

Sunrise Stampede 10k Course Description

The Sunrise Stampede 10k course was designed and measured using USA Track & Field recommended techniques and equipment. The course is marked in miles and at the 5 kilometer half-way point giving runners multiple splits to judge their progress. This new Longmont Sunrise Stampede course provides runners with one of the fastest 10k races in this area and is a good tune-up race for runners training for their Summer and Fall half and full marathons or for preparing to run the new Fortitude 10k race in Ft. Collins on Labor Day.

The course consists of two different spectator-friendly 5k loops. Runners pass a long stretch of Grandview Meadows Drive between Silver Creek High School and Altoona Middle School four times and pass the High School soccer fields twice during the race.

Loop 1

Loop 1 starts in the Silver Creek H.S. parking lot has a long gradual downhill all the way to Clover Basin Drive and N. 75th Street, providing a fast and relaxing start to the race.

Once on 75th Street, runners enjoy a flat to moderate uphill with a rural vista to Mt. Meeker, Longs Peak and the Twin Sisters to their left

Once at the 75th Street and Mt. Sanitas turn runners should enjoy another slightly downhill section through the neighborhood until they join the open space trail next to Blue Mountain Elementary School on Mountain Drive. The open space trail is flat and runs through a prairie dog colony and Frisbee golf course and along the lake next to Dry Creek Community Park. As they pass the baseball fields, runners will run up a short rise to the Grandview Meadows sidewalk then turn right and run through the southeast gate at about the 5k half-way point.

Loop 2

Loop 2 starts at the 5k mark, up a short rise past the soccer fields and turns right toward the north gate next to Silver Creek High School. Headed out of the soccer field area runners will see the track on their left where they will finish their race.

Loop 2 features another fast gradual downhill on Grandview Meadows and Clover Basin Drives, then heads north into the neighborhood parks area on Mountain Drive for another gradual downhill. The course turns east at Turin Avenue and runs along Blue Skies Park, then transitions to Eagan Circle and heads south on Eagan Circle toward Clover Basin Drive where runners take the wide sidewalk east toward the home stretch of Grandview Meadows Drive.

Headed back north on Grandview Meadows Drive runners make up for all of the gradual downhill they've enjoyed with about a kilometer of moderate uphill to make the turn at the High School access road, head through the southeast gate and past the soccer fields once again before reaching the track. Hitting the track, runners have about 120 meters to go to hammer home their new personal 10k record.