

Race Address 

9600 Big East Fork rd  
Franklin TN 37064

EVEN if you know the rules, read this email as some things have changed. Also lots of questions about layout and space can be answered by checking out the videos on our YouTube channel and Instagram highlights. We very much encourage you to check those out to have a better understanding and lay of the land so to speak.

\*This email includes the race weekend timeline and information on the Crew 5K and pre race activities. There's also information on where to get supplies. Especially ice, you will need your own ice.

Share this email with your crew as they are expected to know these rules as well.

We will have tracking via Ultrasignup and a couple of options for streaming but that will be shared in another email once we have everything nailed down.

## ***Welcome boys and girls to THE MID-STATE MILE***

We cannot express how grateful we are for all of you and your commitment to coming out and making this possible. Thank you to our volunteers and to our runners and all of those who have supported us - y'all are just incredible.

This email will be rather lengthy, so it might be more like a bedtime story or a morning poop read but regardless, it's all stuff you need to read so please take your time and let it all process.

Know that we love you but these rules are hard and firm. They are non-negotiable and breaking them will result in disqualification. Some things will be at our discretion; this also not to be argued.

Here goes starting with the top few farm and race weekend rules...

**TOP FARM & RACE RULE NUMBER 1... NO DOGS ALLOWED ON THE PROPERTY. Period at all. Not even in your car. AGAIN THEY ARE NOT PERMITTED ON THE PROPERTY IN AN CAPACITY. You'll be asked to leave immediately. Tell everyone you know that may attend.**

**TOP FARM & RACE RULE NUMBER 2 ... CHILDREN NEED SUPERVISION. The event is not your own personal babysitter. Yup that sounds harsh, we want kids to have fun but that does not mean we will sacrifice safety for fun. Children under the age of 10 require**

adult or teenager supervision at all times. Small children are not permitted to be at the creek, back in the woods, or wandering around without supervision.

Despite the typical reasons this is dangerous, let me remind you this is the country and there are also several hundred acres that border our property and the neighbors that are either protected or undeveloped so the wildlife is plenty and it's wild! All of these animals have either been spotted on the property or within 30 miles or less:

- Coyotes
- Bobcats
- Cougars
- Black Bears
- Wild Pigs
- Venomous Snakes
- Wasps, Hornets, Yellowjackets

*So while we may seem strict or abrasive about our rules or what we ask of our guests and those visiting the farm please be aware and understand these are wild animals. They do not recognize property lines or that an event is taking place. The woods are their home and with the rapid development in the Middle Tennessee areas, their habitat loss is pushing them into areas they were not previously in so while it may not be a national forest or park these animals still pass through or make themselves at home.*

*While the likelihood of you seeing one of these animals when visiting is small, the push into new territory also increases the chances of encounters with them. It's important to remember a sick or injured animal may not react with fear and avoidance. They may actually be more inclined to act aggressively. The strain on food supply and habitat loss along with living in close proximity to humans can make them more opportunistic.*

**So please parents come prepared with games and entertainment. Kids can stay in the yard unsupervised but roaming the property without supervision will no longer be allowed.**

**TOP RACE RULE NUMBER 1 ...No one is allowed to be with you on course. No one should be sharing a loop with you or recording your livestream alongside you without our permission. Let me repeat that again no crew , no friends, no family members can be out there with you. Aside from standing to the side cheering while you are on your loop.**

**We want spectators and people on the course and we do not want a few bad apples to spoil the bunch so runners you better keep each other honest and make sure everyone is following the rules and if they're not call them out or report them.**

**If this continues to be an issue that we have to police year after year the resolution will be NO SPECTATORS on the course. Period. We do not want to make that a thing we love having people out there. It's part of what makes it so awesome so again hold each other accountable so that we can continue to do this.**

**TOP RACE RULE NUMBER 2 ... NO DRIVING UP TO OR PARKING BELOW THE STARTING CORRAL. Unless you are a volunteer or have a PARKING PASS that I myself BMFJ gives you then **DO NOT PARK THERE**. Not drive up to drop off ice or supplies or pack up. You may utilize the gear drop off area for those QUICK parks to drop off supplies then you must immediately go and park in the field.**

- That particular area is reserved for sponsors, volunteers, and special exceptions. This one is a **BIG BIG BIG** one and someone has one breath away from being asked to leave and receiving a lifetime ban. I promise I'm pretty darn nice but if you or your crew wants to f\*ck around you'll find out real quick why that MF is in BMFJ.

