

100 Miles to Meals

Here's how it works...

1. You register for the race, submitting your prospective time for the one-mile run and indicating what time of day you are available to run.
2. Join a team of five if you like.
3. Once 200 runners have registered, registration will close and two teams of 100 each will be compiled.
4. An email will be sent to all runners indicating their place in line and the approximate time of day that they will be slated to run their mile.
5. Runners are welcome to come and go as they please, but they should be at the North Allegheny Intermediate High School track a little bit in advance of their scheduled time so that they do not miss the handoff.
6. Results will be live-streamed [HERE](#) at wolfcreektrackclub.com so you can keep track of the race's progress and know when to be at the track.
7. Upon arrival at the track, you should pick up your bib number and shirt (if you ordered one) and await your turn with the baton.
8. Once you receive the baton, you run four laps and hand it off to the next person in line.
9. When runner #100 crosses the finish line, the baton will have traveled a full 100 miles and the team's total time will be registered.

While the race is going on, you are welcome to partake in and of the various activities and foods that will be available, and you are encouraged to cheer on your teammates.