



# 2015 Participant Instructions

Atlantic Station - October 25



# THIS IS YOUR ATLANTA TRACK CLUB



## 2016 Membership Renewals Begin November 2

- Guarantee your 2016 AJC Peachtree Road Race entry
- Show your pride with the 2016 Mizuno member shirt
- Receive event discounts, *Wingfoot* magazine, and more!

Renew at [atlantatrackclub.org](http://atlantatrackclub.org)



# WELCOME

## Hello and Welcome!

Thank you for joining us at the 2015 Atlanta 10 Miler & 5K. We are excited to share this unique distance and course with you in what we hope is an unforgettable experience. From our Conquer Cardiac Hill challenge presented by Mizuno to an expansion of the Adopt a Mile cheer zones, you can expect more course support than ever in 2015. In these instructions, you'll find everything you need to know before you reach the start line. Enjoy the event!

Rich Kenah  
*Race Director*



## Share Your Story with #ATL10MILER

Help us share the Atlanta 10 Miler with the world! Use hashtag #ATL10MILER on all of your race-related photos and posts on Facebook, Twitter, and Instagram.

Tell your story with these photos:

Your new race shirt  
Your personal pre-race ritual  
Your favorite mile  
Conquering Cardiac Hill  
A victory pose with your medal  
How you celebrate after the race



[facebook.com/atlantatrackclub](https://facebook.com/atlantatrackclub)



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



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





## Number & Shirt Pick-Up

Number and shirt pick-up will be held at the following Big Peach Running Co. locations:

### Friday

October 23, 2015  
10:00 am – 8:00 pm

Big Peach Running Company – Brookhaven  
705 Town Blvd, Suite 340  
Atlanta, GA 30319



### Saturday

October 24, 2015  
9:00 am – 6:00 pm

Big Peach Running Company – Alpharetta  
5530 Windward Pkwy #420  
Alpharetta, GA 30004

For those that are unable to make it to one of the above listed Big Peach Running Co. locations, a third party may pick up your race number for you. **No number/shirt pick-up will be available at Atlantic station on race morning so please plan accordingly.** For more information on how to get to Big Peach and parking maps, click [here](#).

## Timing

Your timing device for this event is the Chronotrack single use B-tag. In order 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, water bottles, etc.)



## Switching Races

Atlanta 10 Miler participants may switch to the 5K distance at race number pick-up on Friday, October 23 and Saturday, October 24. There will be no refunds. Shirts will be provided based on availability to those switching events. Those who unofficially switch races during the event will be disqualified and removed from the results. **Those entered in the 5K may not switch to the 10 Miler as that event is sold out.**

# EARN YOUR TURKEY



Thanksgiving Day Half Marathon, 5K, One Mile, 50m Dash  
November 26 – Turner Field

Register at [atlantatrackclub.org](http://atlantatrackclub.org)





Atlantic Station  
1380 Atlantic Drive NW  
Atlanta, GA 30363

For driving directions,  
click [here](#)



## Parking

New  
This  
Year!

With close to 6,000 excited participants, 500 volunteers and countless spectators, getting to Atlantic Station could take extra time. **Please plan on arriving by 6:30 a.m. and consider carpooling.**

**All Atlantic Station parking gates will be open.** A special \$5 rate will be available to all participants who enter the parking deck between the hours of 5:00 a.m. and 8:00 a.m.

1. Pull a ticket upon entering the garage
2. Go directly to pay station to pay \$5 fee (before returning to your vehicle)
3. Upon leaving put ticket in machine

\*If exiting the parking garage after 1:00 p.m. additional parking fees may apply

## Gear Check

Gear Check will be available on race morning, 6:00 a.m. - 10:45 a.m. and is located on 19th Street between Kinnucans & diner. For easy access, park near portals 3 and 4. Clear bags will be provided at number pick-up. **Items placed in bags other than the clear bags received at number pick-up will not be accepted in the gear check area.** Please do not leave valuable or irreplaceable items in your bag and avoid having items that may easily fall out of your bag. **Atlanta Track Club is not responsible for lost or missing bags/items.**

All checked gear must be retrieved from the gear check by 10:45 a.m. Any remaining bags/items will be taken to the Atlanta Track Club office and made available for pick-up during regular office hours beginning on Monday, October 26 between 9:00 a.m. - 5:00 p.m..



