

NASHVILLE NC

RUNNING FESTIVAL



PRESENTED BY



GLOBAL TAX MANAGEMENT®

2023 Athlete Guide

October 28, 2023

Thank you, 2023 Event Sponsors!



Alexandria S. Luper, D.M.D., P.I., C.
(252)237-3117



Welcome to The Nashville NC Running Festival

Race Director and Founder

Welcome to the 2023 Nashville NC Running Festival! This is the 2nd year of the event, and I hope it will become a tradition for you and your family for years to come.

In 2007, I lost my dad to cancer. Since then, I've wanted to host an event in his memory in the town where we both grew up. This event is organized through the non-profit, Keep Swinging, Inc., to bring family, friends, and community together while raising money for local charities.

The start/finish line and post-race event will take place in historic downtown Nashville, NC. The 5K and 10K course will wind through the town streets passing businesses, schools, churches, and homes. The half marathon and marathon, in addition to running through town streets, will run through scenic rural Nash County roads that take you through picturesque fields of corn, tobacco, cows, and horses. We are very excited about this year's marathon as it is an historic event as it will be the first marathon ever held in Nash County.

This race is not possible without you and the support of the Town of Nashville leaders, Nashville Law Enforcement, Nashville Fire Department, medical support, sponsors, and our volunteers. It takes an enormous number of resources to plan and put this event on, so please thank our race team when you see them.

I am grateful that you have chosen the Nashville NC Running Festival for your race event.

Please read the athlete guide below. It has all the information you will need for a great race day experience.

Enjoy your time in Nashville, and good luck in your race!

Sincerely,



Travis Hedgepeth, Race Director



2023 Nashville NC Running Festival Schedule

Friday, October 27th

On Friday, October 27th we will have packet pickup from 4:30pm - 6:30pm in the parking lot of Hedgepeth-Hutson Insurance at 221 S. Barnes Street, Nashville, NC, 27856.

Saturday, October 28th

Nash County Courthouse Parking Lot at 260 W. Washington Street, Nashville, NC, 27856.

6:30-11:00 a.m. – Registration, Packet Pick-up & Check-in

6:30-10:30 a.m. – Breakfast and coffee available for purchase

7:00-11:30 a.m. – Music by DJ Wesley Ballance

7:15 a.m. – Marathon Start

9:00 a.m. – Half Marathon Start

9:30 a.m. – Craft Vendors Open

10:00 a.m. – 10K Start

10:15 a.m. – 5K Start.

10:30 a.m. – Food and Beer Vendors Open

11:10 a.m. – 1-mile Start

11:30 – 12:45 p.m. – Music by The Sleeping Booty Band – Set 1

12:45 p.m. – All awards announced

1:15 – 2:30 p.m. – Music by The Sleeping Booty Band – Set 2

1:15 p.m. – Run course closes.



Saturday Post-Race Festival

Live music will be performed by **The Sleeping Booty Band**. The Sleeping Booty Band is based out of Raleigh, NC, and is a Tour De Force! They have a 12-piece band, featuring a horn section, percussion, and multiple lead vocalists. They deliver the best music from Aretha Franklin to ZZ Top. The crowd is going to love their high-energy choreographed show with high-quality production and sound.

Please bring a change of clothes and a chair and enjoy the Post-Race Festival!



The Event space will also include:

- Beer by Carolina Eagle Distributing (Domestic and Craft options) – Race participants will receive **2 FREE** drink tickets. These drink tickets are attached to your runner’s bib. Additional drink tickets available for purchase.
- Braswell Family Farms is donating fresh hard-boiled eggs for race participants.
- 4 Food Trucks
- 15 Craft Vendors
- Inflatable Slide and bounce house for kids!

After the Post-Race Festival



If you are visiting Nashville for the first time or a seasoned local, please consider keeping the day going at The Nashville Junction at 723 S. Barnes Street. The Junction Octobrew Fest will provide even more local fan fair!

Packet Pickup

Please arrive at Hedgepeth-Hutson Insurance at 221 S. Barnes Street, Nashville, NC, 27856 on Friday 4:30-6:30 p.m. or the race site at 260 W. Washington Street, Nashville, NC, 27856 on Saturday starting at 6:30 a.m. to pick up your packet. Look for packet pickup signs on race day for the exact location of packet pickup.

The Race Director will be onsite and available to answer any questions.

Registration and Transfers

You can register at the Packet Pickup Friday night or race morning. If you are registering or making a transfer on race morning, please plan to get to the event site 30 minutes prior to the start of your race.

Race Merchandise/Information Tent

A race information tent will be onsite close to the finish line. Please stop by with any questions. This tent will also be selling race merchandise including 2023 Race Sweatshirt, Nashville Torch Run T-shirts and sweatshirts, Run Nashville t-shirts, and “I run this town” t-shirts. Limited quantities and sizes are available so make sure you pick up early before they are sold out.



Not able to join us for the 2022 Nashville NC Running Festival? T-shirts and awards remaining from last year's event will be on sale at deeply discounted prices.

Race Director – Virtual Questions and Answers

New for this year, we will host a virtual question and answer session with the race director. The Race Director will go over some of the details of the Athlete Guide as well as racecourse specifics. This will also provide time to ask questions.

Two Zoom meetings are available. There are specifics for each race event, so please attend the Zoom call for the event you are participating in.

Zoom Call for 1-Mile, 5K, and 10K Participants: Wednesday, October 25th at 6:00 p.m.

Join Zoom Meeting

<https://us04web.zoom.us/j/71402073771?pwd=vQbws2h11qJx87jfCQM3lMjLjwvbggh.1>

Meeting ID: 714 0207 3771

Passcode: i2JqX5

Zoom Call for Half Marathon and Full Marathon Participants: Wednesday, October 25th at 7:00 p.m.

