

 **EXPO**  
**CHECKLIST**

**DON'T FORGET YOUR STUFF!**

**26.2 MARATHON**

**COLFAX STORE**

- Pick up** your pre-purchased halfzip and double marathon gift, 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** 

# RACE DAY HINTS

## 26.2 MARATHON

### MARATHON IS SUNDAY AT 6AM

- 6AM Start for the Marathon, Relay
- Half starts at a different time; 6:30AM.  
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 5-5:30AM at the East end of City Park.
- Park by 4:45-5AM in surrounding areas

### BAG CHECK

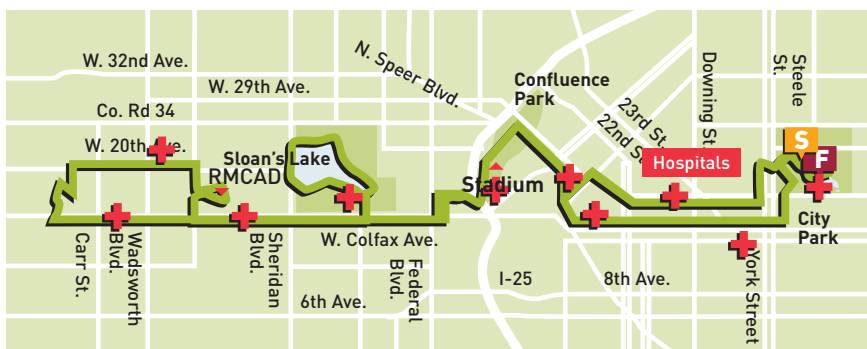
- On the hill behind the museum
- Utilize the clear bag from the Expo
- Do not leave clothing/items at the Start. *They are picked up by 8AM and donated to charity.*

### 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 and 20
- 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 