

April 2 – Start at Veterans Park

Today we get to run from Tulsa all the way to Sand Springs. The route can be viewed at www.gmap-pedometer.com/?r=4327345

This is a fairly simple route. We run north along the river, cross SW Blvd, go under the highway, over the railroad tracks, and follow the trail through Newblock Park and continue until we go up that huge hill at Gilcrease Museum Road that takes us up to the Katy Trail. We then head west on the Katy Trail until we hit our turnaround point (see below for the turnaround points for each group). Then we go back the way we came.



Beginner Half: 12 miles. Your turnaround point is at 81st W Ave. Actually that will get you closer to 13 miles. If you want you can turn back a little before 81st W Ave.

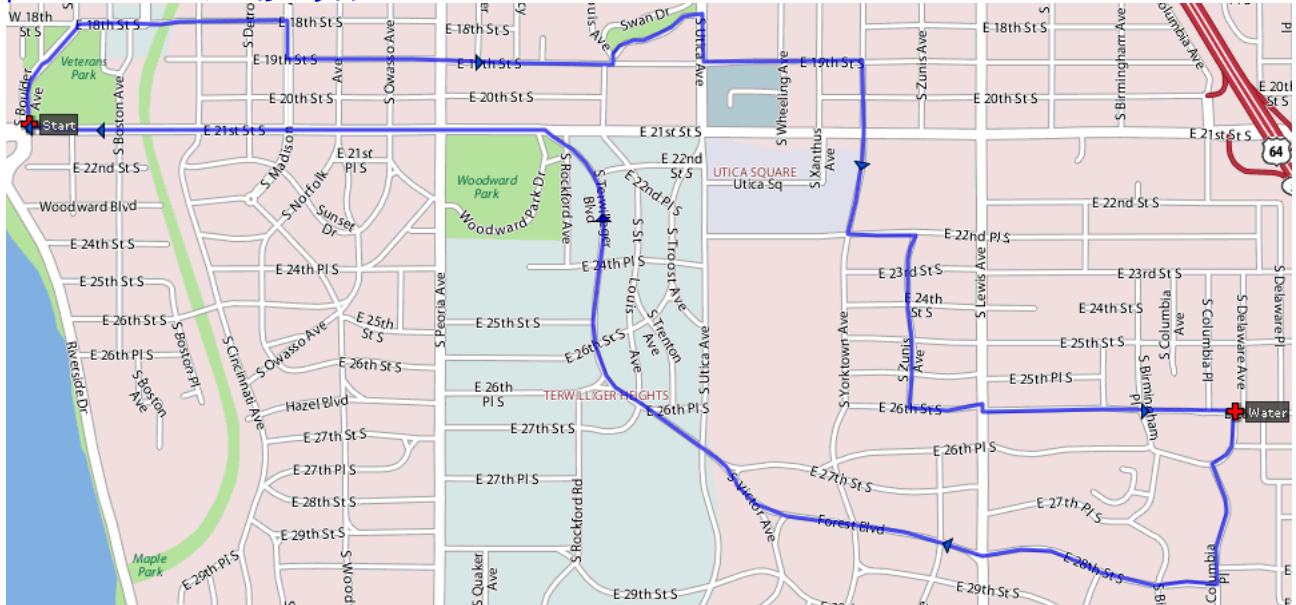
Advanced Half: 14 miles. Your turnaround point is at Adams Rd. Actually that will get you closer to 15 miles. If you want you can turn back a little before Adams Rd.

Beginner Full: 20 miles. You go all the way to Hwy 97. Then you go south along Hwy 97 and then get on the River City Trail. It will take you first just a little bit east, and then you head mostly west along the river. Then you follow the trail north away from the river. When you get to the bridge that crosses the creek, you turn around and go back the way you came. That will give you almost exactly 20 miles.

Intermediate and Advanced Full: 22 miles. You go all the way to Hwy 97. Then you go south along Hwy 97 and then get on the River City Trail. It will take you first just a little bit east, and then you head mostly west along the river. Then you follow the trail north away from the river. When you get to Wekiwa Rd (right by Hwy 412), you turn around and go back the way you came. That will give you a little over 21 miles.

April 9 – Start at Veterans Park

All groups start with the following 6 mile route, which can be viewed online at www.gmap-pedometer.com/?r=4368944.



Directions: Go north on Boulder and right on 18th. Turn right on Madison and left on 19th. Run past Swan Lake, turn right on Utica, and an immediate left on 19th. Turn right on Yorktown, left on 22nd Pl, right on Zunis, and left on 26th. Turn right on Columbia Pl. After the road curves, you need to turn left to stay on Columbia. Turn right on 28th, which becomes Forest Blvd when you cross Lewis, then sort of merges with Victor and ties in to Terwilliger at Utica. Continue west and north on Terwilliger. Turn left on 21st and head back to Veterans Park.

