

2018  
**OAK**  
**BARREL**  
**HALF MARATHON**

sponsored by



Race Guide

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## Schedule

- Friday, April 6, 2018
  - Noon – 8PM - Packet Pickup
    - Lynchburg Welcome Center (133 Lynchburg Highway)
- Saturday, April 7, 2018
  - 6AM – 7:50AM – Packet Pickup
    - Wiseman Park Moorehead Pavilion
  - 8:00AM – Race Start
    - Main Street
  - 8:10AM – Race Start Line Removed
  - 8:30AM – All runners must be past the 1.5 mile mark (onto Old Fayetteville Hwy)
  - 11:15AM – Awards Ceremony
    - Town Square
  - Noon – All runners must be off the course.



## Parking –

Parking in Lynchburg is one of our biggest challenges!!!!!!!!!!!!!! Please understand that you have to arrive early for this race. There will be 1650 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.

If you are arriving from the south (Fayetteville, North Alabama, Winchester, ...) you need to be aware that we will be closing one lane of the main highway starting at 7:40. This lane closure is on the course and will allow you (the runner) to have plenty of room. Because of that lane closure, traffic coming from the south will be reduced to sharing the one remaining lane of traffic with the opposing direction of traffic. If you are running as late, and still on the highway at 7:40, you will likely not make it to the start line in time. Please plan to arrive early!!

One additional 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.

## Packet Pickup

You MUST have a photo ID to pick you our race packet!!!!

- Friday, April 6, 2018
  - Noon – 8PM - Packet Pickup
    - Lynchburg Welcome Center (133 Lynchburg Highway)
- Saturday, April 7, 2018
  - 6AM – 7:50AM – Packet Pickup
    - Wiseman Park Pavilion

You can pick up your packet either Friday or Saturday morning. If you plan to pick up your packet on Saturday morning – this will be an easy process for you. We have many great volunteers at packet pickup and the process is very quick. But please remember to bring your photo ID with you to the packet pickup area.

Just so that you are aware – the 'packet' is somewhat limited - the things included when we say "Packet Pickup" are:

- Extra cool race shirt
- Race bib
- 4 safety pins

Additional race swag (Swiftwick socks and running hat or visor) are finisher items and will be picked up after the race.

**If you are not going to run, and you 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 pickup your race shirt.

## Race Venue

Below is an overview of the race venue that will show approximate locations of packet pickup, parking, and start & finish line.



## Course

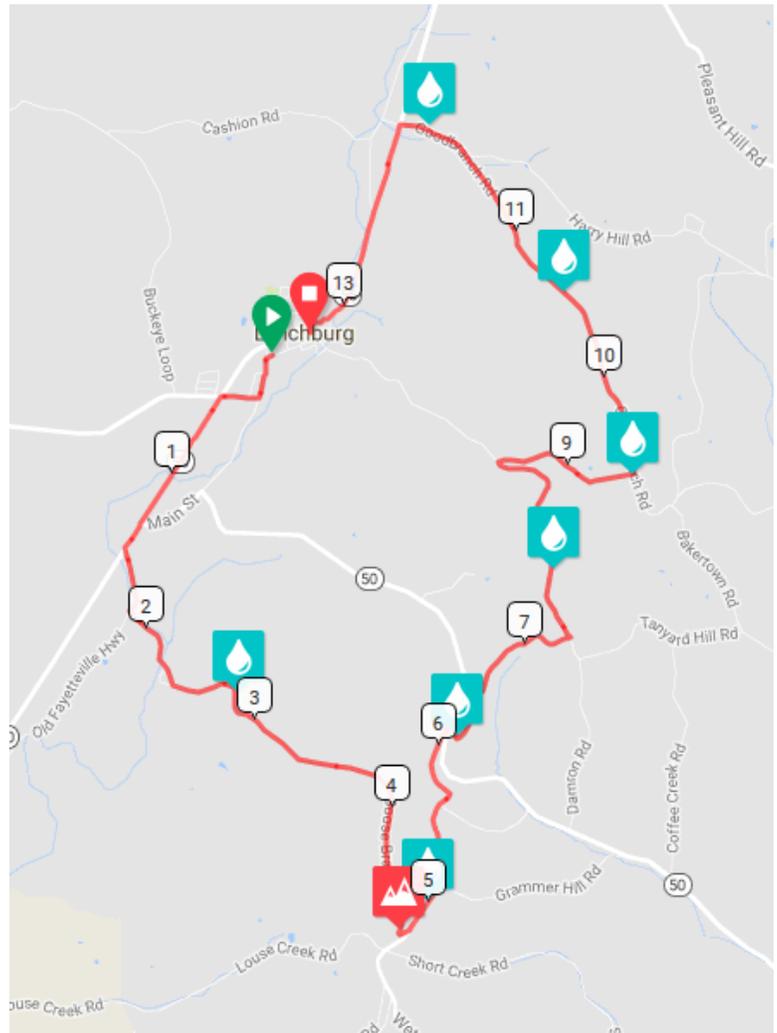
Our course is a beautiful rural route on country roads. There is one very distinct hill that starts at about 3.5 to 4 miles into the course and is about a mile long. That hill is lovingly called Whiskey Hill. It is about a 1 mile long climb that starts out very gradually and begins to get really steep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

There is 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 -



## Water Stops

Water Stops 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 stop will have water and Gatorade. The 3<sup>rd</sup> stop (at 6.2 miles) and 5<sup>th</sup> stop (at 9.6 miles) will have cookies, oranges, and pretzels.