Join Zoom Meeting

<https://us04web.zoom.us/j/79819528315?pwd=aJdy0NfvzVgKESXosaH6d0DGBMxYsa.1>

Meeting ID: 798 1952 8315

Passcode: Hk6ZgN

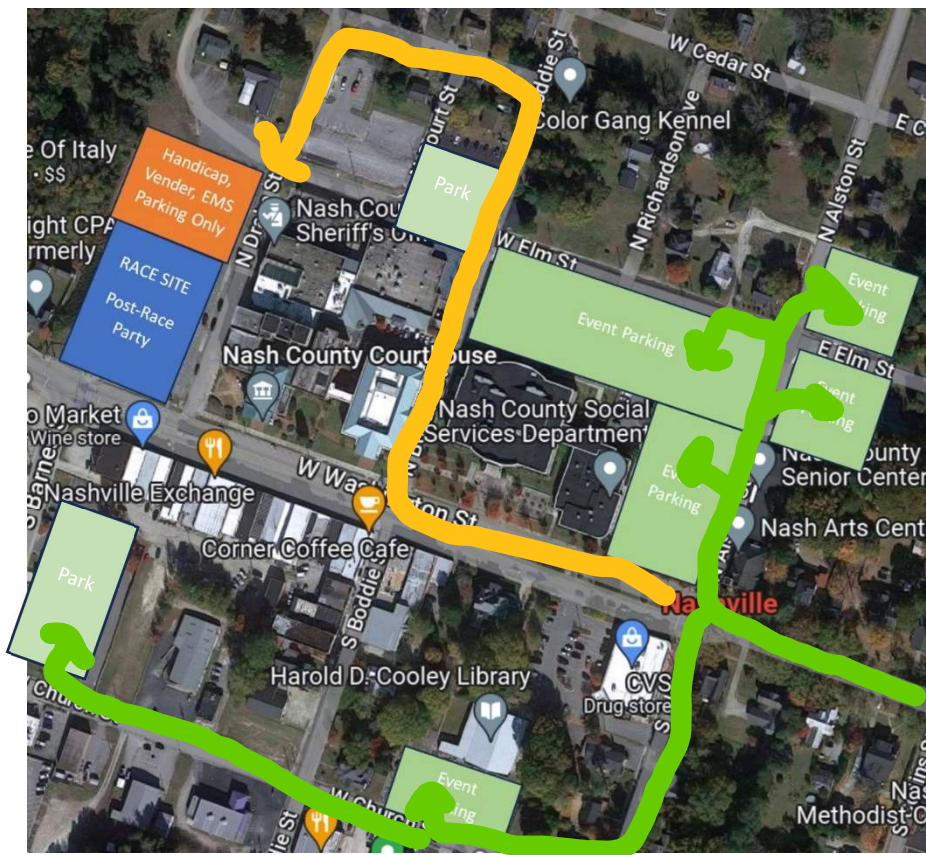
Race Day Parking

Free parking for the event will be in the Nash County Claude Mayo, Jr. Administration Building Parking lot, Nash County Senior Center Parking Lot, and Cooley Library Parking Lot. See green shaded areas below. In addition to these areas, side street parking and other vacant lots allowing parking will be available close by on S. Barnes St. Please be mindful of parking on S. Barnes St as runners will be running on S. Barnes St. These parking areas are less than 2 blocks from the race site. For GPS, use address 114 N. Alston St, Nashville, NC, 27856.

Those needing to be closer to the race site, and have handicap hanger visible, will be able to park in the "orange" parking lot. N. Drake St will be closed. Please enter via N. Boddie St, then left on W. Vale St.

Please do not park in front of the businesses or the Courthouse on W. Washington Street.

The race will start in the Race Site area and cross over W. Washington Street to S. Barnes Street. We are having 5 different race distances, each starting at a different time. If you are in the 5K or 1-Mile run, please be mindful runners will be on the course when you arrive at the venue. To avoid traffic congestion, please enter the downtown area from the east, via HWY 58, HWY 64 Exit 461. From Raleigh on HWY 64, GPS will ask you to take exit 459. However, please consider going to the next exit 461 to avoid traffic congestion around the race site.



Race Day Information

The 2023 courses consist of a 5K loop and 13.1-mile loop course. The 10K will do the 5K course twice, and the full marathon will do the 13.1-mile course twice. The first race of the day is the full marathon that will start at 7:15 a.m. at the Nash County Courthouse Parking lot located at 260 W. Washington Street. Packet pickup, coffee, and breakfast will be available as early as 6:30 a.m. and DJ Wesley Ballance will be getting us hyped up before the race. Please get to the race site early to avoid traffic as some roads will be temporarily blocked for the runners.

The course will cross over W. Washington St. and head south on S. Barnes St. The course is running in a clockwise direction. Some areas on the course will have runners running in both directions with the runner on the left side of the street. Because of this, we ask walkers and slower runners stay on the **LEFT** and allow faster runners to pass on your **RIGHT**. This will assist with keeping a good flow of runners on the course.

Starting Line: We are expecting a good crowd of runners. We ask fast runners to start at the front and slow runners, walkers, and folks with strollers to start at the back. You know what type of runner you are, so please start accordingly.

The beginning of the race will have the largest number of people in the same area. The beginning section of the race on S. Barnes St. is a road lane wide. To spread out runners a little for the 5K race, we will sound off multiple starts. Corrals for the 5K start time will be made on race day and not assigned pre-race. Faster runners will go off first. All other races will have one start time. Reminder, race results are based on chip time, so results are not affected by the corral start.

Restrooms at the race site: 20 portable toilets and two hand washing stations will be outside at the race site, located to the left of the music stage.

Access to indoor facility: We do not have access to any indoor facility. If you need a place to change after the race, please consider using the portable toilets. In the event of bad weather, we will close the race site and ask folks to safely go to their cars.

4 Water Stations: Water, Gatorade, Powerade, Body Armor Drink, and bananas have been donated by Canteen Vending and will be at each water station and at the finish line. The water station will have cups this year and not bottles. The water station locations will be on Joyner Street, Old White Oak Road, Old County Home Rd, and Erkin Smith Rd. Runners will pass a water station at the following mile markers:

5K – Mile Marker 1.5

10K – Mile Markers 1.5 and 4.5

HM – Mile Markers 1.5, 3, 6, 8, 12

M – Mile Markers 1.5, 3, 6, 8, 12, 13.5, 16, 18, 21, 25

Gu Energy Gel (variety of flavors) will be available for HM and M at MM 3, 6, 8, 12, 16, 18, 21, & 25. We have purchased over 125 Gu packs so hopefully that will provide everyone with what they need. However, to be sure we don't run out and you need something extra, please consider bringing your own.



Medical staff and security will be at the race site as well as riding bikes around the course.

Spectators at the finish line: The finish area will be set up as a concert venue. Please enjoy the festivities but also consider standing along the racecourse along S. Barnes St. to cheer on runners as they approach the finish line. Please bring your own lawn chairs for seating at the concert. We ask you to not park along the streets and yards of homes along the racecourse and to not follow your runner around the course. Free parking will be available in the designated parking areas.

Reminder, this is a fundraiser to support The Special Olympics and other local charities. We love and encourage all non-runners to attend the FREE post-race festival. We ask you to please consider making a small donation to the fundraising efforts. Every bit helps.

Enhanced features for the Finish Line: Complete finish line setup, including inflatable start/finish line arch, finish line chute and large display clock. New for this year, we will have live results on TV at the finish line with scrolling results, providing instant results to runners and spectators.

Bibs and Results:

Bibs: Be sure your bib is visible front and center on your chest or your shorts. Your bib is your timing chip and to get a healthy read for your overall time, you must have your bib visibly seen. This also helps our volunteers and race officials know what event you are running.

Results: Overall results and age group results are based on **CHIP** time.

Photography: Carl Lewis Photography will be onsite at the event this year taking pictures of all runners on the course and crossing the finish line. After the race, please visit Carl's website, www.clewisncwc.smugmug.com, to download your FREE pictures. We will also post pictures to the race website and Facebook page. Please take as many as you can with your personal cameras and post on Facebook by tagging @NashvilleNCRunningFestival.

Awards: Official race results for each race will be announced at intermission of The Sleeping Booty Band performance. If you think you should receive an award and are not able to stay for the awards ceremony, please see a Race Official to pick up your Award. Awards will not be mailed after the race. Live results of finish times will be posted on a TV screen at the event.

Award Categories: A first and second place award will be given for each race distance, for each age division, for male and female.

1-Mile Age Divisions: 10 and under, 11-14

5K, 10K, HM, and M Age Divisions: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over

Medals, bibs, and T-shirts: Everyone registered will receive a T-shirt, bib, and medal.

Receiving your medal at finish line: We have 5 distinguished medals, one for each race: 1-Mile, 5K, 10K, Half Marathon, and Full Marathon. We will have signs up after the finish line to help guide you to pick up the correct medal for your race distance.

