

Tulsa Area Trail & Ultra Runners

TATUR

January 2010

TATURs - Training On Trails



TATURS - TRAINING ON TRAILS

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T r a i n i n g O n T r a i l s

TATUR is offering guided trail running on Saturday mornings at 7 a.m. These are open to anyone who enjoys trail running. This is a great opportunity for those of you who have wanted to run up at Turkey Mountain but have been worried that you will get lost. We'll also plan on various distances if needed.

TATUR has launched a new trail running program called:

Trail running veteran and endurance athlete, Greg Kittinger, is heading up this group and invites any new runners, new trail runners, and veterans to start your weekend off with an adventure.

Greg's motto is "no one gets left behind". No one is too slow to come out and enjoy the beauty of Turkey Mountain. We are also still looking for leaders to lead some of the groups. Knowledge of the mountain is necessary, speed is not.

Tatur will provide water and Gatorade when necessary, however be warned, there are no water fountains on the hill, so bring a water bottle if you need it.

Meeting place is the north side of the new rest room building at the parking lot off Elwood. Current run time: 7am. Try to be there 5 min early, we'll wait no longer than 7:05 to start run.

Trail shoes are recommended but not necessary. If you have any questions about the Saturday morning training runs please email:

brian@tatur.org

Or

greg.kittinger@gmail.com

Also check the TATUR Chatroom (<http://tatur.informe.com/>) or www.tatur.org for more info.

Great TATUR story...by Jack Stewart (Bella Vista, AR)

Thanks very much. Great newsletter. I wanted to share a quick story. I completed my first half-marathon recently at the Route 66. I was slow, as expected, but had a great time. I was wearing a TATUR shirt that I got at the 2008 T&T run. About 9 miles into the Route 66 Half I was really beginning to struggle a bit, and I passed a small group of spectators. One of them yelled out "come on, if you can do a TATUR run you can do anything!". It spurred me on a bit and I finished ahead of my predicated time!!

Inside this issue:	
TATUR RACES	2
TATUR OF THE MONTH	2
CHRISTMAS PARTY	3
COMPANY TATURS	3
RENEWAL FORM	4

TATUR.org

Upcoming TATUR Races



What : TATUR and RunnersWorld Tulsa proudly present the 4th Annual TATUR 5 Mile Poker Run.

When/Where : Sat, Feb 13th at 8am at Veterans Park (21/Boulder)

Why: This is a fundraising event to help with the costs of organizing the TATURs Six Hour Snake Run on March 20, 2010.

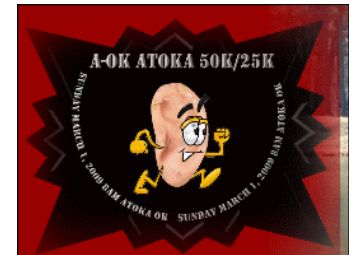
How: This will be an out and back course. Entrants start this non-timed event with one poker card . Run/walk one mile get another card, go two miles get your 3rd card, and so on. The best poker hand gets first pick at the gift table, second best hand gets second pick, etc.

NO CHEATING!!

What : AOK Atoka 50K/25K

When/Where:
Sun, March 7, 8 a.m.

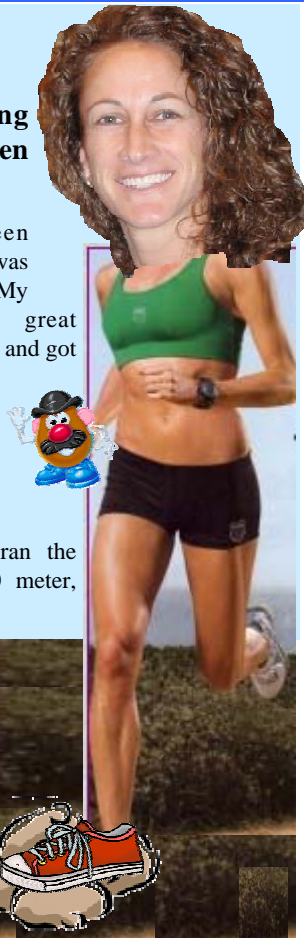
"T shaped" out-and-back course on well-defined private roads through pine and hardwood forest. Enough hills and rocks to prevent boredom.



