

**2009 Piss & Moan Runners
Tuesday Evening Group Workout Schedule**

30-Jun	(1730 hrs) Bull Ranch: Take I-15 south to the Feely exit and turn right. Continue to the west for about six miles and turn at the first road to the right (north). This road is just before the Moose Creek Campground and so if you get to the Moose Creek Campground then you have gone too far. Continue for about 2 miles and park on the right just before the Bull Ranch trailhead.
7-Jul	(2000 hrs) Anaconda Track - "July Mile Race"
14-Jul	(1730 hrs) Frisbee Golf Course: Take first right after Thompson Park on Hwy 2 south and proceed up 0.5K - Followed by All-You-Can-Eat buffet and salad bar at Silverbow Pizza.
21-Jul	(1730 hrs) Homestake Ski Lodge: Take the I-90 Homestake Pass exit and wind southward on FS 240 for 5K. The right turn at the big electrical transmission lines is the road to the Lodge.
28-Jul	(1730 hrs) Stone Quarry (~6K past Homestake Pass on way to Delmo LK)
4-Aug	(1730 hrs) Anaconda Track
11-Aug	(1730 hrs) Frisbee Golf Course - Bring Head Lamp or Flashlight - Followed by All-You-Can-Eat buffet and salad bar at Silverbow Pizza.
18-Aug	(1730 hrs) Browns Gulch Rd - meet at 1730 at Rocker's "Flying J" to carpool up Browns Gulch 5 miles past end of pavement.
Wednesday, 26 Aug.	(1730 hrs) Toll Mountain: Take Hwy 2 east over Pipestone Pass and then down 8 km. Turn left on Toll Mountain Road, and continue about 3 km on improved gravel road (stay left at junction to Rader Creek Rd) to the Toll Mountain Campground.
1-Sep	(1730 hrs) Elk Park Trails: Take I-15 north most of the way through Elk Park and get off at the Sheep's Head exit and turn right (east) just off the exit. Then turn right again (south) onto the East Elk Park or frontage road. Go a short distance and turn left (east) onto the Nez Perce Lake road. Continue for about one mile and turn right into parking area in the trees.
8-Sep	(1730 hrs) CDT Trail Head at Pipestone Pass on Hwy 2 - Followed by All-You-Can-Eat buffet and salad bar at Silverbow Pizza.
15-Sep	(1730 hrs) Butte East Track.
22-Sep	(1730 hrs) Homestake Ski Lodge.
29-Sep	(1730 hrs) Knob Hill Park - north side of old mine dump above Walkerville.
6-Oct	(1730 hrs) Fish Creek Rd - turn off at mile post #73 of old Hwy 2, on the east side of Pipestone Pass. Will start the workout at the parking area about 300m up Fish Creek Rd.
13-Oct	(1730 hrs) MT Tech - Followed by All-You-Can-Eat buffet and salad bar at Silverbow Pizza.
20-Oct	(1730 hrs) Warmsprings Ponds - Exit I-90 at Warmsprings and proceed around the ponds to the Whitetail Picnic Area on far east side.
27-Oct	(1730 hrs) Knob Hill Park.
Saturday, 31 Oct Halloween	Bozeman - Montana Cup cross country meet. Huge Butte-area team travels to Bozeman. Everyone welcome!