



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LEARN TO RUN TURKEY MOUNTAIN

TRAILS
NATURAL
THRILLING
ENDURANCE
ADVENTUROUS



About:

With the assistance of TATUR (Tulsa Area Trail & Ultra Runners) and River Parks, the Westside YMCA is proud to offer trail running classes. Classes are open to all ages and abilities. Runners, joggers, and walkers are all encouraged to come and explore one of the best-kept secrets in Tulsa. Adults will be able to add a new element to their workouts on the extensive trails of Turkey Mountain. Even kids will be able to join the Tatur TOTs program on their monthly runs. Experienced runners will be with each class to ensure no one is left behind, and everyone gets the most out of their workout.

When:

Sunday, April 10
7:30 a.m.

Where:

Westside YMCA
5400 S. Olympia

Ages:

7 years and up

Cost:

Members – Free
Non-Members - \$5 Strong Kids Donation

To Register:

Nicole Thompson (Westside YMCA)
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(918) 728 3926
Stormy Phillips (TATUR)
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WESTSIDE YMCA

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