



2021 Race Guide

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Things that are a bit different for 2021

If you are sick

If you have been diagnosed with COVID-19 within 10 days of the race date or have been exposed to someone (close contact) within 14 days of the race date who has been diagnosed with COVID-19 – we ask that you stay at home. This policy is based on CDC recommendations.

Start Procedure

There are basically three different start procedures this year.

Socially Distanced Start

We offered an option (via email sent to all registered participants) to select an option for a ‘socially distanced’ start line. The ‘socially distanced’ runners will line up in the start corral on the ‘socially distanced’ ‘X’ placed on the ground. Each runner will be started one at a time with 1 to 3 seconds between each runner. There are 3 groups of runners for the socially distanced start. Those start times are 7:30AM, 7:35AM, 7:40AM.

Elite Start

For our faster runners (males running 1:35:00 or faster half and females running 1:50:00 or faster half) we offered an elite start option. This will allow the folks that will be competing for the overall win to start together. The elite group will start at 8AM. This is a wave start – so all of the elite runners will start at the same time.

General Start

Most of our runners will start during the general start which is just behind the elite start. This start will be generally what you think of when you think of a race start. As we wait for start time – the start line will be spread out a more than we normally (pre-pandemic) would.

Start Times

Socially Distanced Start 7:30AM – Bibs# 301-500

Socially Distanced Start 7:35AM– Bibs# 501-700

Socially Distanced Start 7:40AM– Bibs# 701-900

Elite Start 8:00AM – Bib# 1001-1100

General Start – 8:01AM – Bib# 2000 - 4000

No Go Zone

We have about 350 folks that have selected to start the race in a socially distanced manor. Those folks will start lining up about 7:25AM and should all be out on the course by 7:45AM. There is an area around the start line we ask that our Elite Start and General Start runner avoid while the ‘socially distanced’ runners are getting started. Bottom line – if you

are starting around 8AM, please don't proceed to the start line until after 7:45AM.



Water Station Procedures

The water stations will work just a bit different. At all of the water stations the first table that you come to will have water cups placed on the table that will allow you to self-serve your water. Some of the water stations will also have volunteers that will be handing the water to you. So at that point - it would be your option - volunteer served or self-served. We have given our water station volunteers the option to do just self-served or also provide the volunteer served. So, you will see combination of the two on the course. We know that you will see both the self-serve only and the self/volunteer serve.

Water Stations will be located at the following approximate locations:

- 2.7 Miles
- 4.7 Miles
- 6.2 Miles
- 7.8 Miles
- 9.6 Miles
- 10.7 Miles
- 11.9 Miles

Temperature Checks

We ask that all participants have their temperature checked at the Moorehead Pavilion (where packet pickup is located) on race morning prior to starting the race. The temperature check station will be in the pavilion near packet pickup on race morning. If you are picking up your packet race morning stop by and have your temperature checked. If you are picking up your packet on Friday – you will be parking in the park near the pavilion – stop by and have your temperature checked.

Bib Numbers

Please wear your race number/bib on the front of your torso.

Your bib numbers, to some extent, tell us what your assigned start time.

Start Time 7:30AM Bibs 301-500

Start Time 7:35AM Bibs 501-700

Start Time 7:40AM Bibs 701-900

Elite Start 8:00AM Bibs 1000-1100

General Start 8:01AM Bibs 2000-4000

Special Bibs

- Our folks that have run with us every year will have bib numbers that have a special background color and will be numbered under 100
- Our participants that have run the race 7 or more times will have bibs with a special background color and numbered 101 - 300

Award Ceremony

We will have an award ceremony this year to recognize our winners. We will get started with the awards approximately at 11:00AM. If you are in a situation where you don't want to hang around or you have other plans later in the day and you need to head out early – you may stop by the award table on the square and pickup your award. For those that start early in the 'socially distanced' start – you will have to wait at least 30 minutes after you have finished to confirm that your place is not bumped by someone who started later.

