 9AM start for all races at Emma Park. The 10K takes you thru tunnels and trails overlooking the Butte valley. T-shirt for all participants. Coupon included to enter Irish Festival at discounted rate. Registration fee: \$15.00 per entrant. No race day registration. Packet pick-up will be, Friday 5PM-8PM at Butte Plaza Inn, 2900 Harrison Ave. You can download mail in registration form or register on line at www.mtgaelic.org. Contact Mike at 782-2235 or mhpatterson@bresnan.net for more info. Also course maps are on the web site.

Sidney Sprint Triathlon • Sidney, Richland County Fair weekend...Distances 200m swim, 6.3 mtn bike, 2.5mi run, solo \$20, team \$30, @ Svarre Pool, Sidney. race contact: pkaufmann@midrivers.com or 406-480-4194

Bilden's Putt-A-Long • Miles City, The Cowgirl Cross Country Relay for Life Team is hosting a 5k fun run/walk. Registration begins at 7 am and the run/walk begins at 8am in the Holy Rosary Healthcare parking lot at 2600 Wilson. The registration fee is \$15. Late entries are not guaranteed a t-shirt. All net proceeds will go to Relay for Life. For information, contact Brittany Holom at bholom@nd.edu.

August 15, 2009, Saturday

Bridger Ridge Run • Bozeman, 20 Miles, as usual quota filled up for this year. www.windrinkers.org

High Heel-A-Thon • Great Falls, More info coming, sstewart@marchofdimes.com

Annual Madison River Run • Ennis, 5K, 10K, 5K walk. Start time is 9:00 a.m. at Lions Club Park & registration is from 7:30a.m.-8:45a.m. The course begins in downtown Ennis along Highway 287, ventures across the Madison River through Jeffers and ends in Lions Club Park. Contact Kelley at 406-579-5442 or Sara at 406-682-4560 for more information.

31st Huckleberry Scholarship Fun Run • Trout Creek, 5-K run/walk @ 8:30 a.m. Entry fee is \$12.00 which includes a shirt. All proceeds go to a local scholarship fund. Age group medals are given. Forms are available at the Runners Edge in Missoula or by calling Carol Brooker at 406-826-3523. Website: www.huckleberryfestival.com

SEELEY LAKE CHALLENGE TRIATHLON/DUATHLON • The Seeley Lake Challenge Triathlon is a wonderful entry-level sprint event that welcomes all ages and abilities. The dry start swim is in open water, but only 50 yards off shore for a total of 300 yards. The 12-mile bike ride is on pavement from the campground around to the North Bridge and back. The 3.3-mile run is on trails through the old growth larch forest, on the level ground. Come and experience our wonderful area and our wonderful race. Download a registration form at www.seeleylakechamber.com, print and submit your registration form to Seeley Lake Challenge, PO Box 413, Seeley Lake MT 59868. Email solutions@blackfoot.net or call 677-2309 for more information.

Gateway Log Jog and Sewer Fest • Gateway has the runs! The historic town of Gallatin Gateway will host a Birthday Bash/Sewer Fest and Log Jog. The 4.5M course starts in town, crosses the Gallatin River and continues on throughout the beautiful countryside then ends at the Gateway Inn where music, beer and good looking men, women and children will greet you. This year's proceeds will benefit the town of Gateways fledging Sewer\Water District and other community projects. The Golden Plunger Award will be presented to the number 1 and number 2 place winners in all the divisions. Entry fee is \$20 which includes a T-shirt, beer and entry into the Sewer Fest. You can register the evening of the race at the Gateway Community Center beginning at 5:30 pm. The race starts at 6:30 pm. For more information, email Siobhan Peters at logjog@gatewaywsd.com or call 406-763-4929 and leave a message. Directions: Follow Hwy 191 to Gallatin Gateway. Turn west on Mill Street. The Community Center is just down the road on the right. Everyone is welcome!

Lone Pine Grind • Kalispell - Join us on Saturday, August 15 for the annual Lone Pine Grind. Participants are welcome to run, bike or hike up this 2.2-mile course held at Lone Pine State Park. With 700 feet of elevation gain, this race will challenge any level of cyclist, runner or hiker. Ribbons will be awarded to the top finishers in the running and biking categories. Each participant will receive a free lunch, Lone Pine Grind water bottle, and a raffle ticket. All ages and stages are welcome. There is a registration fee of \$10 per person and pre-registration is encouraged. Registration forms are available at the Lone Pine Visitor Center and Montana Fish, Wildlife and Parks. Check-in and day of the event registration is from 10:00 am to 11:30 am on the day of the event at the Lone Pine Visitor Center. The race begins at noon! For more information call Lone Pine State Park at 406-755-2706.

August 20, 2008, Thursday Evening

46th Annual August Road Race, Montana's Second Oldest Footrace • Helena. 3.8 mile point-to-point fast course (mostly dirt road). Starts at 7:15 PM at intersection of Head Ln. and Country Club Ave. \$5 entry fee. Race day registration only (6:45 PM, near the starting line). All proceeds go to Helena youth cross-country programs. This is the ultimate, minimalist, no frills race -- who needs t-shirts, numbers, awards, or door prizes, when you can have fast times, friendly volunteers, quick results, and a warm feeling for supporting a worthy cause? Contact: Patrick Judge, 459-5838, pljudge@bresnan.net

