



ELM ST

ATHLETIC FEST

# Athlete Guide

Saturday May 9, 2026

ELM ST ATHLETIC FESTIVAL

# WHERE YOUR MILES MATTER

Race Day Vibes



Photo By : Alice Owens



# Why We Run and Walk



**Brain Tumor  
Network**

Guiding Patients. Empowering Care.

Brain Tumor Network provides free, one-on-one guidance to brain tumor patients and caregivers. Their navigators help families understand treatment options, find expert care, and feel less alone during an overwhelming time.

<https://www.braintumornetwork.org/>

100% of donations and fundraising dollars will go to the Brain Tumor Network and Atrium Health Wake Forest Baptist MIND Alliance Fund. A portion of the event proceeds will go toward Brain Tumor Network and Atrium Health Wake Forest Baptist MIND Alliance Fund. **Donate here:**

<https://runsignup.com/Race/Donate/NC/Greensboro/ElmStreet10>



**Atrium Health**  
**Wake Forest Baptist**

The Atrium Health Wake Forest Baptist MIND Alliance Fund supports innovative brain cancer research in North Carolina, focused on developing safer, more effective treatments that can better reach the brain.

<https://www.wakehealth.edu/condition/b/brain-tumor>



# Packet Pick-Up: May 7, 8, & 9, 2026

**Thursday, May 7th | 5:00 PM – 7:30 PM | Potent Potables 115 E Main St, Jamestown, NC**

Kick off race weekend with us at Potent Potables! Come by to collect your race packet and gear between 5-7:30pm. You'll have a chance to demo new shoes from On and even win some door prizes. We'll have a 6pm group run leaving from Potent Potables, right in front of the club. Marty's BBQ food truck will be on-site for dinner, and you can leave your mark on the race by decorating a sign that will be placed on the race course!

**Friday, May 8th | 4:00 PM – 6:30 PM | Natty Greene's, 332 S Elm St, Downtown Greensboro**

Can't make Thursday? No worries. Grab your packet at Natty Greene's on Friday from 4-6:30pm, conveniently located next to the start/finish line.

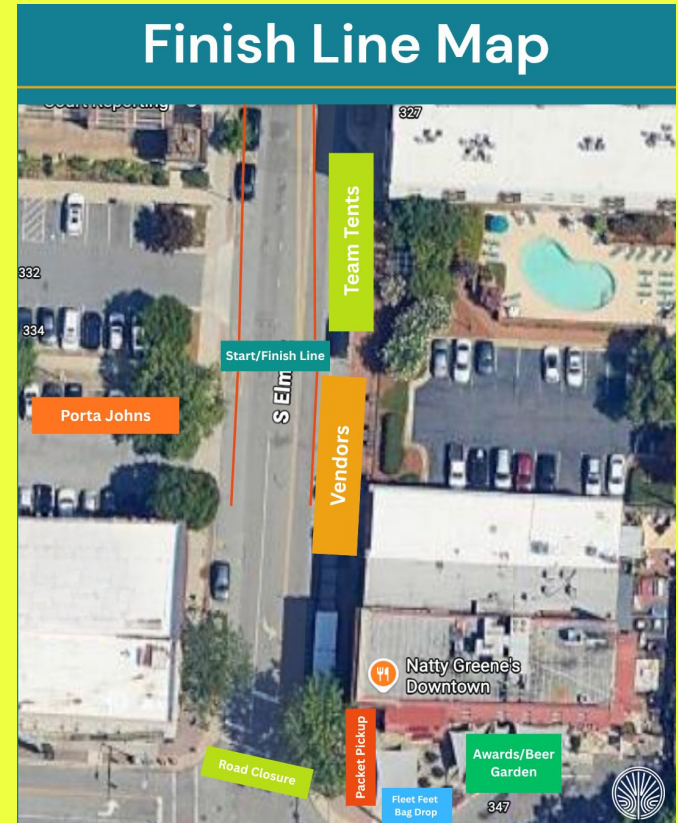
**Saturday, May 9th | 6:30 AM - 8:30 AM | Natty Greene's, 332 S Elm St, Downtown Greensboro**

Packet pick-up will also be available race morning for participants who can't make Thursday or Friday's packet pick-up. Just head to the patio at Natty Greene's to pick up your packet on race morning. You will have until 15 minutes before your race distance starts to collect your packet.



