

# TAR HEEL 10 MILER



4/18/2026

Chapel Hill, NC

## Athlete Guide



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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.

## When does registration close?

Pending availability, registration will be open until 6 PM on Friday, 4/17/26. We do anticipate the race selling out before 4/17/26. Do not wait to register.

## Is there a gear check this year?

**Yes**, gear check will be offered at Gate 3 at Kenan Stadium.

## 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?

- 10 Miler 2026: NC15116DF

## Is this an open or closed course?

The course will be closed to traffic.

## 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:

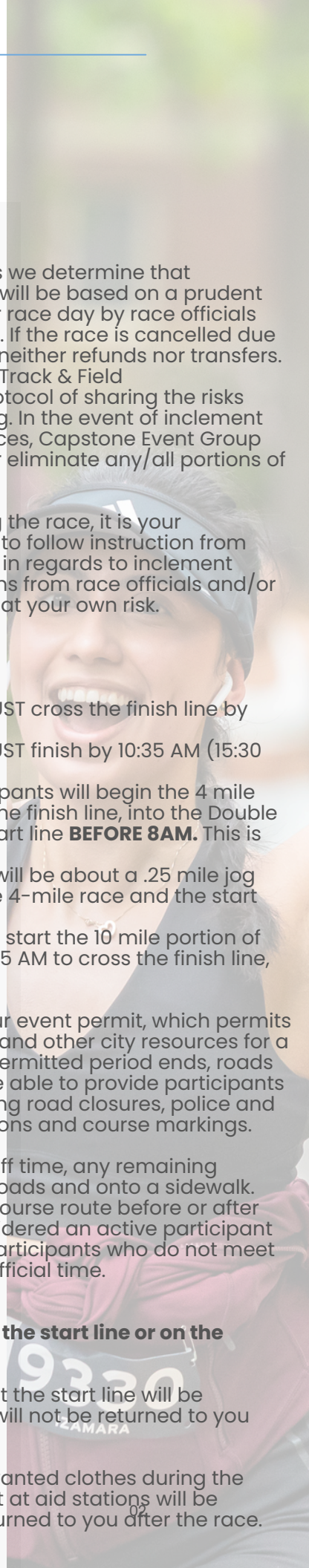
- Fleet Feet 4 Mile participants **MUST** cross the finish line by 8:20 AM (15:30 min/mile pace)
- Tar Heel 10 Miler participants **MUST** finish by 10:35 AM (15:30 min/mile pace)
- **Double Down Challenge** participants will begin the 4 mile portion at 7:15 AM, run through the finish line, into the 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.

## What will happen to clothes left at the start line or on the course?

- Start Line: Clothes that are left at the start line will be donated or discarded. Clothes will not be returned to you after the race.
- Course: Please discard any unwanted clothes during the race at **aid stations**. Clothes left at aid stations will be donated. Clothes will not be returned to you after the race.





# FLEET FEET

Whether you love to walk, run or just need comfortable shoes, we can help! Visit Fleet Feet to find the shoes and gear to support you in your best Tar Heel 10 Miler yet! Join us for our race weekend events!

We can't wait to run with you.



## RACE WEEKEND EVENTS & MERCH

# ACCESSIBILITY GUIDE



## Handicap Parking

**Packet Pickup:** There is ADA Parking at Southern Village.

**Race Day:** If you need accessible parking on race day, please email us at [info@tarheel0miler.com](mailto:info@tarheel0miler.com) by 4/10/26, and we will assist you.

## Accessible Restrooms

**Starting Area:** There are accessible restrooms at the stadium.

**On Course:** All aid stations will have an accessible portable toilet.

## Race Start Times

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

## Post-Race Finish Zone

The Post-Race Finish Zone is located on Stadium Drive, offering a paved, accessible space for participants and supporters.

# RACE SWAG!

This year's Tar Heel 10 Miler shirt is a stunner! Classic Carolina blue is paired with delicate dogwood blossoms and lush green laurels — and look closely, you'll notice a subtle incline in the lettering from the "H" to the "E," a nod to the course's rolling hills. The perfect wearable keepsake from one of the most scenic races in the South!

Every finisher earns a distance-specific medal. DDC participants collect their 10 Miler medal in the finish chute, then grab their 4 Miler and DDC medals at the awards tent — three medals for one epic day!

## Participant Shirt



4 & 10 Miler Shirt



Double Down Challenge (DDC) Shirt

## Participant Medals



4 Miler



10 Miler



DDC

# WHAT'S NEW IN 2026

We're always working to make race weekend even better, and this year brings some exciting updates you won't want to miss:

**4 Miler Corrals** | The 4 Miler will introduce corrals to help ensure a smoother start and reduce congestion for a better race experience. Your corral assignment is printed directly on your bib, so be sure to check before race day and line up accordingly.

**Additional 10 Miler Corrals** | This year, the 10 Miler is expanding from 2 corrals to 4. The additional corral allows for an even more precise pace grouping, helping to reduce congestion and give you a cleaner, more comfortable start. Your corral assignment is printed directly on your bib, so check it before race day and line up accordingly.

**Laurel Hill Challenge** | The Laurel Hill Challenge returns this year! Timing mats at the base and summit of Laurel Hill will crown the fastest male, female, and nonbinary climber as Leader of the Hill — earning them a free entry to next year's race to defend their title. Every 10 Miler participant is automatically entered. Winners will be announced post-race via social media.

**Distributing Award Medals on Race Day** | We're now giving age group awards on race day so you can celebrate your achievement immediately, enjoy the recognition in person, and share the moment with fellow runners.