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

## Cue Sheet

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

### CUE SHEET

Turn right onto Elm St S	0.2 mi
Continue onto Main St	0.3 mi
Turn left onto TN-50 W	1.5 mi
Turn left onto Old Fayetteville Hwy	1.7 mi
Turn left onto Goose Branch Rd	2.0 mi
Slight left onto Lois Ridge Rd	5.0 mi
Continue onto TN-50 W	6.3 mi
Turn right onto Norman Wiseman Rd	6.4 mi
Turn left onto Tanyard Hill Rd	7.5 mi
Turn right onto Campbell Ln	8.8 mi
Turn left onto Goodbranch Rd	9.6 mi
Turn left onto TN-55 W	12.1 mi
Turn left onto Mechanic St S	13.4 mi

The link below will take you to an interactive map of the course.

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

## Time Limits

There is a 4 hour time limit for the race. This limit will allow you to keep a 18:19 minute per mile pace and still make the time limit.

We will have one lane of the main highway (Fayetteville Highway) closed for the run from about a half mile into the course through about 1.5 miles into the course. All runners and walkers will have to be past the highway section (mile 1.5) within 30 minutes of the start of the race. If you start on time and maintain the 18:19 minute per mile pace, you will have no problem making this cutoff.

## Timing and Race Results

The timing chip for the race will be attached to the back of the race bib. Please do not fold or mutilate your bib. That timing chip is how we will get your official race time.

***VERY IMPORTANT: If you want an accurately recorded time for this race, pin your bib using all four pins provided to your abdomen, pinning all four corners and facing forward so it is readable, and insure it is pinned to the outer garment you plan to cross the finish line with.***

We will have a chip timed start. That start line will be removed as soon as we get all of the assembled runners across the start line so that we can allow traffic to flow.

You will be able to find the race results at the link below. They will be posted as soon as we get the last finisher across the finish line.

[http://www.amatteroftiming.com/results/event\\_result\\_page/206](http://www.amatteroftiming.com/results/event_result_page/206)

## Race Swag and Packet

What we do not do at packet pickup, is hand you a 'packet' full of papers and other stuff that you will likely throw away. At packet pickup, you will receive your race bib (which includes the timing chip on the back), your race shirt, and 4 safety pins.

After the race-

- You will receive your finisher's medal just after crossing the finish line.
- Custom Swiftwick socks and race hat or visor - you will have a tab on the bottom of the race bib which says 'Hats and Socks'. There will be a tent on the square where you will go to exchange the tab on your bib for your socks and hats/visor. These are finishers items, so you must finish the race to pick up your hat/visor and socks.

## Shirt Exchange

If the race shirt size that you ordered does not fit the way you had hoped, we will have shirt exchange area where you can possibly exchange for a different size. This will be available during packet pickup and after the race. If we don't have the size that you need before the race starts, we will likely have what you need afterward, once all of the unpicked-up shirts have been added to the exchange area.

## Race Photos

Gregg Gelmis and the folks from [We Run Race Photos](http://www.werunracephotos.com) will be shooting the photos for the race Saturday morning. Gregg and his folks take some of the best race photos that we have ever seen. These guys go to great lengths to get the shot they want. So as you see photographers out there – smile for them. They will upload the photos that day. You will be able to find the race photos at the link below shortly after the race

<http://www.werunracephotos.com/WRH/2018-Events/2018-Oak-Barrel-Half>



## 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 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 stops. 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.

## King and Queen of Whiskey Hill

This is new this year. We have a specially designed shirt for the fastest man and women 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 (they look like brown polka dots, until you look really closely).



## 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

## Jack Daniel's

Our title sponsor had a couple of special offers for our participants this year.

- At the Lynchburg Hardware General Store – 51 Mechanic Street (the place to find most any Jack Daniel's item you might be looking for (with the exception of the actual liquid form – remember Moore County is a dry county) you will receive a 20% discount if you show them your official race bib.
- Distillery Tours - Several years ago, there was only one tour of the distillery. Now there are several different options, some of which include an opportunity to taste some of our hometown products. The visitor center will be making special savings available to our participants. In order to receive the discounts, you will need to show the folks at the visitor center your race bib to receive the discounts.
  - The Dry County Tour will be available for free
  - You will receive a 20% discount on any of the sampling tours (Flight of Jack Daniel's Tour or Angel's Share Tour)
  - You can find more information about the tours here: <http://www.jackdaniels.com/en-us/visit-us>
  - They do have an online reservation system that will allow you to reserve your tour time to ensure that you do not have to wait as long. You would need to pay for the tour and your discount will be refunded to you when you show up for the tour and show them your race bib.
  - The Visitor Center address is 133 Lynchburg Highway, Lynchburg, TN.

