

2008 TRAIL RUNS/RIDGE RUN TRAINING
MEET AT 7:30 SATURDAY MORNINGS

ALL PEOPLE INTERESTED IN TRAIL RUNNING WELCOME! Bring your own water, snacks, appropriate mountain gear, trail shoes, and bear spray. Be prepared for rough terrain and wild critters. Most of the runs can be done as out and back if you want to run something shorter. Distances and times are approximate.

Paired or group running is encouraged particularly for the longer runs. (Dogs Welcome! Except on the Ridge where there is no water.)

For Information

Contact Darryl Baker 582-5410 d_nbaker@hotmail.com
 Or Bob Wade 522-7064 kathybob2@usa.net

DATE	DISTANCE/TIME	LOCATION (Call if you need directions)
May 10	6 mi 1-2 hrs	Bozeman Creek, Bozeman Creek TH.
May 17	12 mi 3 hrs - 4 hrs	South Cottonwood Cr. to Fox Creek Cabin, South Cottonwood TH
*May 24	10 mi 4-5 hrs	Baldy Blitz (Sign up for race or run without time) 9:00 at "M" Parking Lot. Time may be moved to 8:00 due to soft snow conditions.
*May 31	13 mi 2-3 hrs	Frank Newman Relay (½ to full marathon, relay) OR on your own.
June 7	11 mi 3 ½ - 4 ½ hrs	History Rock out South Cottonwood Trail (Excellent Run!)** (Meet at Kirk Hill Nature Trail at 7:00 to Carpool)
June 14	10 mi	"M" to Sypes to Baldy and back down Ridge. "M" parking lot.
*June 21	10 mi	Jim Bridger Trail Run. Per Hjalmarson 586-0978, OR on your own.
*June 28	25k or 50k	Old Gabe Trail Run, Tom Hayes 556-1496, OR on your own.
July 5	15 mi, 4-5 ½ hrs	History Rock/S. Cottonwood/Mt. Blackmore loop, Hyalite Reservoir (A beautiful run) (Meet at History Rock Trailhead)
*July 12	50 mi, 25 mi or 15 mi.	Devil's Backbone (solo or relay); Tom Hayes 556-1496 OR Spanish Creek to Summit Lake, (informal and if enough interest)** (Meet at the High School Parking lot at 7:00 AM to Carpool) (The two most beautiful runs)
July 19	12 mi, 3-4 hrs	Fairy Lake to Bridger Bowl **
July 26	12 mi, 3-4 hrs	Bridger Bowl to "M" **
Aug 2	TAPER	Volunteer for Bozeman Classic, then easy 1-2 hr trail run, on your own
Aug 9	PERSONAL BEST!	ED ANACKER BRIDGER RIDGE RUN

* Indicates Races, and they have their own start times.

** June 7 Meet at Kirk Hill Nature Trail at 7:00 Trail to Carpool.

** July 12th Meet at the High School Parking Lot at 7:00 am to car pool to Spanish Creek.

** July 19nd Meet at Bridger Bowl at 7:00 AM to car pool to Fairy Lake

** July 26th , Meet at the "M" at 7:00 am to car pool to Bridger Bowl

Somewhere in here is the Pony Trot (Date not set) Will try and put it in when we know when it is.