

Tar Heel 10 Miler

ATHLETE GUIDE

April 19, 2025

4 Miler & DDC | 7:15 AM
10 Miler | 7:45 AM

Chapel Hill, NC



WWW.TARHEEL10MILER.COM

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Rules & Regulations

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 one hour before the close of PPU the day before the race.

Is there a gear check this year?

No, there is not a gear check.

Where and when is packet pickup?

Southern Village Green
4/17/25 | 12PM-7PM
4/18/25 | 10 AM - 7 PM

Where do I get my race bib?

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

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).

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?

The 10 Miler is certified: NC15116DF

Is this race a Boston qualifier?

No, the Tar Heel 10 Miler 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?

The time limits are as follows:

- 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. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

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.

Accessibility Guide



Handicap Parking

- **Packet Pickup:** There is handicap parking available at the parking areas in Southern Village.
- **Race Day:** If you need handicap parking on race day, please contact us at info@tarheel10miler.com

Accessible Toilets

- The restrooms at the stadium will be available at the start/finish line, including ADA restrooms.
- On the course, ADA Portable toilets will be available at all hydration stations!

Race Start Times

- **4 Miler & DDC Wheelchair & Handcycle Start:** 7:10AM
- **10 Miler Wheelchair & Handcycle Start:** 7:40 AM

Post-Race Party

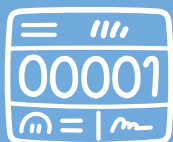
- The Post-Race party will be held on stadium drive, so it will be accessible for all participants.

Contact Us

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

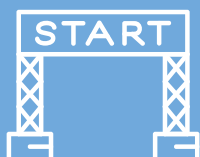
A Guide to Race Day Terms

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.

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 will be posted on the course. On the greenway, the miles will be marked on the greenway trail in chalk. . Please note that your GPS device may not sync perfectly with the mile markers on the course.

PACERS



- A pacer is someone who runs at a specific, consistent pace to help other runners achieve their target time.
- Pacers are usually equipped with a sign that displays the target time they are pacing for (e.g., 3:30 for a 3-hour and 30-minute finish). Runners can follow the pacer to stay on track for their goal time, using the pacer's pace as a guide.

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!



When lining up at the start line, 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.



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, 4/18/25 at 6:00 PM	<u>Click here to change your distance.</u>	<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, 3/21, you will need to attend PPU to receive a new bib.
Bib Mailing	Friday, 3/21/25, at noon ET	Bib mailing is closed!	Only bibs and safety pins will be mailed to you. You will pick up your race swag at the post-race party.
Deferral Deadline	Wednesday, 4/9/25 at 11:59 PM ET	The deferral window is closed.	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 Greenville 10 Miler or another <u>Capstone Race.</u>

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 4/16/25.

If you do not receive your bib by Wednesday, April 16, please come to packet pick-up and head directly to customer service to be assigned a new bib.

Runners with bib mailing, if you changed your distance **after 12PM on Friday, 3/21/25**, 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	Mailed	Available Post-Race
Bib		
Safety Pins		
Participant Shirt		
UNC or Crash the Party Headband		

Packet Pickup

Packet Pick-Up will be held at Southern Village on the Southern Village Green. In order to allow us to serve you more efficiently, please reserve a time to attend and come during your reserved slot. If you have not reserved your spot already, please do so [here](#).

Location

Southern Village Green |

400 Market Street, Chapel Hill, NC 27516

Dates:

Thursday, April 17 | 12:00 PM-7:00 PM

Friday, April 18 | 10:00 AM-7:00 PM

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. We recommend reviewing the parking options below.

Parking Map



Crash the Party Details

All runners will receive a headband this year! If you're repping UNC, did not opt to represent another school, or registered after February 18, 2025, 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 headband with the school you selected at registration will be available for pick up at Packet Pick-Up.

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



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 Pickup FAQs

Can someone else pick up my bib for me?

Yes, someone else can pick up your bib for you. Please have them bring a copy of your ID to packet pick-up for verification purposes. A picture on their phone is sufficient.

Will I be able to exchange my t-shirt size at packet pickup?

At packet pick-up, you will receive the size shirt you selected at registration which will be printed on the back of your bib.

If you would like to exchange your shirt size, you can do so AFTER the race based on the availability.

Will there be packet pickup on race morning?

There is not race morning packet pickup. Please make plans to attend on Friday!

If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?

No, you only need to sign up for one slot if you are picking up bibs for multiple people.

Can I change my reservation time after I've already submitted the form to reserve my spot?

Please email our customer service team at info@tarheel10miler.com, and we will change your time for you.

Race Bib Guide



- 1. Race Distance:** The race distance you are registered for is listed here.
- 2. Corral Assignment:** Under the race distance, your corral is listed. If it says "A," you're in Corral A. If it says "B," you're in Corral B. Only the 10 Mile distance will use corrals and have this information printed on the bib.
- 3. Race Number:** The large number in the center of your bib is your unique race number and identifier. Use this number to look up your race results.
- 4. Personalization:** If you added bib personalization at registration, your personalized name/info will be listed here.
- 5. Bib Mailing:** If you had your bib mailed, you will have an envelope icon on your bib. Please show the envelope when picking up your race swag.

Bib Colors: 4 Miler - Light Blue | 10 Miler - Navy Blue | DDC - White



4 Miler Bib



Double Down Challenge Bib

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 on the back of your bib.



**FLEET
FEET** 



Supporting You At **Every** Step!



Course Preview



Argyle Mile



**Tar 'Heal'
After Party**



**TH10 Expo &
Exclusive Merch**

 **April 18**

Argyle Mile
SHAKEOUT RUN

8 AM

**Southern
Village
Green** 



 **April 19**

Tar Heal
RECOVERY PARTY

9:30 AM

**Fleet Feet
Carrboro** 

Race Day Timeline



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



6:30 AM ALL PARTICIPANTS SHOULD BE PARKED!



