PARTICIPANT GUIDE

Welcome to the 13th Running of PNC Atlanta 10 Miler Weekend!

From first-timers to seasoned runners, and from the smallest Dashers to the proudest 10 Milers, this weekend is for everyone. With distances and activities for the whole family, there's something special in store for each participant.

For the fourth year in a row, we're excited to kick off the weekend on Saturday morning with the Mile & Dash, open and free to kids 14 and under. Thanks to the support of PNC, these events are free, and every child gets to cross the same finish line as the 10 Miler and 5K participants on Sunday. Check out the Mile & Dash race instructions below so you're ready to roll!

Inside these instructions, you'll find everything you need to know to have a great race-day experience. Please take a few minutes to read through them, and don't hesitate to reach out with any questions.

Whether you're here to chase a personal best, run your very first 10 Miler or cheer on your loved ones, this is your weekend.

We can't wait to see you at the start line!

Atlanta Track Club

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EVENT WEEKEND SCHEDULE

Friday, October 23

9:00 a.m. - 6:00 p.m.
Number Pickup

Saturday, October 24

7:30 a.m.
Youth Number Pickup Only & Festival Activities Open

9:00 a.m.
Mile Start & Number Pickup Opens to the General Public

9:25 a.m.
Mile Awards Ceremony

9:35 a.m.
Dash Start

10:30 a.m.
Mile & Dash Concludes

6:00 p.m.
Number Pickup Ends

Sunday, October 25

5:45 a.m.
Will Call Number Pickup Opens

7:30 a.m.
10 Miler Start

8:05 a.m.
5K Start

9:30 a.m.
5K Course Closes

10:25 a.m.
10 Miler Course Closes

ENGAGE WITH US

Share Your Story with #ATL10MILER

Share the PNC Atlanta 10 Miler, 5K, Mile & Dash with the world! Use hashtag #ATL10MILER on all your race-related photos and posts on Facebook, Instagram, TikTok and Threads.
Tell your story with these photos:

Your personal pre-race ritual

Your favorite mile

A victory pose with your medal

How you celebrate after the race

Atlanta Track Club Facebook

Atlanta Track Club Instagram

Atlanta Track Club TikTok

GETTING YOUR RACE NUMBER

Race Number Pickup

Location

Atlantic Station (Adjacent to the Green)
231 18th St NW Suite 565, Atlanta, GA 30363

Hours

Friday, October 23
9:00 a.m. - 6:00 p.m.
Saturday, October 24
PNC Atlanta Mile & Dash Only - 7:30 a.m. - 9:00 a.m.
PNC Atlanta 10 Miler & 5K - 9:00 a.m. - 6:00 p.m.

Parking

Free for up to two hours at Atlantic Station.
Participants should exit the deck at Stairwell 7.

Your Check-In Pass

QR code can be found in the email confirmation you received when you registered for the race. It will be emailed again before Number Pickup opens.

If you are unable to pick up your race number, a third party may pick up your race number by showing your unique QR code.

Number Pickup will NOT be available at Atlantic Station on Sunday morning unless you purchased Will Call (see information below). Numbers will not be mailed.

Entries are not deferrable and nontransferable.

Registration is refundable if you purchased <u>refundable registration.</u>

Activations

EcoSneakers: Recycle Your Shoes with EcoSneakers!

Bring your old or unworn shoes to Number Pickup and recycle them with EcoSneakers, one of Atlanta Track Club's sustainability partners. EcoSneakers repurposes shoes for those in need and helps reduce landfill waste by turning them into playground surfaces and other eco-friendly materials.

adidas x Atlanta Track Club: Shop the Latest Gear

Complete your PNC Atlanta 10 Miler & 5K race day look with new Atlanta Track Club gear, including exclusive event styles and fall training essentials.

Where to Shop

Number Pickup: Shop the full merchandise collection.
Race Day Festival: Find a limited selection at the merchandise tent after the race.

Featured Gear

Official Race Gear:
Celebrate your finish with the exclusive PNC Atlanta 10 Miler half-zip.

Performance Apparel:
Shop technical tees, tanks, windbreakers and other fall-ready layers.

Accessories:
Complete your look with hats, magnets and more.

