



PARTICIPANT INSTRUCTIONS

10 MILER | 5K
MILE | DASH

OCTOBER 18-19, 2025
ATLANTIC STATION



GARMIN.



BODYARMOR

POWERADE.

DASANI.



HELLO AND WELCOME!

It's time! Time to take part in one of Atlanta's favorite fall traditions. Welcome to the 12th Running of the PNC Atlanta 10 Miler & 5K. 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 third year in a row, we're excited to kick off the weekend on Saturday morning with the Mile & Dash, open to kids 14 and under. Thanks to the support of PNC Bank, 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 mile, or cheer on your loved ones, this is your weekend.

It's your time. Your race. Your finish line.

Let's make memories. We can't wait to see you at the start line!

Julia Manseau-Toth
Race Director

Share Your Story with #ATL10MILER

Share the PNC Atlanta 10 Miler, 5K, Mile & Dash with the world! Use hashtag #ATL10MILER on all of your race-related photos and posts on Facebook, X and Instagram.

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

 facebook.com/AtlantaTrackClub

 [@ATLtrackclub](https://twitter.com/ATLtrackclub)

 [atlantatrackclub](https://www.instagram.com/atlantatrackclub)



BORING

is the prep work behind every great finish.

Doing the hard, dedicated, day-in, day-out is a smart plan for reaching your goal. And what's true of running is just as true of banking. At PNC, we take a steady, calculated approach to money, all to help you stay on course toward your financial finish line. It might seem like the boring part, but it's the brilliance behind a rewarding run.

**See what boring banking can do for you at
pnc.com/brilliantlyboring**



Proud Title Sponsor of the PNC Atlanta 10 Miler & 5K

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EVENT WEEKEND SCHEDULE

FRIDAY, OCTOBER 17

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

SATURDAY, OCTOBER 18

7:30 a.m. Suggested Arrival Time for PNC Atlanta Mile & Dash Parents and Participants

7:30 a.m. PNC Atlanta Mile & Dash Race Number Pickup Hours and Track & Field Zone Open

8:00 a.m. Fall Activities Open (Coloring Station, Face Painting, Pumpkin Patch, Trick or Treat)

8:40 a.m. Report to Mile Staging Area

9:00 a.m. PNC Atlanta 10 Miler & 5K Race Number Pickup Opens

9:00 a.m. Mile Start - Wave 1: Ages 14, 13, 12, 11, 10 & 9 Year Olds

9:05 a.m. Mile Start - Wave 2: Ages 8, 7 & 6 Year Olds

9:25 a.m. Mile Awards Ceremony

9:30 a.m. Report to Dash Staging Area

9:35 a.m. Dash Start - 3 & Under

9:45 a.m. Dash Start - 4, 5, 6 years olds

10:30 a.m. PNC Atlanta Mile & Dash Concludes

6:00 p.m. PNC Atlanta 10 Miler & 5K Race Number Pickup Closes

SUNDAY, OCTOBER 19

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

6:00 a.m. Suggested Arrival Time for All Participants

7:30 a.m. 10 Miler Starts

7:30 a.m. Will Call Number Pickup Closes

7:55 a.m. USATF Masters 5K Championships Starts

8:00 a.m. 5K Starts

8:45 a.m. Overall Awards Ceremony

9:30 a.m. 5K Course Closes

10:20 a.m. 10 Miler Course Closes



BEFORE THE EVENT

Race Number Pickup

PNC Atlanta 10 Miler & 5K race numbers must be picked up prior to the event. Number Pickup will be held in Atlantic Station at the former Forever 21 storefront located next to the Atlantic Station Greenspace (231 18th St NW Suite 565, Atlanta, GA 30363). Participants should park near stairwell 7. Parking is free for up to two hours at Atlantic Station. After two hours, you will be responsible for any fees charged.

Mile & Dash race numbers can be picked up both Friday and Saturday morning at this location. Saturday pickup does NOT require Will Call for youth events.

Friday

October 17, 2025 - 9:00 a.m. – 6:00 p.m

Saturday

October 18, 2025, 7:30 a.m. – Early opening for Mile & Dash participants only

October 18, 2025 - 9:00 a.m. – 6:00 p.m. – 10 Miler & 5K participants

Participants picking up their race number will need to show their unique QR codes. For those who are unable to make one of the above listed dates, a third party may pick up your race number for you by showing your unique QR code. This QR code can be found in your email. If you have not yet received it, don't worry; it will be sent to you before Number Pickup opens.

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



BEFORE THE EVENT

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.

