

UCHealth Healthy Kids Run Series 2026

Additional northern Colorado one-mile course options



Welcome to the UCHealth Healthy Kids Run Series! In addition to the 6 in-person and on-your-own courses, you have the opportunity to complete a 7th one-mile run of your choice.

To help you get started, we've put together several suggested routes in different areas of northern Colorado. You're also welcome to run on a high school track (four laps equals one mile) or use your smartwatch or fitness app to track a one-mile distance anywhere—even while on vacation!

Wear your Run Series T-shirts while you run and send photos to healthykids@uchealth.org—we may use them on our Facebook page - <https://www.facebook.com/healthykidsclub!>

Note: Some courses are slightly shorter or longer than one mile.

Fort Collins

Edora park loop

1420 E. Stuart St, Fort Collins, CO 80525

This route is 1.3 miles and utilizes the different paved paths and sidewalks in and around Edora Park to create a loop near the property's perimeter.



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Fossil Creek park natural area

3340 Carpenter Rd, Fort Collins, CO 80525

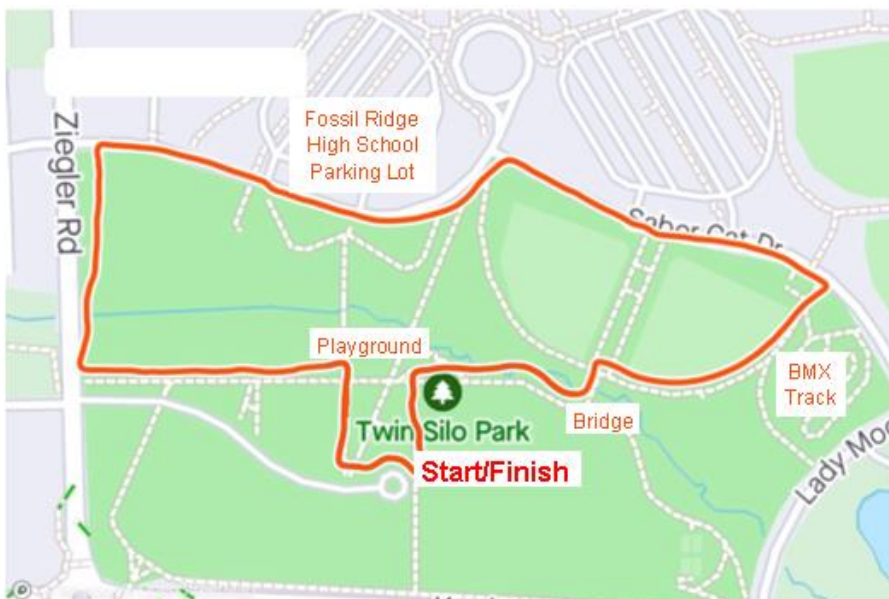
Check out this 1.0-mile out-and-back trail near Fort Collins, Colorado. Generally considered an easy route, it takes an average of 21 min to complete. This is a popular trail for birding, hiking, and running, but you can still enjoy some solitude during quieter times of day. The trail is open year-round and is beautiful to visit anytime.



Twin Silo Park

5552-5564 Ziegler Rd, Fort Collins, CO 80528

This 1.0 mile loop was part of our former Run Series on-your-own run courses. The course starts near the playground and travels through the middle of the park to the perimeter and then down between the ball fields and BMX track, over the bridge and back to the playground. Access the parking lot off Ziegler across from Sage Creek Rd.



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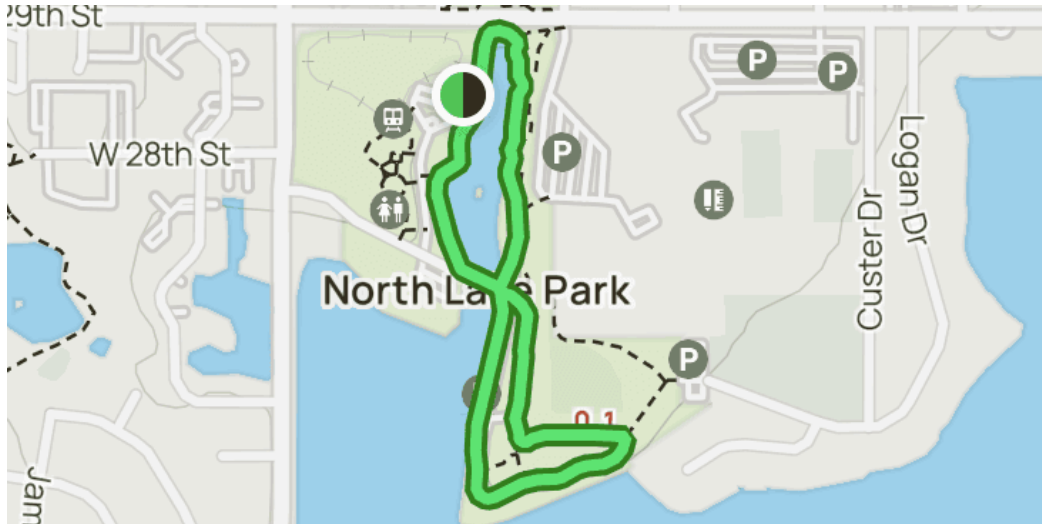


