PARTICIPANT GUIDE

WELCOME TO THANKSGIVING DAY IN ATLANTA

You're joining thousands of runners and walkers for one of Atlanta's favorite holiday traditions - and the largest Thanksgiving Day half marathon in the country.

Now this year, Number Pickup is moving to Atlanta Station. While you're there, shop our merchandise, visit event partners and take advantage of several ways to get back before race day. Through our partnership with Atlanta Community Food Bank, this year's event will help provide food for thousands of families across our community.

Please review the information below, make your race-day plan and come ready to move.

Happy Thanksgiving from Atlanta Track Club. We'll see you at the starting line.

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EVENT SCHEDULE

Saturday, November 21

8:00 a.m. - 4:00 p.m.
Race Number Pickup Hours
AT ATLANTIC STATION

Sunday, November 22

8:00 a.m. - 4:00 p.m.
Race Number Pickup Hours
AT ATLANTIC STATION

Wednesday, November 25

8:00 a.m. - 2:00 p.m.
Race Number Pickup Hours
AT ATLANTIC STATION

Thursday, November 26

6:30 a.m.	Will Call Number Pickup Opens/ Late Sign Up Opens
7:30 a.m.	Line Up in Your Start Wave
8:00 a.m.	Half Marathon Start
8:30 a.m.	5K Start
8:40 a.m.	Mile Start
9:00 a.m.	Dash Start for Ages 3 & Under
9:10 a.m.	Dash Start for Ages 4, 5 & 6
9:30 a.m.	10 Miler Start
11:30 a.m.	Half Marathon Course Closes

ENGAGE WITH US

Share Your Story with #ThanksgivingDayHalf

Capture your journey with photos like:

- **Your pre-race ritual**
- **Your favorite mile on the course**
- **A victory pose with your medal**
- **Post-race celebrations**

GETTING YOUR RACE NUMBER

Location: New in 2026!

Atlanta Station, 260 18th St NW, Atlanta, GA 30363

Hours

Saturday, November 21
8:00 a.m. - 4:00 p.m.

Sunday, November 22
8:00 a.m. - 4:00 p.m.

Wednesday, November 25
8:00 a.m. - 2:00 p.m.

Parking

The first 3 hrs parking is on us! Parking is available in the Atlantic Station parking decks. Participants should park in the Atlantic Station parking deck at 18th St NW.

Your Check-In Pass

Can't pick up your number? A third party may pick it up with your BIB code.

The first 3,500 participants to pick up their race race number in person on Saturday or Sunday will receive an exclusive Atlanta Track Club commemorative race number. Not gift. Limit one per participant.

Vendors, Referrals, & Relatives
Entries secured by incidentals or Athlete Referrals are only available with valid proof of purchase and are subject to eligibility requirements.

Mile & Dash

Pick up during your Saturday Packet Pickup or race morning at the North Number Pickup Tent.

Shirt Exchanges

Race Day: Beginning at 9:00 a.m. at the Shirt Exchange Tent, participants may exchange their shirt size for the Mile, Dash, Half Marathon, and 10 Miler only. Exchanges are subject to availability.

Will Call

Thursday, November 26: 6:30 a.m. to 8:25 a.m.

Must pre-purchase by Wednesday, November 25, at 7:00 p.m.

To Purchase Will Call

1) **Click here to enter your booking confirmation ID or start from your confirmation email.**
Your booking confirmation ID is 6 digits.

2) **Under Making Changes, click Purchase or View Add-Ons & Add Will Call to your basket and check out.**

Cost: $20 per race number

Activations

Ecobreakers: Recycle Your Shoes with EcoSneakers!

GIVE BACK PROGRAM
Help Feed More Families This Thanksgiving

Last year, the Atlanta Track Club community helped collect more than 3,000 pounds of food for the Atlanta Community Food Bank. This year, Atlanta Track Club and Atlanta Community Food Bank are teaming up again to help feed more families this holiday season, and you can be part of it. Bring food donations to the Atlanta Track Club booth at our after the race.

MOST NEEDED ITEMS:

- **After-school snacks (granola bars, fruit cups, applesauce, beef sticks, cheese or peanut butter crackers)**
- **Baking staples (spices, flour, sugar, salt and pepper)**
- **Items stored at dry**
- **Canned fish, Meat and Vegetables**
- **Cereal, Rice, Pasta and Pasta Sauce**
- **Instant meals (shelf-stable options)**
- **Peanut Butter**
- **Soups and Broths**

Please do not bring glass containers, baby food, condiments or pet food. Let's top last year's 3,000 pounds of food and help feed even more families this holiday season!

