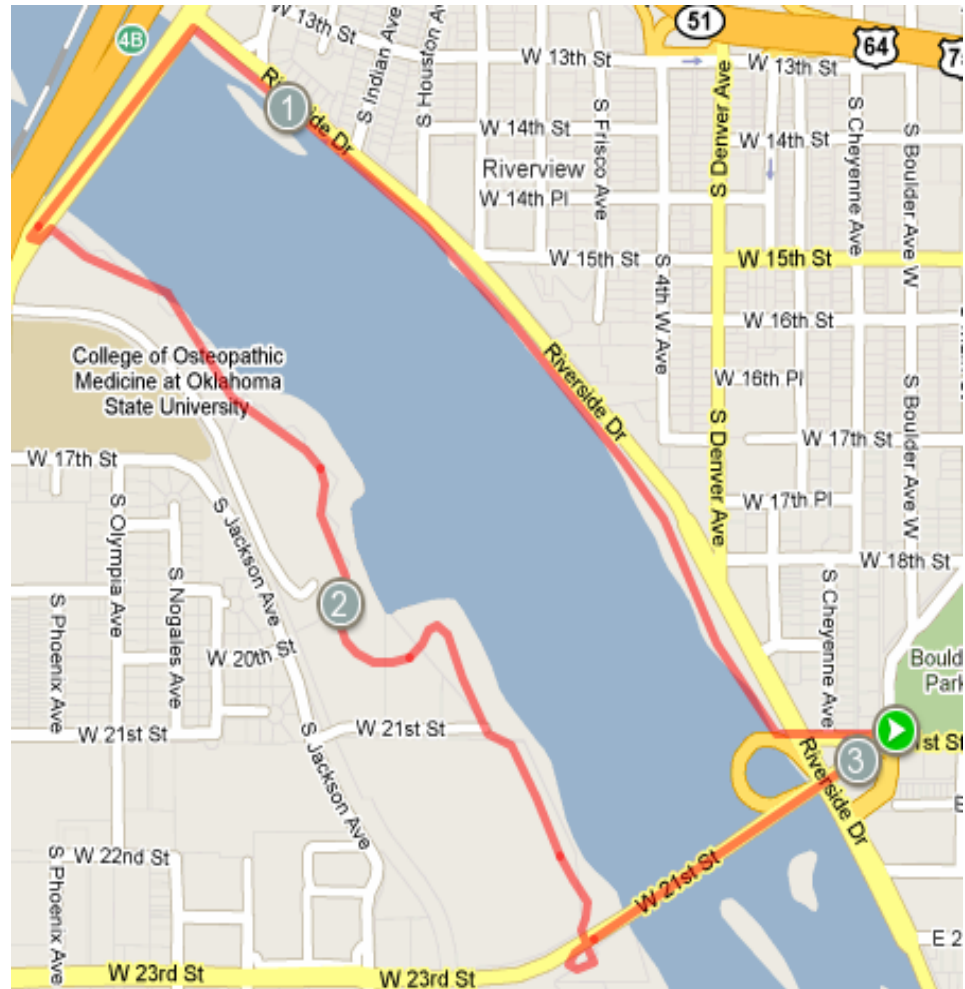


## June 19 – Start at Veterans Park

The beginner half marathon group runs the 3 mile loop around Zink Lake pictured on the map at the right. It is a relatively flat route.



Other groups do the 5 mile loop that goes around Zink Lake and follows the Midland Valley Trail around to 18<sup>th</sup> Street and back to Veterans Park. The map is shown on the next page. Those going 7 miles can add another 2 miles by running to the restrooms at the pedestrian bridge and back.

Here are the scheduled distances:

**Beginner Half:** 3 miles.

**Advanced Half and Beginner Full:** 5 miles.

**Intermediate and Advanced Full:** 7 miles.



## June 26 – Start at Veterans’ Park

**Beginner Half:** 4 miles (map at right – route is actually close to 4 ½ miles). Go north on River Parks Trail and cross river at 11<sup>th</sup>, then go south on trail to pedestrian bridge. Cross river and return to Veterans’ Park on River Parks Trail.