Schedule

- Friday, April 2, 2021
 - Noon – 7PM – Packet Pickup
 - Wiseman Park Moorehead Pavilion
 - Use Wiseman Park Road, Lynchburg, TN for GPS
- Saturday, April 3, 2021
 - 6AM – 8:50AM – Packet Pickup
 - Wiseman Park Moorehead Pavilion
 - 7:30AM – Socially Distanced Start (Bib numbers 301-500)
 - Main Street
 - 7:35AM – Socially Distanced Start (Bib numbers 501-700)
 - Main Street
 - 7:40AM – Socially Distanced Start (Bib numbers 701-900)
 - Main Street
 - 8:00AM – Elite Start (Bib numbers 1000-1100)
 - 8:01AM – General Start (Bib numbers 2000-4000)
 - 11:00AM – Award Ceremony
 - Noon – All runners will be off the course.

Packet Pickup

You MUST have a photo ID to pick up your race packet!!

- Friday, April 2, 2021
 - Noon – 7PM – Moorehead Pavilion – Wiseman Park
- Saturday, April 3, 2021
 - 6AM – 8:00AM – Moorehead Pavilion – Wiseman Park

Everyone must pick up their own packet. You may not pick up a packet for anyone else.

The packet will include the following:

- Custom Oak Barrel ¼ zip long sleeve shirt
- Race Bib
- 4 safety pins

Note – the remainder of the race swag is finisher's items. You will pick up your finisher's medal, Swiftwick socks, and hat or visor after the race.

If you are not going to run and want your shirt – you may have a friend pickup your shirt for you. You will need to give them a copy of your photo ID along with a note stating that you would like them to pick up your race shirt.

Parking

Parking in Lynchburg is one of our biggest challenges!!!!!!!!!!!!!! Please understand that you have to arrive early for this race. There will approximately 1500 people trying to gain access to one parking lot form a two-lane road. Arrive Early!

Our primary parking for the race is in Wiseman Park, which is where you will be picking up your packet on race morning. We do have some available satellite parking that we can use if we don't have enough space in Wiseman Park – but this parking is about a half mile walk to packet pickup. So arrive early to avoid the additional stress on race morning.

One note on parking – if we have steady rain during the week leading up to the race or on race morning – that will limit the number of vehicles we can get into Wiseman park. The park is low lying and has a nice creek running through it, so it tends to be wet and muddy after we have had steady rain. This just means that parking gets more difficult. Arrive Early

If you have an 8AM start time and are coming from the south (Fayetteville, Huntsville) – please make sure you are in town and parked no later than 7:30AM. We will start the first runners at 7:30AM which will make your access to the parking lot a bit more challenging.

An address to use for directions would be: 196 Main Street, Lynchburg, TN 37352.



Course

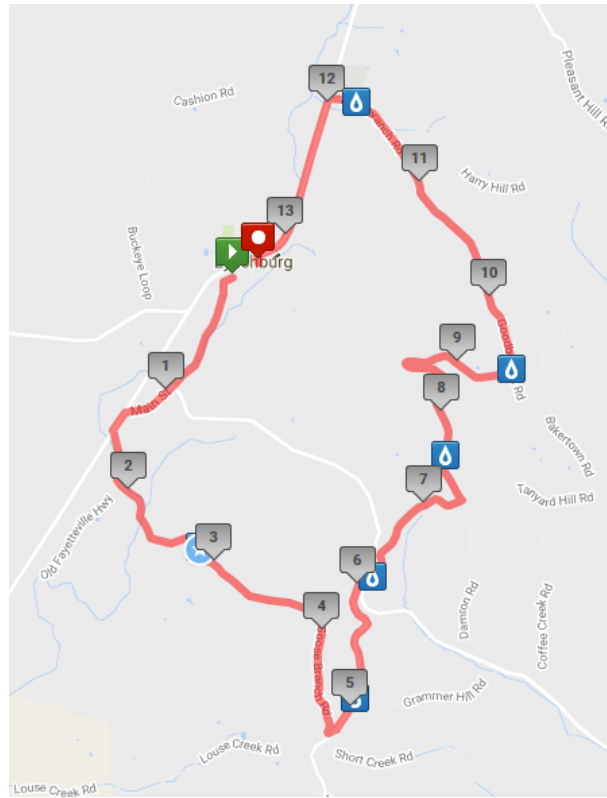
The course is a beautiful rural course on country roads. There is one very distinct hill that starts at about 3.5 to 4 miles into the course and is about a mile long. That hill is lovingly called Whiskey Hill. It is about a 1 mile long climb that starts out very gradually and begins to get really steep towards the top. There is one other very short steep up hill around mile 6.

