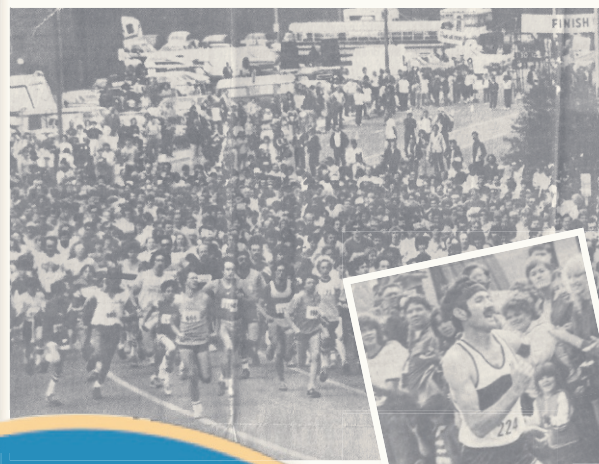


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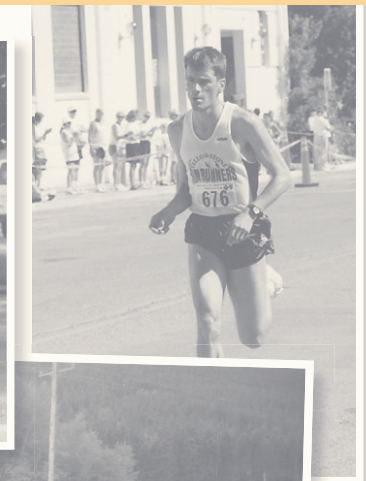


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MONTANA



A Special Publication of the **Independent Record**

EVENT SCHEDULE

FRIDAY, JUNE 7, 2024

10 a.m. – 6 p.m. – Packet Pickup and Late Registration

DoubleTree by Hilton Helena Downtown

5:30 p.m. – Mile Fun Run and Kids Marathon Final Mile

Centennial Park by the Helena YMCA

6:30 p.m. – Governor's Cup Celebrating 50 Years

Windsor Ballroom on Front Street

SATURDAY, JUNE 8, 2024 – NO RACE DAY REGISTRATION

4:15 – 5:45 a.m. – Marathon/Half Marathon/Marathon Relay bus loading

301 S. Park Ave., Buses will leave promptly at 4:45 a.m. (marathon/marathon relay) and 5:45 a.m. (half marathon)

6 a.m. – Marathon and Marathon Relay Start – Must take bus to starting line.

Buses will leave from Lewis and Clark County Library at 4:45 a.m.

7 a.m. – Half Marathon Start – Must take bus to starting line.

Buses will leave from Lewis and Clark County Library at 5:45 a.m.

**Please note there is NO out-of-town packet pickup the morning of the race for the marathon and half marathon.*

7-7:45 a.m. – 10K Out-of-town Packet Pickup

Packet pickup for out-of-town 10K participants. Out-of-town packet pickup location is at the Holter Museum of Art, located at 12 East Lawrence Street. It is right next to the 5K/10K starting line..

8 a.m. – 10K Start

Behind the Holter Museum on Cruse Avenue.

8:45-9:45 a.m. – 5K Out-of-town Packet Pickup

Packet pickup for out-of-town 5K participants. Out-of-town packet pickup location is at the Holter Museum of Art, located at 12 East Lawrence Street. It is right next to the 5K/10K starting line..

10 a.m. – 5K Start

Behind the Holter Museum on Cruse Avenue.

11 a.m. – Awards Ceremony

**Schedule is subject to change.*

5K Race Route



GOVERNOR'S CUP

START – Cruse Avenue (Near Chamber of Commerce)

- South on **Cruse Avenue** to Lawrence
- East on **Lawrence** to 9th Avenue
- East on **9th Avenue** to Washington
- South on **Washington** to 6th Avenue
- East on **6th Avenue** to Roberts
- South on **Roberts** to 5th
- East on **5th Avenue** to Sanders
- South on **Sanders** to Lockey
- West on **Lockey**, across Montana Ave. to Breckenridge
- West on **Breckenridge** to Hoback
- North on **Hoback** to 6th Avenue
- West on **6th Avenue** to Cruse Avenue
- North on **Cruse Avenue** to Lawrence
- West on **Lawrence** to Last Chance Gulch
- South on **Last Chance Gulch** to Wong Street
- **Wong Street Finish** (Anchor Park)

The Governor's CUP 5K

The Governor's Cup 5K course starts in downtown Helena near the Holter Museum on Cruse Avenue and finishes on the Capital City's historic Last Chance Gulch, where gold was first discovered in 1864. The challenging course features stunning views of Mount Helena, the State Capitol and other historic sites in the Capital City

Packet Pickup

Friday, June 7: 10 a.m. to 6 p.m. at DoubleTree by Hilton Helena Downtown.

Saturday, June 8: Out-of-town runners can pick up their packets the morning of race day from 8:45-9:45 a.m. at the Holter Museum of Art.

Start Time

The Governor's Cup 5K will start at 10 a.m. in downtown Helena near the Holter Museum on Cruse Avenue.

Important Rules

Starting Line-Up: All participants are asked to line up according to their anticipated finishing times. Slower runners, please start toward the end of the line to allow elite racers a smooth start.

Facilities: Portable restrooms will be located at the start, finish and along the 5K course.

Water Stations: Water stations are available throughout the course. We highly encourage all participants to hydrate before, during, and after the race.

Dogs, bicycles, skateboards, and roller blades are not allowed on the courses. Watch for vehicles on the road at all times.

Baby joggers are allowed, but we ask that participants using a jogger start toward the back

The Governor's CUP KIDS MARATHON

The Kids Marathon program partners with elementary schools in Helena and the surrounding area. Kids in grades K-5 at participating schools log 120 minutes of running/walking during a six-week training period and run/walk a 1-mile lap at 5:30 p.m. on June 7 at Centennial Park.

This non-competitive, non-timed event is about having fun and making it to the finish line.

Every Kids Marathon training program participant will be rewarded with tokens for meeting time goals and a T-shirt for completing the training program, free of charge. Those who participate in the final event will also earn a finisher's medal. Children from non-participating schools will not receive a training program T-shirt, but are invited to participate in the non-timed lap free of charge and will receive a finisher's medal.

Start Time

5:30 p.m. at Centennial Park.

Important Rules

Facilities: Portable restrooms will be located at the park. **Water Stations:** Water will be provided at the finish line.

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The Governor's CUP 10K

The Governor's Cup 10K course starts in downtown Helena near the Holter Museum on Cruse Avenue and finishes on the Capital City's historic Last Chance Gulch. The challenging course features stunning views of Mount Helena, the State Capitol, and other historic sites in the Capital City.

Packet Pickup

Friday, June 7: 10 a.m. to 6 p.m. at Double-Tree by Hilton Helena Downtown.

Saturday, June 8: Out-of-town runners can pick up their packets the morning of race day from 8:45-9:45 a.m. at the Holter Museum of Art.

Start Time

The Governor's Cup 10K will start at 8 a.m. in downtown Helena near the Holter Museum on Cruse Avenue.