Limited-Edition Triple Peach Crewneck:
Preorder by October 21 at 11:59 p.m. for pickup at Number Pickup.
Preorders will be available at the their own individual table. Look for signage.

adidas Runners

Stop by our adidas Runners Community table to personalize your bib, chat with the team about our free community running programming and enter for a chance to win a free pair of adidas shoes!

Will Call

Sunday, October 25: 5:45 a.m. - 7:30 a.m.

Must pre-purchase by Saturday, October 24 at 7:00 p.m.

To purchase Will Call:

1) Click Here to enter your booking confirmation ID from your confirmation email
2) Click Manage
3) Under Making Changes click Purchase or view add-ons
4) Add Will Call to your basket and check out

$20 per race number

Switching Races

To switch to a shorter distance, please email registration@atlantatrackclub.org.
Subject to availability based on capacity.

GETTING THERE

Parking

FREE to all participants on Sunday morning.

Arrive by 6:00 a.m.

If exiting between 8:30 a.m. and 11:30 a.m., arms will be raised for a FREE exit. If you exit after 11:30 a.m., additional parking fees will apply.

Note: 17th St. will close promptly at 7:00 a.m. to prepare for the race. The only way to access the Atlantic Station parking deck after 7:00 a.m. will be via the 16th St. entrance at the intersection of 16th St. NW and Atlantic Dr. NW. Arrive by 6:00 a.m. to allow ample time for parking.

START INFORMATION

All participants will be pre-assigned to a start wave based on estimated pace per mile provided at registration.

If you would like to run with someone assigned to a different start wave, you may do so by starting in the wave that is farthest back.

10 Miler starts at 7:30 a.m., 5K starts at 8:00 a.m. Arriving late to the start line may result in no time being collected.

COURSE INFORMATION

10 Miler Course Map

5K Course Map

Course Time Limit

10 Miler: 2 hour and 30 minutes (15 minute per mile pace)
5K: 1 hour and 15 minutes (25 minute per mile pace)

Those that fall behind the course time limit will be asked to move to the sidewalk.

If you are unable to complete the race, move to the right side of the road and look for a course volunteer for assistance by contacting the nearest "sag wagon."

678-661-7225 – Course & Medical Support Number

No pets or wheeled conveyances, including bikes, strollers, baby joggers or in-line skates are permitted on the 10 Miler course.

Dogs and strollers are ONLY permitted on the 5K course in the dog and stroller wave.

Aid Stations

10 Miler: *Located every 2 miles, fuel (Honey Stinger) station near Mile 6*

All stations have Dasani water and POWERADE

5K: *Located near Mile 1.5 (water only)*

Portojohns will be located near each aid station

FINISH INFORMATION

Timing & Results

Download the Atlanta Track Club Race Day App, available now in the App Store and Google Play! This essential tool has everything you need to stay connected on race day and for all Atlanta Track Club events. Features include: Live athlete tracking, interactive course maps, event updates and more!
Note: All live results are unofficial until confirmed by Atlanta Track Club after the event.

"Best Sign" Contest

Cheer parties, volunteers and spectators can enter the "Best Sign Contest" by creating the most festive and/or fun encouraging signs for participants and submitting your sign through a form on our website here.

Form submissions will open at 5:00 a.m. on October 25 and close at 12:00 p.m. on October 26.

After we have received and reviewed all submissions, the public will vote on their favorite sign. Be sure to follow Atlanta Track Club on Instagram and Facebook to see the sign submissions and vote for your favorite.
The top three winners will receive a $100 gift card!

Full contest rules can be found on our website here. Branded poster boards will be available at the adidas table at Race Number Pickup.

Rest and Recovery Lounge presented by PNC

On race day, show your PNC debit or credit card after your run for exclusive lounge access. Relax and recharge with specialty coffee drinks, small bites and a premium recovery experience while supplies last.

Awards & Results

Overall and Masters awards will be handed out on-site at the Awards Ceremony.

Age group awards will be mailed out approximately two weeks after the event.

The Triple Peach commemorative medal will be awarded at the conclusion of the 2026 Invesco QQQ Thanksgiving Day Half Marathon.