**Crash the Party Changes** | Crashing the party just got better! Your rival school will now be printed directly on your bib, giving you more time to sign up and have your school represented on race day. Schools will be listed in the results, and fun photo ops will be available at packet pickup and on race day.

# RACE DAY TERMS

## Race Bib

Your race bib has a timing chip on the back that records your start-to-finish time. On race day, wear your bib with the number facing forward, and don't bend or remove the chip.

## Start Line Chute

The start line chute is where runners gather before the race begins.

## Hydration Station

Hydration stations on the course will offer water, sports drinks, and portable toilets.

## Mile Markers

Mile markers are posted along the course. GPS devices may not align exactly with them.

## Finish Line Chute

The finish line chute is where runners collect their medal, water, and post-race snacks.

## Post-Race Party

A post-race party is a celebration held after the race where runners and supporters gather to enjoy food, drinks, and festivities to celebrate their accomplishments.



# RACE DAY ETIQUETTE

## Start Line

To keep everyone moving comfortably, please line up toward the back if you plan to walk or do a walk-run.

## Hydration Stations

At hydration stations, keep moving while grabbing your cup. If you need to stop, glance behind you or step to the side so everyone stays safe and flowing

## Passing

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

## Respect Others

Avoid sudden stops or weaving; be predictable in your movements.

## Garbage

Please put all trash in the bins, not on the course.

## Follow Instructions

Listen to volunteers & race staff, and obey signs or course markings.

## Show Gratitude

Don't forget to thank the volunteers, police, and EMS who are helping make race day safe and fun!

## Finish Line

For everyone's safety, please keep moving through the finish line.



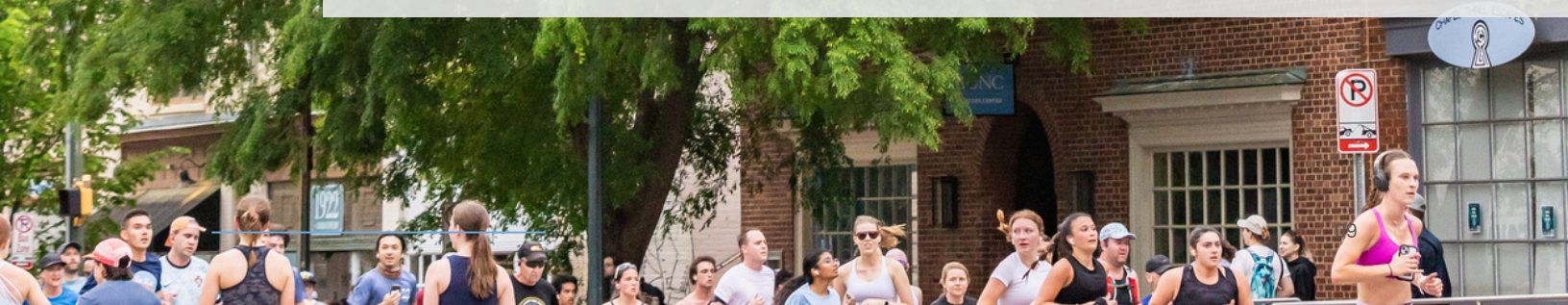
# RACE DEADLINES

DEADLINE	FORM	DETAILS
<b>REGISTRATION</b> 4/17/26 at 6:00 PM EST	<a href="#">Join the fun!</a>	Registration will close one hour prior to the end of packet pickup, <b>unless the race sells out sooner.</b>
<b>BIB MAILING</b> 3/20/26 at 12:00 PM EST	Form Closed	Only bibs and safety pins will be mailed to you. You will pick up your shirt at the post-race party.
<b>CHANGE DISTANCE</b> 4/17/26 at 6:00 PM EST <small>Distance changes are subject to availability.</small>	<a href="#">Change distance here!</a>	<p>You must fill out the change distance form online.</p> <p>Bib Mailers, if the bib you receive is for the incorrect distance, you will need to get a new one at PPU.</p>
<b>DEFERRAL</b> 4/8/26 at 11:59 PM EST	<a href="#">Defer your race!</a>	You will be issued a race credit for the amount you paid at registration (excluding handling fees) that can be applied toward next year's race or another Capstone Race.

# BIB MAILING

- Bibs will be mailed the week of 4/2/26 from our timing company Start2Finish. If yours hasn't arrived by 4/15/26, visit packet pick-up and head straight to customer service for assistance.
- If you changed distances after 3/20, check to make sure your bib reflects the distance change. If it doesn't, please visit the customer service at packet pickup for a new bib.
- You will pick up your race shirt after the event at the shirt tent located outside of Gate 3.

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Double Down Shirt (Only for Double Down Challenge Participants)		✓



# PACKET PICKUP

All participants will need to attend packet pickup, unless they paid for bib mailing. Packet pickup will NOT be available on race morning.

- **Location:** Southern Village Lawn | Market St., Chapel Hill, NC
- **Dates**
  - Thursday, April 16, 2026 | 12–7 PM
  - Friday, April 17, 2026 | 10 AM–7PM
- **Reservation System:** We use a reservation system to help keep lines short. Please select a 30-minute time slot and plan to arrive during that window.
- At packet pickup, you'll receive your bib, shirt, and safety pins. You'll also have the opportunity to engage with our race sponsors, including Fleet Feet!
- **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. Review the parking options below.



# PACKET PICKUP FAQ

## **Can someone else pick up my bib for me?**

Yes, someone else can pick up your bib—just have them bring a copy or photo of your ID for verification.