Important Rules

Starting Line-Up: All participants are asked to line up according to their anticipated finishing times. Slower runners, please start toward the end of the line to allow elite racers a smooth start.

Facilities: Portable restrooms will be located at the start, finish and along the course.

Water stations are available throughout the course. We highly encourage all participants to hydrate before, during, and after the race.

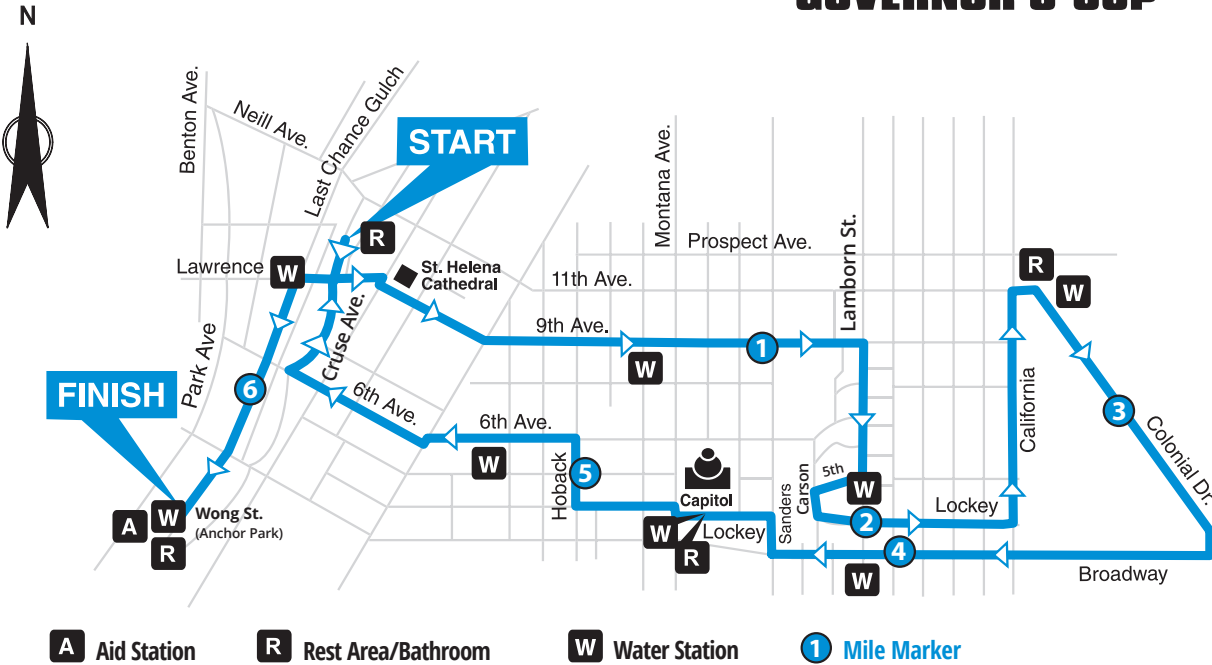
Dogs, bicycles, skateboards, and roller blades are not allowed on the courses. Watch for vehicles on the road at all times.

Baby joggers are allowed, but we ask that participants using a jogger start toward the back.

10K Race Route



GOVERNOR'S CUP



A Aid Station **R** Rest Area/Bathroom **W** Water Station **1** Mile Marker

START – Cruse Avenue (Near Holter Museum)

- South on **Cruse** to Lawrence
- East on **Lawrence** to 9th Ave.
- East on **9th Ave.** to Lamborn
- South on **Lamborn** to 5th Ave.
- West on **5th Ave.** to Carson St.
- South on **Carson** to Lockey Ave.
- East on **Lockey Ave.** to California St.
- North on **California St.** to Colonial Dr.
- Southwest on **Colonial Dr.** to Broadway
- West on **Broadway** to Sanders St.

- North on **Sanders St.** to Lockey Ave.
- West on **Lockey Ave.**, across Montana Ave. to Breckenridge
- West on **Breckenridge** to Hoback
- North on **Hoback** to 6th Ave.
- West on **6th Ave.** to Cruse Ave.
- North on **Cruse Ave.** to Lawrence
- West on **Lawrence** to Last Chance Gulch
- South on **Last Chance Gulch** to Wong St.
- **Wong St. Finish** (Anchor Park)



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HISTORY OF THE GOVERNOR'S CUP

COURTESY OF DAVID CURD

This coming weekend is the 50th annual Governor's Cup.

The Cup had its start at the Montana State Capitol building in 1973 when the new governor, Thomas L. Judge, created the Governor's Council on Physical Fitness, Recreation and Lifetime Sports.

Clayton Linebarger was the director and sole employee of the Council. His main job was to visit all 126 incorporated towns of Montana and help start, improve, or advise on recreational opportunities for the citizens.

The Governor's Cup began as a way to involve many people at one event at one time.

The first Cup was held on Memorial Day in 1974 in Bozeman near Montana State University. The races included the 3-mile, 7-mile, 13-mile and full marathon. The long races went up Hyalite Canyon. Sixty-eight people signed up for the races. The winner of each race received a gold cup.

The next year, 1975, the Cup moved to Missoula during the first weekend in June and had 150 runners. The marathon course went from the University of Montana campus to Milltown, then Bonner, and then returned on the same course.



The following year, 1976, the Cup moved to Helena. With help from the Last Chance Runners Club (LCRC), a marathon course was set from Vigilante Campground, through York, over the Trout Creek Bridge, into town, and ended at Capital High School. That year, 225 runners signed up for the races.

The first four Cups were sponsored by the Council. In 1977, those funds were cut from the budget.

With state funding gone, the LCRC kept

the race going in 1978. At this time, it appeared the races would be limited as the LCRC couldn't handle more entries.

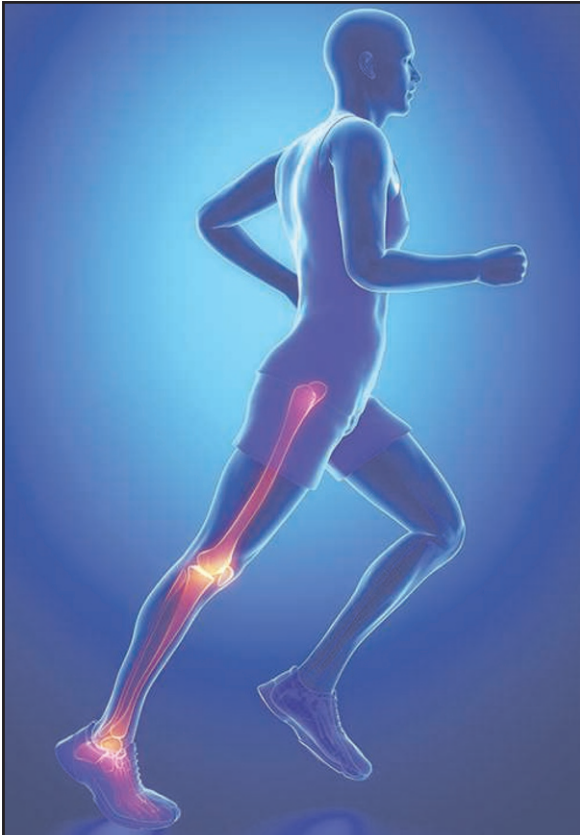
Then, fate smiled when Blue Shield of Montana asked to sponsor the race, beginning in 1979.

