

2010 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 use caution on the Ridge where there is no water.)

For Information or directions:

Contact: Darryl Baker 582-5410 d_nbaker@hotmail.com

Or Bob Wade 522-7064 kathybob2@usa.net

Date	Distance – expected duration	Where plus notes
May 15	10 mi 3 hrs - 4 hrs	South Cottonwood Cr. to Fox Creek Cabin, South Cottonwood TH
*May 22	12 mi - 4 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 29	13 mi 2-3 hrs	Frank Newman Relay (½ to full marathon, relay) OR on your own.
June 5	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 12	10 mi	Jim Bridger Trail Run OR on your own.
*June 19	14K	Wulfman’s Continental Divide Run OR on your own. We hope to get a car pool together so call 582-5410 or 522-7064.
*June 26	25k or 50k	Old Gabe Trail Run, Tom Hays 556-1496, OR on your own.
July 3	15 mi, 4-5 ½ hrs	History Rock/S. Cottonwood/Mt. Blackmore loop, Hyalite Reservoir (A beautiful run) (Meet at History Rock Trailhead at 7:30)
*July 10	16 mi	Spanish Creek to Mirror or Summit Lake (Meet at the High School Parking lot at 7:00 AM to Carpool) (A most beautiful run)
*July 17	25 mi	Devil’s Backbone (solo or relay); Tom Hayes 556-1496 OR on your own.
**July 24	12 mi, 3-4 hrs	Fairy Lake to Bridger Bowl **
**July 31	12 mi, 3-4 hrs	Bridger Bowl to “M” **
Aug 7	TAPER	Volunteer for Bozeman Classic, then easy 1-2 hr trail run, on your own
Aug 14	PERSONAL BEST!	ED ANACKER BRIDGER RIDGE RUN

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

** June 5 Meet at Kirk Hill Nature Trail at 7:00 Trail to Carpool.

** July 10th Meet at the High School Parking Lot at 7:00 am to car pool to Spanish Creek.

** July 24nd Meet at Bridger Bowl at 7:00 AM to car pool to Fairy Lake

** August 7, Meet at the “M” at 7:00 am to car pool to Bridger Bowl