## **Will there be a packet pickup on race morning?**

There will not be packet pick-up on race morning. Please make plans to attend beforehand, or have someone attend on your behalf.

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

Shirts are distributed based on the size selected during registration, as we order inventory according to these selections. Size changes are not available at packet pickup. Limited size exchanges may be available beginning at **10 AM** on race day, while supplies last.

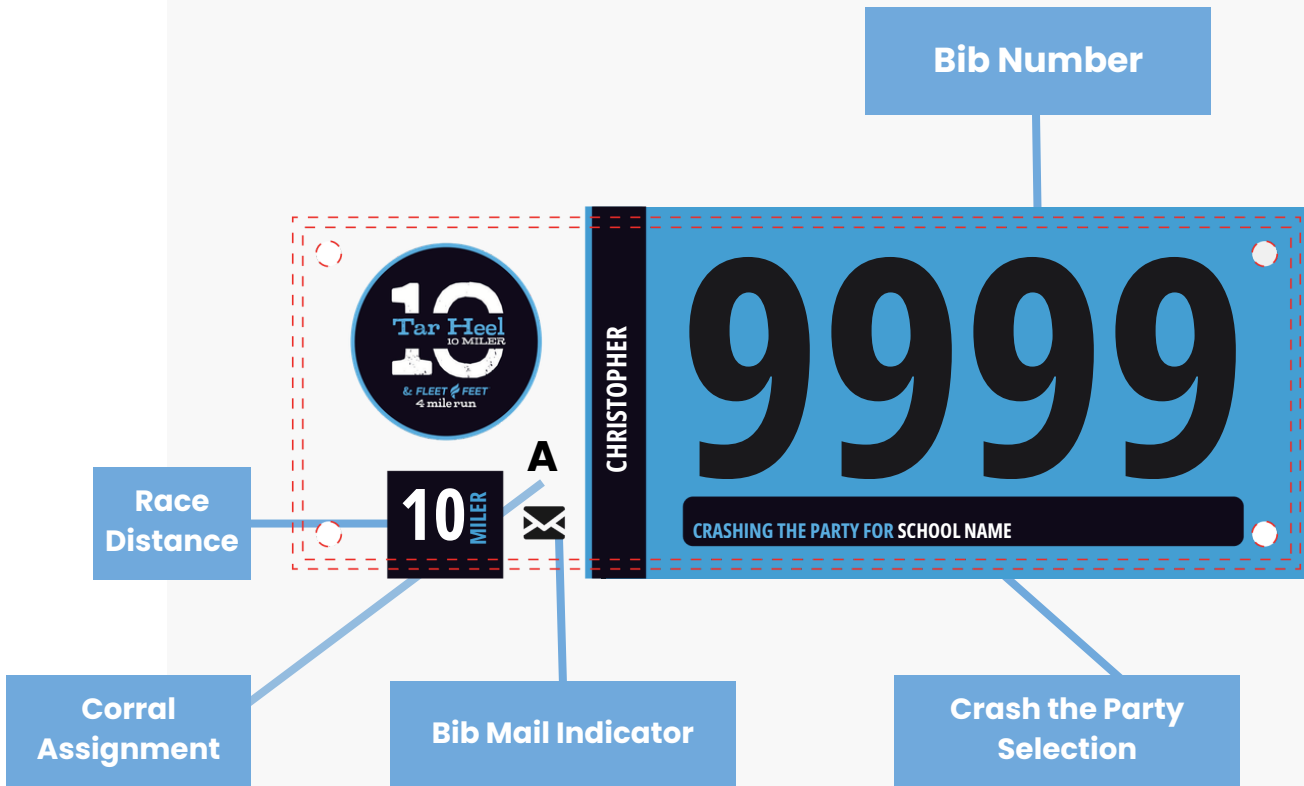
## **If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?**

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



# BIB GUIDE

All participants must wear their bib on the outside of their shirt with the race number facing forward.



## 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.

# RACE DAY TIMELINE


## Bag Drop Opens at Stadium

**APRIL 18 | 6:00 AM**

4 Miler & DDC: Section 113  
10 Miler: Section 112



## 4 Miler & DDC Start

**APRIL 18 | 7:15 AM |  7:10 AM**

Start Line | [199 South Rd Dr, Chapel Hill, NC 27514](#) | Near the Bell Tower



## 10 Miler Start

**APRIL 18 | 7:45 AM |  7:40 AM**

Start Line | [199 South Rd Dr, Chapel Hill, NC 27514](#) | Near the Bell Tower



## 4 Miler Overall Awards Announced

**APRIL 18 | 8:15 AM**

Awards Tent at Post-Race Party



## 10 Miler Overall Awards Announced

**APRIL 18 | 9:00 AM**

Awards Tent at Post-Race Party



## DDC Overall Awards Announced

**APRIL 18 | 10 AM**

Awards Tent at Post-Race Party



## Finish Line Closes

**APRIL 18 | 10:35 AM**



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# Race Day Parking

## *General Information*

With around 8,000 participants on race day, following the parking plan is essential to keeping things moving smoothly for everyone. Please review the parking information carefully before race day and follow the directions of parking attendants when you arrive.

### Five Things to Know!

- 1** We recommend that participants park in **specific lots** on UNC campus **based on the distance they are running**. Your **recommended lots are also printed on the back of your bib and are listed later in the Athlete Guide**.
- 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.

Plan ahead for race day parking — congestion near parking areas is expected. Decide where you'll park in advance, and plan to arrive early.