**RUNNERS you are responsible for your crew respecting the rules and if they cannot follow them it will be you that gets disqualified so I strongly encourage you to make sure they understand what's expected and permitted.**

Side notes for benefit 

I'll say it here and again your Chair spot is a 3x3 area for a chair and cooler only. **If there's a group of 3 or more runners wanting to share your own popup along the corral please message us.**

This will be limited to a few people as space is limited. If only two runners show up then you cannot have your canopy along the corral. Do not ask to be the exception, the answer will be NO. You are welcome to post on the Facebook group and see if there's some people that might want to join you that you don't know.

SPECTATORS - We cannot stress enough how much we want people throughout the course to cheer and hangout. We have a special spot for spectators where you can see the runners twice, "THE CROSSROADS" Once before they hit the first climb and after they have their first descent.

We encourage you to come here or the top/bottom of Machete and hang out. We want the Chair area to be clear from congestion and business only.

Bring your chair, your cooler, post up and lift up the vibe. However, please remember that no aid may be given to runners while they are on course.

VOLUNTEERS AND RACE STAFF - Please respect race staff and volunteers. They are all here to help you. We want to keep you safe so please adhere to the rules and if you are given specific instructions, please do so. We have the right to pull you for medical reasons or

disqualify you for unsportsmanlike conduct or breaking of the rules. We do not anticipate having to do any of that but should the situation arise, please be respectful and understanding.

#### FAMILIES & FRIENDS

It will be Father's Day weekend and we encourage your family to come out and hangout. Bring a cooler and the kids and enjoy the day.

You are welcome to play in the creek. We ask that you cross the road down by the parking area (we will have it marked) and not by the mailbox. It's dangerous there because of the blind curve. If I see you crossing here you will get a good southern talking to. Adults, this is for you too! Lead my example so follow the rules.

ALSO STAY ON OUR SIDE OF THE CREEK. We have new neighbors and they own the other bank. Also do not stack rocks at the creek. Those cairns fall over and kill wildlife. VERY IMPORTANT We do ask that you not play in the spring in the woods. It's home to mud puppies and other salamanders . They are fragile and that is their home.

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PRE RACE CHECK IN - We will have check in on Friday from 1 - 3 pm. You will be allowed to start setting up your crew area and claim your chair spot at Noon on Friday. Crew spots and Chair spots (more on that below) will be first come, first serve. Keep in mind your neighbors and only use the space you need.

Race morning check in will be from 7-7:30 but we strongly encourage you to please utilize Friday check in.

#### PRE RACE TALK , CREW 5K , DINNER & SPECIAL GUESTS

The Crew 5k will start at 4 We don't anticipate this taking more than an hour and a half max. Everyone should be done in about an hour.

#### TIMELINE

Setup 12 Noon

Check-in 1 -3

5k 4 - 5

Pre Race Talk/Dinner following the Crew 5k

Race Morning Check in

Will be from 7-7:30

PARKING/CAMPING - Parking and will be set up in the large field. DO NOT PARK ON THE ROAD OR IN THE YARD . DO NOT DRIVE THROUGH THE YARD. DO NOT DRIVE UP TO THE STARTING CORRAL UNLESS YOU HAVE TALKED TO US PRIOR.

One more time for the cheap seats in the back, do not park on the road or in the yard. DON'T DRIVE THROUGH THE YARD OR UP TO THE STARTING CORRAL.

You can set up a tent for sleeping and staying the duration of the weekend parking area or in the yard. It is a huge field with PLENTY of room for this and parking.

