

# RELAY INSTRUCTIONS



Denver Colfax Marathon



University of Colorado

## ORGANIZE THE WEEK BEFORE THE RACE

Teams that have the most **AWESOME** experience are those who plan! Visit the race pages for the [Marathon Relay](#), [Corporate Cup](#) & [Government Cup](#) for details and to check out the 2019 winners.

- Team runners now **MUST** sign the [waiver](#). Captains: it is YOUR responsibility to ensure all waivers are signed!
- Assign a Route Leg to each runner, plan your timing and your race strategy:
  - GO TO our detailed [Leg by Leg Map](#) and read about each Route Leg's distance and terrain.
  - KNOW what your teammates look like. (Don't laugh – have them email you a photo!)
  - ASK what color shirt your teammates will be wearing. Make clothing bright!
  - CALCULATE the speed of each runner, and estimate when each runner will arrive at their Exchange Zone.
  - PLAN for runners on legs 2-5 to be at their Exchange Zone 45 minutes before the next runner will arrive.  
NOTE: You don't need to tell us who is running which Leg.
  - **RACEJOY AND RUNNER TRACKING** – There are tracking tools available to help predict when your runners are arriving. The RaceJoy app with GPS tracking tracks mile by mile if runners carry a phone. Runner Tracking by chip is automatic and updates at each Relay Exchange Zone. Check out our [Runner Tracking page](#) Remember, this is not a perfect science. Plan to also use regular calling/texting for more precise communication. Sign up online beginning September 29<sup>th</sup>.
- Organize your transportation. Options include:
  - TEAM DRIVER: One person that your team assigns to drive your runners around.
  - INDIVIDUAL: Each runner is responsible for their own transportation and parking.
  - RTD: Drive to the start of the Leg of the race and use the free RTD tab on your bib to get back to your car. **You will need a mask – and if you don't have them you can pick one up when you get food/beverages at the end of your leg.** RTD directions to return to your car will be on the **BACK** of your Bib.
  - SHARING CARS: Trade sets of car keys with fellow runners BEFORE race day and "share" cars.
- Determine your team meeting place and time at the finish in City Park. Texting may be easier than calling at City Park due to noise and cell service, but have a backup plan.

## CIGNA DENVER COLFAX MARATHON EXPO: WHO NEEDS TO ATTEND?

The best plan is to **GO TO THE EXPO AS A TEAM**. There is **NO** packet pick up on race day, Saturday, October 16th.

Packets **MUST** be picked up at the Expo **October 14 (10am-9pm) or October 15 (9am-4pm) Empower Field at Mile High**.

**NEW TEAMS:** ATTEND THE EXPO TOGETHER. We **STRONGLY RECOMMEND** teams with members who have not run the relay before attend the Expo at the same time. We want all teams to have a great day, which **WILL NOT** happen without advance planning and preparation. (If a team member cannot attend at the same time as their group, packets can be picked up separately.)

**RETURNING TEAMS:** As you have run the relay before, you understand that planning is key. **PLEASE** read the team information and make a plan ahead of time. We encourage returning teams to attend the Expo together.

### PHOTO ID AND PICKING UP FOR OTHERS ON YOUR TEAM:

- PHOTO ID: All runners must bring a photo ID to the Expo to pick up race packets.
- TEAM CAPTAINS **ONLY**: As the official Team Captain/Coordinator, you may pick up packets for others on your team with your own photo ID. You do not need additional forms or photo IDs for your team members. If the Team Captain wants another runner to act as Captain and pick up packets for the whole team, the [Alternative Packet Pickup Form](#) and copy of photo ID is required.
- NON-CAPTAINS: If someone who is not the Team Captain wants to pick up a packet for another team member, the non-attending runner must fill out the [Alternative Packet Pickup Form](#) and provide their designee with the signed form and a copy of their photo ID. The Alternative Packet Pickup Forms will be collected at the Expo and the copy of the photo ID must be shown, but will not be collected.

# EXPO LOCATION AND CHECK LIST

**EMPOWER FIELD AT MILE HIGH** - 1701 Bryant St, Denver, CO

- **CLUB SUITES LEVEL**
- October 14th, Thursday from 10am-9pm, October 15<sup>th</sup> Friday 9-4pm
- Park in Lot B. Enter Gate 7.

