



PRESENTED BY Cigna



EXPO CHECKLIST

DON'T FORGET YOUR STUFF!

MARATHON RELAY

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

- 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
- 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)



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



MARATHON RELAY

START AND BATON – SUNDAY

- 6AM Start for the Marathon, Relay. Half starts at a different time; 6:30AM. Urban 10 starts are 8-9:30AM
- 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 may require masks.

- **Runner 1:** Near City Park by 5AM (best to be dropped off by 5:30AM 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 3
- **Runner 3:** 17th & Vrain – in Sloan's Lake Park
- **Runner 4:** Dudley & Colfax
- **Runner 5:** Empower Field at Mile High, Gate 3

PLAN PLAN PLAN!

- Leg 1 – bring the baton to the start

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**)

