

**2007 Helena Nooners' DRAFT Phase III Schedule**  
**Fall -- 7 Workouts until Montana Cup**  
**Intervals begin at 12:15 sharp at Vigilante, unless otherwise specified**  
**(race information from [www.runmt.com](http://www.runmt.com))**

Tu 9/4 INTER-PHASE REST WEEK -- NO WORKOUT!!  
Fr 9/7 PHASE II PARTY -- FANNING'S HOUSE  
Sa 9/8 Anytime Fitness 5k Fun Run Fundraiser (Helena)  
Tu 9/11 YMCA, 6 x 950 (about 3.5 mi.) dirt loop, alternate directions  
Sa 9/15 Mt. Helena Run  
Su 9/16 River City Roots Festival 4 Mile (Missoula)  
Su 9/16 Montana Marathon (Billings), Two Bear Marathon (Whitefish)  
Tu 9/18 6 x Division St. Hills -- intervals begin at corner of Rodney & Clancy  
Fr 9/21 Helena Trail Series Race #2 -- Tubbs Trail -- 3.2 miles -- 9 pm  
Su 9/23 Great Divide Ascent -- Mac Pass -- runner / biker team -- 10k each (Helena)  
Tu 9/25 "Perring" workout (3 sets, 4 min. @5k each way, 2 min. rest -- about 4 mi.)  
Sa 9/29 Carroll College Open, Townsend Fall Fest 5k, Homestake Pass 5 mile trail race (Butte)  
Tu 10/2 8 x Baarson Hill Repeats -- Warmup jog begins at Vigilante at 12:00 (or you can meet the group at the Lower intersection of Baarson & Diehl at 12:15)  
Sa 10/7 All Women's Run Half Marathon, 10k, 5k, 2 mi. (Missoula), Stillwater River Run  
Su 10/7 Wolf Creek Relay  
Tu 10/9 Big Relay, 10 x 500 faster partner, 10 x 300 slower partner (traditional matching), OR  
12 x 400 each, random popsicle stick partner matching  
Sa 10/13 Helena Trail Series Race #3 -- 6.6 mi.  
Sa 10/13 Le Grizz 50 mi. (Hungry Horse), Octoberfest 5k (Bozeman), 5k in Great Falls  
Tu 10/16 10-15 x 300 Partnered (not matched) Relay (2.8 miles each)  
Sa 10/20 McLeod 5k & 10k  
Su 10/21 Helena Trail Series Race #4 -- Elkhorn Retreat  
Tu 10/23 Greg Workout: 800, 3 x 400, 3 x 200 (1.6 miles)  
Sa 10/27 Montana Cup -- mandatory! :) see [www.montanacup.com](http://www.montanacup.com)