Shop the Latest Gear: Atlanta Track Club x adidas

Complete your race day look with new Atlanta Track Club gear, including exclusive event styles and fall training essentials.

Where to Shop
Number Pickup: Shop the brand new merchandise collection for the first time. Race Day Number Pickup: Visit the adidas booth at the finish line to shop after the race.

Atlanta Track Club Foundation

Learn how the Foundation supports access to running and walking across Atlanta. Add a donation ball to our holiday tree to show your support.

Give Beats. Give Thanks.

Pick up a strand of "Thank You" beads at the Number Pickup. Give grit. Have to a volunteer or race day to show your appreciation.

Atlanta Track Club Pace Team

Pace groups are a complimentary offering for participants aiming a specific goal finish time. Stop by the Pace Team table at Number Pickup to learn more. Sign up for a pace group at AtlantaTrackClub.org.

Half Marathon Pace Times

1:40:00 (7:38 min/mile)
1:45:00 (8:01 min/mile)
1:50:00 (8:24 min/mile)
1:55:00 (8:47 min/mile)
2:00:00 (9:09 min/mile)
2:05:00 (9:32 min/mile)
2:10:00 (9:56 min/mile)
2:30 (11:26 min/mile) - Last/walk Intervals: 10x30
2:45 (12:36 min/mile) - Last/walk Intervals: 10x30
3:00 (13:43 min/mile) - Last/walk Intervals: 10x30
3:15 (14:53 min/mile) - Last/walk Intervals: 10x30

Back of the Pack (16:00 min/mile) - Started with Last/walk Intervals

RACE DAY INFORMATION - GETTING THERE

Arrive Early for a Stress-Free Start

MARTA, Rideshare & Parking Options Map
CARPOOL + EARLY

Plan to arrive 90 minutes before your start time to allow time for parking or getting to the start. See below for all your arrival options.

MARTA & Rideshare

We encourage all participants to utilize alternative transportation including MARTA or a rideshare company. For information on taking MARTA, click here.

Love the race day stress of parking. Ride MARTA to Five Points Station. Walk to Atlantic Station. Ride MARTA to the right to Center Parc Stadium. Repeat after the race.

Ride Share is encouraged, utilize specific Ride Share drop off & pickup locations location right outside the Bellevue Mall.

181 Ralph David Abernathy Blvd SW, Atlanta, GA 30312

Parking

Limited free parking is available around Center Parc Stadium in the following lots

Blue Lot - 575 Capitol Ave SE

Convocation Center Deck - 455 Capitol Ave SE

Summerhill Lot C - 313 Capitol Ave SE

Gray Lot

Brown Lot

Yellow Lot - 292 Central Ave SW

Silver Lot 2 - 184 Alice St SW

Silver Lot 3 - 416 Central Ave SW

New in 2026!
Park-and-Ride Options

Parking is available for free at Courtenay Deck (739 Boulevard SE, Atlanta, GA 30308) and Cherokee Lot (800 Cherokee Ave SE, Atlanta, GA 30315) at Zoo Atlanta starting at 5:00 AM. Shuttles will run from 6:00 AM to 12:00 PM and arrive every 15 minutes.

START INFORMATION

Familiarize yourself with this map for when you arrive onsite and know where to go!

Start/Finish Area Map

- **Find your Wave Assignment on your race number**
- **Arrive 45 minutes to your wave**
- **Be sure you are lined up with the correct race**

Clothing left at the start line will be collected and donated. Atlanta Track Club is not responsible for clothing left in the start area after the race begins.

COURSE INFORMATION

Half Marathon Course Map

5K Course Map

Course Time Limit

Half Marathon	5K
3 hours and 30 minutes (16 minute per mile pace)	1 hours and 15 minutes (23 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 marshal. Ask for assistance in contacting a designated "ride 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 Half Marathon course.

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

Aid Stations

Located every 2 miles, fuel (Honey Stinger) stations near Mile 8 and Mile 8 and 11.

*All stations have Dixies® water and POWERADE® and portable toilets. *Used in Las Vegas.*

Located near Mile 2 (water only)

FINISH INFORMATION

Download the Atlanta Track Club Race Day App, available now in the App Store and Google Play! Features include Live athlete tracking, interactive course maps, event updates and more!

