



PRESENTED BY 



# EXPO CHECKLIST

**DON'T FORGET YOUR STUFF!**

## 13.1 HALF 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**

**Charity Charm**

### QUESTIONS?

**Info Booth/Pacers/  
Runner Tracking**

### TECH SHIRT



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 ON REVERSE SIDE**



# RACE DAY HINTS

## HALF MARATHON IS SUNDAY AT 6:30AM

- Half Marathon start time: 6:30AM
- Marathon & Relay start time: 6AM
- Urban 10 start times: 7:45AM - 9AM
- Start location: City Park between DMNS and Ferril Lake  
*Urban 10 and Relay Legs 2-5 start elsewhere*

## RUNNER DROPOFF *Recommended* Drop off runners by 5:30AM - 5:45AM

- Ask family/friends to drop you off
- Drop-off Area: East of Colorado Blvd  
*(Dahlia to Colorado; Montview to 17th)*  
Scan QR code for detailed map!



- Walk across Colorado at Montview traffic light

*Note: No drop-offs on Colo Blvd. Southbound Colo Blvd will be closed – use Monaco Pkwy if coming from north.*

## PARKING *Carpool Recommended*

Park in surrounding areas by 5:15AM - 5:30AM

## BAG CHECK

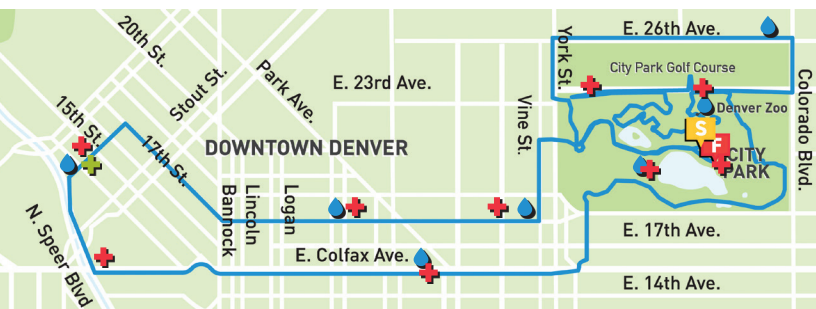
- On the hill behind the museum
- Utilize the clear bag from the Expo
- Do not leave clothing/items at the Start. *They are picked up by 8am and donated to charity.*

## WATER, GATORADE ENDURANCE, HONEY STINGER & TOILETS

- Water/Gatorade Endurance approx. every 2 miles, Mile 12, & at Finish *(Blue Water Drop on map)*
- Toilets near water stations, and Start/Finish
- Honey Stinger gels at mile 6
- Water refill station at Finish Festival

## MEDICAL

- Police at each intersection can call for help
- Medical/First Aid tents *(Red Cross on map)*
- Pain Relief – CBD *(Green Cross on map)*



EXPO CHECKLIST ON REVERSE SIDE

