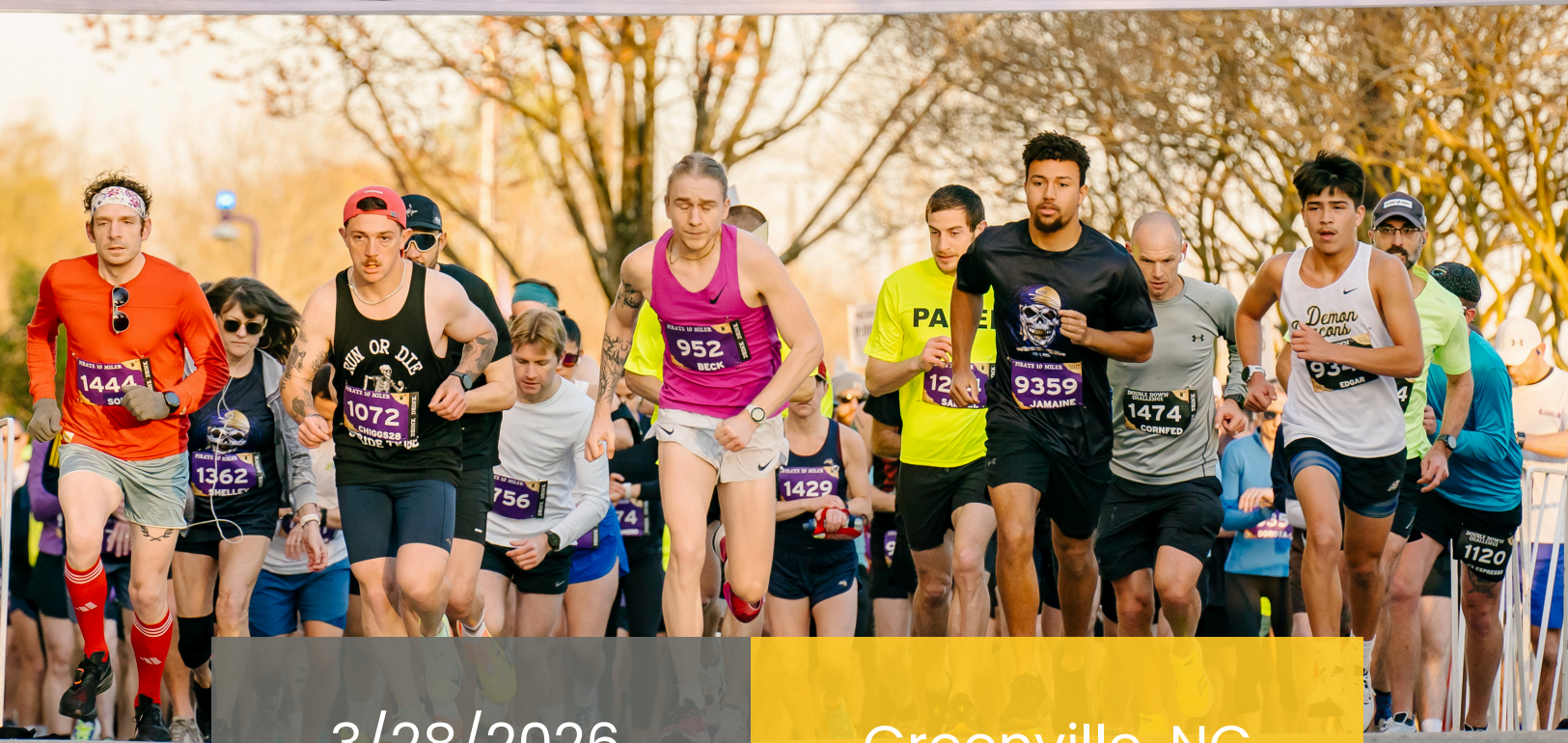


PIRATE 10 MILER



3/28/2026

Greenville, NC

Athlete Guide



Presented by:



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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 Friday, 3/27/26.

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 are certified..

- Pirate 10 Miler 2026: NC26009BDS
- Pirate 4 Miler 2026: NC26010BDS

Is this an open or closed course?

The course will be majority closed to traffic —please follow the directions of our volunteers, staff, and course signage on race day.