# 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.



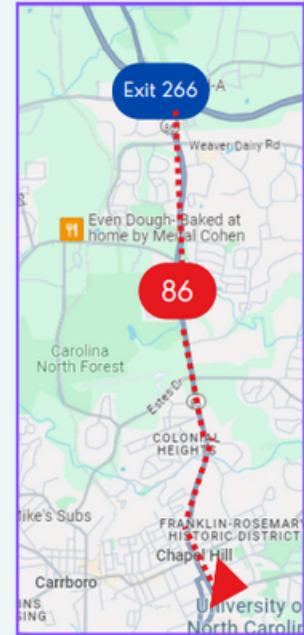
Park Downtown

- 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!**



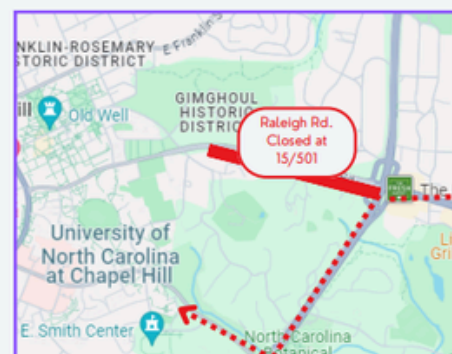
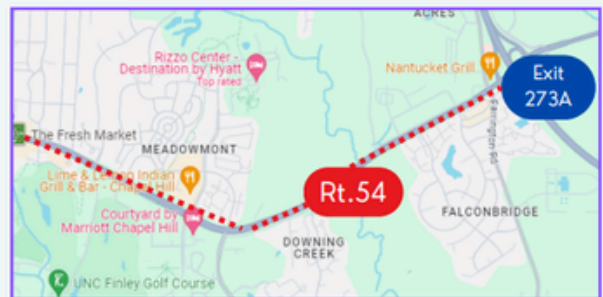
Getting to Chapel Hill

- 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.



# 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 **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!



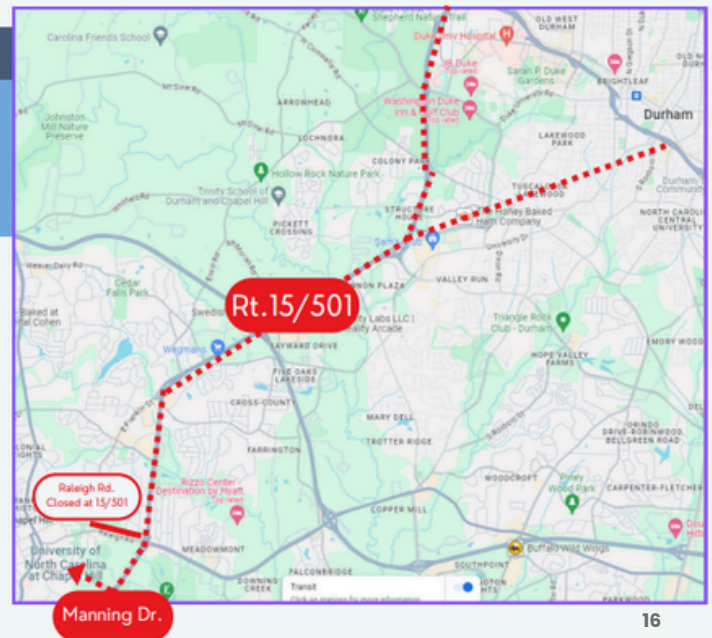
Getting to Chapel Hill

- 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.



# ON CAMPUS PARKING

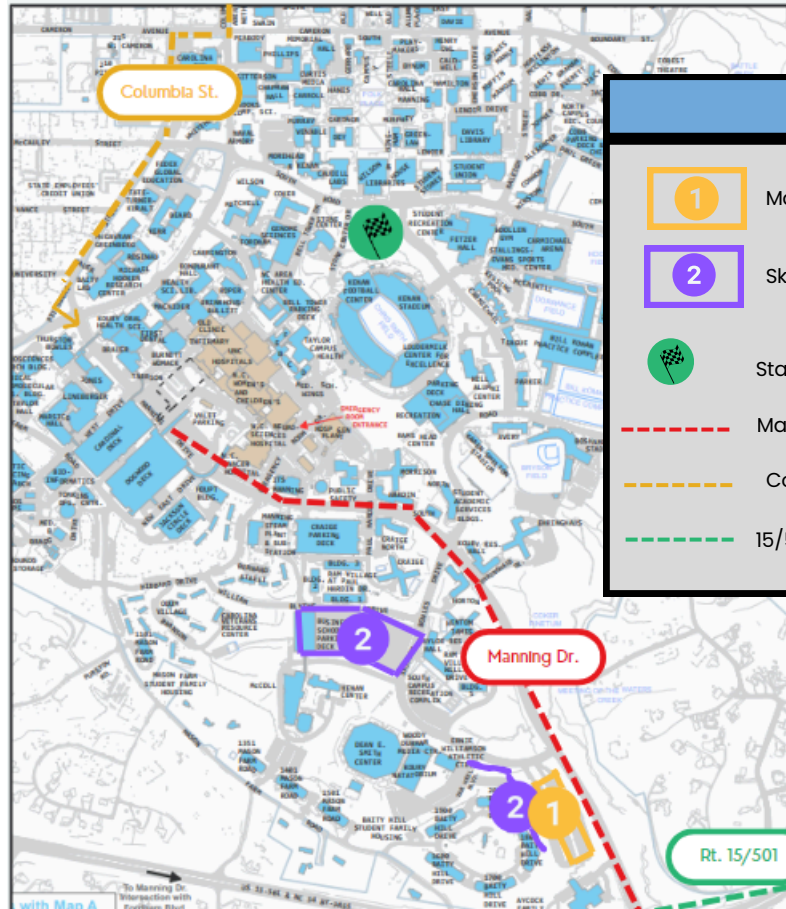
Parking on campus is limited, so we encourage all runners to plan ahead. To help manage traffic and congestion, we recommend parking in specific lots based on your race distance. Additional parking options are also available throughout the town of Chapel Hill. **We also strongly encourage carpooling, getting dropped off, or walking or biking to the start if possible.**

Please see the recommended lots by distance below.