## EXPO PICKUP AND CHECKLIST:

- PICK UP: Race bib, relay baton (Leg 1 needs this), Leg 1 picks up a Corral sticker
- RELAY EXPERTS on hand will help with logistics planning
- RTD representatives available to answer questions
- SIGN UP: RACEJOY to track your team – ask questions
- PICK UP: Gift if you are a 5-10 year runner
- PICK UP: Charity back bib (if you are running for a charity)
- PICK UP: Race shirt, car decal
- TEAM MEETING opportunity to make your final plans
- SHOP for cool gear – Over 75 great booths!



# BASIC RACE INFORMATION

**BIBS:** All 5 relay runners will have the same bib number.

## RESULTS, TIMING and the BATON:

- **DIVISIONS:** Open, Government, and Corporate  
All teams run the same race. Each team will receive their results within one of the three divisions.
- **THE TIMING CHIP** is inside the baton that will pass from one runner to the next at each Exchange Zone.  
Do not take the chip out, shake the baton ferociously, or crunch the baton pre-race!
- **PASS THE BATON** after you pass through the Exchange Zone Arch.
- **SPLITS** will be posted in the results for each Leg/runner of your team relay.

## FINDING YOUR ARRIVING RUNNER IN THE EXCHANGE ZONE:

- **RUN THROUGH THE RELAY ARCH** and awaiting runners will be in corrals, grouped by bib number.
- **AWAITING RUNNERS** must stand near the blue bib sign by bib number. For example: BIB # 9401-9500.
- **LISTEN** for the announcement of bib numbers when a runner is approaching the Exchange Zone. When your runner is almost there, move to the front of the group in your bib sign area. **ALSO** – watch the RACEJOY app for indication your runner is nearby.
- **ARRIVING RUNNERS** need to look for the large bib number signs (i.e. BIB Number 9401-9500) to find your team's next runner.
- **TEAMS WILL BE DISQUALIFIED** if runners exchange the baton **BEFORE** the Exchange Zone Arch.

## FOOD AT THE EXCHANGE ZONES

- Relay Leg runners 1-4 can pick up water, bagels, and snacks at their Exchange Zone using their "Finish Line Food" bib tab. Note: relay runners in Legs 1-4 will not enter the finish line chute area at City Park for post-race water and snacks.

## LEG 1 START IN CITY PARK

- **ONLY ONE PERSON**, the Leg 1 runner, starts in City Park with the full marathon start.
- **LEGS 2-5** should NOT COME TO CITY PARK at the start, but should go directly to their Exchange Zone starting location, 45 minutes before the estimated baton exchange time.
- The Leg 1 runner **starts at 645am** in City Park, just west of the Denver Museum of Nature and Science.

## FINISH LINE AT CITY PARK

- The Leg 5 runner finishes at City Park - receives all 5 medals for the team, snacks, and returns the baton.
- All 5 team runners will have bib tear tabs a Michelob Ultra and Spiked Seltzer.
- Check your results in the Results Tent. This is a great place to meet up with your team.
- Awards for relay teams will be presented in June at the Marathon Relay Awards Celebration; we must verify that each team qualified before distributing the awards.

# LEG BY LEG INFORMATION – INCLUDING RTD & PARKING



## Leg 1 - Urban River – Distance 6.5 Miles

**Start:** City Park, west of Denver Museum of Nature & Science, east of Ferril Lake. *(bag check available)*

**Parking:** Near City Park, arrive super early - before 5am- for the best parking! Or get a ride – even better.

**End:** Empower Field at Mile High, Gate 4.

**Food:** Use your “Runner bags/snacks” bib tag to pick up your bag, water, bagels, bananas and snacks.

**RTD Route back to your car at City Park:** *Masks are required on RTD and are available at the end of your leg.* Head south across the parking lot to the nearby Decatur Federal Station. Take RTD Bus #15 Limited EASTBOUND back to the City Park area. Busses depart every 20 minutes. You will be dropped off at the SW corner of Colorado and Colfax, a 3 block walk to the Post-Race Festival. The best place to cross the course is at Colorado Blvd. & 17<sup>th</sup> Avenue. *These instructions will be printed on the back of your bib.*

Head to the Post-Race Festival and enjoy live music and beverages (lunch is not served this year due to COVID).

Note: Runner 5 will collect all five medals at the end of the race in City Park.

