

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 encourage you to check those out to better understand and lay the land.

*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.

Weekend schedule

3pm Setup - yes, it's later this year

4-5pm Check In

5pm Race briefing

5:15pm 5k & dinner

***Race morning check 7am-7:30**

We ask if you can make it Friday, please do so.

LIVESTREAM

The race will be live streamed from our YouTube channel. Please click subscribe

<https://youtube.com/@midstatemile3725?si=1z2EP1gVK19VPdqE>



East Fork Creek

Camper
Parking

Car Parking &
Camping

Car Parking &
Camping

Murder Mile

Crew Area

Gear
Dropoff

Red - Murder Mile

Brown- Field Entrance

Bright Green- Parking & Camping Field

Dark Green- Camper Parking Area

Yellow- Crew Area

**Purple - VIP, Volunteer & Sponsor
Parking**

Royal Blue - Gear Drop-off/Pickup

Light Blue -Start/Finish Lines

White - Chair Area

Peach - Group Tent Area

Orange - Do Not Enter

*** do not use the blue or purple for parking. All cars in VIP parking must have a pass on their dashboard .

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, runners and all who supported us - y'all are incredible.

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. Yes that sounds harsh, we want kids to have fun but that does not mean we will sacrifice safety for fun. Small children are not permitted to be at the creek, back in the woods, or wandering around without supervision. I know at your house they roam free and do x,y,z. Well, this isn't at home so please respect our house rules.

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 is wild! All 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 is important to remember a sick or injured animal may not react with fear and avoidance. They may be more inclined to act aggressively. The strain on food supply and habitat loss along with living close 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 can 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.

Now we have had people do documentaries and share their journey for their audience or channels. Coordinate with us and we will define guidelines of what is allowed and what is not.

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 are not call them out or report them.

If this continues to be an issue that we must 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 is 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 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 area is reserved for sponsors, volunteers, and special exceptions.

This one is a BIG BIG BIG one and someone has been one breath away from being asked to leave and receiving a lifetime ban. I promise I am pretty darn nice but if you or your crew wants to f*ck around you will find out 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 is 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 is 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 groups 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 are some people that might want to join you that you do not 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 and hang out. Please remember that no aid may be given to runners while they are on course. Or asking your runner what they need.

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.

VOLUNTEERS AND RACE STAFF -

Please respect the 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.

PRE-RACE CHECK IN, BRIEFING, DINNER 5k, RACE SETUP

Check-in on Friday 4-5pm.

5pm Pre-Race Briefing followed by Crew 5k & dinner.

*Race Morning Check in will be from 7-7:30am

What is the Crew 5k?

It's an incredibly fun way to donate to Run4Water and the incredible work they do. There is no timing, awards or anything, just the toughest little 5k around. It's \$25 Venmo or PayPal on Friday or can be added to your registration/entry. It's a great way for your crew to get a taste of what you will be doing.

SETUP 3pm

You will be allowed to start setting up your crew area and claim your chair spot at 3pm 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.

*** **PLEASE DO NOT ARRIVE TO SETUP BEFORE 3pm.** We will still be getting ready for everyone to arrive and shoring things up on our end. You may say it is no big deal, but I assure you every minute counts when it comes to getting ready for an event that could last 2-3 days, and we need that time. **Be a good guest and please honor the timeline provided.**

PARKING/CAMPING -

Parking 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 do not want people driving through your yard and neither do we. Remember people live here and this is our home. Do you want 100 cars driving through your yard? It's a very reasonable expectation so please do not be that guy.

So, for those camping please do not put your camping tent alongside the course unless it's a 10x10 popup. The popup can be in front of your camping 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.

If you plan to arrive Thursday afternoon or night please contact us, it's totally okay we just want to be in touch.

Live streaming and outside engagement -

No live-streaming and interacting on social media while on the loop. You may take videos and pictures but anyone caught in phone calls or video streams will be DQ'd . Whatever you do after you get back is your business but while on the loop you cannot be garnering outside support and encouragement.

CREWING -

The crew area will be next to the starting corral and throughout the yard. This is your home and base of operations. You will likely 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.

Also, your runner cannot take anything from you until they have entered the corral. After they cross the line, they can leave and go to your crew area, but they must be back in the corral before the whistle and start of the loop.

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 must open space for the remaining runners to use and move closer to the corral. Once you are out, you should not be sitting around hanging out underneath the tent past the next loop. You are more than welcome to hang out up there, but you cannot keep your set up in the chair area. You should be out within one loop of your elimination.

SELF CREWED RUNNERS

This is important for those who are self-crewing (that means they will be crewless) I will have a special tent for you this year. You all have your own space and I'll make a special announcement that anyone looking to lend a hand. These people don't have anyone if you have a spare minute, help them out.

