

## August 7 – Start at Veterans Park

This is an out and back route that will start from the Veterans Park and go south along the River Parks trail on the east side of the river.

Here are the scheduled distances and turn around points:

**Beginner Half:** 7 miles. Turn back at the wooden footbridge that is not quite a quarter of a mile south of I-44.

**Advanced Half:** 9 miles. Turn back at 61<sup>st</sup> Street.

**Beginner Full:** 10 miles. Turn back at the parking lot at 67<sup>th</sup> Street.

**Intermediate Full:** 12 miles. Turn back at Helmerich Park.

**Advanced Full:** 14 miles. Turn back at 81<sup>st</sup> Street.

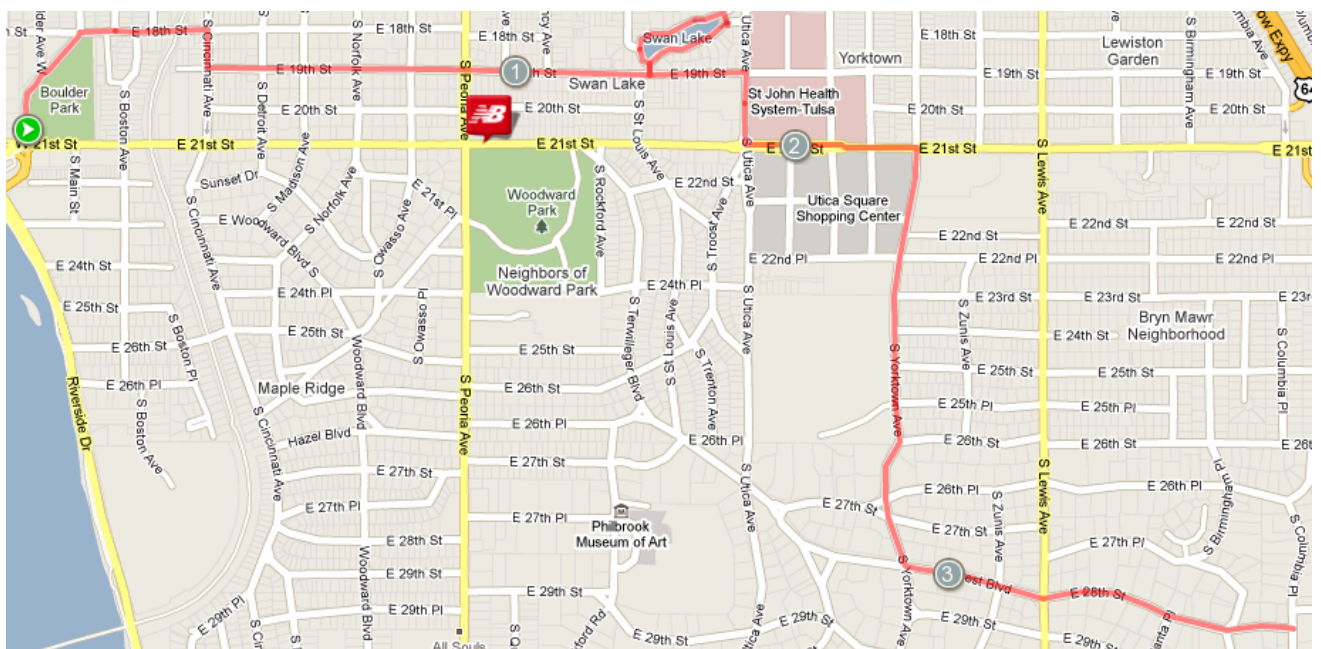
## August 14 – Start at Veterans Park

This will be a sort of hilly out and back 7 mile run. All groups except for the Advanced Marathon stop after the 7 mile route. Advanced Marathoners add another 9 miles on the River Parks trail (run to 61<sup>st</sup> and back).

Here is a description of the 7 mile route:

Start north and turn right on 18<sup>th</sup>. Turn right on Cincinnati and left on 19<sup>th</sup> Street. Do a loop around Swan Lake and continue east on 19<sup>th</sup> to Utica. Turn right on Utica and left on 21<sup>st</sup>. Turn right on Yorktown. Turn left on Forest Blvd. and continue to Columbia Pl. Turn around and follow the same route back to the park.