Golf Carts Leading the Way: Dynamic Golf Carts of Rocky Mount has donated street legal golf carts for the race. We will use these golf carts to lead the front runner of each race.

Racecourse Signage and Water Stations: We are working to get volunteers at every water station and at every turn on the course for the full 6 hours of the running event (7:15 a.m. – 1:15 p.m.). In case we are not able to obtain enough volunteers, we have already ordered over 200 directional signs that will be placed throughout the racecourse, so the runner knows exactly where he/she is going. In addition, we will have Mile Markers for each mile. The

water stations will have cups of water/Gatorade as well as bottled products set out on tables and will be “grab and go”.

Recommended Hotels:

Courtyard by Marriott Rocky Mount

Address: 250 Gateway Blvd, Rocky Mount, NC 27804

Phone: (252) 451-4800

Resident Inn by Marriott Rocky Mount

Address: 230 Gateway Blvd, Rocky Mount, NC 27804

Phone: (252) 451-5600

Race Website and Facebook page:

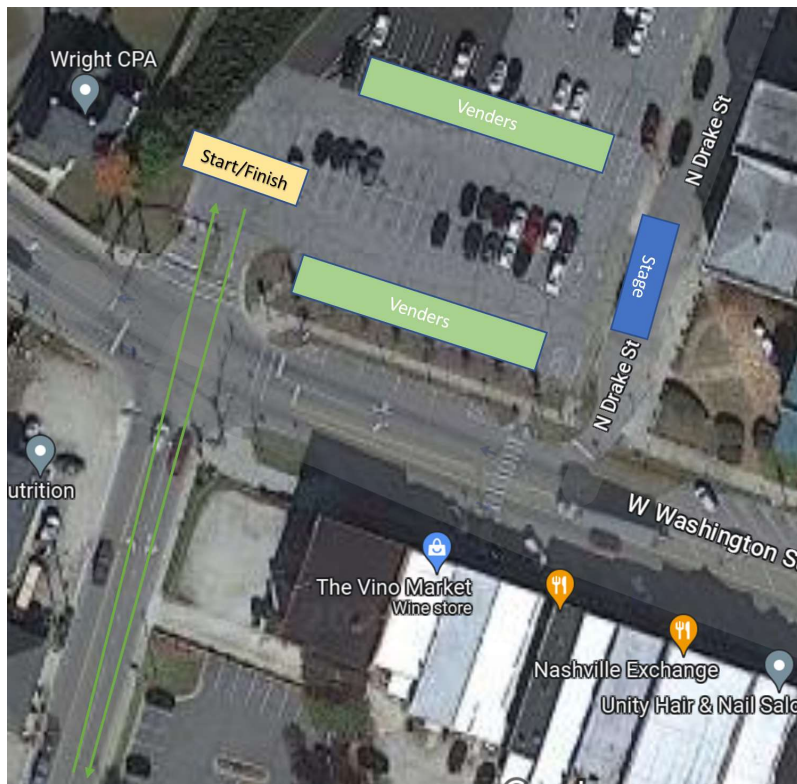
www.runsignup.com/nashvillencrrunningfestival

Facebook @NashvilleNCRunningFestival

Printed Maps and Pictures of Course Below: (Boxes with letters inside the photo below are pictures of the area. See Appendix A for pictures.)

The Running Festival Activities are to be in the Nash County Courthouse Parking Lot and N. Drake Street, and both will be closed from 5:00 a.m. – 4:00 p.m.

Event Venue

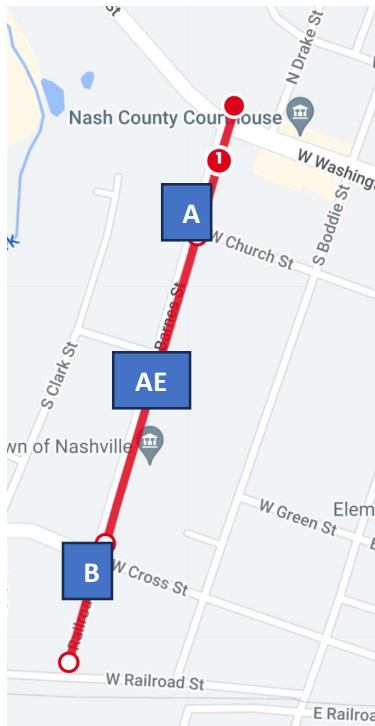


Lane Closures – These are the sections that have runners going in opposite directions on the same street. This is only for the roads with runners going in both directions.

- North Bound Lane and Center Lane of S. Barnes Street.
- North Bound S Boddie Street from Railroad St. to Green Street.
- East and West bound W. Railroad from S. Cook Rd to S. Boddie Street.

1-Mile Course

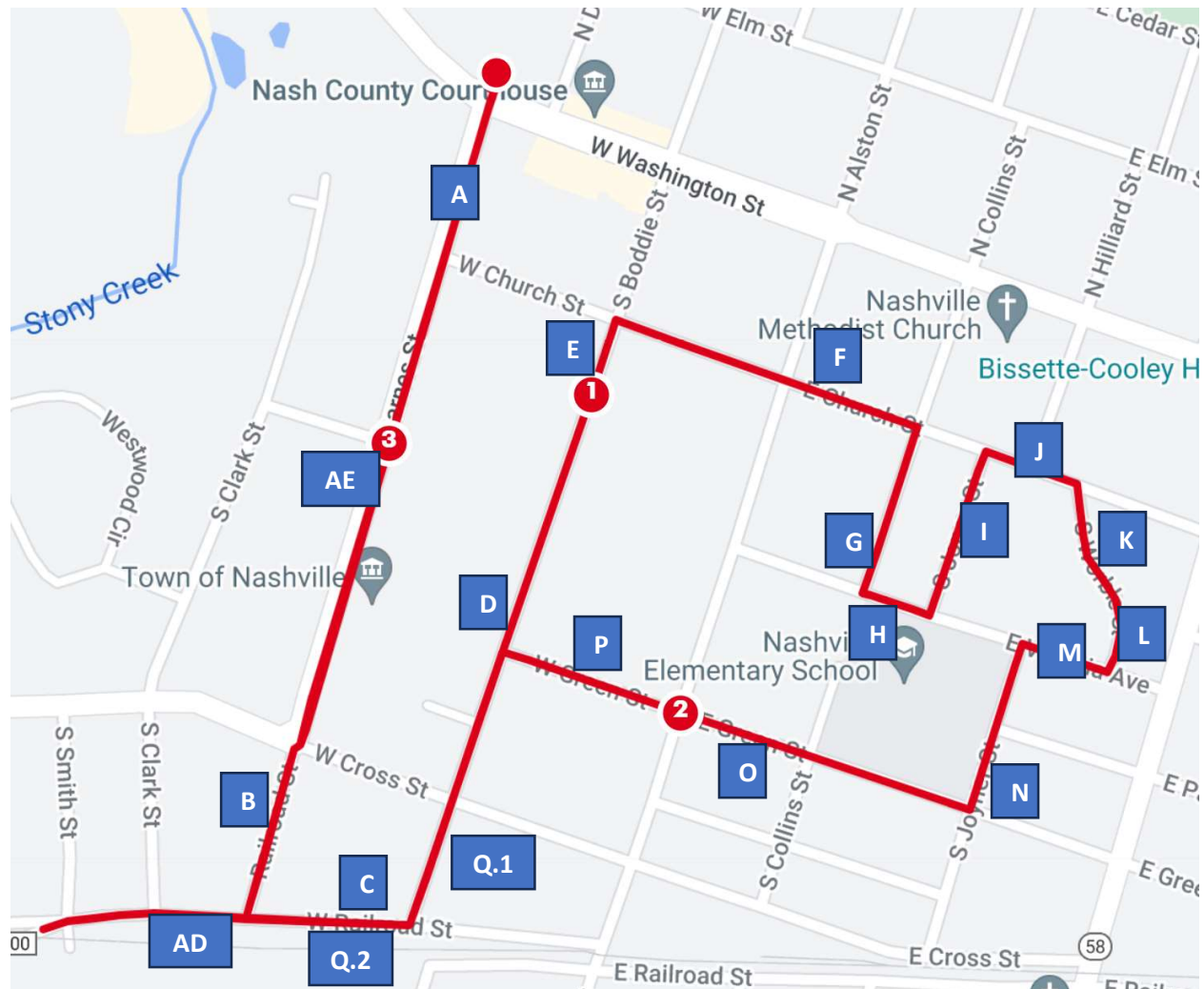
[Nashville Route 1 mile 5.8.2023 - MapMyRun = 5522341477](#)