# START/START MAP

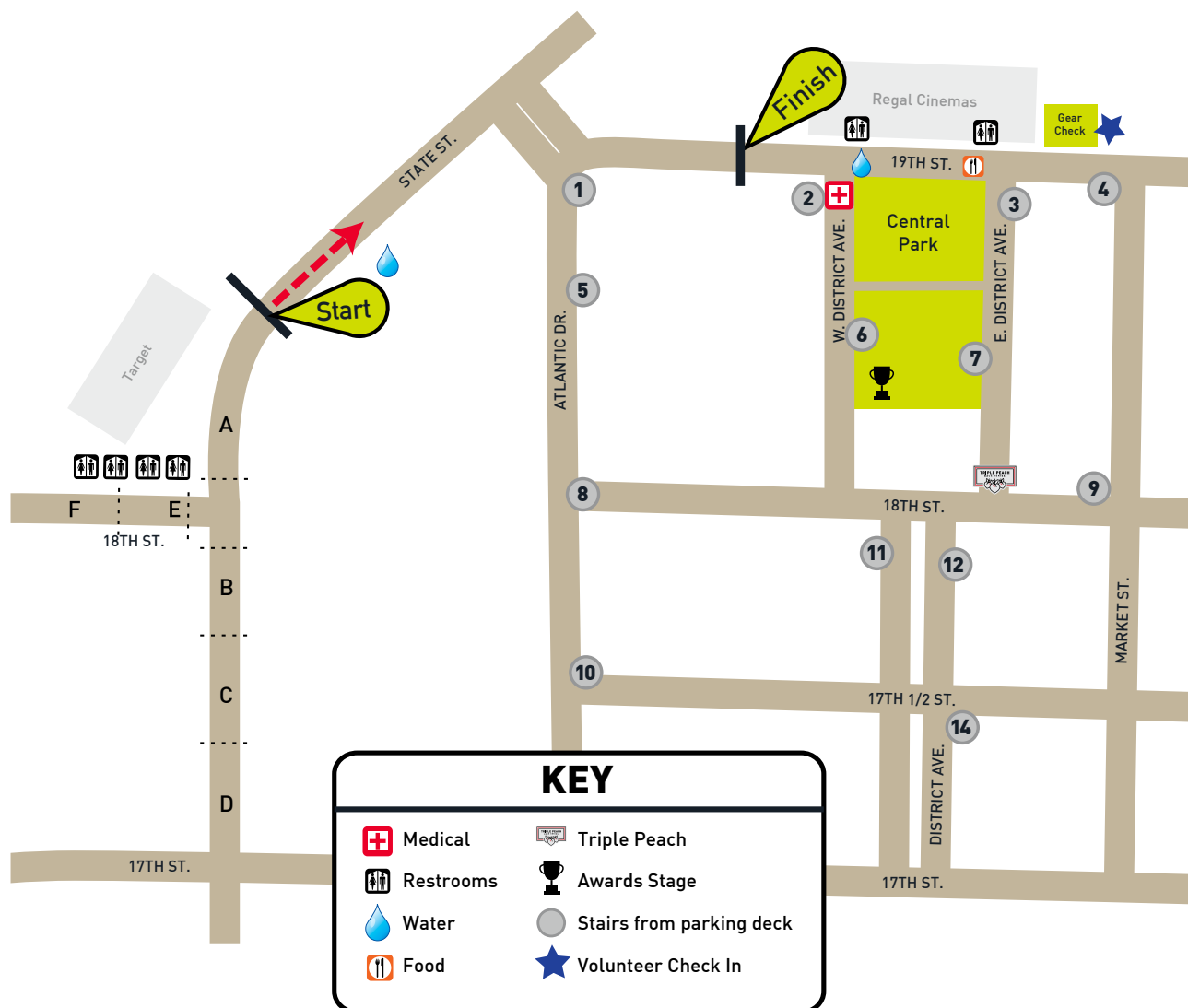
## Start

Both the Atlanta 10 Miler & 5K events will begin on State Street at 7:30 a.m. All participants (10 Miler and 5K) have been assigned to one of 6 start waves (A-F) 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. Detailed start schedule below:

Start Wave A – 7:30 a.m.  
Start Wave B – 7:32 a.m.