August 21, 2009, Friday NIGHT

----- Night Owl Run • Livingston, New this year: Livingston's only Night Owl run/walk at 8 pm!! Approximately a four mile course on paved roads and some trail. This is a fun run/walk that will begin and end at the livingston depot, with a festive after party at the Owl Lounge for those of age. This year (we hope to continue every year) the funds will be donated to the Livingston Community Gardens. For your registration fee of \$20 you will receive entry, a t-shirt, a keepsake mug, a token for a free beer to fill your vessel, and some glow in the dark bling. Race day registration will be \$25. Packet pick up will be at the Owl Lounge from 6-7:30 pm the day of the race. Prizes will be awarded for top three females and males, and for the best owl costume!! Any questions email kristenwester@hotmail.com Download application: www.runmt.com/NiteOwlRun.pdf

August 22, 2009, Saturday

----- Cat's Classic 5K • Bozeman, 5K and kid's run, 8:30 am. This scenic run starts and finishes at MSU Bobcat Stadium. The course winds through beautiful south Bozeman until it opens into wide grassland with spectacular views of the Gallatin Mountain Range and the Spanish Peaks. The entire course is on pavement or dirt trails. Registration from 7:30 to 8:00 am and the race starts at 8:30 am. Entry fee is \$20.00 per person up until August 20th and \$30.00 after that. Entry fee includes a T-shirt and awards will be given out to the winners. \$20 until August 20th, then \$30. Call 406 994-3741. Register at active.com or see www.msubobcats.com/boosters.php

----- Run Like the Wind in Paradise Valley • Pray, Big Sky Wind Drinkers, 4 mile run/1 kilometer kids run. The 4 mile run/fun run starts at 09:30 am. The loop course is fast, and rolling. USATF certification pending. Prizes for top 4 mile finishers and age groups. Prizes for all kids run finishers. Start/Finish at the Arrowhead School. Strollers are welcome, headphones and pets are prohibited. Contact the race director at runlikethewind@wispswest.net. Download an application at the Big Sky Wind Drinkers web site www.winddrinkers.org or register on Active.com Early registration before August 15. Packet pick up and race day registration will be from 8:00 to 9:00 am the day of the race.

Quality of Life Run • Billings, - 2-mile walk/run and 5-mile run, both beginning at 8 a.m. Entry fee of \$15 includes a t-shirt for the first 450 registrants. Entry deadline is Friday, August 14. Registration available at www.QualityofLifeRun.com or request an entry form by email (amber@billings.org). This event will benefit Special K Ranch, which provides family-oriented homes on a working ranch for adults who have developmental disabilities. The Quality of Life Run is sponsored by First Montana Title and organized and created by the Billings Association of Realtors®.

August 29, 2009, Saturday

3rd Annual Blue and Gold Fun Run • Great Falls * Free Fun Run – The University of Great Falls cross-country and track team is hosting a free 2 mile fun run and 1 mile walk for children and adults of all ages on Saturday August 29th at 9:00 a.m. The race will be run on the University of Great Falls campus starting at the McLaughlin Center. The course includes a mix of grass and pavement. Day of race registration begins at 8:00 a.m. at the McLaughlin Center. Prizes and refreshments will be provided after the race. Race director: Jim Brewer – (406)-791-5928 jbrewer02@ugf.edu

August 30, 2009, Sunday

Old Settler's Run • Clyde Park - 2 and 6 miles on an out and back course Register, start & finish at the school Registration at 8:00 am and the runs start at 9:00 am. Contact: Kay Newman at 406-586-5543 or kayjn@imt.net

River City Roots Run • Missoula 4 mile run, starting at Circle Square (XXXX's) at the end of North Higgins Avenue in down Missoula, at 11 a.m. The course continues up Duncan Hill. Runners will then travel down through the beautiful Greenough Park and finish in the heart of Downtown on Main Street. www.runwildmissoula.org

SEPTEMBER

September 5, 2009, Saturday

John Colter Run • Three Forks, Missouri Headwaters State Park 300 runner limit for this wild and woolly trail run over the same territory that the real Colter escaped from the Blackfeet warriors. The course is approximately 7 miles on paved and gravel roads and rugged trails, with the first mile and a half on a paved county road. The remainder of the course crosses a number of gravel roads, but most of it will be on marked, rugged trails. The course, where not on roads, is marked with flagged stakes. The last 200 yards crosses the Gallatin River, where it will be waist deep. Bring an extra change of clothes for the awards ceremony and refreshments. River crossing can be treacherous! Please call for starting times, distance and other details. There is a cut-off registration date of August 20. 587-4415

Valley Journal Marathon • Ronan to Polson, Marathon & half-marathon, This year's marathon will start in Ronan and finish in Polson, after winding through the North Crow and other scenic sections along the Mission Mountains. The half-marathon will start halfway through the course. Both races will finish at Riverside Park in Polson, next to the bridge over the Flathead River. 6 a.m. marathon start, 8:30 a.m. half-marathon start Entry Fees — includes one tee shirt, Marathon ? \$45 (thru Aug. 26) ? \$50 (race day 5-5:30 a.m.) Half-Marathon ? \$30 (thru Aug. 26) ? \$35 (race day 7-8 a.m.) Entry Form www.valleyjournal.net/marathon.pdf more info: Jim Blow, vjeditor@valleyjournal.net

Red Lodge Fun Run for Charities • Red Lodge, 10K/5K/2-mile walk. 9 a.m. start at Lion's Park. No entry fee, but runners are encouraged to donate to one or more of the 34 charities supported by the run. The Red Lodge Area Community Foundation raises match funds, so that every dollar given to a charity has greater impact. In 2008, the Foundation was able to match 44% of every dollar donated. So \$1.00 from a race participant became \$1.44 given to that charity. There's also a Toddler Trot and a free BBQ

after the race. For competitive runners, the USATF-certified 10K and 5K courses are flat and fast, a great chance to go for a new PR. Sign up by August 23rd to get a free T-shirt! Go to www.redlodgefunrun.org and sign up through Active.com or download a race brochure from the website.