Start in Nash County Courthouse parking lot. Head South on S Barnes St. Turnaround at W Railroad St and finish at Nash County Courthouse parking lot.

3.1-Mile Course

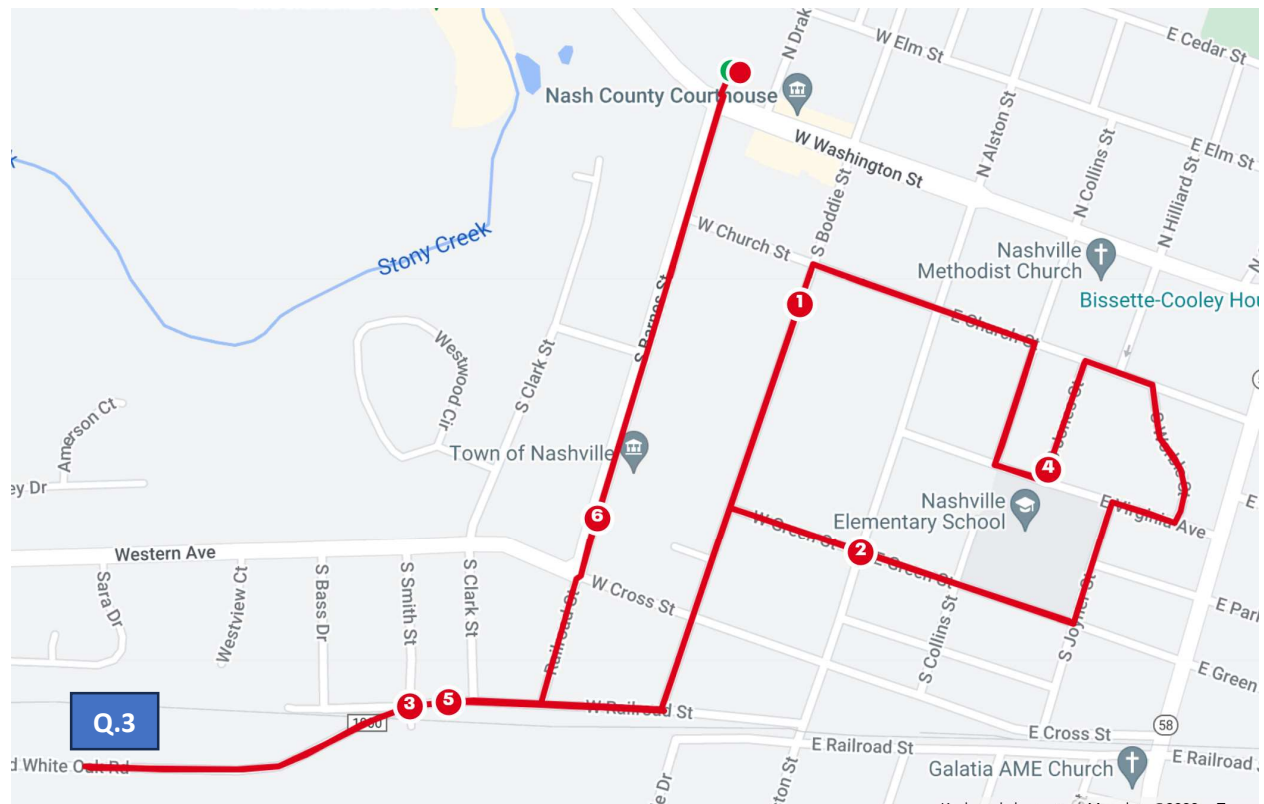
[Nashville Route 5k - MapMyRun](#) = 5522336377



Start in Nash County Courthouse parking lot. Head South on S Barnes St. Turn left on W Railroad St. Turn left on S Boddie St. Turn right on E Church St. Turn right on S Collins St. Turn left on E Virginia Ave. Turn left on S Jones St. Turn right on E Church St. Turn right on S Worble St. Turn right on E Virginia Ave. Turn left on S Joyner St. Turn right on E Green St. Turn left on S Boddie St. Turn right on W Railroad St. Turn around on W Railroad St at the intersection of S Smith St. Turn left on S Barnes St. Finish in Nash County Courthouse parking lot.

6.2-Mile Course

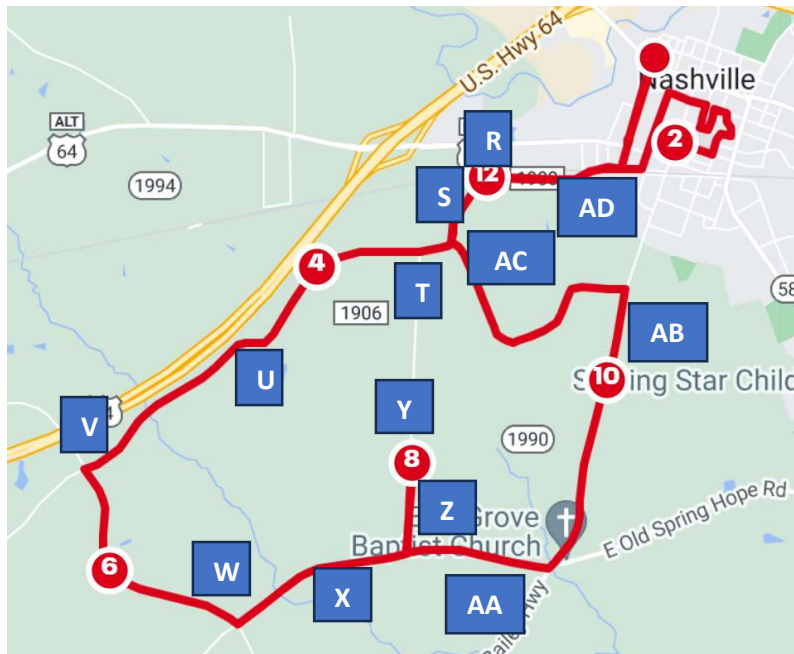
[Nashville Route 10k - MapMyRun](#) = 5624591719



