



PRESENTED BY cigna



EXPO CHECKLIST

DON'T FORGET YOUR STUFF!

URBAN 10 MILER

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
- RTD Info:** On the back of your bib!

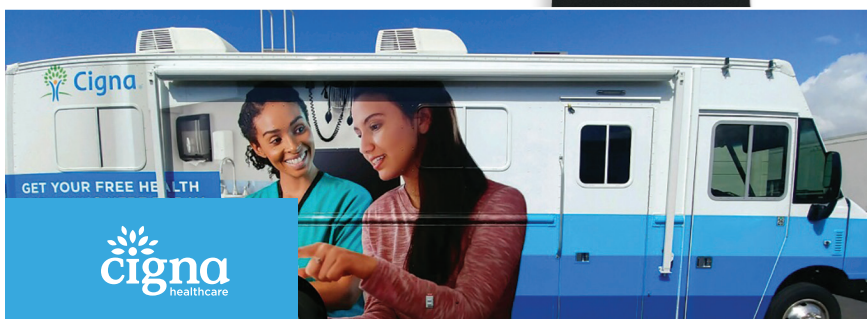
COLFAX STORE & GIFTS

- 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

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
- Start Between 7:45AM and 9AM
- 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 7:45–8:10AM
 - Wave D, E, & F start 8:10–8:35AM
 - Wave G, H, I, & J start 8:35–9AM

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

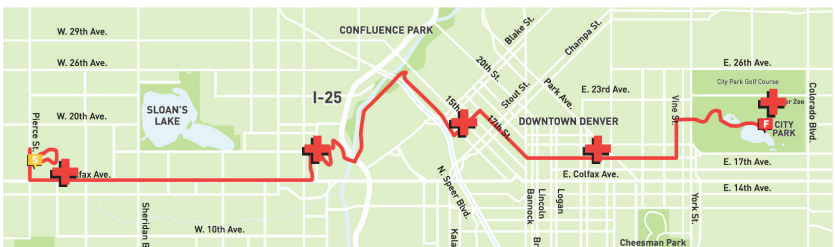
- Bagels, water, & coffee at the RMCAD Start

RETURN TO YOUR CAR

- Catch the RTD bus #15 Limited (15L) westbound on the SE corner of Colorado & Colfax to the Decatur Federal station (near the Stadium)
- Transfer to light rail to the Lamar stop
- **The back of your bib has your RTD instructions**

MEDICAL & HYDRATION

- Police officers at every intersection
- Bike medics on course
- First aid stations are ambulances or paramedic stations 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