**Advanced Half, Beginner Full:** 6 miles (map below). Go north on River Parks Trail and cross river at 11<sup>th</sup>, then go south on trail to pedestrian bridge. Take pedestrian bridge and continue to follow trail to 15th Street. Turn left on 15<sup>th</sup>, another left on Boston, and return to Veterans’ Park.



**Intermediate and Advanced Full:** 8 miles (map at left + 2 miles). Go north on River Parks Trail and cross river at 11<sup>th</sup>, then go south on trail to pedestrian bridge. Take pedestrian bridge and continue to follow trail to 15th Street. Turn left on 15<sup>th</sup>, another left on Boston, and return to Veterans’ Park. After this, add another 2 miles of running along the river (e.g., to about the pedestrian bridge and back to Veterans Park).

## July 3 – Start at Veterans’ Park

For this run we will just run south on the River Parks trail and then turn around and return to Veterans Park. This is the same day as the 50 mile run that will have started at midnight. Encourage all those tired ultramarathoners as you pass them on the trail.

**Beginner Half:** 4 miles. Turn at 41<sup>st</sup> Street.

**Advanced Half, Beginner Full:** 7 miles. Turn at 4.5 mile marker (or you can go on to park at 56<sup>th</sup> Street, which will add about a half mile to your run.)

**Intermediate and Advanced Full:** 9 miles. Turn at about 61<sup>st</sup> Street.



## July 10 – Start at Veterans’ Park



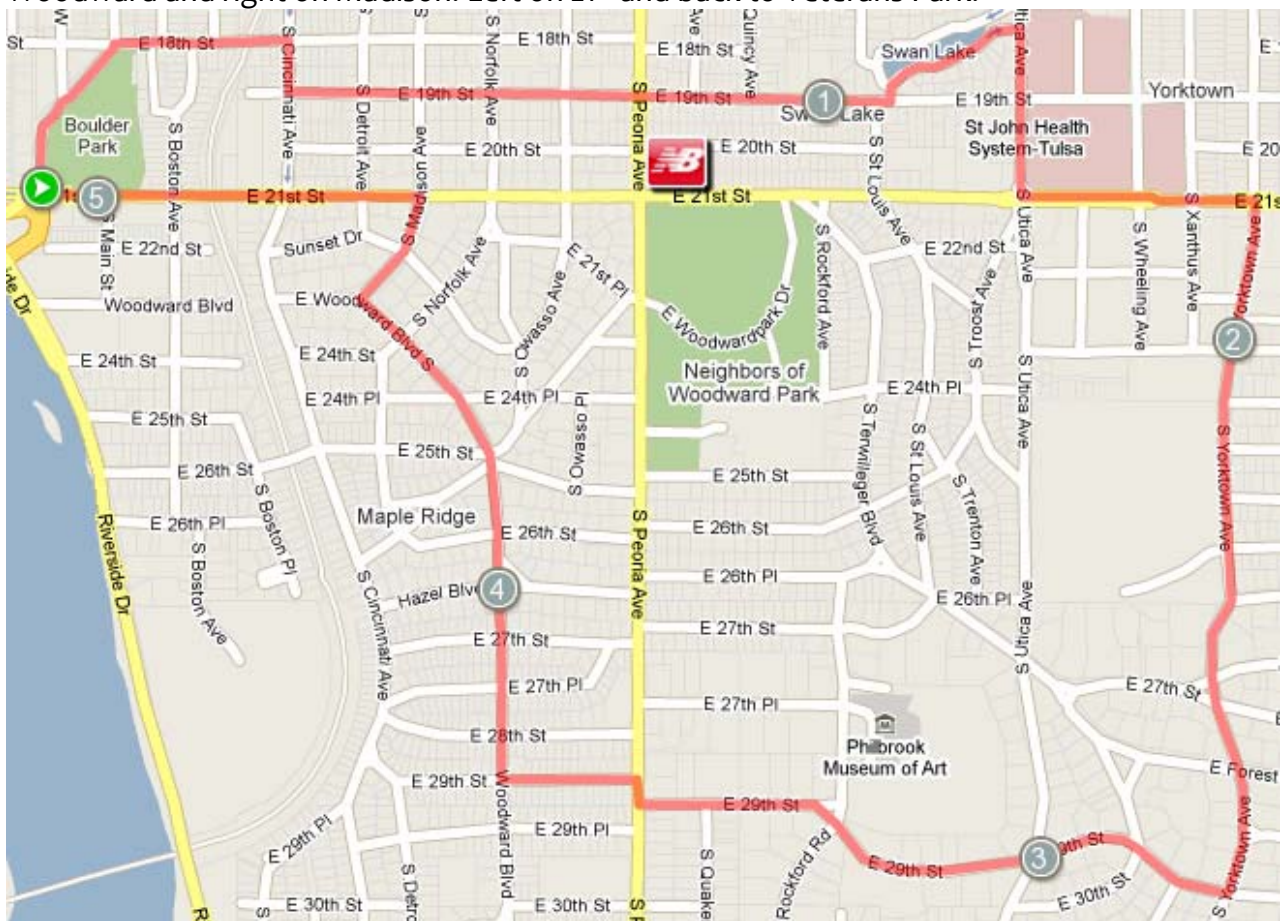
This is the day for the Poker Run. This will be a five mile run. The route will be announced at the run. For a \$5 donation, you can participate, and you will receive cards for each mile you run. The best hands receive prizes.