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



10:00 AM OVERALL DOUBLE DOWN CHALLENGE AWARDS ANNOUNCED

*TIME SUBJECT TO CHANGE BASED ON THE FINALIZATION OF RESULTS



10:35 AM FINISH LINE CLOSES

Race Day Parking

General Information

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 8000 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 15, 16, and 17 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 18.

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 (linked here and available on pages 13 and 14) to avoid road closures on race day. We also recommend using Waze to be routed around the closures.

It's essential that you plan ahead for race day parking. Make arrangements for your transportation and decide where you'll park in advance. **Expect significant congestion around the parking areas; plan accordingly and arrive early to avoid any unnecessary stress.**

Race Day Parking Driving Directions

Please follow the driving directions below based on which direction you're coming from on race morning!

Are you driving from Hillsborough or west of Chapel Hill? Use these directions!



Getting to Chapel Hill

- Take exit 266 from I-40
- Turn Right on MLK Jr. Blvd (Rt 86)
- MLK Blvd becomes Columbia St.



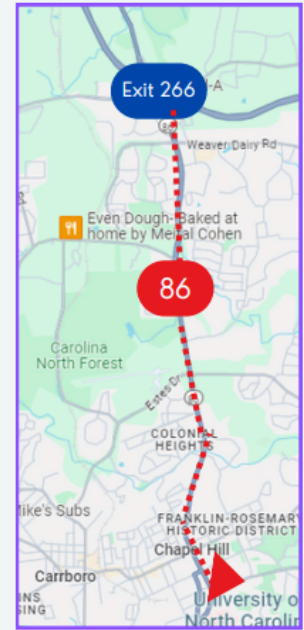
Park Downtown

- Find a spot to park downtown.



Parking at UNC

- Right on Cameron St.
- Left on Pittsboro St.
- Cross Columbia St onto Manning Dr.
- Park at identified lots on the UNC Campus.



Are you driving from east of Chapel Hill (Raleigh, Cary) or from east of 15-501/Fordham BLVD in Chapel Hill? Use these directions!



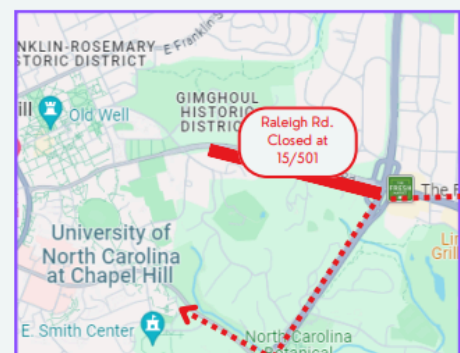
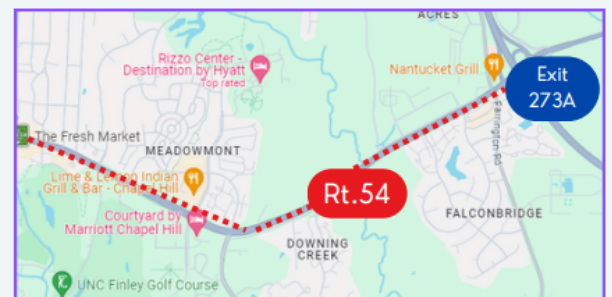
Getting to Chapel Hill

- Take exit 273-A from I-40
- Take Rt. 54/Raleigh Rd then 15/501 toward Carrboro
- Turn RIGHT onto Manning Drive



Parking at UNC

- Right on Cameron St.
- Left on Pittsboro St.
- Cross Columbia St onto Manning Dr.
- Park at identified lots on the UNC Campus.



Please follow the driving directions below based on which direction you're coming from on race morning!

Are you driving from **Carrboro, Pittsboro, south of Chapel Hill** OR in **Chapel Hill west of MLK Jr. Blvd?**

Use these directions!



Getting to Chapel Hill

- Take 15/501 to S. Columbia St.
- Turn RIGHT on Manning Dr.



Park Downtown

- Find a spot to park downtown.



Parking at UNC

- Right on Cameron St.
- Left on Pittsboro St.
- Cross Columbia St onto Manning Dr.
- Park at identified lots on the UNC Campus.



Are you driving from **Durham, north of Chapel Hill, or in Chapel Hill east of MLK Jr. Blvd?**

Use these directions!



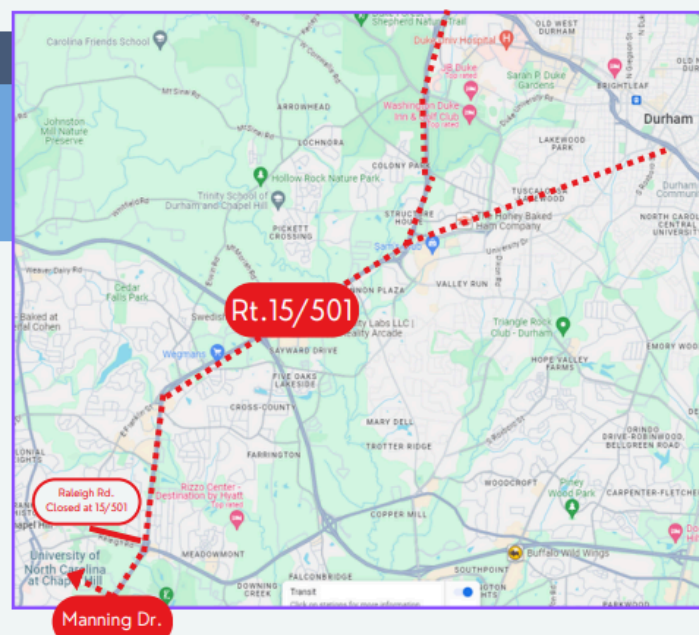
Getting to Chapel Hill

- Take 15/501 (Fordham Blvd) southbound
- Turn RIGHT on Manning Dr



Parking at UNC

- Find a parking spot at UNC. Please follow all directions from parking attendants.