From their associates in Spokane, Wash., Blue Shield of Montana was encouraged to become a race sponsor of the Governor's Cup. The Spokane group was sponsoring the Lilac Bloomsday Race, which was

started in 1977.

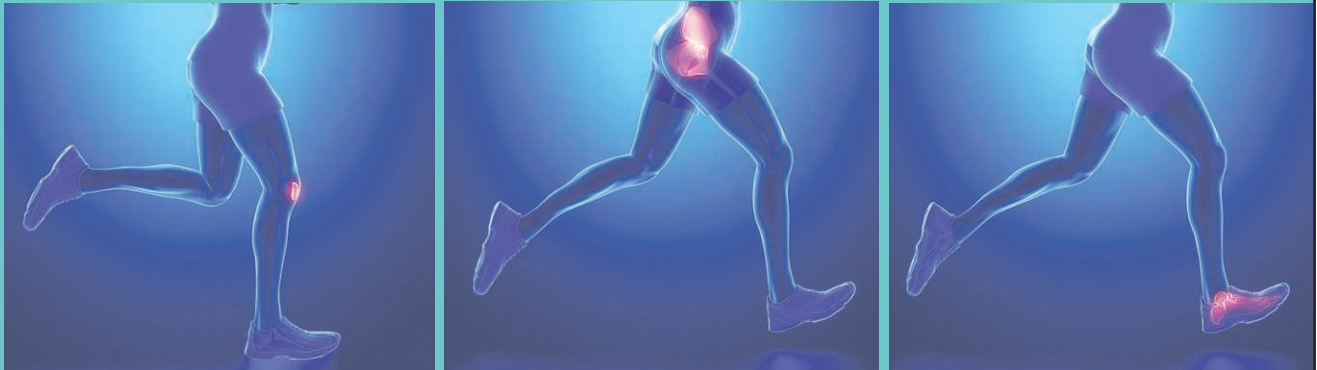
With Blue Shield's involvement, which became support from Blue Cross and Blue Shield of Montana, the races kept going and growing. And by 1995, there were 6,831 entries.

The upcoming race is an exciting historical event, a time to remember the old days, be thankful for the community it has become, and look forward to many, many more Governor's Cups.





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Half Marathon Race Route

START – Clancy Creek Road (Near Clancy Schools)

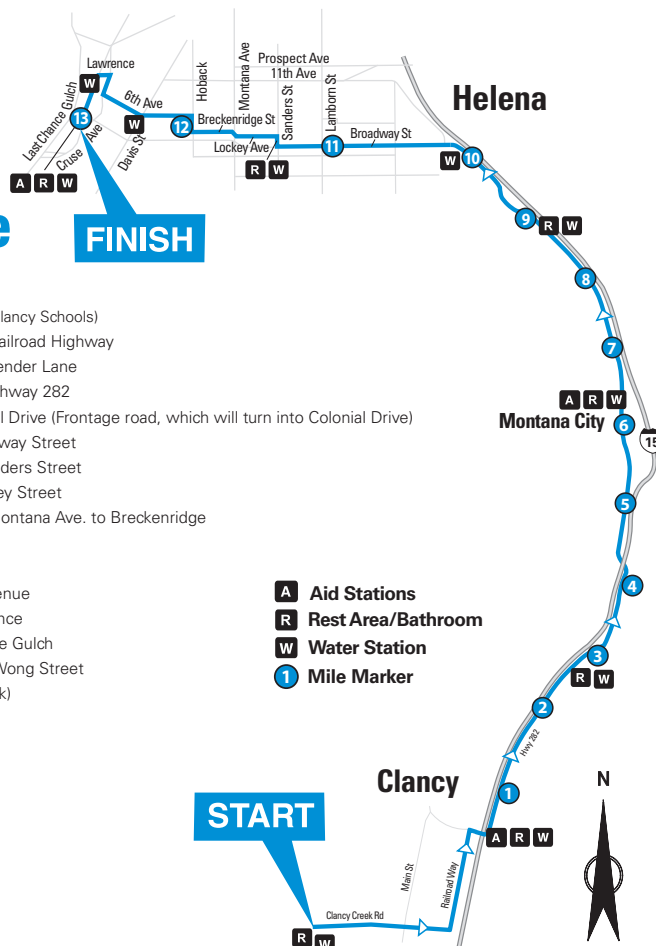
- West on **Clancy Creek Road** to Railroad Highway
- North on **Railroad Way** to Legal Tender Lane
- East on **Legal Tender Lane** to Highway 282
- North on **Highway 282** to Colonial Drive (Frontage road, which will turn into Colonial Drive)
- North on **Colonial Drive** to Broadway Street
- West on **Broadway Street** to Sanders Street
- North on **Sanders Street** to Lockey Street
- West on **Lockey Street**, across Montana Ave. to Breckenridge
- West on **Breckenridge** to Hoback
- North on **Hoback** to 6th Avenue
- West on **6th Avenue** to Cruse Avenue
- North on **Cruse Avenue** to Lawrence
- West on **Lawrence** to Last Chance Gulch
- South on **Last Chance Gulch** to Wong Street
- Wong Street **FINISH** (Anchor Park)

Get race results online
at govcupmmt.com

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HALF MARATHON

Race Information

Packet Pickup

Friday, June 7: 10 a.m. to 6 p.m. at DoubleTree by Hilton Helena Downtown.

Saturday, June 8: There will be no packet pickup on race day.

Race Starting Time

The marathon starts at 7 a.m. in front of the Clancy School.

Bus Schedule

Bus loading begins at 5:15 a.m. and buses will leave promptly at 5:45 a.m. Write your name and phone number on the gear bag provided at packet pickup. Bags will be returned to the finish area and must be picked up by 1 p.m.

Course Information

Starting Line-Up: All participants are asked to line up according to their anticipated finishing times. Slower runners, please start toward the end of the line to

allow elite racers a smooth start.

Facilities: Portable restrooms will be located at the start, finish and every 3 miles on the marathon course.

Water Stations: Water stations are available every three miles. Hammer Nutrition Heed sports drink and Hammer Gel will also be available.

Important Rules

Dogs, bicycles, skateboards, and roller blades are not allowed on the courses. Watch for vehicles on the road at all times.

Baby joggers are allowed, but please be advised that all participants are required to take a bus to the start and we ask that participants using a jogger start toward the back.

There will be no official time for anyone taking longer than six hours. Aid stations, traffic control, volunteers, etc. will relinquish their posts based upon the six-hour time window.

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MARATHON

Race Information

Packet Pickup

Friday, June 7: 10 a.m. to 6 p.m. at DoubleTree by Hilton Helena Downtown.

Saturday, June 8: There will be no packet pickup on race day.

