

TAR HEEL 10 MILER FLEET FEET 4 MILER

2024 Athlete Guide

APRIL 20, 2024 |
CHAPEL HILL, NORTH CAROLINA



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Thank you, Sponsors!

Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on their ability to follow direction while wearing headphone devices. If you choose to wear headphones, please keep the volume down so you can hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited.

Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

No, registration will close the evening before the race.

Is there a bag drop this year?

Yes, there will be a bag drop on race morning.

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up.

Where and when is packet pick-up?

- Southern Village Green | 400 Market Street, Chapel Hill, NC 27516
- Thursday, April 18 | 9:00 AM - 5:00 PM
- Friday, April 19 | 10:00 AM - 7:00 PM

Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Is there race day packet pick-up?

No, there is not race day packet pick-up.

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

Is the race USATF certified?

Yes, this course is USATF certified. Certification Number: NC15116DF

Is this race a Boston qualifier?

No, the race is not a Boston Qualifier.

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by race officials and local law enforcement officials. If the race is cancelled due to inclement weather, there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

What is the time limit?

- Fleet Feet 4 Mile participants **MUST** cross the finish line by 8:20 AM (15:30 min/mile pace)
- Tar Heel 10 Miler participants **MUST** finish by 10:35 AM (15:30 min/mile pace)
- **Double Down Challenge** participants will begin the 4 mile portion at 7:15 AM, run through the finish line, into the Double Down Chute, and back to the start line **BEFORE 8AM**. This is approx. a **10:30 min/mile** pace.
 - **Please keep in mind:** There will be about a .25 mile jog between the finish line of the 4-mile race and the start line of the 10-mile race.
- Once Double Down participants start the 10 mile portion of the race, they will have until 10:35 AM to cross the finish line, which is a 15:30 min/mile pace.
- The cutoff time is determined by our event permit, which permits us to use the roads, police, support, and other city resources for a specified period of time.
- When the course closes at the cutoff time, any remaining participants must move off the roads and onto a sidewalk. Anyone who decides to utilize the course route after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

WHAT'S NEW THIS YEAR!

At the Tar Heel 10 Miler, we believe in getting better year after year, and this year we've made some great changes in an effort to make this the best year yet.

Corrals for the 10 Miler

In an effort to make your race experience smooth, safe, and fun, we're using corrals this year to help alleviate crowding on the course. All 10 Miler participants will be divided into two corrals based on their expected pace per mile which you provided at registration. The corral assignment will be noted on your bib.

New Parking Plan

We are anticipating approximately 7,000 participants on race day! To create a smooth parking experience, we are recommending that participants parking on the UNC Campus park by distance. The recommended parking lots will be printed on the back of your race bib.

New Path for Double Down Participants

After crossing the 4 Mile finish line, Double Down participants will follow the sidewalk on the right of Stadium Drive back to the start line chute, giving you a more direct path to the start line.

New Location of Double Down Medals

To make it easier to pick-up your Double Down Medals, we have moved the Double Down medals to Customer Service, which will be located outside of Gate 3 at Kenan Stadium, next to bag drop and the swag tent.

Color Coded Tables at Hydration Stations

Tables serving Gatorade will have **red table cloths on them**. Be on the lookout for those at the hydration stations!

ACCESSIBILITY GUIDE

HANDICAP PARKING



- If you need handicap parking for race morning, please contact us at info@tarheel10miler, and we will assist you!

RACE START TIMES



- 4 Miler & Double Down Challenge Wheelchair & Handcycles Start: 7:10 AM
- 10 Miler Wheelchair & Handcycles Start: 7:40 AM

ACCESSIBLE TOILETS

- At the Start/Finish Line, handicap toilets will be available at Kenan Stadium.
- On the course, ADA Portable toilets will be available at the following hydration stations:
 - 4 Miler: Mile 2.2
 - 10 Miler: Mile 5 and 8.2



CONTACT US



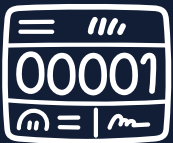
If you have a question about race weekend accessibility, please contact us at info@tarheel10miler.com!



A QUICK GUIDE

TO RACE DAY TERMS

RACE BIB



- Your race bib has a timing chip on the back of it which records your time from crossing the start line to crossing the finish line.
 - Wear your bib on race day with the number facing out.
 - Please do not bend the bib or remove the timing chip.
-



START/FINISH LINE CHUTE

- The start line chute is where runners line up before the start of the race.
 - The finish line chute is where runners receive their medal, water, and sometimes post-race snacks after crossing the finish line.
-



START LINE CORRALS

- New for 2024, we will be dividing the start line chute into two corrals (groups) for the 10 Miler only based on the pace per mile you designated when you registered.
 - More information about the new corrals for this year is available [here](#).
-



HYDRATION STATION

- Hydration stations will be offered on the course.
 - Runners can get water and/or a sports drink at the hydration station.
 - Portable toilets are available at each hydration station.
-



COURSE MILE MARKERS

Mile markers are posted for each mile on the course. Please note that your GPS device may not sync perfectly with the mile markers on the course.

BAG DROP



Use bag drop if you would like to have items waiting for you after the race, such as fresh clothes. Do not leave personal items or item of value at bag drop.

RACE DAY ETIQUETTE

It is our goal that every runner has an enjoyable, safe race experience!
To support this goal, we ask that all participants follow the running etiquette below!
Thank you for your cooperation!



10 mile participants are required to line up in the correct corral, which will be printed on your bib. Within your corral, please be mindful of where you are lining up. Participants who plan to walk or do a walk-run combination should line-up toward the back of the corral.



If you will be using a walk-run method, please signal verbally or by raising your hand to other participants around you when you will be switching from running to walking.



For the safety of all participants, faster runners should stay on the left of the course and walkers stay on the right.



If you're running as a group, please only run 2 abreast to ensure there is enough space for other runners.



If possible, pass on your left and alert the runner by saying, "On Your Left."



At a Hydration Station, try to keep moving while grabbing your hydration. If you need to stop, look behind you before stopping or move to the side.



To help keep the course clean, please dispose of your cup/trash in the dedicated waste cans near the hydration stations.



For your safety and the safety of others, please keep moving through the finish line.

RACE DEADLINES

Category	Deadline	Form	Details
Change Distance	Friday, April 19th, 2024 at 6:00 PM	Click here to change your distance.	<ol style="list-style-type: none">1. You must fill out the change distance form online.2. Bib Mailers, if you changed your distance after noon on Friday, March 29th, you will need to attend PPU to receive a new bib.
Bib Mailing	Friday, March 29th at Noon	Bib mailing is closed!	Bibs and safety pins were mailed the week of April 1st. Please pick up your race swag at the post-race party.
Deferral Deadline	Wednesday, April 10, 2024 at 11:59 PM	Click here to defer your entry.	You will be issued a race credit for the amount you paid at registration excluding handling fees that can be applied toward registration for next year's Tar Heel 10 Miler or another Capstone race .

Please Note:

- Anyone who runs a distance with the incorrect distance timing chip will be disqualified from the race.
- You are not allowed to transfer your bib to another runner.

BIB MAILING

Runners who elected to have their bib mailed to them should receive their bib by Thursday, April 18th. Bibs and safety pins were mailed the week of April 1st.