The route is shown on the map below.



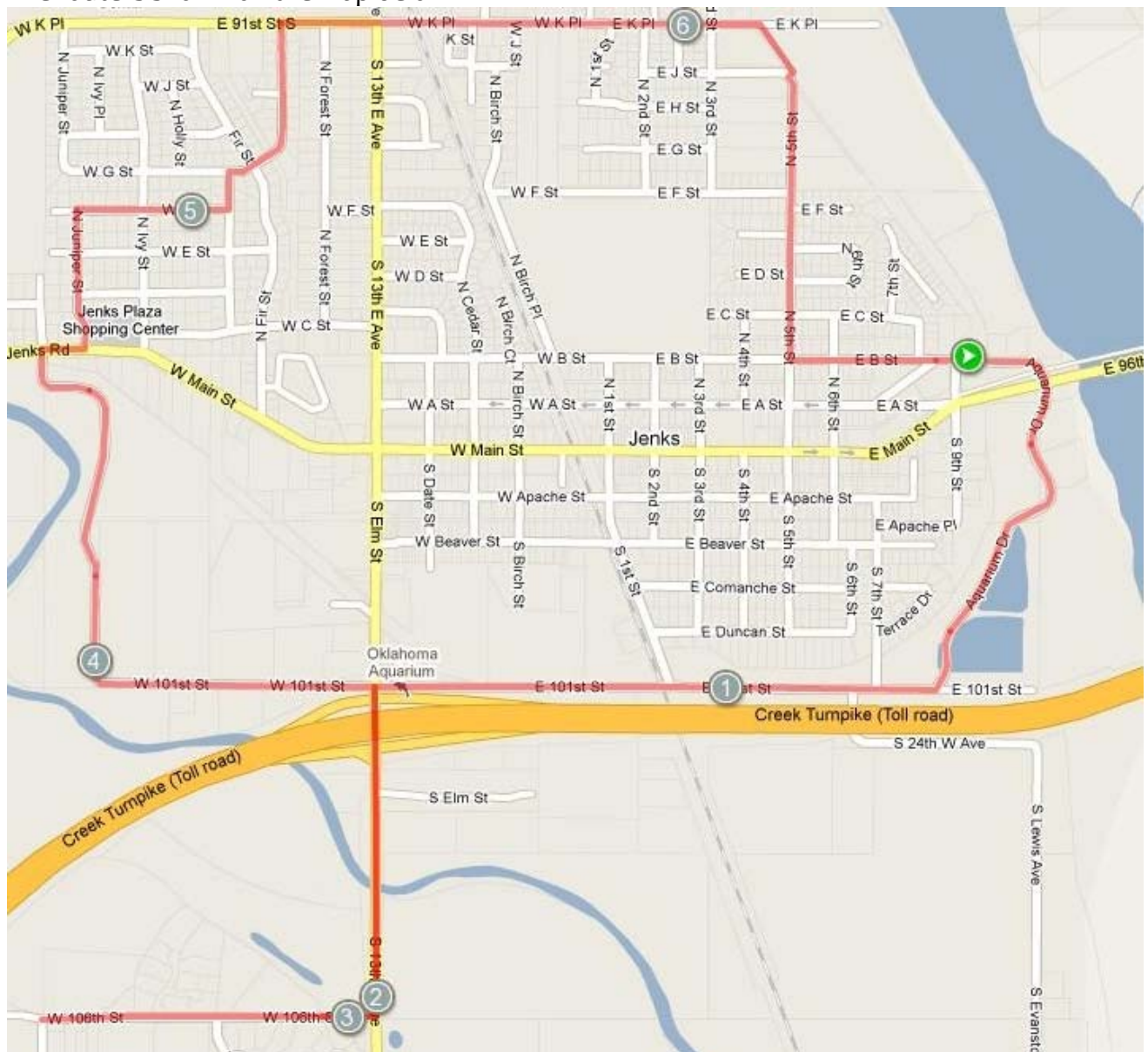
## August 21 – Start at Jenks Riverwalk

Today we start at Jenks Riverwalk, which is on the west side of the Arkansas River at the 96<sup>th</sup> Street Bridge. We start with a 7 mile route through Jenks. For our extra miles we run across the river.

