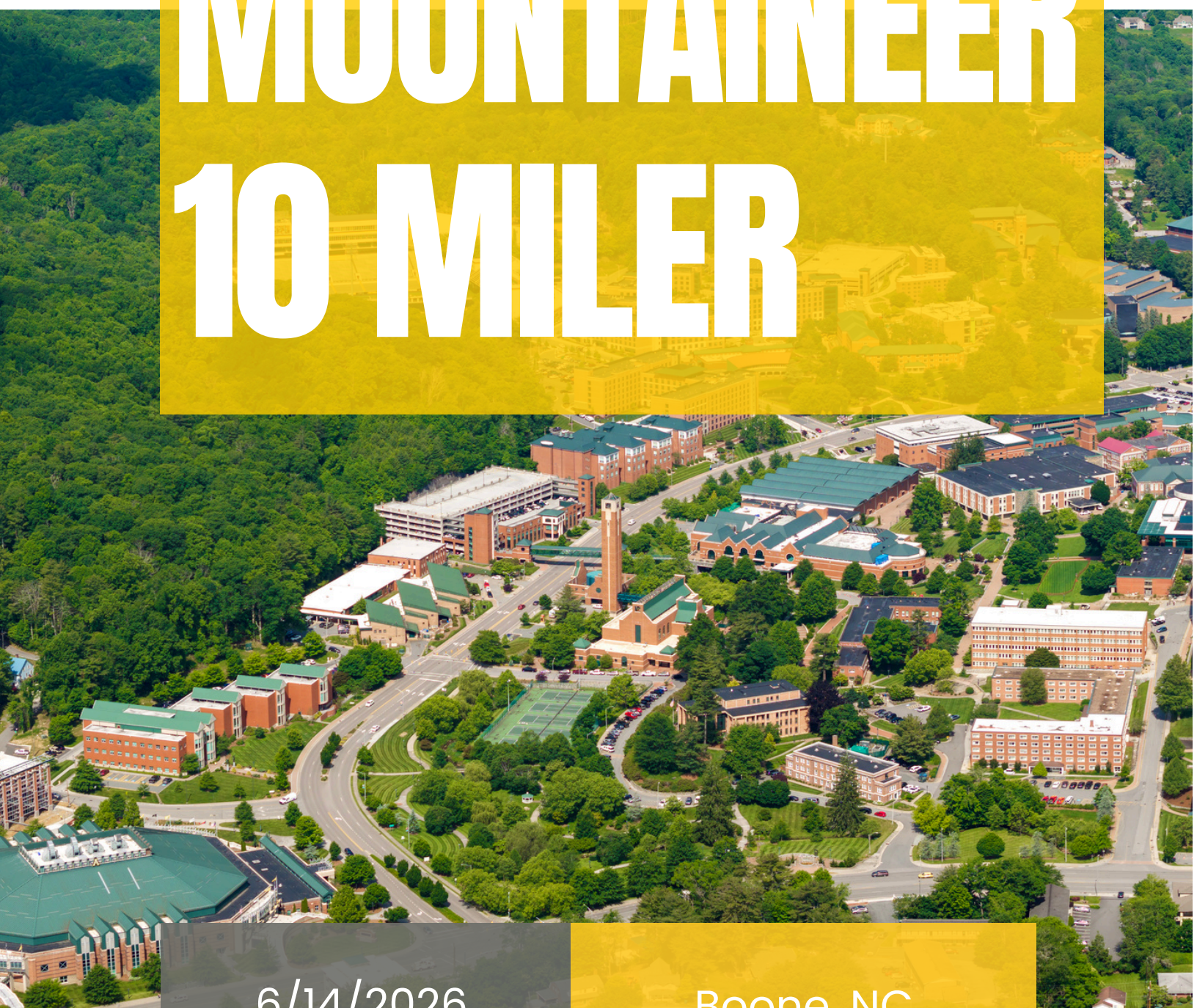


MOUNTAINEER 10 MILER



6/14/2026

Boone, NC

Athlete Guide

MOUNTAINEER
10 MILER + 4 MILER
& DOUBLE DOWN CHALLENGE

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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?

Pending availability, registration will be open until 6 PM on Saturday, 6/13/26.

Is there a gear check this year?

No, gear check will not be offered.

Where do I get my race bib?

If you did not pay for bib mailing, you will need to attend packet pick-up.