Fleet Feet

Fleet Feet will be showcasing a diverse array of offerings, from sunglasses and recovery gear, nutrition items and the latest adidas shoes, catering to the needs of both seasoned runners and newcomers alike. With our curated selection, runners can find everything they need to enhance their performance and post-race recovery, ensuring a seamless and enjoyable race day experience!

adidas Runners

Stop by adidas Runners to personalize your bib and enter for a chance to win a free pair of adidas shoes!



SHOP AT RACE NUMBER PICKUP

adidas x Atlanta Track Club Merchandise: Shop the Latest!

Shop your PNC Atlanta 10 Miler & 5K outfit with all-new Atlanta Track Club gear! Commemorate your achievement and show up on race day rocking exclusive styles made just for you.

Where to Find It:

- Number Pickup: Full merchandise debut
- Race Day Festival Area: Limited selection available at the merchandise tent post-race

Featured Gear:

- **Official Race Gear** – Celebrate your finish and look 10/10 with this year's exclusive PNC Atlanta 10 Miler Half Zips.
- **Performance Apparel** – Shop technical tops from tees and tanks to windbreakers designed for fall training. Perfect for layering.
- **Accessories** – Hats, magnets and more! Everything you need from mile one to mile 10.
- **Limited Edition Items** – Be the first to grab the new Triple Peach Race Series Crewneck Sweatshirt – available for [preorder](#) now through Tuesday, October 14 at midnight and will be ready for pick up at number pickup! Anyone that preordered a crewneck can visit the checkout counter to pick it up.





BEFORE THE EVENT

Will Call - Race Day Number Pickup

Atlanta Track Club offers a Will Call option for the PNC Atlanta 10 Miler & 5K.

- Cost: \$20 per race number
- Allows for pickup from 5:45 a.m. to 7:30 a.m. on race day, Sunday, October 19
- Must pre-purchase by Saturday, October 18, 2025, at 7:00 p.m.

Will Call is **ONLY** available for participants who purchased by Saturday, October 18, at 7:00 p.m. Participants who did **NOT** purchase Will Call during the initial registration process can do so by following these 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 **Will Call** to your basket and check out

Switching Races

Distance:

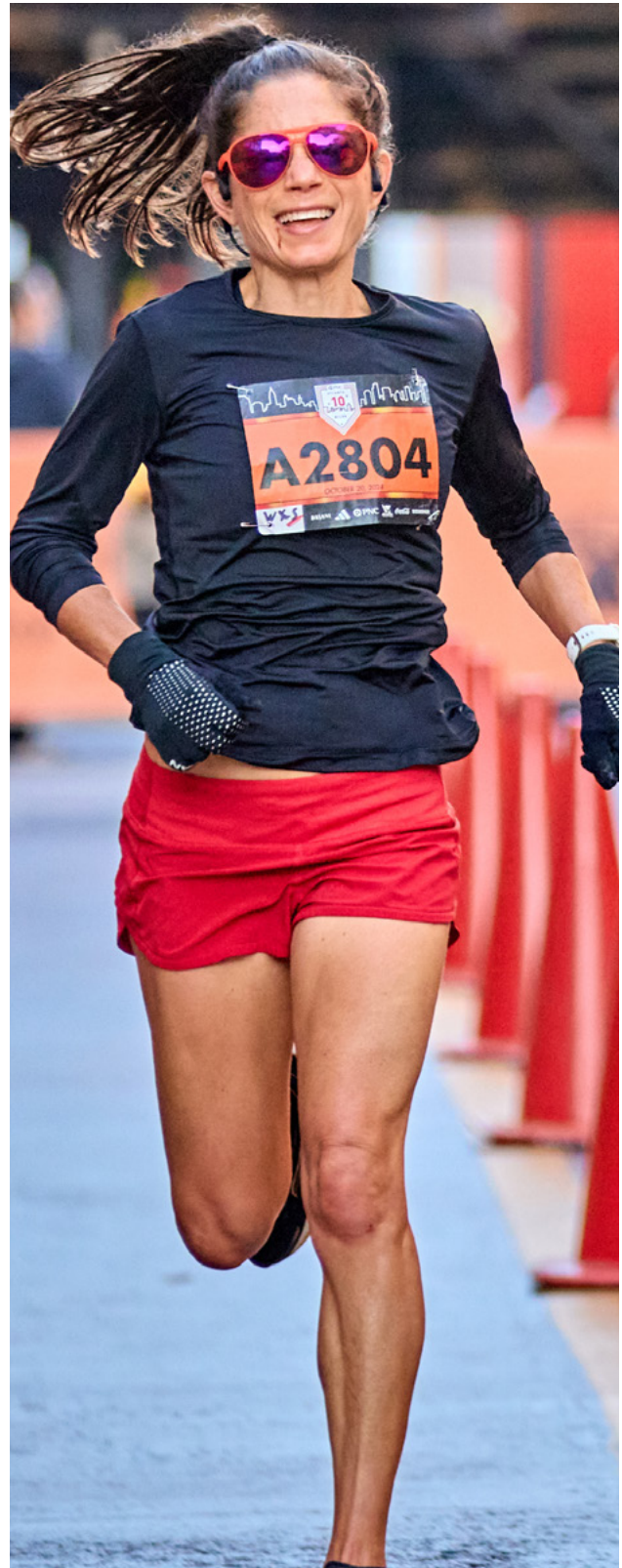
As the PNC Atlanta 10 Miler nears capacity, we are no longer accepting switches into the 10 Miler distance. Participants may still switch from the 10 Miler to the 5K, while space remains available. There will be no refunds if you are switching from the longer distance to the shorter distance. Once these changes are made, you will receive confirmation of your new race category.