## Leg 2 - No Groans at Sloan's – Distance 4.0 Miles

**Start:** Empower Field at Mile High, Gate 4. *(no bag check)*

**Parking:** Empower Field at Mile High – LOT J.

**Driving Directions from the South:** I-25 Northbound – take 17<sup>th</sup> Ave Exit 210C and loop around. At the T intersection turn right on Mile High Stadium Circle then turn left into Lot J.

**Driving Directions from the North:** I-25 Southbound - take 20<sup>th</sup>/23<sup>rd</sup> Avenue Exit 211. Go straight at the light at 23<sup>rd</sup> Avenue. Stay in the right hand lane so you don't mistakenly get back on I-25. Turn left at stop sign onto Mile High Stadium Circle. Turn right into Lot J.

**End:** South of Sloan's Lake, 17<sup>th</sup> and Stuart.

**Food:** Dragon Boat entertainment at Sloan's Lake until approximately 10am – Use your “Runner bags/snacks” bib tag to pick up your bag, water, bagels, and snacks.

**Walk back to your car:** Walk one mile – straight east on 17<sup>th</sup> to the stadium.

**Drive to City Park for the party:** The best GENERAL route to the City Park Finish Line from the stadium is I-25 north to I-70 east to Colorado Boulevard south. Colorado Blvd. will be open driving south beginning at 9:00am.

Head to the Post-Race Festival and enjoy live music and beverages (lunch is not served this year due to COVID).

Note: Runner 5 will collect all five medals at the end of the race in City Park.

## Leg 3 - Eclectic Mile High – Distance 5.5 Miles

**Start:** 17<sup>th</sup> and Tennyson St – on lake path just South of Sloan's Lake. *(no bag check)*

**Parking:** From the south, near 14<sup>th</sup> and Stuart. From the north, designated parking garage (see below)

**Driving Directions and Parking from the North:** (note – these directions have you avoid road closures). take I-25 Southbound and get off at 212B exit. Proceed west on Speer Blvd. to W 29<sup>th</sup> Avenue and fork left onto 29th. Continue 1.7 miles to Sheridan. Turn left (south). Turn left on W 16<sup>th</sup> Avenue. Turn left onto Yates St. and take immediate right onto West 16<sup>th</sup> Avenue. Park near 16<sup>th</sup> and Tennyson. Walk to 17<sup>th</sup> and Tennyson to the Exchange Zone at Sloan's Lake Park.

**Driving Directions and Parking from the South:** via 6<sup>th</sup> Avenue, exit at Sheridan and go North. (note you cannot cross Colfax). Therefore turn Right on 14<sup>th</sup> and drive to Tennyson. Park in the residential area just south of 14<sup>th</sup> and Tennyson. Walk 3 blocks north (cross Colfax with an officer) to 17<sup>th</sup> & Tennyson St. Exchange Zone is in Sloan's Lake Park across 17<sup>th</sup>.

**End:** Dudley and Colfax (south of Whitlock Rec Center).

Use your “Runner bags/snacks” bib tag to pick up your bag, water, bagels, and snacks.

**RTD Route back to your car:** *Masks are required on RTD and are available at the end of your leg.* Walk 2 blocks east to Carr and Colfax, and cross to the south side of Colfax. Catch RTD Bus #16 EASTBOUND to Tennyson. Busses depart every 20 minutes. *These instructions will be printed on the back of your bib.*

### **Drive to City Park for the party:**

- Best GENERAL route to City Park from south side of Colfax: Take 6<sup>th</sup> Avenue eastbound. Turn left on Garfield.
- Best GENERAL route to City Park from north side of Colfax: I-25 north to I-70 east to Colorado Blvd S.

Head to the Post-Race Festival and enjoy live music and beverages (lunch is not served this year due to COVID).

Note – your Runner 5 will collect all five medals at the end of race in City Park.

### **Leg 4 - Screaming Downhill – Distance 4.1 Miles**

**Start:** Dudley and Colfax (south of Whitlock Rec Center and west of Rockley Music). *(no bag check)*

**Parking:** South of Colfax near 14<sup>th</sup> and Dover in business lots.

**Driving directions from the North:** Start on 26<sup>th</sup>. Take Kipling South to 10<sup>th</sup>. Left on 10<sup>th</sup>. Left on Carr, park near 14<sup>th</sup> and Carr and cross at the light at Colfax and Carr.

**Driving directions from the South:** Take 6<sup>th</sup> Avenue. Take Kipling North, Right on 10<sup>th</sup>. Left on Carr, park near 14<sup>th</sup> and Carr and cross at the light at Colfax and Carr.