Griz Cross Country 5K • Missoula, Help support the UM Cross Country team by running in their intra-squad meet at the Missoula Equestrian Park (corner of Spurgin and Tower Streets). Women start at 9:00 a.m. and the Men start at 9:40 a.m.. Registration fee is \$20. and will be on site starting at 8:00 a.m. Registration includes t-shirt and drinks and snacks. For more information or to pre-register please call John Herring at 544-1742. Race will be on gravel-dirt trails in the park. Come out and support the Grizzlies as they start their season under new Head Coach, Courtney Babcock.

September 6, 2009, Sunday

Fall Classic 12K Relay • Missoula, sponsored by HOFSA Races, 9:30 am start at Blue Mtn Recreation Area, \$50.00 per team early registration; \$56.00 day of race \$20.00 for individual racer. This 2nd annual race features team and individual races. Each 3-person team runs a 4K. Individuals may run 4K, 8K, or 12K. Prize Drawings, plus, prizes for top male, female, and mixed teams. Food/drinks and 4 different colored shirts to choose from. Race to benefit Big Sky Cross Country team. For more info: www.halloffamesportsacademy.com, Download application at www.runmt.com/HOFSA09.pdf

September 12, 2009, Saturday

First Annual Sweathouse Half Marathon • Victor. Half Marathon and 5 Mile Run/Walk sponsored by Run Wild Missoula. Half Marathon starts at 8:00 a.m., the 5 Mile at 8:15. Both courses begin and end in Victor and follow mostly dirt back roads on loop courses. Overall and age-group prizes, finisher medals for half marathon participants, and drawing prizes with a local flavor. Visit www.runwildmissoula.org for more details.

Glendive Badlander 10k • Glendive, Eastern Montana's friendly people and unique scenery await you. Traveling along trail and neighborhood streets, this race allows for spectacular views of the Yellowstone River, Badlands of Eastern Montana, and brilliant fall foliage. This mostly flat course gives runners and walkers of all abilities the chance to participate in the spirit of competition. Many awards will be given and all entrants receive a t-shirt and a variety of refreshments following the race. more info email: info@glendivebadlander.com, Website with downloadable application: www.glendivebadlander.com

12th Annual Pete's Fall Fest "Race for Play" • Kalispell. 10k, 5k, and 1 mile run / walk and fun kids' carnival. All proceeds go towards the replacement of old playground equipment. Awards for 1st – 3rd place finishers in all kids divisions and for overall adult first place finishers. Prizes for all elementary children participating in races. \$12 per person or \$40 for a family of four. Price includes lunch and a student-designed race t-shirt. For more information, call Laurie Marburger at 406-756-2565 or email her at dudleystrees@centurytel.net

20th Annual Chokecherry Run • Lewistown, MT. Races include 10K, 5K run, 5K walk, and 1 mile fun run. 10K and 5K races start at 9:00 a.m. One mile start is 10:00. Registration fee: \$5 by Sept 11th or \$10 the day of the race. \$10 for a T-shirt is optional. The 10K, overall downhill, follows beautiful Spring Creek from 6 miles out of town. The scenic 5K loop has some hills. 10 different age categories. Race

day registration is at the Frank Day Park from 7:30 am to 8:30 am. For more information call Jim Hamling at 406-535-3263 or email hamling@middrivers.com

Fall Into Fitness Walk/Run • Polson. 5K and 10K walk/run races will start at 10:00 am. Pre-registration cost is \$15 (includes shirt) and \$7 (no shirt). Pre-registrations are due no later than August 28th. Same day registration cost is \$10 (no shirt available for same day registrants) and is open from 8:45 – 9:45 am. The race will be on the Hwy 93 running path, starting and ending at the Ridgewater Development in Polson (just north of the Miracle of America Museum). Entry forms available at www.polsonrunning.com. Contact Tyana Smith 883-8322 for any questions.

September 13, 2009, Sunday

Fifth Annual Two Bear Marathon and Half Marathon • Whitefish, Full Start time: 7:30 AM Course: 26.2 miles of trail and pavement through one of the most beautiful areas of NW Montana; Half Start time: 9:00 AM Course 13.1 miles of dirt and bike path with a gentle but persistent climb. Finish is at The Wave, one of the premier fitness facilities in the NW. Post-race party includes food, beer, music, and lots more. Visit www.twobearmarathon.org for all the details.

September 19, 2009, Saturday

---- 1st Annual Monforton Miles Race • Bozeman, The Monforton School Foundation is sponsoring a 5K Footrace and a 1 Mile Free Kids Fun Run for Monforton School and the Four Corners and Bozeman communities. In addition to promoting physical fitness, any proceeds or donations from sponsors will go toward the support of the Monforton Athletic Program. 1 Mile Fun Run. The Kids Fun Run is one mile long. During the race, the Monforton School mascot, the wildcat, will be running too. The children will have the challenge to “skin the cat” for prizes. 5K Child care with Air-Time Inflatables will be available at the school close to the start of the race so adults can run in the 5K while their kids play. The gentle rolling course is on paved road and offers a panoramic view of the mountains surrounding the Gallatin Valley. This should be a fast course! Over the past several years, due to funding constraints, the athletic program at Monforton has been supported almost entirely by donations. Financial support for boys and girls basketball, track and field, and volleyball is needed. All proceeds of the Monforton Miles Race will support the school’s athletic programs. The 5K race is \$15 and the 1-mile kids run for children through 5th grade is free. T-shirts are available for \$10 to those who pre-register. Interested runners can register on active.com or at Monforton School (586-1557). Among the awards to top finishers are “Monforton Miles” mugs created by Dave Lockie of Mountain Arts Pottery.
www.monforton.k12.mt.us/Site/Home.html

