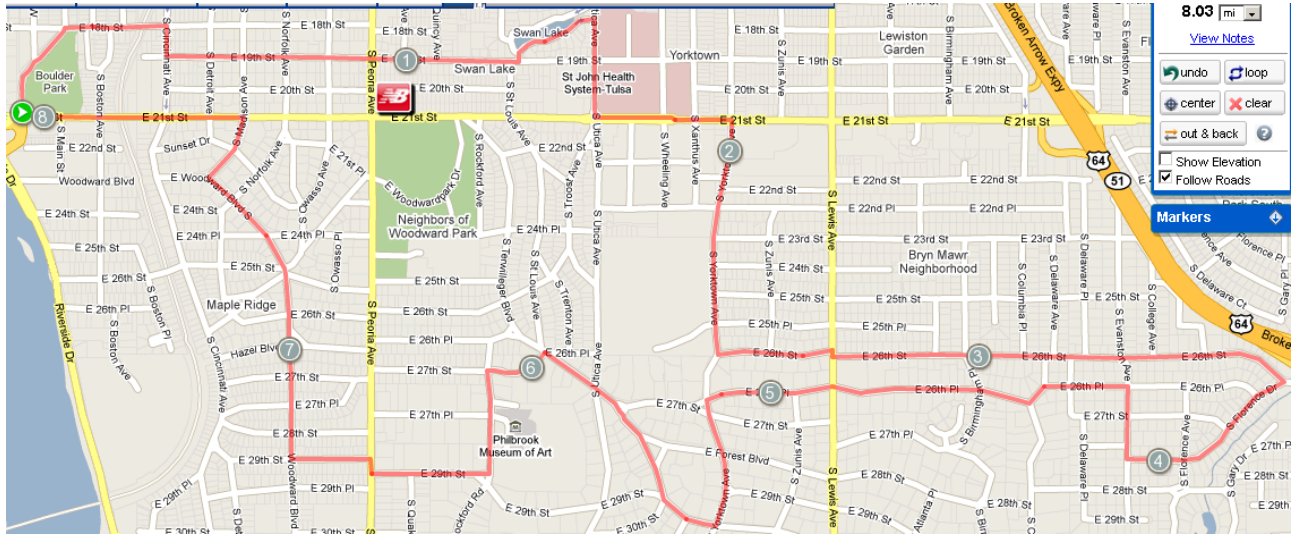


January 8 – Continued

The map below is for the eight mile route.



