

▼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
	Urban 10 Parking Pass
	RTD Info: On the back of your bib!
	COLFAX STORE & GIFTS
	Shop!
Ш	5-10-15 year gift
	QUESTIONS? Info Booth/ Runner Tracking
	TECH SHIRT COLFAX 263 1031 10 St 164.07
čig	Wellness in Motion

Cigna Healthcare's 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

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 SW 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 are at each intersection and can call for help
- Medical/First Aid tents (Red Cross on map)
- Pain Relief CBD (Green Cross on map)
- Water/Gatorade Endurance approx. every 2 miles & at Finish (Blue Water Drop on map)
- Water Refill Station at the Festival in City Park

