

6.20 mi

Distance

334 ft

Elevation Gain

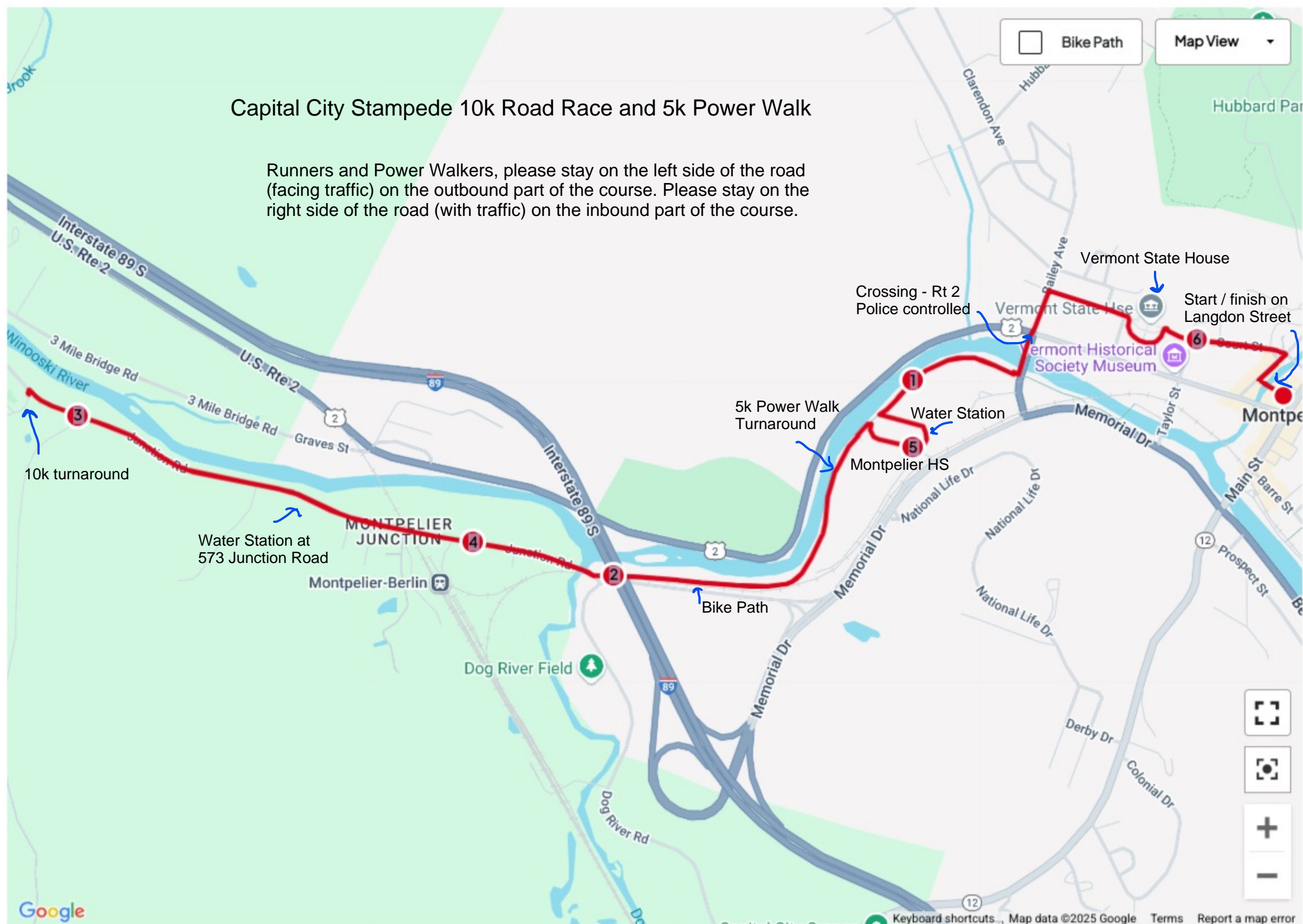
Run

Activity Type

Download

Capital City Stampede 10k Road Race and 5k Power Walk

Runners and Power Walkers, please stay on the left side of the road (facing traffic) on the outbound part of the course. Please stay on the right side of the road (with traffic) on the inbound part of the course.



Elevation

Start	Max	Gain
535 ft	635 ft	334 ft