Race Day Parking

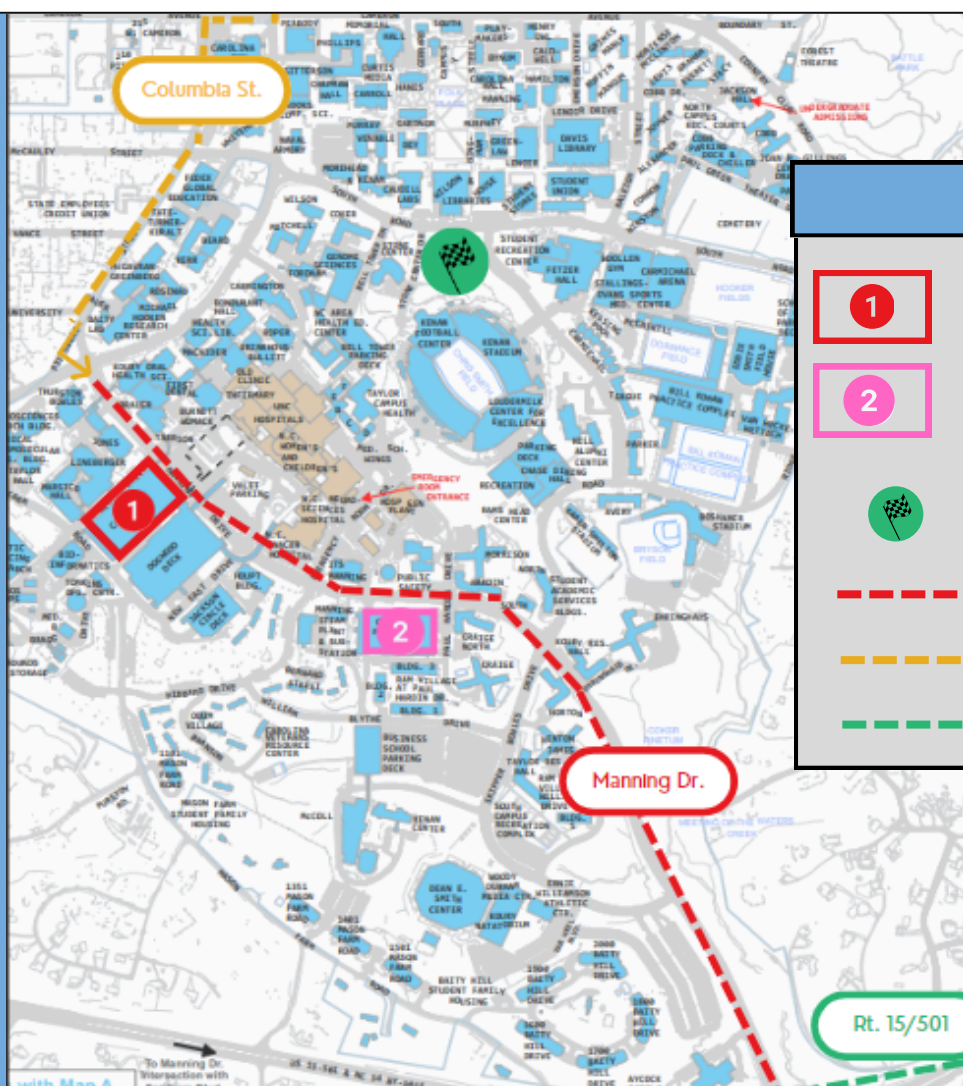
10 Miler Parking Instructions

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



Map Key

- 1 Cardinal Deck
- 2 Craige Deck
- Start Line
- Manning Drive
- Columbia St. to Pittsboro St.
- Rt. 15/501 (Fordham Blvd)



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.

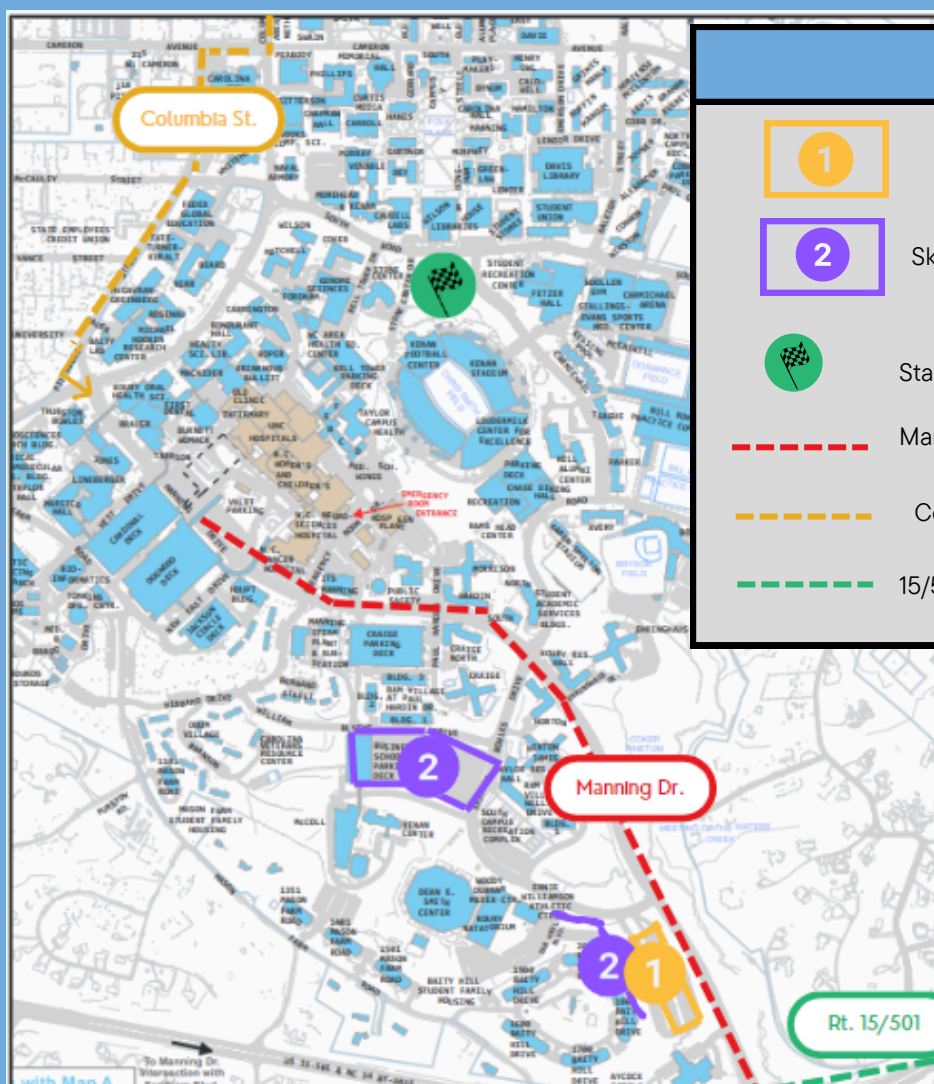
Race Day Parking 4 Miler Parking Instructions

