

**Final Race Instructions**  
**Aetna Park to Park 10 Miler**  
[www.parktopark10miler.com](http://www.parktopark10miler.com)  
**Monday, September 6<sup>th</sup>, 2010**

- We encourage all participants to pick-up your bib #, timing chip and t-shirt at the race expo. The expo will be held on Saturday, September 4th from 9:00 a.m. until 4:00 p.m. at the Runners Roost located at 1685 S. Colorado Blvd. in Denver. All runners attending the expo can register for a Brooks head to toe running package, entry into the 2011 Boulder Boulder, entry into the 2011 Platte River Half Marathon and other giveaways .
- Race day pick-up will be available from 5:30 a.m. until 6:45 a.m. near the starting line on 23<sup>rd</sup> Avenue west of Colorado Boulevard and east of the Denver Zoo.
- Race registration runs through Sunday at the Runners Roost stores at Colorado Blvd., Aurora, Lone Tree, Louisville and Lakewood stores until 3:00 p.m.
- If you are in need of bus transportation to the starting line either before or after the race, a limited number of bus reservations might be available at the Expo for \$8/person. A bus will circulate from Denver South High School at Louisiana Ave. and Franklin St. (southeast of the finish line area) to the Denver Zoo before the race at 5:30 and 6:00 and then following the race beginning at 9:00 a.m. and ending at 11:00 a.m.
- Please review race details on the race website. Information regarding parking, transportation, the course, maps and other important details are on this site, [www.parktopark10miler.com](http://www.parktopark10miler.com)
- Bring your timing chip and bib number with you to the start.
- Access to start line parking at the Denver Zoo and Museum of Nature and Science from Colorado Blvd. should be accessed from either Montview Blvd. or 22<sup>nd</sup> Ave. Access along 23<sup>rd</sup> Ave. will be limited due to preparation at the start line. No matter where you park, do not leave valuables visible.
- **VERY IMPORTANT:** The race course will be controlled by Denver Police, traffic closures and course marshals in lime green t-shirts. Please obey all direction along the course. The course will remain open for all runners participating under the 13:00 minute/mile pace. The course will open to traffic at each mile in 13:00 increments. If you are slower than the times listed above, you can continue the race along adjacent sidewalks but will lose police support. You are expected to obey all traffic signs and signals. The final 1.5 miles of the race are within Washington Park and are not impacted by the course being reopened to traffic.
- Baggage Check-in will be at the start. Attach the baggage tag from the top of your bib to your bag. Bags will be provided at the start and will then be taken to the finish line and sorted by bib number.
- Aid Stations will be approximately every 2.5 miles. There will be Vaseline, band-aids and a port-a-let at each aid station. Water will be offered first and then PowerAde, an electrolyte replacement drink.
- Finish Line instructions
  - Have your number on the front and visible as you approach the finish line.
  - Keep moving once you've crossed the finish line.
  - A volunteer will help you remove your timing chip at the back of the chute.
- Post-race Party will be in the large meadow area north of the Diagonal Road in Washington Park.
  - Post-race refreshments are for race participants and volunteers only.
- Spectators can watch the race from a variety of locations. Good viewing near the finish will be at the 9 mile mark on the west side of Washington Park near Kentucky Avenue and then along the Diagonal Road.
- If you drop out go to the next forward aid station along the course. If you are seriously injured, 9-1-1 will be called. If not, you will be taken to the finish by an aid station volunteer after the last runner comes through that aid station.
- The awards presentation will be held at 9:00 a.m. During this time awards will be presented to the top 3 overall and masters male and female finishers. Age group awards will be mailed the week following the race.
- If you would like to run in honor of or in memory of a pancreatic cancer patient you may pick up a second bib at either the packet pickup at the expo or on race day morning. If you wear this bib, place it on your back. The front bib should be your numbered bib used for timing purposes.
- We greatly appreciate your participation in this year's race. If you have a chance, thank a volunteer, sponsor and/or a police officer for their support of the race.
- Finally, our title sponsor, Aetna, will continue with their sponsorship role through 2011. We greatly appreciate Aetna's five year commitment to the race!

**Thank You and Have a Great Race!**  
**Alamo Events**