Race Starting Time

The marathon starts at 6 a.m. on Wickes Road, roughly three miles southwest of Jefferson City.

Bus Schedule

Bus loading begins at 4:15 a.m. and buses will leave promptly at 4:45 a.m. Write your name and phone number on the gear bag provided at packet pickup. Bags will be returned to the finish area and must be picked up by 1 p.m.

Course Information

Starting Line-Up: All participants are asked to line up according to their anticipated finishing times. Slower runners, please start toward the end of the line to allow elite racers a smooth start.

Facilities: Portable restrooms will be located at the start, finish and every 3 miles on the marathon course.

Water Stations: Water stations are available every three miles. Hammer Nutrition Heed sports drink and Hammer Gel will also be available.

Important Rules

Dogs, bicycles, skateboards, and roller blades are not allowed on the courses. Watch for vehicles on the road at all times.

Baby joggers are allowed, but please be advised that all participants are required to take a bus to the start and we ask that participants using a jogger start toward the back.

There will be no official time for anyone taking longer than six hours. Aid stations, traffic control, volunteers, etc. will relinquish their posts based upon the six-hour time window.



GOVERNOR'S CUP

Marathon Race Route

START – Wickes Road (Near Montana Tunnels Road)

- North on **Wickes Road** to Corbin Road
- East on **Corbin Road** to Heidi Way
- South on **Heidi Way** to turnaround, then north to Highway 282 overpass (out and back)
- East on **Highway 282** overpass to Highway 282 (Cross the bridge over I15)
- North on **Highway 282** to Colonial Drive (Frontage road, which will turn into Colonial Drive)
- North on **Colonial Drive** to Broadway Street
- West on **Broadway Street** to Sanders Street
- North on **Sanders Street** to Lockey Street
- West on **Lockey Street**, across Montana Ave. to Breckenridge
- West on **Breckenridge** to Hoback
- North on **Hoback** to 6th Avenue
- West on **6th Avenue** to Cruse Avenue
- North on **Cruse Avenue** to Lawrence
- West on **Lawrence** to Last Chance Gulch
- South on **Last Chance Gulch** to Wong Street
- **Wong Street FINISH** (Anchor Park)

Get race results online
at govcupmt.com

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MARATHON RELAY Race Information

The Governor's Cup Marathon Relay

The marathon relay will start at 6 a.m. and will follow the marathon course from Jefferson City to Helena with exchange zones located conveniently to allow teams to easily navigate between exchange zones using a single vehicle.

Relay Breakdown

Each team's No. 1 runner will take a marathon bus to the start. All other runners will travel to the first exchange in Jefferson City using the team car (one car allowed per team). From that point, teams will shuttle runners to and from each exchange zone until they arrive at the finish. For safety reasons, team cars are required to travel between exchanges using Interstate 15, which runs adjacent to the course on Highway 282. Teams using Highway 282 will be disqualified. This will keep our runners safe and allow teams to arrive at each exchange zone in an efficient manner. Please use the interactive map below to become familiar with the course and individual legs.

■ Leg 1: Marathon start to Jefferson City (Runner must take marathon bus to the start)

About 8 miles, gentle downhill with a moderate climb from miles 3 to 5.5

■ Leg 2: Jefferson City to Clancy

About 6 miles, gentle downhill with no hills

■ Leg 3: Clancy to Montana City

About 6 miles, rolling hills with two substantial climbs – one midway through the leg and the other toward the end

■ Leg 4: Montana City to Helena

About 7 miles, rolling hills with two substantial climbs – one at the start of the leg and the second midway through mile 5

Divisions

Open Divisions (four runners required)

Men's (can include 1 woman) – Women's – Coed (at least 2 women)

Master's Divisions (four runners required, all runners age 40 and older)

Men's (can include 1 woman) – Women's – Coed (at least 2 women)

Packet Pickup

Friday, June 7: 10 a.m. to 6 p.m. at the DoubleTree by Hilton Helena Downtown.

Starting Time

The marathon relay starts at 6 a.m. on Wickes Road, roughly three miles southwest of Jefferson City.

Bus Schedule

Bus loading begins at 4:15 a.m. and buses will leave promptly at 4:45 a.m. Write your bib number on the gear bag provided at packet pickup. Bags will be returned to the finish area and must be picked up by 1 p.m.

Course Information

Starting Line-Up: All participants are asked to line up according to their anticipated finish times. Slower runners, please start toward the end of the line to allow elite racers a smooth start.

Facilities: Portable restrooms will be located at the start, finish, and every 3 miles on the marathon course.

Water Stations: Water stations are available every three miles. Hammer Nutrition Heed sports drink and Hammer Gel will also be available.

Important Rules

Dogs, bicycles, skateboards, and roller blades are not allowed on the courses. Watch for vehicles on the road at all times.

Baby joggers are allowed, but please be advised that all participants are required to take a bus to the start and we ask that participants using a jogger start toward the back.

There will be no official time for anyone taking longer than six hours. Aid stations, traffic control, volunteers, etc. will relinquish their posts based upon the six-hour time window.



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CHAMPIONS

Below is a list of Governor's Cup champions, dating back to the first event in 1974. For nearly 50 years, Montanans and many others have celebrated fun and fitness through running and walking at the annual event in the Treasure State's capital city. Presented by Blue Cross and Blue Shield of Montana and made possible by many other businesses and individuals in the Helena community, the Governor's Cup remains unique in its composition of races designed for the young and old, elite and recreational.

2023

MEN

Marathon: Layne Ryerson, Manhattan, 2:32:09
Half Marathon: Will McGonigal, Haley (ID), 1:13:26
10K: Carter Heggem, Sidney, 37:34
5K: Luke Mest, Clancy, 17:54

WOMEN

Marathon: Alison FitzSimmons, Canyon Creek, 3:16:26
Half Marathon: Mandy Fellenz, Helena, 1:39:56
10K: Abby Rodseth, Power, 38:35
5K: Rachel Robnett, Henderson (NV), 19:53

MARATHON RELAY

Men's Open: Beef Cows, 2:43:44
Women's Open: Sole Sisters, 3:02:09
Coed: Townsend and Brady, 3:46:01

2022

MEN

Marathon: Layne Ryerson, Helena, 2:39:49
Half Marathon: Micah Drew, Kalispell, 1:12:39
10K: Sam Read, Spokane, 36:26
5K: Justin Morgan, Thompson Falls, 16:42

WOMEN

Marathon: Alison FitzSimmons, Canyon Creek, 3:26:15
Half Marathon: Jonna Schwartz, Clancy, 1:31:12
10K: Riley Crissman, Butte, 39:13
5K: Nicole Murray, Missoula, 19:53

MARATHON RELAY

Men's Open: Team Photos, 2:48:37
Women's Open: Wish We Were Cheetahs, 3:53:04
Coed: Scott's Tots, 3:26:53

2021

MEN

Marathon: Keith Miller, Missoula, 2:37:03
Half Marathon: Micah Drew, Kalispell,

1:12:26
5K: Justin Morgan, Thompson Falls, 16:33

WOMEN

Marathon: Heather Lieberg, Helena, 2:47:14
Half Marathon: Elizabeth Wasserman, Columbia Falls, 1:21:37
5K: Nicole Murray, Missoula, 19:30