## 4 MILER ON CAMPUS PARKING

4 Miler runners parking on campus may use:

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



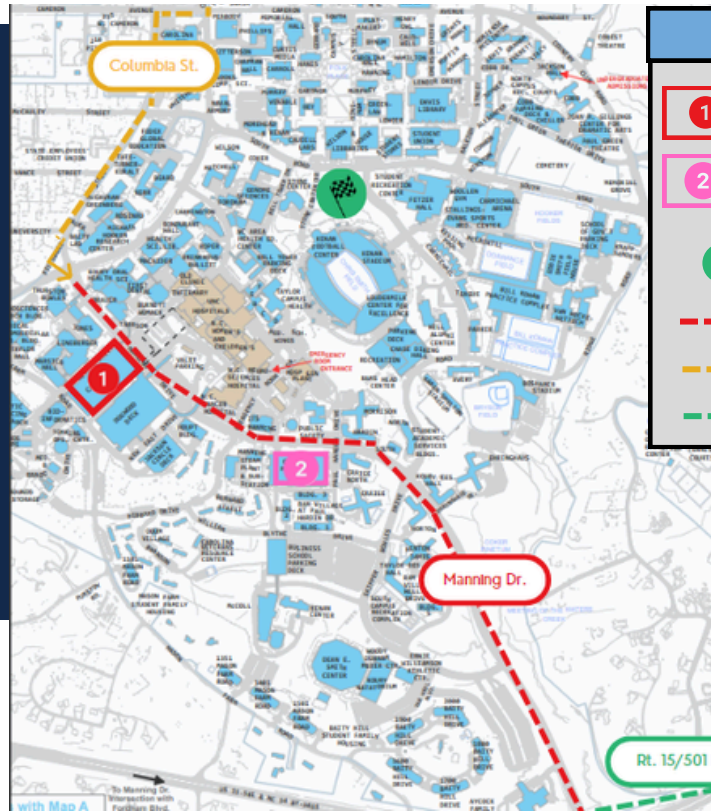
### Map Key

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

# 10 MILER ON CAMPUS PARKING

10 Miler runners parking on campus may use:

- Craige Deck | Manning Drive
- Cardinal Deck | 3 West Drive

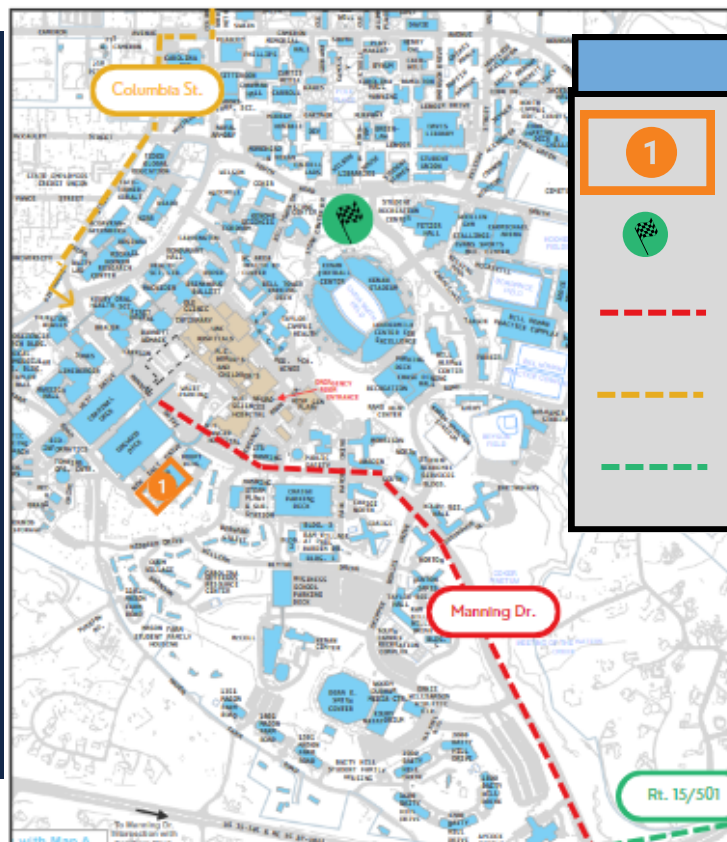


Map Key	
	Cardinal Deck
	Craige Deck
	Start Line
	Manning Drive
	Columbia St. to Pittsboro St.
	15/501 (Fordham Blvd)

# DOUBLE DOWN ON CAMPUS PARKING

Double Down Challenge runners parking on campus may use:

- Jackson Deck | East Drive, Chapel Hill



Map Key	
	Jackson Deck
	Start Line
	Manning Drive
	Columbia St. to Pittsboro St.
	15/501 (Fordham Blvd)

# TOWN OF CHAPEL HILL PARKING

For a smooth race day entry and exit, **consider reserving a spot at 125 East Rosemary Deck ahead of time.** This deck is approximately a 10-minute walk to the start line and is not listed below. **Reserve before April 18, 2026 for a reduced rate of \$11 (versus \$20 on race day).**

## To reserve your spot:

1. Click on the [Tar Heel 10 Miler event](#), and hit the green reserve button.
2. Follow the login process and complete payment.
3. You'll receive a QR code to scan in and out of the deck on race day.