If you do not receive your bib by Thursday, April 18th, please come to packet pick-up and head straight to customer service to be assigned a new bib.

Runners with bib mailing, if you changed your distance **after noon on Friday, March 29th**, you will need to attend packet pick-up to receive the bib for the correct distance. Please head straight to customer service, so we can assist you!

Check out the chart below to see what you will receive in the mail and what you will pick up after the race!

If you plan to use bag drop on race morning, you can pick up a bag on race morning.

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Bandana		✓



All participants who did NOT have their bib mailed to them need to attend packet pick-up to get their race bib. We use a reservation system to allow us to serve you more efficiently. If you haven't reserved your spot, [please do so here!](#)

If you are unable to attend, you can have someone else pick up your bib for you. They will need a copy of your ID (a picture is sufficient). **There will be no race day bib pick up!**



When

- Thursday, April 18 // 9:00 AM - 5:00 PM
- Friday, April 19 // 10:00 AM - 7:00 PM



Where

- Southern Village Green
- [400 Market Street, Chapel Hill, NC 27516](#)



What You'll Receive

- Bib
- Safety Pins
- Participant Shirt
- Bandana
- Bag Drop Bag (optional)



Parking

Parking is available on a first come, first served basis throughout Southern Village. Parking options include street parking, free parking lots, a pay to park lot, and a parking garage.



Additional Parking Information

[Click here](#) to view the parking map for Southern Village.

Packet Pick-Up Checklist

- **All Participants:** Pick-up your race bib!
- **All Participants:** Pick up your participant shirt. The shirt size you selected is on the back of your bib.
- **Double Down Challenge Participants:** Pick up your DDC shirt, in addition to the participant shirt.
- **All Participants:** Pick up your UNC or Crash the Party bandana!
- **All Participants:** If you're planning to use bag drop on race morning, pick up your bag and label.
- **All Participants:** Check out our sponsors and partners!
- **Have questions? Visit Customer Service!**

Packet Pick-Up Map



- 1** Race Bibs
- 2** Participant Shirts
- 3** Double Down Shirts
- 4** Customer Service
- 5** Pacer Information
- 6** Merchandise Tent
- 7** Crash the Party Bandanas
- 8** UNC Bandanas
- 9** Bag Drop

All runners will receive a bandana this year! If you're repping UNC, did not opt to represent another school, or registered after February 29, you will receive a UNC bandana at Packet Pick-Up.

If you're crashing the party by repping your school through the streets of Chapel Hill, your bandana with the school you selected at registration will be available for pick up at Packet Pick-Up.

Bib mailers, you can pick up your bandana after the race at the finish zone. Your swag will be available **outside Gate 3** at Kenan Stadium.



RACE DAY TIMELINE



6:00 AM BAG DROP OPENS AT THE STADIUM
4 MILER & DDC: SECTION 113 | 10 MILER: SECTION 112



7:45 AM BAG DROP CLOSES



7:15 AM FLEET FEET 4 MILER & DOUBLE DOWN CHALLENGE STARTS

WHEELCHAIR & HANDCYCLES START AT 7:10 AM



7:45 AM TAR HEEL 10 MILER STARTS

WHEELCHAIR & HANDCYCLES START AT 7:40 AM

CORRAL A: 7:45 AM START | CORRAL B: 7:55 AM START



8:00 AM BAG DROP PICK-UP OPENS AT THE STADIUM



8:15 AM OVERALL 4 MILER AWARDS ANNOUNCED

*TIME SUBJECT TO CHANGE BASED ON THE FINALIZATION OF RESULTS



9:15 AM OVERALL 10 MILER AWARDS ANNOUNCED

*TIME SUBJECT TO CHANGE BASED ON THE FINALIZATION OF RESULTS



10:15 AM OVERALL DOUBLE DOWN CHALLENGE AWARDS ANNOUNCED

*TIME SUBJECT TO CHANGE BASED ON THE FINALIZATION OF RESULTS



10:35 AM FINISH LINE CLOSES



To provide a smooth parking experience for all involved, we ask that all participants follow the parking plan we've created. We are expecting around 7000 participants on race day, so it's important that everyone follows these directions to decrease congestion.

Please read the parking information closely prior to race day and follow the directions of the parking attendants on race day.

Five Things to Know!

- 1** We recommend that participants park in **specific lots** on UNC campus **based on the distance they are running**. See pages 12, 13, and 14 for the assigned lots by distance. **Your recommended lots are also printed on the back of your bib.**
- 2** Please **ride-share, carpool, bike, or walk** in effort to limit congestion. If you're getting dropped off, recommended drop off locations can be found on page 15.
- 3** If you are carpooling and there are participants in the car who are running different distances, **follow the parking instructions based on the driver's distance.**
- 4** All distances must **be parked by 6:30 AM** to avoid the UNC hospital shift change traffic.
- 5** Please follow our **driving directions** to avoid road closures on race day. We also recommend using Waze to be routed around the closures.

Make a plan before race morning about how you're getting to the race and where you intend to park!

10 Miler Parking Directions

PARKING

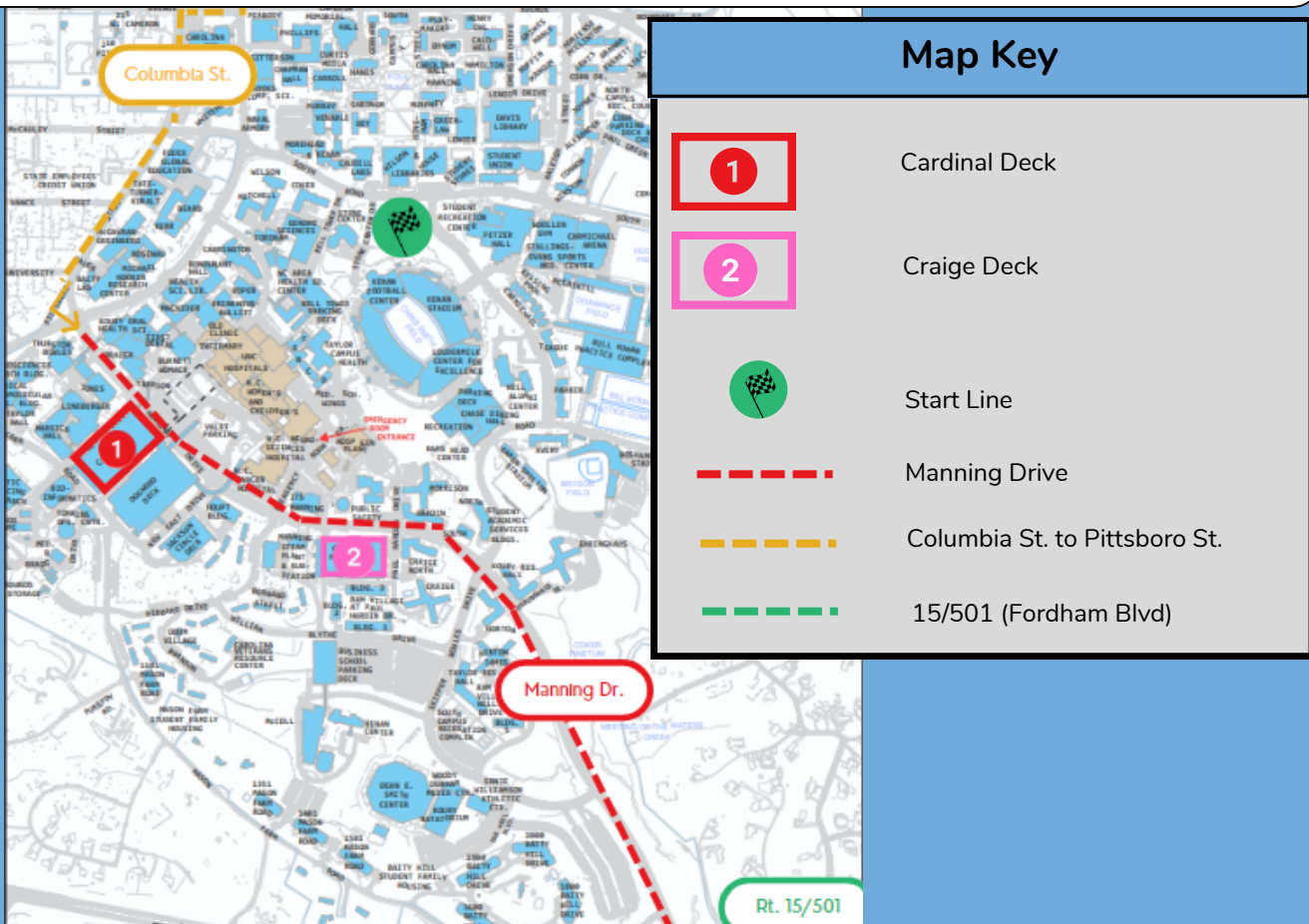
Driving Directions: To avoid race day road closures, please review & follow the driving directions to the event.

