

TAR HEEL 10 MILER FLEET FEET 4 MILER



ATHLETE GUIDE
APRIL 22, 2023

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FAQS, 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?

There will be no race day registration, nor race day packet pick-up for any distances. Registration closes Friday, April 21 at 7:00 PM.

Is there a bag drop this year?

If you need to leave a bag, bag drop will be available on race morning at Gate 3 of Kenan Stadium.

Where do I get my race bib?

You will be able to have your race bib mailed, or you will need to attend Packet Pick-Up.

Can I change my distance?

Yes, you can change your distance. See the details below.

Runners without bib mailing: You can change your distance until 7:00 PM on Friday, April 21. If you change your distance **bibs are printed**, you will need to visit Customer Service at PPU to receive the correct bib.

Bib Mailers: To receive the correct bib in the mail, you needed to change your bib before the bib mailing deadline of 3/24.

If you change after this deadline, you will need to attend Packet Pick-Up to receive the correct bib.

Please note: Anyone who runs a distance with the incorrect distance timing chip will be disqualified.

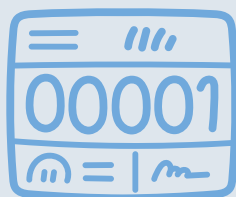
Am I allowed to walk?

Yes, you can walk, but you must complete the race by the set time limit for each distance. See page 12 for time limit details.

Are strollers allowed on course?

Yes, stroller are allowed on the course. If you will be running with a stroller, please line up at the back of the start line chute.

A QUICK GUIDE TO RACE DAY TERMS



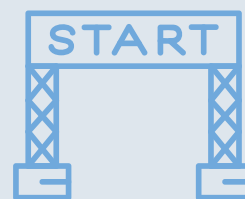
RACE BIB

Your need to wear your bib on race day with the number facing out. Your race bib has the timing chip on the back of it. Please do not bend the bib or remove the timing chip. The timing chip records your time from the point you cross the start line to when you cross the finish line.

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 food after crossing the finish line.



BAG DROP



Bag drop is available for runners before the race. Bag drop allows a runner to leave a bag in an identified location by the race. A runner may choose to use this if they want to have a change of clothes or something available to them after the race. The bag drop is optional, and the races is not liable for any lost or damaged items.

PACE GROUP

A pace group is a group of runners who are targeting the same finish time. It is led by an experienced runner who will pace the group to run the targeted time as evenly as possible. The pacer usually wears a pacer shirt and carries a pacer flag signifying the expected finish time or the time per mile.



HYDRATION STATION

Hydration stations will be offered on the course. Runners can get water and/or a sports drink at the hydration station.

IMPORTANT DATES & DEADLINES

Category	Deadline	Form	Details
Change Distance Information	Friday, April 21 at 7:00 PM	Click here to change your distance!	<ol style="list-style-type: none"> 1. You must fill out the change distance form online. 2. If you change your distance after bibs are printed, you will need to pick up a new bib at Customer Service. 3. We will communicate the bib printing deadline closer to race day.
Deferral Information	Wednesday, April 12 at 11:59 PM	Click here to defer your entry!	You will be issued a virtual credit that can be applied toward registration for next year's Tar Heel 10 Miler or another Capstone race .
Bib Mailing Information	Friday, March 24 at 12:00 PM	The bib mailing deadline has past.	<p>Only your race bib and safety pins will be mailed.</p> <p>You will pick up your race shirt and crash the party bandana after the race in the Finish Zone.</p>

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 will receive their bib by Thursday, April 20. **Only bibs and safety pins will be mailed!**

If you do not receive your bib by Thursday, April 20, please come to Packet Pick-Up to be assigned a new bib.

Runners with bib mailing, if you changed your distance after March 24, you will need to attend Packet Pick-Up to receive the bib for the correct distance.

If you plan to use bag drop, you can pick up a bag on race morning at Bag Drop, which will be located at Gate 3 of Kenan Stadium.

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

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

PACKET PICK-UP

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 20 | 11:00 AM-6:00 PM

Friday, April 21 | 10:00 AM- 8:00 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 on the map on the next page.