34th Mount Helena Classic • Helena, 10 AM start. Early Bird (received no later than 9/16/2009): \$18.00 Late Fee (after 9/16/2009) and race day registration: \$23.00 Family & Friends Fees (Early Bird Only): Sign up with a family member(s) or friend(s) and Pay Less! (Note: must be received no later than 9/16/2009, and entry forms and payment must be received together in a single envelope), 2nd entry = \$16.00, 3rd and each additional entry = \$15.00. Make Checks Payable to: Helena Running Club Race Day Registration and Packet Pick Up: The Base Camp, 5 West Broadway, 8:00 a.m.-9:30 a.m., Questions?? Contact: Martin Miller mpmiller93@yahoo.com, 406-459-6296) Race web site: www.helenarunningclub.com On-line registration available at: www.active.com. Mail Entry Form and Fees to: Helena Running Club, Steve Engebrecht, 1030 Wilder Avenue, Helena, MT 59601

Run the Nine Mile • Nine Mile (west of Missoula, I-90 exit 82) at Nine Mile Ranger Station, 9.8 Miles, 9

am, \$20 through Sept. 3rd, Late Registration \$25, Nine Mile Community Center, 25685 Nine Mile Road, Huson, Mt. 59806 Download entry form: www.runmt.com/NMCC_RegistrationForm.pdf

Are You Tuff Enough • Phillipsburg, Sydney Rae Cutler Fun Event Show some spirit and have some fun all in honor of Sydney Rae Cutler. The proud location for the "Are You Tuff Enough" event is the Marshall Creek Ranch, located 4 miles northwest of Philipsburg on Hwy 348 toward Rock Creek. Participants will be burning rubber and enjoying a scenic, mountainous, 5-mile trail giving you lots of variety along the way. The loop will have a little bit of open meadow, a little bit of old road, a lot of narrow cow trails, some wetland, a little bit of steep and to finish it off, a downhill stretch. So gather your teams and bring your family, friends and neighbors or just show up with your game on. 9am Mountain Bike Race Team Event (6-member teams do the loop 2x) 9:30am Ironman/Woman Race (bike 1x and run 1x) 10am Trail Run/Walk Team Event (6-member teams) Kids Events Too . Fundraiser for 9 year old Sydney Rae Cutler, More info and entry form: www.PintlarTerritories.com Nancy Ward 546-0660

September 20, 2009, Sunday

Montana Governor's Cup Marathon • Billings, New name, same course! The Governor's Cup in Helena and the Montana Marathon in Billings have merged. The Governor's Cup will still have a 5 and 10K and bike race in June, and the marathon, relay, half and another 10K will be in Billings on September 20, 2009. Check out more information at www.montanagovernorscupmarathon.org, or call Time Out Sports in Billings at 406-245-9735. RRCA State Marathon championship, USATF certified, great Boston qualifier, www.active.com for registration.

September 25, 2009, Friday Night....

Goats in the Dark • Helena, (SHATS) Race #2 , 9 PM start, Tubbs Trailhead, 3.2 miles of fun in the dark. This race is B.Y.O.H. - "Bring Your Own Headlamp." The course makes a single loop along the Ambrose & Diretissima Trails, with a finishing sprint on Le Grande Cannon Blvd. Course is marked by glow sticks. Contact: Brian Wieck bquick50k@hotmail.com Website: www.helenarunningclub.com

September 26, 2009, Saturday

Homestake Pass 5 Miler and 1 Mile Youth Race • Bozeman, 10:00 AM, Come celebrate the changing of the colors and run under the beautiful yellow aspens of Hoemstake Lodge. Great barbecue afterwards is included in your entry. This event will be run at the Homestake Lodge; Montana's newest Cross Country Ski Center. The course will be on the x-c ski trails and forest service roads. They will wind through woods, meadows and include some steep ascents and descents. Online Registration at, http://www.active.com/event_detail.cfm?event_id=1692388, Adults \$25/ Youth \$10 Directions: Get off I-90 at Exit 233 and head to the south side of the highway overpass. Forest Service Road 240 begins at the cattle guard. Drive 3 miles and look for the Homestake Lodge Entry on the right after the power lines. Further info and entry form: www.homestakelodge.com or call 406-585-8052 write chris@homestakelodge.com

The Story Mill 5 and North Church Fun Run • Bozeman, from 10:00 a.m. - 12: 00 p.m. Hawthorne Elementary School will host the The Story Mill 5 and North Church Fun Run. In conjunction with the race/fun run Hawthorne is enlisting the help of various Bozeman health professionals to promote a Children's Health Fair that will be held on the playground of Hawthorne Elementary School during the race/fun run from 10:00 a.m. - 12:00 p.m. Hawthorne is proud to host this 5K/1 Mile Fun Run and Children's Health Fair to encourage children to get out and run for fun, to make healthy choices in their lives and to offer the children's health fair as an educational opportunity for all parents of children who are participating in this event. This race/fun run will be open to every child age 6 though 18 within the Bozeman School District and to children living in outlying communities and parents and family members are encouraged participate in the race by running along side of their children. Registration forms and a map of the route can be printed off of Hawthorne Elementary School's website www.bozeman.k12.mt.us/hawthorne/ and mailed to Reni Kessinger at the address listed on the registration form. You may also email questions to Reni at rkessinger@theglobal.net. A preregistration fee of \$20 will be assessed to all runners who register for the 5K Race by September 15, 2009 and a \$25 race fee will be assessed to those who choose to register on the day of the race/fun run. A fee of \$5 will be assessed to all who participate in the 1 Mile Fun Run. Race day registration will begin at 8:30 a.m.