Can someone else pick up my race packet for me?

Yes, someone else can pick up your packet. They will need a copy of your ID (a photo is sufficient).

Are strollers allowed on the course?

Strollers are not allowed on the course.

Are pets allowed on the course?

Pets are not allowed on the course.

Is the race USATF certified?

Yes, all distances will be certified. Certification is pending.

Is this an open or closed course?

Most of the course will be fully closed to traffic. However, during a few sections early in the race, runners will travel in a coned-off lane adjacent to vehicle traffic moving in the same direction. Please remain aware of your surroundings and be mindful of nearby traffic.

What is the weather policy?

Races are held, rain or shine, unless we determine that conditions are too dangerous. This will be based on a prudent decision made on race weekend or race day by race officials and local law enforcement officials. If the race is cancelled due to inclement weather, there will be neither refunds nor transfers. This position is consistent with USA Track & Field recommendations and with the protocol of sharing the risks associated with the sport of running. In the event of inclement weather or unforeseen circumstances, Capstone Event Group reserves the right to alter, cancel or eliminate any/all portions of the race.

If there is inclement weather during the race, it is your responsibility as a race participant to follow instruction from race officials and law enforcement in regards to inclement weather. If you disregard instructions from race officials and/or law enforcement, you are doing so at your own risk.

What is the time limit?

The time limits are as follows:

- 4 Miler Participants MUST cross the finish line by 10:35 AM
- Mountaineer 10 Milers Participants MUST finish by 10:35 AM (approx. 14:00 min/mile pace)
- Double Down Challenge (DDC) Participants will begin with the 4 Miler at 7:15 AM. Participants will need to begin the Mountaineer 10 Miler portion of the Double Down Challenge by 8:00 AM. Double Down participants will need to maintain a 11:15 minute mile pace to return to the start line by 8:00 AM. DDC participants must complete the 10-mile segment of the challenge by 10:35 AM.

The cutoff time is determined by our event permit, which permits us to use the roads, police support and other city resources for a specified period of time. After the permitted period ends, roads will reopen and we will no longer be able to provide participants with critical course support, including road closures, police and medical coverage, hydrations stations and course markings.

When the course closes at the cutoff time, any remaining participants must move off of the roads and onto a sidewalk. Anyone who decides to utilize the course route before or after the permitted time will not be considered an active participant and must follow pedestrian laws. Participants who do not meet the cutoff time will not receive an official time.

What will happen to clothes left at the start line or on the course?

- Start Line: Clothes that are left at the start line will be donated or discarded. Clothes will not be returned to you after the race.
- Course: Please discard any unwanted clothes during the race at **aid stations**. Clothes left at aid stations will be donated. Clothes will not be returned to you after the race.

ACCESSIBILITY GUIDE



Handicap Parking

Packet Pickup: There is ADA Parking in the parking lot at Boonshine Brewing Company.

Race Day: If you need accessible parking on race day, please email us at info@moutaineer10miler.com by 6/17/26 and we will assist you.

Accessible Restrooms

Starting Area: There will be accessible portable toilets in the start area.

On Course: On course accessible porto will be added soon.

Race Start Times

- **4 Miler Wheelchair Start:** 7:10 AM
- **10 Miler Wheelchair Start:** 7:40 AM
- **Double Down Challenge Wheelchair Start:** 7:10 AM

Post-Race Party

The post-race party will be held in the end-zone of the Kidd Brewer Stadium.

RACE SWAG!

All participants will receive the inaugural Mountaineer 10 race shirt, featuring the event's bold first-year logo in a clean, mountain-inspired design.

All 4 Miler and 10 Miler finishers will earn a custom medal showcasing downtown Boone and a topographic ribbon inspired by the surrounding Blue Ridge terrain.

Double Down Challenge participants will receive an exclusive bonus shirt featuring bold mountain-inspired graphics. Challenge finishers will also earn a special commemorative medal featuring layered Blue Ridge mountain scenery.

Participant Shirt



4 & 10 Miler Shirt



Double Down Challenge (DDC) Shirt

Participant Medals



4 Miler



10 Miler



DDC

RACE DAY TERMS

Race Bib

Your race bib has a timing chip on the back that records your start-to-finish time. On race day, wear your bib with the number facing forward, and don't bend or remove the chip.

Start Line Chute

The start line chute is where runners gather before the race begins.

