

EXPO CHECKLIST

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!**
- 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!