- The visitor center will be set up to engrave bottles with the race logo. You can have them engrave a bottle with the race logo and any other text can be added that you would like. The cost of the engraving is \$10 (plus tax) for the race logo. Adding a name and time would be an additional \$5 (plus tax).



- Jeff Arnett, the Jack Daniel's Master Distiller, plans to be available at the visitor center on Saturday morning. He will be available to sign whatever you might like to have signed – finishers medals, bottles of Jack Daniel's, ...

## Water Stops and Water Stop Competition

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 vote 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. So hopefully those folks are out there working very hard to encourage you and to earn your vote.

## No RV Parking

We have been asked in the past about RV parking at Wiseman Park. ***There will be NO available overnight RV parking in Wiseman Park Friday night.*** We have reserved and paid for all of the RV slots in Wiseman Park for Friday night in order to free up parking space for normal sized vehicles on race morning. As I mentioned, parking is challenging to begin with and we need every available spot. Once again: There will be no RV parking in Wiseman Park. If you are arriving in an RV, you may dry camp at no charge at our satellite parking area just off of Main Street and beyond Craig Street at the baseball fields.

## Only Registered Runners on the Course

Portions of the course are closed to all traffic (foot and vehicle) other than official race participants/traffic. You must have your official race bib on your front and visible at all points on the course. We do have a couple of timing points on the course – if your bib and timing chip are not detected at these points, you will be stopped and turned around if it is not a valid Oak Barrel bib and chip. Only officially registered Oak Barrel participants will be allowed on the course as a part of the race. So for anyone who is not registered for the race, but THINKS that they will just run anyway – they will not be allowed to run the entire course – at a particular point, that person will be stopped by race officials and required to vacate the course. As long as your bib is visible and the timing chip was detected by our timing system – you are good to go.

## Refunds, Exchanges, Transfers

We don't do them.

You may NOT give your registration/bib to a friend.

## Raffle for free 2019 Oak Barrel Entries

We have an opportunity for you to win free entries to the 2019 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' stray animals. We plan to do a raffle to benefit the Friends of Animals. If you would like to be included in the raffle, we ask that you bring much needed supplies for the shelter. Suggested dollar value of \$10.

Things that will be included in the raffle - entries for the 2019 Oak Barrel Half, some additional Oak Barrel Swag, and Gift basket from Jack Daniel's.

You can find a list of the supplies list in their flyer attached. They have also requested supplies in this post.

<https://www.facebook.com/friendsofanimalsraac/posts/925823204251831>.

You can drop your donations off at packet pickup and get your raffle ticket. If you opt to have items shipped directly to the shelter, you can let us know at packet pickup and we will get you a raffle ticket.



## Wish List

Items can be dropped off/shipped to our facility at 1980 Fayetteville Hwy Lynchburg TN 37352

Call us at 931-434-7508 or send us a message on Facebook for more info

**Purina One Dry Dog Food (Any Flavor)**



**Purina Naturals or Purina One Dry Cat Food**



**Wet Mop Refills ( Any brand )**



**Paper Towels  
Clorox Wipes  
Dog Meat Treats**

**Dog Chews (no rawhide)  
Cat Litter (clumping)  
Trash bags**

## Race Background

Just a little bit of background on the race – if you made it this far -you must be really interested. The race is organized by the Mach Tenn Running Club. Mach Tenn has been in existence since the early 1980's. The motivation for organizing the race is that we are runners, we love to run, and we wanted to share our little corner of the world with others. When we first started the race (now in the 8<sup>th</sup> year) our only goal was to organize the race for runners that they would enjoy. The race is all about the runners and a great experience. Our goal is to make this a great day for you. We strive to make this your favorite race. We realize that we will not meet this goal for everyone but that is what we are striving for.

We will send a survey out shortly after the race. We would love your feedback on the race -both good and bad. That feedback helps us to make small modifications to make things better for future years.

We are a running club. We are putting on this race for runners. We are not a for profit business trying to make a living. We are not a charity organization putting on a race purely to raise funds for a charity organization. The primary goal is a great race for runners. This is all about the runners!! One side benefit has been that we are allowed to donate profits to many local organizations and charities. We really appreciate your help in allowing us to make those donations. Most of the organizations and charities are small and local. The funds raised by Oak Barrel make a huge impact these organizations. Thank you so much for allowing us to help these organizations.

Some of the organizations receiving donations from Oak Barrel are:

Moore Care

Moore County Friends of Animals

Moore County Football Team

Moore County Baseball Team

Moore County Basketball Team

Moore County HOSA

Santa's Stocking Stuffers

Middle Tennessee Spay and Neuter Clinic

Moore County Senior Citizen Center

Moore County Volunteer Fire Department

Moore County Relay for Life

## 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/>