

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 Relay](#), [Public School Relay](#) & [Government Relay](#) details and to check out the **2023 winners**.

- Team runners **MUST** sign the **waiver**. Captains: it is YOUR responsibility to ensure all waivers are signed!
- Assign a Route Leg to each runner, and determine your timing and 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 May 1st.
- Organize your transportation. Ideas 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. *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?

- **THERE IS NO PACKET PICKUP ON RACE DAY, Sunday, May 19th**. Packets **MUST** be picked up at the Expo May 17th (12pm-7pm) or May 18th (10am-5pm) at Empower Field at Mile High.
- **GO TO THE EXPO AS A TEAM:** Whether you are a new or returning team it is highly encouraged you attend together so you can work out your final details. There are ambassadors on hand at the Relay area at the Expo to answer questions and help you plan.
- **TEAM COMPLETION PRE-EXPO** – your team runners and shirt sizes must be filled out in registration BEFORE you can pick up packets. If this is not done before the expo, your team must go to the SOLUTIONS desk and pay a late change fee.
- **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 - CLUB SUITES LEVEL - 1701 Bryant St, Denver, CO

- May 17th, Friday from 12pm-7pm, May 18th, Saturday 10-5pm
- 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 info is on the back of your bib
- SIGN UP: RACEJOY to track your team – ask questions
- PICK UP: Gift if you are a 5-10-15 year runner – Colfax Store
- PICK UP: Two Day Challenge gift at 5K bib pick up (run 5K also)
- PICK UP: Race shirt, car decal
- TEAM MEETING opportunity to make your final plans
- SHOP for cool gear – Over 90 great booths!



BASIC RACE INFORMATION

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

RESULTS, TIMING and the BATON:

- DIVISIONS: Open, Government, Public School Teachers, 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 TEAMMATE IN THE EXCHANGE ZONE:

- RUN THROUGH THE RELAY ARCH. The awaiting team member will be in the corral, 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 an indication of when 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 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.

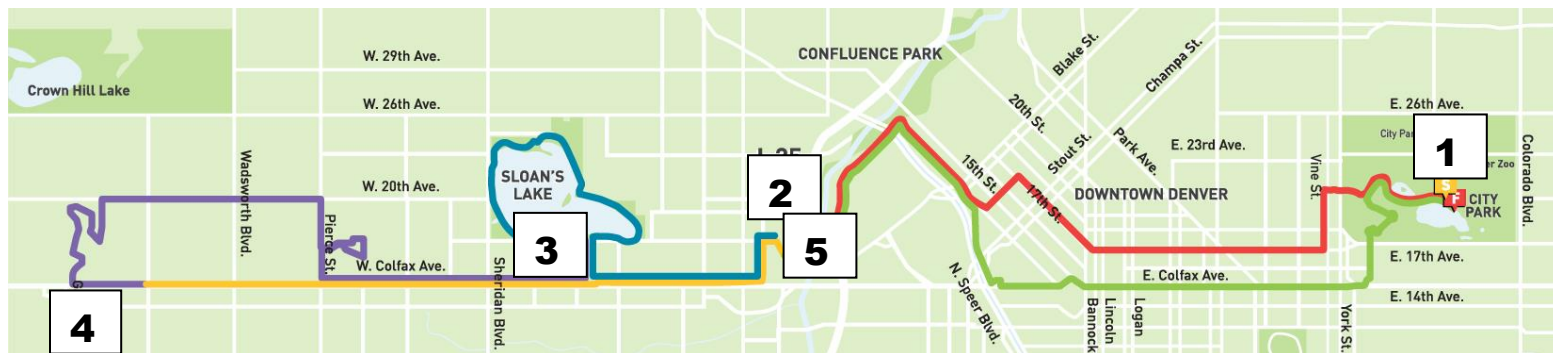
LEG 1 START IN CITY PARK

- 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 6:00am** 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 for a Michelob Ultra beer, other beverages, and lunch.
- 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 3.

