

TAR HEEL 10 MILER 2019 PARTICIPANT GUIDE





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GENERAL INFORMATION

About The Tar Heel 10 Miler

Welcome to the 12th Annual Tar Heel 10 Miler and Fleet Feet 4 Mile Run! The Tar Heel 10 Miler is designed to celebrate you! Showcasing downtown Chapel Hill, the UNC campus, and the surrounding historic neighborhoods, it's a true Carolina tradition with thousands of UNC alumni crossing the finish line each year.

The Tar Heel 10 Miler benefits the UNC Lineberger Comprehensive Cancer Center and the Chapel Hill-Carrboro YMCA's We Build People Campaign. Together with the Chapel Hill Downtown Partnership and Fleet Feet we are proud to bring you this landmark running event!

Race 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 his/her ability to follow direction while wearing headphone devices. If you do choose to wear headphones, please keep the volume level down so you are able to hear and follow the direction of course volunteers.

Can someone else run in my place?

No, you are not allowed to transfer bib numbers to another person. If you are unable to run as planned, you may defer your entry to next year. For more information, please click [here](#). The deferral deadline is April 5.

Can I register on race day?

No, there will be no race day registration. Online registration will remain open through Friday, April 12th at 7:00 pm. You may also register at the Expo on April 12th from 11:00 am to 7:00 pm. If you do not pick up your packet at the expo, you must pay a \$15 convenience fee to pick it up on race morning.

Am I allowed to walk?

Yes, however, you must meet the requirements of finishing the race within a 15 min/mile pace based on gun-time. Any runners remaining on the course after the time limit will no longer be considered race participants and will be required to follow pedestrian laws. Official times can not be guaranteed for runners who finish after 10:30am.

Are baby joggers, strollers or pets allowed during the race?

No, this is to ensure runner safety and comply with liability insurance policies.

Is there bag check?

Yes, there will be a baggage check area available Gate 3 of Kenan Stadium in Section 112 and 113. You will have a gear check tag on your race bib that you can tear off. The race is not responsible or liable for items placed in your bags and left at the bag check.



PACKET PICK-UP AT THE EXPO

When and Where

- **Friday, April 12:** 11am to 7pm at the Expo at University Place ([201 South Estes Drive, Chapel Hill, NC 27514](#))

There will be plenty of free parking at University Place for anyone attending the Expo.

There is no race day packet pick-up! Race day packet pick-up is only available to those who paid the convenience fee for that service. You can sign up for the service [here](#). Race day packet pick-up purchases will be available until 7PM on April 12 (end of the expo).

Packet Pick-Up for Someone Else

We allow you to pick up the race bib and t-shirt for someone other than yourself at our Expo on Friday. Pre-paid Race Day Packet Pick-Up can only be picked up by the runner.

Virtual Race Bag

Every participant will receive an email with virtual event deals which will be sent to the email they used when registering. The VRB will feature great offers from many of our sponsors and partners. We strongly encourage you to visit our many Tar Heel 10 Miler partners who have made many contributions to help us produce a great event. You can view the Virtual Race Bag [here](#),

Registration

There is no race day registration! Registration will close on Friday, April 12th at 7 PM. No registration for any distances will be permitted after this time.

Switching Race Distances

You may increase or decrease your race distance prior to the race. You can change your race distance online [here](#) until Tuesday, April 9th. After this date, you must change your race distance in person at the expo. Please note: If you do not change your race distance either online or in person to your preferred distance with a Tar Heel staff member prior to starting your distance, you will be disqualified from the event.



RACE MORNING: PRE-RACE

Race Day Schedule

- 5:30am-6:30am: (pre-paid) Race day packet pick-up
- 7:15am: 4 Mile Run and Double Down Challenge start
- 7:45am: Tar Heel 10 Miler starts
- 8:00am: Deadline for Double Down Challenge participants to move onto the 10 Mile portion
- 8:00am: Tar Heel 10 Miler start line closes.
- 8:15am: Fleet Feet 4 Mile Run awards can be claimed at the Awards Tent.
- 9:00am: Tar Heel 10 Miler & Double Down Challenge awards can be claimed at the Awards Tent.
- 10:30am: All courses close. Finish line closes.

Getting to the Start/Finish Area

The route for all three distances will start near the intersection of South Road and Bell Tower Drive ([199 South Road, Chapel Hill, NC 27514.](#)) The route will finish at Kenan Stadium ([104 Stadium Drive, Chapel hill, NC 27514.](#)).