Here is the description of the 7 mile route:

Start going east and follow Aquarium Drive to Elm/Peoria. Go south on Peoria to 106<sup>th</sup> Street. Turn right on 106<sup>th</sup> and go all the way up the hill (if you want to avoid the hill, you can just continue south on Peoria to 111<sup>th</sup>). Run back down the hill to Elm/Peoria and turn left. Turn left on 101<sup>st</sup> (just after the Creek turnpike). Follow the road when it turns right and go past the athletic fields. Turn right on Main and an immediate left on Juniper. Turn right on F, left on Gum, and right on G Street. Turn right on 91<sup>st</sup> and follow it to 5<sup>th</sup> Street. Turn right on 5<sup>th</sup> and left on B.

The route is shown on the map below.



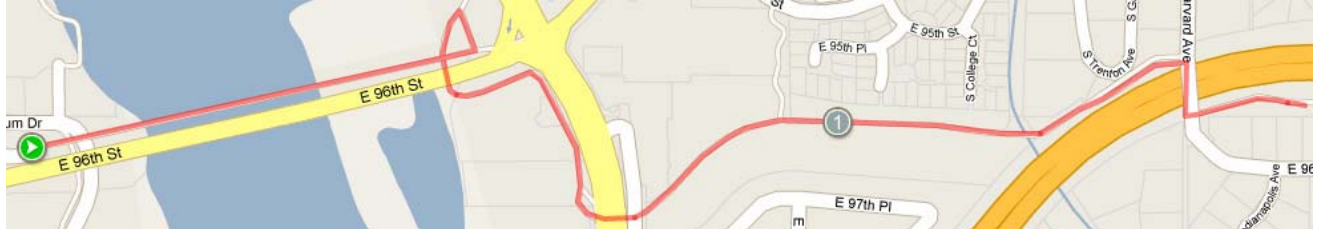
## August 21 – Start at Jenks Riverwalk (continued)

Here are the scheduled distances and descriptions of what to run after the 7 mile route:

**Beginner Half: 8 miles.** Run across the bridge, to the restrooms just south of the bridge, and back, as shown on the map below.



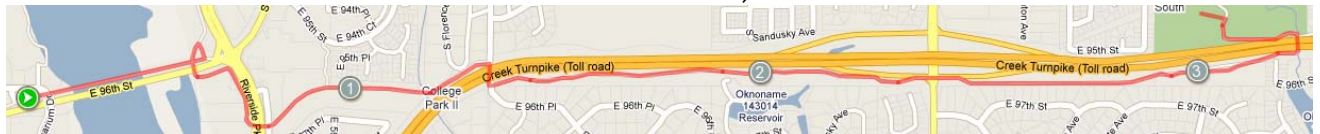
**Advanced Half, Advanced Full: 10 miles.** Cross the bridge and head toward the Creek Turnpike trail. Turn around about a tenth of a mile beyond Harvard, as shown below.



**Beginner Full: 12 miles.** Cross the bridge and head toward the Creek Turnpike trail. Turn around about a tenth of a mile beyond Yale, as shown below.



