



RACE DAY INFORMATION

**We want everyone to have a great race experience!
Please read below for important race day information.**

**Thank you for supporting St. Vrain Valley students with special
needs and the Education Foundation for the St. Vrain Valley!**

We look forward to seeing you Saturday!

Race Day Schedule

Saturday, August 10, 2019

Silver Creek High School

4901 Nelson Road

Longmont, CO 80503

- 7:00 - 7:45 am : Online registration packet pick-up
- 7:00 - 7:30 am : Walk up registration
- 7:30 - 7:45 am : Warm-up exercises by start line
- 7:50 am: Race briefing at the start line
- 8:00 am : 2 Mile Start
- 8:10 am : 10K Start
- 9:00 am : Drawing & Race Awards Presentations Begin

Course Maps

The Sunrise Stampede has two courses, one for the 10K race and another for the 2-mile race. The Start and Finish are the same as last year.

Please look at our [course maps](#)!

Approximately 90 volunteers and marshals have given their time to make this event possible. Please show your appreciation by being courteous at all times

and please adhere to any information they may be trying to give you.

Parking

Parking is available at Silver Creek High School. Overflow parking is available at Altona Middle School. Access to Altona Middle School is via Clover Basin ONLY. Please note that Grandview Meadows Drive will be closed.

Race Start

We want all participants to get off to a smooth start. When lining up at the start please be courteous of other runners and walkers. Fast runners in the front, walkers and those with strollers in the back. We will line up the 2-mile runners first with the 10K runners behind. The 2 mile begins at 8:00am. The 10K begins at 8:10 am. Once the 2 mile begins, we will move the line ahead for the official 10K start. Thank you for helping us ensure everyone races safely!

Water Stations

Water stations are located at miles 2, 3, 4 and 5. The forecast is for sunny and 88 degrees. Please be sure to hydrate and fuel appropriately.

Stampede First Aid and Staff

Safety is a top priority. If you have a medical emergency look for our medical personnel in **RED** stampede shirts. There will be a first aid station located at the Longmont United Hospital Centura Health booth at the finish.

Have a question about the race? Look for our staff in **TIE-DYE** shirts. We would love to help you!

FAQ'S

Still have a question? Please visit our FAQ page or email us at stampedesupport@efsw.org.

Sponsors

A very special thank you to Longmont United Hospital Centura Health for sponsoring ALL St. Vrain Valley School Students for free entry for the race!

Longmont United Hospital



Thank you to all our sponsors!

Visit their booths after the race to learn more information about them!



The Sunrise Stampede is brought to you by the Education Foundation for the St. Vrain Valley. All proceeds fund classroom grants for students with special needs in St. Vrain Valley Schools.



[Sunrise Stampede Website](#)