

**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**
- Charity Charm**

**QUESTIONS?**

Info Booth/  
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

## START AND BATON – SUNDAY

- Marathon & Relay start time: 6AM
- Half Marathon start time: 6:30AM
- Urban 10 start times: 7:45AM - 9:00AM at RMCAD
- No baton, no time! Runner 1 has baton w/chip and corral sticker affixed to the bib

## DROPOFF, PARKING & RTD

Each runner will park in a different location.

- **Runner 1:** Park near City Park by 4:45 - 5:00AM OR have family/friend drop you off by 5:00AM - 5:15AM (*Recommended*)

- 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.*

- **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.**

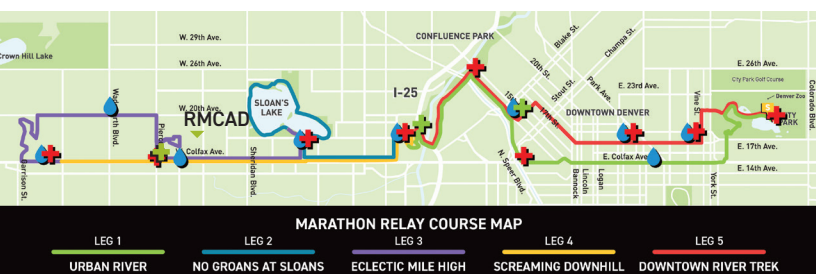
## KNOW WHERE TO START

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 & 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

## HYDRATION AND MEDICAL

- Water/Gatorade Endurance approx. every 2 miles, Mile 25, & at Finish (*Blue Water Drop on map*)
- Water Refill Station at the Festival in City Park
- Police officers at intersections can call for help
- Medical/First Aid tents (*Red Cross on map*)
- Pain Relief - CBD (*Green Cross on map*)



**EXPO CHECKLIST ON REVERSE SIDE** →