Hydration Station

Hydration stations on the course will offer water, sports drinks, and portable toilets.

Mile Markers

Mile markers are posted along the course. GPS devices may not align exactly with them.

Finish Line Chute

The finish line chute is where runners collect their medal, water, and post-race snacks.

Post-Race Party

A post-race party is a celebration held after the race where runners and supporters gather to enjoy food and festivities to celebrate their accomplishments.



RACE DAY ETIQUETTE

Start Line

To keep everyone moving comfortably, please line up toward the back if you plan to walk or do a walk-run.

Hydration Stations

At hydration stations, keep moving while grabbing your cup. If you need to stop, glance behind you or step to the side so everyone stays safe and flowing

Passing

If possible, pass on your left and alert the runner by saying, "On Your Left."

Respect Others

Avoid sudden stops or weaving; be predictable in your movements.

Garbage

Please put all trash in the bins, not on the course.

Follow Instructions

Listen to volunteers & race staff, and obey signs or course markings.

Show Gratitude

Don't forget to thank the volunteers, police, and EMS who are helping make race day safe and fun!

Finish Line

For everyone's safety, please keep moving through the finish line.



RACE DEADLINES

DEADLINE	FORM	DETAILS
<p>REGISTRATION</p> <p>6/13/26 at 6:00 PM EST</p>	<p>Join the fun!</p>	<p>Registration will close one hour prior to the end of packet pickup, unless the race sells out sooner.</p>
<p>BIB MAILING</p> <p>5/9/26 at 12:00 PM EST</p>	<p>Form Closed</p>	<p>Only bibs and safety pins will be mailed to you. You will pick up your shirt & beach towel at the post-race party.</p>
<p>CHANGE DISTANCE</p> <p>6/13/26 at 6:00 PM EST</p> <p>Distance changes are subject to availability.</p>	<p>Change distance here!</p>	<p>You must fill out the change distance form online.</p> <p>Bib Mailers, if the bib you receive is for the incorrect distance, you will need to get a new one at PPU.</p>
<p>DEFERRAL</p> <p>6/4/26 at 11:59 PM EST</p>	<p>Defer your race!</p>	<p>You will be issued a race credit for the amount you paid at registration (excluding handling fees) that can be applied toward next year's race or another Capstone Race.</p>

BIB MAILING

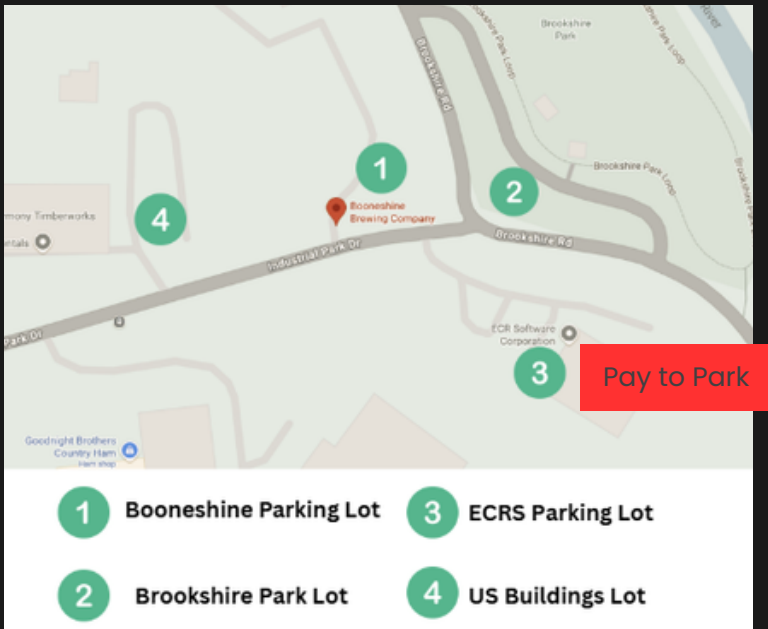
- Bibs were mailed the week of 5/18/26 from our timing company Start2Finish. If yours hasn't arrived by 6/12/26, visit packet pick-up and head straight to customer service for assistance.
- If you changed distances after 5/9, check to make sure your bib reflects the distance change. If it doesn't, please visit the customer service at packet pickup for a new bib.
- You will pick up your race shirt after the event at Customer Service.