Start in Nash County Courthouse parking lot. Head South on S Barnes St. Turn left on W Railroad St. Turn left on S Boddie St. Turn right on E Church St. Turn right on S Collins St. Turn left on E Virginia Ave. Turn left on S Jones St. Turn right on E Church St. Turn right on S Worble St. Turn right on E Virginia Ave. Turn left on S Joyner St. Turn right on E Green St. Turn left on S Boddie St. Turn right on W Railroad St. Turn around on W Railroad St at the cones that will be set up. Continue straight on W Railroad St past S Barnes Street and turn left on S Boddie St. Turn right on E Church St. Turn right on S Collins St. Turn left on E Virginia Ave. Turn left on S Jones St. Turn right on E Church St. Turn right on S Worble St. Turn right on E Virginia Ave. Turn left on S Joyner St. Turn right on E Green St. Turn left on S Boddie St. Turn right on W Railroad St. Turn around on W Railroad St at the cones that will be set up. Turn left on S Barnes St. Finish in Nash County Courthouse parking lot.

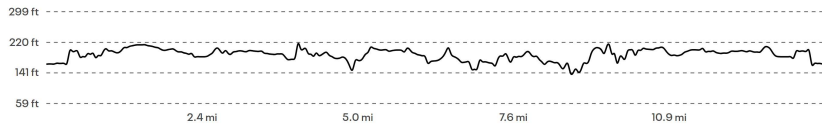
13.1-mile course

[Nashville NC Half Marathon - MapMyRun](#) = 5634759220



Elevation

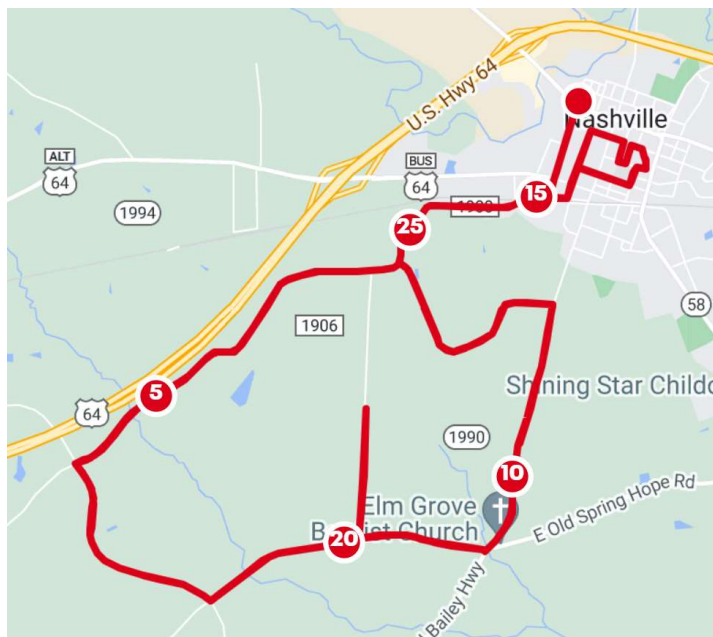
Start 164 ft Max 217 ft Gain 342 ft



Start in Nash County Courthouse parking lot. Head South on S Barnes St. Turn left on W Railroad St. Turn left on S Boddie St. Turn right on E Church St. Turn right on S Collins St. Turn left on E Virginia Ave. Turn left on S Jones St. Turn right on E Church St. Turn right on S Worble St. Turn right on E Virginia Ave. Turn left on S Joyner St. Turn right on E Green St. Turn left on S Boddie St. Turn right on W Railroad St. Turn left on Old County Home Rd. Turn left on W Old Spring Hope Rd. Turn left on Erkin Smith Rd and about a quarter of mile turnaround. Turn left on W Old Spring Hope Rd. Turn left on Old Bailey HWY. Turn left on Cook Rd. Turn right on Old White Oak Rd. Turn left on S Barnes St. Finish in Nash County Courthouse parking lot.

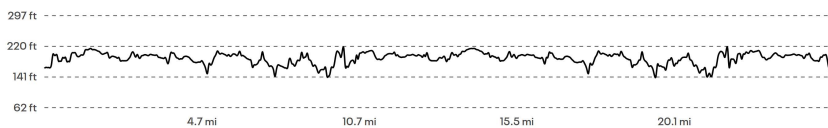
26.2-mile course

[Nashville NC Marathon - MapMyRun](#) = 5634755692



Elevation

Start 165 ft Max 215 ft Gain 652 ft



Start in Nash County Courthouse parking lot. Head South on S Barnes St. Turn left on W Railroad St. Turn left on S Boddie St. Turn right on E Church St. Turn right on S Collins St. Turn left on E Virginia Ave. Turn left on S Jones St. Turn right on E Church St. Turn right on S Worble St. Turn right on E Virginia Ave. Turn left on S Joyner St. Turn right on E Green St. Turn left on S Boddie St. Turn right on W Railroad St. Turn left on Old County Home Rd. Turn left on W Old Spring Hope Rd. Turn left on Erkin Smith Rd and about a half of mile turnaround. Turn left on W Old Spring Hope Rd. Turn left on Old Bailey HWY. Turn left on Cook Rd. Turn right on Old White Oak Rd. Continue straight on W Railroad St past S Barnes Street and turn left on S Boddie St. Turn right on E Church St. Turn right on S Collins St. Turn left on E Virginia Ave. Turn left on S Jones St. Turn right on E Church St. Turn right on S Worble St. Turn right on E Virginia Ave. Turn left on S Joyner St. Turn right on E Green St. Turn left on S Boddie St. Turn right on W Railroad St. Turn left on Old County Home Rd. Turn left on W Old Spring Hope Rd. Turn left on Erkin Smith Rd and about a half of mile turnaround. Turn left on W Old Spring Hope Rd. Turn left on Old Bailey HWY. Turn left on Cook Rd. Turn right on Old White Oak Rd. Turn left on S Barnes St. Finish in Nash County Courthouse parking lot.

Appendix A

(Blue arrows indicate correct direction. Red arrows indicate runners going in a different direction and to be mindful of them.)

Photo A – Looking South on S. Barnes Street. Left and Center lanes will be closed. The Left Lane is for runners starting the race. The Center Lane is for runners finishing the race. Race sponsors Hedgepeth-Hutson Insurance and Southern Bank are on the left.