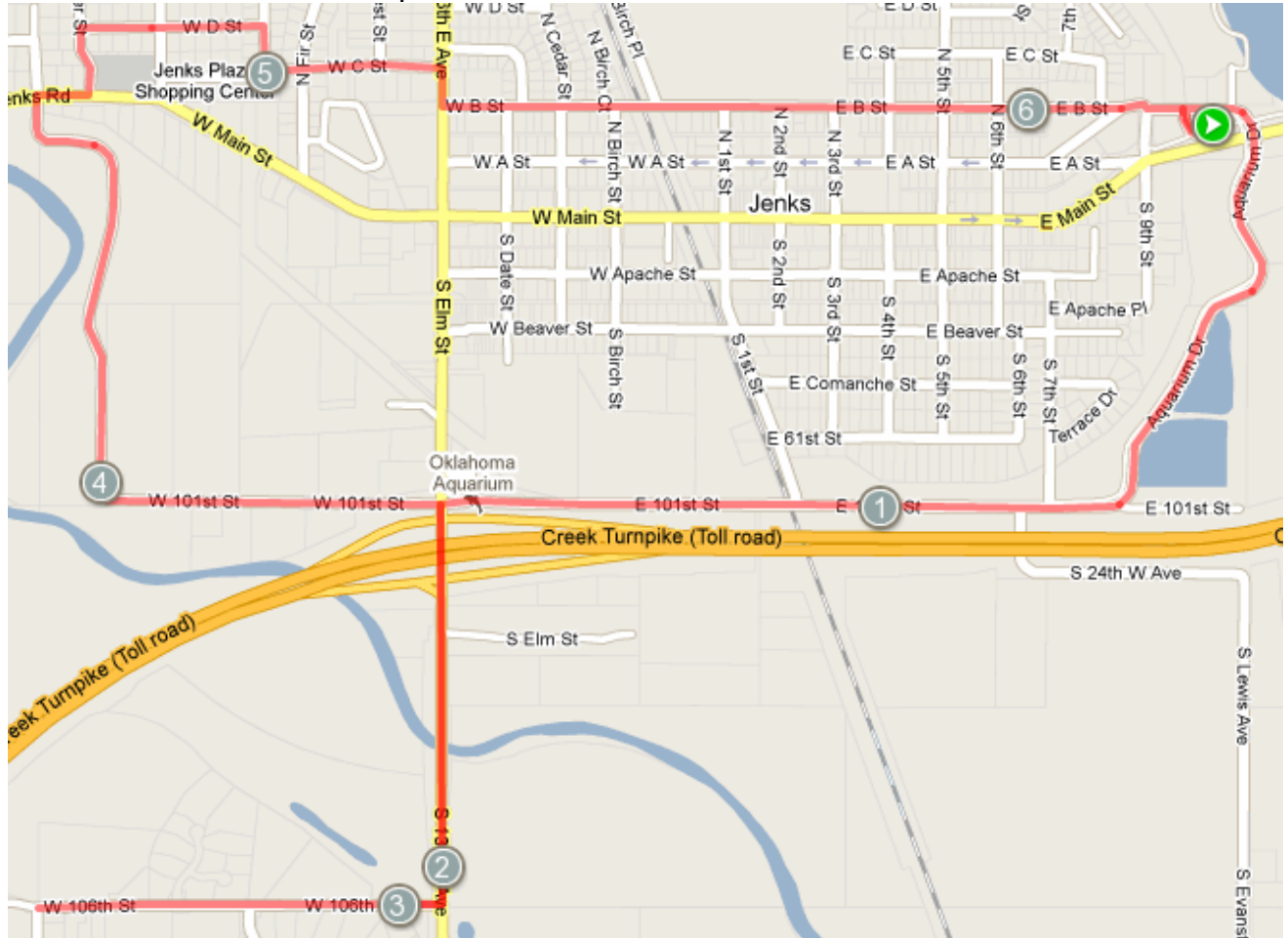
**Intermediate Full: 14 miles.** Cross the bridge and head toward the Creek Turnpike trail. Follow the trail to the restrooms at Hunter Park and turn back, as shown below.



## August 28 – Start at Jenks Riverwalk

Today we start at Jenks Riverwalk with the following 6 mile route through Jenks:  
Start going east and follow Aquarium Drive to Elm/Peoria. Go south on Peoria to 106<sup>th</sup> Street. Turn right on 106<sup>th</sup> and go all the way up the hill (if you want to avoid the hill, you can just continue south on Peoria to 111<sup>th</sup>). Run back down the hill to Elm/Peoria and turn left. Turn left on 101<sup>st</sup> (just after the Creek turnpike). Follow the road when it turns right and go past the athletic fields. Turn right on Main and an immediate left on Juniper. Turn right on D, right on Gum, and left on C Street. At Elm turn right, then left on B. Follow B back to the start.

The route is shown on the map below.



All groups except for the Advanced Full have six miles scheduled, so they are finished after running the above route. The Advanced Full group has 16 miles scheduled, so they will add ten miles after they complete the route above. For the ten miles, cross the bridge and run north to the park at 56<sup>th</sup> Street and back.