2026 Eligibility:

1) Completed the in-person 2026 Northside Hospital Peachtree Road Race on July 4

2) Registered for and completed the in-person 2026 PNC Atlanta 10 Miler

3) Registered for and completed the in-person 2026 Invesco QQQ Thanksgiving Day Half Marathon

***Eligibility Update: In-person registrants of the 2026 Northside Hospital Peachtree Road Race who chose to transfer to the virtual event on July 3, 2026, due to the forecasted race-day weather remain eligible for the 2026 Triple Peach Race Series, provided they complete the remaining series events in person. This eligibility offer only applies to Peachtree participants who transferred to the virtual event after 6:00 p.m. on July 3, 2026.**

To ensure eligibility, participants should have registered with the same email address and registration details as the 2026 Northside Hospital Peachtree Road Race. If these details have changed please reach out to registration@atlantatrackclub.org.

Register for the 2026 Invesco QQQ Thanksgiving Day Half Marathon here.

PNC ATLANTA MILE & DASH INFORMATION

Saturday, October 24

7:30 a.m. Youth Number Pickup Only & Festival Activities Open	**9:00 a.m.** Mile Start & Number Pickup Opens to the General Public	**9:25 a.m.** Mile Awards Ceremony
9:35 a.m. Dash Start	**10:30 a.m.** Mile & Dash Concludes	**6:00 p.m.** Number Pickup Ends

PNC Atlanta Mile & Dash Number Pickup

Location

Atlantic Station (Adjacent to the Green)
231 18th St NW Suite 565, Atlanta, GA 30363

Hours

Friday, October 23, 2026
9:00 a.m. - 6:00 p.m.
Saturday, October 24, 2026
7:30 a.m. - 9:00 a.m.

Parking

Free for up to two hours at Atlantic Station.
Participants should park near stairwell 7.

Your Check-In Pass

QR code can be found in the email confirmation you received when you registered for the race. It will be emailed again before Number Pickup opens.

Course Information

Mile & Dash Map

Mile

Start on State St, Finish on 19th St

Mile numbers will include two (2) matching detachable wristbands for parents/guardians to wear.

Post-race, all mile participants will enter the Child Pickup Area, where they will be held until their parent/guardian with the corresponding wristband that matched their child's bib arrives.

There will be four exits to the Child Pickup Area, each with a different color sign (red, orange, black and white). Find the color that matches your child's bib to meet your child.

Dash

Start and finish on 19th St

Participants will line up by age

All participants will receive an adidas drawstring bag when they pick up their number. They will receive a race medal when they cross the finish line.

Youth Festival Activities

- *Track & Field Zone*
- *Trick or Treating*
- *PNC Pumpkin Patch*
- *Coloring Station*

Face Painting

TRIPLE PEACH JUNIOR RACE SERIES

Has your child completed the in-person Mile or Dash at the Northside Hospital Peachtree Junior this past July? If so, they are automatically eligible for the Triple Peach Junior Race Series! Complete the following:

1) 2026 Northside Hospital Peachtree Junior

2) 2026 PNC Atlanta Mile or Dash

3) Invesco QQQ Thanksgiving Day Mile or Dash

And your child will earn the 2026 Triple Peach Junior medal. No additional registration is required. Click here for more information.

VOLUNTEERS

More than 1,100 volunteers help bring the 2026 PNC Atlanta 10 Miler, 5K, Mile & Dash to life. When you see a volunteer throughout race weekend, be sure to thank them. These events would not be possible without their time and support.

Got Beads? Give Thanks!

New in 2026!

Pick up a strand of "Thank You" beads at Race Number Pickup. On race day, give your beads to a volunteer who helped make your experience special.

Race and Volunteer

You can participate and volunteer during race weekend! Explore participant-friendly volunteer opportunities, or share this link with friends and family who would like to get involved.

Volunteers Receive:

Commemorative adidas T-shirt

Discounts on Atlanta Track Club Merchandise (Online Only)

VolunTier QR Rewards Points

Snacks & Fluids

Opportunity to win $100 gift card by participating in our "Best Sign Contest"

SAFETY & SECURITY

Event Alert Systems

Event Alert System signs will be located at the start line, along the course at the aid stations and in the finish area. The signs will communicate the alert level, based primarily on weather conditions, ranging from:

LOW (green)	MODERATE (yellow)	HIGH (red)	CANCELLED (black)

THANK YOU

PNC BANK

ATLANTA TRACK CLUB

POWERADE

BODYARMOR

Coca-Cola

DASANI

GARMIN®