January 15 – Start at Veterans' Park

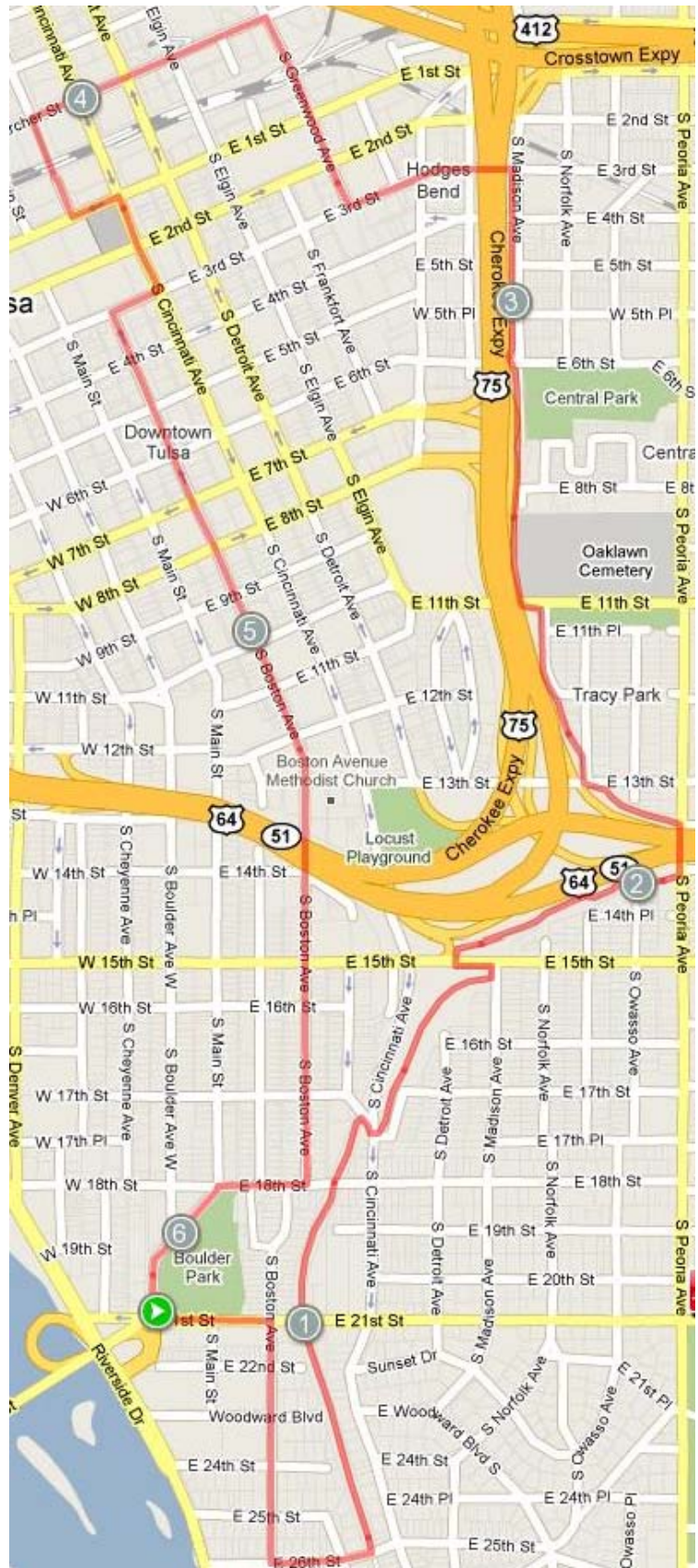
This run is based on the following six mile route, which has a few hills, but not as much as last week.

www.mapmyrun.com/route/us/ok/tulsa/696125972822567700

Go east on 21st and turn right on Boston Ave. Turn left on 26th. Turn left on the trail and follow it to 3rd St. Turn left on 3rd, right on Greenwood, and left on Archer. Turn left at Boston and pass the Center of the Universe. Turn left on 1st St., right on Cincinnati, right on 3rd, and left on Boston. Turn right on 18th and return to Veterans Park.

Beginner and Advanced Half, Beginner and Intermediate Full: 6 miles. You are finished after the loop.

Advanced Full: 14 miles. Do the route once in each direction and then add a couple of miles along the river.



January 22 – Start at Veterans Park

This is our Tulsa's Oldest House run. It starts with a sort of hilly 7 mile route, but you will enjoy it.

The scheduled distances and plans are:

Beginner Half: 7 miles. Run the 7 mile route, and you are done.

Advanced Half: 9 miles. Run the 7 mile route, and add a couple of miles along the river.

Beginner and Advanced Full: 10 miles. Run the 7 mile route and add a few miles along the river.

Intermediate Full: 12 miles. Run the 7 mile route and add 5 miles along the river.