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)



Please carpool!

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.

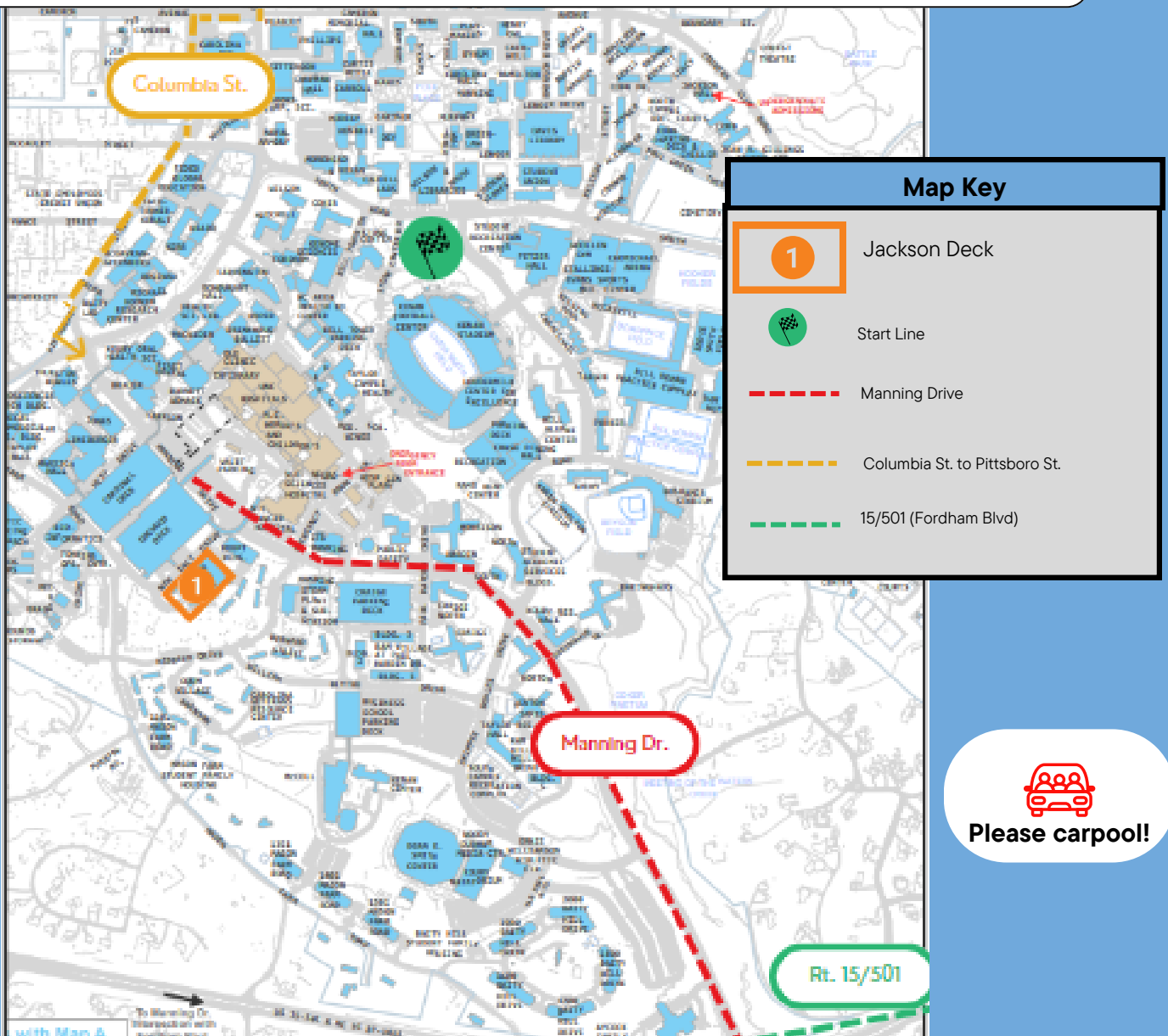
Race Day Parking DDC *Parking Instructions*

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](#)



Please carpool!

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.

Race Day Parking

Town of Chapel Hill Parking

NEW for 2025 – 125 East Rosemary Deck (not listed on below) will be available to reserve before race day. This new parking option is about a 10 minute walk to the start line. If you'd like to utilize this parking option on race day, please do so prior to April 19, 2025 for a smooth entry and exit from the parking deck.

NEW!