We also recommend using Waze on race morning to be routed around road closures.

Parking Option A: UNC Campus Parking

If you're running the **10 Miler** and plan to park on campus, your parking options are:

- Cardinal Deck | 3 West Drive, Chapel Hill
- Craige Deck | Manning Drive, Chapel Hill



Please carpool!

Parking Option B: Town of Chapel Hill Parking

If you're running the 10 Mile Distance and plan to park at one of the Town of Chapel Hill Lots, please see this map to view the options. Please note that these lots are **pay to park** on race day.

4 Miler Parking Directions

PARKING

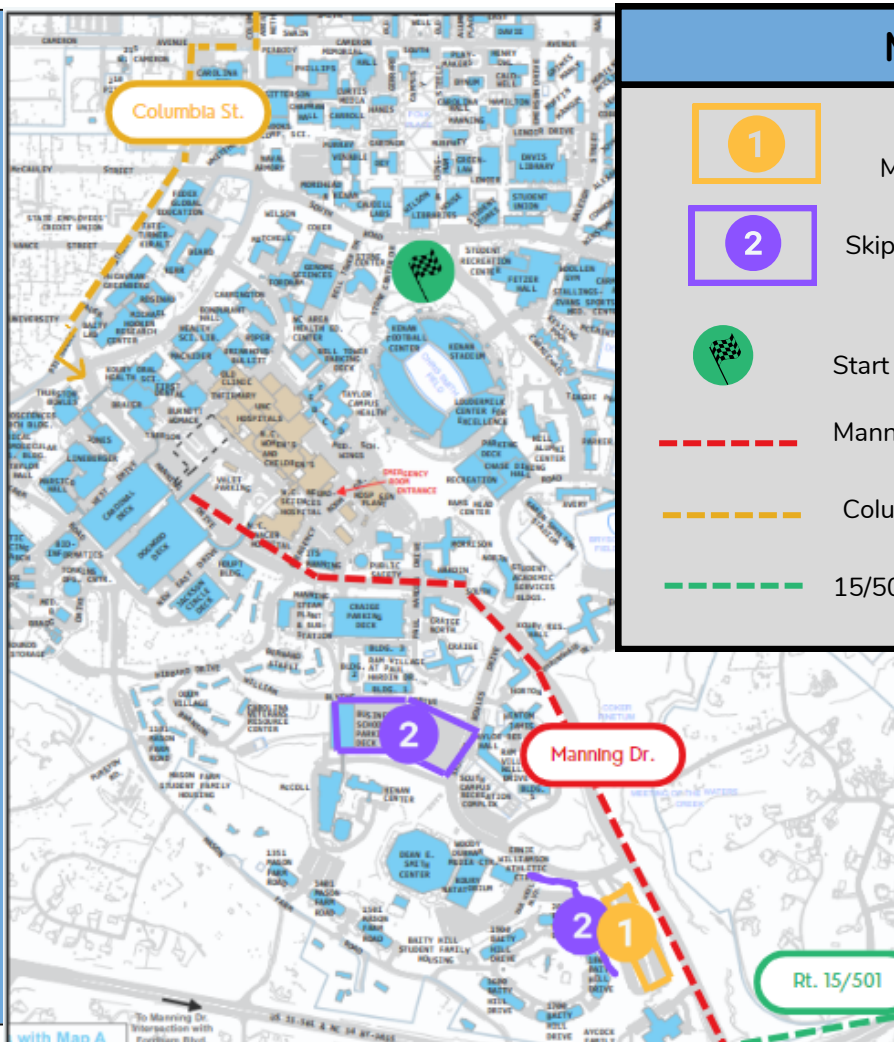
Driving Directions: To avoid race day road closures, please review & follow the driving directions to the event.

We also recommend using Waze on race morning to be routed around road closures.

Parking Option A: UNC Campus Parking

If you're running the **4 Miler** and plan to park on campus, your parking options are:

- Manning Lot | 238 Manning Dr., Chapel Hill
- Skipper Bowles & Business Lots | Skipper Bowles Dr



Map Key

- Manning Lot
- Skipper Bowles & Business Lots
- Start Line
- Manning Drive
- Columbia St. to Pittsboro St.
- 15/501 (Fordham Blvd)

Parking Option B: Town of Chapel Hill Parking

If you're running the 4 Mile Distance and plan to park at one of the Town of Chapel Hill Lots, please see this map to view the options. Please note that these lots are **pay to park** on race day.