If you'd like to switch to the 5K distance, please send an email to questions@atlantatrackclub.org and use the email subject line PNC Atlanta 10 Miler Race Switch and include your booking ID.

The deadline to switch to virtual is Wednesday, October 16 at 10:00 a.m.

Deadline to drop down to the 5K: Thursday, October 16 at 6:00 p.m.

All other in person distance drop downs will need to be done at the solutions area at Number Pickup.





GETTING THERE

Parking Information

Parking is FREE to all participants on Sunday morning. With nearly 6,000 expected participants, 800 volunteers and countless spectators, getting to Atlantic Station will require extra time. Please plan to arrive by 6:00 a.m. and consider carpooling. To expedite your parking experience at Atlantic Station, all you need to do is:

1. Arrive by 6:00 a.m.
2. Pull ticket upon entering the garage.
3. LEAVE THE TICKET IN YOUR CAR! No need to go to a pay station.
4. If exiting garage between 8:30 a.m. and 11:30 a.m., arms will be raised for FREE exit.
5. If you exit after 11:30 a.m., additional parking fees will apply.

Note: 17th St. will close 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.

Alternate Parking Entrances

16th Street - 277 16th Street NW, Atlanta, Ga 30363

20th Street - 3108 20th Street, Atlanta, Ga 30363



START

Both the PNC Atlanta 10 Miler & 5K events will begin on State Street with the first wave of the 10 Miler starting at 7:30 a.m. All participants (10 Miler and 5K) have been assigned to one of seven start waves (A-E for 10 Miler and 1-2 for 5K) based upon your estimated finish time submitted at registration. Participants will need to line up in the correct start wave as indicated on your race number. 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. For example, if your number is in start wave A and your friend's number is in start wave C, you may both run in C.

The start line will close at 8:05 a.m. To receive race results, participants must begin the race before the close of the start line.

Start Times:

7:15 a.m.	Arrive to Start Line
7:30 a.m.	10 Mile Start
7:55 a.m.	USATF Masters 5K Start
8:00 a.m.	5K Start

Late arrivals to the start may not receive a start time. Course sweeps will follow the last runners off the start line.





COURSE

The PNC Atlanta 10 Miler & 5K courses will start on State Street and finish on 19th Street at Atlantic Station. Please be aware the course is not closed to traffic. Runners' lanes are marked by traffic cones. Please follow the directions of the police and course monitors. For the safety of all PNC Atlanta 10 Miler & 5K participants, dogs and baby jogger/strollers are permitted on the 5K course ONLY. No pets or wheeled conveyances, including bikes, stroller, baby joggers or in-line skates, are permitted on the 10 Miler course. We strongly discourage the use of headphones during the event, as it is not a closed course and so you can hear directions given by race officials.

Course Time Limit

The PNC Atlanta 10 Miler has a 2 hour and 30 minute time limit (15-minute per mile pace). Please be aware the course is not closed to traffic. Participant lanes are marked by traffic cones. Please follow the directions of the police and course monitors. Anyone still on the course beyond the time limit will be responsible for his or her own safety and asked to move to the sidewalk. If you feel you will be unable to complete the 10 Miler and need to stop your race, move to the right side of the road and look for a course volunteer for assistance with contacting the nearest "sag wagon." A "sag wagon" will also sweep the course as it reopens to traffic. The 5K has a 1 hour and 15 minute time limit (25-minute per mile pace).



Course Hydration Stations



Hydrations stations at Mile 4, 6, & 8 will offer Powerade and water. The Mile 2 Hydration station will be water only.

Fuel Station - Mile 6 Hydration station will provide Honey Stinger Gels prior to the water stations. Caffeinated and non-caffeinated options will be available.

Timing



Your timing device for this event is a MYLAPS ThinTag. The device is adhered to the back of your bib.