Parking

Parking is available both on-campus at the following locations: Cardinal Deck, Jackson Deck, Skipper Bowles and Business Lots, Williamson Lot, Manning Lot, Jones Lot. Parking is also available in the Town of Chapel Hill at: Cameron/Graham St Lot (602 W Cameron St), Graham St Lot (108 S Graham St), 427 West Franklin Lot (next to Lantern Restaurant), Courtyard Lot (access from S Roberson St), 415 West Franklin Lot (next to 411 West), West Franklin Valet (400 W Franklin St), 440 South Lot (400 W Rosemary St), 440 North Lot (401 W Rosemary St). **Please review the [parking plan](#) for full details on where to park and when to park!**

Gear Check

Gear check will be available inside of Kenan Stadium at Section 112/113 from 6am - 10:30am on race morning. Participants must use their own bag, and attach the gear check tear-off from their bib to their bag. The race is not responsible or liable for items placed in your bags and left at the bag check.



Official Parking Plan

The official parking plan for the Tar Heel 10 Miler has been developed in close partnership with UNC Police and the Town of Chapel Hill. This plan will work so long as everyone is committed to following it closely. Thank you in advance for your cooperation. See you at the start line!

To expedite pre-race parking, UNC Police and our professional parking attendants, with support from volunteers, will manage the pre-race parking logistics for the Tar Heel 10 Miler in order to ensure that this important part of race morning goes as smoothly as possible and so that everyone arrives at the start line in time and without undue stress.

The 3 things you MUST know:

1. You must plan to arrive and be parked **by 6:30 AM** in order to avoid UNC Hospital shift change traffic and to give yourself time to arrive at the start line by 7:00 AM. The 4-mile race starts at 7:15 AM; the 10-mile race starts at 7:45 AM.
2. In order to minimize congestion on major inbound routes, you will be asked to follow driving **directions based on your point of origin (home/hotel)**. See pages 2 & 3.
3. You must follow the instructions of parking professionals and parking volunteers to expedite parking. As parking decks/lot fill up, they will guide you to available parking.

If you can find alternative means of transportation on race morning, please do so. There are plenty of bike racks on campus. Also, please consider carpooling!

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Page 4: Parking on the UNC Campus

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Questions? email info@tarheel10miler.com

PLEASE CARPOOL!



ARRIVE AT 6:30 AM!

Click the images to view a larger version of the parking plan.



Race Distance Information

Fleet Feet 4 Mile Run

Date: Saturday, April 13, 2019

Start Time: 7:15am

Location: UNC Bell Tower, [199 South Rd, Chapel Hill, NC 27514](#)

For more information about the Fleet Feet 4 Mile Run or course maps, [click here!](#)

Double Down 14 Mile Challenge

Date: Saturday, April 13, 2019

Start Time: 7:15am

Location: UNC Bell Tower, [199 South Rd, Chapel Hill, NC 27514](#)

For more information about the Double Down Challenge or course maps, [click here!](#)

Tar Heel 10 Miler

Date: Saturday, April 13, 2019

Start Time: 7:45am

Location: UNC Bell Tower, [199 South Rd, Chapel Hill, NC 27514](#)

For more information about the Tar Heel 10 Miler or course maps, [click here!](#)

Bibs

Please wear your race bib on the front of your shirt. If you are not wearing a shirt, pin your bib on the front of your shorts. Please do not bend or fold the timing chip!

Pace Groups

Our sponsor, ATI, is providing a great group of volunteers who will be pacers for the Tar Heel 10 Miler. We plan to offer the following pace groups: 6:00 min/mile | 6:30 min/mile | 7:00 min/mile | 7:30 min/mile | 8:00 min/mile | 8:30 min/mile | 9:00 min/mile | 9:30 min/mile | 10:00 min/mile.

If you would like to run in a pace group, please find a pace group leader in the corral when lining up to start the race!



DURING THE RACE

Course Map

Interactive and static course maps are available to view and print [here](#)! When using our interactive maps, you can view each distance individually and larger by clicking the “full screen mode” in the upper right corner.

Hydration Stations

The Fleet Feet 4 Mile Run has 2 aid stations serving Diamond Springs water and sports drink. The 10 Miler has 5 fully-stocked aid stations on the course serving Diamond Springs water, Nuun sports drink, and Honey Stinger gels. Each aid station will have 4 portable toilets available. During the 4 Mile Run, aid stations will be available at Mile 1.5 and Mile 2.25. During the 10 Miler, aid stations will be available at: Mile 1.5, Mile 3.5, Mile 5, Mile 7, and Mile 8.