So for those camping please do not put your tent alongside the course unless it's a 10x10 popup. The popup can be in front of your tent. Why do we ask this? Because we want to properly utilize the space and make it easy for EVERYONE to crew and get to and from the corral. You are allowed to sleep or have a cot in your crew tent that is totally OK and you're welcome to stay there. You may set up overnight camping anytime Friday after 12pm. We ask again please do not arrive before Noon because we will still be busy getting ourselves ready for the long weekend. If you plan to arrive Thursday night please contact us, it's totally okay we just want to be in touch.

CREWING - The crew area will be next to the starting corral and throughout the yard. This is your home and base of operations. You'll crew your runner in the Chäir area but nothing other than a chair and cooler is allowed to stay there. So that means you will be running between your base of operations / crew camp and the Chäir Area.

Again, you may start setting up your crew spot Friday at Noon Friday - no sooner. You can also drop your chair off in the tent in order to claim your spot after that time.

VERY VERY VERY VERY IMPORTANT !

**After your runner drops you need to remove your stuff from the Chäir area. Your cooler and Chäir go back to your camp. We need to open up space for the remaining runners to use and move closer to the corral. Once you're out, you shouldn't be sitting around hanging out underneath the tent past the next loop. You are more than welcome to hang out up there but you can't keep your set up in the chair area.**

SELF CREWED RUNNERS

This is important for those who are self-crewing ( that means they will be crewless) and need to have a small bag with gear and supplies. You can use the back row and set your bag BEHIND your chair. This is the third year we are allowing this but YOU MUST BE IN THE BACK ROW.

TENT RULE ENFORCEMENT

We will have a volunteer go through the tents and make sure everyone is following these rules. In the past these rules have been taken advantage of and while we bend on some of it some things definitely need to be more adhered to. **If you see anyone breaking the rules, it is your obligation to report them or inform them they are in violation**

INTERMISSION- There will be an intermission at the 12hr mark. The first intermission will take place at 8:00pm. Runners will be given a 20-minute break, without having to report back to the corral after the previous loop (7:40pm start). The next coral report and loop start for the first intermission will be 8:20pm. Another intermission will occur at 24 hours and another at 36. These are non negotiable and here to help you. Every 12 hours until the race is over.

MUSIC - Absolutely no music, podcasts , or long extended comforting phone calls of any kind while on the trail. No headphones, earbuds, or noise makers other than nature while at our event. **This goes for Crew too. No music in the Crewing area. Yard, corral, and on course, NO music.**

**AGAIN NO MUSIC. We don't want to hear it. Your neighbors don't want to hear it. If you need entertainment then make friends with your neighbors. This is about connecting and community.**

**\*\*\*During the intermissions, you can use noise, canceling headphones to grab some rest.**

POLES - Poles allowed only AFTER the first 12 hours. Yes, I know this sucks but it's for safety reasons. With that many runners on the course we just can't run the risk of some folks getting stabbed and too many people have shown up with no idea how to use them and safety has become an issue.

In the no poles rule this includes picking up sticks as well. Absolutely nothing other than your will and your body is allowed to help you up those climbs for the first 12 hours. If you are spotted or reported utilizing sticks you will immediately be disqualified. We didn't have an issue with this but we've seen this dishonesty at other races and want to be clear it's cheating and will not be tolerated. You're all good people though and we don't expect you to misbehave.

So **AFTER** the first intermission poles will be allowed. Also practice using poles. Way too many people are showing up saying I've never used poles before and they are way too careless with them.

**POLES- no metal tips PLASTIC TIPS ONLY so use covers. Again no metal tip. We will be looking for this. If you don't have tips on them you will not be permitted to use them.**

Pooping ?? - We will have porta potties right past the start finish line.

Due to shorter loop times, volunteers and spectators will only be permitted to use them up to 10 minutes after the start of each loop. We want to keep them open for the runners coming in.

Runners, we suggest you know how fast you can run so you can plan for a **"Poop Loop"**.

We do NOT allow pooping on course, but shit happens and if it's an emergency then you must pack out your toilet paper or use leaves. If you don't, it counts as littering, and you will be disqualified on the spot. No ifs ands or butts.

