

3W Races 10k From Westminster Promenade Terrace



10k ROUTE: All racers start and end at the same point at the top of the Terrace. The run begins by heading east, toward City Park. Follow the foot bridge on the right, over the creek, toward City Park. Stay to the right and head west. Do not pass the "Tribute Garden" (Many flags flying) Where the trail comes to a crossroads, take a sharp left onto the crushed gravel. Follow the crushed gravel back to the concrete trail (mile one complete!) and back over the foot bridge. As soon as you cross the foot bridge, stay to the right – heading east. The main trail is "Big Dry Creek Trail" stay on Big Dry Creek Trail. Portions are concrete and portions are gravel. All of the trail leads UNDER roads.

At approximately mile 2 ½, there is a V in the course. This is also the water station location. At the V, stay to the right. This is "College Hill." The Front Range Community College will be on your right and a pond will be on your left. As the pond approaches, stay to the right and go over the foot bridge, rather than running up to the pond. Just after mile 3, the trail will have another V. Again, stay to the right and follow the directions of the course marshals. You will run about ½ a mile past this point to the 10k turn around. There will be signs and cones marking the turn around point. Turn around! When you approach the V again just before mile 4, stay to the right and follow the directions of the course marshals. At approximately mile 4 ½, you'll come through the water station area once more. From this point forward, you are following the shortest route back to the finish line. You will not take the jut out toward City Park on your return, but instead, run directly to the Terrace Finish Line!

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