8th Annual Drop 'n Trot • Bozeman, This is an event for everyone! Join us for a family fun run/dog jog, 5K with (optional) pushups that deduct time, or 10K on a town course – all while raising funds to support victims of domestic abuse. Fees: 10k and 5k \$25 & includes a t-shirt. Fun Run \$5 for adults, \$2 for children (t shirt not included but optional). Registration & Packet Pick up at Fleet Feet on the 25th from 10 am-6 pm & at the race on the 26th 8:00 am. TIMES : Pushups begin at 9:00 am, 10k starts at 9:30 am, 5K starts at 9:45 am, Fun Run Starts at 10:00 am. Award ceremony to follow at Bogert Park with 10-year age group awards and overall winner awards. Must be present. For more information call 406.586-7689 or visit www.thenetworkmt.org. Runners may register online at www.active.com. Join us for a great late-season event, fun for the whole family, and help support a good cause!

OCTOBER

Oct 3, 2009, Saturday

---- 5TH ANNUAL TOWNSEND FALL FEST 5K. Race Day Registration 7:30 to 8:30 am at Heritage Park in Townsend. Race at 9:00. Fast Flat course. \$7.00 adult \$5.00 child. Proceeds to benefit Cobra Wrestling Club, for more info contact Brooke Dolan at bdolan@co.broadwater.mt.us or 406-465-7957

Missoula All Women's 5K • Missoula • Women of all ages. Come and celebrate, be a Diva for Day! The 5K run/walk takes place around Fort Missoula, starting at 9:30 on the Community Medical Center Campus. This is your chance to shine and show your inner fitness, your inner athlete, your inner Diva. Encourage yourself, your moms, daughters, sisters, friends, grandmom, greatgrandmoms, all the women in your world to play and run or walk or stroll. Great party, great shirts, lots of awards and prizes. More information at runwildmissoula.org. Registration opens in June. Sponsored by Run Wild Missoula. Race Directors: Loie Turner loie@runwildmissoula.org and Sue Falsey sue@runwildmissoula.org.

2nd Annual Great Falls Harvest Classic 5K Run/Walk • Great Falls * Gibson Park. Race includes t-shirts for all pre-registered athletes! The course provides beautiful views of the Missouri River and the colorful deciduous trees throughout historic Gibson Park. The 5K starts at 9:30 a.m. and the day-of-race-registration runs from 8:30 a.m. to 9:15 a.m. on Saturday October 3rd. The \$20 pre-registration fee before September 29th includes the race t-shirt. The \$20 registration fee after

September 29th does not include a t-shirt – there will be an extra \$8 cost for ordering a t-shirt after the pre-registration date passes. The race starts and finishes at Gibson Park in downtown Great Falls. Proceeds benefit the University of Great Falls Cross-country and Track & Field programs. Please contact race director Jim Brewer at (406)791-5928 or jbrewer02@ugf.edu for information or a race brochure. Race brochures can also be downloaded on the University of Great Falls website on the athletic/cross-country page www.ugf.edu

Tamarack Festival Races • Seeley Lake, Join the adventure and show your support in the 1K, 5K, and 10K run on the trails in Seeley Lake. This is a fund raiser for the local YMCA, a non-profit organization which helps build strong kids, strong families, and strong communities. All proceeds go to developing and maintaining programs in the Seeley community. Race time: 1K 8:30am, 5K/10K 9:00am. Registration \$20 (by September 25th) \$23 (after September 25th). For more information contact 677-3330 or email ssymca@blackfoot.net

STILLWATER RIVER RUN AND FUN WALK • Absarokee, (annually the first Saturday of October). Start and finish in the Milligan's IGA parking lot. 5K and 10K runs and walks along a mostly flat, very scenic course along the Stillwater River. Start time is 8:45 for 10K walk. Entry fee is \$15 by September 30, late registration is \$20. Race fee only with no shirt is \$10. Proceeds go to various community projects. Post race refreshments and prizes awarded following race. All information and entry form is on our website at www.absarokeearea.com.

The Mansion Run • Hamilton, 3-Mile course on the grounds of the historic Daly Mansion, 9:00 am start. Cost: \$20 (includes T-shirt if registered by September 30th.) Register by mail, at the high school or 30 minutes before race time. Send money along with full name, age, gender and T-shirt size to: Hamilton High School, 327 Fairgrounds Rd., Hamilton, MT 59840. Make checks payable to HHS Cross Country. Attention: Mark Albert. More info: albertm@hsd3.org

October 4, 2009, Sunday

Cancelled -----Livingston River Scramble 6k • Livingston, Race Director: Joseph at 220-1301. .

The Wolf Creek Canyon Relay • Wolf Creek is a scenic 28.02 mile relay for up to 4 runners. The relay starts 6 miles south of Wolf Creek at 0900. Wolf Creek is located between Helena and Great Falls. Information and an entry form is available at wolfcreekcanyonrelay.net. Early registration deadline is 15 Sept 2009. Contact Carl Clark at ccarlrn@juno.com or 406-761-8322.

October 10, 2009, Sat.

