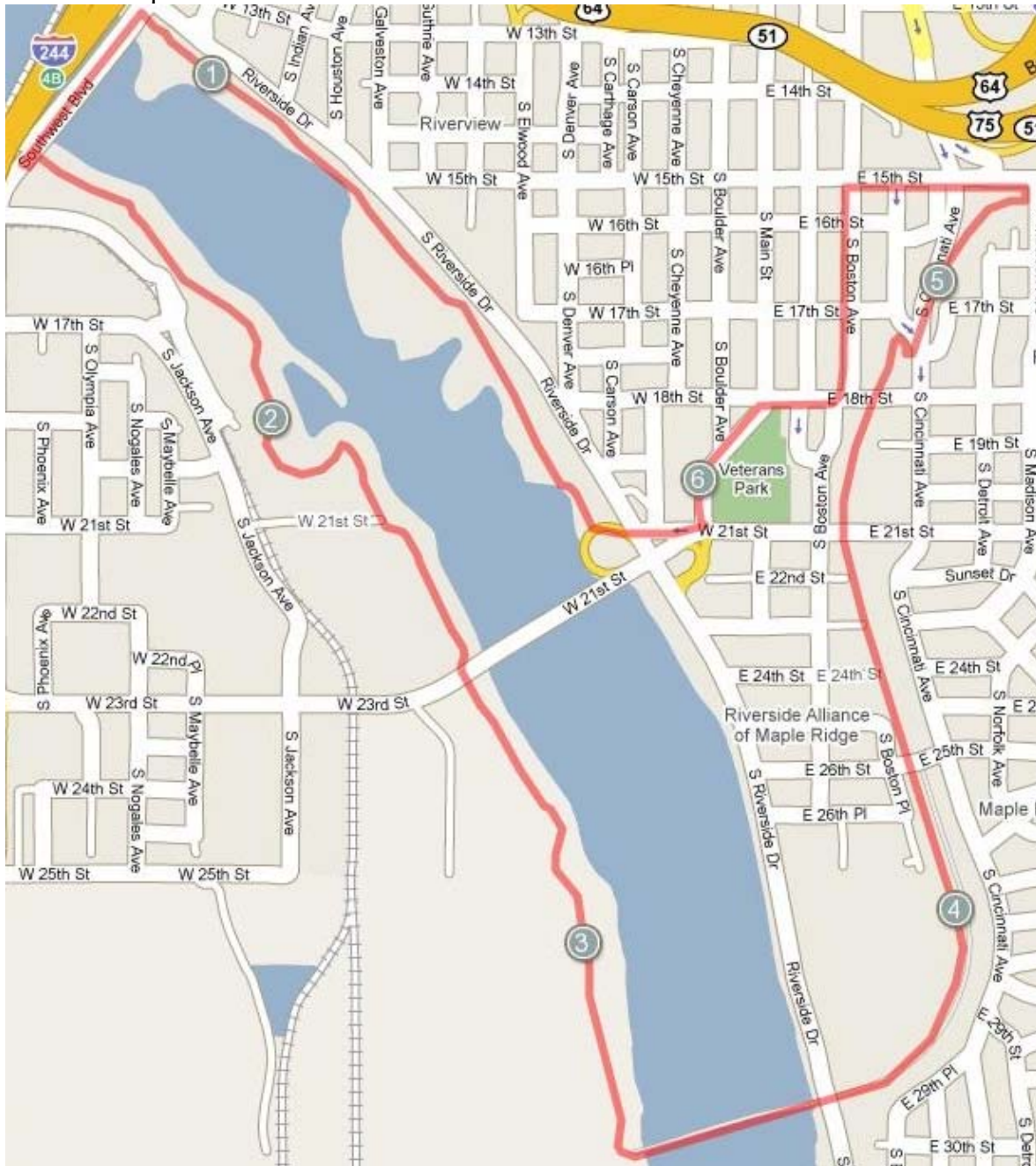


April 3 – Start at Veterans Park

This is the “no timing devices” run. All groups run a 6 mile loop. Some run the loop once, some run it twice, some run it three times, and some run it four times. Also, some of the groups will need to get in a few extra miles along the river after the loops. This is the last and longest of the training runs before the Oklahoma City Memorial Marathon and Half Marathon. One of the purposes of the run is to get a feel for your sense of pace. The goal will be to run each loop in the same amount of time, and to do it without the aid of a watch, Garmin, or sundial. It will help you train your inner GPS or your inner speedometer, so to speak.

The loop is simple. Head north on the River Parks Trail to 11th and cross the river. Go south on the trail to the pedestrian bridge and cross back over the river and follow the Midland Valley Trail to 15th. Turn left on 15th, another left on Boston, and return to Veterans Park.

Here is a map of the route:



April 3 – Continued

Here are the distances for the various groups:

Zurich Marathon: 8 miles. Run the 6 mile loop once. Then add another 2 miles along the River Parks Trail.

Beginner Half: 13 miles. Run the 6 mile loop twice. Then add another mile along the River Parks Trail.

Advanced Half: 15 miles. Run the 6 mile loop twice. Then add another 3 miles along the River Parks Trail.

Beginner Full: 22 miles. Run the 6 mile loop three times. Then add another 4 miles along the River Parks Trail.

Intermediate Full and Advanced Full: 24 miles. Run the 6 mile loop four times.



April 10 – Start at Veterans Park

This is our Sand Springs run. We start at Veterans Park, run north on the River Parks Trail to 11th, and then cross 11th, go under the highway, over the railroad tracks, and follow the trail until it meets up with the Katy Trail. We then take the Katy Trail west towards Sand Springs. The route is shown below, but you can also see it at:

www.mapmyrun.com/run/united-states/ok/tulsa/274898406678



Scheduled distances are:

Zurich Marathon: nothing. You will be on your way to Zurich. Enjoy your trip. Enjoy your race.

Beginner and Advanced Half, Beginner and Intermediate Full: 12 miles. Follow the route until you get to 81st W Ave. Then turn back and return the way you came. It will be a total of about 12 and a half miles.

Advanced Full: 16 miles. Take the route all the way to the McDonalds at Hwy 97 and then return the way you came. It will be a total of almost 16 and a half miles.

April 17 – Start at Veterans Park

Today we will do a nice, easy short run of 6 to 8 miles along the River Parks Trail.

Here are the scheduled distances:

Beginner and Advanced Half, Beginner Full: 6 miles.

Intermediate and Advanced Full: 8 miles.

April 24 – NO RUN SCHEDULED TODAY. Get some rest for tomorrow's race.

