

## THE TENMILE 10-MILE & 5K RUN

Sponsored by: the City of Helena, Lake Helena Watershed Group and many other sponsors.

**Starting point: Tenmile Water Treatment Plant with loop up Rimini road ending back at the Water Treatment Plant.**

**Date: Saturday, July 30, 2016**

**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 Lake Helena Watershed Group to help with education and stewardship in the watershed.**

**Prizes awarded to top 3 M/F**

**Race Contact: Jennifer McBroom 406-457-8584, [jmcbroom@lccountymt.gov](mailto:jmcbroom@lccountymt.gov)**



**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.

Tenmile Creek is a perennial, fourth order stream which drains approximately 200 square miles of mountainous and valley terrain of the Upper Missouri 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 mile. It is the municipal watershed for the city of Helena. The upper watershed has a 100-year history of hard-rock mining with numerous inactive mines and waste-rock piles that have affected water quality within the watershed.

[Please join us to learn more.](#)

Jason Fladland  
Water Treatment Supervisor  
1115 Rimini road  
Helena, Mt 59601

Phone: 406-457-8511  
[jfladland@ci.helena,mt.us](mailto:jfladland@ci.helena,mt.us)



City of Helena

**Join the  
City of  
Helena**



**July 30, 2016**

Take a **10-mile run 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.