2019

MEN

Marathon: Mike Kaiser, Clancy, 2:38:22
Half Marathon: Mark Messmer, Missoula, 1:07:48 (record)
10K: Cesar Mireles, Richey, 35:15
5K: Ismael Arzola, Lemmon, S.D., 15:46

WOMEN

Marathon: Betsy Ross, Helena, 3:07:16
Half Marathon: Heather Lieberg, Helena, 1:18:35
10K: Allison Barnwell, Missoula, 41:10
5K: Samantha Mundel, Helena, 18:57

MARATHON RELAY

Men's Open: Team Biceps, Helena, 2:59:15
Men's Masters: Vigilante Masters, Helena, 2:50:07
Women's Open: Not It, East Helena, 3:44:36

Women's Masters: N/A
Coed: Team Gramer, Illinois, 3:18:11
Coed Masters: 2 Fraus & 2 Hares, Butte, 3:36:48

2018

MEN

Marathon: Nico Composto, Missoula, 2:39:04
Half Marathon: Mark Messmer, Missoula, 1:09:02
10K: Sam Read, Bozeman, 33:07
5K: Ismael Arzola, Lemmon, S.D., 16:15

WOMEN

Marathon: Marisa Ruhter, Kent, Wash., 3:06:53
Half Marathon: Keely Baker, Great Falls, 1:21:58
10K: Heather Lieberg, Helena, 37:51
5K: Nicole Murray, Whitehall, 18:56

MARATHON RELAY

Men's Open: Select Stars from SoFi, 3:27:06
Men's Masters: Montana City Fitness 1, 3:40:20
Women's Open: Montana City Fitness 2, 3:25:05
Women's Masters: Class of 80s Ladies, 4:37:19
Coed: Jogging Out of Excuses, 3:27:48

Coed Masters: 2 Fraus & 2 Hares, 3:37:38

2017

MEN

Marathon: Mark Messmer, Missoula, 2:33:46
Half Marathon: Silas Talbot, Bozeman, 1:14:44
10K: Sam Read, Bozeman, 33:46
5K: Ismael Arzola, Lemmon, SD, 16:34

WOMEN

Marathon: Jenny Wolfe, Bozeman, 3:16:31
Half Marathon: Keely West, Great Falls, 1:23:02
10K: Julie Ackerlund, Helena, 44:13
5K: Heather Lieberg, Helena, 17:45

MARATHON RELAY

Men's Open: Chafing the Dream, Clancy, 4:20:20
Men's Masters: Montana City Fitness, Clancy, 3:38:46
Women's Open: More Fun Than A Full, Helena, 3:06:43
Coed: Worst Pace Scenario, Helena, 3:29:14

More Champions, PAGE 12N

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Movement improves mental health

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Shodair Children's Hospital

Montana's Children's Miracle Network Hospital

GOVERNOR'S CUP

JUNE 2024 | N11

Champions

continued from Page 11N

2016 MEN

Marathon: Jason Delaney, Polson, 2:35:26
Half Marathon: Bryce Thomas, Helena, 1:27:15
10K: Daniel Jackson, Bozeman, 34:04
5K: Daniel Jackson, Bozeman, 16:33

WOMEN
Marathon: Mary Owen, Billings, 3:01:04
Half Marathon: Cynthia Arnold, Polson, 1:25:06
10K: Katrina Fehr, Missoula, 39:49
5K: Heather Lieberg, Helena, 17:34

2015 MEN

Marathon: Mike Knutson, Baker City, Ore., 2:34:17
Half Marathon: Collin Fehr, Missoula, 1:10:08
10K: Dontae Baker, Helena, 35:33
5K: Matthew Choquette, Butte, 16:49

WOMEN
Marathon: Sarah Hallas, Santa Rosa, Calif., 2:57:15
Half Marathon: Marilee Woyth, Great Falls, 1:31:52
10K: Heather Lieberg, Helena, 35:24 (record)
5K: Nicole Hunt, Warm Springs, 18:24

2014 MEN

Marathon: Collin Fehr, Missoula, 2:33:41
Half Marathon: Jim Walmsley, Black Eagle, 1:10:48
10K: Jacob Bradosky, Great Falls, 34:13
5K: Jim Walmsley, Black Eagle, 16:19

WOMEN
Marathon: Mary Owen, Billings, 3:07:19
Half Marathon: Heather Lieberg, Helena, 1:17:25 (record)
10K: Lindsey Hintz, Bozeman, 39:51
5K: Nicole Hunt, Warm Springs, 18:53

2013 MEN

Marathon: Christian Heck, Bozeman, 2:48:52
Half Marathon: Bryan Johnson, Helena, 1:23:12
10K: Aidan Reed, Helena, 35:28
5K: Lyle Pocha, Helena, 16:05

WOMEN
Marathon: Heather Lieberg, Helena, 2:45:59 (record)
Half Marathon: Mandy Fellenz, Helena, 1:33:49
10K: Sarah Kjorstad, Helena, 39:31
5K: Nicole Hunt, Deer Lodge, 18:47

2012 MEN

Half Marathon: Collin Fehr, Missoula, 1:13:11
10K: Jacob Bradosky, Great Falls, 33:40

5K: Jacob Bradosky, Great Falls, 16:09
WOMEN
Half Marathon: Heather Lieberg, Helena, 1:20:29
10K: Katrina Drennen, Missoula, 39:15
5K: Nicole Hunt, Deer Lodge, 19:08

2011 MEN

Half Marathon: Devin Cowan, Helena, 1:16:55
10K: Patrick Judge, Helena, 34:37
5K: Jacob Bradosky, Great Falls, 15:49
WOMEN
Half Marathon: Michele Bazzanella, Butte, 1:31:00
10K: Lisa Minnehan, Billings, 39:59
5K: Lisa Minnehan, Billings, 19:38

2010 MEN

10K: Thomas Jodoin, Helena, 33:17
5K: Thomas Jodoin, Helena, 16:29
WOMEN
10K: Genevieve Hanson, Helena, 38:50
5K: Nicole Hunt, Deer Lodge, 18:01

2009 MEN

10K: Thomas Jodoin, Helena, 32:53
5K: Michael Fisher, Ronan, 16:04
WOMEN
10K: Genevieve Hanson, Helena, 40:38
5K: Nicole Hunt, Deer Lodge, 19:00

2008 MEN

Marathon: Brian Glass, Normal, IL, 2:37:44
Half Marathon: Everett Whiteside, Pensacola, FL, 1:18:11
10K: John Ricardi, Pocatello, ID, 33:20
5K: John Ricardi, Pocatello, ID, 16:11

WOMEN
Marathon: Heather Lieberg, Helena, 3:00:10
Half Marathon: Dani Salois-Shahan, Bozeman, 1:24:44
10K: Holly Walker, Bozeman, 40:17
5K: Lois Ricardi, Pocatello, ID, 18:18