## July 17 – Start at Veterans’ Park

This five mile route is hilly, but it is through some beautiful neighborhoods.

[www.mapmyrun.com/run/united-states/ok/tulsa/575125955918348819](http://www.mapmyrun.com/run/united-states/ok/tulsa/575125955918348819)

**Beginner Half:** 5 miles. Take 18<sup>th</sup> St. to Cincinnati to 19<sup>th</sup> St. to Swan Lake. At east end of Swan Lake go south on Utica to 21<sup>st</sup>. Go left on Utica and right on Yorktown. Turn right on 29<sup>th</sup> St. and stay on it until you get to Woodward Blvd (it zigzags to the right at Peoria). Turn right on Woodward and right on Madison. Left on 21<sup>st</sup> and back to Veterans Park.

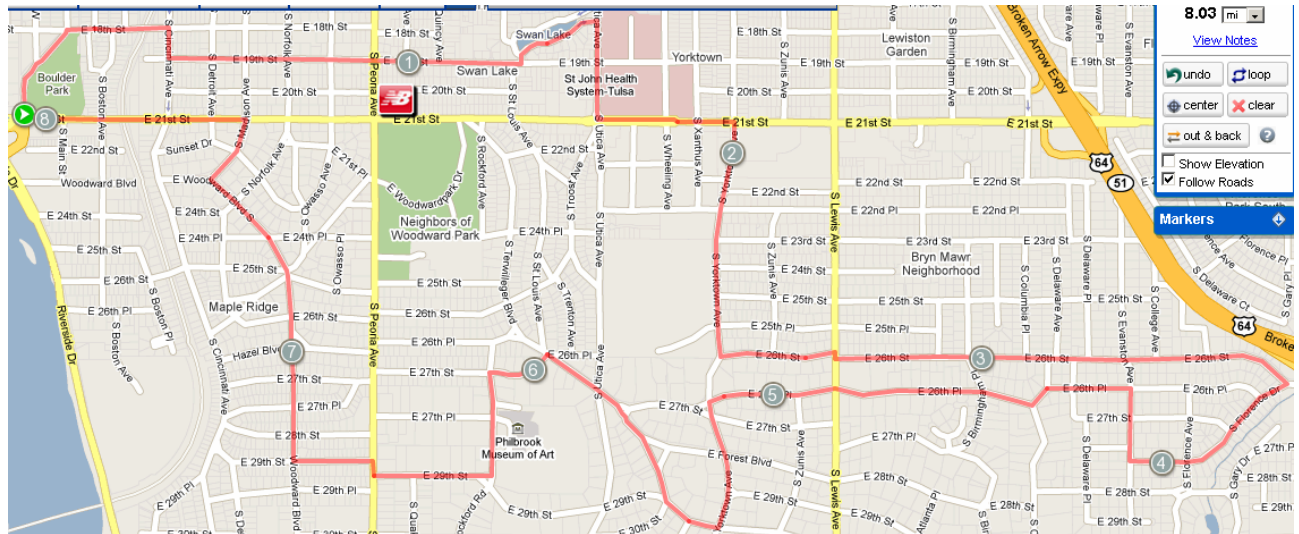


## July 17 – Continued

This eight mile route is hilly, but it is through some beautiful neighborhoods.

[www.mapmyrun.com/run/united-states/ok/tulsa/596125955897477106](http://www.mapmyrun.com/run/united-states/ok/tulsa/596125955897477106)

**Advanced Half, Beginner Full: 8 miles.** Take 18<sup>th</sup> St. to Cincinnati to 19<sup>th</sup> St. to Swan Lake. At east end of Swan Lake go south on Utica to 21<sup>st</sup>. Go left on Utica and right on Yorktown. Turn left on 26<sup>th</sup> St. and stay on it until you get to Florence. Turn right on Florence, right on Evanston, and left on 26<sup>th</sup> Pl. Turn left on Yorktown. Turn right on 29<sup>th</sup> St. Follow Victor, which becomes Forest Blvd, which becomes Terwilliger. Go left on 27<sup>th</sup> and left on Rockford. Turn right on 29<sup>th</sup> St and follow it to Woodward Blvd (it zigzags to the right at Peoria). Turn right on Woodward and right on Madison. Left on 21<sup>st</sup> and back to Veterans Park.



**Intermediate and Advanced Full: 10 miles.** Do the 8 mile route above and add another couple of miles along the river.



## July 24 – Start at Veterans’ Park

This run has a few hills, but not as much as last week.

[www.mapmyrun.com/route/us/ok/tulsa/696125972822567700](http://www.mapmyrun.com/route/us/ok/tulsa/696125972822567700)