# Race Day Schedule

- 6:30am: Race day registration & packet pickup begins (located by start/finish line)
- 7:45am: 10 Mile start
- 8:00am: 5K start
- 8:30am: 1 Mile youth run start
- 8:45am: Survivors, Healers and Heroes One Mile Walk start
- 8:30am: Natty Greene's Start Pouring Beer
- 9:00am: [Natty Greene's Brunch](#) Opens
- 9:45am: Awards Ceremony at [Natty Greene's](#)



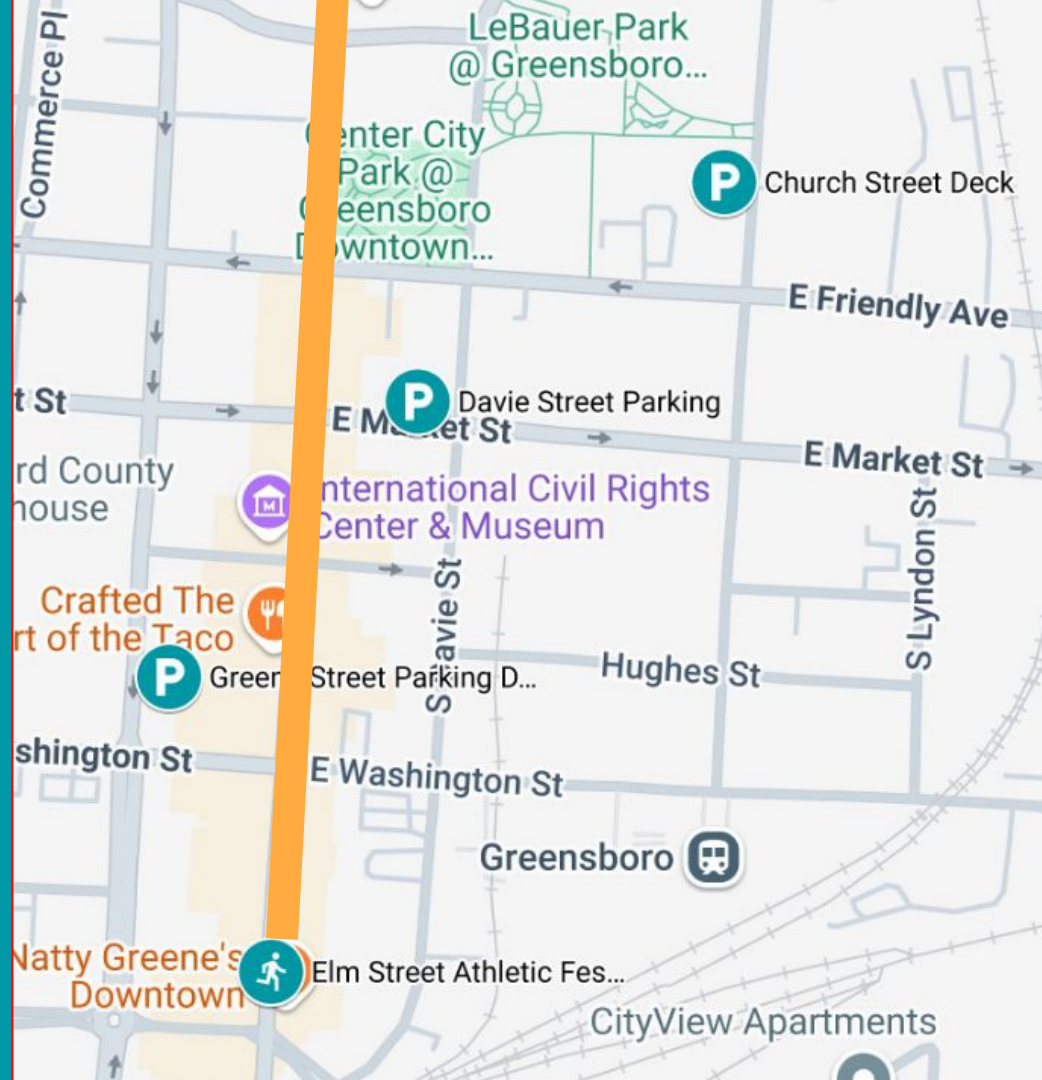
# Nearby Public Parking

Greene Street Deck  
211 S Greene Street  
Greensboro, NC 27401

Davie Street Parking Deck  