2007 MEN

Marathon: Scott Creel, Bozeman, 2:34:17
Half Marathon: Brad Dolesh, Bozeman, 1:18:57
10K: Greg Wirth, Helena, 35:10
5K: Michael Fisher, Ronan, 16:49

WOMEN
Marathon: Heather Lieberg, Helena, 3:07:49
Half Marathon: Nikki Kimball, Bozeman, 1:28:05
10K: Holly Walker, Bozeman, 41:43
5K: Vaia Errett, Whitehall, 20:09

2006 MEN

Marathon: Mark Tarr, Columbia Falls, 2:52:05
Half Marathon: Brian Wieck, Helena, 1:22:03
10K: Greg Wirth, Helena, 33:10

5K: Kurt Michels, Kalispell, 15:50
WOMEN
Marathon: Marie Boyd, Missoula, 3:08:05
Half Marathon: Dani Salois-Shahan, Bozeman, 1:24:22
10K: Nicole Hunt, Deer Lodge, 37:45
5K: Jennifer Thomas, Helena, 20:08

2005 MEN

Marathon: Dan Campbell, Bozeman, 2:55:23
Half Marathon: Justin Easter, Bozeman, 1:11:33
10K: Josh Ricardi, Gardiner, 32:56
5K: Josh Ricardi, Gardiner, 16:03

WOMEN
Marathon: Jamie Schuster, Plains, 3:11:04
Half Marathon: Dani Salois-Shahan, Bozeman, 1:21:55
10K: Nicole Hunt, Deer Lodge, 36:10
5K: Lois Ricardi, Gardiner, 19:44

2004 MEN

Marathon: Christopher Tobiason, Missoula, 2:44:22
Half Marathon: Jeb Myers, Brown-ing, 1:15:06
10K: Steve Weber, Helena, 35:42
5K: Matt Nelson, Colstrip, 15:36

WOMEN
Marathon: Michelle Flenniken, Boze-man, 3:25:37
Half Marathon: Kathy Peterson, Dil-lon, 1:32:37
10K: Nicole Hunt, Deer Lodge, 40:47
5K: Ann Sorenson, Bozeman, 18:54

2003 MEN

Marathon: Brett Riley, Houston, TX, 2:41:00
Half Marathon: Jeb Myers, Brown-ing, 1:16:27
10K: Josh Ricardi, Gardiner, 32:51
5K: Matt Nelson, Colstrip, 15:48

WOMEN
Marathon: Kara Neil, Bozeman, 3:16:49
Half Marathon: Kathy Aragon, Bill-ings, 1:26:39
10K: Dani Salois-Shahan, Bozeman, 38:37
5K: Nicole Hunt, Deer Lodge, 17:11 (record)

2002 MEN

Marathon: Mark Tarr, Columbia Falls, 2:56:16
Half Marathon: Jeb Myers, Brown-ing, 1:14:53
10K: Vance Twitchell, Helena, 33:06
5K: Kurt Michels, Kalispell, 15:51

WOMEN
Marathon: Valor Hopes, Missoula, 3:00:20
Half Marathon: Kathy Aragon, Bill-ings, 1:28:10
10K: Holly Walker, Bozeman, 40:24
5K: Mariann Foster, Lodge Grass, 18:34

2001 MEN

Marathon: Harry Johnson, Bozeman, 2:45:31
Half Marathon: Rich Hanna, Sacra-mento, CA, 1:13:05
10K: Scott Creel, Bozeman, 33:35
5K: Kurt Michels, Kalispell, 16:09

WOMEN
Marathon: Jennifer White, Bozeman, 3:08:14
Half Marathon: Kathy Aragon, Bill-ings, 1:25:22
10K: Dani Salois-Shahan, Bozeman, 39:00
5K: Sabrina Monro, Clancy, 17:28

2000 MEN

Marathon: Harry Johnson, Bozeman, 2:43:13
Half Marathon: Dave Houck, Missoula, 1:18:15
10K: Greg Wirth, Helena, 34:05
5K: Ray Hunt, Deer Lodge, 16:10

WOMEN
Marathon: Dani Salois-Shahan, Boze-man, 3:21:53
Half Marathon: Kathy Aragon, Bill-ings, 1:24:54
10K: Emily Nay, Helena, 38:18
5K: Nicole Hunt, Deer Lodge, 17:13

1999 MEN

Marathon: Pat Judge, Helena, 2:40:22
20K: Brian Wieck, Foundation Hills, AZ, 1:15:43
10K: Monte Still, Bozeman, 33:38
5K: Josh Ricardi, Gardiner, 16:59

WOMEN
Marathon: Maura Gonsior, Silver City, NM, 3:17:10
20K: Kitty Marcroft, Hailey, ID, 1:19:46
10K: Holly Stanish (Walker), Bozeman, 38:36
5K: J. Phillips, Bozeman, 19:49

1998 MEN

Marathon: Richard Hooper, Westtown, PA, 2:59:46
20K: Louie Van Duzer, Columbia Falls, 1:11:00
10K: Lyle Weese, Dillon, 35:44
5K: Jesse Zentz, Missoula, 16:00

WOMEN
Marathon: Megan Holden, NY, 3:08:03
20K: Kathy Aragon, Billings, 1:21:29
10K: Sabrina Monro, Clancy, 38:23
5K: Nicole Hunt, Bozeman, 17:25

1997 MEN

Marathon: Mark Heaphy, Missoula, 2:44:00
20K: Pat Judge, Helena, 1:09:00
10K: Gary O'Donnell, Bozeman, 34:07
5K: Tony Banovich, Billings, 15:55

WOMEN
Marathon: Joan Jilka, Broadus, 3:04:51
20K: Nicole Murray (Hunt), Bozeman,

1:16:00 (record)
10K: Kiersten Black, Bozeman, 40:22
5K: Kitty Marcroft, Hailey, ID, 18:39

1996 MEN

Marathon: Jerry Rief, Cheyenne, WY, 2:40:43
20K: Ray Matteson, Butte, 1:13:11
10K: Tony Banovich, Billings, 34:39
5K: Ray Hunt, Warm Springs, 16:17

WOMEN
Marathon: Joan Jilka, Broadus, 3:02:57
20K: Karen Sanford-Gall, Billings, 1:16:30
10K: Rene Coppock, Billings, 39:17
5K: Nicole Murray (Hunt), Warm Springs, 18:14

1995 MEN

Marathon: Dave Coppock, Billings, 2:43:20
20K: Val Murray, Missoula, 1:09:25
10K: Willy Hicks, Bozeman, 35:21
5K: Josh Pallister, Clancy, 16:05

WOMEN
Marathon: Joan Jilka, Broadus, 3:07:12
20K: Rene Coppock, Billings, 1:17:26
10K: Karen Sanford-Gall, Billings, 38:29
5K: Laurie Adams Sax, Missoula, 18:54

1994 MEN

Marathon: Tony Banovich, Billings, 2:37:03
20K: Val Murray, Missoula, 1:09:43
10K: Adam Herr, Bozeman, 32:12
5K: Adam Herr, Bozeman, 15:47