Start Wave C – 7:34 a.m.  
Start Wave D – 7:36 a.m.

Start Wave E – 7:38 a.m.  
Start Wave F – 7:40 a.m.





## Course

The Atlanta 10 Miler & 5K courses start on State Street and finish on 19th Street at Atlantic Station. Please be aware that 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 Atlanta 10 Miler & 5K participants, no pets or wheeled conveyances, including bikes, strollers, baby joggers or in-line skates, are permitted on the course. As it's not a closed course and so you can hear directions given by race officials, we recommend you not wear headphones during the event.

## Course Time Limit

Atlanta 10 Miler has a 2 hour 40 minute time limit (16-minute mile pace). The course will open to traffic once participants doing a 16-minute mile pace have passed, and anyone still on the course will be responsible for his or her own safety and asked to move to the sidewalk. If you feel that you will be unable to complete the 10 Miler and need to drop out, move to the right side of the road and look for a course volunteer for assistance contacting the nearest "sag wagon." A "sag wagon" will also sweep the course as it reopens to traffic.

## MarathonFoto

Smile for the camera! MarathonFoto will be at the Atlanta 10 Miler & 5K to capture your race day images. After the race, check out your personal photo gallery, [here](#). You will receive an email from MarathonFoto when your photos are available.

## Course Aid Stations

Aid stations with Dasani water and POWERADE will be located every mile and a half along the course. Aid stations will also have portable toilets, as well as first aid items to help out runners. Jelly Belly Sport Beans station will be located near mile 6 on the course.

## Clocks on the Course

Clocks will be located every mile along the course to provide the elapsed time from the start of Wave A.







## Course Safety and 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.

While not all safety and security tactics can be shared, we would like everyone to be aware of some of the actions we are taking, as well as call out some simple things participants, volunteers and spectators can do to help make the 2015 Atlanta 10 Miler & Atlanta 5K a great event.

**- Leave backpacks and any other unnecessary items at home.** Whether you're planning on running or walking in the events, volunteering or spectating, please pack light. This means leaving any item at home that is not necessary for you to complete the event. Remember, if you do not need it, do not bring it.

**- 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 Extreme (Black) based on a variety of factors, including weather conditions.

On behalf of the Atlanta Track Club staff and the entire event planning committee, we thank you in advance for your cooperation and look forward to seeing you at the event.

## Conquer Cardiac Hill presented by Mizuno

Found approximately seven miles into the 10 miler course, "Cardiac Hill" is the name given to the stretch of Peachtree Road that rises more than 12 stories in elevation in less than a mile. Atlanta Track Club and Mizuno have teamed up to give Atlanta area runners the opportunity to conquer it. The title of King and Queen of Cardiac Hill, will go to the man and woman who climb the hill the fastest. Those with the top 100 fastest hill climb times will earn a prize rivaling the coveted top 1000 mug at the AJC Peachtree Road Race. Be sure to stick around to see the King and Queen crowned at the awards ceremony in Atlantic Station's Central Park. For those vying for a Top 100 mug, check out [atlantatrackclub.org](http://atlantatrackclub.org) for race results later that day. Mugs will be available beginning Monday, October 26 at the following locations:

Atlanta Track Club  
201 Armour Dr  
Atlanta, GA 30324

Monday - Friday - 9:00 a.m. - 5:00 p.m.



Big Peach Running Co. - Marietta  
1062 Johnson Ferry Road  
Marietta, GA 30068

Monday - Friday: 10am - 8pm  
Saturday: 9am - 6pm

Timing mats will be placed at the start of the hill near the intersection of Peachtree Battle and Peachtree Road and at the finish of the hill near the corner of Peachtree Road and Collier Road. To be eligible to win in the challenge, you must be a registered event participant and have a recorded start and finish time.