Race Item	Will Receive in the Mail	Will Pick Up AFTER the Race
Bib	✓	
Safety Pins	✓	
Participant Shirt		✓
Extra Shirt <small>*only for Double Down Challenge participants</small>		✓

PACKET PICKUP

All participants will need to attend packet pickup, unless they paid for bib mailing. Packet pickup will NOT be available on race morning.

- **Location:** Booneshine Brewing Company | [465 Industrial Park Dr, Boone, NC 28607](#)
- **Date:** Saturday, June 13, 2026 | 2 – 7:00 PM
- **Parking:** Please see the parking map below.
 - Free Parking: There is free parking at the brewery and in a few lots near the brewery.
 - Paid Parking: There is a pay to park lot near the brewery. It is \$6.00 to park.
- We use a reservation system to help keep lines short. Please select a 30-minute time slot and plan to arrive during that window. If you're picking up for multiple participants, you only need to reserve one time slot.
- At packet pickup, you'll receive your bib, shirt, and safety pins. You'll also have the opportunity to engage with our race sponsors!



PACKET PICKUP FAQ

Can someone else pick up my bib for me?

Yes, someone else can pick up your bib—just have them bring a copy or photo of your ID for verification.

Will there be a packet pickup on race morning?

There will not be packet pick-up on race morning. Please make plans to attend beforehand, or have someone attend on your behalf.

Will I be able to exchange my t-shirt size at packet pickup?

Shirts are distributed based on the size selected during registration, as we order inventory according to these selections. Size changes are not available at packet pickup. Limited size exchanges may be available beginning at **10 AM** on race day, while supplies last.

If I am picking up bibs for multiple people, do I need to sign up for multiple reservation spots?

No, you only need to sign up for one slot if you are picking up bibs for multiple people.



BIB GUIDE

All participants must wear their bib on the outside of their shirt with the race number facing forward.