AND NO YOUR CREW CANNOT GO GET IT FOR YOU. If you leave a shirt or sock on course you will be permitted to take a bag out with you on the next loop and retrieve it but nobody else can do this for you.

Once you time out, you cannot keep going out with the runners and accumulating miles or continuing to run on the course. Needing to "get your miles " is not OK. It is breaking the rules, and you will be asked to leave the property.

[INSERT MORE NITTY GRITTY RACE RULES]

TIME LIMIT- Runners have 20 minutes to complete each loop. A new loop will start every 20 minutes. 8:00, 8:20, 8:40, and so forth.

Running ahead and banking miles is not permitted. You are all tied at the end of every loop unless you decide to drop out. Those without both feet in the Starting Corral at the start of every loop are eliminated. YOU MUST BE IN THE CORRAL. Not under the tent or beside it. IN IT!!! There is no grace period. We will have an interval clock so you will know exactly how long you have. One second late and you are out, end of story. **Come get your wristband cut. Once you are out you must come and get your wristband cut.**

AID - Runners are responsible for their own aid. They may only receive aid in the Crew or Chair area **AFTER** they complete their lap. That means NO stopping on your way into the Corral. You must enter the corral then exit or go to the Chair Area to receive aid.

We will be providing water, drink mix and some food throughout the event but typical aid station fare will NOT be provided.

NO AID IS ALLOWED ON COURSE. Yes you can carry water and food but nobody can physically hand you anything or leave anything hidden for you.

In the later miles especially you cannot have crew running back and forth on the course getting things ready for you when you come in. Once it moves past encouragement to basically crewing from the crossroads we will put an end to it. We have a level of integrity we are looking to maintain and if we see that's being compromised we will invoke Race Director law.

Runners are allowed handhelds and packs on the course. They may only be refilled and/or dropped after the completion of a loop AFTER you cross into the corral. Do not grab ANYTHING on your way in. You may carry your aid out with you on the course.

Stashing items is cheating and if you are caught doing this you will be disqualified. Again we have not experienced this only witnessed it at other events

*ONE MORE TIME SO THE IMPORTANCE IS REITERATED...*

**No one is allowed to be with you on course. No one should be sharing a loop with you or recording your livestream alongside you without our permission. Let me repeat that again no crew , no friends, no family members can be out there with you.**

**Aside from standing to the side cheering while you are on your loop.**

**If this continues to be an issue that we have to police year after year the resolution will be NO SPECTATORS on the course. Period. We do not want to make that a thing we love having people out there. It's part of what makes it so awesome so again hold each other accountable so that we can continue to do this.**

**STARTING CORRAL** - Runners will receive a two minute and one minute warning. Those not in the starting corral at the sound of the whistle/start of the next loop will be eliminated. Once the whistle blows the loop as officially started. Once you start your loop you must stay on course and no longer receive aid.

You may enter the bathroom or lay down and nap in that spot two steps past the start line. Regardless of how you use your time on course, you must complete the loop and be back in time to start the next.

**CHÄIR AREA** - The crew area is located ADJACENT to the STARTING CORRAL. All runners get a 3x3 area here to have a chair and a cooler. No yoga mats or lounge chairs are permitted until things have cleared out and there's lots of space. RD's will let you know when this is allowed.

This area is so runners can easily access aid and not have to enter the Crew area. This is to save the runners time and energy and so they can just step into the starting corral rather than hustling back from camp. This space will be tight in the beginning, but as runners admit defeat, space will open up. When you have resigned to quitting, you must immediately remove your chair and belongings from this area within one loop of dropping out. Crew camps can remain, we just want to open up chäir area space.

**ONLY ONE CREW MEMBER PERMITTED AT A TIME IN THE TENT AREA WHILE RUNNERS ARE PRESENT.** That does not mean the rest of the crew stands in the middle of the corral go back to your crew area. If your crew chief or the person assisting the Runner needs



you they can call or text or walkie-talkie. Crowding will be an issue in the first few hours, so this is meant to minimize the chaos. If you have kiddos they need to sit tight at base camp until the numbers thin out.