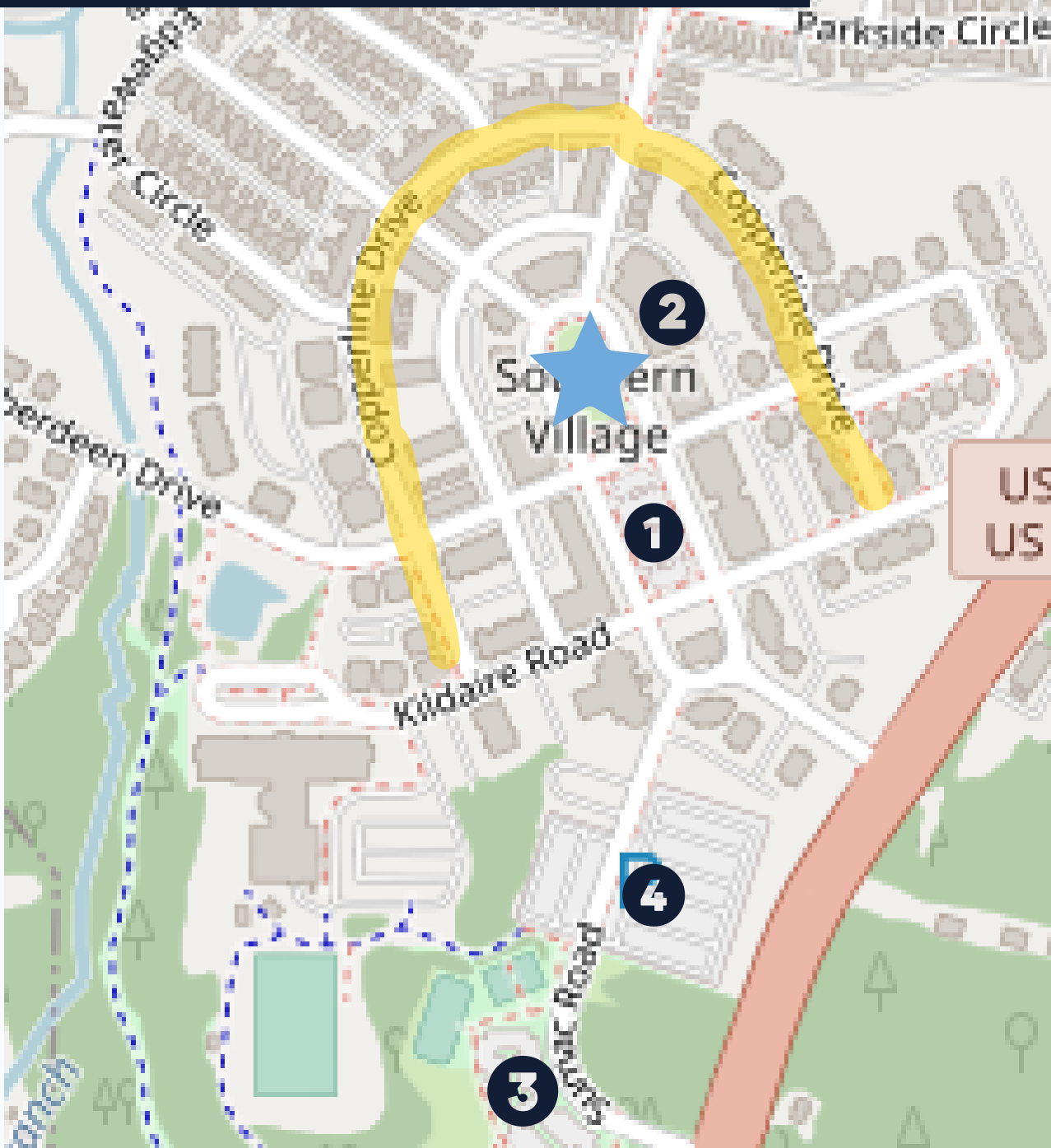


Important Packet Pick-Up Reminders:

- Participants who change their distance after bibs are printed will need to go directly to Customer Service to ensure they receive the correct race bib assigned to them. We will communicate the bib printing date closer to race day.
- You **can** pick up another person's bib, but you will need a copy of their ID (a photo is adequate).
- You will receive the shirt size you selected at registration at PPU. We will not be able to exchange shirt sizes.
- **There will not be bib pick-up on race morning.**

PARKING MAP FOR SOUTHERN VILLAGE

PRE-RACE INFORMATION



Parking Map Key



Packet Pick-Up Location -
The Southern Village Green

1

Free Parking Lot at Southern
Village

**There is free street parking available throughout Southern Village
on a first come, first served basis.**

Copper Line Drive (highlighted) is a great option for street parking!

2

Free Parking Garage behind
Town Hall Grill

3

Free Parking at Southern Community
Park (5 minute walk to PPU)

4

Southern Village Park and Ride (Pay to
Park)

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** 4 Miler Bibs
- 2** 10 Miler Bibs
- 3** Double Down Bibs
- 4** Customer Service
- 5** Participant Shirts
- 6** Double Down Shirts
- 7** Crash the Party Bandanas
- 8** UNC Bandanas
- 9** Bag Drop

RACE DAY TIMELINE

Saturday, April 22

6:00 AM

RECOMMENDED ARRIVAL TIME

Runners for all distances should arrive by 6:00 AM to leave ample time to find a parking spot and take care of any pre-race needs.

6:30 AM

RECOMMENDED PARKING TIME

Runners for all distances need to be parked by 6:30 AM to avoid the hospital shift change.

7:15 AM

FLEET FOUR MILE AND DOUBLE DOWN CHALLENGE START

Wheelchair participants will start at 7:10 AM.

7:45 AM

TAR HEEL 10 MILER STARTS

Wheelchair participants will start at 7:40 AM.

8:15 AM

FLEET FEET 4 MILER OVERALL AWARDS ANNOUNCED

Age group awards will not be announced. Age group award medals will be mailed to winners after the race.

9:15 AM

TAR HEEL 10 MILER OVERALL AWARDS ANNOUNCED

Age group awards will not be announced. Age group awards medals will be mailed to winners after the race.

10:15AM

DOUBLE DOWN CHALLENGE OVERALL AWARDS ANNOUNCED

Age group award will not be announced. Age group award medals will be mailed to winners after the race.

10:35 AM

FINISH LINE CLOSES!



START LINE

South Rd, Chapel Hill, NC 27514

In Front of Robert B. House Undergraduate Library

FINISH LINE

Stadium Drive , Chapel Hill, NC 27514

In Front of Teague Residence Hall

RACE START TIMES

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

Tar Heel 10 Miler: 7:45 AM

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.