To receive an accurate time, please confirm your bib is:

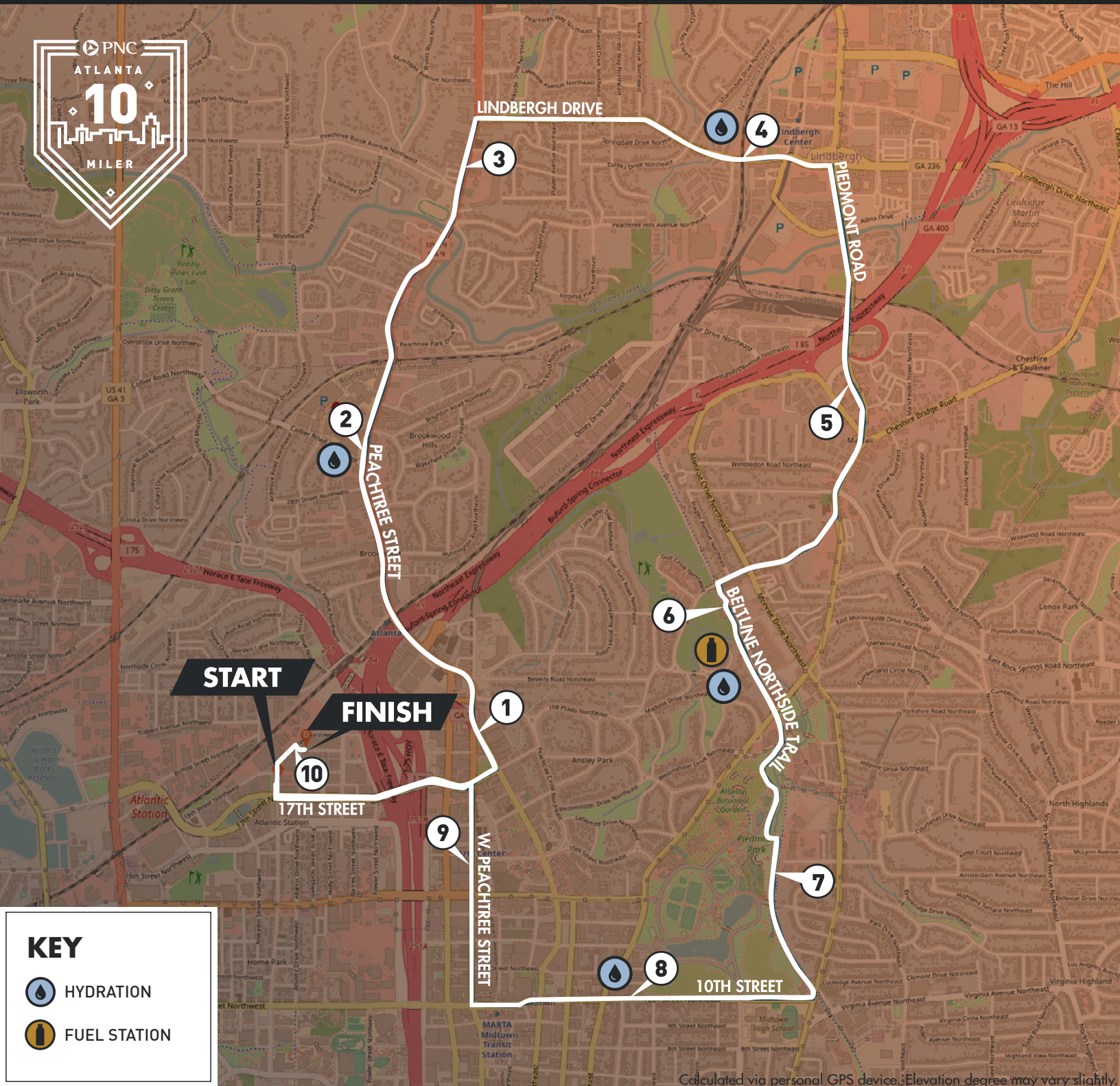
- Clearly visible on the front of the torso
- Unaltered and unmodified (do not fold or wrinkle)
- Pinned in all four corners
- Not covered (jackets, fuel belts, etc.)

Wearing your bib improperly could result in improper scoring and possible disqualification.

Any timing inquiries can be sent to: results@atlantatrackclub.org include your bib number worn and issue