To reserve the 125 East Rosemary Deck:

- **Click on the Tarheel 10-Miler event** and hit the green reserve button. Then click on the Tarheel 10-Miler Event and click the green reserve button.
- Follow the login process.
- After paying, you'll receive a QR code to use on race day to scan in & out of the parking facility.

Other parking options available within the Town of Chapel Hill are listed below.

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.

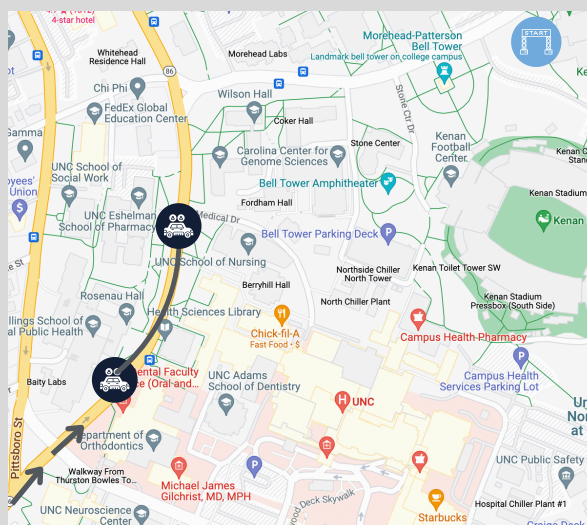
All lots are paid lots beginning at 8 AM. Participants will need to pay prior to heading to the start line.

Race Day Parking Ride Share/Drop-off Info

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.

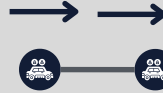


Race Start Line

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](#).



Please carpool!

Start Line Location

199 South Rd Dr Chapel Hill, NC 27514

In front of Robert B. House Undergraduate Library

Start Times

4 Miler & Double Down: 7:15 AM

Wheelchair Division: 7:10 AM

10 Miler: 7:45 AM

- **Corral A 7:45 AM**

- **Corral B 7:55 AM**

Wheelchair Division: 7:40 AM

Finish Line Location

104 Stadium Dr, Chapel Hill, NC 27514 |

In Front of Teague Residence Hall

Customer Service Location

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.

Pre & Post-Race Restrooms

The restrooms at Kenan Stadium will be open on race day. There is a gender neutral bathroom available at Gate 3 of Kenan Stadium.

Pre-Race Water



There will be water available before the race outside of Gate 3 of Kenan Stadium.

Medical Support

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



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 & 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.



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**
 - **Head to the start line at 7:20 AM.**
- **Corral B: 7:55 AM**
 - **Head to the start line at 7:35 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.



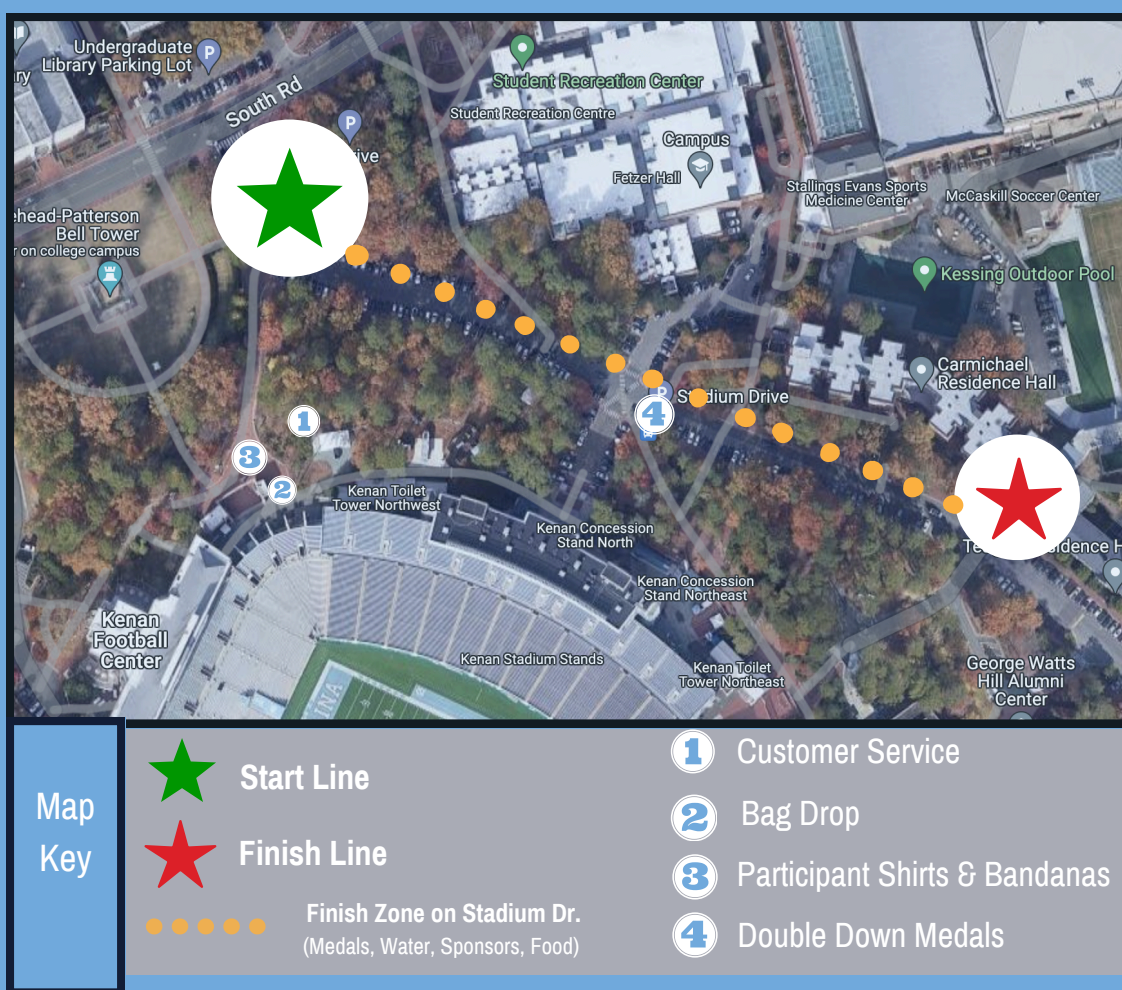
The 4 Miler will not use corrals, but for the safety and overall race experience of all participants, we kindly ask that **participants who plan to walk or do a walk/run combination, line-up toward the back of the start line chute**. Thank you for your cooperation!

