




COLFAX STORE

Buy Colfax Marathon halfzips, trucker hats, hoodies, necklaces, medal hangers...

Did you miss it? Re-enter the expo after you exit. You can shop and then exit right away – **OR** – shop at the Finish Line Store on Saturday and Sunday.

PACKET PICKUP

- Each runner** gets bib, decal, race day hints, relay instructions
- 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
- Car Decal** → 
- RTD:** Learn how to get back to your car. RTD instructions are also on back of your bib.
- Runner tracking/RaceJoy:** Questions? Go to Info Booth
- Running the 2 day challenge?** Pick up 5K bib, shirt and your 2 day challenge award at the 5K bib area (near Relay)

2022 REGISTRATION

Lowest Loyalty Pricing at the Expo only! Prices go up after the Expo. Located next to Info Booth

TECH SHIRT



Stop by Cigna's Health Improvement Tour van located at the Expo Exit Plaza Outdoors for a free health screening including cholesterol, blood sugar, blood pressure and Body-Mass Index (BMI). All attendees are welcome, age 18 and older.

A health coach will review and provide written results for you to share with your healthcare provider. The entire experience takes under 15 minutes!



START AND BATON – SATURDAY

- **LEG 1 STARTS SATURDAY AT 6:45AM AT CITY PARK**
- No baton, no time! Runner 1 has baton w/chip and corral sticker affixed to the bib

PARKING, RTD, AND MASKS

Each runner will park in a different location.

RTD requires masks. If you need one, you can pick it up at the end of the leg or at the Info Tent in City Park.

- **Runner 1:** Near City Park by 5:45am (best to be dropped off by 6:00am at the east end of the park)
- **Runner 2:** Empower Field at Mile High, Lot J
- **Runner 3:** From the south, near 14th & Tennyson. From the north, near 16th and Tennyson – see detailed relay instructions
- **Runner 4:** Near 14th and Carr, and cross Colfax at Carr
- **Runner 5:** Empower Field 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:** Empower Field at Mile High, Gate 4
- **Runner 3:** 17th & Tennyson – in Sloan's Lake Park
- **Runner 4:** Dudley & Colfax
- **Runner 5:** Empower Field at Mile High, Gate 4

PLAN PLAN PLAN!

- Calculate how fast each runner is
- Leg 1 – bring the baton to the start. **Watch for the course split** at Mile 1.5 at Colfax and York – marathon and relay runners go straight on Colfax. Half marathoners turn right on York
- Meet at City Park – Runner 5 has the 5 medals
- Enjoy beverages and live music at City Park

MEDICAL & HYDRATION

- Police at every intersection can call for help
- Bike medics on course
- Water/Gatorade Endurance every 2 miles
- Water refill station at Finish Festival
- First Aid stations are ambulances – approx. every 2 miles (**red crosses on map indicate both a water/ Gatorade station and an ambulance**)

