

How to Run Your Shortest and Maybe Fastest Sunrise Stampede 10k

As experienced runners know, the fastest runners in a race often run the shortest distance. The fast runners know they can cut off tens of meters by running the tangents of the curves of the course.

The Sunrise Stampede was designed and measured using USA Track & Field “shortest possible route” techniques. This means the course has specific race cones restricting runners from cutting the corners too short and it means the course was measured along the tangents of the curves and designed to ensure all runners will run at least 10 kilometers.

Another way to describe the shortest possible route is on left hand curves, the course is measured next to the left curb of the road or left side of a path and on right hand curves, the shortest possible route is the right side of the curves.

Unless you have previously run the course or have studied satellite photos of the course, you may not know where the course curves and where the tangents to the curves start. Listed here are the most significant curve tangents in the course. You can also use this information for your pre-race visualization if you are into using that technique in your race planning.

Starting Line to Grandview Meadows Drive

From the starting line, run towards the traffic barrier on the left side of the straightaway and next to the left hand curb headed to Grandview Meadows Drive. Then make a bee-line to the center of the road and hug the cones on the right as you start down Grandview Meadows.

Set your sights on the furthest street light pole on the left side of the street as you run diagonally across the road to hit the tangent at Altoona Middle School, then immediately head for the cones at the Clover Basin turn.

Clover Basin to N. 75th Street

I’m sure you get the picture here, hug the cones on the left hand curves and hug the curbs on the right hand curves. Run over the top of the round-about at Clover Basin/Eagan Circle to the curb lane of Clover Basin on the other side of the round-

about. Then look for the curve to the left where you should run in the middle of the street next to the cones. There is one more right turn and then a straightaway to the right turn at 75th Street.

75th Street to Mt. Sanitas Avenue

The course is pretty straight here, not much to gain on tangents. Check out the mountains to the west.

Mt. Sanitas to Mountain to Open Space Path

Once you make the turn from 75th Street, hug the curb until you make the right turn at Mountain Drive, then run the diagonal across the middle of Mountain and jump the curb (be careful) by the cones on the left of the sidewalk path.

Open Space Path Back to the Soccer Fields

The Open Space path is very curvy and you can shorten your race by many meters here by picking your line around other runners and running the tangents of the curves. As you leave the path you will transition to the Grandview Meadows sidewalk, then run on the sidewalk towards the stop sign at the corner of the high school access road and Grandview Meadows. You can save a few meters by carefully jumping off the curb by the stop sign before heading to the south east gate.

Loop 2 Start Back to Grandview Meadows

Loop 2 starts just west of the gate where you cut the curves as you run up the gradual hill next to the soccer fields and hang a tight right as you head north out the north gate.

Focus next on running toward the stop signs next to the tennis courts. Run on the sidewalk to the second stop sign, make the right turn and run the diagonal to the next left turn and repeat your tangent running strategy down Grandview Meadows and Clover Basin Drives.

Clover Basin and Mountain Drive Turn to Turin Drive

Mountain Drive is the next right turn after the round-about. Immediately after making the right turn, and watching out for cars, run in the middle of the road diagonally to the left side of the street and then set your sights on the second of

two streets intersecting Mountain on the right side of the street. Make a sharp right turn from Mountain Drive to Turin Drive.

Turin Drive to Eagan Circle to Clover Basin Sidewalk

Use both sides of the street when running Turin, heading toward the group mailboxes on the left side and then cutting back to the right and back to the left to cut the corner on the Eagan Circle transition.

Stay to the right on Eagan Circle until you can see the left hand turn where Eagan Circle meets Eagan Circle. Run to the left side of Eagan and stay left next to the sidewalk at the corner, then transition to the sidewalk at the curb cut to start the Clover Basin sidewalk stretch.

Clover Basin Sidewalk Back to Grandview Meadows and Finish Line

The sidewalk has a few curves where you can run the tangents and you can save a few meters at the sidewalk to Grandview Meadows turn by carefully jumping off the curb by the cones on the left where the sidewalk meets the street.

Once you are in the street, immediately head toward the cones in the middle of the road on the right until you pass the entrance to Dry Creek Community Park. Then set your sights on the Silver Creek High School sign for the next left turn.

As you make the turn onto the Silver Creek High School access road, watch out for other runners on the sidewalk finishing loop 1. Set your sights on the southeast gate and run the tangents on the road and stay straight to the track.

You will hit the track in lane 8, about 300 meters from the finish. Run the tangent to lane 1 turn at the north end of the track. Hug the curve and start your kick for a strong finish.

Congrats, you have run your shortest Sunrise Stampede 10k!