Pacers

We plan to offer the following pace groups for the 10 Miler:
6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30 12:00

Please look for the pacers (holding a flag in the air with the pace on it) in the start line chute.

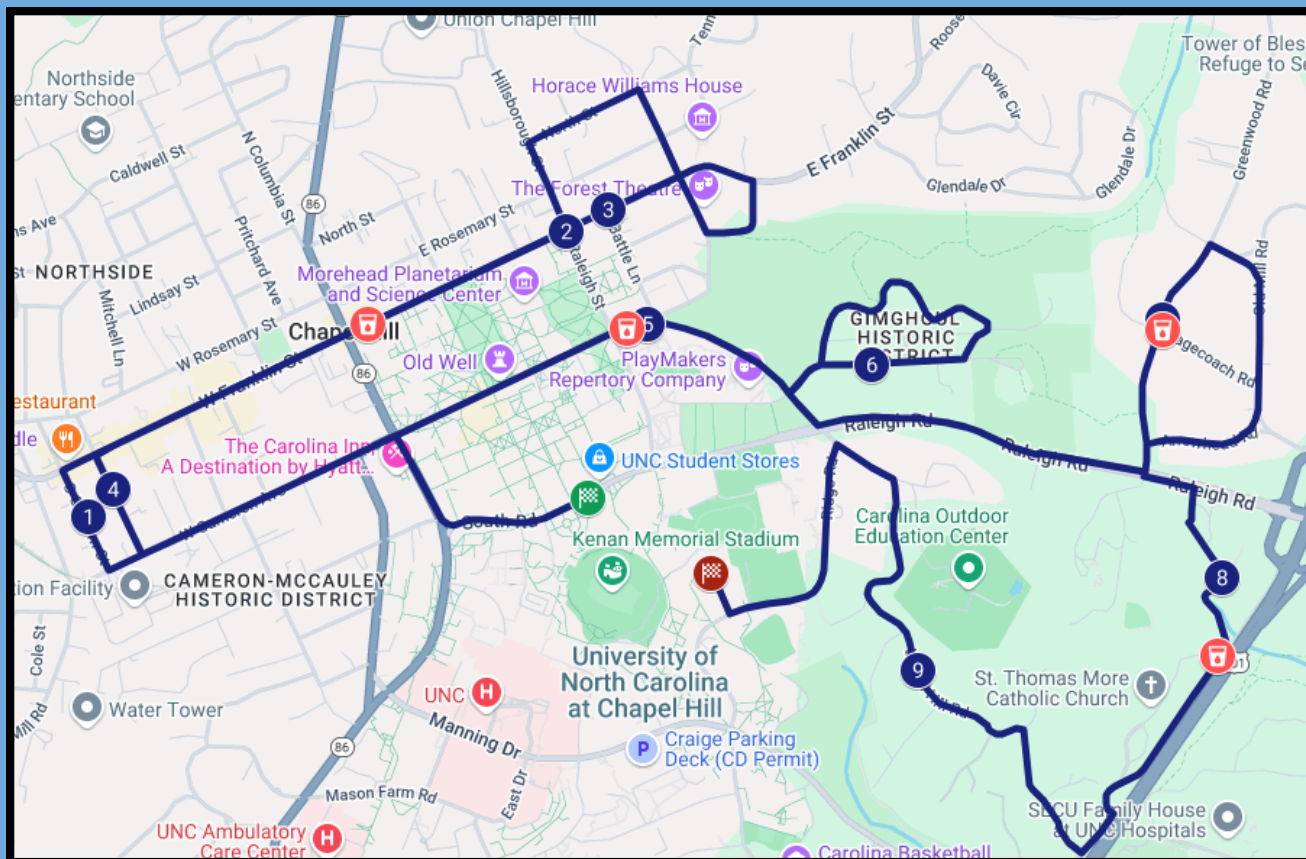
Race Day Start/Finish Area Map



10 Miler Map

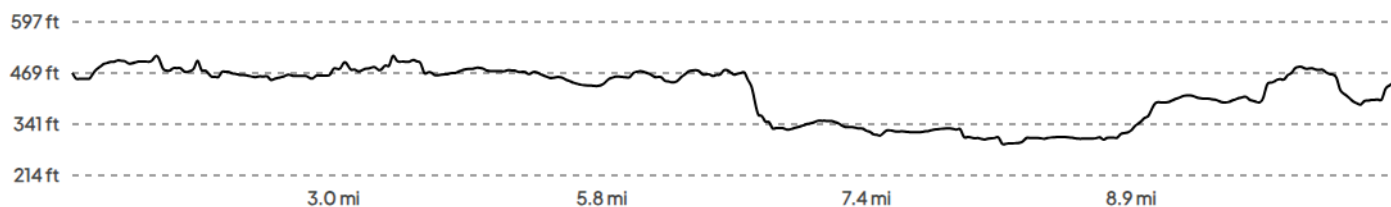
[Click](#) for an interactive course map, which can be filtered by distance.

Please be sure to follow all course signage.