GETTING TO THE RACE & PARKING

Please review our detailed [Parking Plan](#) to find suggested on-campus, downtown parking, and Uber/Lyft/Drop-Off locations.

Important Parking Information

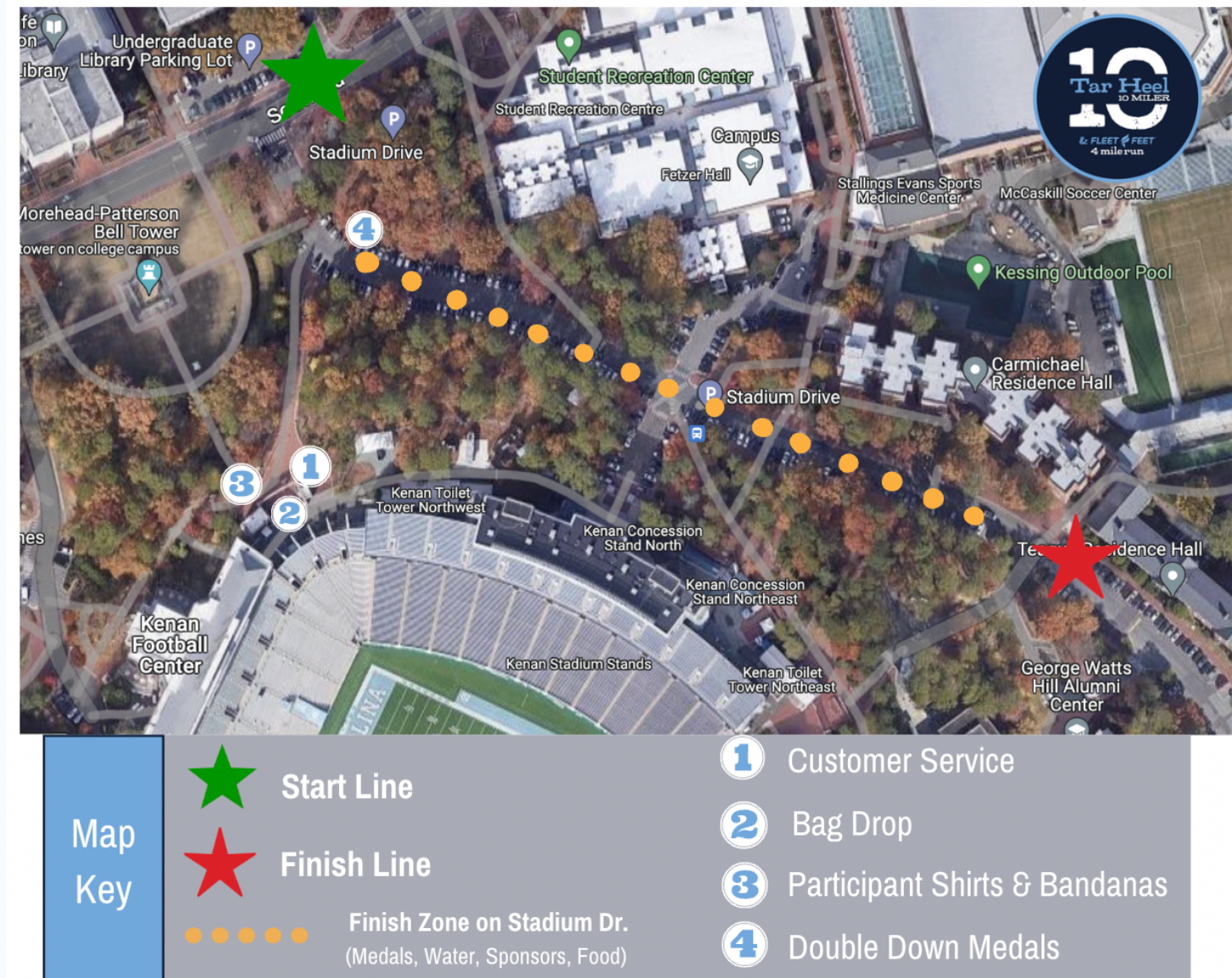
1. **You must arrive by 6:00 AM and be parked by 6:30 AM** to avoid the UNC Hospital shift change traffic. Keep in mind that the 4 Miler starts at 7:15 AM, and the 10 Miler starts at 7:45am.
2. To minimize congestion on major roads, follow our directions (on pages 2 & 3 of the [Official Parking Plan](#)) based on your home or hotel.
3. Please follow the instructions of parking professionals and volunteers! As parking decks/lots fill up, they will direct you to available parking.
4. **Please carpool and/or use ride-share options!**
5. **Parking is first come, first served.** Please plan to arrive by 6:00 AM and know the parking options available on race day.

**MORE DETAILS ABOUT TRAFFIC DELAYS, ROAD CLOSURES,
AND PARKING CAN BE FOUND [HERE!](#)**

ROAD CLOSURES

- Raleigh Rd (Rt 54) will be closed from the intersection of 15/501 (Fordham Blvd) to Country Club Rd starting at 5:00 AM on race morning.
- Rams Head Parking Deck Closed to Runners. Please do not attempt to park in the Rams Head parking deck located on Ridge Rd next to Kenan Stadium as this will be reserved for other campus visitors. Race officials will be monitoring the entrance to this parking deck.
- SR 2048 (South Road/Raleigh Road) from Stadium Drive to the Anderson Stadium parking lot
- SR 1010 (Franklin Street) from S. Graham Street to Park Place
- NC 86 (Columbia Street) from South Road to Rosemary Street
- SR 2008 (Carmichael Street) from US 15-50 I ramp to Laurel Hill Road
- US 15-501 Ramps to Raleigh Road

START LINE & FINISH ZONE RACE DAY MAP



Important Reminders:

- Customer Service, Bag Drop, and Participant Shirts (for bib mailers) will be available at Gate 3 of Kenan Stadium.
- Bathrooms will be available inside Kenan Stadium on the first and second floors!
- Double Down Medals will be available for pick-up in the Finish Zone on Stadium Drive after the race.