2025 10M COURSE MAP

Atlantic Station, 1380 Atlantic Dr. NW
Atlanta, GA 30363

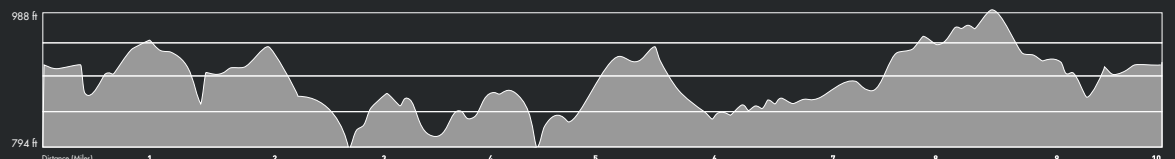


10M ROUTE METRICS

A moderately hilly out and back course through Atlantic Station

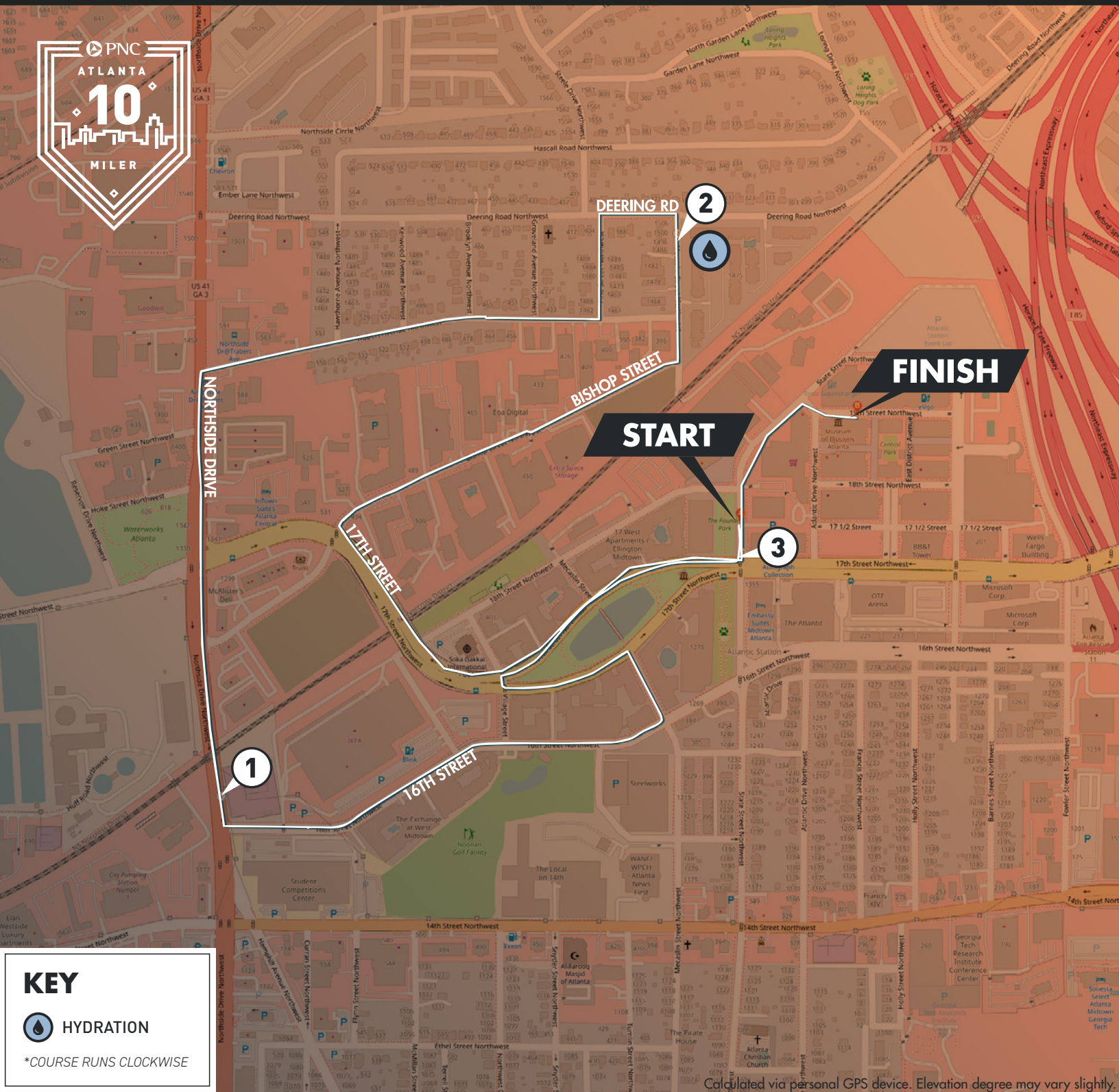
- ASCENT: 813 FT
- DESCENT: 813 FT
- TERRAIN: Mixed

ELEVATION (FT)