Elevation

Start 473 ft Max 515 ft Gain 425 ft



Hydration Stations: 1.5, 3.5, 5, 7

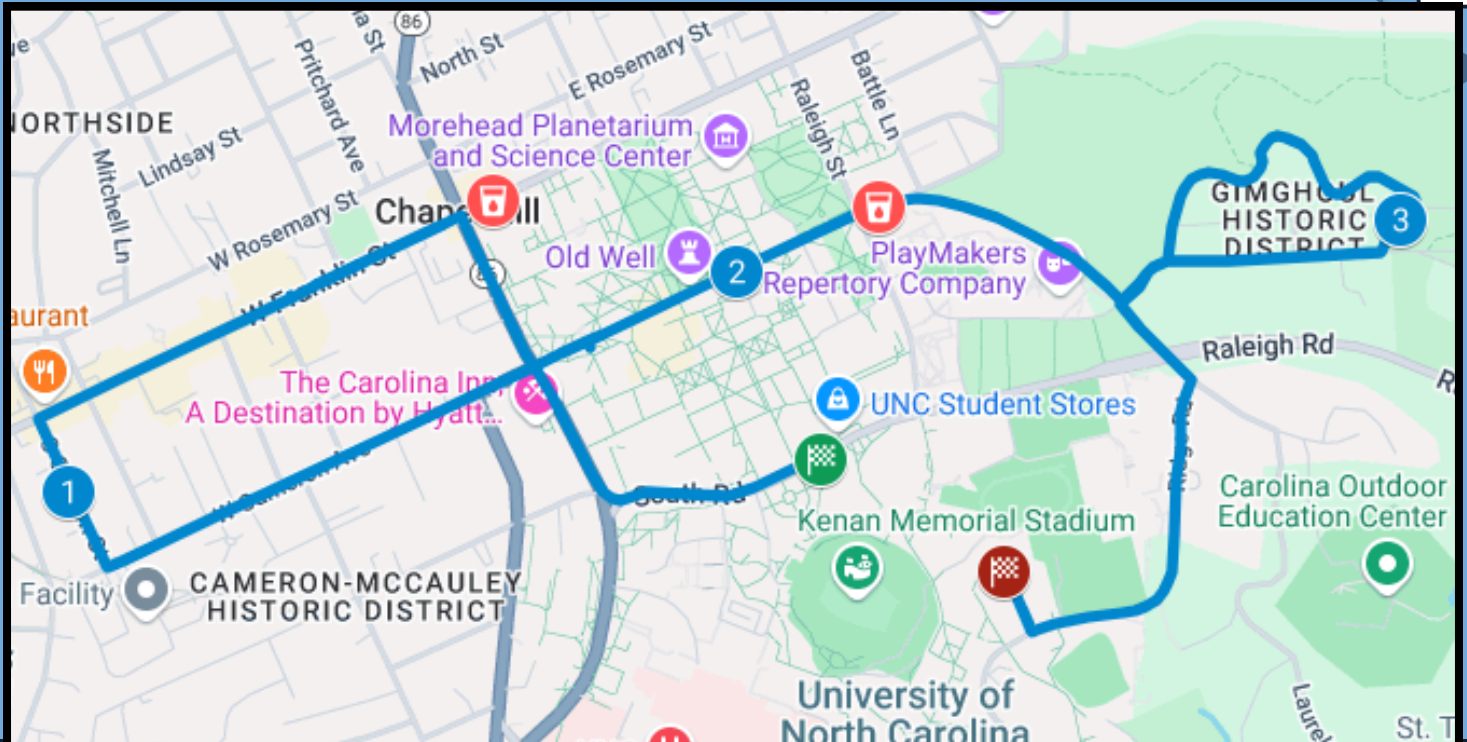


- Water and Gatorade will be served at each hydration station
- There will be portable toilets available at each hydration station.

4 Miler Map

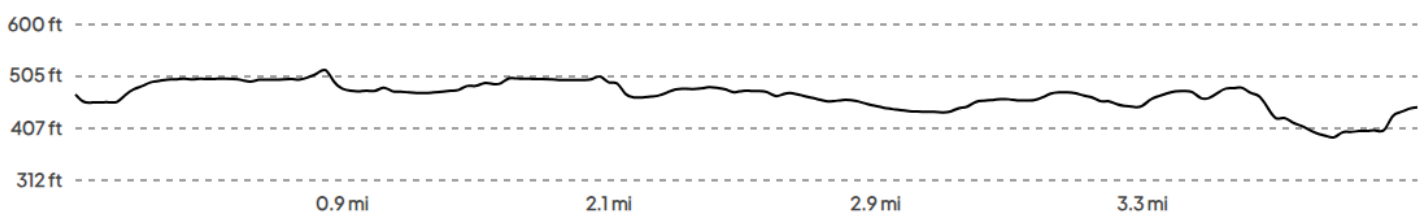
[Click](#) for an interactive course map, which can be filtered by distance.

Please be sure to follow all course signage.



Elevation

Start 473 ft Max 518 ft Gain 126 ft



Hydration Stations: 2.25

- Water and Gatorade will be served at each hydration station.
- There will be portable toilets available at each hydration station.