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



## 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](http://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.**

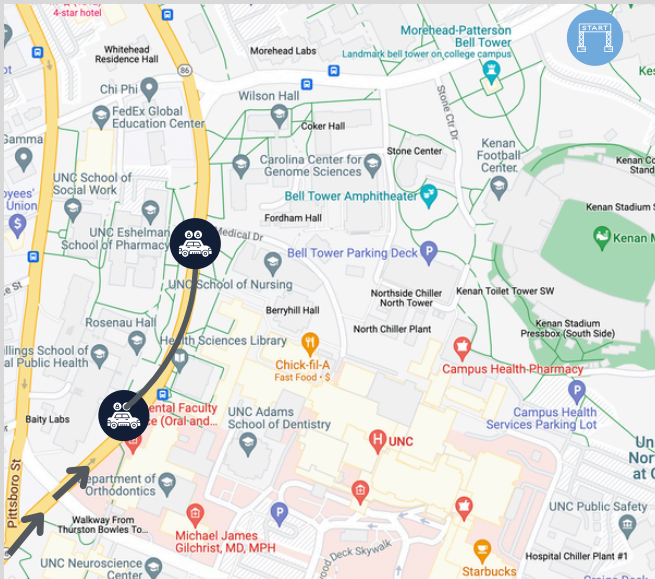
**All lots are paid lots beginning at 8 AM. Participants will need to pay prior to heading to the start line.**


# Race Day Parking Ride Share/Drop-off Info

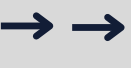

**Ride Share/Drop-Off Information:** If you're planning to use ride-share or be dropped off, please use the following locations below.

**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!



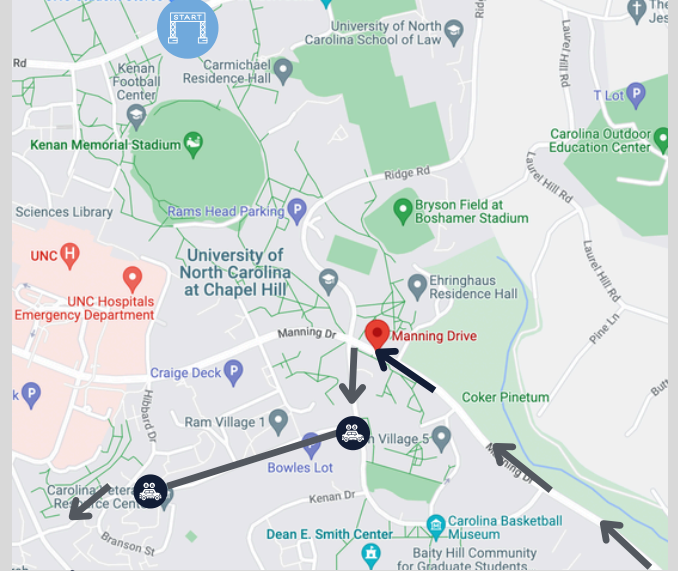
 Ride Share Drop-Off Area - Bus Lane on Columbia between Manning Dr. & Medical Dr.

 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](#).

# PRE-RACE INFO

## Start Line

199 South Rd Dr, Chapel Hill, NC 27514 |  
**Near the Bell Tower**

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## Start Times

- **4 Miler & Double Down Challenge:** 7:15 AM
    - Wheelchair Division | 7:10 AM
  - **10 Miler:** 7:45 AM
    - Wheelchair Division | 7:40 AM
- 

## 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.

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## Customer Service

Customer service tent will be located outside of Gate 3 at Kenan Stadium starting at 6:00 AM.

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## Finish Line

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

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## 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.

Our pacers are dedicated volunteers who generously donate their time to support runners on race day. While they will do their very best to maintain their assigned pace, exact pacing cannot be guaranteed.

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## Medical Support

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

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# PRE-RACE INFO

## BAG DROP

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.**

# PRE-RACE INFO

## CORRALS

### 4 MILER CORRALS:

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

### DOUBLE DOWN CHALLENGE CORRALS:

- All participants doing the DDC will start in Corral A during the 4 Miler Start.