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 8:20 AM (16:00 min/mile pace)
- Pirate 10 Milers Participants MUST finish by 10:30 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 Pirate 10 Miler portion of the Double Down Challenge by 8:10 AM. Double Down participants will need to maintain a 14 minute mile pace to return to the start line by 8:10 AM. DDC participants must complete the 10-mile segment of the challenge by 10:30 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 Hilton Greenville.

Race Day: If you need accessible parking on race day, please email us at info@pirate10miler.com by 3/22/26 and we will assist you.

Accessible Restrooms

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

On Course: There will be accessible portable toilets at the following locations:

- 10 Miler: Miles 2.5 & 5
- 4 Miler: Mile 2.5

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 at the parking lot adjacent to the finish line (Dowdy-Ficklen Stadium), so it will be accessible for all participants.

RACE SWAG!

Show your Pirate spirit in the official black participant tee, featuring a bold skull and ship's wheel design in purple and white – the perfect keepsake from your voyage!

Conquer both distances and earn the exclusive DDC charcoal tee with a gold treasure chest design. Only the bold need apply!

Every finisher earns a distance-specific medal. DDC participants collect their 10 Miler medal in the finish chute, then grab their 4 Miler and DDC medals at the awards tent – three medals for one epic day!

Participant Shirt



4 & 10 Miler Shirt



Double Down Challenge (DDC) Shirt

Participant Medals



4 Miler



10 Miler



DDC

WHAT'S NEW IN 2026

We're always working to make race weekend even better, and this year brings some exciting updates you won't want to miss:

Course Update | The Pirate 10 Miler course has changed for 2026! This year's route has been redesigned to take you through more of downtown Greenville, giving you a chance to take in the beauty of the city along the way. Be sure to review the updated course map before race day.

Distributing Award Medals on Race Day | We're now giving age group awards on race day so you can celebrate your achievement immediately, enjoy the recognition in person, and share the moment with fellow runners.

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, drinks, 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>3/27/26 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>2/20/26 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>3/27/26 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>3/18/26 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 3/10/26 from our timing company Start2Finish. If yours hasn't arrived by 3/24/26, visit packet pick-up and head straight to customer service for assistance.
- If you changed distances after 3/1, 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:** Hilton Greenville | [207 Greenville Blvd SE, Greenville NC 27834](#)
- **Date:** Friday, March 27, 2026 | 2 PM – 7:00 PM
- **Parking:**
 - There is ample parking in front and behind the Hilton Hotel.
- 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?

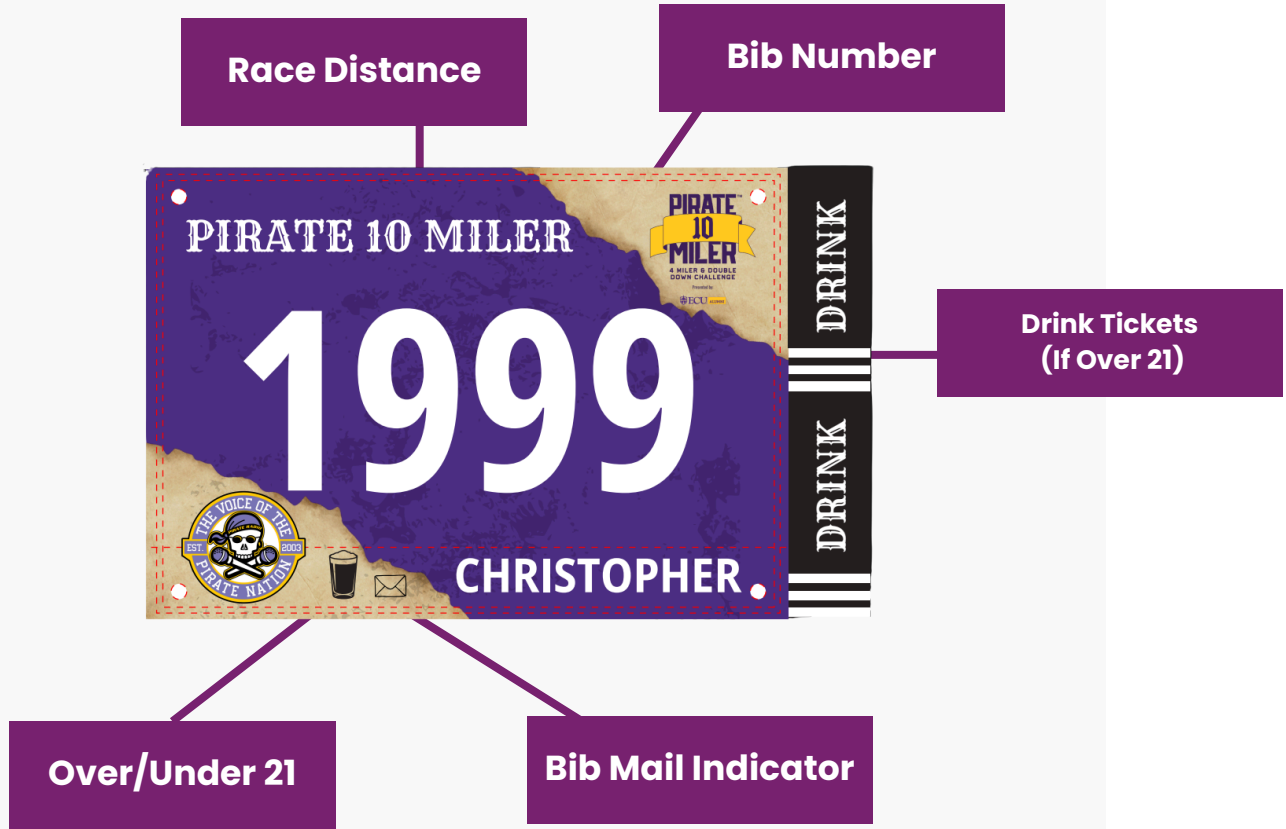
Shirts are distributed based on the size selected during registration, as we order inventory according to these selections. Size changes are not available at packet pickup. Limited size exchanges may be available beginning at **10 AM** on race day, while supplies last.