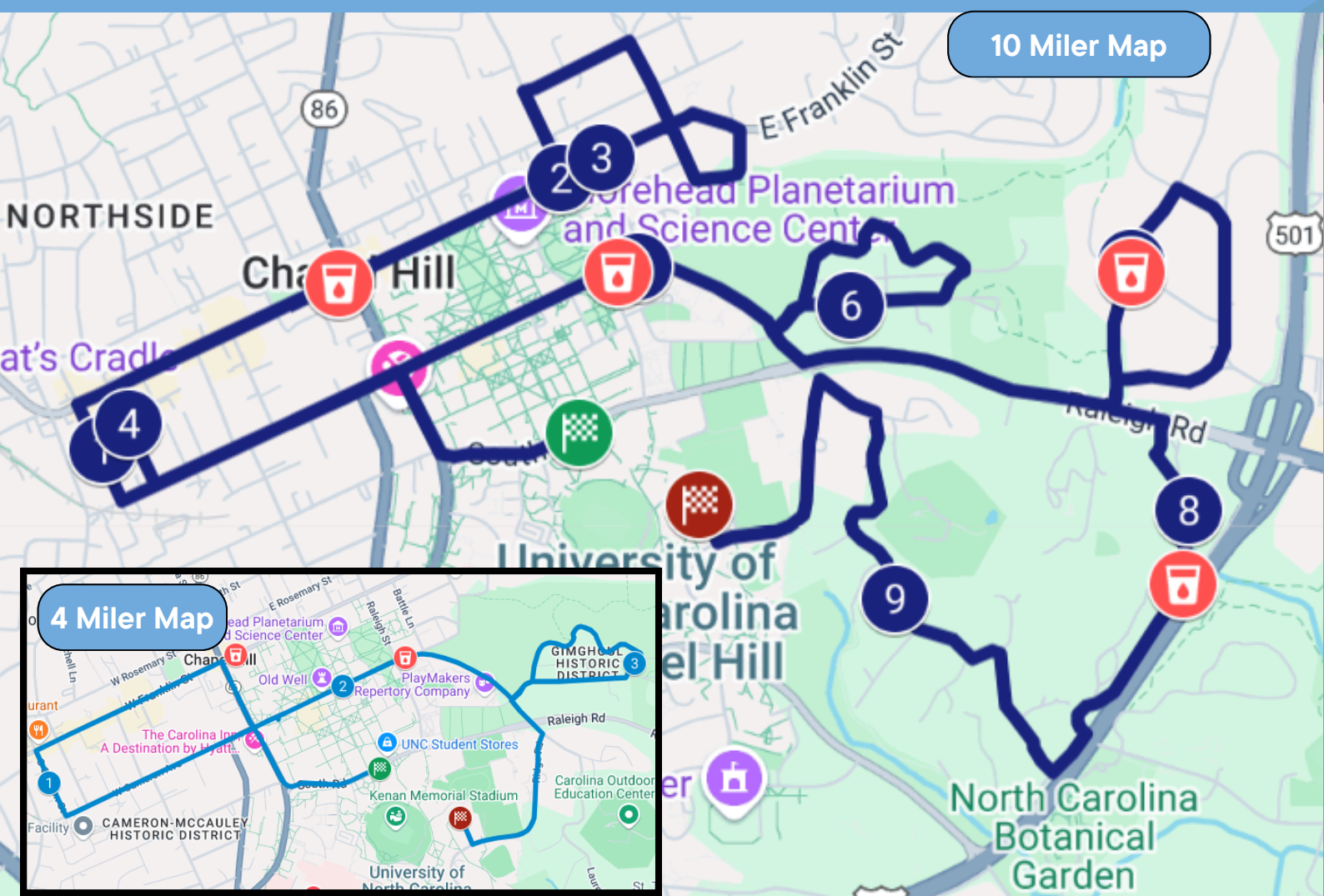
Double Down Challenge Map

DDC participants will run the 4 Miler and then the 10 Miler for a total of 14 Miles
Please follow all course signage and stay on the right where indicated.

Double Down participants who arrive back at 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, which can be filtered by distance.

Please be sure to follow all course signage.



Double Down Challenge participants will have a hydration station with water and GU in the chute between the finish of the 4 Miler and the start of the 10 Miler.

Hydration Stations:

- **4 Miler:** 2.25
- **10 Miler:** 1.5, 3.5, 5, 7
- Water and Gatorade will be served at each hydration station.
- There will be portable toilets available at each hydration station.



Time Limits

The time limits are as follows:

- **Fleet Feet 4 Miler** participants **MUST** cross the finish line by 8:20 AM (15:30 min/mile pace).
 - If you are running the DDC, you need to finish the 4 Miler and be at the start of the 10 Miler by 8 AM.
- **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. Double Down participants will not be allowed to start the 10 mile portion of the Double Down Challenge after 8:00 AM.
 - 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 approximately 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. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

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.



Post-Race Details

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!)

Participant Photos

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

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.

Results Correction

If your race results are inaccurate or missing, please complete the results corrections form which will be emailed to you after the race.

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.

Post-Race Details

Participant Swag

4 & 10 Miler Participants will receive a race shirt, finisher medal, & headband.



Double Down Participants will receive a the race shirt, a Double Down Challenge shirt, headband, and 3 race medals.

DDC participants will receive the 10 Miler medal in the finisher chute. Please pick up the 4 Miler & DDC medal at the Double Down Medal tent on Stadium Drive in the Finish Zone!



If you opted to have your bib mailed, please pick up your race shirt and headband 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.

Post-Race Details

Overall Awards

Overall Award Medals will be given to the top 3 finishers in each of the following categories based on chip time: Male, Female, and Nonbinary. These awards will be presented for the 4 Miler, 10 Miler, and Double Down Challenge events.

Overall Award Medals will be announced at Customer Service (Located outside of Gate 3 at Kenan Stadium) available at customer service at the following times:

- 4 Miler: 8:15 AM
- 10 Miler: 9:15 AM
- Double Down Challenge: 10:00 AM

If you are an overall winner and are unable to pick up your medal on race day, it will be mailed after the race.

Please note the time may change based on when results are finalized.

Age Group Awards

Age Group Award Medals will be given to the top 3 finishers in each of the following categories based on chip time: Male, Female, and Nonbinary. These awards will be given for the 4 Miler, 10 Miler, and Double Down Challenge events.

Age Group Medals will be **mailed** approximately two weeks after the race and will **not be available for pick-up on race day.**

Age Group Categories:

19 & Under	45-49
20-24	50-54
25-29	55-59
30-34	60-64
35-39	65-69
40-44	70-74
	75+

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