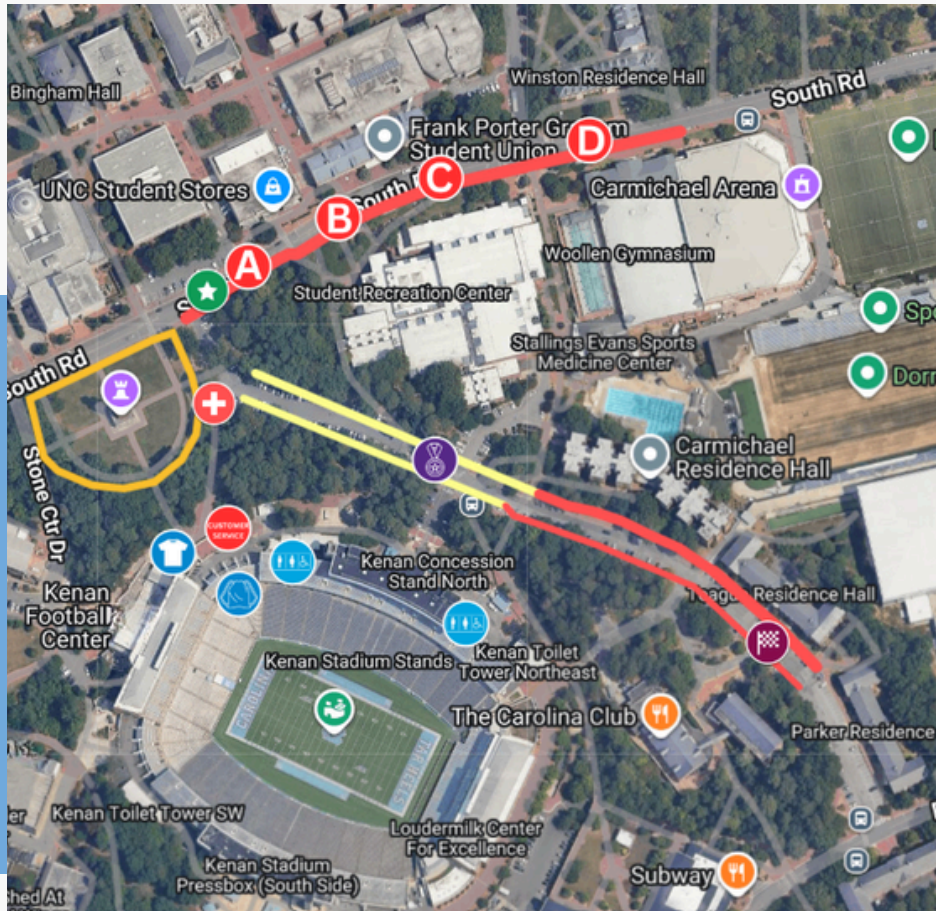
### 10 MILER CORRALS:

- Runners will be divided into 4 corrals (A, B, C & D) based on the estimated pace selected at registration.
- To reduce congestion in the start line, it is recommended that you enter the corral at the following times
  - A: 7:25 AM
  - B: 7:30 AM
  - C: 7:35 AM
  - D: 7:40 AM

### 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.**

# START/FINISH AREA MAP

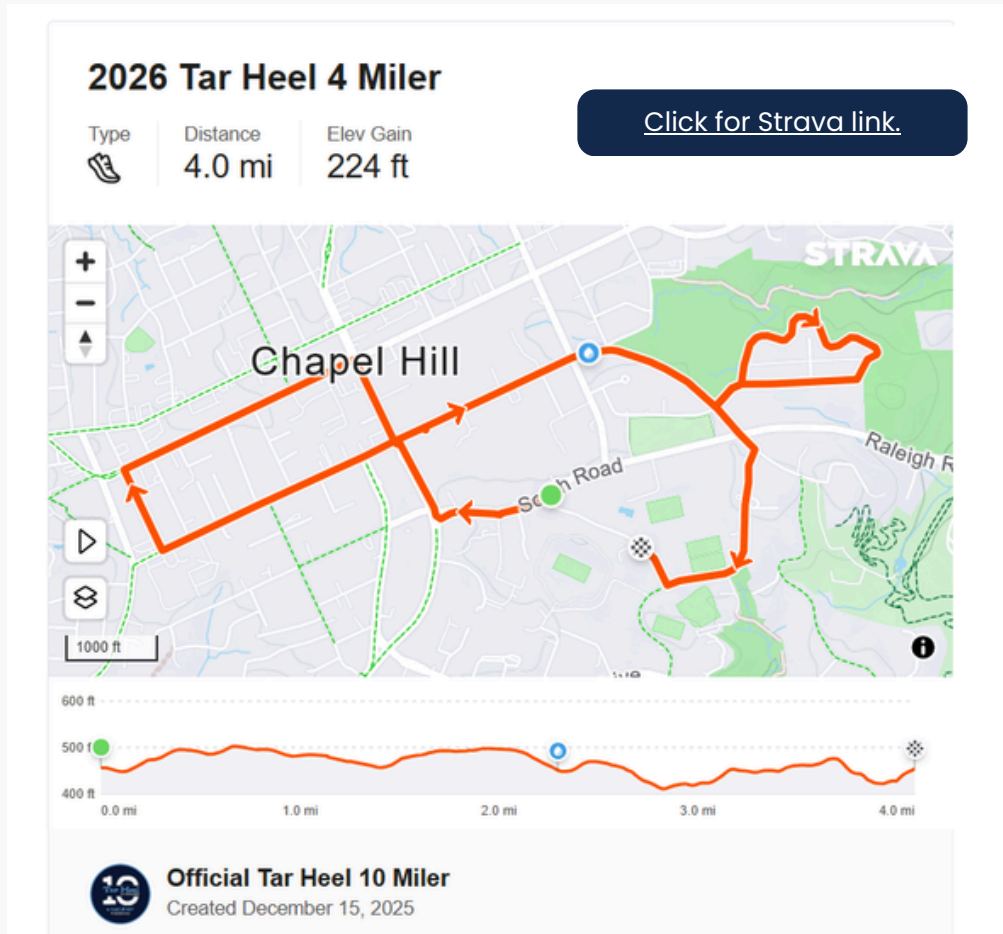


## Start/Finish Area Map Key

- |                    |                      |             |                   |
|--------------------|----------------------|-------------|-------------------|
| Bag Drop           | Bell Tower Barricade | Start Chute | Finish Line       |
| Medical            | Sponsor Zone         | Start Chute | Finish Chute      |
| Start Line         | Sponsor Zone         | Corral A    | Finish Chute      |
| Customer Service   | Restrooms            | Corral B    | Finish Line Chute |
| Participant Shirts | Restrooms            | Corral C    |                   |
| Double Down Medals |                      | Corral D    |                   |

[Click map for interactive Google Map of start/finish locations.](#)

# 4 MILER COURSE MAP



## Course Map

The course map is provided via Strava and is a close representation of the race route. Minor variations in distance or detail may occur. The official measured course will be clearly marked with signage on race day.