TATUR of the Month - Shelly Egli

~How long have you been running?

I have been running since I was 8 years old! My dad was a great marathon runner and got me started. I began running 5K and 10K races and joined the Norman Track Club where I ran the 400 meter, 800 meter, and the relays.



I got burned out after a few years and did not pick it up again until college and I have been running ever since.

~What is your favorite run?

I don't really have a favorite run. I pretty much love any run that is not on the road and in the woods.

~What's your funniest running story?

One afternoon my husband and I did a training in McKinney Rough Nature Park near Austin. It had been raining like mad and we took off in mud six inches deep and sticky. The whole day we had shoes about 5 times their normal size...we laughed so hard we could barely run let alone raise our legs!

~What's your best PR?

My best PR was at my first 50-miler in 2005 at Rocky Raccoon where I ran it in 8 hours and 46 minutes.

~How many miles have you ran this year?

This year I have not ran many miles. I am still dealing with an injury from last November. Right now I am only running 2-3 times a week and no longer than an hour at a time. I had a pretty good year, but really don't track my miles. I know it is at least more than 200 though.

~What do you like to eat before and while you run?

Before I run I love to eat Nutella on cinnamon raisin toast! During a run I eat Stingers, Sport Beans, and sometimes beef jerky.

~What's your main running goal for next year?

My goal for next year is to get healed up so that I can do the Desert R.A.T.S. race which is a 148 mile stage race in June from Loma,

Colorado to Moab, Utah. My husband and I completed it this year, and I hope that I can be faster this next year. I would also like to do my first 100 miler after R.A.T.S.

~What could you do to promote & grow trail running in the Tulsa area?

I am always looking to recruit new trail runners. I usually tell everyone I meet about what I do. I think we all can be great trail ambassadors by encouraging new runners to come join us on the trails.

~What kept you going during the Desert R.A.T.S. race?

During the Desert R.A.T.S. race I ran with a girl from Boulder, Colorado named Julie Ann. I think that running with her really got me through the race. She is a veteran runner who has done many 100 milers for many years, so her experience helped a lot. It is a very isolated event and I don't think I could have completed it alone. She kept me going through the tough times like during a thunderstorm and when I felt that I couldn't take any step. We helped encourage each other the entire week and we even crossed the finish line together!

~What upcoming race are you looking forward to the most?

Of course the Desert R.A.T.S. race! It is a week long of mental and physical toughness as well as a beautiful running vacation!

4th Annual TATUR Christmas Party Review

The Fourth Annual TATUR Christmas Party was held in Broken Arrow and we had over 60 people attend. BBQ and potluck was served, over \$8500 was donated to charity and awards were given out to TATURs' of the Year.



Pictured Above:
 TATUR of the Year, Arnold Begay
 Most Beat up Feet, Earl Blewett
 Overachiever of the Year, Lisa McGinnis
 Best Performance in a Race, Jason McGinnis
 Rookie of the Year, Janeen Lovelace
 Most Inspirational TATUR, Randy Ellis



Company TATURS

8-10 medium red potatoes

8-oz. package Philadelphia cream cheese, softened

1/4 cup sour cream



- * Peel and quarter potatoes. Boil or steam until tender.
 - * While potatoes are cooking, beat cream cheese and sour cream in mixer until well blended.
 - * Drain cooked potatoes. Add hot potatoes to cream cheese/sour cream mixture and beat until fluffy.
 - * Put mixture into 2-quart casserole that has been sprayed with Pam. Brush top with softened butter and sprinkle top with paprika.
 - * Brown for 30 minutes in 350-degree oven.
- (I often prepare this dish the day before and rewarm it, covered, for about an hour just before serving it.)

~Cassy Russell



TATUR Foot of the Month



Ken Childress after Dan Man 2009

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.)