109 E Market St  
Greensboro, NC 27401

Church Street Parking Deck  
215 N Church Street  
Greensboro, NC 27401

**DO NOT PARK ON ELM STREET!**

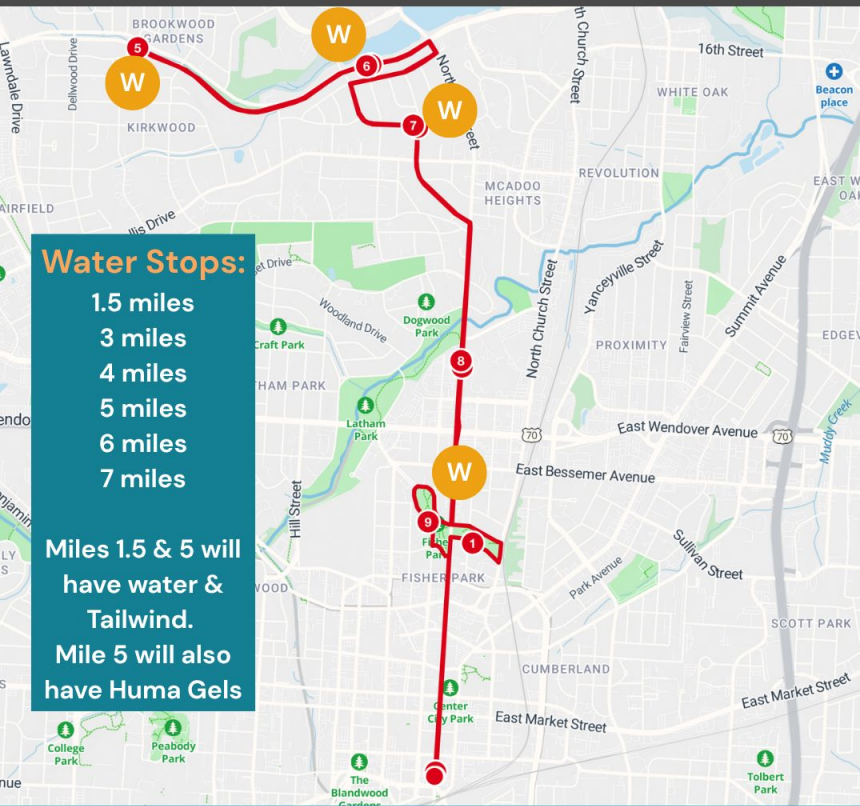


# For 5K/10 Mile/1 Mile Races

All runners & walkers in all events will stay to their right on the course on the way out and the way back. This will ensure that we don't have any head on collisions on the out and back portions of the course. At certain turns and junction points the road will be divided into two lanes. **STAY TO YOUR RIGHT** in these instances.