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.



4 Miler Bib

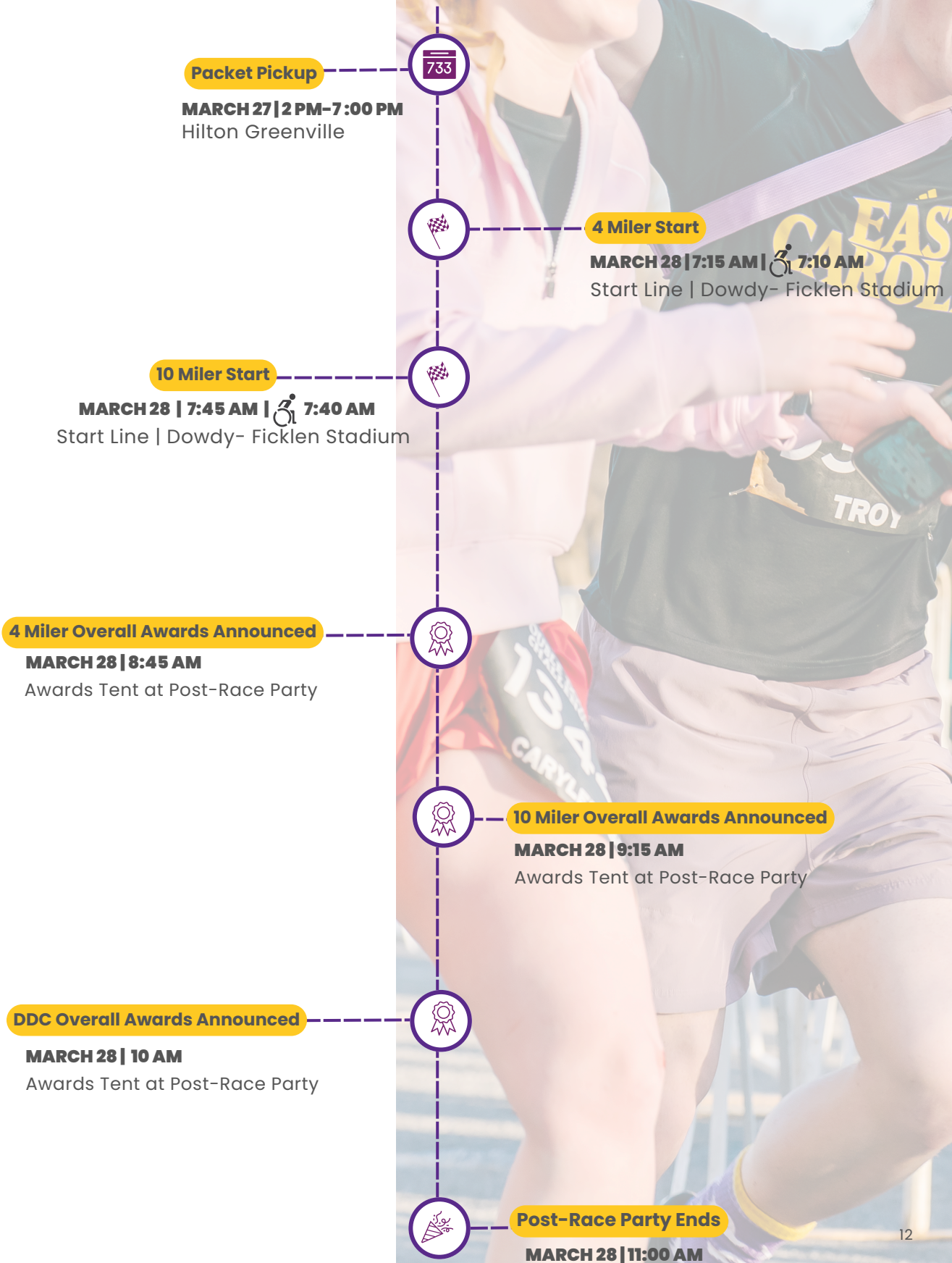


Double Down Challenge Bib



Participants under 21 will not receive drink tickets. Drink tickets can be redeemed for alcoholic beverages after the race. Must be 21+. Must have Valid ID.

RACE WEEKEND TIMELINE



RACE DAY PARKING

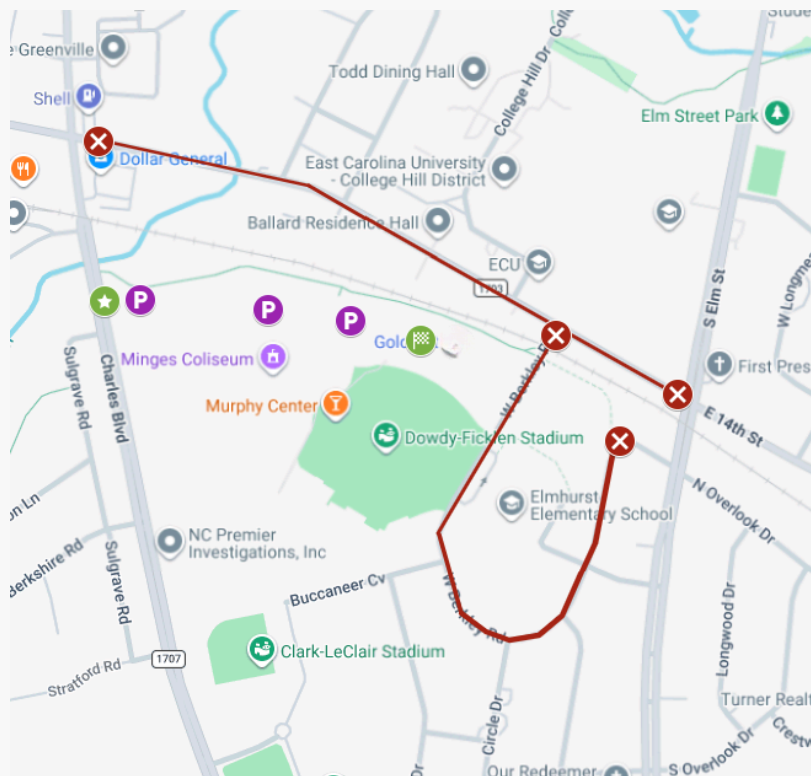
Free parking is available in lots Orange, Blue, and Lower Minges, located right near the start/finish line.

Enter from Charles Blvd – note that access from 14th Street and W. Berkley will not be available. Follow the signage once you arrive!

! Roads close at 6:45 AM, so plan to arrive early – this applies to ALL participants, including 10 Miler runners!

