



PRESENTED BY  Cigna



EXPO CHECKLIST

DON'T FORGET YOUR STUFF!

13.1 HALF MARATHON

COLFAX STORE

- Pick up** your pre-purchased halfzip and 5, 10, or 15 year gift
- Did you miss it?** Shop our satellite stores at the Expo Exit—or at the Finish Line Store on Saturday & Sunday.

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 and your 2 day challenge award at the 5K bib area (near Relay)

TECH SHIRT

- Car Decal



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, and you don't need to be a Cigna customer!

RACE DAY HINTS ON REVERSE SIDE





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RACE DAY HINTS

13.1 HALF MARATHON

HALF MARATHON IS SUNDAY AT 6:30AM

- 6:30AM Start for the Half Marathon
- Marathon and Relay start at a different time; 6AM, and Urban 10 starts are 8-9AM
- Start: City Park between DMNS and Ferril Lake
- Urban 10 and Relay Legs 2-5 start elsewhere

PARKING

- Best idea—get dropped off by 5:30-6:00AM at the East end of City Park (near Colorado Blvd).
- Park by 5:30-5:45AM in surrounding areas

BAG CHECK

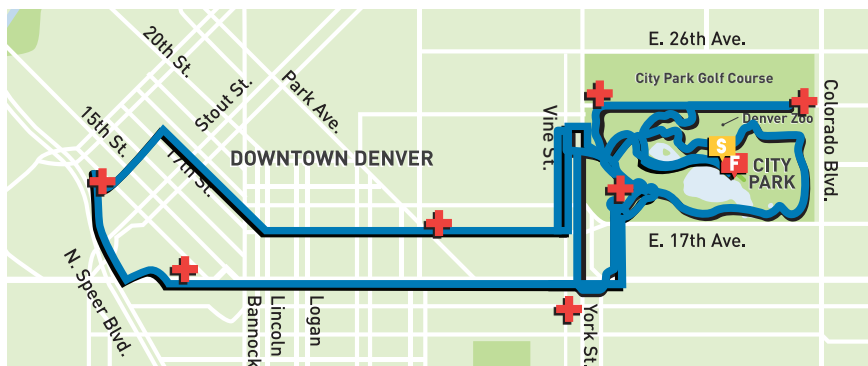
- On the hill behind the museum
- Utilize the clear bag from the Expo
- Do not leave clothing/items at the Start. *They are picked up by 8am and donated to charity.*

WATER, GATORADE ENDURANCE, HONEY STINGER & TOILETS

- Water/Gatorade Endurance approx. every 2 miles and at Finish
- Toilets near water stations
- Honey Stinger gels/chews at mile 6
- Water refill station at Finish Festival

MEDICAL

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



EXPO CHECKLIST ON REVERSE SIDE

