

KAISER PERMANENTE®  
**COLFAX MARATHON®**  
**URBAN 10 MILER**

**THE  
ULTIMATE  
URBAN  
TOUR**

## EXPO PASSPORT

Follow the checklist below — don't miss anything!

### PACKET PICK UP

- My bib is my chip. If I damage/remove the chip/bib, I may not be timed correctly.
- By wearing my bib I agree to the waiver on the back.
- I don't start in City Park; I start at RMCAD in Lakewood at 1600 Pierce.

### BEER WRISTBAND (At Bib Pickup)

- I'm 21 & don't want to carry ID on Race Day.

### 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.

### RUNNER TRACKING/RACEJOY

- Stop at Info Booth.

### 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



## URBAN 10 MILER

### PARKING - VIP & CLOSE-IN

- Park before 6:45am.
- Parking pass with directions will be given out at the expo.
- Park in Lamar Station Plaza parking lot – MUST enter from Kendall just south of 16th.

### KNOW WHERE TO START

- At Rocky Mountain College of Art & Design, in Lakewood at 16th and Pierce.
- Between 8:00 and 9:30.
- Runners start at RMCAD Urban 10 Miler Start, and enter marathon in progress, 1-3 runners at a time.

### BE AWARE OF THE STAGGERED WAVE START

- No gun start!
- The letter on your bib is your wave
  - Wave A, B, & C start 8:00-8:30
  - Wave D, E, & F start 8:30-9:00
  - Wave G, H, I, & J start 9:00-9:30

### CHECK YOUR BAG

- Look for the Bag Check truck at the RMCAD start line.
- Pick up at City Park bag check.
- Utilize clear expo bag for bag check.

### GET YOUR BREAKFAST

- Bagels, bananas, water, & coffee at the RMCAD Start.

### RETURN TO YOUR CAR

- Catch the RTD bus #15 Limited (15L) westbound on the NE corner of Colorado & Colfax to the Decatur Federal station (near the Stadium).
- Transfer to light rail to the Lamar stop.

### MEDICAL & HYDRATION

- Police officers at every intersection.
- Bike medics on course.
- First aid stations with ambulances and paramedics at Pierce & Colfax, miles 4 & 6 and finish.
- See red crosses on map.
- Water/Gatorade Endurance every 2 miles & at Finish.
- Water Refill Station at the Festival in City Park.