## Hydration Stations

4 Milers will find 1 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

**Location:** Mile 2.25

## On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be available at each hydration station.

# 10 MILER COURSE MAP



## Course Map

The course map is provided via Strava and is a close representation of the race route. Minor variations in distance or detail may occur. The official measured course will be clearly marked with signage on race day.

## Hydration Stations

10 Milers will find 4 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

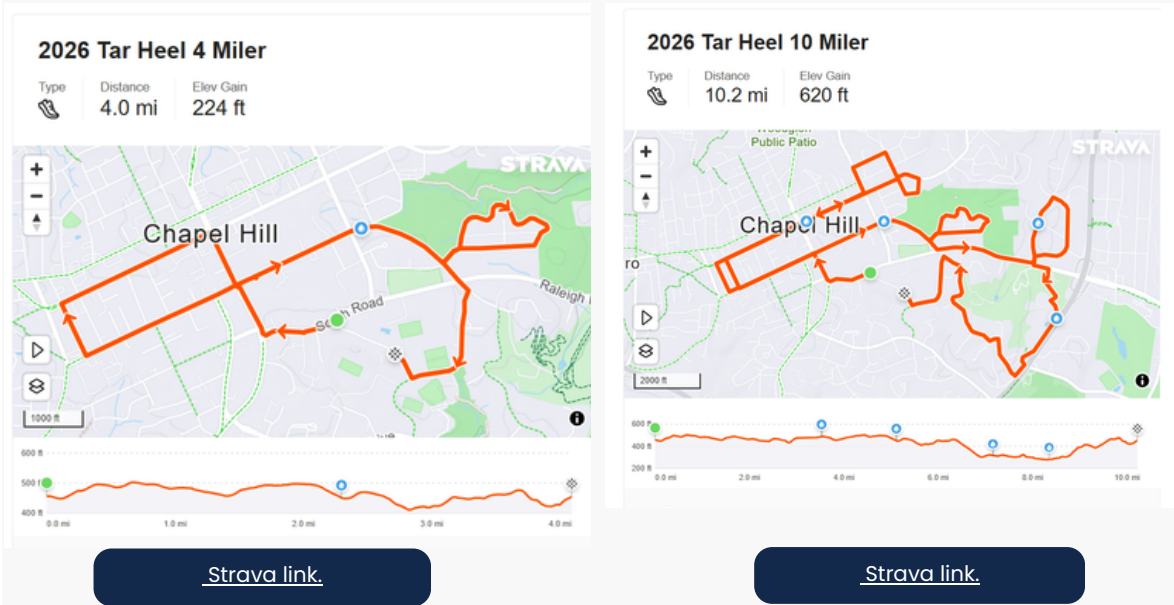
**Locations:** Miles 1.5, 3.5, 5, 7

## On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be located at each aid station.

# DOUBLE DOWN CHALLENGE COURSE MAPS



## Double Down Challenge Course Map:

DDC participants will complete the 4 Miler course first, passing through the 4 Miler finish chute before proceeding to the 10 Miler start line to complete the second leg of the challenge.

## Course Map

The course map is provided via Strava and is a close representation of the race route. Minor variations in distance or detail may occur. The official measured course will be clearly marked with signage on race day.

## Hydration Stations

There will be 1 aid stations along the 4 Miler course and 4 along the 10 Miler course, for a total of 5 aid stations for DDC participants. Station locations are approximate and listed rounded to the nearest 0.25 mile.

### Locations:

- 4 Miler: 2.25, 3.5
- 10 Miler: 1.5, 3.5, 5, 7

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

## On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be located at each aid station.

# POST-RACE | FINISH ZONE!

**Location** Stadium Drive | Just past the finish line!

**Hours** 8:00-10:35 AM

**Details** After crossing the finish line, head to the post-race area to refuel with snacks and visit our sponsors. It's a great chance to catch your breath, cheer on fellow runners, and celebrate your finish.

**Overall Awards** Overall awards for each distance will be presented at the **awards tent** in the post-race party to the top 3 male, female, & nonbinary finishers, based on gun time. Awards will not be mailed.

**Overall Award Time** Overall awards will be announced at the awards tent at the post-race party.

- 4 Miler: 8:15 AM
- 10 Miler: 9:00 AM
- DDC: 10:00 AM

**Age Group Awards** Age group awards will be given to the top 3 male, female, & nonbinary finishers in each age group for all 3 distances based on chip time. Age group awards will be available for pick-up at the **awards tent** after the announcement of the overall awards. **Awards will not be mailed.**

**Age Groups** 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over



# POST-RACE DETAILS

**Race  
Photos**

Within 2-3 days of the race, you will receive an email from the race photographer, Finisher Pix, with race photos.

**Results**

There will not be a results tent at the finish line, but a results link will be shared via email before the race.

**Results  
Correction**

We will share information about how to correct your results after the race.

**Survey**

We value your feedback! After the race, you'll receive an email with a short survey link. Taking a few minutes to share your thoughts helps us improve and make next year's event even better.

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