CLICK [HERE](#) FOR A PDF VERSION OF THE START/FINISH MAP.

BAG DROP

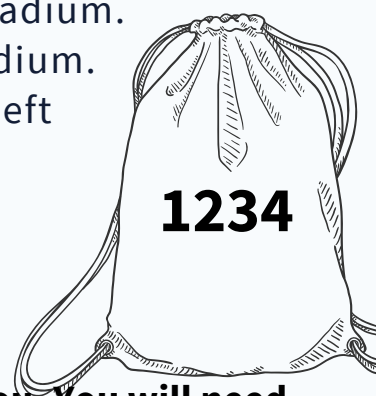
We strongly encourage that all of our participants leave items in their vehicles.

If you need to use bag drop, it will be available on race morning at **Gate 3** at Kenan Stadium. 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:

- Obtain a bag drop bag and label at Packet Pick-Up or Bag Drop on race morning.
- Write your bib number on the provided label.
- Adhere your label with your bib number written on it to the outside of your clear bag.
- Bring your clear bag to the bag drop area 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 area and find your bag.
- Before leaving the bag drop area, a bag drop attendant will check to ensure 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.

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

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

PACE GROUPS

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 the yellow 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, 12:00, 13:00



LIVE TRACKING

Live tracking will not be offered.

SPECTATOR LOCATIONS

Location	4 Miler	10 Miler
Franklin Street (Will see runners twice!)		Miles 1 & 3.5
Cameron Ave. & Columbia Street	Miles .25, 1.75	Miles .25, 4.25
South Road and Columbia Street	Start	Start
Ridge Road - Near the baseball stadium at the end of the race	Mile 3.8	Mile 9.8
Stadium Drive	Finish!	Finish!



TIME LIMITS

Fleet Feet 4 Mile participants **MUST** finish by 10:35 AM.

Tar Heel 10 Mile participants **MUST** finish by 10:35 AM (about 17 min/mile).

Double Down Challenge (DDC) participants will begin with the Fleet Feet 4 Mile Run at 7:15 AM. They will run the 4 miler and will enter the Double Down Chute before they cross the finish line for the 4 miler. They will then proceed to the chute for the Tar Heel 10 Miler for this portion of the Double Down Challenge. **Double Down Challenge Participants must start the Tar Heel 10 Miler portion of the challenge by 8:00 AM.** All DDC participants will need to be at the Tar Heel 10 Miler finish line by 10:35 AM!

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 and post-race amenities cannot be guaranteed for runners who finish after the time limit.

MEDICAL STATIONS

Medical support will be available at the start and finish line, as well as on the course.

HYDRATION STATIONS

Water and Gatorade will be available at all hydration stations. Hydration station locations for each distance are listed below:

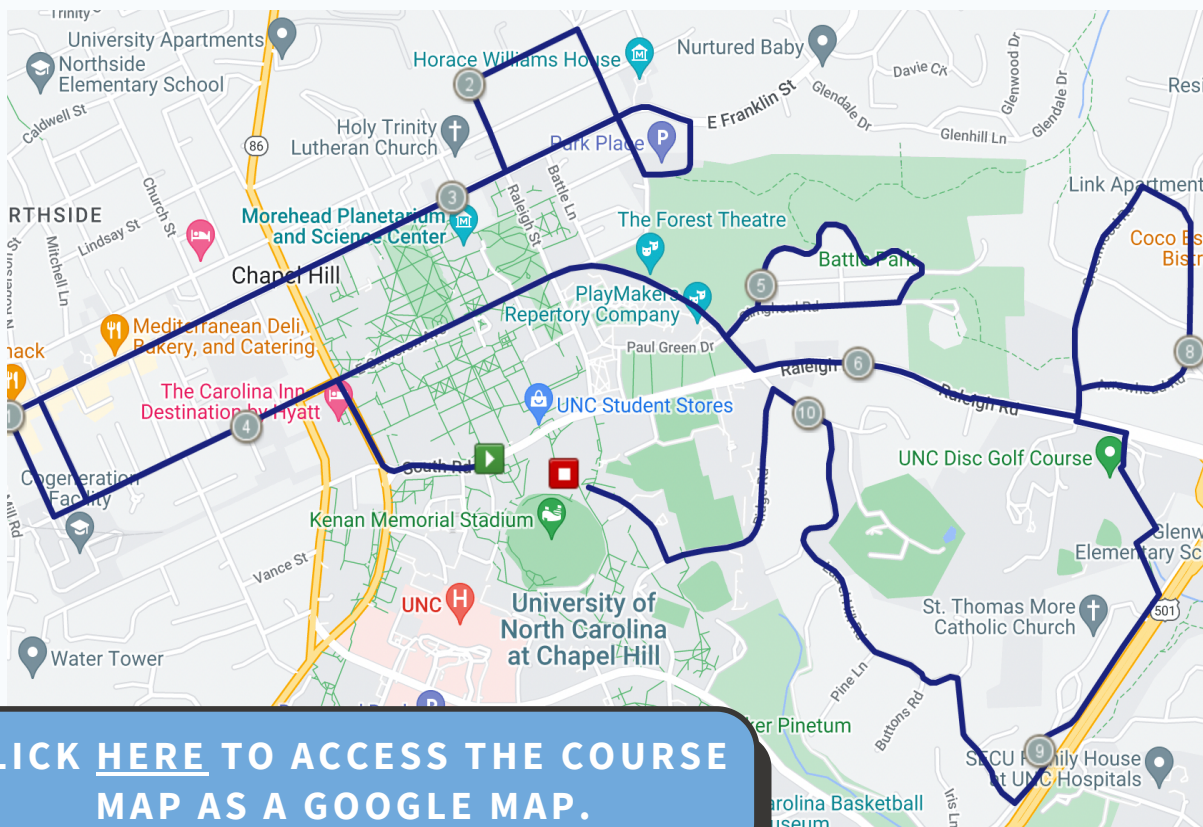
4 MILER	
	1.5
	2.25

10 MILER	
	1.5
	3
	5
	7
	8

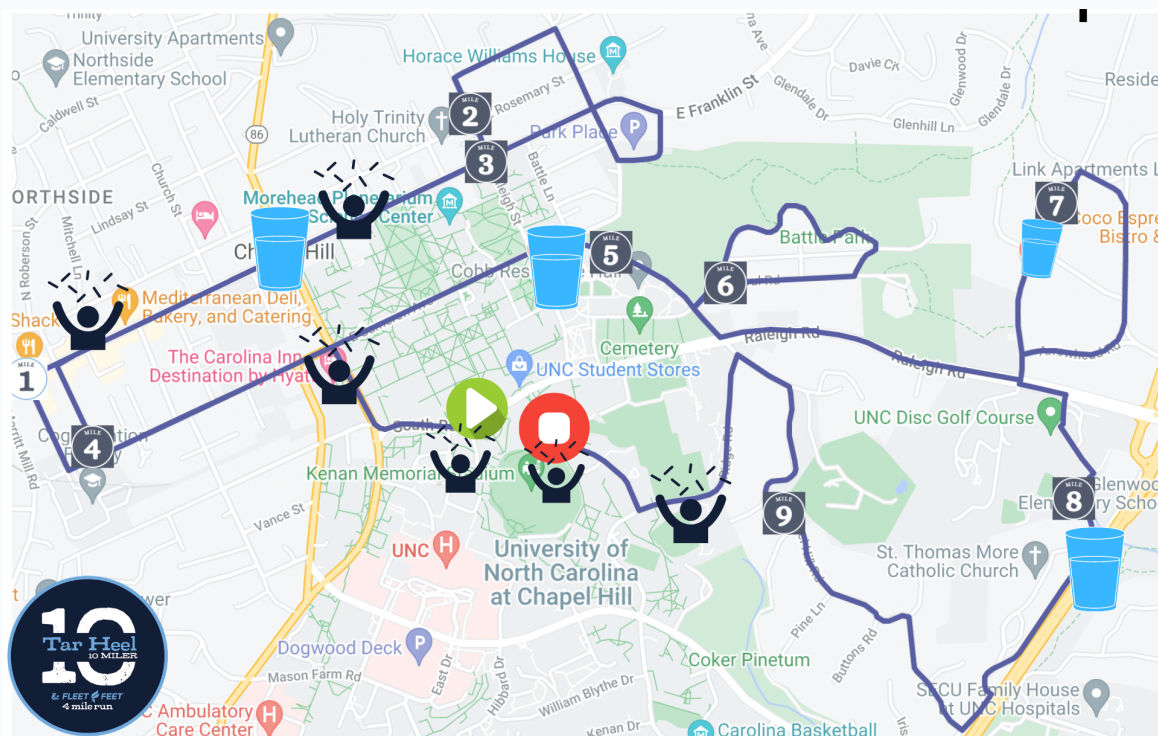
DDC	
	All water stops from 4 miler and 10 miler.



TAR HEEL 10 MILER COURSE MAP



[CLICK HERE TO ACCESS THE COURSE MAP AS A GOOGLE MAP.](#)