28th Le Grizz Ultramarathon • Spotted Bear, 8 a.m. 50 miles on forest road along Hungry Horse Reservoir. \$75 pre-entry. Entries close September 26, 2009. USATF Membership required. All information and registration handled only through web site: www.cheetahherders.com

---- 4th Annual What Women Want Expo Fun Run/Walk • Great Falls, 9:00 am, 3.75 miles on the River's Edge Trail starting at West Bank Park, \$15 entry fee. Portion of the proceeds go to Susan G. Komen Breast Cancer Foundation. Visit www.whatwomenwantfunrun.com for online registration or downloadable form. You can also download the form at www.tinarhart.com & clicking on the RUNNING link Contact Tina R. Hart at trhart66@msn.com / 406-788-9319 for more information. Sponsored by the Great Falls Tribune.

University of Montana Homecoming Hustle 2nd Annual • Missoula, Do you want to be a part of the 2009 University of Montana Homecoming Parade? Do you want to be on the Washington Grizzly Field just before the game? If so, then come run the 2009 Homecoming Hustle, where the feet meet the street! Starts at 9:55am (just before Homecoming Parade Begins). Check-in and late registration begin at 8:30am. Check-in and registration are at the Runners Edge (325 N Higgins). The race begins at the corner of Higgins and Broadway in Missoula. It will follow the parade route across the Higgins Street Bridge, down University Drive, through the Oval, one lap of Washington Grizzly Stadium, and finish outside the stadium with a tailgate party. Cost: \$25 (\$30 after 9/22/09) includes a t-shirt. Check in and late registration at the Runners Edge beginning at 8:30am. Registration will soon be available at www.active.com. All proceeds go directly to the University of Montana Track and Field mens and womens teams. For questions, call 243-GRIZ.

October 11, 2009, Sunday

Goat Pursuit • Helena, (SHATS) Race #3 - 9 AM Start, Mt. Helena Ridge Run, 6.6 miles point to point time-trial format. The trolley shuttle will leave the Helena Public Library at 8 am to carry runners to the top. The course starts with switchbacks up to the Helena Ridge, the rest of the course is primarily downhill on moderately technical singletrack, finishing at Dump Gulch Trailhead. This race is run as a time trial format - a runner will start every 30 seconds, starting with the slowest runner. If this is your first race in the series, please send a recent 10k or 12k time. Contact: Brian Wieck bquick50k@hotmail.com Website: www.helenarunningclub.com

Missoula Community School Run for Fun ? Missoula, Join us for a family friendly, fun afternoon. Toddler Dash (ages 3 and under) at 1:45 – free but registration required. 5K at 2pm. ¾ mile fun run at 2:45 pm. Cost is \$15 for adults, \$5 for children (ages 12 and under). Race is located at McCormick Park. Proceeds benefit the Missoula Community School, with \$2 of each adult entry and \$1 of each child entry being donated to the Poverello Center. Early registration at Runner's Edge, race day registration at McCormick Park between 12:30 and 1:30pm. Questions? Email mcs.run4fun@gmail.com

October 17, 2009, Saturday

13th or 14th Annual Pumpkin Run, Missoula, Sponsored by Run Wild Missoula. Proceeds benefit the Missoula Food Bank. 400 meter kids run (12 years old and under) at 9:45 am and 5K race at 10 am. Cost is \$3 for the 400 meter run and \$9 for the 5 kilometer race. Race is located at Maclay Flats on Trails in the Lolo National Forest. Maclay Flats is located off of Blue Mountain Road by the Bitterroot River. Take HWY 93 S. to Blue Mountain Road (by athletic club) to Maclay Flats. Contact person: Ben Schmidt at 406-542-1257. Race day registration only. Registration starts at 8:45 AM on Saturday October 17th, 2009 at Maclay Flats.

October 18, 2009, Sunday

Goat Grind • Helena, (SHATS) Race #4 - 10 AM Start, Elkhorn Endurance Retreat (597 McClellan Creek Road, Clancy), 4 miles. Directions to Elkhorn Endurance Retreat One series champion referred to this course as a "meatgrinder." It has steep hills, a creek crossing, and some technical singletrack. Race is followed by a pancake brunch and awards ceremony. Contact: Brian Wieck

October 24, 2009 Saturday

Raw Deal Run 5K/10K • McLeod (south of Big Timber), The Raw Deal Run and Fun Walk is a scenic Autumn race. It will begin amidst the colorful trees along the Boulder River at the Boulder Forks Fishing Access approximately 1 mile south of McLeod, wind through the breath-taking scenery of the Raw Deal Ranch and Keaton's Ranch continue through the ever-quiet downtown McLeod before returning to savor the awe-inspiring view of the Boulder River Valley. Run terrain is a mixture of flat ground as well as gentle sloping hills of asphalt and dirt roads. We will assemble for briefing at 10:00 a.m. Entry fee is \$20 and after October 13th is \$25. Fees include long sleeve t-shirt. Awards given to top finishers and best halloween costume. Also given after the race is door prizes and chilli. Proceeds will be used to further the goals and mission of the Sweet Grass Health and Wellness Foundation. For more information contact: Sweet Grass Health and Wellness Office (406) 932-3090 / sghwf@itsTriangle.com

"Live Locally" 5K Run/Walk • Polson, In honor of Lung Health Awareness & National Pasta Month, HealthCare Plus and Country Pasta have teamed up to provide a 5K Run/Walk. We hope to incorporate local businesses as our theme is "Live Locally". There will be educational resources in regards to Lung Health and an onsite respiratory therapist to answer questions. All participants will receive free pasta and there will be an open prize drawing for all racers. All proceeds will be donated to Mission Valley Aquatics where all ages can benefit in supporting Lung Health. 10am start at Main & 7th, \$15 with t-shirt prior to Oct.14. Then late registration of \$20.00, HealthCare Plus, (406) 883-3910 sarah@healthcareplus.org

