



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

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

MARATHON IS SUNDAY AT 6AM

- Marathon & Relay start time: 6AM
- Half Marathon start time: 6:30AM
- 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 5:00AM - 5:15AM

- 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 4:45AM - 5AM

BAG CHECK

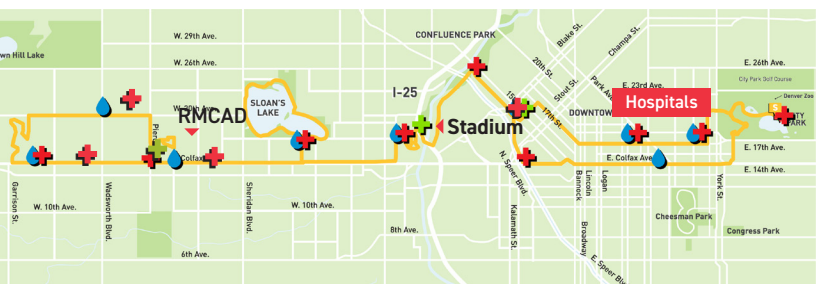
- On the hill behind the museum
- Utilize the clear bag from the Expo
- Do not leave clothing/items at the Start. They will be picked up by 8AM and donated to charity.

WATER, GATORADE ENDURANCE, HONEY STINGER & TOILETS

- Water/Gatorade Endurance approx. every 2 miles, Mile 25, & at Finish *(Blue Water Drop on map)*
- Toilets near water stations, and Start/Finish
- Honey Stinger gels at mile 6 and 20
- 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