Recommended Parking

- P Orange Lot
- P Blue Lot
- P Lower Minges Lot
- ★ Enter Parking on Charles!
- ✘ Closed - Race Morning!
- ✘ Closed - Race Morning!
- ✘ Closed - Race Morning!
- 🚫 Road Closed on Race Morning!
- ✘ Road Closed
- 🚫 Road Closed on Race Morning
- 🚫 Road Closed on Race Morning
- 🚫 Road Closed on Race Morning
- 🚫 Road Closed on Race Morning
- 🏁 Start/Finish Line



[Click for a Google Map of the recommended parking locations.](#)

PRE-RACE INFO

Start Line

Dowdy-Ficklen Stadium |
100 Ficklen Dr, Greenville, NC 27858

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

The stadium bathrooms will be available at the start line.

Customer Service

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

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**

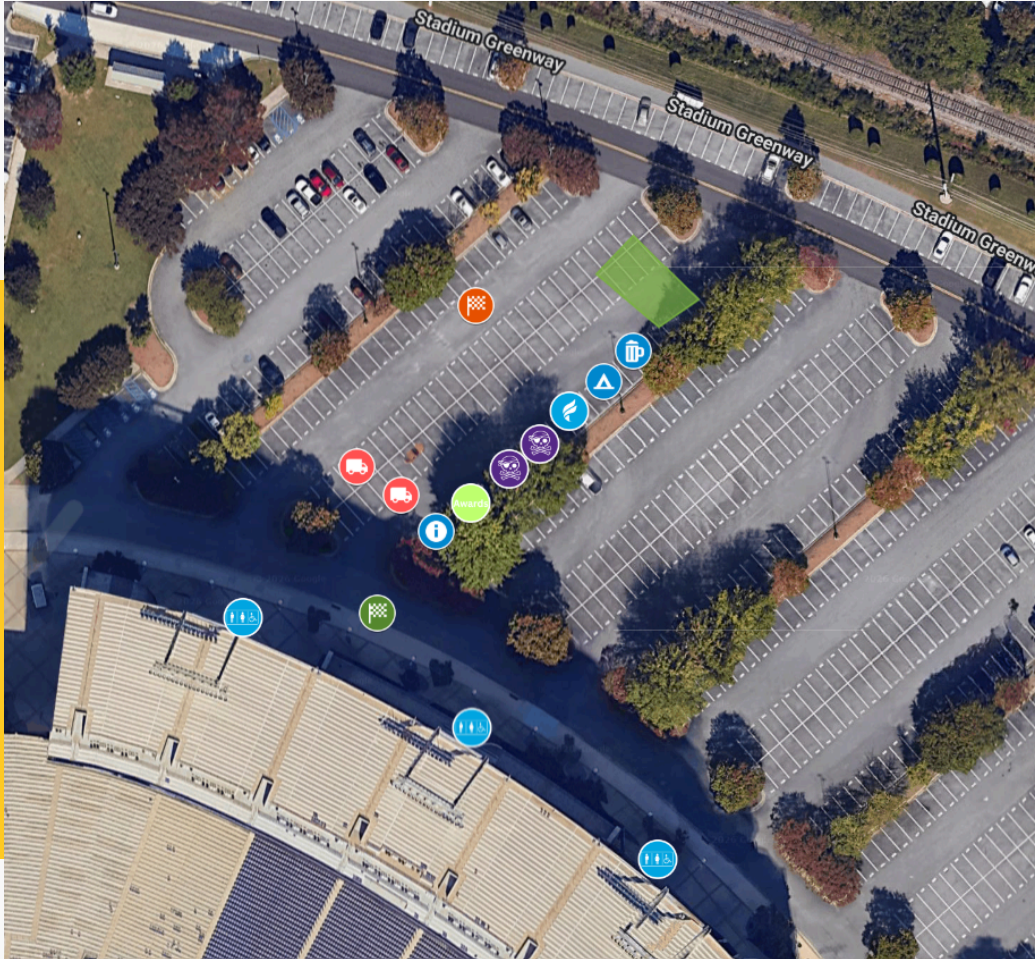
Please look for the pacers (holding a flag in the air with the pace on it) in the start line chute.

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.