Finish line access was modified and confirmed by Atlanta Track Club after the event.

Timing & Results

MarathonFoto – *Capturing Your Race Day Moments*

Strike a pose! MarathonFoto photographers will be at the start, finish and along the course to snap your best race-day shots. Tips: Keep your bib visible so they can capture every moment! Pre-purchase your photos now for easy access after the event.

To Purchase MarathonFoto use the following steps:

1. Click here to enter your booking confirmation id or start from your confirmation email.
2. Click Manage.
3. Under Making Changes click Purchase or view add ons.
4. Add MarathonFoto Official Race Photos to your basket and check out.

After the race, find all your photos at this link.

Awards & Results

Overall and Masters awards will be handed out on-site at the Awards Ceremony in Festival Area on Thanksgiving Day.

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

TRIPLE PEACH RACE SERIES

The 2026 Invesco QQQ Thanksgiving Day Half Marathon is the final event in the Triple Peach Race Series, one of the most celebrated challenges in Atlanta running!

2026 ELIGIBILITY

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

2) Completed the in-person PNC Atlanta 10 Miler

3) Registered for and completed the in-person 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.

Eligible participants will receive a sticker at number pick up. Questions on eligibility? Visit the solutions desk at Race Number Pick Up or the Triple Peach Tent on race day.

After you cross the finish line, head to the Triple Peach tent located in the Festival Area to receive your 2026 commemorative medal.

INVESCO QQQ THANKSGIVING DAY MILE & DASH INFORMATION

Thursday, November 26

6:30 a.m.
Race Day Will Check-In & Number Pickup opens

7:45 a.m.
Youth Mile and Dash opens

8:00 a.m.
Line up in age-group groups

8:20 a.m.
Mile age groups walk to start line area

8:40 a.m.
Mile Start (New in 2026! Mile and Dash share the same Start Line with the Half Marathon, 5K & Festival on Georgia Ave.)

9:00 a.m.
Dash Start for 1, 2 & 3 Year Olds

9:25 a.m.
Dash Start for 4, 5 & 6 Year Olds

Course Information

Mile & Dash Map



Mile

Mile Child Pickup

Each Mile race number (for participants 14 and under) includes detachable wristbands that match the participant's bib. Parents or guardians must wear the wristband for pickup.

After finishing, all Mile participants ages 14 and younger will be escorted to the Child Pickup Area. Children will only be released to an adult wearing a wristband that matches their bib.

One parent should report to the child pickup gate that matches their wristband color to pick up their child.

Dash

Start and finish on Glenn St SE next to Summerhill Lot A.

Participants will line up by age with one adult.

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

Dashes will be run youngest to oldest in successive groups beginning at 9:00 a.m.

Youth Festival Activities

Participants can pick up their bibs and enjoy a coloring station and face painting while they wait for their race to begin!

Triple Peach Junior

For our youngest athletes, the Triple Peach Junior series gives participants ages 14 & under a chance to earn their own achievement by completing three in-person events throughout the year:

Northside Hospital Peachtree Junior (Mile or Dash)
PNC Atlanta Mile & Dash
Invesco QQQ Thanksgiving Day Mile & Dash

After completing their Thanksgiving Day event, they can stop by the Triple Peach tent to claim their exclusive 2026 Triple Peach Junior medal.

VOLUNTEERS

Nearly 1,500 volunteers help bring the 2026 Invesco QQQ Thanksgiving Day Half Marathon, 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.

Gratitude Beads

If you receive a strand of beads from a participant, it's their special way to say "Thank You" for making their race experience a little brighter!

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**
- **Race Course and In-office Volunteers ONLY - (1) Complimentary Hawks vs Pacers December 3 Game Day Ticket per shift**
- **Invesco QQQ warmer**
- **Discounts on Atlanta Track Club Merchandise (Online Only)**
- **VolunTier OR Rewards Points**
- **Snacks & Fluids**
- **Opportunity to win $100 gift card by participating in our "Beat 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)

See something. Say Something.
All volunteers will be wearing yellow vests along the course. If you need assistance flag down a volunteer and they can relay for medical or additional assistance.

THANK YOU TO OUR SPONSORS

Invesco QQQ · Coca-Cola · BODYARMOR · DASANI · GARMIN.

ATLANTA TRACK CLUB