

# EXPO CHECKLIST



**DON'T FORGET YOUR STUFF!**

## MARATHON RELAY

### PACKET PICKUP/RELAY ZONE

- Baton:** Team timing chip is inside the baton—do not touch
- Leg 1 runner:** MUST get **corral sticker AND baton**
- Beer wristband (in bib area):**  
Wear it now or bring ID on Sunday
- Runner tracking/RaceJoy**
- RTD:**
  - Learn how to get back to your car
  - RTD directions back to your car are printed on the back of your bib

### COLFAX STORE

- Buy halfzips, trucker hats, hoodies & more**
- Pick up earned gifts:** Colfax 5 year or 10 year gift

### CHARITY BACK BIB

- Running for Charity?**  
Pick up your back bib

### TECH SHIRT & CAR DECAL

(on WEST side)

- Tech Shirt**
- Car Decal**



**RACE DAY HINTS**  
**ON REVERSE SIDE** →

## START AND BATON

- **LEG 1 STARTS AT 6AM AT CITY PARK**
- 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 5:15 at the east end of the park)
- **Runner 2:** Broncos Stadium at Mile High – LOT J
- **Runner 3:** From the south, near 14th & Tennyson. From the north, parking garage – see detailed relay instructions
- **Runner 4:** Near 14th and Carr, and cross Colfax at Carr
- **Runner 5:** Broncos Stadium at 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.

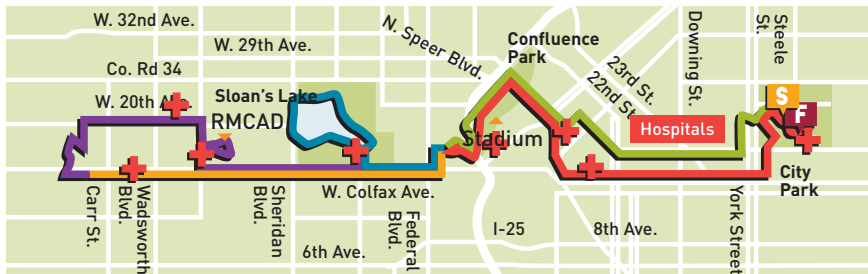
- **Runner 1:** City Park, west of Denver Museum of Nature and Science
- **Runner 2:** Broncos Stadium at Mile High – Gate 4
- **Runner 3:** 17th & Tennyson – in Sloan's Lake Park
- **Runner 4:** Dudley & Colfax
- **Runner 5:** Broncos Stadium at Mile High – Gate 4

## 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 & lunch at City Park

## MEDICAL & HYDRATION

- Police at every intersection can call for help
- Bike medics on course
- First Aid Stations: At ambulances  
Miles 4, 6, 8, 10, 12, 14, 16, 20, 22 plus start/finish  
(See red crosses on map)
- Water/Gatorade Endurance every 2 miles
- Water refill station at Finish Festival



**EXPO CHECKLIST**  
**ON REVERSE SIDE** →