START/FINISH AREA MAP

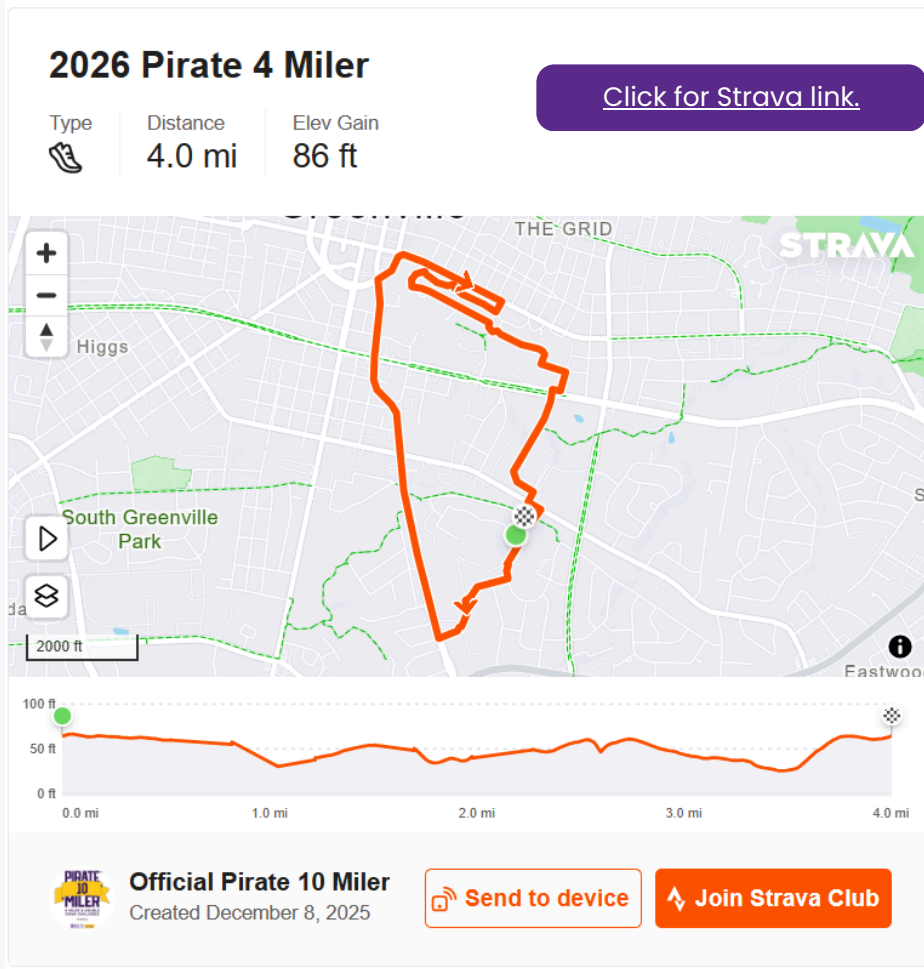


Start/Finish Area Map Key

- | | | |
|--|---|--|
|  Finish Line |  Beer Garden |  awards |
|  Start Line |  Fleet Feet |  Food Truck |
|  Customer Service |  ECU Alumni Tent |  Food truck |
| |  ECU Alumni Tent |  Bathrooms in Stadium |
| |  Red Bull | |
| |  Michelob | |

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

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

4 Milers will find 2 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

Location: Mile 2.5, 3.5

On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Portable toilets will be available at each hydration station.

