

Tulsa Area Trail & Ultra Runners

TATUR

December 2009

TATUR Christmas Party scheduled for Monday, Dec 14th at 7 p.m.

Once again, the TATUR annual Christmas party is approaching and everyone is anxiously anticipating who the recipients will be of the coveted TATUR awards this year! (HELP! We need a volunteer or two to make the awards! Please let us know ASAP if you can help.)



We hope everyone can join us for food, fun and I'm sure some crazy running stories told by some of the TATURS. Dress is casual. (And no Ken, that doesn't say "wear a casual dress!")

Bring your family or any friends that may be interested in a fun time! **Please bring a dish to share.** TATUR will supply the meat and beer!! There was no shortage of food last year and we're hoping for the same this year too!



To get there, head east on 41st street past County Line road (also named 193rd/23rd). You will see the pool/clubhouse on the north (left) side of the road. (And no, this map is not to scale.) 😊

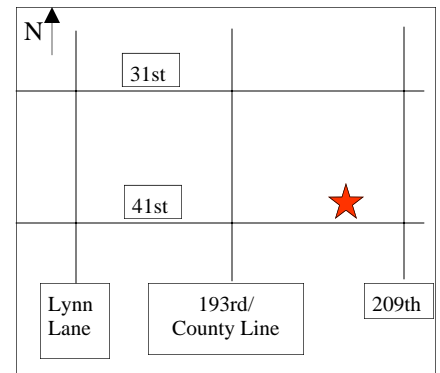


When?
Monday, Dec 14th, 7 p.m.

Where?
Glen Eagles Clubhouse at 20239 E 41 St in B.A.
(41st approx. 3/4 mile east of 193rd aka County Line)

RSVP:
By Fri, Dec 11th

Polly: jeffandpollychoate@gmail.com
Brian: brian@tatur.org



TATUR.org

Welcome to the Inaugural TATUR Newsletter!

We'd love for you to provide any stories/etc. that you would like to see!

We'll take trip reports, upcoming races you plan on attending, funny running stories, etc.



We'll also be featuring a TATUR of the Month and TATUR recipes! Newsletter distribution will be via email. Any input for the newsletter will be greatly appreciated!

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Upcoming TATUR Races



RACE INTO THE NEW YEAR

Thursday December 31, at 11:45 pm. RiverParks West Amphitheater

Race from 2009 into 2010. This is a fast road race that will start at 11:45 pm and most will finish in 2010. There will be fireworks, live

band, champagne on the course and at the finish. New Years snacks and other fun treats will be served. Bring the family.

POLAR BEAR PLUNGE

New Years Day Friday January 1, 2010 2pm RiverParks West Amphitheater

Hundreds of participants and spectators will take part in what is quickly becoming a Tulsa Tradition. Last year a new twist was added. Before you submerge yourself in the icy cold Arkansas River, you had to run a 300 meter

dash in the waist deep water, do a barrel roll then climb up onto the floating dock, then try to get rid of the stinging needle-like pain in your feet by warming up by a campfire.



TATUR of the Month Jason McGinnis

Each month we'll spotlight a TATUR member. They will be selected by random (or by suggestion of other members).

~How long have you been running? 1.5 years

~What's your funniest running story? I used my tech shirt to clean up after dropping a deuce, in an ally, in the middle of the New Mexico Marathon. I left the shirt at the scene of the crime. I've run without wiping before and that created a chaffing nightmare.

~What's your best PR? Heartland 100 - 24:23

~What is your favorite run? I'm really new to the running scene, and haven't ran too many races, but right now I'd have to say Turkey & TATURs. That race started it all for me in '08. I've been obsessed and loving trails ever since.

~What do you like to eat before and while you run? Before a long run, pancakes. After a long race, anything greasy and salty

(pizza, burgers, etc)

~Besides being a maniac, what's your favorite pastime? All I really do anymore is run and it seems my life revolves around it, but lately I've been squeezing in some landscaping. I've built several flower beds and planted some trees at our new house. Its really satisfying work. Plus...mud is involved. Score!

~How many miles have you ran this year? No idea, I was averaging 50-60 miles a week this summer getting ready for Heartland and 3 weeks out I managed about 90 in one week. I don't keep track, I've considered it, but then I remember I hate paperwork.

~What's your main running goal for next year? I've decided to do Desert R.A.T.S. I'm stoked that several TATURs are going. I think this race will be awesome! I also want to get in another 100 miler so I can apply for western states. I forgot to sign up for the raffle this year and missed the cutoff date by 1 day. Desert R.A.T.S. is my

main focus now though.

~What's your favorite time of year to run? Fall. I love trail running when the leaves are changing colors. The cooler temps are awesome too, if only the sun would stay up past 5:30pm it'd be perfect.



~What upcoming race are you looking forward to the most? Desert R.A.T.S. (of course), Free State, T&T, Rocky Raccoon?, Lean Horse?

Membership Renewal

Top 10 reasons to renew:

10.

Support a great running club in Tulsa.

9.

Member of an elite group of runners, including celebrities!!

(Dan Threlkeld - our very own Tulsa weatherman!)

8.

It's a fun group

7.

You get to call yourself a TATUR!!
What okie wouldn't like that?!?

6.

Your non-TATUR friends will think you're crazy.
(That's a good thing, right?!?!)

5.

Discounts for all TATUR races.

4.

Discount at RunnersWorld Tulsa.

3.

A new fresh TATUR tech shirt each year!

2.

Invitation to the annual Christmas party!

And...the #1 reason...

You love TATURS!

Reminder renewal notices will begin to go out via email. To pay, either stop by RunnersWorld Tulsa (43rd/Peoria) or mail in the registration form (last page of this newsletter or online at TATUR.org).

We appreciate your continued support!



TATUR Casserole

2 lb. Frozen hash browns (plain)
½ + ¼ c melted butter
½ c chopped onion
1 c sour cream
1 ½ c grated cheese
1 can Cream of Chicken soup
1 Tbs. Salt
½ tsp. Pepper
2 c crushed corn flakes

Mix hash browns, onion, salt and pepper. In a separate bowl, mix ½ c butter, sour cream, cheese and soup. Then mix all together. Put in 9 x 13 lightly greased pan. Mix corn flakes w/ ¼ c butter and put on top. Bake at 350 for 45 minutes uncovered.

TATUR Foot of the Month



Arnold Begay after
Badwater!

OUCH!

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
1414 Delaware Place
Tulsa, OK 74104

Go to:

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

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