Start Line



Finish Line



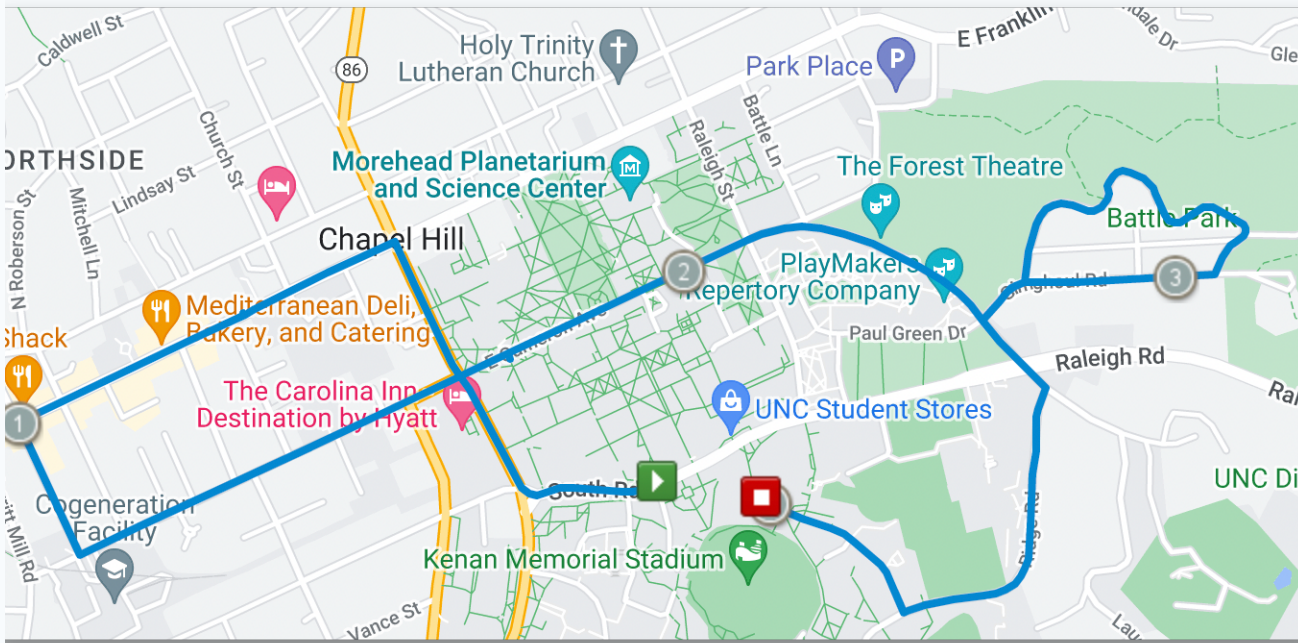
Hydration Station



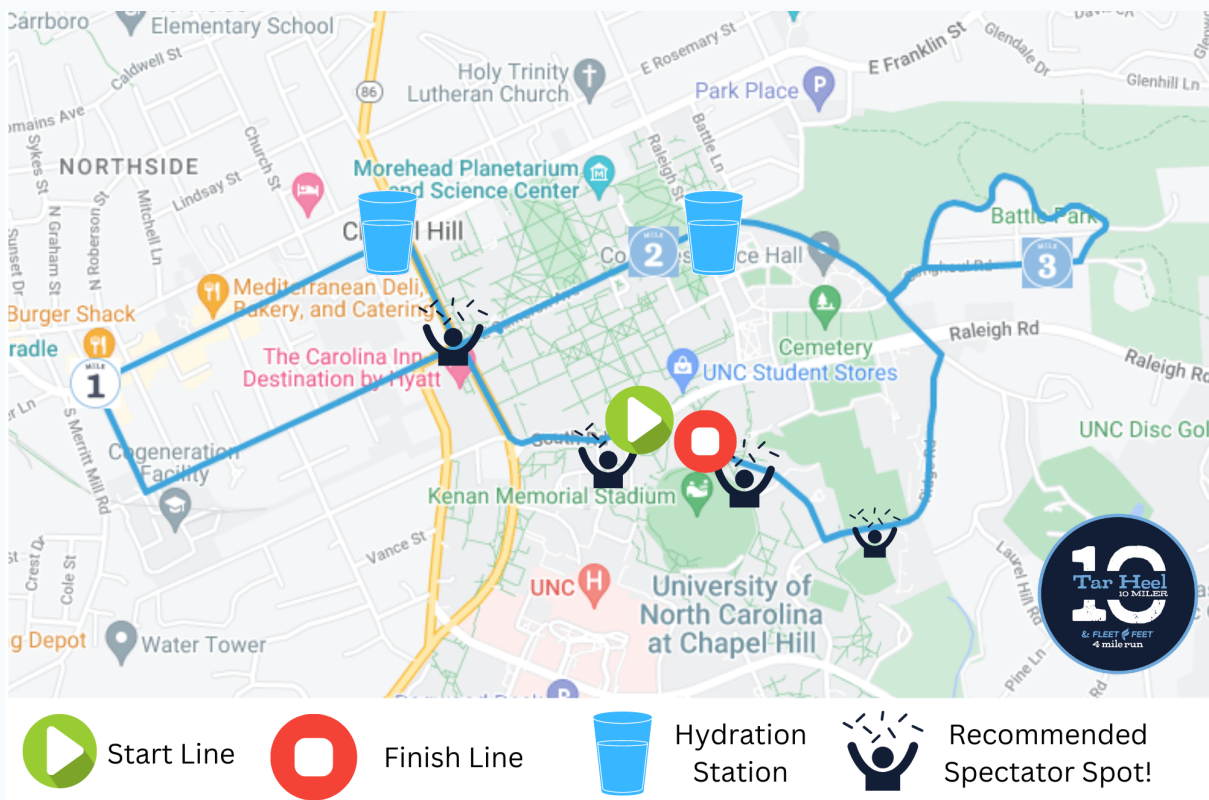
Recommended Spectator Spot!