10 MILER COURSE MAP

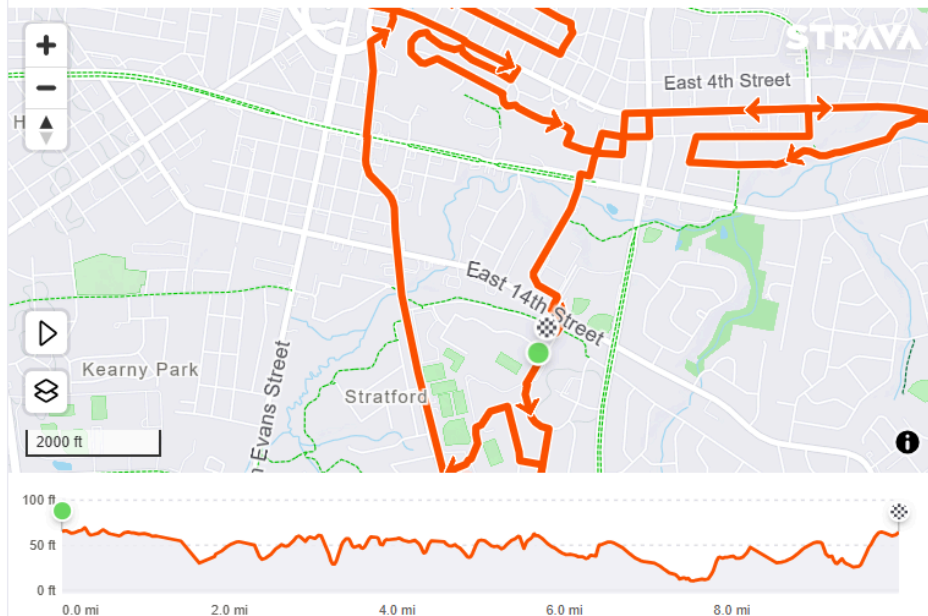
2026 Pirate 10 Miler



Distance
10.0 mi

Elev Gain
275 ft

[Click for Strava link.](#)



Official Pirate 10 Miler
Created December 8, 2025

[Send to device](#)

[Join Strava Club](#)

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

10 Milers will find 6 hydration stations along the course to help keep you fueled and hydrated. Station locations are approximate and listed rounded to the nearest 0.25 mile.

Locations:

Miles 2.5, 3.5, 5, 6.25, 7.75, 9.25

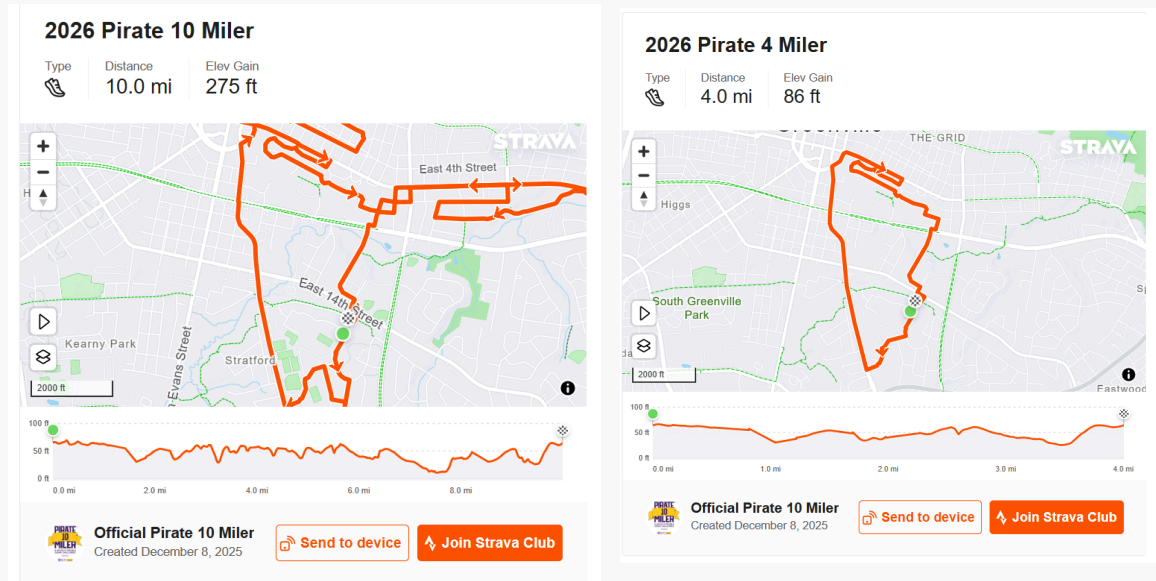
On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Gu will be offered at mile 6.25

Portable toilets will be located at each aid station.

DOUBLE DOWN COURSE MAPS



[Strava link.](#)

[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 aid stations along the 4 Miler course and 6 along the 10 Miler course, for a total of 8 aid stations for DDC participants. Station locations are approximate and listed rounded to the nearest 0.25 mile.

Locations:

- 4 Miler: 2.5, 3.5
- 10 Miler: 2.5, 3.5, 5, 6.25, 7.75, 9.25

On Course Hydration & Fuel

Water & Gatorade will be provided at all aid stations.

Gu will be offered at mile 6.25 of the 10 Miler

Portable toilets will be located at each aid station.

