

EXPO
CHECKLIST
DON'T FORGET YOUR STUFF!

MARATHON RELAY

BIBS

- Bib:** Do not bend/damage
- Car decal**
- Leg 1 Runner Only:** Take baton & get Corral sticker
- Beer wristband**
- 2 Day Challenge:** Pick up 5K bib, shirt and 2 day challenge award at 5K bib pickup
- RTD Info:** On the back of your bib!

COLFAX STORE & GIFTS

- Shop!**
- 5-10-15 year gift**

QUESTIONS?

Info Booth/
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 

RACE DAY HINTS

MARATHON RELAY

START AND BATON – SUNDAY

- 6AM Start for the Marathon, Relay. Half starts at a different time; 6:30AM. Urban 10 starts are 7:45-9am
- No baton, no time! Runner 1 has baton w/chip and corral sticker affixed to the bib

PARKING AND RTD

Each runner will park in a different location.

- **Runner 1:** Near City Park by 5AM (best to be dropped off by 5:15AM 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

RTD instructions to get back to your car are on the back of your bib.

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 or paramedic stations – approx. every 2 miles (**red crosses on map indicate both a water/Gatorade station and an ambulance**)



EXPO CHECKLIST ON REVERSE SIDE