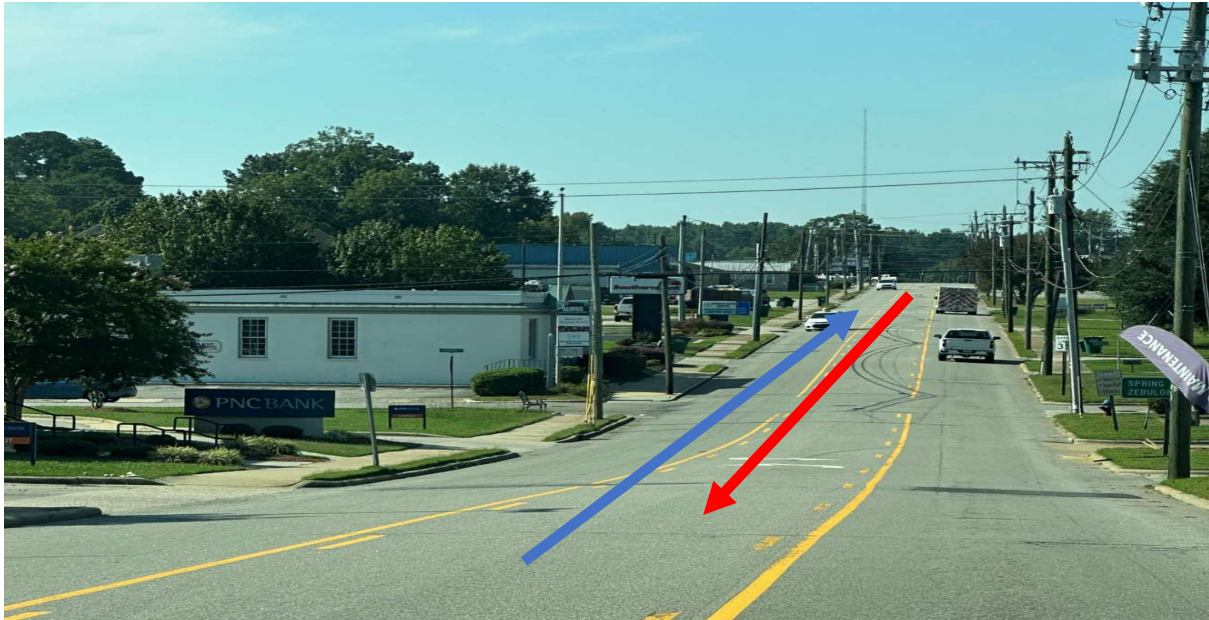


Photo B – From S. Barnes St. Left turn onto Railroad St. Passing The Nashville Junction on the left. Note runners will be running on Railroad St from left to right. Make sure you turn left here and stay on the left. Runners will also be turning onto S. Barnes St. from Railroad to finish the race.



Photo C – Turn left on S Boddie St. Stay to the left on Boddie St. Runners going in the opposite direction will be on the right. The mill towers in the foreground are race sponsor, Braswell Family Farms.



Photo D – Stay straight through Cross St. This is view into Downtown running North on S. Boddie St. Once pass Green St, move to the right side of the road.



Photo E – Turn right on W. Church St. Run on the right side of the road. Race sponsor 3D Fitness is on your right.



Photo F – Cross over Alston St. Then turn right on Collins St. You will see runners ahead but don't go straight, you will miss an out and back of the racecourse.



Photo G – Turn left at Virginia St. Nashville Elementary will be in front of you.



Photo H – Turn left on Jones Street. You will see runners on Virginia st in front of you. Don't go straight as you will cut of a lot of the course.



Photo I – Turn right on Church St. Run on the right side of the road.

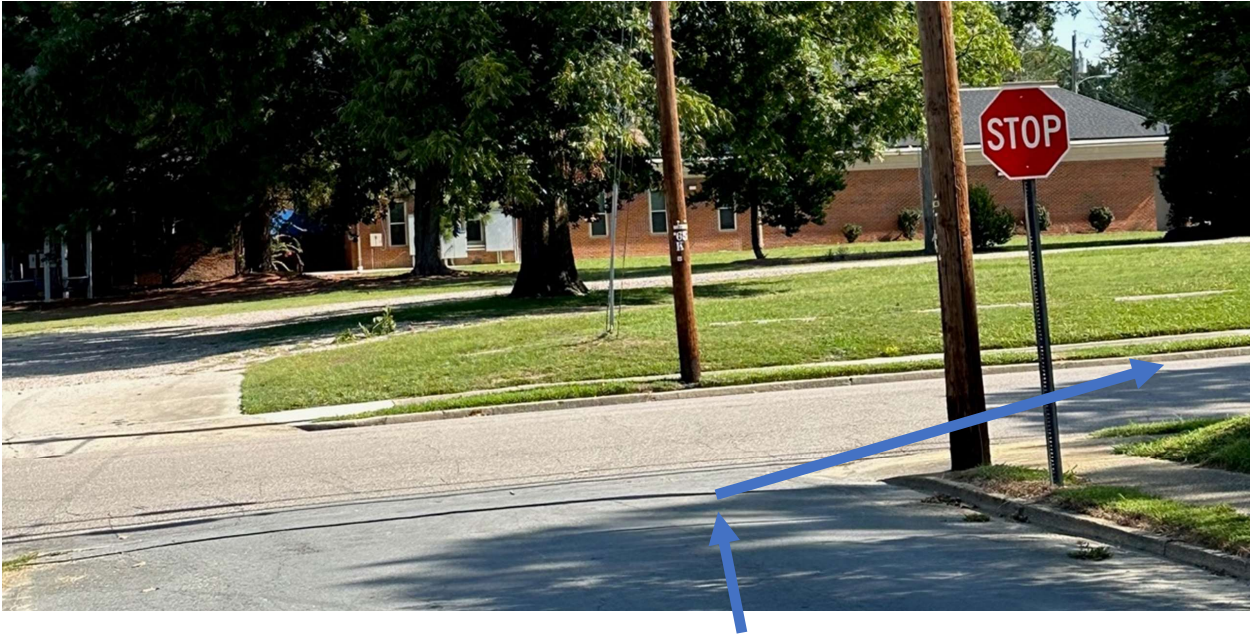


Photo J– Turn right on Womble Rd. This may look like a driveway but is an actual city street. Stay left. This is the only gravel section of the race.



Photo K– Continue straight on Womble Rd.



Photo L– Turn right onto Virginia St.



Photo M– Turn left onto Joyner St. A water Station will be on Joyner Street on the right hand side.



Photo N– Turn right on Green St. This is directly after the school on the right.

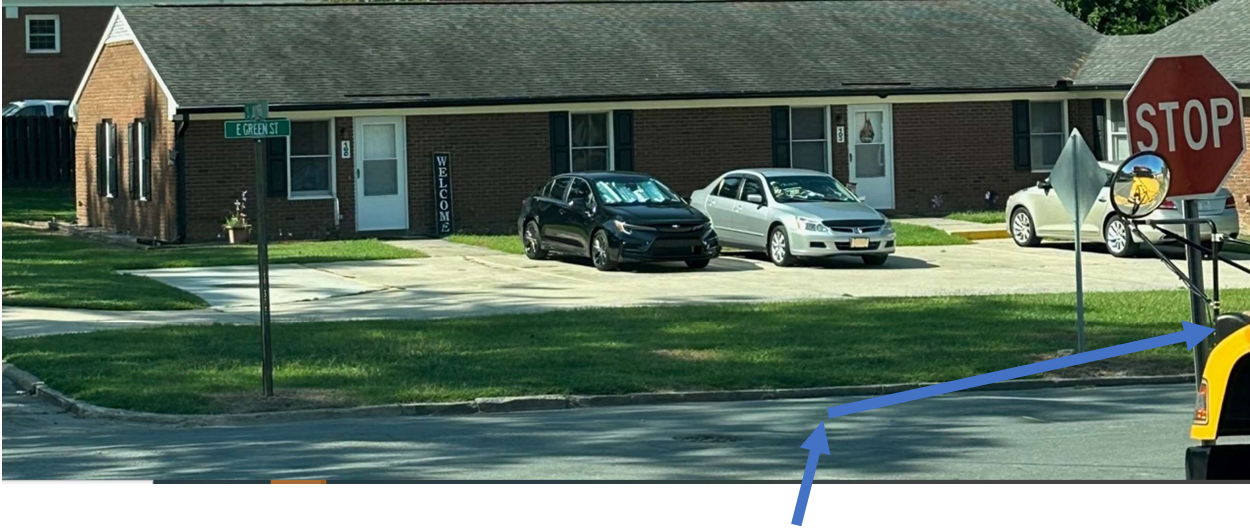


Photo O– Stay straight through Alston St.