# 10 Miler

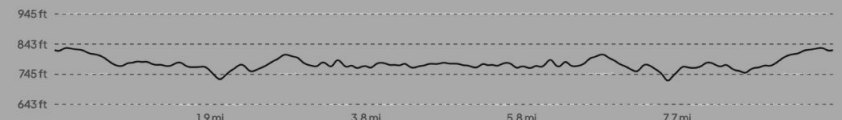


## Water Stops:

- 1.5 miles
- 3 miles
- 4 miles
- 5 miles
- 6 miles
- 7 miles

Miles 1.5 & 5 will have water & Tailwind.  
Mile 5 will also have Huma Gels

Elevation Start 827 ft Max 863 ft Gain 351 ft



# 10 Mile Course Overview

## Out

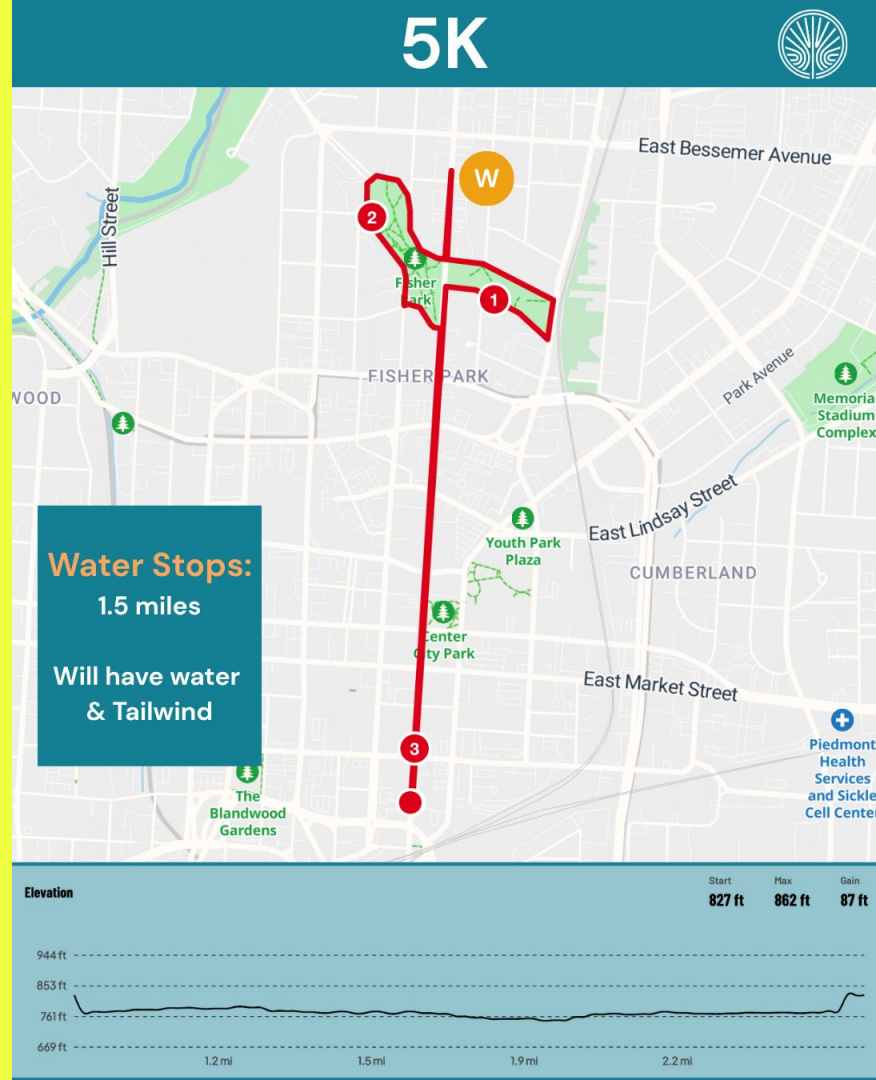
- Start North on Elm St
- Right on South Park Drive
- Left on North Church St
- Left on North Park Drive
- Right on Elm St
- North on Elm St
- Left on Elmwood
- Left on Kimberly Dr
- Right on Rockford
- Left on Elm St
- Left on West Cone
- Turn around @ Elkhart

## Back

- Head back east on West Cone
- Right on Elm St
- Right on Rockford
- Left on Marston
- Stay Left on Kimberly
- Right on Elmwood
- Right onto Elm St
- Right on Fisher Park Circle
- Left on Florence St
- Right onto Elm St and head to finish!!