October 25, 2009 Sunday

The Moose Chase Kids Race • Livingston. 12 Noon. Come chase the Moose mascot around Sacajawea Park! This is a kids only running event for ages 12 and under. There are 3 Distances to choose from: 1k Moose Chase , 2.5k Moose Run and 50 yd Diaper Dash. Parents are welcome to run with their kids. \$5 entry fee plus a can of food (50yd Diaper Dash free with a can of food). Runners in 1k and 2.5k races receive finisher awards. Optional race t-shirts available for \$7. Sponsored by the Montessori Island School Running Club. Food donations benefit the Livingston Food Pantry. For more information email kriswadle@hotmail.com or call 406-223-6480. Entry Form: www.runmt.com/2009MooseChase.pdf

October 31, 2009, Saturday

Montana Cup • Bozeman, This cross-country meet offers an exploration of Montana's magnificent open spaces. It is not a road race, nor is it an ultra-endurance trail run; it's a team event, which brings together runners from all of Montana for competition, racing across country, for the glory of claiming a "traveling trophy" - the Montana Cup. Open to all ages. Separate races for men and women. Tons more information available at www.montanacup.com.

---- 1st Annual Halloween Hustle • Missoula. 5k and 1mile at McCormick Park, 5K starts at 9:00 AM 1 mile kids/Family Trick o Treat Run 9:45 AM CANDY WILL BE AT ALL 10 AID STATIONS ON

THE KIDS RUN!!! Adult and Kids Costume Prizes at awards ceremony All Donations to Young Life Missoula: Adults- \$35 Students- \$25 Kids- \$20 (each additional kid per family is only \$5) TOP PRIZE- AIRPLANE RIDE!!!! Race Day Registration, or pick up a registration at: City Brew, Runners Edge, UM Rec Center, University Center or download : www.runmt.com/2009HalloweenHustle.pdf. Register online <http://fs17.formsite.com/missoulayounglife/halloweenhustle/index.html>

November

November 7, 2009, Saturday

USATF Montana Cross Country Championships • Bozeman. Held on the pristine Bridger Creek Golf Course along the Bridger Mountain range the cross-country championships offers twelve age divisions for youth, open, and masters competitors. The 3K, 4K, and 5K courses provide a variety of terrain and trails to challenge the wits of all competitors. It is only one of two cross-country races held on the golf course each year and awaits the sounds of pounding feet willing to take on the challenge. The cross-country championships will serve as a qualifier for the 2009 Junior Olympic National Cross Country Championships to be held in Reno, Nevada on December 12, 2009. Medals, ribbons, prizes, hats, shirts, and USATF apparel available for everyone. Photos of competitors for purchase and formal presentation of awards after each race. Top ten in the Junior Olympic divisions and top three in the open and master's age divisions will receive medals. Entry fee of 8\$ per participant with USATF membership (\$20) required for Junior Olympic participants. USATF membership not necessary for open and masters age divisions. Contact Dave Skelton at bztkclub@bresnan.net, phone (406) 587-7698, or visit the website at www.bozemantrackclub.org for more information.

RUN FOR THE HEALTH OF IT 5K FUN RUN/WALK • Missoula, The Western Montana Oncology Nurses (WMON) are please to announce their first fundraising fun run. All proceeds to benefit Comprehensive Cancer Control Alliance which will provide financial assistance for cancer screenings. An earth friendly bag to all who pre-register. Prizes announced after the race. Race starts and finishes in front of THE WOMEN'S CLUB - 2105 Bow Street. 10 am Start, 9 am Registration. Preregistration up to October 31, 2009 \$16, late/race day registration \$20. Downloadable registration forms a at www.thewomensclub.com or picked up at The Women's Club, Runner's Edge, and Allegra printing.

Turkey Trot 5k • Missoula, University of Montana, 11:00am Enjoy a flat and fast 5k on the Kim Williams Trail next to UM's campus in Missoula. Prizes to age group winners and for best costume! \$12 entry fee by Oct. 28, \$15 for late and day-of registration. Price includes t-shirt. Visit <http://life.umt.edu/CREC/documents/IMDocuments/RosterTurkey.pdf> for race application and more information, or call 243-2804.

November 8, 2009, Sunday

Mt. Sentinel Hill Climb • Missoula Registration at 9 am. Race starts at 10 am. Registration & Race in the 'M' Parking lot at the University of Montana, Missoula, and goes UP, UP and UP... to the top of Mount Sentinel. Come down on your own two feet as slow as you like. Lots of prizes. \$15 registration includes hat or an earwarmer. All proceeds will benefit the University of Montana Triathlon Team. Contact joshua.goldberg@umontana.edu for more information.

November 11, 2009, Wednesday, VETERANS DAY

Veterans Day 7k Run • Crow Agency at Apsaalooke Veterans Park. 11 am race start with race day registration to begin at 10am. \$11 race fee includes long sleeve patriotic shirt and post race snacks. Awards for overall and age group winners. The course is a 4.3 mile loop. This is a rain, snow or shine event. In case of inclement weather, the registration, start & finish will be relocated to the Multi Purpose Building, signs will be established. To find Apsaalooke Veterans Park, take exit 510 off I-90 and turn east, head to Little Bighorn Casino, stay on frontage road for 1.5 miles to reach park. A statue of a warrior on horseback is the landmark to reach and can be seen from I-90. FMI, contact Wayne Not Afraid, 679-1085, 620-2210 or kewlrunnings@yahoo.com

72nd Annual Veterans Run • Butte, 2.5 mile & 5.2 mile, Starts at 11:11. Race day registration only. The oldest run in the state of Montana. Stodden Park to the American Legion Hall. Download application: <http://buttespissandmoanrunners.com/Butte%20Races/Vets%20Day/09Entry.pdf>