Photo P– Turn left on Boddie St and stay on the left side of the street. Runners will be on the right going the opposite direction. You will see runners going right here but you have already ran that part of the course, make sure you turn left!



Photo Q.1 – Stay on the left side of the street. Runners will be on the right side going the opposite direction. Turn right on Railroad St, again staying on the left side of the street.

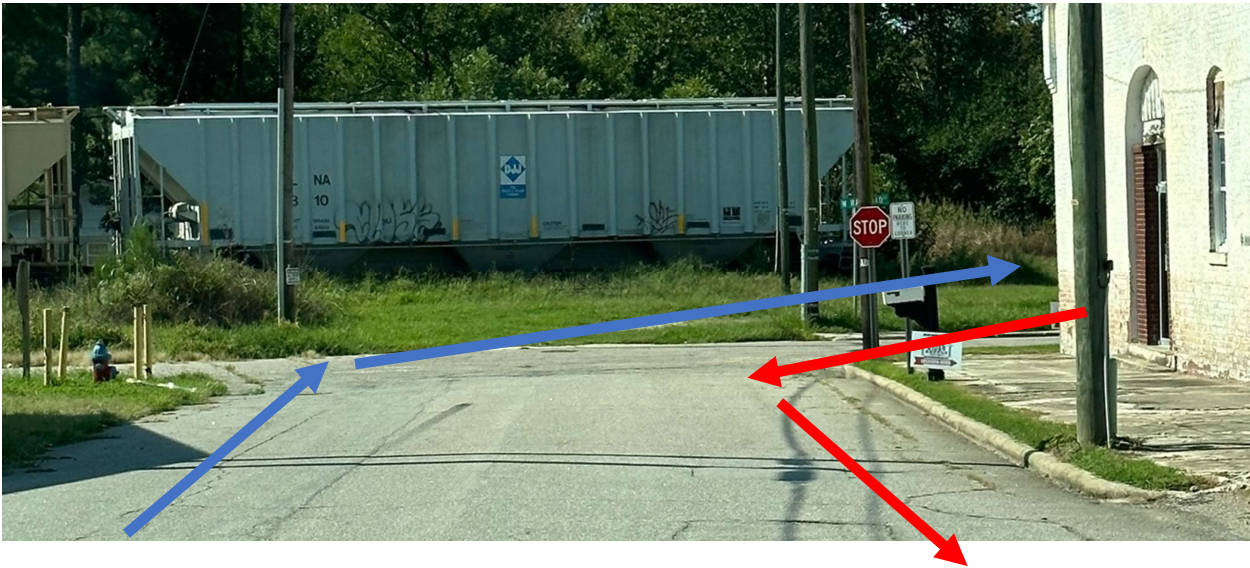


Photo Q.2 – Stay straight here and stay on left side of road. Runners will be on the right side of road running in opposite direction. The 5K turnaround is at the railroad tracks ahead and runners in all race distances will need to keep straight.



Photo Q.3 – Stay straight here for half marathon and full marathon. This is the turnaround for the 10K.

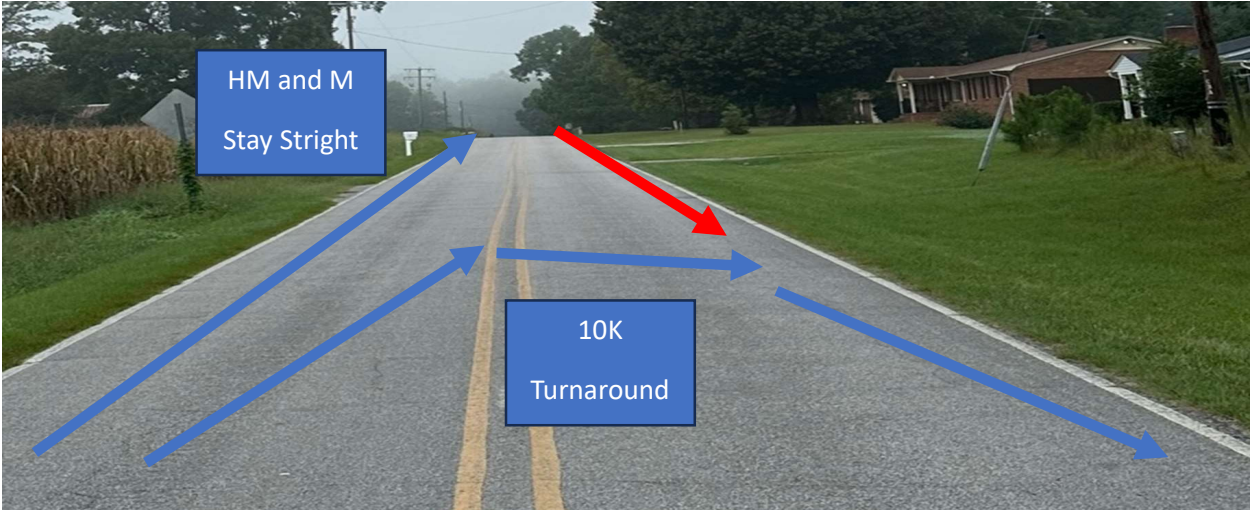


Photo R – Stay straight here. This is the site of a water station. Runners on the half marathon and full marathon will cross this water station 2 and 4 times, respectively. Runners will be going in both directions. Stay on the left side of the road going both ways and grab water from the left side. This will prevent runners crossing over in front of each other.



Photo S – Stay straight here. To the left is Cooke Rd. Runners will be turning right on Old White Oak Rd from Cooke Rd. This is the only point on the racecourse that runners going in opposite directions cross each other's paths. Be mindful of this as it should only happen at this intersection. From this point forward, runners should stay on the left side of street and run against traffic. This section of the racecourse is not closed to traffic.



Photo T– Stay straight. Erkin Smith Rd is on the left but we want to stay straight.



Photo U– Stay straight. Nice tree canopy for shade.



Photo V– Turn left on Old County Home Rd. Stay on left side of road.



Photo W– Turn left on Old Spring Hope Road.



Photo X– Turn left on Erkin Smith Road. Other runners will be returning from this out and back. Do not go straight and miss this section of the course.



Photo Y– There will be two different turnarounds on this road. The first one you get to will be the turnaround for the half marathon. The second one you get to will be the turnaround for the full marathon. The full marathon will turn around at the second turnaround both loops. The picture below is the site of the full marathon turnaround. Cross over the road and get back on the left side of the road.

