

✓ EXPO  
CHECKLIST  
DON'T FORGET YOUR STUFF!

URBAN 10 MILER

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
- Pick up your Parking Pass and Driving Instructions**
- RTD:** Learn about RTD
- 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

## URBAN 10 MILER

### PARKING – CLOSE & EASY

- Park before 7:15AM 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 8:00AM and 9:00AM
- 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 8-8:20AM
  - Wave D, E, & F start 8:20-8:40AM
  - Wave G, H, I, & J start 8:40-9AM

### 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 8:30AM

### GET YOUR BREAKFAST

- Bagels, 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
- RTD may require masks

### MEDICAL & HYDRATION

- Police officers at every intersection
- Bike medics on course
- First aid stations are ambulances approx. every 2 miles.
- See red crosses on map
- Water/Gatorade Endurance approx. every 2 miles & at Finish
- Water Refill Station at the Festival in City Park



EXPO CHECKLIST ON REVERSE SIDE