There is a very nice gradual downhill section from about mile 9 through 12.

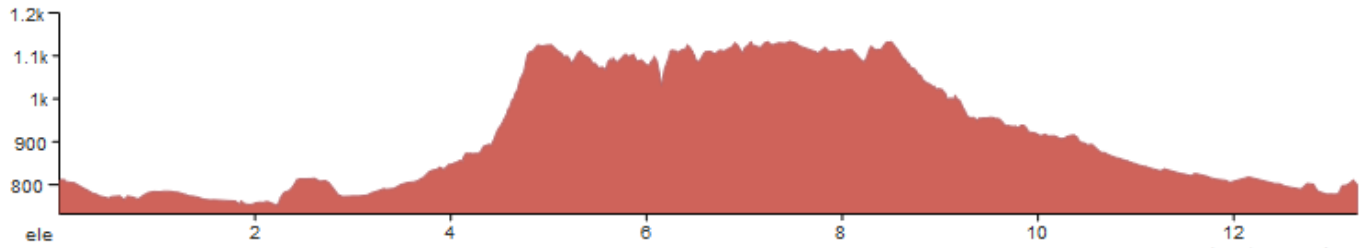
The map to the right shows the race course along approximate water stop locations. You can find this interactive form at the following link:

<https://ridewithgps.com/routes/27092122>

with the map in an



The course elevation profile –



Cue Sheet

If you want to drive the course prior to the race, the cue sheet below might be of some help

Cuesheet

Turn left to stay on Main St	0.0 mi
Turn left onto TN-50 W	1.3 mi
Turn left onto Old Fayetteville Hwy	1.5 mi
Turn left onto Goose Branch Rd	1.9 mi
Turn left onto Lois Ridge Rd	4.8 mi
Continue onto TN-50 W	6.1 mi
Sharp right onto Norman Wiseman Rd	6.2 mi
Turn left onto Tanyard Hill Rd	7.3 mi
Turn right onto Campbell Ln	8.6 mi
Turn left onto Goodbranch Rd	9.4 mi
Turn left onto TN-55 W	11.9 mi
Turn left onto Mechanic St S	13.2 mi

Water Stations

Water Stations will be located at the following approximate

2.7 Miles

6.2 Miles

9.6 Miles

Miles

Miles

Each water station will have water and Gatorade. The 3rd (at 6.2 miles) and 5th stop (at 9.6 miles) will have oranges, and cookies.

All water stations will have a self-serve option. Some of the stations will have volunteers handing out water as well. We allowed our water station captains to decide if they are comfortable with the close contact required to actually hand water. So some water stations will be self-serve only and will be self-serve and volunteer served.

There will be port-a-potties close to each water stop (with exception of Stop #6 at mile 10.7)

Our water stops are managed by different local organizations in exchange for donations to their organization. We will be making additional donations to some of those organization based on votes from you. On the bottom of your race bib there will be a tab that will allow you to vote for your favorite water stop. Those folks are out there working very hard to encourage you and to earn your vote.

Shirt Exchange

If your race shirt does not fit the way you had hoped, we will have some additional shirts available to exchange for a different size. Those additional shirts will be somewhat limited prior to the race. But we will have the shirts that are not picked up prior to the race available for shirt exchange. You can check with us before the race for a shirt exchange – but the options will be more plentiful after the race.

Race Swag and Packet

The items you will receive at packet pickup will be your ¼ zip Oak Barrel long sleeve shirt, a race bib/number (which includes your timing chip), and 4 safety pins.