TENT RULE ENFORCEMENT

If we must, we will have a volunteer go through the tents and make sure everyone follows these rules, but that is not the best use for a volunteer's time. You are allowed one crew member at a time in the chair tent especially when it is busy early on. It is way too busy to have a team around you. Once everything is thinned out obviously, we do not care.

If you see anyone breaking the rules, it is your obligation to report them or inform them they are in violation. Keep each other accountable.

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 corral 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 nonnegotiable 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 on the property.**

AGAIN, NO MUSIC. We do not want to hear it. Your neighbors do not want to hear it. If you need entertainment, then make friends with your neighbors. This is about connecting and community.

WE WILL ALSO BE LIVE STREAMING AND YOUTUBE WILL PULL OUR LIVESTREAM FOR COPYRIGHT REASONS IF THERE IS MUSIC PLAYING. Our cameras pick sound, and YouTube has music scanning AI. You do not want to be the person that gets our livestream pulled.

Sooooo NO NO NO MUSIC

*****During the intermissions, you can use noise canceling headphones or earbuds and music 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. Nothing but your will and body can help you up those climbs for the first 12 hours. If you are spotted or reported utilizing sticks, you will immediately be disqualified. We did not have an issue with this, but we have seen this dishonesty at other races and want to be clear it is cheating and will not be tolerated. You are all good people though and we do not 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.

Pooping?? -

No pooping on the course. We will have porta potties right past the start finish line. I forage and walk through these woods everyday. I don't want to step in anything while roaming.

Due to shorter loop times, volunteers and spectators can only use them up to 10 minutes after each loop starts. We want to keep them open for the runners coming in. We are working on hopefully getting a few extra potties so the crews can have their own. Everyone will appreciate this.

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 is an emergency then you must pack out your toilet paper or use leaves. If you do not, 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 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. **Get your wristband cut. Once you are out you must get your wristband cut.**

AID -

Runners are responsible for their own aid. They may only receive aid in the Crew or Chäir 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 Chäir 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.

IMPORTANT ****

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 is 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 can 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.

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 has 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 or whatever two steps past the start line not in the corral. Once the whistle blows you must immediately exit the corral and are considered "on course"

CHÄIR AREA -

The crew/Chair area is 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 is lots of space. RD's will let you know when this is allowed. Basically, there needs to be enough room for everyone to do that, not just your runner.

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. 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 please go back to your crew area or stand off to the side of the corral. 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 will need to sit tight at base camp aka your crew area until the numbers thin out.

PASSING -

Most of the trails are 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 do not want to get jammed up, plan accordingly. Y'all will be running and cruising, then boom! Now you are 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 non-negotiable. Sunset is 8:08 pm, and you will need it.

WRISTBANDS -

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 get your wristband cut. That is our dropping process, and you will receive your participation 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.

We highly encourage you to help another runner. Find someone without a crew and lend a hand. Or a parent who's juggling kids and crewing alone. Lend a hand. It is part of the Mid-State Mile spirit. We are all better when we help one another. So, help facilitate success.

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 limit.

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 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 typically 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. We appreciate your understanding and adhering to the rules. Everything has a reason, and we ask that our community uphold the standards we have asked for so that we can continue to welcome everyone back year after year. Don't be the reason we must make a new rule.

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 in June.

Becca & Jon

PLACES TO SHOP AND GET SUPPLIES

HWY 100 or 96 is closest to the race.

Bellevue - Franklin - Fairview - Westhaven

Are the closest areas. Door Dash does deliver.

Franklin is a historic downtown and beautiful. There are lots of little shops and food. Cool Springs is close to Franklin and has lots of food and hotel options. The traffic can be a pain. Consider yourself warned.

Westhaven is on the way to Franklin and it is a wonderful subdivision with food options and a Kroger. It is the closest place to the race.

Bellevue has lots of food and shopping. There are also plenty of hotels. We recommend Home to Suites by Hilton in Bellevue One. Especially for families or those just wanting to walk. There are several restaurants and a coffee shop just outside the hotel. It's an excellent location.

Fairview is more country and spread out. It does have a Walmart, Publix and some fast food. There is a restaurant called Jefferson's which has your basic American food. They have a couple of new places opening up and it is growing. It's good for supplies and has a park with lakes and a large playground.

Our Sponsor - Team Nashville
for race day nutrition, supplies & gear.
3205 West End Avenue Nashville, TN 37203

- Kroger, Hwy 100, Nashville, TN
- Kroger Highway 70 South, Nashville, TN
- Kroger 411 Whitman Rd, Franklin, 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 (we do NOT recommend going here. It can get very sketchy so avoid if you can)

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

Coal Town Pizza - Westhaven

NY Pie

Breakfast - Fairview

Fairview Donuts

McDonald's

Hardee'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.

Stay almost anywhere in Bellevue or Franklin.

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