Double Down Parking Directions

PARKING

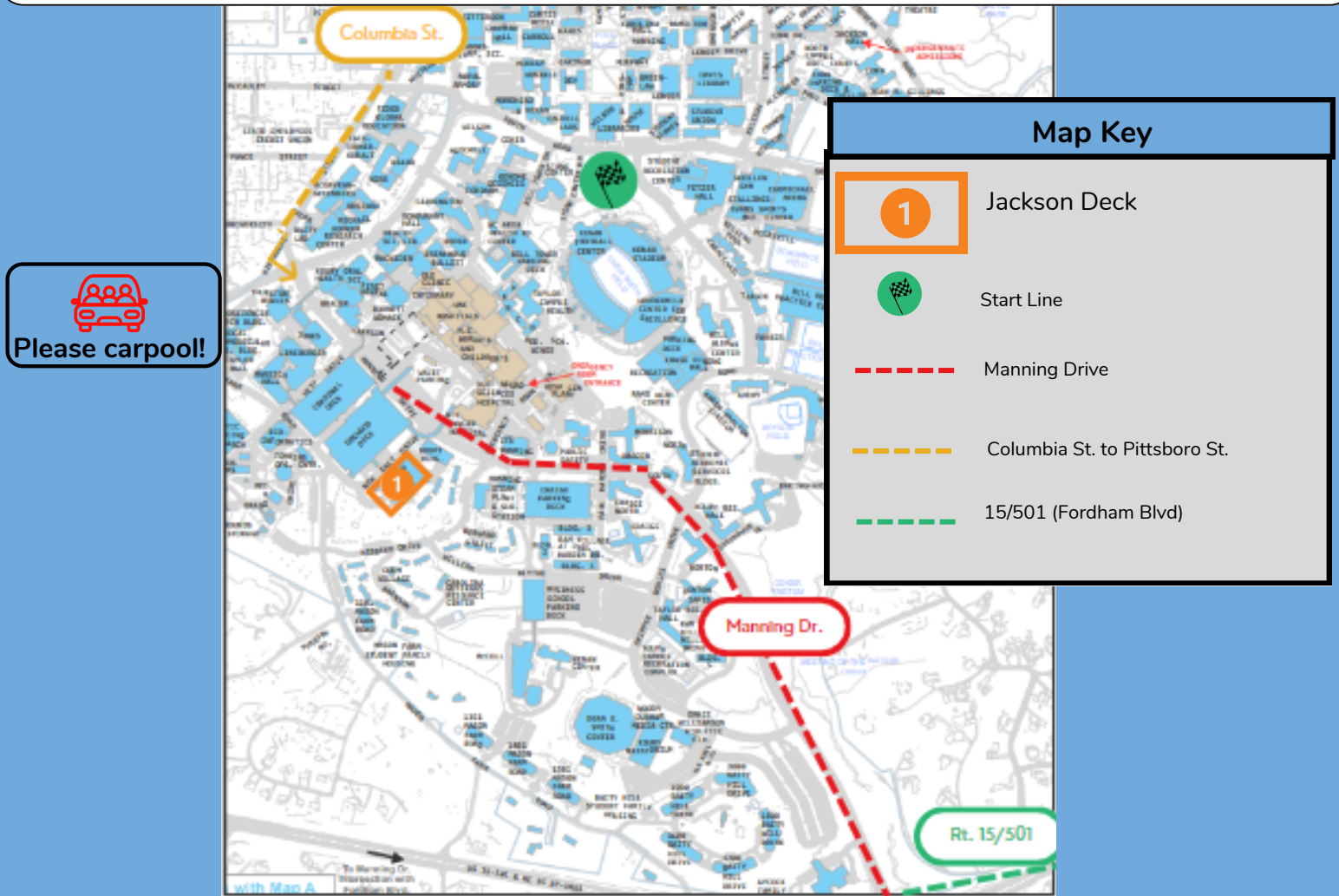
Driving Directions: To avoid race day road closures, please review & follow the [driving directions](#) to the event.

We also recommend using Waze on race morning to be routed around road closures.

Parking Option A: UNC Campus Parking

If you're running the **Double Down Challenge** and plan to park on campus, your parking option is:

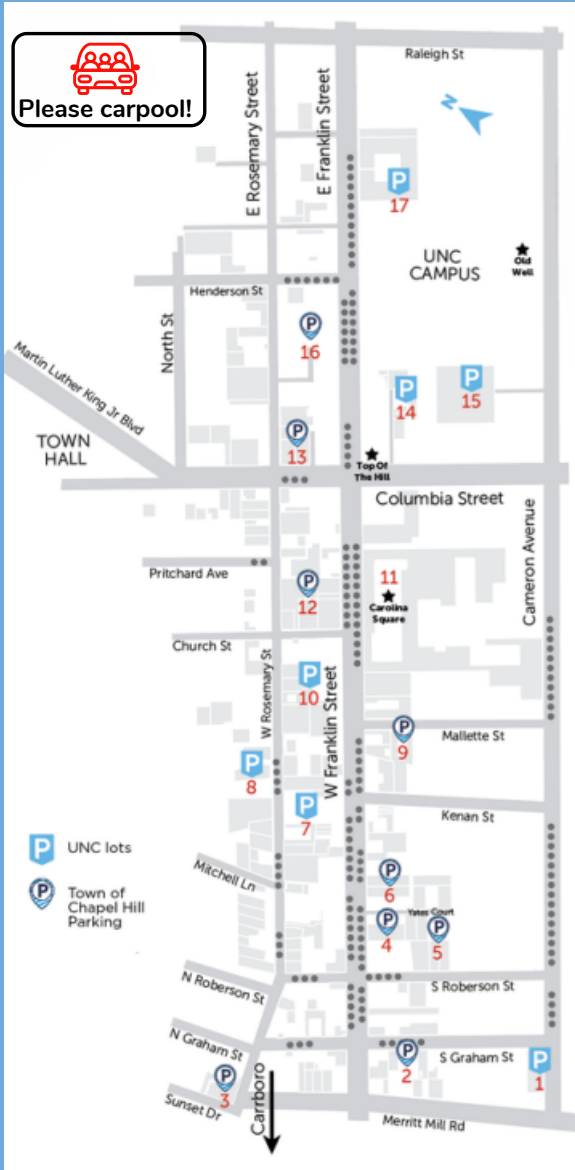
- Jackson Deck | [East Drive, Chapel Hill](#)



Option B: Town of Chapel Hill Parking

If you're running the Double Down Challenge and plan to park at one of the Town of Chapel Hill Lots, [please see this map to view the options](#). Please note that these lots are **pay to park** on race day.

TOWN OF CHAPEL HILL PARKING



DOWNTOWN CHAPEL HILL

- 1 Cameron/Graham St. Lot**
(602 W. Cameron St.)
- 2 S. Graham St. Lot**
(108 S. Graham St.)
- 3 Rosemary/Sunset Lot**
(604 W. Rosemary St.)
- 4 427 W. Franklin St. Lot**
(next to Lantern Restaurant)
- 5 Courtyard Lot**
(access from S. Roberson St.)
- 6 415 W. Franklin St. Lot**
(next to 411 West)
- 7 UNC 440 South Lot**
(400 W. Rosemary St.)
- 8 UNC 440 North Lot**
(401 W. Rosemary St.)
- 9 Mallette Street Lot**
(106 Mallette St.)
- 10 UNC Development Lot**
(307 W. Rosemary St.)
- 11 Carolina Square**
(133 W. Franklin St.) First 45 minutes is free; \$2/90 minutes and \$5 for each additional hour
- 12 140 West Deck**
(access at 213 W. Rosemary St.)
- 13 Rosemary/Columbia Lot**
(100 E. Rosemary St.)
- 14 UNC Porthole Alley Lot**
(access near 101 S. Columbia St.)
- 15 UNC Swain Lot**
(access on E. Cameron Ave.)

All Town of Chapel Hill public parking is free on Sundays and town holidays.



Off-street parking, decks and surface lots require payment Monday-Saturday, 8 a.m. to 8 p.m., at \$1.50/hour with a 10-hour maximum.

All UNC parking is available weekdays after 5 p.m. at \$1/hour and free on the weekends; unless noted above.

Pre-pay for your parking at a nearby pay station or on the ParkMobile App. Look for your three-digit space number painted on the ground or on the curb.

Visit parkonthehill.com for up-to-date parking information and where to appeal town tickets.