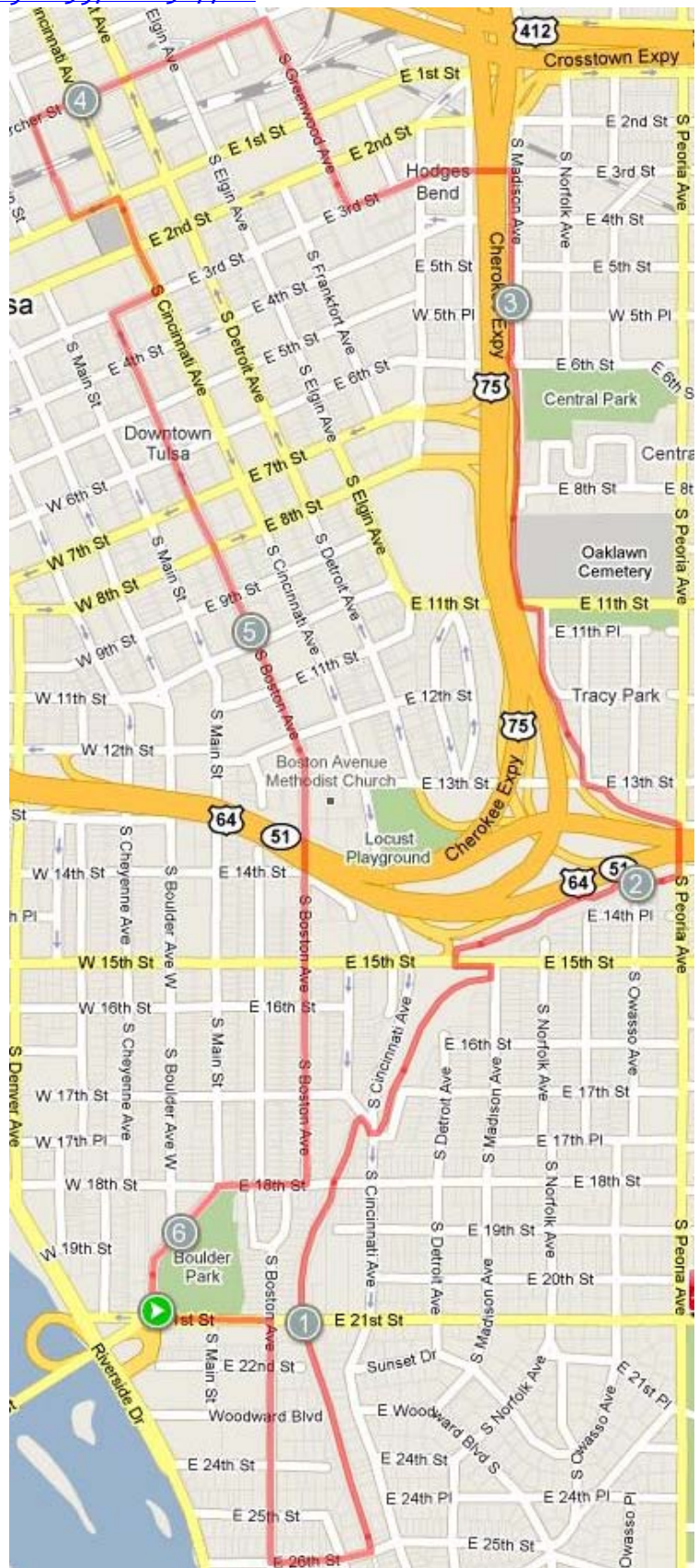
All groups start with the 6 mile loop on the map at right and described below.

Go east on 21<sup>st</sup> and turn right on Boston Ave. Turn left on 26<sup>th</sup>. Turn left on the trail and follow it to 3<sup>rd</sup> St. Turn left on 3<sup>rd</sup>, right on Greenwood, and left on Archer. Turn left at Boston and pass the Center of the Universe. Turn left on 1<sup>st</sup> St., right on Cincinnati, right on 3<sup>rd</sup>, and left on Boston. Turn right on 18<sup>th</sup> and return to Veterans Park.

**Beginner Half:** 6 miles. You are finished after the loop.

**Advanced Half, Beginner Full:** 9 miles. After the loop, run south on the River Parks Trail to the 2.5 mile marker and back to add 3 miles.

**Intermediate and Advanced Full:** 12 miles. After the loop, run on the River Parks Trail to Hwy 44 and back to add 6 miles.



## July 31 – Start at Veterans’ Park

Another sort of hilly run. This is the first five (or eight) miles of the Route 66 marathon and half marathon and then return to Veterans’ Park.

**Beginner and Advance Half, Beginner Full: 6 miles.** Go to 18<sup>th</sup>, turn right, and then go north on Boston to 15<sup>th</sup> St. Turn right on 15<sup>th</sup> St and right on Utica. Turn left on 17<sup>th</sup>. Turn right on Yorktown and right on 17<sup>th</sup> Place. Go around Swan Lake and then go south on Utica to 22<sup>nd</sup> Place. Turn left on 22<sup>nd</sup> Place. Turn right on Yorktown. Turn right at 25<sup>th</sup> Place. Go through Cascia Hall’s parking lot and drives until you get to Utica. Go south on Utica to 26<sup>th</sup> Place and turn right. Go north on Terwilleger and go through Woodward Park. When you get through Woodward Park, turn right on Peoria, left on 21<sup>st</sup>, and return to Veterans Park.