November 14, 2009, Saturday

Race to Raise Hope for Haiti 5k Fun Run/Walk • Helena, Fundraising for Montana Dental Outreach Teams. This team presents Carroll College students with the opportunity to provide care in developing countries. All proceeds will go towards funding Dental Team equipment and expenditures. On RACE DAY*Meet at the Bill Roberts Municipal Golf Course: 2201 North Benton Ave. in Helena (approximate 3 block south of Carroll College)Race starts at 11:00 am, 10 am Registration. Preregistration up to November 8th \$12,/ race day registration \$15. Preregistration at active.com under Hope for Haiti. or download app: www.runmt.com/RaceToRaiseHopeForHaiti09.pdf

Jim Banks Turkey Trot • Bozeman, BSWD, Springhill Road, Foothills Fellowship Church. No watches allowed. Estimate your time to win a turkey. Distances of 1.3, 2.7 and 4.4 Miles. www.winddrinkers.org

November 21, 2009, Saturday

Bon Appetite Run • Bozeman, BSWD sponsored. New feature will be a designated 5K and a 1 Mile Run at 9:00 am followed by a no host breakfast. Meet at 205 Haggerty Lane (Elks Parking Lot just off of Main Street). www.winddrinkers.org

November 26, 2009, Thursday

-----Huffing For Stuffing Thanksgiving Day Run • Bozeman. Hungry to run on Thanksgiving Day? Come see what all the Huff is about and join our 3rd annual fundraiser event! [NEW] Chip timing in 2009! 5K & 10K courses start & finish at Museum of the Rockies. Also: Kids' Run with prizes! Don't miss the costumed dinosaur chase our turkey runners. Why not wear your costume, too? Prizes for all runners who "Smoke the Turkey" in the 5K! All participants and volunteers receive a technical race shirt and cornucopia of fun! Terrific awards again this year in [NEW] 10 year age group categories! Kids' Run starts at 8:10am, 10K at 9:00am, 5K at 9:15am. Entry fee for 5K/10K: \$20; Kids' Run FREE with a

canned food donation. Please bring as many non-perishables as you can! Proceeds to benefit the Gallatin Valley Food Bank! Huffing for Stuffing is about community support, family and fun, so runners and walkers of all abilities are welcome. Register online at: {URL link: http://www.active.com/page/Event_Details.htm?event_id=1765728}. Or, download and print the Registration Form from race website: <http://huffingforstuffing.com/register/>. Race day registration opens at 7:15am and costs \$25. See website for more details. Contact: huffingforstuffing@yahoo.com or call John @ 406-599-6283 Event provided by Big Sky Wind Drinkers.

2nd Annual Turkey Trot • Polson, 5K walk/run starts at 9:30. Registration opens @ 8:30. Location is at the intersection of Hwy 35 and Hwy 93 at the Century 21 Big Sky building, across from Safeway. All proceeds will be given to the Mission Valley Food Banks. Pre-registration deadline is November 13 and the cost is \$15 (includes a long-sleeve shirt). Registration forms and more information available at www.polsonrunning.com. Email polsonrunning@yahoo.com with any questions.

Burn the Bird • Great Falls, 10k, 5k For more information please see www.assphaultkickers.com. Watch for registrations at Active.com

Turkey Day 8K • Missoula, 9:30 a.m. This flat 8K is an out and back along the Kim Williams Trail, starting and finishing, at the Boone and Crockett Club on Thanksgiving morning. The race is open to anyone wanting to get some fresh air and exercise before feasting on a Thanksgiving meal! It's a great run/walk to do as a family on the holiday. The course is open to strollers and walkers. Cost: \$15 and \$12 for Run Wild Missoula members. Participants get a pair of gloves and door prizes. Visit to www.runwildmissoula.org to register.

December

December 5, 2009, Saturday

Toys for Tots 5K • Billings, at Riverfront Park The race entry fee is a new unwrapped toy that is a value of \$15.00 or more or a gift card with a value of \$15.00 or more from Wal-Mart or toy store. The race will start at 9:00 am. The Rim Runners are sponsoring the event along with Meadow Gold Dairy. The event to support the USMC Montana Toys for Tots. Contact toys4tots5k@gmail.com for entry form or more info.

December 6, 2009, Sunday

4th U of M, HHP Freezer Burn • Frenchtown, (15 miles west of Missoula) 1/2 marathon & 5k run/walk, 10:00 a.m. start, (Race day registration and bib pick-up begins at 8:30 a.m; add \$5 to registration fee for late registration), Frenchtown High School Parking Lot 13.1 mile (half marathon) run and 5km (3.1 mile) run/fitness walk. Cost: Half Marathon: \$5 with Griz Card, others \$20 The 5km: \$5 with Griz Card, others \$10, 12 and under free, add \$15 for a VERY cool long sleeved Tshirt (Tshirts for preregistrants guaranteed – race day sold till they are gone) .Create a team of 10 and compete against other teams (plus get a \$5 entry per team member)!!! Steven Gaskill, Ph.D. The University of Montana, HHP Dept., 101 McGill Hall, Missoula, MT 59812 243-4268 steven.gaskill@umontana.edu . Registration form and more information available at http://www.soe.umt.edu/hhp/current_events/default.html

December 12, 2009, Saturday

Jingle Bell Jog • Bozeman, BSWD, Lindley Center, 9:00 AM, bring cookies or goodies, get a gift (if you were good). www.winddrinkers.org

December 31, 2009, Thursday

New Year's Eve Run/Party • Bozeman, BSWD 10 pm at 407 Overbrook for games and party, then run at 11:30 to the clock on Main Street. www.winddrinkers.org

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