*Important Note: Colfax will be closed east of Kipling - - You won't be able to cross in your vehicle.*

**End:** Empower Field at Mile High Gate 4. Use "Runner bags/snacks" bib tag for: bag, water, bagels, snacks.

**RTD Route back to your car:** *Masks are required on RTD and are available at the end of your leg.* Head south across the parking lot to Decatur/Federal Station. Take W-Line (Light Rail) WESTBOUND from Decatur Federal Station to Garrison Station (at Garrison and 13<sup>th</sup>). Trains depart every 15 minutes. *Instructions are on the back of your bib.*

### **Drive to City Park for the Post-Race Festival:**

- Best GENERAL route to City Park from south side of Colfax, take Kipling south to 6<sup>th</sup> Avenue. Take 6<sup>th</sup> Avenue eastbound. Turn left on Garfield. Park nearby.
- Best GENERAL route to City Park from north side of Colfax, take Kipling north to I-70 east to Colorado Blvd south.

Head to the Post-Race Festival and enjoy live music and beverages (lunch is not served this year due to COVID).

Note – Your Runner 5 will collect all five medals at the end of the race in City Park.

### **Leg 5 - River Downtown Trek – Distance 6.1 Miles**

**Start:** Empower Field at Mile High, Gate 4. *(no bag check)*

**Parking:** Empower Field at Mile High Lot J.

**Driving Directions from the South:** I-25 Northbound - take 17<sup>th</sup> Ave Exit 210C and loop around. At the T intersection turn right on Mile High Stadium Circle then turn left into Lot J.

**Driving Directions from the North:** I-25 Southbound – take 20<sup>th</sup>/23<sup>rd</sup> Avenue Exit 211. Go straight at the light at 23<sup>rd</sup> Avenue. Stay in the right hand lane so you don't mistakenly get back on I-25. Turn left at stop sign onto Mile High Stadium Circle. Turn right into Lot J.

**End:** City Park Finish Line! Pick up your bag and enjoy water, snacks and beverages.

**You** (Runner 5) will collect all five team medals. Meet your team at the Results Tent or your meeting place.

**RTD Route back to your car:** *Masks are required on RTD and are available at the Info Booth at the festival.* Walk 3 long blocks to Colorado and Colfax. Catch the WESTBOUND #15 LIMITED (15L) on Colfax at the northeast corner of Colfax and Colorado. You will be dropped off at the Decatur Federal Station near the Stadium. Busses start at 11:00am and will pick up every 15 minutes. There are earlier busses at 13<sup>th</sup> and Colorado (due to the race detour), note you will need to wave to the driver. *These instructions are printed on the back of your bib.*

## **TEAM DRIVER**

- This is a great option! Each runner should carry a cell phone with the driver's cell #. The team driver can sign up pre-race for **Runner Tracking** (see page #1) – but note: there will be a time lag.
- You MUST drop a runner at their Exchange Zone at least 45 minutes before they expect to start their Leg.
- Watch your timing for your next drop - you might not be able to "hang out" at the Exchange Zones!
- There are several ways to do this, but in general:
  - Stay north of the course at all times.  
Best route from City Park to the stadium (Exchange 1) is Colorado Blvd north, I-70 west, I-25 south, 20th/23<sup>rd</sup> Avenue exit – Exit 211. Turn right on 23<sup>rd</sup> Avenue. Turn left (south) on Federal to 17<sup>th</sup>. The Exchange Zone is at the west side of the stadium – drop the runner(s) at 17<sup>th</sup> & Federal (or drive in to Lot J if you have time).
  - Best route from the Stadium to Sloan's Lake (Exchange 2) is 17<sup>th</sup> Avenue west --- but ONLY as far as the southeast corner of the Sloan's Lake – do not go any farther. Have runners walk the 8 blocks to/from the exchange.
  - Best route from Sloan's Lake to Dover & Colfax (Exchange 3) - head north to 26<sup>th</sup> Avenue, then head west to Kipling, then go south.
  - Best route back to the stadium (Exchange 4) is to go back north on Kipling to 26<sup>th</sup> Avenue east to Federal. South on Federal to 17th (meeting point 17<sup>th</sup> & Federal or Lot J).
  - Best route to City Park Finish Line from the stadium - follow the signs to I-25. Take I-25 north to I-70 east to Colorado Boulevard south.