[CLICK HERE TO ACCESS FOR A PDF OF THE COURSE MAP.](#)

FLEET FEET 4 MILER COURSE MAP

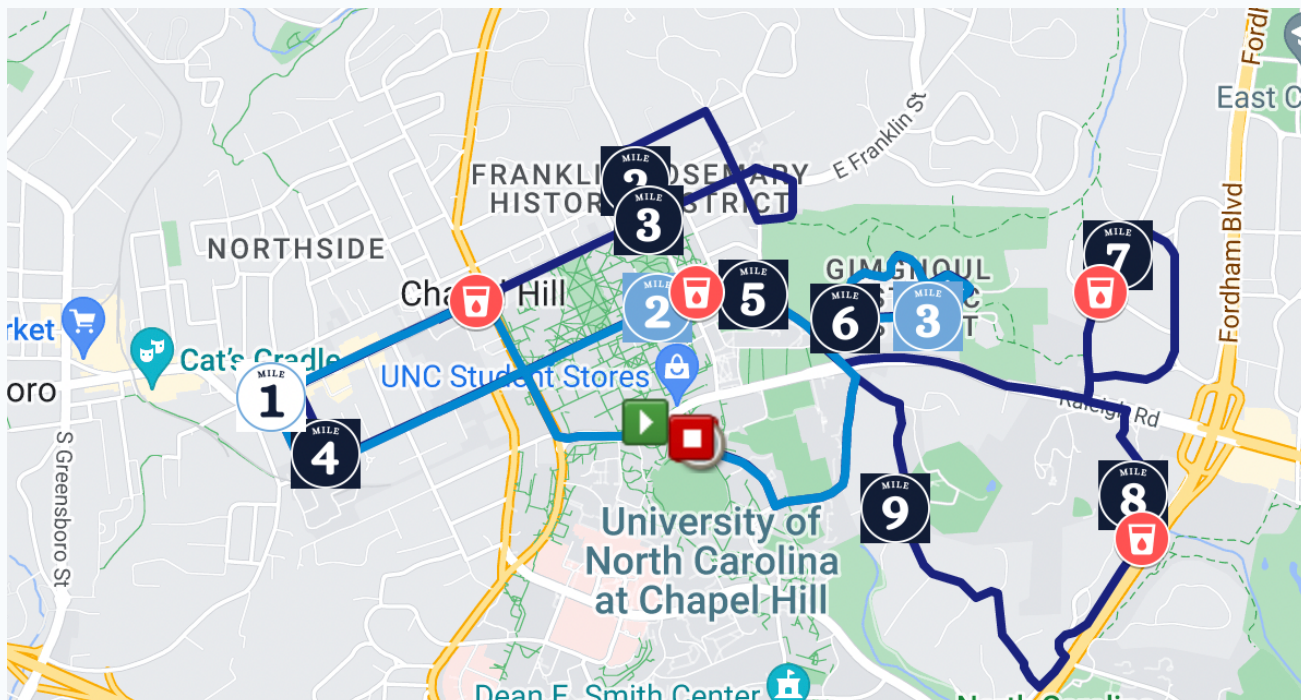


[CLICK HERE TO ACCESS THE COURSE MAP AS A GOOGLE MAP.](#)

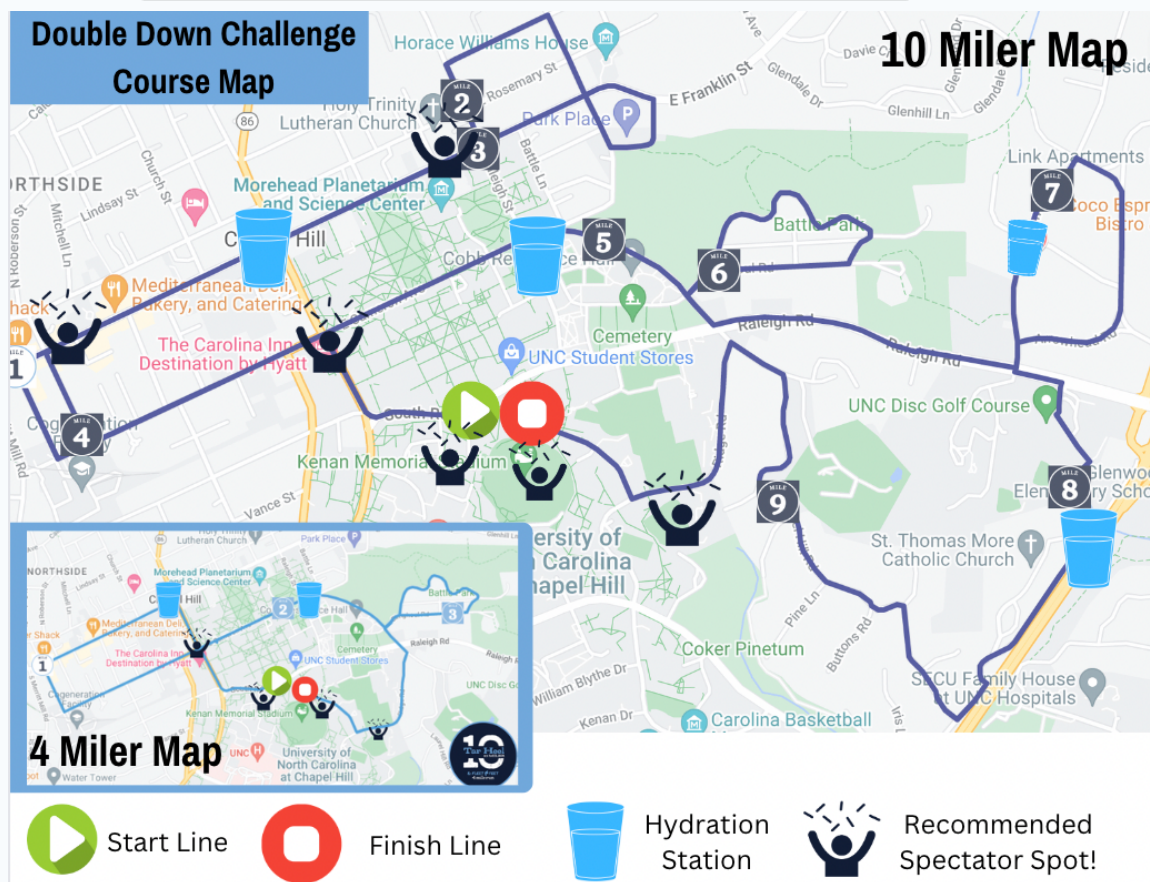


[CLICK HERE FOR A PDF OF THE COURSE MAP.](#)