Loveland

North Lake Park

N Lake Park Rd, Loveland, CO 80538

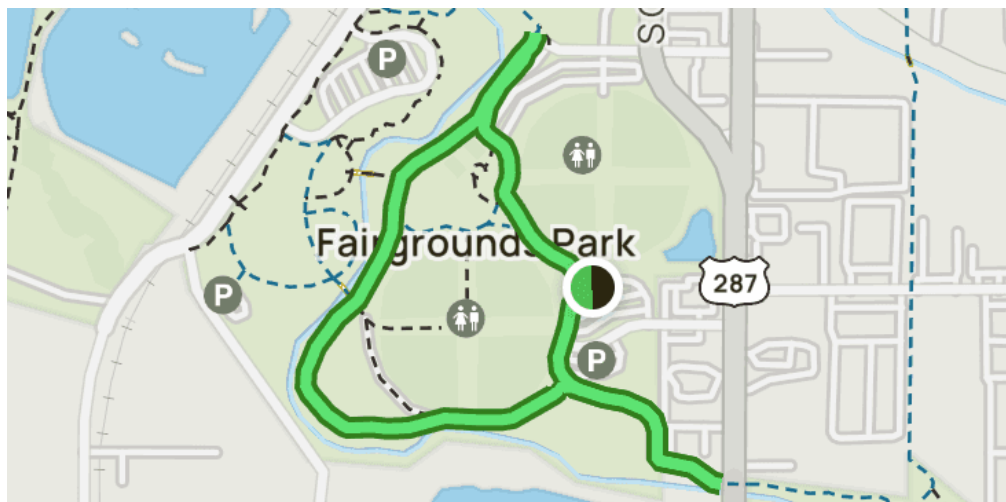
Head out on this 1.0-mile loop trail in Loveland, Colorado. This route is paved throughout with some interesting sculptures along the way. Access the parking lot off of West Lake Park Rd.



Fairgrounds Park loop

700 S Railroad Ave, Loveland, CO 80537

This 1.2 mile loop heads around the baseball diamonds and along a section of the Big Thompson River Trail. The sections that veer out from the baseball diamonds and basketball court are out and back (there are 2 of them.)



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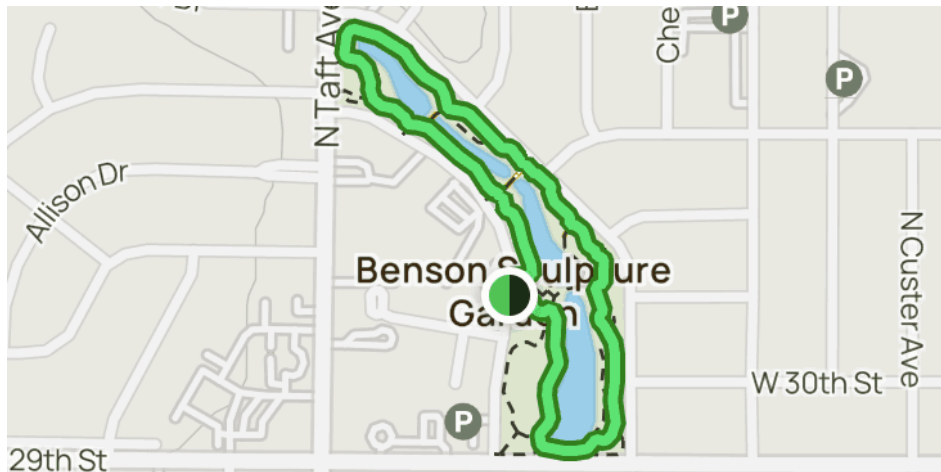
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Benson sculpture park

1125 W 29th St, Loveland, CO 80538

This 0.9 mile sidewalk park has a wide variety of types of sculptures. Park on Aspen Dr. near the public restroom.