2025 5K COURSE MAP

Atlantic Station, 1380 Atlantic Dr. NW
Atlanta, GA 30363



KEY

HYDRATION

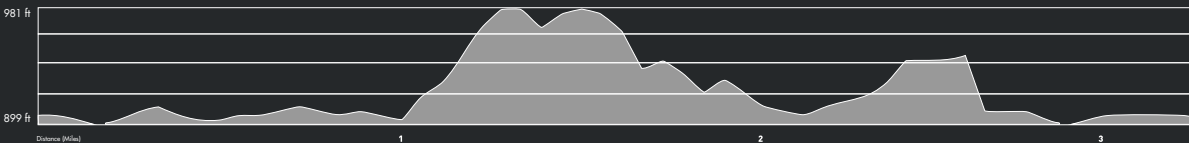
*COURSE RUNS CLOCKWISE

5K ROUTE METRICS

A moderately hilly point to point course through Atlantic Station

- ⬆️ ASCENT: 180 FT
- ⬆️ DESCENT: 180 FT
- ⬆️ TERRAIN: Mixed

ELEVATION (FT)



Calculated via personal GPS device. Elevation degree may vary slightly.



FINISH

Participants and spectators alike are welcome to enjoy the atmosphere of Atlantic Station. Participants will receive a light post-race snack as they cross the finish line. Then, head towards the Atlantic Green where you can stop by our title sponsor PNC's photo opportunity, visit the Atlanta Track Club merchandise tent or listen to the music of our prominent DJ. Spectators are encouraged to spend the morning at Atlantic Station cheering on participants before shopping and dining.

Wear adidas Shoes and Be a VIP on Race Day

Complete the PNC Atlanta 10 Miler or 5K wearing adidas footwear and enjoy the adidas VIP Finish Line Experience! Receive a special adidas item and be automatically entered to win one of three \$300 gift cards to adidas.com. Wear adidas shoes and finish in style!

"Best Sign" Contest

Cheer parties, volunteers, and spectators can enter the "Best Sign Competition" by creating the most festive and/or fun encouraging signs for participants and submitting a photo via Instagram or Facebook using #ATL10MilerSigns. Atlanta Track Club will repost the photos of your signs on our social media after race day and the public will vote on their favorite! The top three winners will receive a \$100 gift card. Be sure to follow us on Instagram at @atlantatrackclub, and like the Atlanta Track Club Facebook page to see the top sign submissions.

To be considered for the sign contest, sign entries must be:

- Appropriate for all audiences and family-friendly
- Posted on social media by the person entering the contest within 24 hours of the event
- Posted on a public account with the designated hashtag #ATL10MilerSigns in order to be seen

Branded poster boards will be available at the adidas table at Race Number Pickup.

Lost & Found

Lost & Found will be located near the DJ in Atlantic Green. All items not claimed upon the conclusion of the event will be available at Atlanta Track Club's office starting Tuesday, October 21.

Rest and Recovery Lounge presented by PNC Bank



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.

Awards & Results

PNC Atlanta 10 Miler & 5K participants will receive a finisher medal as they cross the line. Please note: Participants who registered for the No Medal option on or after October 8 will receive a race shirt only and will not receive a finisher medal. The 10 Miler and 5K overall and masters awards for male, female and non-binary will be given out during the awards ceremony. Overall awards are based on gun time while age group awards are based on net time. Age group awards will be given to the top three male, female and non-binary in each of the brackets listed below. Age group awards will be mailed once results are finalized.

10 Miler: 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+

5K: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-59, 80-84, 85-89, 90+

Unofficial results will be posted [here](#). Results will be made official two weeks after the event.



TRIPLE PEACH RACE SERIES

The PNC Atlanta 10 Miler is the second event of the [2025 Triple Peach Race Series](#). The series consists of the 2025 Atlanta Journal-Constitution Peachtree Road Race, the PNC Atlanta 10 Miler and the Invesco QQQ Thanksgiving Day Half Marathon. **The Triple Peach Race Series is open to in-person participants ONLY. The 10 Miler distance must be completed to be eligible for the series. Dropping down in distance and completing any of the three events virtually results in ineligibility.**

The Triple Peach commemorative medal will be awarded at the conclusion of the 2025 Invesco QQQ Thanksgiving Day Half Marathon.

Registration for the Invesco QQQ Thanksgiving Day Half Marathon can be added [here](#).

2025 Eligibility:

- Completed the 2025 Atlanta Journal-Constitution Peachtree Road Race in-person on July 4
- Registered for and complete the in-person 2025 PNC Atlanta 10 Miler
- Registered for and complete the in-person 2025 Invesco QQQ Thanksgiving Day Half Marathon



Race Day Discounts

Show your race bib at these shops and restaurants for exclusive discounts and deals.

