

KAISER PERMANENTE®
COLFAX MARATHON®
MARATHON
RELAY

THE
ULTIMATE
URBAN
TOUR

EXPO PASSPORT

Follow the checklist below — don't miss anything!

PACKET PICK UP/RELAY ZONE

- The team chip is inside the relay baton. Do not remove/damage the chip.
- By wearing my bib I agree to the waiver on the back.
- Beer Wristband: I'm 21 & I don't want to carry ID on Race Day.
- Leg 1 gets corral sticker and baton.

RELAY HELP DESK/RACEJOY

RTD

- I need to learn how to get back to my car.
- RTD directions back to my car are printed on the back of my bib.

COLFAX GEAR

- Pick up prepurchased hoodies/half zips.
- Buy trucker hats, half zips and hoodies.

HAVE YOU RUN COLFAX 5-10 YEARS?

Pick up your 5 year or 10 year gift!

CHARITY BACK BIB TABLE

- I am running for a charity – I picked up my charity back bib.
- I will wear it on my back Race Day to help my charity.

GET TECH SHIRT → & CAR DECAL



MARATHON & RELAY START AT 6AM
(the Half Marathon starts later – at 6:45am)

MARATHON RELAY

START AND BATON

- LEG 1 STARTS AT 6AM
- No baton, no time! Runner 1 has baton w/chip and corral sticker affixed to the bib

PARK YOUR CAR

Each runner will park in a different location.

- **Runner 1:** Near City Park by 4:45am (best to be dropped off by 5-5:15 at the east end of the park)
- **Runner 2:** Mile High – LOT J
- **Runner 3:** From the south, near 14th & Stuart
From the north, parking garage – see detailed relay instructions
- **Runner 4:** On 14th in business lots near Dover
- **Runner 5:** Mile High – LOT J

KNOW WHERE TO START

Each runner will start in a different location. Arrive 45 minutes before your anticipated baton hand-off.

- **Runner 1:** City Park, west of Denver Museum of Nature and Science
- **Runner 2:** Mile High – Gate 4
- **Runner 3:** 17th & Stuart near Sloans Lake
- **Runner 4:** Colfax & Dover near Rockley Music
- **Runner 5:** Mile High – Gate 4

PLAN PLAN PLAN!

- Calculate how fast each runner is.
- What time will YOUR leg start?
- What is your teammate wearing?
- Each runner receives a gift bag and water/snacks at the end of their leg.
- Meet at City Park – Runner 5 has the 5 medals.
- Enjoy beer & BBQ at City Park.

MEDICAL & HYDRATION

- Police officers at every intersection can call for help.
- Bike medics on course.
- First aid stations with ambulance and paramedics at start/finish and miles 4, 6, 8, 10, 13, 16, 20 and 22.
- See red crosses on map.
- Water/Hydration every 2 miles.