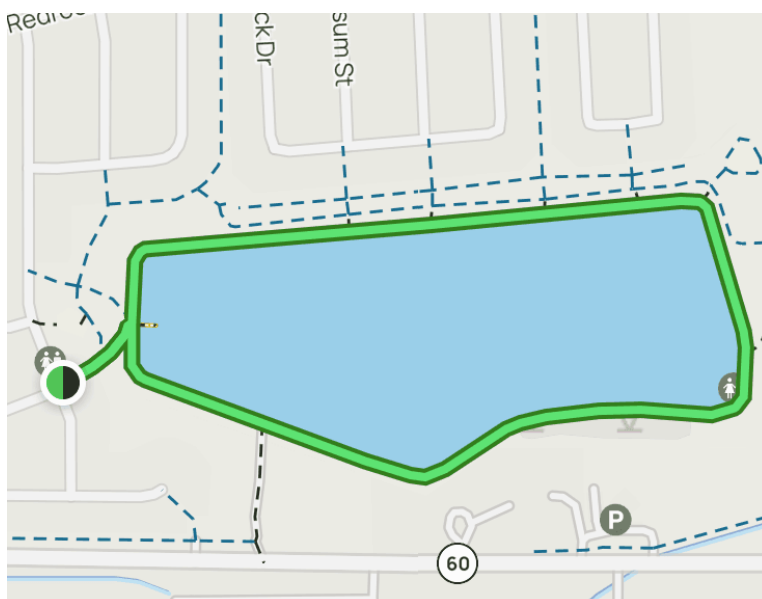


Johnstown

Johnstown reservoir loop

149 Alabaster Way-Johnstown Reservoir , Johnstown, CO 80534

A 1.2 mile walking path that goes around the outside edge of the Johnston Reservoir and alongside some neighborhoods. Park at Alabaster Way and Quartz Lane.



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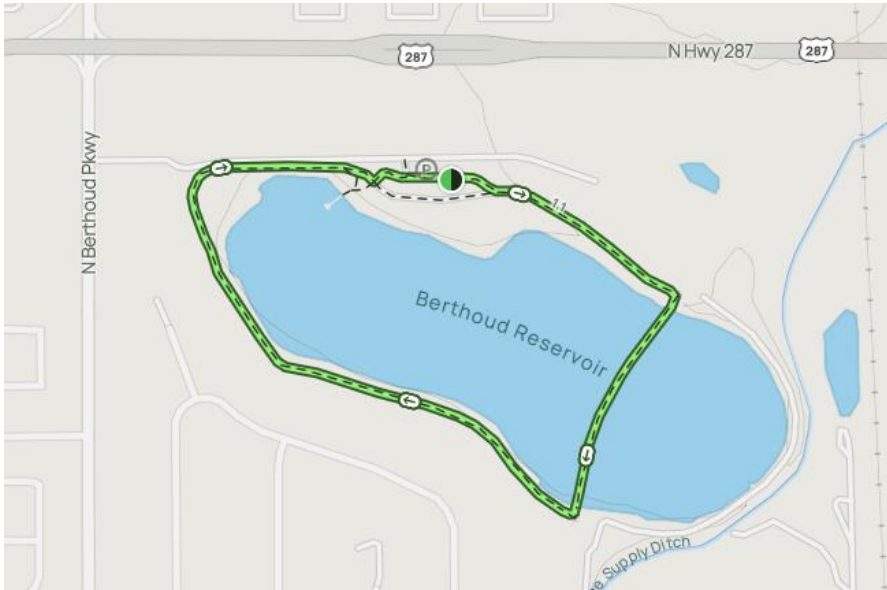


Berthoud

Berthoud reservoir loop

2486 US-287, Berthoud, CO 80513

A gentle, 1.2 mile dirt trail loop around Berthoud Reservoir. Parking can be accessed by going east down a dirt road off Berthoud Parkway just south of US-287.



