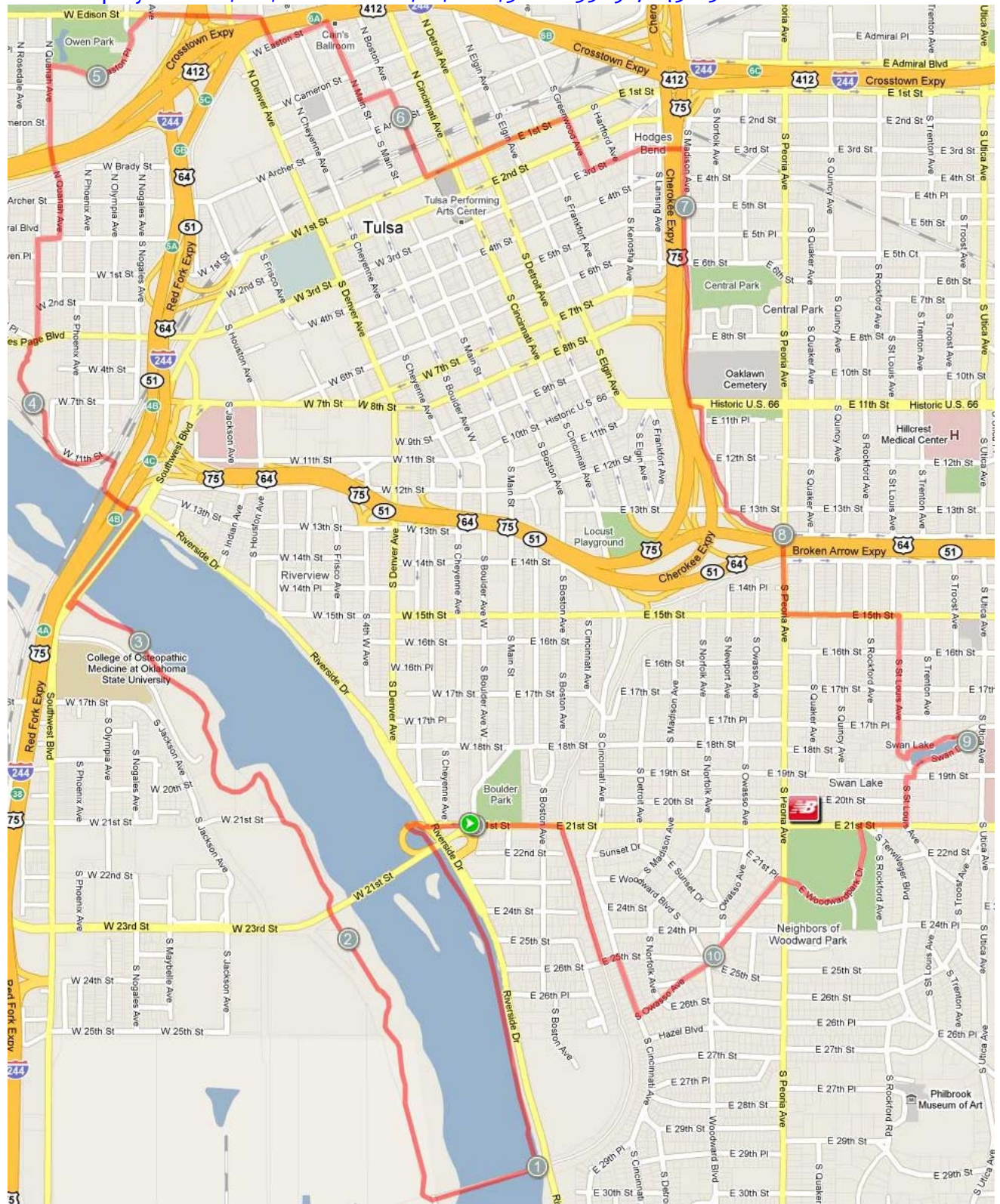


March 6 – Start at Veterans Park

This is the “park run.” We start at Veterans’ Park, follow the River Parks trail, go through Newblock Park and Owen Park, run past the new ballpark, Centennial Park, Tracy Park, and Swan Lake, and run through Woodward Park, ending up at Veterans’ Park.