WOMEN
Marathon: Marni Ryti, Newport Beach, CA, 3:18:35
20K: Karen Sanford-Gall, Billings, 1:21:15
10K: Rene Coppock, Billings, 39:09
5K: A. Hamik, Missoula, 19:40

1993 MEN

Marathon: Roberts Sowers, Huson, 2:41:01
20K: Keifer Hahn, Missoula, 1:08:24
10K: Pat Judge, Helena, 33:10
5K: Tony Banovich, Billings, 15:22

WOMEN
Marathon: Kathy Easley, Billings, 3:13:49
20K: Anne Seifert, Helena, 1:20:13
10K: Karen Sanford-Gall, Billings, 37:10
5K: Tracy Clinch (Chisolm), Helena, 17:53

1992 MEN

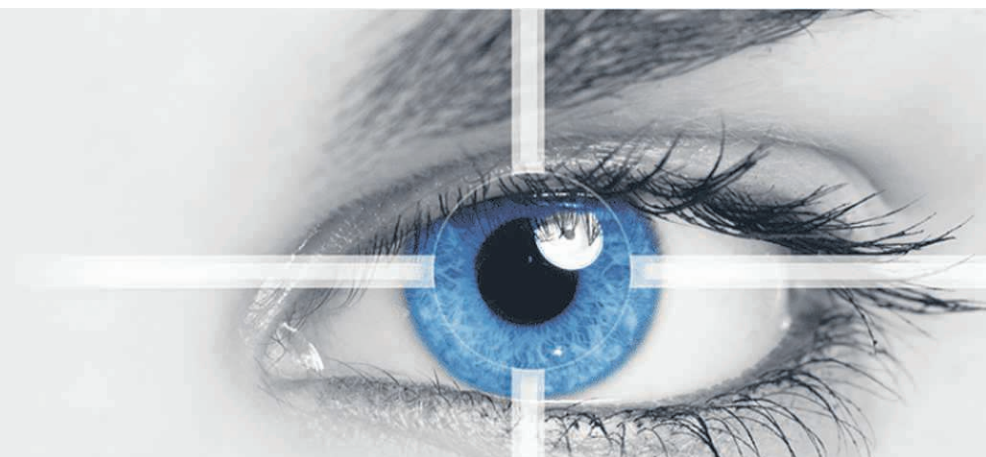
Marathon: Dave Coppock, Billings, 2:43:13
20K: Tony Banovich, Billings, 1:06:21
10K: Troy Kinnunen-Skidmore, Boze-man, 35:56
5K: Clint Morrison, Missoula, 15:08

WOMEN
Marathon: Kathy Easley, Billings, 3:09:11
20K: Becky Clairmont, Billings, 1:19:24
10K: Nicole Murray (Hunt), Missoula, 39:53

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Champions

continued from Page 12N

5K: Emily Nay, Helena, 18:47
1991
MEN
Marathon: Matt Rothermel, Plains, 2:24:10
20K: Bill Brist, Bozeman, 1:07:30
10K: David Morris, Eagle River, AK, 30:49 (record)
5K: Gerard Ostheimer, Bozeman, 15:11
WOMEN
Marathon: Karen Sanford-Gall, Billings, 2:53:29
20K: Becky Clairmont, Billings, 1:22:33
10K: Debbie Magilke, Billings, 38:19
5K: Debbie Magilke, Billings, 18:08
1990
MEN
Marathon: Dave Coppock, Billings, 2:29:26
20K: B. Anthonline, Greendale, WI, 1:09:09
10K: Ray Hunt, Whitehall, 32:40
5K: Steve Simpson, Helena, 15:52
WOMEN
Marathon: Kathy Easley, Billings, 3:10:52
20K: Becky Clairmont, Billings, 1:18:47
10K: Debbie Magilke, Billings, 38:10
5K: Karen Sanford-Gall, Billings, 17:43
1989
MEN
Marathon: Matt Rothermel, Bozeman, 2:25:21
20K: Tom Raunig, Bozeman, 1:01:33 (record)
10K: Mike Lynes, Camas, WA, 32:43
5K: Bob Boland, Great Falls, 15:53
WOMEN
Marathon: Sue Vogel, Billings, 3:10:59
20K: S. Stetler, Missoula, 1:26:08
10K: Edie Van Buskirk, Missoula, 40:20
5K: Lauri Sax (Adams), Pocatello, Id, 18:20

1988
MEN
Marathon: Dave Coppock, Billings, 2:38:48
20K: Kenneth Mcchesney, Missoula, 1:09:56
10K: David Knoop, Salt Lake City, 32:15
5K: Shannon Butler, Eureka, 14:47 (record)
WOMEN
Marathon: Bobbie Dixon, Helena, 3:21:47
20K: Debbie Magilke, Billings, 1:18:47
10K: Jen Foster, Livingston, 40:28
5K: Joan Downey, Butte, 19:03
1987
MEN
Marathon: Dave Coppock, Billings, 2:32:31
20K: Mike Lynes, Camas, WA, 1:08:22
10K: Bill Brist, Kalispell, 32:44
5K: Steve Simpson, Helena, 15:19
WOMEN
Marathon: Bobbie Dixon, Helena, 3:17:01
20K: Diedre Eitel, Missoula, 1:19:22
10K: Missy Orr, Bozeman, 40:58
5K: S. Kennedy, Glendive, 19:16
1986
MEN
Marathon: Matt Rothermel, Missoula, 2:22:30
20K: Daug Darko, Great Falls, 1:06:24
10K: Kirk Keller, Gallatin Gateway, 32:40.1
5K: Bill Brist, Kalispell, 15:32
WOMEN
Marathon: Molly Tritle, WA, 3:05:42
20K: Mariah Teitsch, Bozeman, 1:18.03
10K: Debbie Magilke, Billings, 37:50
5K: Heidi Valentine, Bozeman, 19:03
1985
MEN
Marathon: Matt Rothermel, Missoula, 2:24:07
20K: Doug Darko, Great Falls, 1:03:04
10K: Kirk Keller, Billings, 31:17

5K: Bill Brist, Kalispell, 15:16
WOMEN
Marathon: June Freedman, Bozeman, 3:08:53
20K: Ann Danzer, Helena, 1:18:37
10K: Debbie Magilke, Billings, 37:46
5K: Kathy Gibson, Bozeman, 19:15
1984
MEN
Marathon: Jim Hatcher, Helena, 2:22:00
20K: Doug Darko, Great Falls, 1:05:05
10K: Kirk Keller, Bozeman; Bill Brist, Kalispell, 32:21
5K: Stan Zezotarksi, Helena, 16:01
WOMEN
Marathon: Chris Keene, Billings, 3:06:17
20K: Bridgette Marting, Colorado Springs, CO, 1:22:03
10K: Kathie Roos, Helena, 40:50
5K: Brenda Wiklund, Great Falls, 18:21
1983
MEN
Marathon: Jim Hatcher, Helena, 2:21:59
20K: Gian Starinieri, Canoga, CA, 1:04:17
10K: Kirk Keller, Bozeman, 31:24
5K: Jeff Clem, Bozeman, 14:49
WOMEN
Marathon: Debbie Raunig, Missoula, 2:54:10
20K: Ellen Markarewicz, Kansas City, MO, 1:16:14
10K: Kathy Jarvis, Havre, 39:01
5K: Kathy Gibson, Bozeman, 19:13
1982
MEN
Marathon: Jim Hatcher, Helena, 2:20:35 (record)
20K: M. Doner, St. Paul, MN, 1:09:19
10K: Kirk Keller, Bozeman, 31:36
5K: Dave Phelps Jr., Great Falls, 15:08
WOMEN
Marathon: Ann Danzer, Helena, 2:53:38
20K: Jacqui Flores, Great Falls, 1:26:34
10K: Lauri Sax (Adams), Bozeman, 38:36
5K: Kathy Gibson, Bozeman, 19:38