Restaurants

Atlantic Grill: 10% off food purchase

BGR: 10% off food purchase

California Pizza Kitchen: 10% off food purchase (minimum \$15 purchase required)

GYU-KAKU: 10% off total dine-in and takeout/pick up orders

HOBNOB Tavern: 10% off food purchase

IT'SUGAR: 10% off entire purchase

Kilwin's: 10% off entire food purchase

NaanStop: 10% off any combo (entrée, side and drink) or \$6 cocktail

Toscano: 10% off food purchase only

Retailers

Candleporium Fragrance House: 10% off all products and 15% off candle making class

Fab'rik: 10% off original price items

Tony's Barber Studio: \$5 off any full service



PNC ATLANTA MILE & DASH

Saturday, October 18

- 7:30 a.m. Mile & Dash Number Pickup and Track & Field Zone open
- 8:00 a.m. Fall Activities open (Coloring Station, Face Painting, Pumpkin Patch, Trick or Treat)
- 9:00 a.m. Mile – Wave 1: Ages 14, 13, 12, 11, 10 & 9 year olds
- 9:05 a.m. Mile – Wave 2: Ages 8, 7 & 6 year olds
- 9:25 a.m. Mile Awards Ceremony – green space
- 9:30 a.m. Report to Dash Staging area
- 9:35 a.m. Dash Start – Ages 3 & Under
- 9:45 a.m. Dash Start - Ages 4, 5, & 6
- 10:30 a.m. Event concludes

PNC Atlanta Mile & Dash Number Pickup

Mile and Dash participants will pick up their number at PNC Atlanta 10 Miler & 5K Number Pickup storefront located next to the Atlantic Station Greenspace (231 18th St NW Suite 565, Atlanta, GA 30363). Participants must have their Check-In Pass open and ready to present at Number Pickup. Race Number Pickup hours are:

- October 17, 2025: 9:00 a.m. – 6:00 p.m.
- October 18, 2025: 7:30 a.m. – 9:00 a.m.
Special hours for Mile & Dash Participants only
- October 18, 2025: 9:00 a.m. – 6:00 p.m.





PNC ATLANTA MILE & DASH: WHAT TO EXPECT

We're so excited to welcome your young runner to the PNC Atlanta Mile & Dash! Staff and volunteers will be there every step of the way to help guide your family. Here's everything you need to know to make it a safe and fun morning for everyone:

The Mile

- The race starts on State St. and finishes on the PNC Atlanta 10 Miler's official finish line.
- Spectators are welcome to cheer along the route!
- Volunteers will line the course and guide participants from start to finish.
- After finishing, kids will be directed to a secure Child Pickup Area, where they'll receive a medal, snack and water.
- Children will remain in this area until a parent/guardian picks them up.
- The Mile is chip-timed, with results available online and in the Race Day App.

The Dash

- Dashers will run 50 meters on 19th St., also finishing on the main finish line.
- We'll call each age group when it's time to line up.
- Have kids in different age groups? You're welcome to have them run together if that's easier.

Don't Forget!

- All participants will receive a medal at the finish line and an adidas drawstring bag at Number Pickup.
- Be sure to bring your drawstring bag on race day for trick-or-treating at our festive fall stations!
- We can't wait to see your child cross the finish line!



PNC ATLANTA MILE & DASH

Awards

All participants will receive a medal when they cross their Saturday finish line. NEW in 2025, a mile awards ceremony will take place at 9:25 a.m. on the green space in Atlantic Station. Commemorative awards bibs will be given to the Top 3 participants in each age group (6, 7, 8, 9, 10, 11, 12, 13, 14) and for each gender (M, F, NB).

Triple Peach Junior Series

Has your child completed the in-person Mile or Dash at the Chick-fil-A Peachtree Junior this past July? If so, they are automatically eligible for the Triple Peach Junior Race Series! Participants who complete the in-person Chick-fil-A Peachtree Junior, PNC Atlanta Mile & Dash, and Invesco QQQ Thanksgiving Day Mile & Dash will earn the 2025 Triple Peach Junior medal. No additional registration is required. [Click here](#) for more information.

Track & Field Zone

The youth Track & Field Zone in Atlantic Station's greenspace will give kids a chance to try out different experiences in Track & Field, guided by experienced volunteers. Kids can try out mini hurdles, starting blocks, shot put and standing broad jump.

Fall Activities

Race day is the perfect day for kids to wear their Halloween costumes to the event! Costumes are welcomed and encouraged. We have fun fall activities planned for our youth participants, including a Pumpkin Patch, where kids can choose a pumpkin to take home, a coloring station with a Pete the Peach fall theme, face painting and five Trick or Treat stations throughout the event. These activities are for registered participants only. We can't wait to see you there!

