

2023 Race Guide



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Schedule

- Friday, March 31, 2023
 - Noon – 7PM – Packet Pickup
 - Wiseman Park Moorehead Pavilion
 - Use Wiseman Park Road, Lynchburg, TN for GPS
- Saturday, April 1, 2023
 - 6AM – 7:30AM – Packet Pickup
 - Wiseman Park Moorehead Pavilion
 - 8:00AM – Mass Start
 - 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, March 31, 2023
 - Noon – 7PM – Moorehead Pavilion – Wiseman Park
- Saturday, April 1, 2023
 - 6AM – 7:30AM – 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 participate in the race 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 from 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!



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



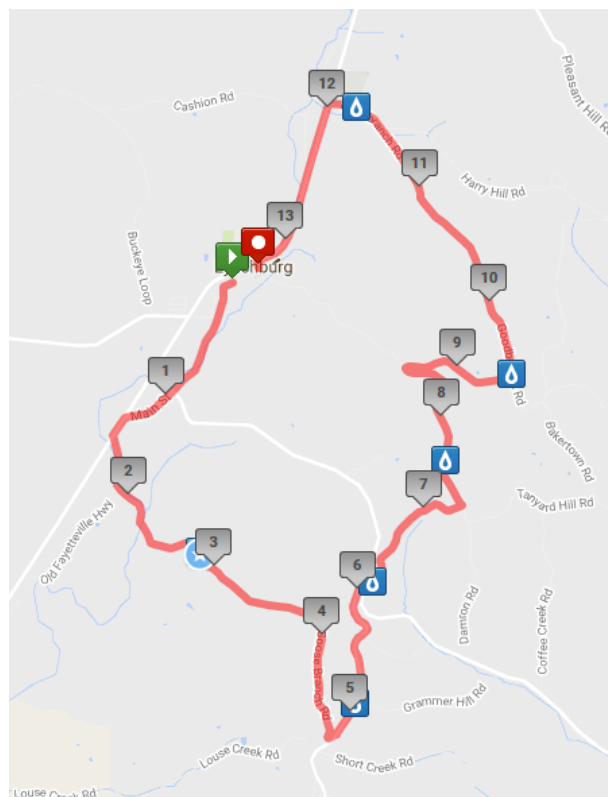
Course

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 uphill around mile 6.

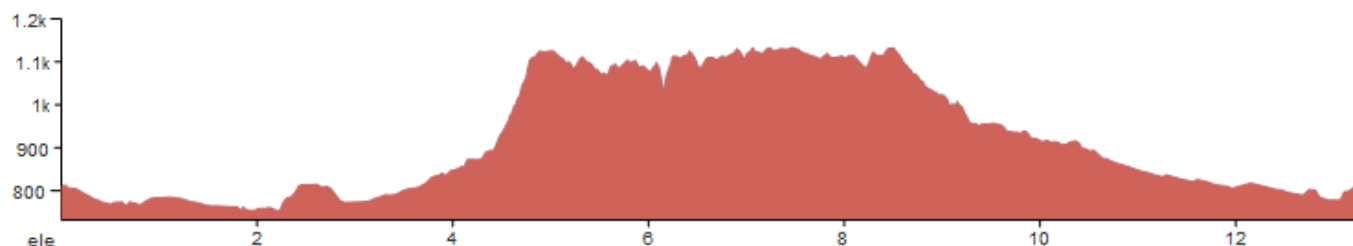
There is a very nice gradual downhill section from about mile 9 through 12.

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

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



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

Road Closures

The race course is **not** completely closed to traffic. A good portion of the course is closed to traffic but there some of the roads are open to traffic but are controlled and the traffic is slowed down. Moore county is a small county with not a lot of options for getting from one point to another. Because of that there are some of the roads used on the course that we must allow vehicles. So please be aware that at times you are on an open course.

Water Stations

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

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



There will be port-a-potties close to each water stop (with the 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 organizations 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. The shirt exchange will be on the square near the finish line after the race.

Race Swag and Packet Pickup

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

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 three 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!!

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 in the 1000 range
- Our participants that have run the race 7 or more times will have bibs with a special background color and numbered in the 2000 range

Race Results

The race results will be posted here: http://www.amatteroftiming.com/results/event_result_page/729. 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 do not plan to ship awards – PLEASE check the results prior to leaving Lynchburg.

Runner Tracking

We will have made RaceJoy available for runner tracking. RaceJoy is a phone app that you can download that will allow your friends and family to track you while you run.

If you opt to use RaceJoy

- It requires that you have your phone with you during the race.
- You have to download the app and do just a bit of setup
- You have to hit "start" on the app at the time that you start the race
- Your friends and family can download the app and follow you during the race

This file (<http://www.oakbarrelhalf.com/images/assets/racejoy.pdf>) gives a little more information about the app

We realize that many of you do not want to mess with all of that - and that is fine. It is just an option if want to use it.

Race Photos

The folks at We Run Race Photos will be shooting the race again this year. They do a fantastic job with race photos. 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/2023-Events/2023-Oak-Barrel-Half>

The Mach Tenn Running Club is paying for your FREE photo downloads.

Award Ceremony

We plan to have an award ceremony to recognize our winners. That ceremony will start on the square at approximately 11:00AM.

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 2024 Oak Barrel Entries

We have an opportunity for you to win free entries to the 2024 Oak Barrel Half.

One of the charities that the race supports is our local animal shelter (Friends of Animals Rescue). We don't have a county run facility so the Friends of Animals, a volunteer organization, deals with most of the county's stray animals. We plan to do a raffle to benefit the Friends of Animals.

If you would like to be included in the raffle you can

- Bring an item from their wish list. You can drop the donations off at packet pickup and we will get them to the shelter.
- You can make a monetary donation directly to the Friends of Animals. There is a donate button on their website.
(<https://www.friendsofanimalslynchburgtn.org/>).

Things that will be included in the raffle - entries for the 2024 Oak Barrel Half.

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 ballpark on Main Street just beyond Craig Street. It will be 'dry' camping – no water and no electricity.

Pets on the course

We are occasionally asked if a runner can run with their dog. The answer unfortunately is no. Don't miss understand – we are all about pets – just look at where lots of our donations go. But there are a lot of dogs that live along the course. We put out 'dog letters' the week before the race asking that the folks that live along the course make sure that their animals are 'put up' during the race. But that doesn't mean that they are all contained. When a strange dog (the dog that you are running with) goes running by that can create some fairly major issues with the resident dogs. Since there is no way to guarantee that your pet would be safe, we ask that you not try to run with your dog.

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.



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

- 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 Wrestling Team, Imagination Library, Moore County Volunteer Fire Department, Winchester Swim Team, Boy Scouts, Moore County High HOSA, Moore County Senior Citizens ...)
- 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.