- 16 Wallace Deck**
(150 E. Rosemary St.)
- 17 UNC Morehead Planetarium Lot**
(250 E. Franklin St.) \$1.75/hour; free parking from 5 p.m. on Friday until 7:30 a.m. on Monday ▶

Recommended Downtown Parking Lots Close to Start Line

#12: 140 West Deck | 146 Spots | Access at 213 W. Rosemary St.

#13: Rosemary/Columbia Lot | 70 Spots | Access at 100 E. Rosemary St.

#16: Wallace Deck | 220 Spots | Access at 150 E. Rosemary St

#9: Mallette St. Lot | 70 Spots | Access at 106 Mallette St.

#6: 415 W. Franklin St. Lot | 65 Spaces | Access at 415 W. Franklin St.

#4. 427 W. Franklin St. Lot | 45 Spots | Access at 427 W. Franklin St.

All parking locations are approximately a 15 minute walk to the start line.

All lots are paid lots beginning at 8 AM. Participants will need to pay prior to heading to the start line.

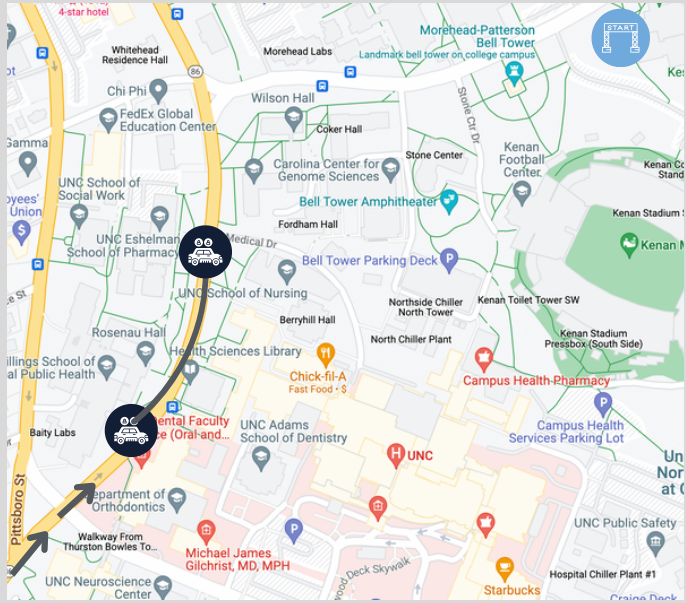


Ride Share/Drop-Off Information

If you're planning to use ride-share or be dropped off, please use the following locations below.

BEST Drop-Off Location: Columbia St. between Manning Dr. & Medical Drive - **Please use the bus lane for drop-off!**

Driving Directions: Columbia Ave is one-way and runners will need to access this drop-off location from the south!



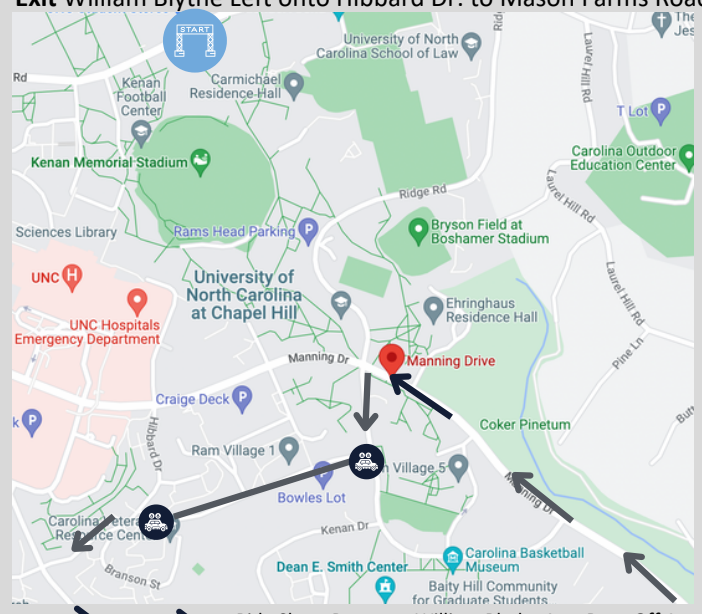
Ride Share Drop-Off Area - Bus Lane on Columbia between Manning Dr. & Medical Dr.

Ride Share Route on Columbia St. Race Start Line

Alternate Drop-off Location: William Blythe Avenue

Driving Directions:

- From 15-501, turn onto Manning Drive.
- Turn onto Skipper Bowles Drive.
- Turn onto William Blythe Avenue.
- **Exit William Blythe Left onto Hibbard Dr. to Mason Farms Road.**



Ride Share Route to William Blythe Ave. Drop Off Area

Ride Share Drop-Off Area on William Blythe Ave. Race Start Line

Road Closures/Detours:

Please follow the driving instructions provided to get to the race. Use Waze to avoid road closures on race day.

Roads utilized for the race course will be closed and reopened on a rolling basis as runners pass through the course. For more information, please take a look at the road closure list on our [website](#).

Start Line Location

199 South Rd Dr Chapel Hill, NC 27514

In front of Robert B. House
Undergraduate Library

Start Times

Fleet Feet 4 Miler and Double Down Challenge: **7:15 AM**

- **Wheelchairs & Handcycles: 7:10 AM**

Tar Heel 10 Miler:

- **Wheelchairs & Handcycles: 7:40 AM**
- **Corral A: 7:45 AM**
- **Corral B: 7:55 AM**



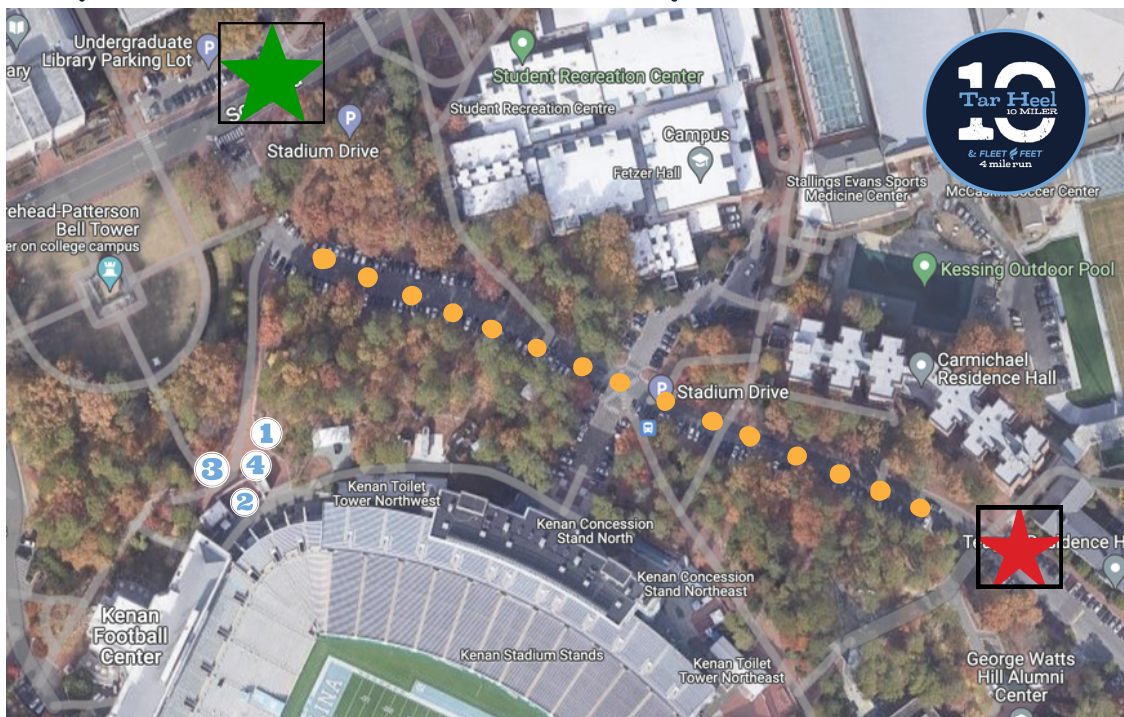
Finish Line Location

104 Stadium Dr, Chapel Hill, NC 27514 | In Front of Teague Residence Hall

Race Day Customer Service

If you have any customer service needs on race day, the customer service tent will be located outside of Gate 3 at Kenan Stadium starting at 6:00 AM.