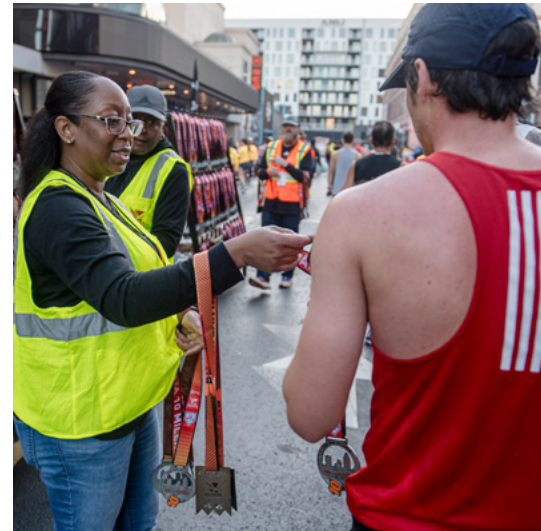
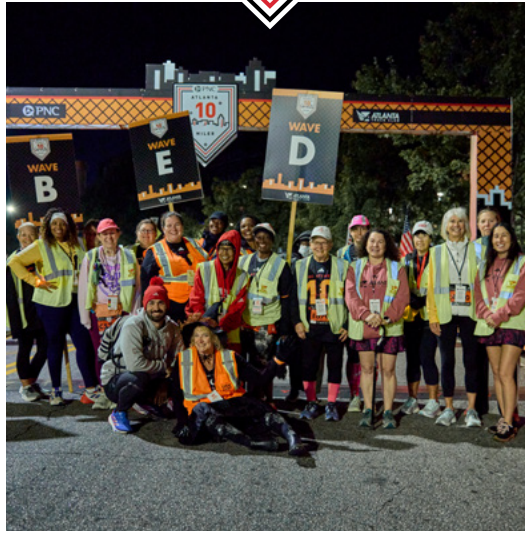




KEY

- | | | | |
|--|--------------------|--|--------------------|
| | RESTROOMS | | PARKING |
| | NUMBER PICKUP | | VOLUNTEER CHECK-IN |
| | HYDRATION & SNACKS | | MEDICAL |
| | MEDALS | | AWARDS |
| | TRACK & FIELD ZONE | | COLORING STATION |
| | MERCHANDISE | | FACE PAINTING |
| | FALL ACTIVITIES | | STAIRWELLS |

MILE
→
DASH
←
DASH STAGING



SALUTING OUR VOLUNTEERS

The 2025 PNC Atlanta 10 Miler & 5K requires more than 800 volunteers to make the event a success. Be sure to thank the volunteers you encounter throughout the weekend. Without their support, events like the PNC Atlanta 10 Miler Weekend would not be possible. If you or someone you know is interested in volunteering, information can be found [here](#). There are race participant friendly volunteer opportunities.

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

Safety is Atlanta Track Club's top priority and together with the help of the City of Atlanta and its various agencies, we have comprehensive plans in place to ensure the safety of our participants, spectators, volunteers and partners at this year's event.

- Leave backpacks and any other unnecessary items at home or in your vehicle. Whether you are planning on running or walking in the events, volunteering or spectating, please pack light. This means leaving any item at home or in your car that is not necessary for you to complete the event. Remember, if you do not need it, do not bring it. Click [here](#) for a complete list of prohibited and discouraged items.
- See something. Say something. Be vigilant. If you see something suspicious, contact the nearest police officer or call 911.
- Familiarize yourself with the Event Alert System (EAS): Colored flags will be located at the start line, along the course at the aid stations and in the finish area. The flags will communicate the specific alert level, which could range from Low (Green) to Moderate (Yellow) to High (Red) to Event Canceled (Black) based on a variety of factors, including weather conditions.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EVENT CANCELLED Follow Official Event Instructions	Extreme conditions Event cancelled	Participation stopped/ follow official event instructions
HIGH Potentially Dangerous Conditions Follow Official Event Instructions	Dangerous Conditions	Slow down/ observe course changes/ follow official event instructions/ consider stopping
MODERATE Be Aware of Worsening Conditions	Use Caution	Slow down/ be prepared for worsening conditions
LOW Enjoy the Event	Good Conditions	Enjoy the event/ be alert



VIRTUAL PARTICIPANTS

Those participating in the virtual PNC Atlanta 10 Miler or 5K race option will be asked to complete their race between Friday, October 17, 2025, and Sunday, October 19, 2025. Results must be submitted by Monday, October 20, 2025, at 12:00 p.m.

Virtual participants will receive a race bib, commemorative adidas long-sleeve shirt and medal. Virtual participants will have their items shipped to them prior to event day.

An email will be sent out to all virtual participants with a button to download the Atlanta Track Club Race Day App to get set up to record their run.

- Participants will see a practice race option until six hours before the race start window begins.
- When the race window opens, virtual participants will see a Start button appear in place of the Practice button.
- Run with the app to record your run automatically. A second email will be sent out during race week with the option to enter a finish time directly for those choosing not to run with the app.

**If you are a virtual participant, you do not need to visit Number Pickup to get your race number. Your items will be shipped to you.*