Important Course Information

Please take into consideration that there will be runners running in different directions on Franklin Street. Course marshals will be present to help guide runners in the correct direction.

Medical Support

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

If you have a medical emergency while on the course, please notify the nearest volunteer or police officer so that we can dispatch proper assistance to you as quickly as possible.

Minimum Pace

The finish line closes and all runners must be finished by 10:30 am. All runners must maintain a 15-minute per mile pace based on the gun time. Roads will re-open following our last official runner based on this pace. Anyone not running on pace will be asked to move to the sidewalk and complete the course as a pedestrian and is then responsible for their own well-being.



Recommended Spectator Locations

We recommend the following spectator locations for friends and family to cheer you on during the race.

Fleet Feet 4 Mile Run Spectator Locations:

- [South Road @ Columbia Street](#): Spectators can cheer on their runners at they start the race from this location.
- [Cameron Avenue @ Columbia Street](#): Spectators can see runners pass by this area twice at Mile 0.25 and Mile 1.75 and should stay on the south side of Cameron Ave, as it will allow for an easy walk to the finish area to see runners finish!
- [Ridge Road @ Baseball Stadium](#): Spectators can cheer their runners on in the final stretch at Mile 3.8 to the finish line!
- [Stadium Drive](#): Spectators can cheer their runners through the finish line at Stadium Drive!

Tar Heel 10 Miler Spectator Locations:

- [South Road @ Columbia Street](#): Spectators can cheer on their runners as they start the race from this location.
- [Franklin Street](#): Spectators will be able to cheer runners on all along Franklin Street as runners make their way down and back between Mile 1 and Mile 3.5.
- [Cameron Avenue @ Columbia Street](#): Spectators can see runners pass by this area twice at Mile 0.25 and Mile 4.25 and should stay on the south side of Cameron Ave, as it will allow for an easy walk to the finish area to see runners finish!
- [Ridge Road @ Baseball Stadium](#): Spectators can cheer their runners on in the final stretch at Mile 9.8 to the finish line!
- [Stadium Drive](#): Spectators can cheer their runners through the finish line at Stadium Drive!

14 Mile Double Down Challenge Spectator Locations

**Spectators of Double Down Challenge runners should utilize the above spectator locations for the 4 Mile Run and Tar Heel 10 Miler distances when planning out their cheer schedule!



AFTER THE RACE

Finisher Medals

Every Fleet Feet 4 Mile Run, Tar Heel 10 Miler and Double Down Challenge finisher will be presented with a finisher medal(s) after they cross the finish line!

Awards

Age group and overall awards for the 4 Mile Run will be available at the Awards Tent starting at 8:15am, and awards for the Tar Heel 10 Miler and Double Down Challenge will be available at the Awards Tent starting at 9:00am. ***Winners must be present to receive their prize; awards will not be mailed out.*** Age group, masters, and overall winners will receive a winner gift!

Age groups are as follows: 12 & Under, 13-15, 16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Overall Awards

	4 Mile Run	10 Miler	Double Down Challenge
1st	Winner Gift	Winner Gift	Winner Gift
2nd	Winner Gift	Winner Gift	Winner Gift
3rd	Winner Gift	Winner Gift	Winner Gift

Age Group Awards

	4 Mile Run	10 Miler	Double Down Challenge
1st	Winner Gift	Winner Gift	Winner Gift
2nd	Winner Gift	Winner Gift	Winner Gift
3rd	Winner Gift	Winner Gift	Winner Gift



Food

After the race, runners will be treated to some great food options from our sponsors and local partners! Food will be available in the finish line chute after runners cross the finish line.

Results

Results will be posted in real time online [here](#) during the race. Results also will be available at the Results tent in the finish area.

Participant Photos

Professional photographers from FinisherPix will be along the course as well as at the start/finish area to take pictures of every runner throughout the race. You can pre-purchase a photo package [here](#). Photos will also be available 7-10 days after the race [here](#).

Post-Race Survey

You will receive a link within a few days after the race for a post-race survey. Your feedback helps us make improvements for future races so that we can continue to produce a fantastic event! To show our appreciation for you taking the time to fill out the survey, we will randomly select two runners to receive a free race entry to the 2020 Tar Heel 10 Miler event!



Do you have any additional questions? We're here to help!

FAQ: [Tar Heel 10 Miler Events](#)

Email: Info@TarHeel10Miler.com

[Facebook.com/TarHeel10Miler](https://www.facebook.com/TarHeel10Miler) | [Instagram](#) & [Twitter](#) - @tarheel10miler

Thank you...
to all our sponsors and
partners for your support!

