

TATUUR

Bits of Info About Tulsa Trail Running

TIDBITS

Feb
2011



This Saturday, February 12th!*

7:45am.

Lee Elementary

(21st & Cincinnati)

\$5 minimum donation

Five mile run

(Pre & post run awards indoors)

Win great prizes

*Subject to change (depending on road conditions)

When:

Saturday March 19
9 a.m.

Where:

Turkey Mountain

6 and 3 hour races

First 250 to sign up (and finish) the race will receive a 3 1/4" custom die cast snake shape medal!



This unique race will be a six hour or three hour timed run taking place on mostly flat, rock and root free, single track trails on the western side of Turkey mountain.

You will run exactly 2 miles out, and then return and run the trail in reverse to the start/finish area.

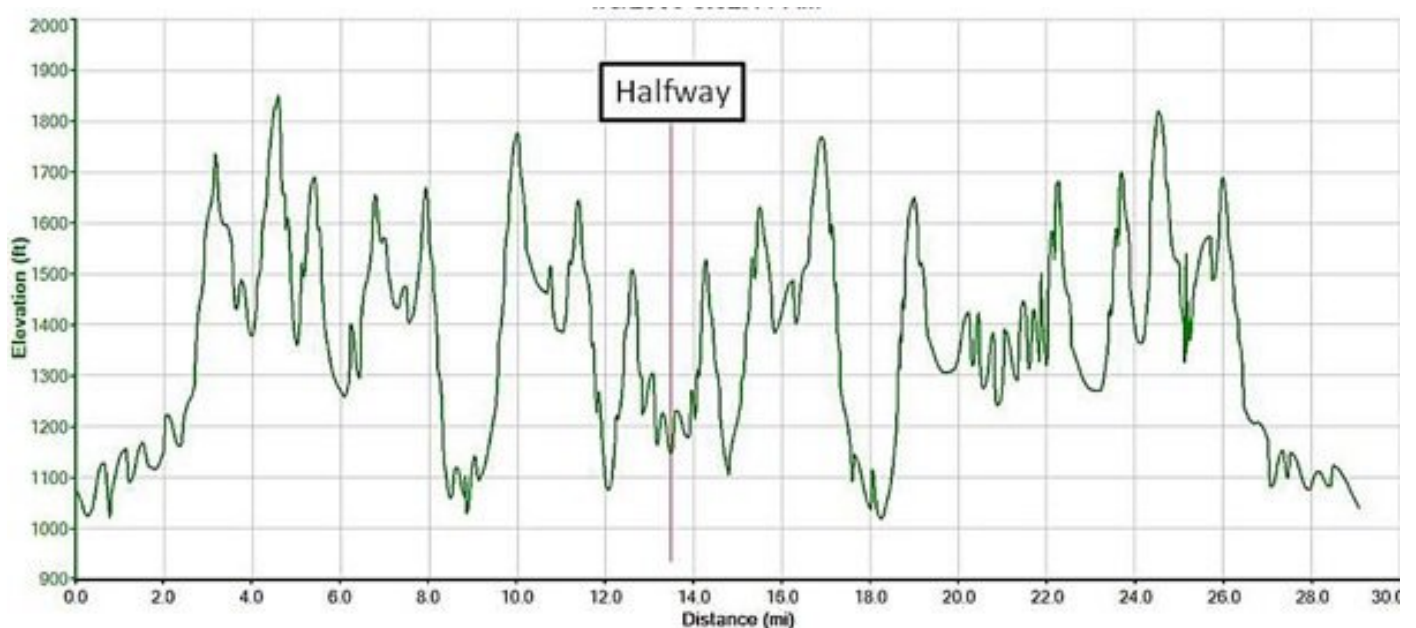
TATUR ELLIS RUNS ACROSS THE YEARS

On December 30 - January 1, TATUR Randy Ellis ran a total of 163.421 miles in the 48 hour Across the Years race in Buckeye, Arizona.

The mileage total set an age record for that race, which has a 27-year history. Asked if it doesn't get boring going around a .31 mile cinder track for 48 hours, Ellis said, "No, because the race switched directions every two hours."

