

Sunrise Stampede Training Group



Want to have fun and finish your first Sunrise Stampede?

Want to improve your performance?

Longmont running coach Robert Curtis and Sunrise Stampede race organizers have teamed up to help you prepare for either the 10k or 2 mile.

- We will meet once/week, primarily at Lake McIntosh
- We will practice a running skill or drill
- We will plan your next week's training
- Saturdays, 10:00 - 11:00 am
- 10 weeks
- April 3 - June 5
- \$50/person

- Race day is Saturday, June 12

"Robert Curtis has taught me all I know about maintaining a running discipline... When I have adhered to [his recommendations] my running has thrived..."
Michael-Mountain Runner

Coach: Robert Curtis
B.S. in Exercise Science
14 years experience
coach@q.com
303 485-8998

Feel free to call or email with questions