After you finish the race you will receive your finisher items

- Finisher medal
- Oak Barrel Swiftwick socks
- Oak Barrel Hat or Visor



locations:

4.7 Miles

7.8 Miles

10.7

11.9

stop (at bananas,

water have

out others

the

You will receive the finisher medal at exit the finish chute. There is a tab on your bib that is labeled “Socks and Hats”. You will exchange the tab on your bib for your socks and hats/visor. The socks and hats/visors will be at one of the tents on the square.

How to wear your race bib

Your race bib is used for race timing, to confirm that you are a registered participant, and backup timing. At least two of the timing points on the course anticipate that your race bib is on the front of your torso. If it is not on the front – you will not likely be detected at those timing points. Your race bib should be worn on the front of your torso and be visible. If this were your very first race and maybe a 5K – you can possibly be forgiven for being silly enough to have a friend pin your race bib on your back. It takes a whole lot of effort to get a race bib on the back of your shirt – that is completely unnecessary. Please place your race bib on the FRONT of your torso. It should be visible!!

Race Results

The race results will be posted here: http://www.amatteroftiming.com/results/event_result_page/491. The results will be posted periodically during the race.

The results will also be presented on site on the square in several different formats. Look for the “Results” flag.

Please either check the results at the race site or using the link provided here (two paragraphs above) prior to leaving town. We will allow you to pick up your award prior to the award ceremony if you need to leave early. For those that have selected a ‘socially distanced’ start – it will be about 30 minutes or possibly just a bit longer to confirm that someone who started in the general start has not ‘bumped’ you from that award place.

We do not plan to ship awards this year – PLEASE check the results prior to leaving Lynchburg.

Race Photos

The folks at We Run Race Photos will be shooting the race again this year. They do a fantastic job with race photo. Some of the best we have seen. You will be able to find those photos shortly after the race here: <https://www.werunracephotos.com/WRH/2021-Events/2021-Oak-Barrel-Half-Marathon/>

Award Ceremony

We do plan to have an award ceremony this year to recognize our winners. That ceremony will start on the square at approximately 11:00AM. If you are not able to stay for the award ceremony, and you have placed in your age group – please check at the award table and pickup your award before you leave.

Key Drop Off

We have a key drop off service available. Before the race, there will be a Key Drop Off table set up at the pavilion in Wiseman Park near the packet pickup area. They will be happy to secure your keys, small items, and even your race shirt if you are running late. After everyone has started the race, the key dropoff will be setup on the square near the finish line so that you can retrieve your items. There is a tab on the bottom of your race bib that includes your race number. You will leave that tab along with any items you want them to safeguard with our volunteers. To retrieve your items after the race, you will just need to show the volunteer your race bib at their table near the finish line. This is a great option for those of you who don’t have a friend or family member spectating during the race and don’t want to have to carry your keys with you.

Lost and Found

If you find yourself with an article of clothing that you have pulled off and don't want to carry it with you the entire race, you can drop it at or close to one of our water stations and at the top of Whiskey Hill. We have folks who will get those items back to the square to our Lost and Found tent. You will be able to check with them to retrieve your items there. That process of getting things from the course back to the square can be a bit slow, so please don't expect your items to be at the finish area the minute you finish the race. One word of caution –please don't drop your very favorite shirt or jacket. We will make every effort to get your items back to you, but we cannot make any guarantees.

Post Race Food

The post-race food will be available on the square under the various white pop-up tents. On the menu for Saturday:

- Brunswick Stew
- Hoe Cakes hot off the griddle
- Homemade Pimento Cheese sandwiches
- Grilled Cheese Sandwiches
- Scones
- Fruit
- Cookies

King and Queen of Whiskey Hill



We have a specially designed shirt for the fastest man and woman up Whiskey Hill. The fastest will be determined by the person that travels the mile from the bottom of Whiskey Hill to the top the fastest. There will be timing points at both bottom and top of Whiskey Hill. The shirt borrows a tradition from cycling's King of the Mountain tradition and instead of red polka dots, we have brown barrel ends.

Raffle for FREE 2022 Oak Barrel Entries

We have an opportunity for you to win free entries to the 2022 Oak Barrel Half.

One of the charities that the race local animal shelter (Friends of Animals, a volunteer organization, of the county' stray animals. We plan benefit the Friends of Animals.