Race Day Start & Finish Area Map



Map
Key



Start Line



Finish Line



Finish Zone on Stadium Dr.
(Medals, Water, Sponsors, Food)



Customer Service



Bag Drop



Participant Shirts & Bandanas



Double Down Medals

Bag Drop Procedure

We strongly encourage that all of our participants leave items in their vehicles, especially personal items and items of value.

If you need to use bag drop, it will be available on race morning at Gate 3 at Kenan Stadium at 6:00 AM. Please plan to use the clear bag provided at Packet Pick-Up.

Bib Mailers, you will be able to get a bag drop bag and label on race morning at Gate 3.

Before the Race:

- Get bag drop bag and label at Packet Pick-Up or Bag Drop on race morning.
- Write your bib number on the label.
- Stick your label on outside of your clear bag.
- Bring your labeled bag to bag drop at **Gate 3** of Kenan Stadium.
- Place your bag on a seat inside a designated area at Kenan Stadium. For ease of pick-up, please note the seat number in which you left your bag.
- Head to the start line!



After the Race:

- Before heading to the bag drop, **make sure you have your bib with you. You will need your bib to verify the bag you are picking up belongs to you.**
- Return to the bag drop and find your bag.
- Before leaving, a bag drop attendant will check to make sure your bib number matches the number on the label of the bag.
- If you want to pick up another participant's bag, **you must have the runner's bib with you** for verification purposes.

The race is not responsible or liable for items placed in your bags and left at the bag drop..

Pacers

There will be pace groups for the 10-Miler. To join a pace group on race morning, look for the pacer holding the pacer flag and wearing a pacer shirt in the starting chute.

The following pace groups will be offered (min/mile):

6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00

Restrooms

Restrooms will be open at Kenan Stadium on race day.

Start Line Corrals | 10 Mile Only

Runners will be divided into 2 corrals (A and B) based on the estimated pace selected at registration.

There will be ten minutes between the start of each corral.

- Corral A: 7:45 AM
- Corral B: 7:55 AM

Start Corral Guidelines:

- Corral assignments will be printed on your race bib.
- Each participant will be **required** to start in the corral that is printed on the bib.
- Bibs will be checked for correct corral placement upon entering the chute. You will only be allowed to start in the corral that is listed on your bib.
- Please have your bib fastened to you and visible before you enter the corral.

To improve safety, crowding, and the overall race experience, we ask that you follow these instructions when lining up in the starting chute.

The 4 Miler will not use corrals, but for the safety and overall race experience of all participants, we kindly ask that participants who plan to walk or do a walk/run combination, line-up toward the back of the start line chute. Thank you for your cooperation!

Medical Support

We will have medical professionals on-site throughout the race, including at the start/finish area.



Race Bibs

Please wear your race bib on the front of your shirt or the front of your shorts with the numbers facing out. **Please do not bend or fold the timing chip**, which is on the back of your bib!

Race Bib Key



1. **Start Corral Letter:** This letter identifies your corral assignment (A or B). **Corrals will only be used for the 10 mile distance.**
2. **Race Distance:** Your race distance.
3. **Crash the Party Icon:** At registration, you selected to crash the party and will pick-up your crash the party bandana at PPU.
4. **Race Number:** The large number in the center of your bib is your unique race number. Use this number to look up your race results.
5. **Personalization:** If you opted to have your bib personalized, it's here.
6. **Bib Mailing Icon:** The envelope icon indicates that you received your bib in the mail and will be able to pick up your race shirt and bandana after the race.
7. **Bib Color:**
 - a. 4 Miler Bibs: Navy Blue
 - b. 10 Miler Bibs: Light Blue
 - c. Double Down Challenge: Gray



Time Limits

Single Races:

- 4 Miler - 8:20am (approx. 15:30min/mile pace)
- 10 Miler - 10:35am cutoff (approx. 15:30min/mile pace)

Double Down Races:

- 4 Miler - 8:00am cutoff (11:15min/mile pace)
- 10 Miler - 10:35am cutoff (approx. 15:30min/mile pace)

- Double Down Challenge participants will begin with the Fleet Feet 4 Mile Run at 7:15 AM, Run through the finish line, into the Double Down Chute and back through the start line BEFORE 8 AM! Please keep in mind that there will be about a .25 mile jog between the finish line of the 4-mile race and the start line of the 10-mile race.

Please note: Double Down participants will not be allowed into to start the 10 mile portion of the Double Down Challenge after 8:00 AM.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

Live Tracking

Live tracking will not be available, but spectators can check the live result uploads on our the results page.