# COURSEMAP



**KEY**

10 Miler Course

5K Course

Cardiac Hill Challenge

Mile Markers

Water Stations

Cheer Zones

NOT DRAWN TO SCALE

Elevation







## Saluting Our Volunteers

The 2015 Atlanta 10 Miler & 5K requires almost 1,000 volunteers to make the event a success. Out of those 1,000 volunteers, 14 are committee members, who oversee all major areas and aspects of the race. More than 60 of the volunteers are “crew chiefs,” who take the lead and manage all of our different volunteer areas. Volunteer work begins well before race day, as countless hours are spent planning and meeting in the months leading up to the event. You can identify volunteers on race day by looking for the folks wearing safety vests and crew chiefs will be wearing the same, plus a grey “crew chief” hat. Please take a moment and thank our volunteers on race day! You’ll see them all around the start area, on the course cheering you on, and in the finish area, making sure that your experience from top to bottom is world-class. Seek them out and give them praise for a job well done! You can also send our volunteers praise through the post-race participant survey. Your feedback and “thank you’s” really matter!



## Adopt A Mile



Since 2010, Atlanta Track Club has organized the Adopt A Mile program which allows local nonprofit organizations the opportunity to provide course support and cheer zones at an event in exchange for a monetary donation from Atlanta Track Club.

This year’s program participants were selected based on their work to improve health and fitness in the metro Atlanta community through walking and running, with a special emphasis on those serving youth. Organizations that meet the minimum requirements on race day will receive a base donation of \$1,000. Up to \$5,000 can be earned by organizations that offer extra support in categories such as: number of volunteers, creativity of cheer zone, cleanup efforts and more. Additionally, the organization voted “Best of the Best” by event participants in the post-event survey will earn a bonus \$500 prize.

### ***2015 Adopt A Mile Participants***

Andee’s Army  
Atlanta Rollergirls  
Back on My Feet Atlanta  
Briarlake Elementary Track Club  
Center for Puppetry Arts  
Decatur Bulldog Boosters  
Evansdale Elementary Foundation

Fit City Kennesaw / Swift Kids  
Girls on the Run of Atlanta  
International Community School  
Peachtree Ridge XC  
United Military Care  
Walton High School Cinder Club



## Awards & Results

All Atlanta 10 Miler & 5K participants will receive a finisher's medal as they cross the finish line. Overall, Master's and Grandmaster's winners in the Men's and Women's categories will be awarded for the 10 Miler and 5K during the Awards Ceremony. Age group awards will be mailed once results are finalized approximately 2 weeks after the event.

**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, 75-59, 80+

**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+

Unofficial results will be posted at [atlantatrackclub.org](http://atlantatrackclub.org) by the evening of October 25.

### Prize Money

CATEGORY	PLACE	PRIZE MONEY
Overall Male	1st	\$750*
Overall Female	1st	\$750*
Masters Male	1st	\$200
Masters Female	1st	\$200
Grandmasters Male	1st	\$200
Grandmasters Female	1st	\$200
Atlanta Track Club Member Overall Male	1st	\$200
Atlanta Track Club Member Overall Female	1st	\$200
Atlanta Track Club Member Masters Male	1st	\$100
Atlanta Track Club Member Masters Female	1st	\$100
Atlanta Track Club Member Grandmasters Male	1st	\$100
Atlanta Track Club Member Grandmasters Female	1st	\$100

\*Increased to \$1000 if an Atlanta Track Club Member

#### NOTES:

Open – under 40

Masters – 40+

Grandmasters – 50+

Eligible participants can earn awards in multiple categories.

Overall standings are based on gun time.

Overall winners are not eligible for age group awards.

To be eligible for Atlanta Track Club Member categories, you must be a member in good standing before October 22nd.

No travel allowances available.

Prize money related questions should be sent to Elizabeth Unislowski at [eunislowski@atlantatrackclub.org](mailto:eunislowski@atlantatrackclub.org).