# 5K Course Overview

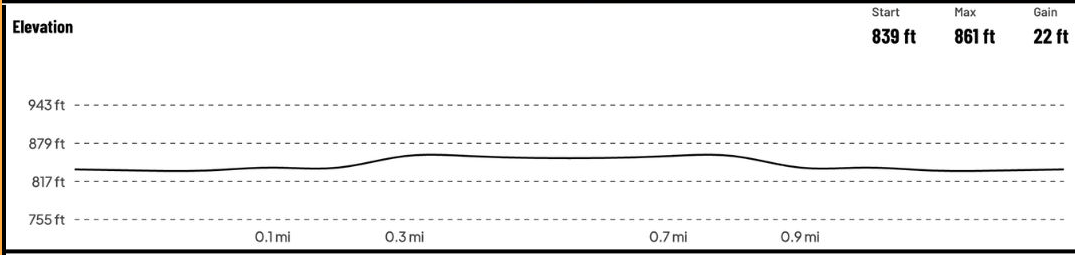
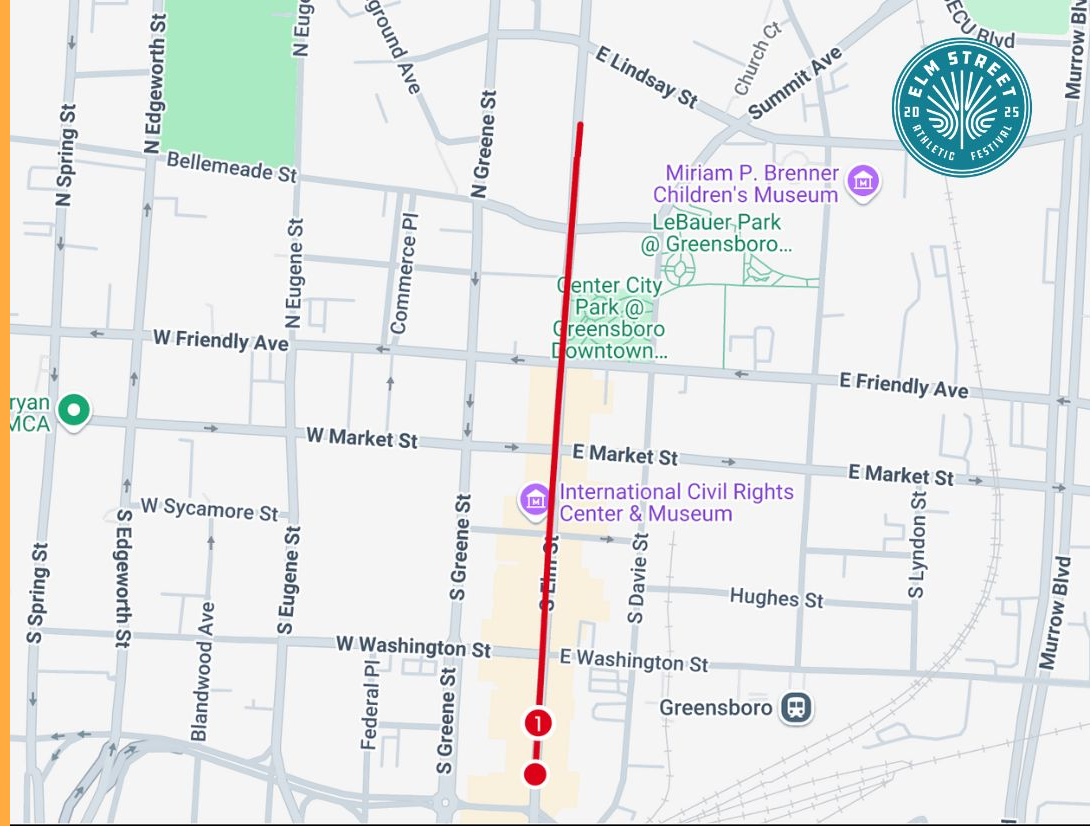
- Start North on Elm St
- Right on South Park Drive
- Left on North Church St
- Left on North Park Drive
- Right on Elm St
- Turnaround
- Right on Fisher Park Circle
- Left on Florence St
- Right onto Elm St and head to finish!!



# 1 Mile Course Overview

Kids Run & the Survivors,  
Healers, and Heroes Walk

Stay to the right as you head  
North on Elm St. Turn around  
at cone and head back south  
to the finish!



# On Site Vendors

Brain Tumor Network

On Running

Elite Performance Chiropractic

Crossfit Versatile

Natty Greene's

American Brain Tumor Network

ABR Bodywork

Atrium Wake Forest Baptist Health

ISI

Amada Senior Care

Celtic Physical Therapy

Novocure

# A Huge Thank You To Our Sponsors:

Silver



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