DOUBLE DOWN CHALLENGE COURSE MAP



[CLICK HERE TO ACCESS THE COURSE MAP AS A GOOGLE MAP.](#)



[CLICK HERE FOR A PDF OF THE COURSE MAP.](#)

COURSE MAPS



FINISH ZONE DETAILS

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

- Post-race food and water in the finisher's chute
- Sponsor Booths
- Customer Service
- Bag Drop
- Race Swag (More information Below!)

GETTING YOUR SWAG

Everyone that attends Packet Pick-Up will receive their participant shirt(s) at PPU.



Tar Heel 10 Miler & Fleet Feet 4 Mile Medals will be available as you cross the finish line.

Bib Mailers: Your shirt and bandana will be available for pick-up **outside of Gate 3** at Kenan Stadium after the race. We will not mail out swag following the race. If you are participating in the Double Down Challenge, your extra shirt will be available at the Double Down Medal tent.

Double Down Participants: You will receive the 10 Miler medal as you cross the finish line and will need to pick up the 4 Mile & Double Down Challenge medals following the race at the Double Down Finisher Medal Tent on Stadium Drive at the end of the Finish Zone.

Check out the swag breakdown on page 17!

RESULTS

We will post [results online](#) as soon as they become available!



There is also a QR code on the back of your bib that you can scan to get your results after the race!

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**. Overall awards are based on gun time.

Overall awards will be announced at approximately the following times:

- **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.

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.

Age Group Awards will be mailed following the race.

Age Groups

19 & Under

35-39

60-64

20-24

40-44

65-69

25-29

45-49

70-74

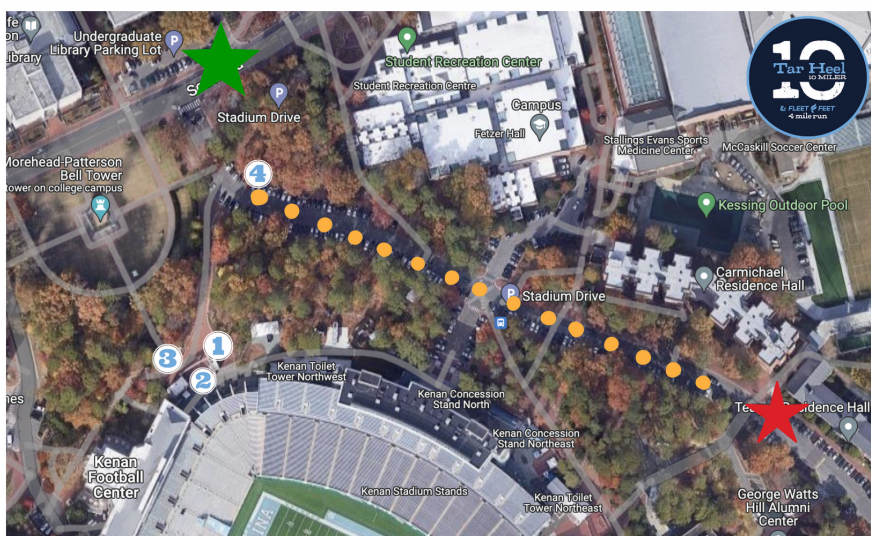
30-34

50-54

75 & Up

55-59

FINISH ZONE MAP



Map Key



Start Line



Finish Line


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

1

Customer Service

2

Bag Drop

3

Participant Shirts

4

Double Down Medals

Click [here](#) for a larger version of the start/finish map.

RACE SWAG

4 Miler Shirt & Medal

10 Miler Shirt & Medal



Double Down Challenge Shirts & Medals

Are you running the both the Fleet Feet 4 Miler and the Tar Heel 10 Miler? You will get all of this swag!



Crash the Party Bandana

All runners will receive a bandana this year! If you're repping UNC, did not opt to represent another school, or registered after March 8, 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.

ITAB



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

RACE PHOTOS



You will receive an email after the race with a link to your race photos from the race photographer, Finisher Pix. Please be sure to **follow the instructions in the email** in order to access your photographs.

We will also post a link to the photographs on our [website](#)!

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.

CLICK THE PICTURE TO SHARE YOUR STORY FOR A CHANCE TO WIN A GETAWAY TO MYRTLE BEACH!

RUNNERS BELONG AT
The Beach

VISIT
Myrtle Beach
SOUTH CAROLINA

ENTER FOR A CHANCE TO WIN
A WEEKEND GETAWAY TO *The Beach*

Thank you to our 2023 Sponsors and Partners!



CHAPEL HILL
FAMILY & COSMETIC DENTISTRY



Official Race DJ & Announcer

Official Race Photographer



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