Bib Number



Race Distance

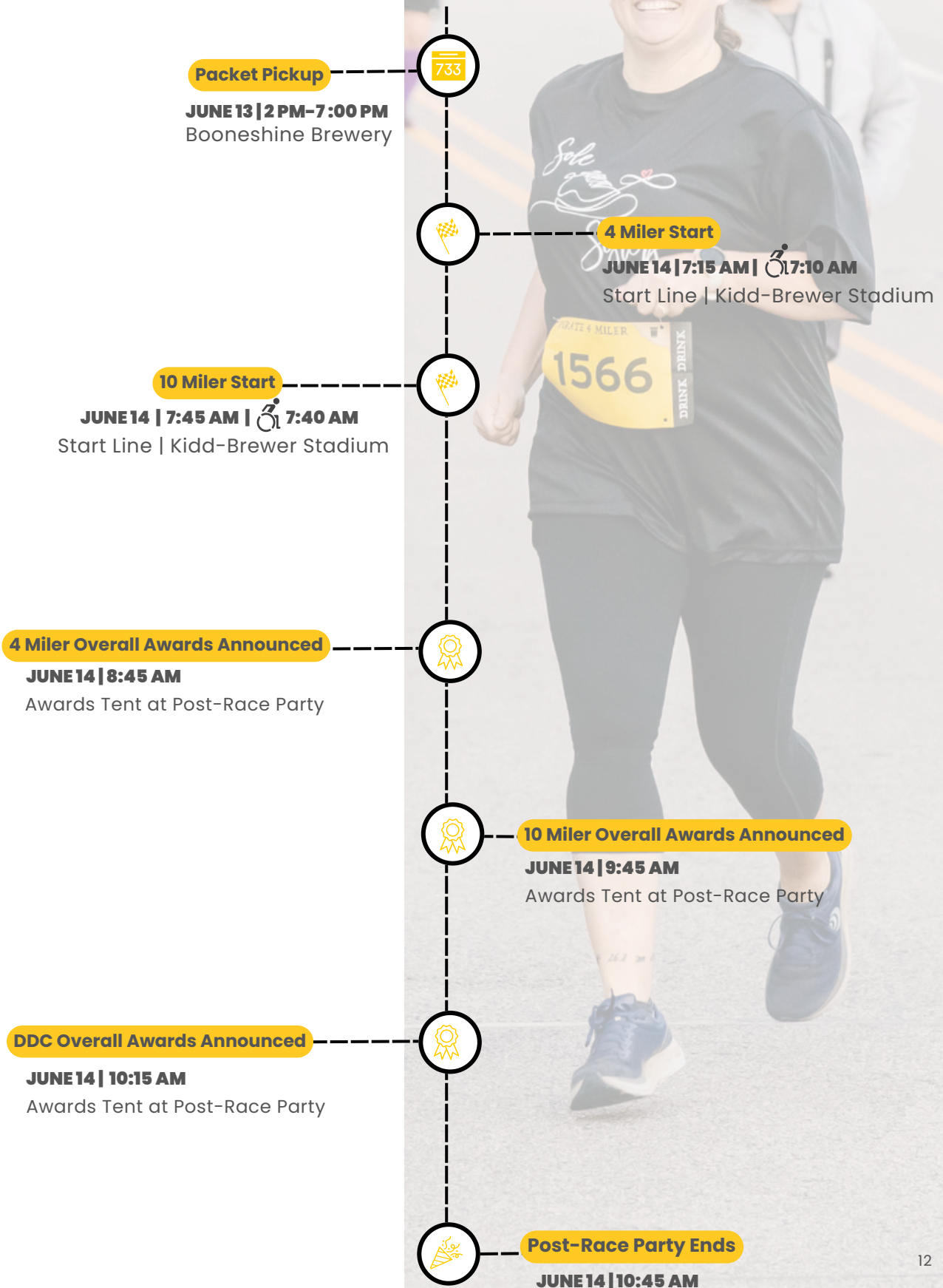
Bib Mail Indicator

4 Miler Bib

Double Down Challenge Bib

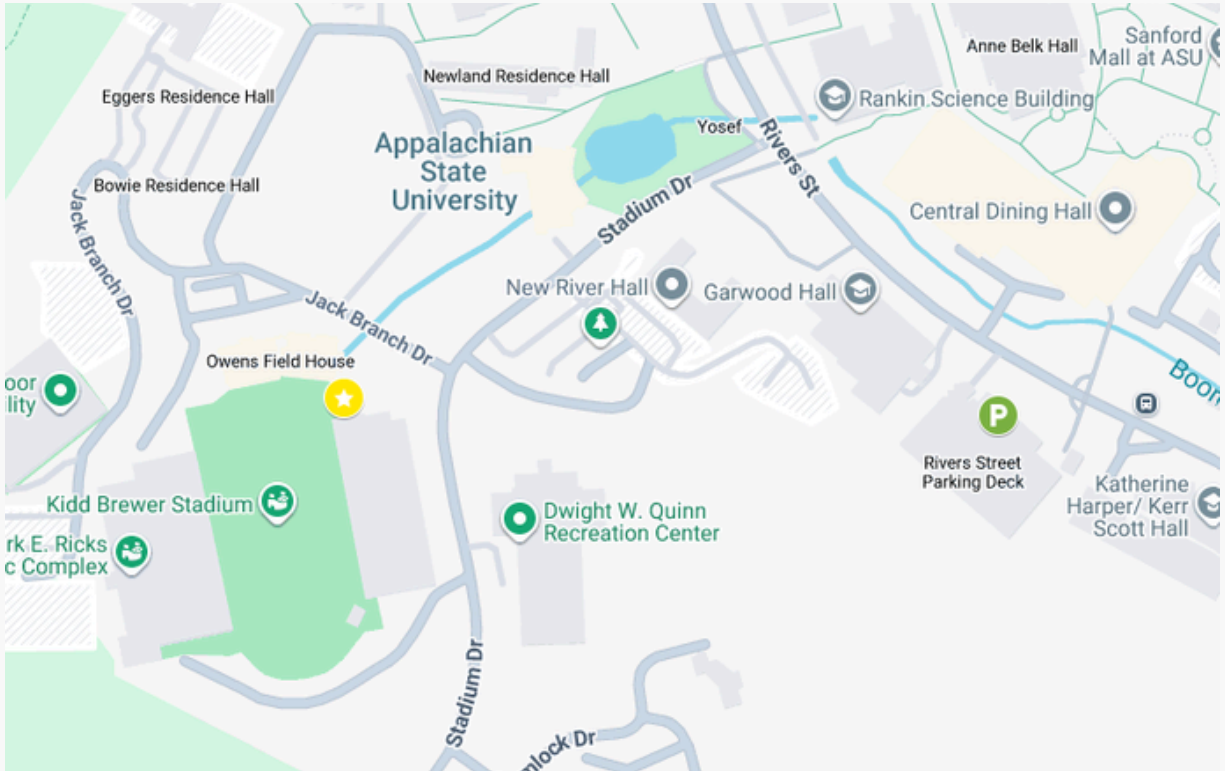


RACE WEEKEND TIMELINE



RACE DAY PARKING

Participants will park in the River Street Parking Deck located at 461 Rivers Street, Boone, NC 28607



Click for [Google Map](#) link to parking.

