

March 27 – Start at Veterans Park or at Turkey Mountain

Here are the scheduled distances for those doing a long run:

Beginner Half: 12 miles.

Advanced Half: 14 miles.

Beginner Full: 20 miles.

Intermediate Full, Advanced Full, Zurich Marathon: 22 miles.

The route is shown on the map to the right. Here is the description:

Start at Veterans Park and run south on the River Parks trail to 71st. Cross over the river to the west side and follow the trail north to 11th. Cross back over the river and return to Veterans Park.

The above route is a little over 14 miles. Since the beginner half is only going twelve, they will follow the same route except they will cross back over the river on the pedestrian bridge and return to Veterans Park. (If the pedestrian bridge is closed, cross the river at 21st. The distance is about the same.)

Full marathoners will need to add 6 to 8 miles on the River Parks trail (or wherever you choose).

If you happened to get your long run in last week in the rain, sleet, snow, and wind, you have the option of going less this week. The original scheduled miles are:

Beginner and Advanced Half: 8 miles. To get in your 8, you can run south to about 61st and then turn around and head back to Veterans Park.

Beginner and Intermediate Full: 10 miles. To get in 10, run south to the bears sculpture at 71st and then turn back.

Advanced Full, Zurich Marathon: 14 miles. Just do the loop on the map to the right, and you are done.

Keep in mind that next week the miles are scaled back. You may want to run long this week even if you ran long last week, but listen to your body.



April 3– Start at Veterans Park

This is our Sand Springs run. We start at Veterans Park, run north on the River Parks Trail to 11th, and then cross 11th, go under the highway, over the railroad tracks, and follow the trail until it meets up with the Katy Trail. We then take the Katy Trail west towards Sand Springs. The route is shown below, but you can also see it at:

www.mapmyrun.com/run/united-states/ok/tulsa/274898406678



Scheduled distances are:

Beginner and Advanced Half, Zurich Marathon: 8 miles. Follow the route until you get to 49th W Ave. Then turn back and return the way you came.

Beginner and Intermediate Full: 10 miles. Follow the route until you get to 65th W Ave. Then turn back and return the way you came.

Advanced Full: 14 miles. Follow the route until you get to Adams Rd. (If you want to stretch this to a 16 mile run, run all the way to Hwy 97.) Then turn back and return the way you came.

April 10 – Continued

Here are the distances for the various groups:

Beginner Half: 13 miles. Run the 6 mile loop twice. Then add another mile along the River Parks Trail.

Advanced Half: 15 miles. Run the 6 mile loop twice. Then add another 3 miles along the River Parks Trail.

Beginner Full, Intermediate Full, and Advanced Full: 22 miles. Run the 6 mile loop three times. Then add another 4 miles along the River Parks Trail.

April 17 – Start at Veterans Park

Today we will do a nice, easy short run of 6 to 8 miles along the River Parks Trail.

Here are the scheduled distances:

Beginner and Advanced Half, Beginner Full: 6 miles.

Intermediate and Advanced Full: 8 miles.

April 24 – NO RUN SCHEDULED TODAY. Get some rest for tomorrow's race.