DOWNLOAD THE



PIRATE RADIO APP



Download on the
 App Store



Get it on
 Play Store

PR927FM.COM

POST-RACE PARTY

Location Parking Lot of Dowdy-Finklen Stadium | Just next to the finish line!

Hours 7:30-10:30 AM

Details The fun doesn't stop at the finish line! Join us for a post-race tailgate featuring a beer garden, lawn games (cornhole, Jenga, ladder ball & more), and vendors. Participants 21+ receive two free beers – just bring your ID!

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.

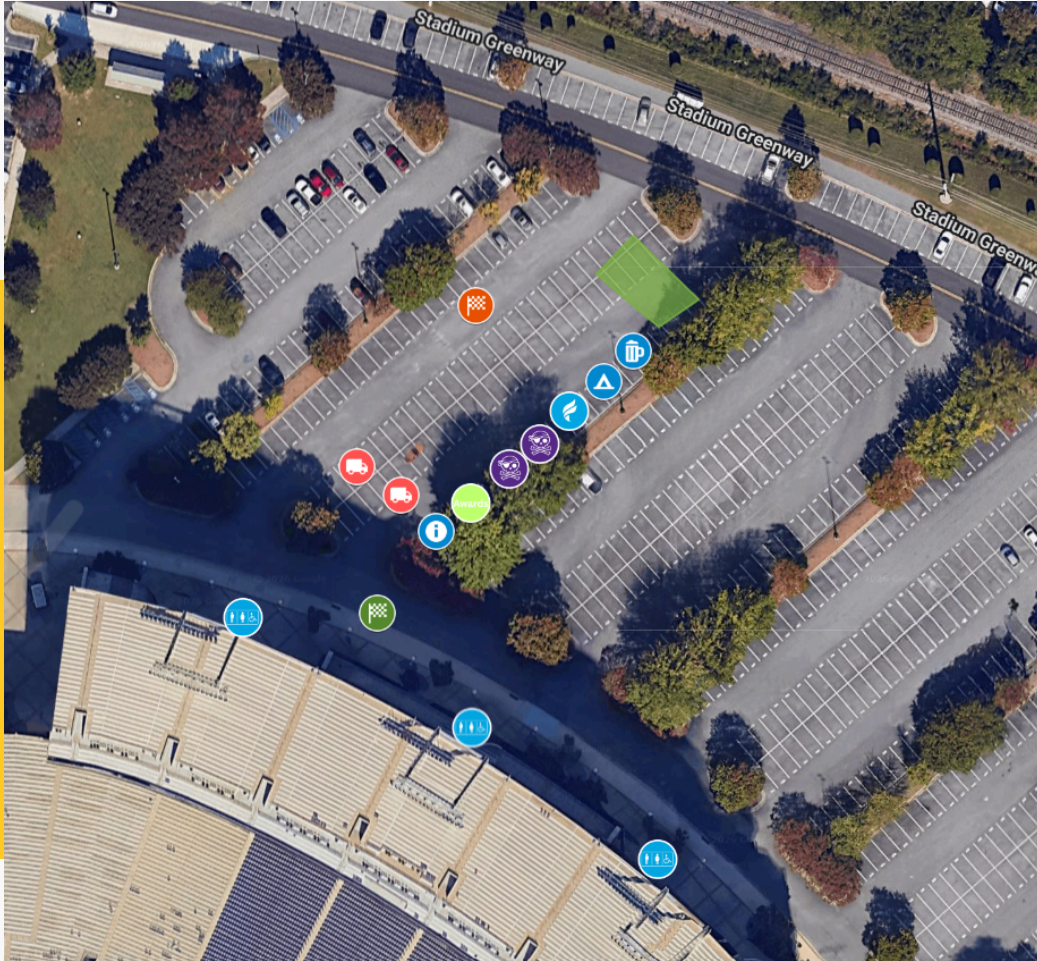
- 4 Miler: 8:45 AM
- 10 Miler: 9:15 AM
- DDC: 10:00 AM

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

- | | | |
|------------------|-----------------|----------------------|
| Finish Line | Beer Garden | awards |
| Start Line | Fleet Feet | Food Truck |
| Customer Service | ECU Alumni Tent | Food truck |
| | ECU Alumni Tent | Bathrooms in Stadium |
| | Red Bull | |
| | Michelob | |

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

POST-RACE

**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 make next year's event even better.

SPONSORS & PARTNERS