A promotional banner for Mountain State Athletics. On the left, a smartphone displays a soccer game interface with the Mountain State Athletics logo at the top. The phone screen shows a match between UNC Asheville and Appalachian Soccer Stadium. In the center, there is a large, stylized 'A' logo with 'Mountain State Athletics' written below it. On the right, the text 'APP STATE ATHLETICS' is written in large, bold, white letters. Below the text are two logos: 'ANDROID APP ON Google play' and 'Download on the App Store'.

PRE-RACE INFO

Start Line

Kidd-Brewer Stadium |
[270 Stadium Dr, Boone, NC 28607](#)

Start Times

- **4 Miler & Double Down Challenge:** 7:15 AM
 - Wheelchair Division | 7:10 AM
- **10 Miler:** 7:45 AM
 - Wheelchair Division | 7:40 AM

Portable Toilets

There will be portable toilets located outside of stadium on race day.

Customer Service

Customer Service will be located in the parking lot near the finish line. | **6:30 - 11:00AM**

Gear Check

Due to the close proximity and availability of parking at the start, gear check will **not** be available on race morning. Runners are encouraged to leave personal belongings in their vehicles or with family/friends.

Pacers

We plan to offer the following pace groups for the **10 Miler:**
6:30, 7:00, 7:30, 8:00, 8:30, 9:00, 9:30, 10:00, 10:30, 11:00, 11:30, 12:00

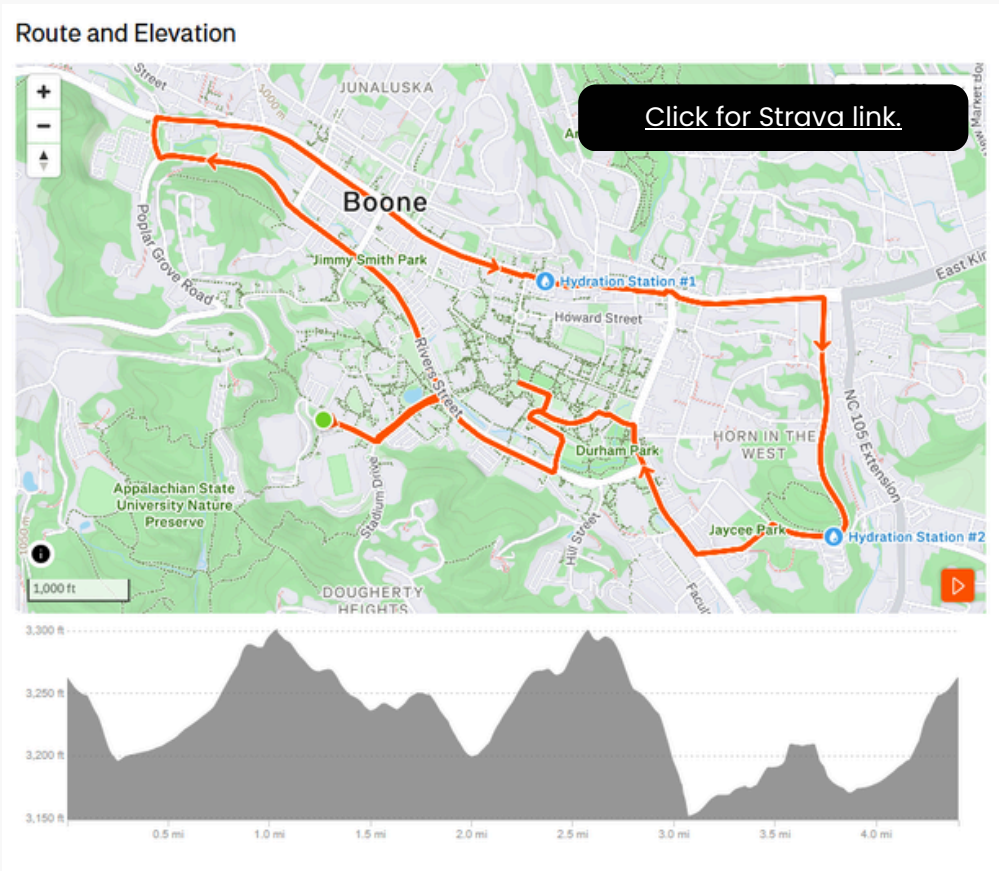
Please look for the pacers (holding a flag in the air with the pace on it) in the start line chute.

