

# EXPO CHECKLIST



DON'T FORGET YOUR STUFF!

## URBAN 10 MILER

### PACKET PICKUP

- Bib:** Your bib is your chip. Don't damage/remove or you won't be timed.
- Beer wristband (in bib area):**  
Wear it now or bring ID on Sunday
- Runner tracking/RaceJoy**  
Questions? Go to Info Booth
- Running the 2 day challenge?**  
Pick up 5K bib & shirt by Relay Zone in 5K area. Medal is at Colfax Store.
- RTD: Stop at RTD table in bib pickup.**  
NOTE:RTD directions to get back to your car are on the back of your bib.

### COLFAX STORE

- Buy halfzips, trucker hats, hoodies, & more
- Pick up earned gifts:
  - 2-Day Mile High Challenge Medal (run the 5K Saturday and Urban 10 Sunday)
  - 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

## PARKING – CLOSE & EASY

- Park before 7:15 to avoid delays
- Parking pass with directions will be given out at the expo
- Park in Lamar Station Plaza parking lot (near Casa Bonita) – 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
- Utilize clear expo bag for bag check
- Pick up at City Park bag check
- Check your bag by 9am

## 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



**EXPO CHECKLIST**  
ON REVERSE SIDE 