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

RTD Route back to your car at City Park: Head south across the parking lot to the nearby Decatur Federal Station. Take RTD Bus #15 Limited EASTBOUND back to the City Park area. Buses depart every 20 minutes. You will be dropped off at the 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. & 17th Avenue. *These instructions will be printed on the back of your bib.*

Head to the Post-Race Festival and enjoy live music and beverages and lunch.

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 3.8 Miles

Start: Empower Field at Mile High, Gate 3. *(no bag check)*

Parking: Empower Field at Mile High – LOT J.

Driving Directions from the South: I-25 Northbound – take 17th 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 20th/23rd Avenue Exit 211. Go straight at the light at 23rd 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, 17th and Vrain.

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

Walk back to your car: Walk one mile – straight east on 17th 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.

Head to the Post-Race Festival and enjoy live music and beverages and lunch.

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

Leg 3 - Eclectic Mile High – Distance 5.9 Miles

Start: 17th and Vrain St – on lake path just South of Sloan’s Lake. *(no bag check)*

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 29th Avenue and fork left onto 29th. Continue 1.7 miles to Sheridan. Turn left (south). Look for free parking on the right side of Sheridan after 20th in the parking lots on the north side of W 17th Ave. It is less than a 10-minute walk to the Exchange Zone (cross Sheridan at W 17th Ave and Sheridan crosswalk at the light. Follow next to the Sloans Lake path to the east (do not walk on the path since runners on path).

Driving Directions and Parking from the South: via 6th Avenue, exit at Sheridan and go North to 14th (note you cannot drive across Colfax). Turn Right on 14th and park in the neighborhood between Wolfe St and Vrain St (Vrain is 6 blocks east of Sheridan). Walk 3 blocks north (cross Colfax with an officer) to 17th & Tennyson St. Exchange Zone is in Sloan’s Lake Park across 17th about 100 yards north of Vrain St and 17th.

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

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

RTD Route back to your car: Walk 2 blocks south on Garrison to the 13th & Garrison Station. Board the W Line Light Rail Eastbound to the Perry Station – every 15 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 6th 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 and lunch.

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

Leg 4 - Screaming Downhill – Distance 4.0 Miles

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

Parking: South of Colfax near 14th and Dover in business lots.

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

Driving directions from the South: Take 6th Avenue. Take Kipling North, Right on 10th. Left on Carr, park near 14th 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 3. Use “Runner bags/snacks” bib tag for: bag, water and snacks.

RTD Route back to your car: 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 13th). 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 6th Avenue. Take 6th 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 and lunch.

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

Leg 5 - River Downtown Trek – Distance 6.0 Miles

Start: Empower Field at Mile High, Gate 3. *(no bag check)*

Parking: Empower Field at Mile High Lot J.

Driving Directions from the South: I-25 Northbound - take 17th 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 20th/23rd Avenue Exit 211. Go straight at the light at 23rd 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. Enjoy lunch, beverages, and music.

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: Walk 3 long blocks to Colorado and Colfax. Catch the WESTBOUND #15 LIMITED (15L) on Colfax at the southeast corner of Colfax and Colorado. You will be dropped off at the Decatur Federal Station near the Stadium. Buses start at 11:00am and will pick up every 15 minutes. There are earlier busses at 13th 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/23rd Avenue exit – Exit 211. Turn right on 23rd Avenue. Turn left (south) on Federal to 17th. The Exchange Zone is at the west side of the stadium – drop the runner(s) at 17th & Federal (or drive in to Lot J if you have time).
 - Best route from the Stadium to Sloan's Lake (Exchange 2) is 17th Avenue west --- but ONLY as far as the southeast corner of the Sloan's Lake – do not go any farther. Have runners walk the 9 blocks to/from the exchange.
 - Best route from Sloan's Lake to Dover & Colfax (Exchange 3) - head north to 26th 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 26th Avenue east to Federal. South on Federal to 17th (meeting point 17th & 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.