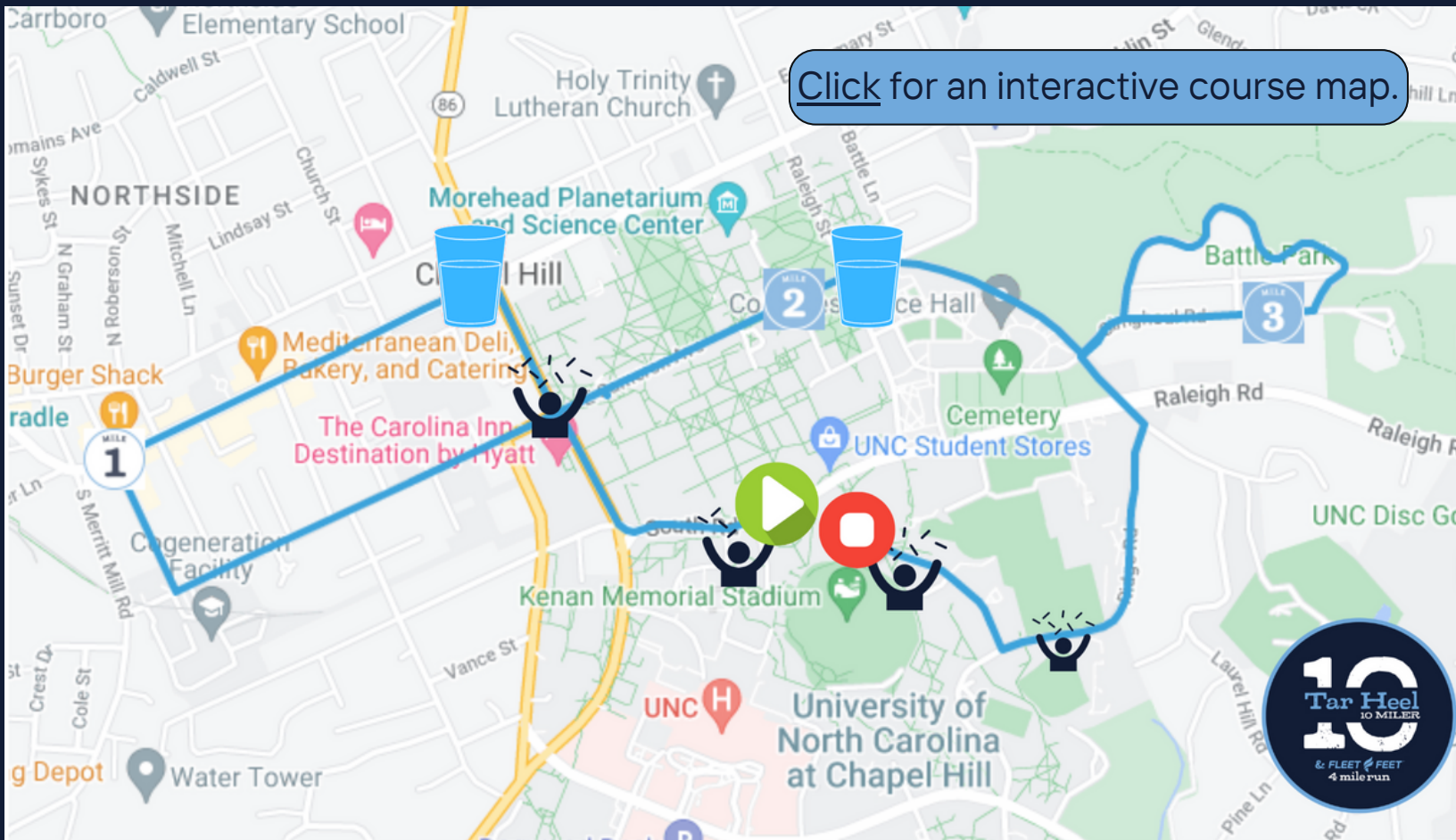
Spectator Locations

There are MANY great areas for family and friends to cheer on their runner On the individual course maps, we have identified great spectator locations!

4 MILER COURSE MAP

Please follow all course signage and stay on the right where indicated.

[Click for an interactive course map.](#)



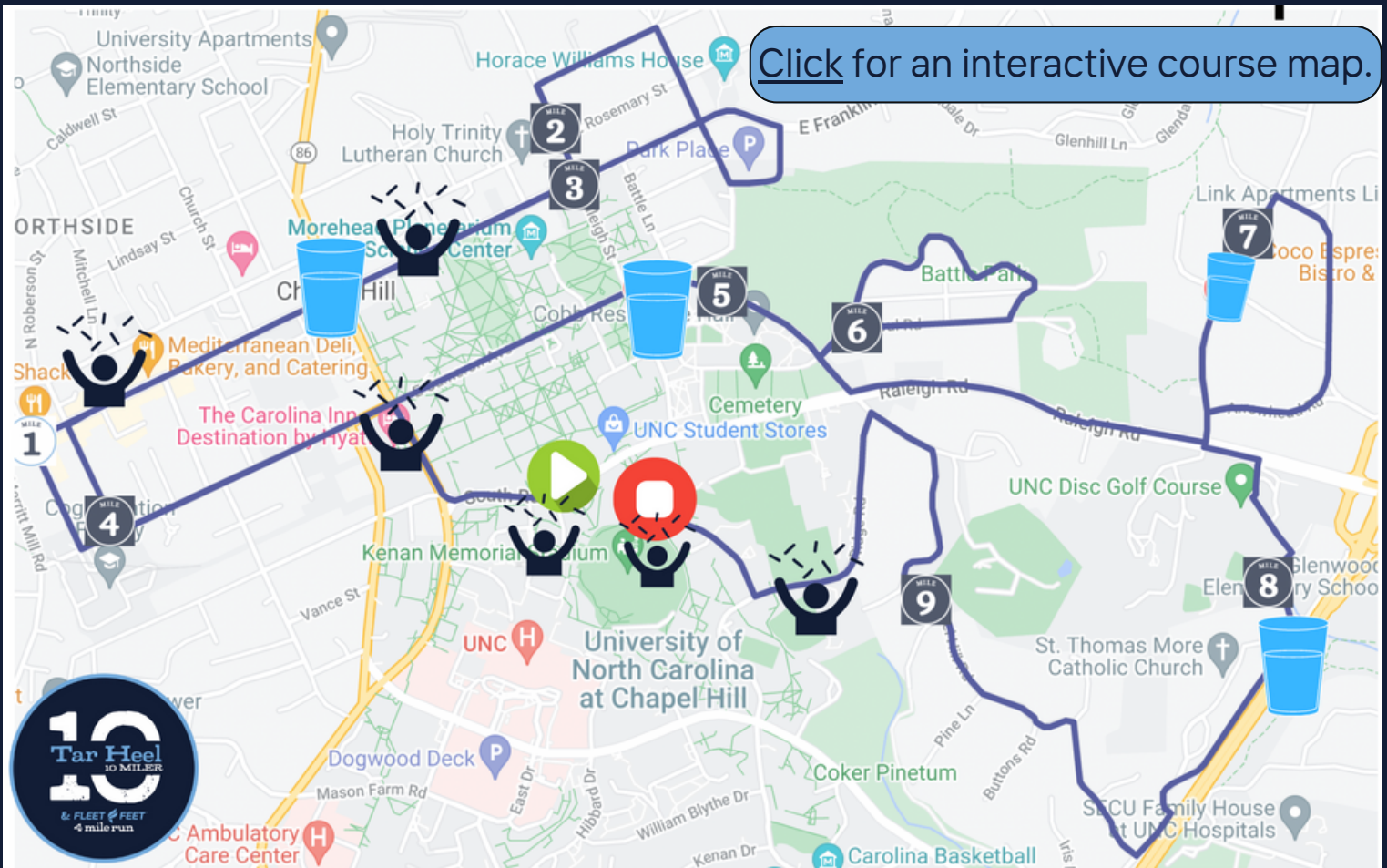
Hydration Stations: Closest Mile 1.5, 2.25 (Locations subject to change!)

- Water and Gatorade will be provided at each station. Tables with red table cloths will serve Gatorade.
- There will be portable toilets available at each hydration station.



10 MILER COURSE MAP

Please follow all course signage and stay on the right where indicated.



Start Line



Finish Line



Hydration Station



Recommended Spectator Spot!