1981
MEN
Marathon: Stan Zezotarski, Helena, 2:29:33
20K: Scott Descheemaeker, Bozeman, 1:05:55
10K: Tony Banovich, Butte, 35:54
5K: Mike Houlihan, Bozeman, 15:16
WOMEN
Marathon: Ann Danzer, Helena, 2:56:26
20K: Cheryl Johnson, Helena, 1:16:42
10K: Chris Hoth, Billings, 40:11
5K: Lynn Creek, Bozeman, 18:22
1980
MEN
Marathon: Stan Zezotarski, Helena, 2:24:55
20K: Scott Descheemaeker, Bozeman, 1:05:53
10K: Steve Bishop, Bozeman, 31:17
5K: Chuck Fred, Helena; Scott Brown-ing, Missoula, 15:40
WOMEN
Marathon: Jennifer Tuthill, Bozeman, 2:58:34
20K: Bridgette Baker, Missoula, 1:18:38
10K: Lauri Adams, Helena, 37:43
5K: Kathy Gibson, Bozeman, 19:57
1979
MEN
Marathon: Cyle Wold, Helena, 2:29:39
20K: Drake Dornfield, Billings, 1:05:19
10K: Doug Darko, Great Falls, 34:44
5K: Chuck Fred, Helena, 16:40
WOMEN
Marathon: Donna Dearborn, Boze-man, 3:12:56
20K: Bridgette Baker, Missoula, 1:24:26
10K: Shelley Thompson, Helena, 40:09
5K: Karen Gibson, Bozeman, 20:27
1978
MEN
Marathon: Bill Hess, Deer Lodge, 2:36:25
Half Marathon: Orville Hess, Ennis, 1:10:45
7 Miles: Jason Emmons, 36:46

3 Miles: Phillip Dupaul, 17:32
WOMEN
Marathon: Chris Shultis, Billings, 3:06:33
Half Marathon: Marti McCracken, Whitefish, 1:35:12
7 Miles: Lauri Adams, Helena, 45:29
3 Miles: Karen Gibson, Bozeman, 22:11
1977
MEN
Marathon: Orville Hess, Ennis, 2:34:27
7 Miles: Stan Zezotarski, Helena, 39:07
3 Miles: Bart Holt, Lolo, 15:39
WOMEN
Marathon: Yvonne Reimer, Lander, WY, 3:34:00
7 Miles: Debbie Raunig, Havre, 52:58
3 Miles: Kathy Gibson, Bozeman, 21:10
1976 (HELENA)
MEN
Marathon: Terry Ziegler, Billings, 2:27:32
13 Miles: Branch Brady, Great Falls, 1:13:32
7 Miles: Brad Burnett, Billings, 39:34
3 Miles: Lyndon Meeks, Great Falls, 15:27
WOMEN
Marathon: Cheryl Johnson, Clancy, 4:39:34
13 Miles: Martha McCafferty, N/A, 1:45:16
7 Miles: Kathy Estes, Philipsburg, 50:37
3 Miles: Debbie Raunig, Havre, 20:22
1975 (Missoula)
MEN
Marathon: John Duffield, 2:56:46
13 Miles: John Hays, Missoula, 1:13:16
7 Miles: Dave McDougall, Butte, 38:29
3 Miles: Bart Holt, Lolo, 16:42
Women
No Women's Division.
1974 (BOZEMAN)
MEN
Marathon: Ian Christopherson, Mis-soula, 2:49:00
13 Miles: Bill Lannon, Helena, 1:19:16
7 Miles: Tom Faulkner, Helena, 44:31
3 Miles: Dan Pelletier, Helena, 16:29
WOMEN
No Women's Division.

EVENT RECORDS

This is a list of all-time Governor’s Cup event records, dating back to the first event in 1974. For nearly 50 years, Montanans and many others have celebrated fun and fitness through running and walking at the annual event in the Treasure State’s capital city. Presented by Blue Cross and Blue Shield of Montana and made possible by many other businesses and individuals in the Helena community, the Governor’s Cup remains unique in its composition of races designed for the young and old, elite and recreational.

MARATHON
MEN
Jim Hatcher, Helena, 2:20:35 (1982)
Masters: Dave Roberts, Helena, 2:33:42 (1991)
WOMEN
Heather Lieberg, Helena, 2:45:59 (2013)
Masters: Priscilla Flesch-Birtic, Glen-dive, 3:12:44 (1992)
HALF MARATHON
MEN
Mark Messmer, Missoula, 1:07:48 (2019)

Masters: Tony Banovich, Billings, 1:16:00 (2004)
WOMEN
Heather Lieberg, Helena, 1:17:25 (2014)
Masters: Kathy Aragon, Billings, 1:24:55 (2000)
10K
MEN
David Morris, Eagle River, AK, 30:49 (1991)
Masters: Bob Boland, Great Falls, 34:14 (1997)

WOMEN
Heather Lieberg, Helena, 35:24 (2015)
Masters: Debbie Magilke, Billings, 38:10 (1990)
MEN
Shannon Butler, Eureka, 14:47 (1988)
Master’s Record: Jim Hatcher, Helena, 16:34 (1991)
WOMEN
Nicole Hunt, Deer Lodge, 17:11 (2003)
Masters: Nicole Hunt, Deer Lodge, 18:01 (2010)

20K
(NO LONGER CONTESTED)
MEN
Tom Raunig, Bozeman, 1:01:33 (1989)
Masters: Louie Van Duzer, Columbia Falls, 1:11:00 (1998)
WOMEN
Nicole Murray (Hunt), Bozeman, 1:16:00 (1997)
Masters: Priscilla Flesch-Birtic, Glen-dive, 1:26:09 (1991)



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JUNE 7-8 HELENA, MT

FRIDAY, JUNE 7

PACKET PICKUP

10 a.m. to 6 p.m.

DoubleTree by Hilton Helena Downtown

22 N. Last Chance Gulch

Near the Gov Cup Finish Line

5:30 p.m. – Mile Fun Run at

Centennial Park next to the YMCA

SATURDAY, JUNE 8

RACE DAY

START TIMES

Marathon: 6 a.m.

Marathon Relay: 6 a.m.

Half Marathon: 7 a.m.

10K: 8 a.m.

5K: 10 a.m.

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