If you would like to be included in

- Bring an item from their wish the donations off at packet will get them to the shelter.
- You can make a monetary to the Friends of Animals. button on their website.



WISH LIST

Items can be dropped off/shipped to our facility at:
1980 Fayetteville Hwy
Lynchburg, TN 37352
Contact info:
931-434-7508
friendsofanimalsraac@aol.com



- Purina One dry dog food (ANY FLAVOR)
- Purina One dry cat food (ANY FLAVOR)
- Purina Naturals (ANY FLAVOR)
- Canned Food

- Catnip
- Cat Toys/Scratchers
- Cat Litter
- Cat Treats
- Cat Bed
- Kuranda Dog Bed
- Collars
- "Adopt Me" Vest (S,M,L,XL)
- Slip Leashes
- Heavy Duty Toys (Nylabone, etc.)
- Pill Pockets

- Dog treats (meat treats, chews, bones)
- Dog Waste Bags (for walks)
- Swiffer Mop
- Magic Erasers
- Trash Bags
- Dishwasher soap
- Sponges
- Paper Towels
- Hand soap/sanitizer
- Exam gloves
- Face Mask
- Dryer Sheets

- Laundry Detergent
- Ziplock Bags
- Bleach
- Office Supplies
 - Manila Folders
 - Staples
 - Tape
 - Sticky notes
 - Printer Paper
 - Paper Clips
 - Dry Erase Markers
 - Sharpies
 - Bankers Boxes/Printer paper boxes
 - AA/AAA Batteries
- Gift Cards

supports is our Animals Rescue). so the Friends of deals with most to do a raffle to

the raffle you can list. You can drop pickup and we

donation directly There is a donate

(<https://www.friendsofanimalslynchburgtn.org/>).

- Make sure that in the comments on the donation that you add your name and the words 'Oak Barrel'. We will add your name once for each \$15 donation that you make to them.

Things that will be included in the raffle - entries for the 2022 Oak Barrel Half, some additional Oak Barrel Swag,

RV Parking

If you are traveling to the race in an RV – there will not be RV spots available at Wiseman park Friday night. We have already rented all of those for Friday night to make sure that we optimize the parking for all of the normal sized vehicles on race morning. If you are looking for an overnight RV parking spot in town, you may use the parking area that we use for our satellite parking. The satellite parking is the ball park on Main Street just beyond Craig Street. It will be 'dry' camping – no water and no electricity.

Race Background

Oak Barrel Half is organized by a small local running club (Mach Tenn Running Club). Mach Tenn has been around since the early 1980's. The race committee is an all-volunteer group of about 20 folks that work on the race all year long. The race committee is made up of all runners. The primary motivation for organizing the race is to organize a great experience for runners.

As some of you are aware – we get the opportunity to donate some much-needed funds to local organizations. There are three ways that we do that.

- Charity entries – once the race filled this year, we opened a little over 100 slots that are charity entries. The funds from those race entries go directly to one of three local non-profit groups
- Donations in exchange for help on race day – there are hundreds of people that will help us on Saturday. In exchange for their help, we will be making donations to their organizations. Those organizations include, but are not limited to (Moore County Football Team, Moore County High Baseball team, Imagination Library, Moore County Project Graduation, Winchester Swim Team, Boy Scouts, Moore County High HOSA, Moore County Senior Citizens, Moore County High Band ...)
- After all the bills have been paid, we set aside enough funds to make sure we the funds for next year's race and then we donate the rest to local charities. Some of the organizations that have received donations in the past include – Moore County Volunteer Fire Department, Middle Tennessee Spay and Neuter Clinic, Moore Resource Center, Coffee County Humane, Friends of Animals – Moore County, ... The list of receiving charities change slightly every year.

But the bottom line – we are runners organizing a race for runners. We want you to have a wonderful experience.

Facebook Page

We have a Facebook page that we try to keep updated with current race information. You can find that here:

<https://www.facebook.com/oakbarrelhalf/>

The Facebook page is where we will make any last minute (Friday and Saturday) announcements.