Our pacers are dedicated volunteers who generously donate their time to support runners on race day. While they will do their very best to maintain their assigned pace, exact pacing cannot be guaranteed.

Medical Support

We will have medical professionals on-site throughout the race, including at the start/finish area.

4 MILER COURSE MAP



Course Map

The course map is provided via Strava and is a close representation of the race route. Minor variations in distance or detail may occur. The official measured course will be clearly marked with signage on race day.

Hydration Stations

There will be 2 hydration stations on the 4 Miler course. Locations are approximate and rounded to the closet .25 of a mile.

Location: 1.75, 2.75

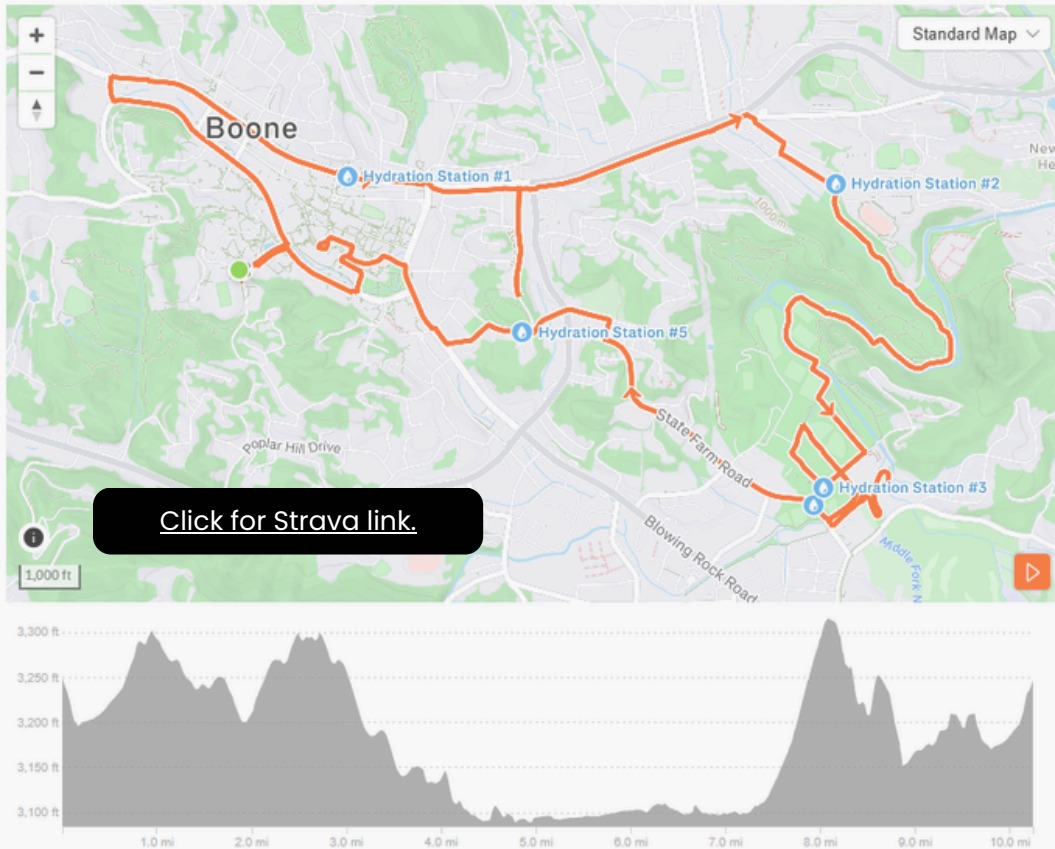
On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be available at each aid station.

10 MILER COURSE MAP

Route and Elevation



Course Map

The course map is provided via Strava and is a close representation of the race route. Minor variations in distance or detail may occur. The official measured course will be clearly marked with signage on race day.

Hydration Stations

There will be 5 hydration stations on the 10 Miler course. Locations are approximate and rounded to the closest .25 of a mile.