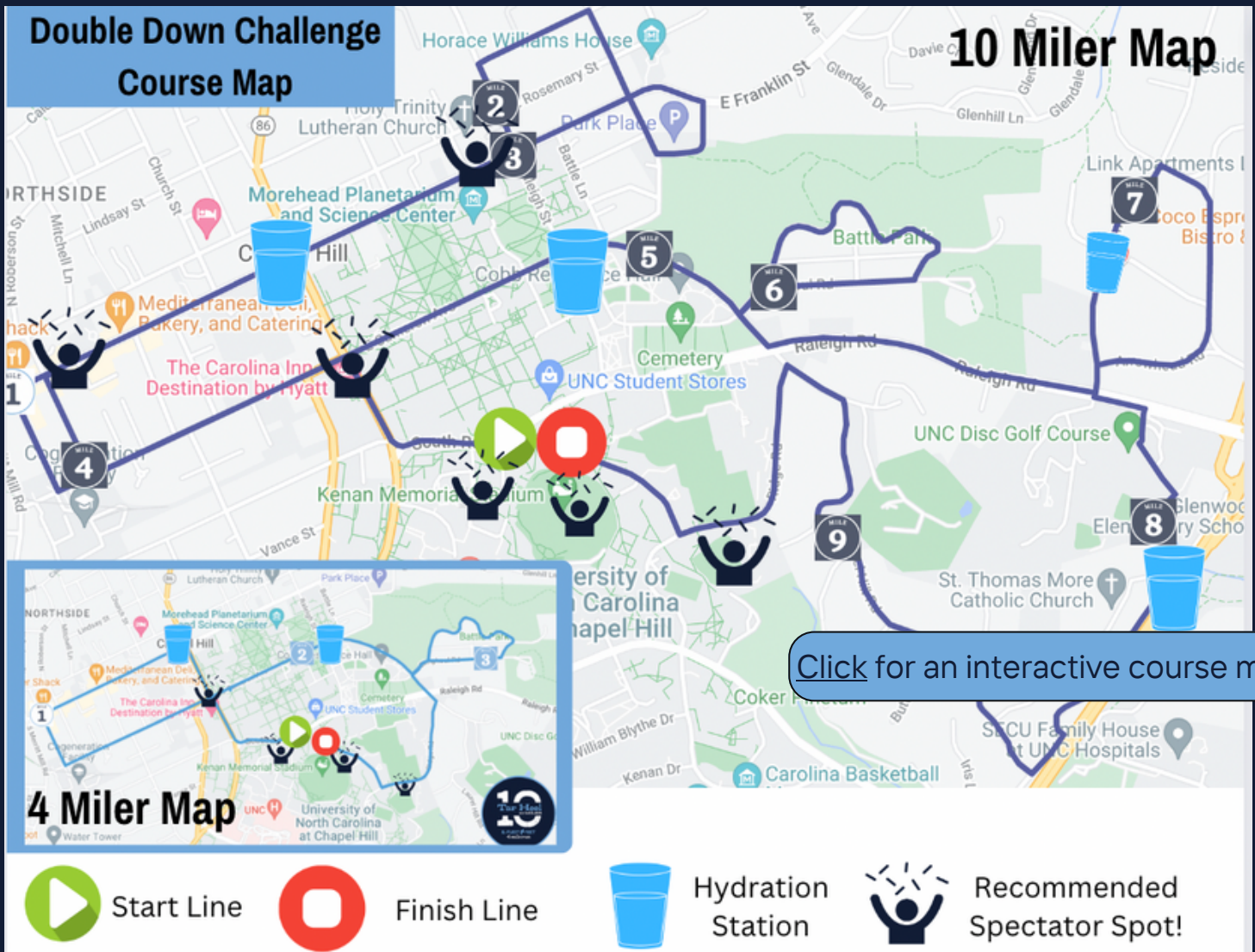
Hydration Stations: Closest Mile 1.5, 3.5, 5, 7, 8 (Locations subject to change!)

- Water and Gatorade will be provided at each station. Tables with red table cloths will serve Gatorade.
- There will be portable toilets available at each hydration station.



DOUBLE DOWN COURSE MAP

Please follow all course signage and stay on the right where indicated. Double Down participants who arrive back to the start line before 7:45 AM for the 10 Miler portion will need in the start line chute until the 10 Miler begins at 7:45 AM..



[Click for an interactive course map.](#)

Hydration Stations:

- 4 Miler: 1.5, 2.25
- 10 Miler: 1.5, 3.5, 5, 7, 8 (Locations subject to change!)
 - Water and Gatorade will be provided at each station. Tables with red table cloths will serve Gatorade.
 - There will be portable toilets available at each hydration station.



Finish Zone

After the race, check out the finish zone, which will include:

- Post-race snacks
- Sponsor Booths
- Customer Service
- Bag Drop
- Race Swag (More information Below!)

4 Miler Swag

- Participant Shirt
- 4 Miler Medal
- Bandana



10 Miler Swag

- Participant Shirt
- 10 Miler Medal
- Bandana



Double Down Swag

- Participant Shirt
- Double Down Shirt
- 4 Miler Medal
- 10 Miler Medal
- Double Down Challenge Medal
- Bandana



Double Down Challenge participants will receive their 10 Miler medal after crossing the finish line. Pick up your 4 Mile and Double Down Medals at Customer Service after the race, which will be located outside of Gate 3 at Kenan Stadium.

If you opted to have your bib mailed, please pick up your race shirt and bandana after the race outside of Gate 3 at the swag.

Please make sure you pick up your swag before you leave the race. Swag will not be available for shipping or local pick-up after the conclusion of the race.

Results

Runners who opted into text messaging will receive a text message with a link to their individual results upon crossing the finish line. Results will also be posted online as they become available.

Overall Awards

Overall awards will be presented to the **top 3 male and female finishers for the 10 miler, 4 miler, and Double Down Challenge** based on gun time.

Overall awards will be announced by DJ PDogg at the finish line at approximately:

- **8:15 AM - Fleet Feet 4 Mile Run**
- **9:15 AM - Tar Heel 10 Miler**
- **10:15 AM - Double Down Challenge**

Award announcement times are subject to change.

Overall awards can be picked up at Customer Service outside of Gate 3 at Kenan Stadium after the awards announcement. Unclaimed overall awards will be mailed approximately 2 weeks after race day.

Age Group Awards

Age Group Awards will be awarded to the the **top three male and females** in the Tar Heel 10 Miler, Fleet Feet 4 Mile Run, and the Double Down Challenge **based on chip time**.

Age group awards will **not** be announced on race day.

To ensure the accuracy of the awards, age group awards will be mailed approximately two weeks after the race.

Age Groups

19 & Under

35-39

60-64

20-24

40-44

65-69

25-29

45-49

70-74

30-34

50-54

75+

55-59



Participant Photos



Professional photographers will be along the course as well as the start/finish area to take pictures throughout the race. When they become available, a link to the race photos will be posted on our [website](#). FinisherPix, the race photographer, will email a link to runners.

iTab



If you purchased iTab engraving when you registered for the race, you will receive your iTab **in the mail** approximately three weeks after race day.

If you would like to purchase iTab after the race, a link to order one will be provided in the post-race emails.

Results Correction



If your race results are inaccurate or missing, please complete the race corrections form which will be posted [here](#) after the race.

Post-race Survey



Your feedback matters! Please complete the post-race survey, so we know what we did well and how we can improve. We will email you the post-race survey after the race.





Let's Celebrate & Recover Together!

Tar Heel Ten Miler & Fleet Feet Four Miler Recovery Event Happening on April 21st at 10:30am at Fleet Feet Carrboro!

You Trained, You Ran, You Did It!
Now it's time to Relax & Recover.
Join us for a free Recovery Event

The coolest part?
We will have custom "Run The Hill" Posters for everyone who attends!
We will stamp your race time so you can celebrate forever!



[Bit.ly/TH10Recovery](https://bit.ly/TH10Recovery)

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