


# Wellspring Stampede 2009

10K Run & Walk • Rapid City, SD



**KIDS  
ONE  
MILER**

 Aid Station

# WELLSPRING STAMPEDE RACE COURSE FROM START TO FINISH

\* Course begins at light pole marked 112 on Canyon Lake Drive. Runners head east till Hillsview Drive.

\* Runners take Hillsview and immediately stay on the RIGHT side of the street. Stay on Hillsview as it changes to 44th. Mile one is passed as runners start the downhill portion and is approximately even with visible parking signs in the Stevens lot to the runner's right.

\* Runners turn right at the intersection of 44th and West Main at the bottom of the hill. Runners continue to stay on the right side of the road. Mile 2 is passed approx. in front of blue house...3815 West Main.

\* Turn right at the intersection of West Main and Soo San. Cross Soo San and turn left on Brookside Dr. and stay on the right side of Brookside till it becomes a dead end and connects with the bike path that cuts through Hall Park. Mile 3 is passed toward the end of the bike path section in Hall Park where the aid station will be set up.

\* Cross Canyon Lake Drive and take the bike path heading east, which is a left turn. Cross Sheridan Lake Road and stay on the bike path. The Sioux Park tennis courts will be on your right. After the tennis courts are passed, take the shortest route (sidewalk or parking lot) to the sidewalk just beyond the last soccer field. Turn right and stay on the bike path. The soccer field will be on your right and the far east parking area will be on your left.

\* Stay on the bike path and take the route that passes next to the big slide (left of bike path) and from there take the shortest route on bike path to where Rapid Creek is to your left. Mile 4 is passed approx. 200 yards before you will cross Sheridan Lake Road again.

\* Cross Sheridan Lake Road and stay on the bike path. Fitzgerald Stadium's outfield fence will be on your right immediately after crossing Sheridan Lake Road.

\* Stay on bike path and cross Soo San. Jamie Johnson Pony field will be on your right. Mile 5 is passed approx. 100 yards after this crossing.

\* Stay on bike path heading west till it intersects with Park Drive. After the crossing, veer left and take the shortest sidewalk route to the main road that runs through Canyon Lake Park. Mile 6 is passed as you pass the light pole that is located just beyond the first shelter that will be to your right.

\* Stay on right side of the main Canyon Lake Park road to the finish which will be at the light pole just after the pump house marked 4161 Canyon Lake Drive.

\* IMPORTANT----- AT THE FINISH RUNNERS MUST REMAIN IN THE CHUTE IN PROPER RACE ORDER TILL BIB NUMBERS CAN BE PULLED BY A FINISH LINE OFFICIAL.