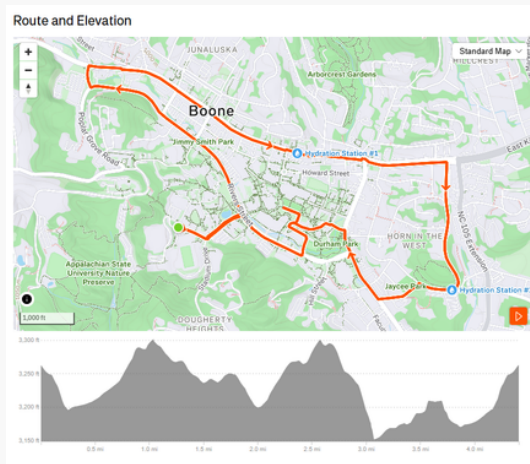
Locations: 1.75, 4, 6.5, 7.5, 8.75

On Course Hydration & Fuel

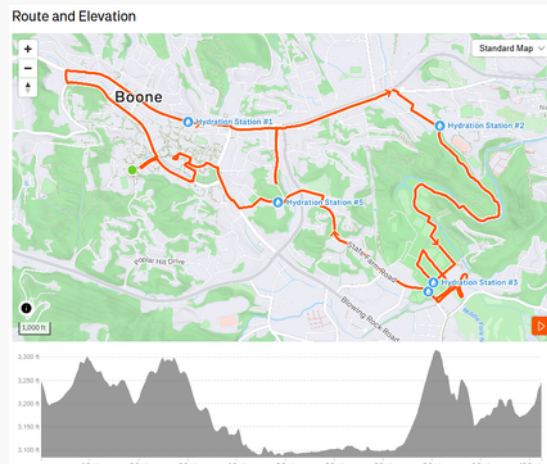
Water & Gatorade will be provided at all aid stations.

Portable toilets will be available at each aid station.

DOUBLE DOWN CHALLENGE COURSE MAPS



[Click for Strava link.](#)



[Click for Strava link.](#)

Double Down Challenge Course Map:

DDC participants will complete the 4 Miler course first, passing through the 4 Miler finish chute before proceeding to the 10 Miler start line to complete the second leg of the challenge.

Course Map

The course map is provided via Strava and is a close representation of the race route. Minor variations in distance or detail may occur. The official measured course will be clearly marked with signage on race day.

Hydration Stations

There will be 2 hydration stations on the 4 Miler course. Locations are approximate and rounded to the closet .25 of a mile.

Locations:

- **4 Miler:** 1.75, 2.75
- **10 Miler:** 1.75, 4, 6.5, 7.5, 8.75

On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be available at each aid station.

POST-RACE PARTY

Location End Zone at Kidd-Brewer Stadium

Hours 7:30-10:45 AM

Details Celebrate your finish in the end zone of Kidd Brewer Stadium from 7:30 AM-10:45 AM! Enjoy pizza, bananas, and a fun post-race atmosphere. No alcohol will be served.

Overall Awards Overall awards for each distance will be presented at the awards tent in the post-race party to the top 3 male & female finishers, based on gun time. Awards will not be mailed.

Overall Award Time Overall awards will be announced at the awards tent at the post-race party.

- 4 Miler: 8:45 AM
- 10 Miler: 9:45 AM
- DDC: 10:15 AM

Age Group Awards Age group awards will be given to the top 3 male & female finishers in each age group for all 3 distances based on chip time. Age group awards will be available for pick-up at customer service after the announcement of the overall awards. **Awards will not be mailed.**

Age Groups 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over



POST-RACE PARTY MAP



Start/Finish Area Map Key

 Customer Service

 Volunteer Check In

 Porto

 Start Line

 Finish Line

 Walk to the Post-Race Party

 Food

 Double Down Medical

 Awards

 Sponsor

 Sponsor

 Sponsor

 Marketing

[Click map for interactive Google Map of start/finish locations.](#)

POST-RACE DETAILS

**Race
Photos**

Within 2-3 days of the race, you will receive an email from the race photographer, Finisher Pix, with race photos.

Results

There will not a results tent at the finish line, but a results link will be shared via email before the race.

**Results
Correction**

We will share information about how to correct your results after the race.

Survey

We value your feedback! After the race, you'll receive an email with a short survey link. Taking a few minutes to share your thoughts helps us improve and the event even better.

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