

HELENA HIGH POSTSEASON CROSS COUNTRY OPPORTUNITIES

MONTANA CUP

Saturday, October 27

Great Falls, Anaconda Hills Golf Course

8 kilometers

>>> **What is it?** This is an annual race featuring runners from all over Montana and of all ages. Runners compete for their city and must have a Montana Cup singlet to race, which is available during registration.

>>> **Transportation:** The Helena Vigilante Runners have a charter bus reserved, and only ask for a donation of \$20 to the club to ride the bus to and from the meet.

>>> **How much?** Prices vary, see below.

- \$27 with a jersey or \$12 without a jersey through Oct. 14
- \$37 with a jersey or \$22 without a jersey from Oct. 15-26

>>> **Contact:** Please email Coach Zentz if interested at jzentz@gmail.com.

>>> **Registration and more info:** <https://montanacup.wordpress.com/>

USATF JUNIOR OLYMPIC CROSS COUNTRY CHAMPIONSHIPS

Saturday, November 3

Helena, Bill Roberts Golf Course

5 kilometers

>>> **What is it?** This is an annual championship race that serves as the advancement meet for the USATF Junior Olympic National Championships in Reno, Nevada on December 8. High schoolers will compete in one of three age groups – 13-14 (4 kilometers), 15-16 (5 kilometers), 17-18 (5 kilometers). The top 15 individuals and top two teams advance.

>>> **Race with a team:** As the meet is postseason, we are not allowed to compete as Helena High, but the Helena Vigilante Runners youth club (<http://vigilanterunning.org/youth/>) fields teams in all age groups for this meet. HHS boys assistant coach Jesse Zentz is also the Vigilante youth coach and JO state meet director.

>>> **How much?** For \$70, HHS runners can register to join HVR, and that includes a Vigilante singlet, a USATF membership and registration for the meet (\$30 less for those who own an HVR singlet). Coach Zentz can handle registration and memberships for all athletes. Vigilante singlets will also be used for NXR (see below).

>>> **Contact:** Please email Coach Zentz if interested at jzentz@gmail.com.

>>> **More information:** www.vigilanterunning.org/joxc

NXR – NIKE CROSS REGIONALS

Saturday, November 10

Boise, Eagle Island State Park

5 kilometers

>>> **What is it?** This is an annual meet that serves as the regional championship for high school teams. This is an incredible event, and Nike goes all out to ensure it's an experience the athletes won't forget. Teams are not allowed to race as their high school or in high school uniforms, so we'll race as Helena Vigilante Runners. Six boys have said they will compete and Coach Zentz is coordinating this trip.

>>> **How much?** \$180-\$200 per athlete, but less with sponsors. The boys are looking for sponsors to assist with their portion of the transportation, lodging and uniforms. We are exploring renting a 15-passenger van or carpooling, depending on how much interest there is. The entire trip would be 3-4 days – leave Thursday after school and return Saturday or Sunday. If interest doesn't require a large van, we will likely carpool to reduce overall costs, but I would like the runners to lodge together to maintain the "team" focus of this trip.

>>> **Want to be a chaperone?** Parents who will be sending their child on this trip are invited to chaperone, if able. Please contact Coach Zentz if interested in helping out.

>>> **Contact:** Please email Coach Zentz if interested at jzentz@gmail.com

>>> **More information:** <http://nxrnw.runnerspace.com/>