THE TENMILE 10-MILE & 5K

Sponsored by: The City of Helena, the Montana Discovery Foundation, Lake Helena Watershed Group and many other sponsors

Starting Point: Tenmile Water Treatment Plant with loop down Rimini Road ending back at the Water Treatment Plant.

Date: Saturday, July 27,2013
Check In: 7:00 am
Sign Up Day of Race: 7:00-7:45 am
Race Time 10-miler—8:00 am
Race Time 5K—9:00 am

Proceeds: benefit the Tenmile Watershed Group and the Montana Discovery Foundation to help with education and stewardship in the Tenmile Corridor.

Prizes awarded to Top # M/F
Race Contact: Don Clark
406-457-8556, dclark@helenamt.gov
or Debbie Anderson, 406-495-3711,
debbieanderson@fs.fed.us

How to get there: Travel 8 miles west on Highway 12 West from city limits. Turn left on Rimini Road, travel .08 miles, turn left into City of Helena Tenmile Water Treatment Facility.

CITY OF HELENA

wa•ter•shed the area of land that catches precipitation and drains into a larger body of water such as a marsh, stream, river or lake. {syn: *basin*}

Tenmile Creek is a perennial, fourth order stream which drains approximately 200 square miles of mountainous and valley terrain of the Upper Missouri river Basin. The upper part of the Tenmile Watershed starts on the east side of the Continental Divide and flows approximately 12 miles through a steep, forested canyon of about 50 square miles. **It is the municipal watershed for the City of Helena.**

The upper watershed has a 100-year history of hardrock mining with numerous inactive mines and waste-rock piles that have affected water quality within the watershed. Currently, an infestation of Mountain Pine Beetle has caused mortality in large stands of Ponderosa and Lodgepole pines. Threats from environmental pollutants and catastrophic wildfire bring a need for increased education and stewardship for this critically important community asset.

The monies raised will be used for riparian plantings, bank stabilization, agricultural advisement on watering, invasive weed awareness and education on all of the above and other watershed activities.

Please join us to learn more.

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Water/Wastewater
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City of Helena

Join the CITY OF HELENA

5 Running WATER for Helena

Tenmile 10-mile & 5K Road Run

July 27, 2013

Take a 10-mile or 5K run or walk in the Tenmile Watershed to find out where your running water comes from. . .

or simply join us to learn more about your watershed from community specialists

Tenmile 10-Mile & 5K Road Run

To register by mail, send this completed form with check or money order by **July 22, 2013** to Montana Discovery Foundation, 2880 Skyway Drive, Helena, Montana 59602. Registration after this date may be done in person the morning of the race from 7 to 7:45 am. Please make checks payable to: Montana Discovery Foundation.

Name:_____

Address:_____

City:_____State___Zip_____

Phone Number:_____

E-mail:_____

☐5K ☐10-Mile

Male Female	Birthdate	Age
Gender—circle one		at date of race

T Shirt Size (circle one)

Men: S M L XL Women: XS S M L

Entry Fee

Pre-register—$15.00 $_____

Day of race—$20.00 $_____

Visa ☐ MC ☐ Expiration date_____

#_____

Submit completed registration form along with check(s) made payable to: **Montana Discovery Foundation** and return to address above. Any questions, please call Don Clark, City of Helena at 406-457-8556 or Debbie Anderson, Montana Discovery Foundation 406-495-3711.

Event Participant Waiver Agreement and Release (must be signed)

By signing this waiver you agree, warrant and covenant as follows: I know that running a road race is a potentially hazardous activity. I am in adequate physical, mental and medical condition to participate in this event. In consideration of acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the event directors, event sponsors, City of Helena and all persons and organizations affiliated with Running Water for Helena from any and all liability arising from illness, injuries, damages and even death I may suffer as a result of my participating in this event. I grant permission for all of the foregoing to use any photographs, motion pictures, videos and recordings of this event for legitimate purpose. I understand that entry fees are non-refundable. I understand that **dogs**, headphones, bikes and rollerblades are **not** permitted on the event course. I have read and agree to abide by the conditions of this waiver.

_____

Participant Signature Date

_____

Parent or Legal Guardian Signature Date
(if under 18 years of age)

Schedule of Events

7:00—7:45 am—Check in and sign up day of race

8:00 am— Start time for 10 miler

8:15 am— Plant tours/educational booths

9:00 am— Start time for 5K

10:00 am— Wrap up of plant tours

10:00 am— Welcome by Mayor or Commissioner with discussion on the importance of this watershed and Tenmile Collaborative Group recommendations.

10:15 am— U.S. Forest Service with discussion on efforts in this watershed to include Tenmile Collaborative Group recommendations.

10:30 am— Montana Fish Wildlife & Parks with discussion on agreement with the City to leave water in Tenmile Creek for aquatic habitat.

10:45 am—EPA summary of superfund site clean -up of the upper Tenmile Creek.

11:00 am— Awards presented to the top male/female runners for 10 mile and 5K runs. Lots of DOOR PRIZES—must be present to win.

Celebration of the Tenmile Watershed

Meet and greet, talk with experts, enjoy food & drink (cool, clear Rocky Mountain water!), listen to great music and find out more about where your water comes from!

Running WATER for Helena