Windsor

Eastman Park

720 Eastman Park Dr., Windsor CO 80550

This is also a former Run Series on-you-own course. Course is a 1.0 mile around the lake then out and back. Park near the park pavilion off Eastman Park Dr.



uhealth.org/healthyhearts

Facebook – UHealth-Healthy Hearts and Minds



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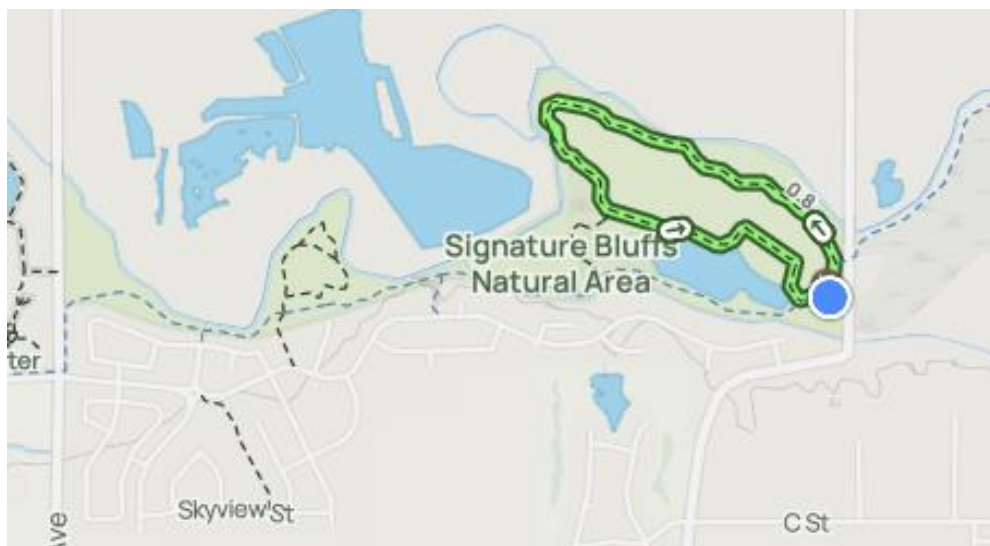


Greeley

Signature Bluffs natural area

Poudre River Trail, Greeley, CO 80634

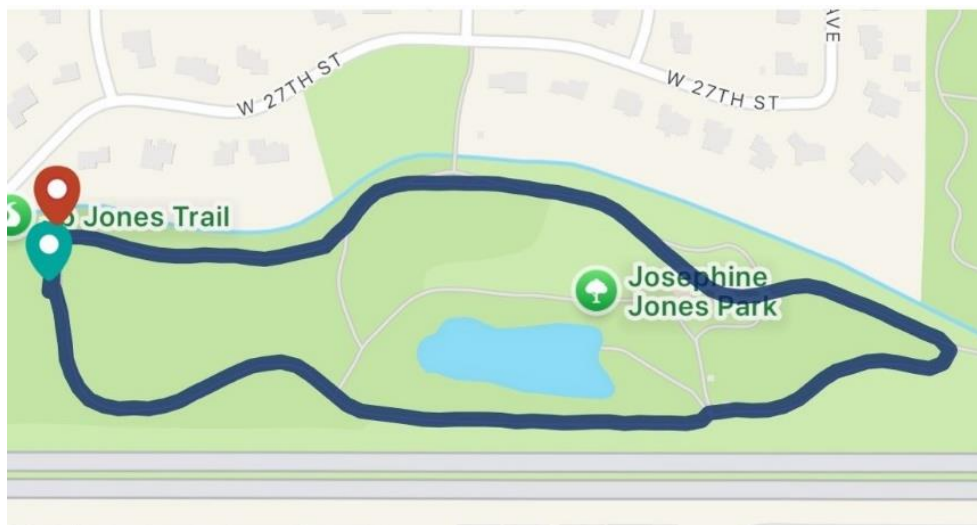
The trailhead is located at the intersection of 71st Avenue/CR 29 and the Poudre River. Head North out of Greeley on 71st Avenue. You will pass North Ridge High School, at that point 71st Avenue takes a couple of turns. Just past the second turn you will see the parking area to the left. You will spot the area by the bright red barn. There is ample parking and a restroom, but no running water. The trail is a 1.3 mile loop.



Josephine Jones Park

2631 52nd Ave Ct, Greeley, CO 80634

This is a 0.9 mile loop. Park along 28th St. and walk across footbridge to access the trail.



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Timnath

Timnath Community Park

5500 Summerfields Pkwy
Timnath, CO 80547

This one mile loop starts next to the pavilion at the playground.