**PASSING** - Most of the trail is really wide. Passing should not be an issue but in the beginning, it will be crowded. Have patience and be kind.

If you can tell someone wants around please step to the side. Up or downhill, it doesn't matter. This course can be hiked in 20 minutes.

We will warn you - once it goes up, it immediately goes up. So, if you are a strong uphill hiker and don't want to get jammed up, plan accordingly. Y'all will be running and cruising, then boom! Now you're not.

The first downhill is steep and has some spots that require intentional footing. Take your time but be mindful of those looking to come down more aggressively and please be ready to step aside. Most importantly, please be careful. There are plenty of spots to make up time on the course, so there is no need to hurt yourself or someone else.

**HEADLAMPS** - Headlamps or a similar light source will be required after 8pm. This is absolutely non-negotiable. Sunset is 8:08 pm, and you will need it.

**WRISTBANDS** - Bibs are a pain to swap between gear and clothing so instead, everyone will receive a wristband. When you have decided your day is done, you must come have your wristband cut. again, once you time out, you must come and get your wristband cut. That's our dropping process and you will receive your participating wristband

Afterwards you are no longer eligible to participate as an entrant. You are merely a supporter, an onlooker, and lucky to be someone no longer having to climb up Myer's March and Machete for the umpteenth time.

#### **DECLARING A WINNER -**

1. If two runners start the last loop and one does not complete it within the time limit, then the one who completed it is declared the winner **ONLY AFTER** he starts and completes the next loop a solo loop "VICTORY LAP" within the 20 minute time frame.
2. If two runners complete the loop, but only one chooses to continue, then the last runner must go out and complete a VICTORY LAP within the time limit in order to be declared the winner.
3. If the last runner cannot complete the loop in the time limit then there will be no winner.

AWARDS - Jon's sweet mother was kind enough to make us a one-of-a-kind custom Mid-State Mile quilt. My dad Al Jones will also be making a unique and handcrafted trophy.

With all that said, thank y'all again so much - we are incredibly excited. We really think we have something special and challenging here with Mid-State and we are looking forward to welcoming you to The Murder Mile .

On a personal note, THANK YOU to our friends, supporters, and volunteers who have put in countless hours to make this all possible. We are looking forward to seeing y'all June 17th.

Becca & Jon

## PLACES TO SHOP AND GET SUPPLIES

HWY 100 or 96 is closest to the race.

Bellevue - Franklin - Fairview

Are the closest areas. All are about equal distance.

Our Sponsor - Cumberland Transit  
for race day nutrition, supplies & gear.  
2807 West End Ave, Nashville, TN 37203

I have listed the closest to the house first.

-Kroger, Hwy 100, Nashville, TN

-Kroger Highway 70 South, Nashville, TN

-Publix Super Market at Harpeth Village, 8028 TN-100, Nashville, TN 37221

-Publix Super Market at Bowie Commons, 7014 City Center Way, Fairview, TN 37062

-Publix 7604 Hwy 70 S, Nashville, TN 37221

Walmart Supercenter, Hopgood Road, Fairview, TN

Walmart Supercenter, Charlotte Pike, Nashville, TN

Pizza in Bellevue -

Jet's

Domino's

Pizza Hut

Papa John's

Marco's

Coco's

DeSano's

Pizza in Fairview -

Pizza Hut

Snappy's

Domino's

Pizza in Franklin -

Mellow Mushroom

Roma's

Sal's

Domino's

Brooklyn Brother's

Breakfast - Fairview

Country Cafe - CASH ONLY

Donut Den

McDonald's

Breakfast & Fast Food - Bellevue

Loveless

McDonald's - Hwy 100 & 70

Hardee's

Burger King

Sonic

Arby's

Wendy's

Subway

Jimmie John's

Places to stay

Checkout the Fork Inn

It's right up the road and tell them we sent you.

Major dining areas are in Bellevue and Downtown Franklin. That's where most of the main food options are.