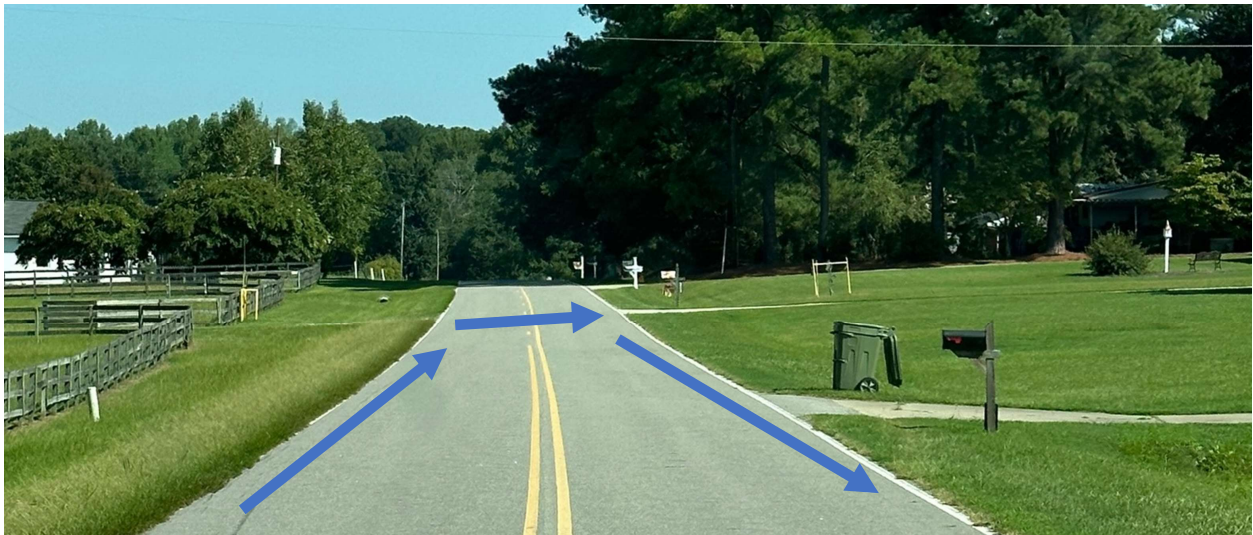


Photo Z – Turn left on Old Spring Hope Road.

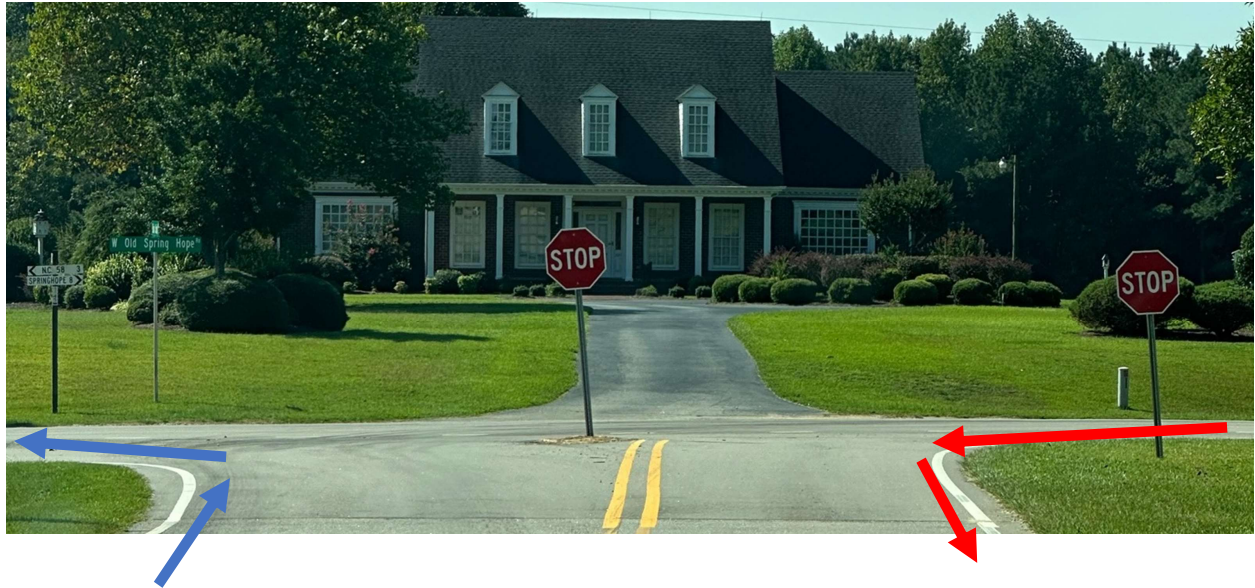


Photo AA – Turn left on Old Bailey Highway.



Photo AB – Turn left on Cooke Rd. A horse farm is on the left.



Photo AC – Turn right on Old White Oak Rd. This is the crossover of the racecourse. Stay on the left side of road. Traffic is expected to be light and law enforcement will be at this intersection providing runners with right of way. However, the road is not closed and cars will be using caution.

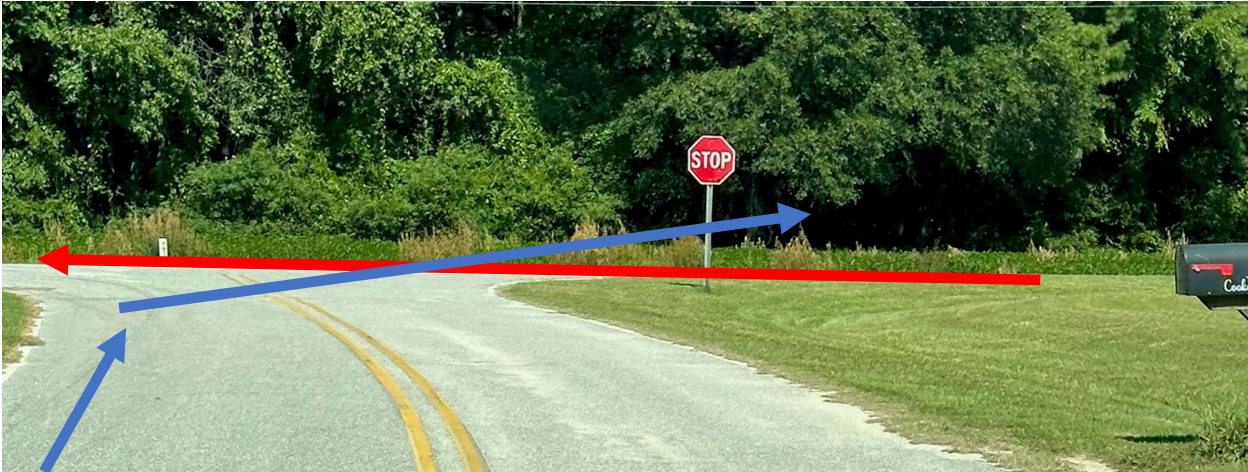


Photo AD – 5K and Half marathon only does one loop of the course. Turn left on S. Barnes St for the Finish Line. Stay in the center lane. 10K and Marathon, you have completed one loop but will need to keep straight to begin your second loop. It is possible runners from other races will be starting their race as you are starting your second loop. Once you have completed your second loop, you will turn left here on S. Barnes St. for the finish, staying in the center lane on S. Barnes St.



5K & HM – Turn Left for Finish.
10K & M – Turn left after second loop for finish

10K & M – Stay straight to start your second loop.

Photo AE – Straight to the finish line ending in Historic Downtown Nashville! Race sponsors located in Downtown Nashville include, The Nashville Graphic and Edward Jones – Cliff Joyner.