Scheduled Distances

Beginner Half: 6 miles.

Advanced Half: 7 miles.

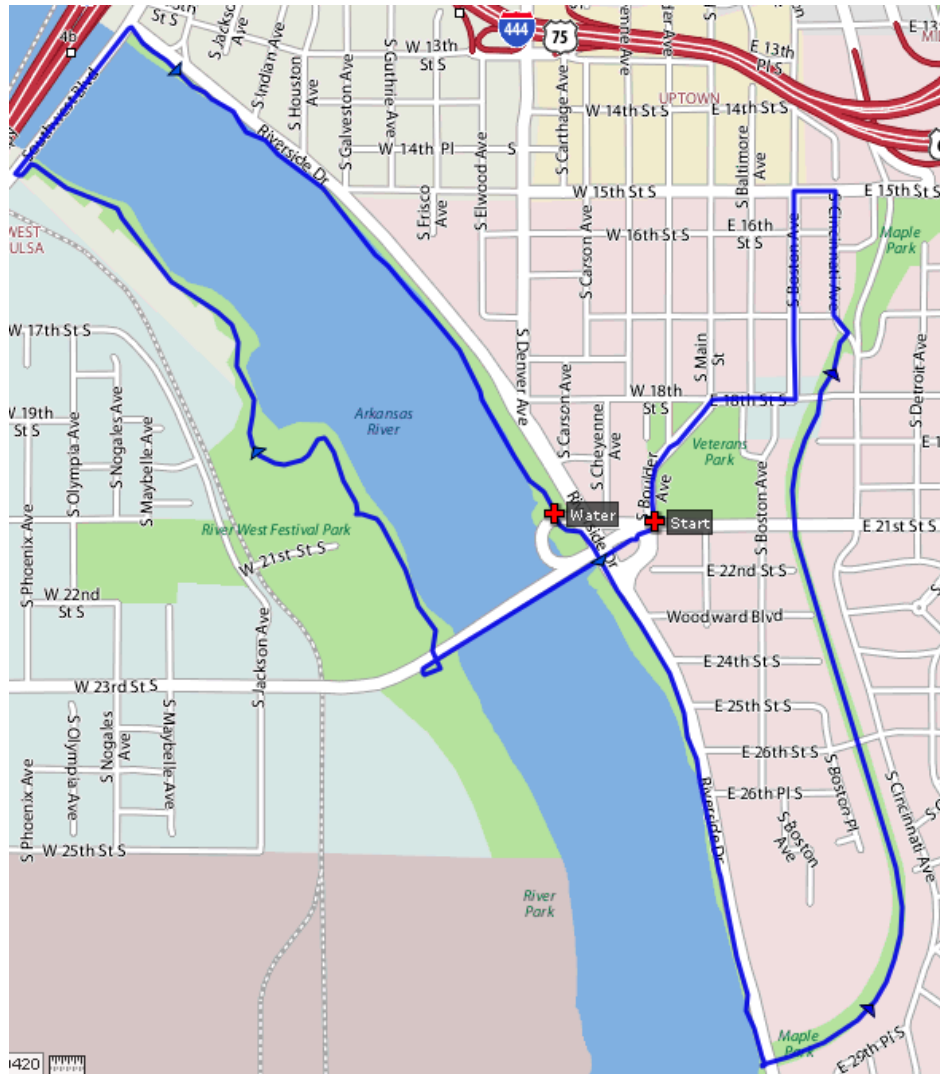
Beginner Full: 10 miles.

Intermediate Full: 11 miles.

Advanced Full: 14 miles.



April 16 – Start at Veterans Park



This is the No Timing Devices Run. Throughout our training you should have been gaining a feel for what kind of pace you can maintain for your race. Today is the day to test that. We ask that you do not wear watches, Garmin, sundials, or any other timing devices. Instead, depend on your body to tell you if you are on the right pace. Listen to your body!

RunnersWorld will set out a clock at the start. Half marathoners will run two 6 mile loops and then add on the extra miles they need at the end. The full marathoners will run three 6 mile loops and then add on at the end. The goal is to run each of the loops in exactly the same time as the other loops. At the end of each loop you record your time and see how close you came to an even pace.

The route is pretty easy: cross over the 21st Street bridge, go north on the west side trail, cross back to the east and run on the trail to the pedestrian bridge, take the Midland Valley trail and then Cincinnati to 15th, left on 15th, and back to Veterans Park on Boston and 18th. Then repeat. The route can be viewed online at www.gmap-pedometer.com/?r=4369026.

Scheduled Distances

Beginner Half: 13 miles.

Advanced Half: 15 miles.

Beginner Full: 22 miles.

Intermediate Full: 24 miles.

Advanced Full: 24 miles.

April 23 – Start at Veterans Park

Easy run along river

April 30 – No training run. Rest for OKC Marathon.