www.mapmyrun.com/run/united-states/ok/tulsa/382126358927845815



March 6 – Continued

Here are the turn by turn directions for this route:

From Veterans Park we go south along the trail to the pedestrian bridge. Take the bridge to the west side of the river and head north and cross back over the river at the 11th street bridge. At Riverside cross SW Blvd and follow the trail under the highway, over the railroad, and toward Newblock Park. When you get to the water fountain go north past the playground equipment and across Charles Page Blvd. Follow Rosedale Ave. to Admiral and turn right. Go one block and turn left on Quanah. Turn right on the road that goes through Owen Park, and after you pass Tulsa's oldest house turn right on Edison. Turn right on Cheyenne and left on Easton. Turn right on Main, left on Brady, and right on Boston (or if the road work is done, we could run past the ball park and turn right on Elgin). Turn left on 1st, right on Greenwood, and left on 3rd. Turn right on the trail and follow it to Peoria. Take Peoria to 15th and turn left. Turn right on St Louis, loop around Swan Lake, and continue south on St. Louis to 21st. Turn right on 21st and then follow the road through Woodward Park. Cross Peoria and take Owasso all the way to Cincinnati. Turn right on Cincinnati, left on 25th, and right on the trail. At 21st turn left and return to Veterans Park.

Beginner Half: 11 miles. You are finished after running the 11 mile route.

Advanced Half and Advanced Full: 13 miles. Add 2 miles after the 11 mile route.

Beginner Full: 18 miles. Add 7 miles after the 11 mile route.

Intermediate Full, Zurich Marathon: 20 miles. Add 9 miles after the 11 mile route.



March 20 – Start at Veterans Park or at Turkey Mountain

We have an option today. For those who would like to run on dirt trails, there is the Tatur 3/6 Hr Snake Race starting a 9 a.m. The race is a 4 mile loop at Turkey Mountain, and you just run however many laps you can fit in during the allotted time. For those who prefer paved trails, we will start at Veterans Park and do all of our miles on the River Parks trails.

Here are the scheduled distances:

Beginner Half: 12 miles.

Advanced Half: 14 miles.

Beginner Full: 20 miles.

Intermediate Full, Advanced Full, Zurich Marathon: 22 miles.

The route is shown on the map to the right. Here is the description:

Start at Veterans Park and run south on the River Parks trail to 71st. Cross over the river to the west side and follow the trail north to 11th. Cross back over the river and return to Veterans Park.

The above route is a little over 14 miles. Since the beginner half is only going twelve, they will follow the same route except they will cross back over the river on the pedestrian bridge and return to Veterans Park.

Full marathoners will need to add 6 to 8 miles on the River Parks trail (or wherever you choose).



March 27 – Start at Veterans Park

This is a mostly flat run that takes us on the west side of the Arkansas River. The 14 mile route can be seen at www.mapmyrun.com/route/us/ok/tulsa/700126008068058860. Other distances follow the same route, but just turn back at different points.

Beginner and Advanced Half: 8 miles. Go north on the River Parks trail on the east side of the river. Cross over the river on 11th St. Go south on the west side trail. After you have gone about five miles, you will reach a water fountain at about 45th St. (point A on the mapmyrun route). Turn back there. Cross over to the east side of the river on the pedestrian bridge. Take the River Parks trail back to Veterans Park.

Beginner and Intermediate Full: 10 miles. . Go north on the River Parks trail on the east side of the river. Cross over the river on 11th St. Go south on the west side trail. After you have gone about six miles, you will reach the sewage treatment plant (point B on the mapmyrun route). Turn back there. Cross over to the east side of the river on the pedestrian bridge. Take the River Parks trail back to Veterans Park.

Advanced Full, Zurich Marathon: 14 miles. Go north on the River Parks trail on the east side of the river. Cross over the river on 11th St. Go south on the west side trail. After you have gone about eight miles, you will be at the Turkey Mountain parking lot (point D on the mapmyrun route). Turn back there. Cross over to the east side of the river on the pedestrian bridge. Take the River Parks trail back to Veterans Park.

