



PRESENTED BY cigna



EXPO CHECKLIST

DON'T FORGET YOUR STUFF!

26.2 MARATHON

BIBS

- Bib: Do not bend/damage
- Car decal
- Beer wristband
- 2 Day Challenge: Pick up 5K bib, shirt and 2 day challenge award at 5K bib pickup

COLFAX STORE & GIFTS

- Shop!
- 5-10-15 year gift
- Double Marathon gift

QUESTIONS?

Info Booth/Pacers/
Runner Tracking

TECH SHIRT



Cigna Healthcare's new Wellness in Motion tour is a mobile health tour that is set out to serve the broader community and save lives by bringing critical health services and education to people. Stop by the Wellness in Motion van located outside the expo exit to participate in biometric (blood pressure, cholesterol, blood sugar, and Body Mass index) as well as skin cancer screenings.

A health coach will review your results for you. The entire experience takes under 15 minutes and you don't need to be a Cigna Healthcare customer!

RACE DAY HINTS ON REVERSE SIDE



MARATHON IS SUNDAY AT 6AM

- 6AM Start for the Marathon, Relay
- Half starts at a different time; 6:30AM. Urban 10 starts are 7:45-9AM.
- Start: City Park between DMNS and Ferril Lake
- Urban 10 and Relay Legs 2-5 start elsewhere

PARKING

- Best idea—get dropped off by 5:00-5:15AM 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 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 or paramedic stations – approx. every 2 miles (**red crosses on map indicate both a water/Gatorade station and an ambulance**)