TATURS RUN ATHENS BIG FORK

Several TATURS ran the difficult Athens Big Fork marathon race on January 8 in Big Fork, Arkansas. This is one of the most challenging marathons that can be found anywhere and includes climbing up and over 8 mountains - and that is just on the way out; the same mountains have to be climbed up and over on the way back.



VERY DETERMINED TATURS (by Randy Ellis)



I have thought of several adjectives to describe Kathy Hoover, Bill Ford, and Ken Childress and their taking on the Rocky Raccoon 100 miler in Huntsville, Texas. The trio exhibited extreme determination, perseverance, concentration, toughness and the ability to stay awake all night....and that was just on the drive from Tulsa to Huntsville. The three of them took off from Tulsa late Thursday night and drove all night on absolutely horrible and dangerous roads, thankfully reaching Huntsville Friday morning.



All the driving adjectives were obviously evident also in the race as all three finished the 100 miler: Kathy and Bill in 23:51 and Ken in 28:25. Several of us opted not to make the trip and have an admiration for their determination to get to, and to finish, the Rocky.

The same adjectives can be used to describe Caroline Glenn who amazingly drove her own car to Huntsville.



Caroline also gave a great race effort but twisted a knee and had to drop out after 72 miles due to severe swelling in the knee.



April 2, 2011

In Stillwater

This course has a
nine hour time limit



UNDERWEAR RUN



May 13, 2011

Inaugural Underwear Run.

College style underwear run.

No nudity or thongs.

1.5 mile run/walk. Live music.

Body painting.

Womens sexy legs contest, mens six pack ab contest. College/
university competitions. Last day of school!

11:59 P.M. Friday Night July 1st, 2011
41st & Riverside Drive



One Stop Race Planning Center

- ~Champion Chip timing
- ~Chronotrack disposable chip timing
- ~Pulltag timing

- ~Logo creation
- ~Website development

- ~Race planning
- ~Course measurement
- ~Online registration
- ~Packet pick up and pre-registration



**Call 918-244-6918 Or
Email: brian@tatur.org
to let TATUR help you with your race**



TOTS - Training On Trails

Try out some trail running. Every Sunday morning TATUR has guided trail runs for all speeds and abilities. Distances range from 2- 10 miles. We will have a pace group for everyone and our motto is that no one gets left behind.

While most of the runs will be on Turkey Mountain, once a month, we will take field trips to trails in Oklahoma, Kansas, Arkansas and Missouri.

There is no charge for the training and you do NOT have to be a TATUR member to join us.

Quote of the Month

"Lack of activity destroys the good condition of every human being, while movement and methodical physical exercise save it and preserve it."

~Plato

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TATUR Mail In Membership Form

(Membership money goes to improve the Turkey Mountain Wilderness Area and TATUR)

Last _____ First _____

Address _____ City _____ State _____ Zip _____

Home Phone _____ Cell Phone _____

Email _____ @ _____ . _____

Circle Shirt Size Shirt Size S M L XL

Date of Birth ____/____/____ Gender M /F

How did you hear about TATUR? _____

Today's Date ____/____/____

Option # Chosen (listed below) _____

Amount Enclosed \$ _____

Option #1 Individual Membership-----\$35
(With one tech shirt)

Option #2 Family Membership-----\$45
(One tech shirt; additional shirts \$20 per family member.)

Option #3 Individual Membership without tech shirt \$20

Option #4 Family Membership without tech shirt----\$30

Option #5 Supporter Only (Shirt Only)-----\$20
(No membership privileges)

Please call Brian Hoover at 918-244-6918 if you have any questions.

Please make check payable to: TATUR Complete this form and join/renew one of the following ways:

Hand deliver to:
RunnersWorld Tulsa
4329 S Peoria
Tulsa, OK 74105

Mail to:
TATUR
13839 E 28 St
Tulsa, OK 74134

Go to:

https://secure.getmeregistered.com/get_information.php?event_id=559

(Shirts will not be mailed - come by the store to get yours.)

Newsletter Submissions

Please submit stories, TATUR recipes, foot pics, etc. by the 15th of the month for consideration in next month's TATUR newsletter publication.

Please email submissions to:
TATURnewsletter@gmail.com