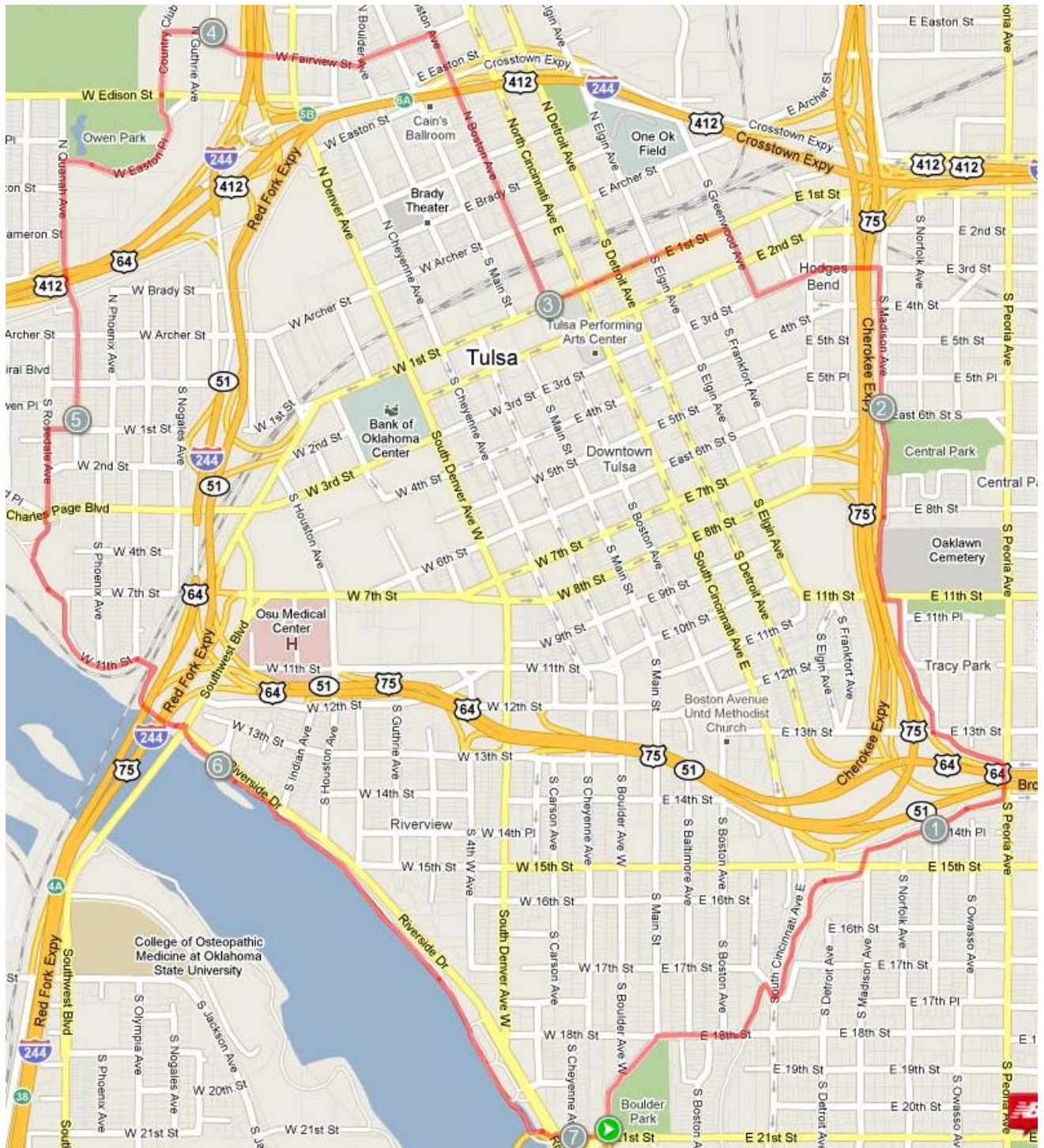
Route Directions:

Go north to 18th, east on 18th, and north on the trail to 3rd St. Go left on 3rd, right on Greenwood, and left on 1st St. Turn right at Boston to pass through the Center of the Universe. Continue north on Boston and turn left on Fairview Dr. Turn left where Fairview comes to a T at Country Club Dr. Go south into Owen Park, and look at Tulsa's Oldest House. Continue on the road through the park and turn left on Quanah. Go right on 1st and left on Rosedale. Cross Charles Page Blvd. into the park and follow the trail to the left (southeast). The trail will lead you back to the River Parks trail, which you follow back to Veterans Park.

The route map is on the following page.



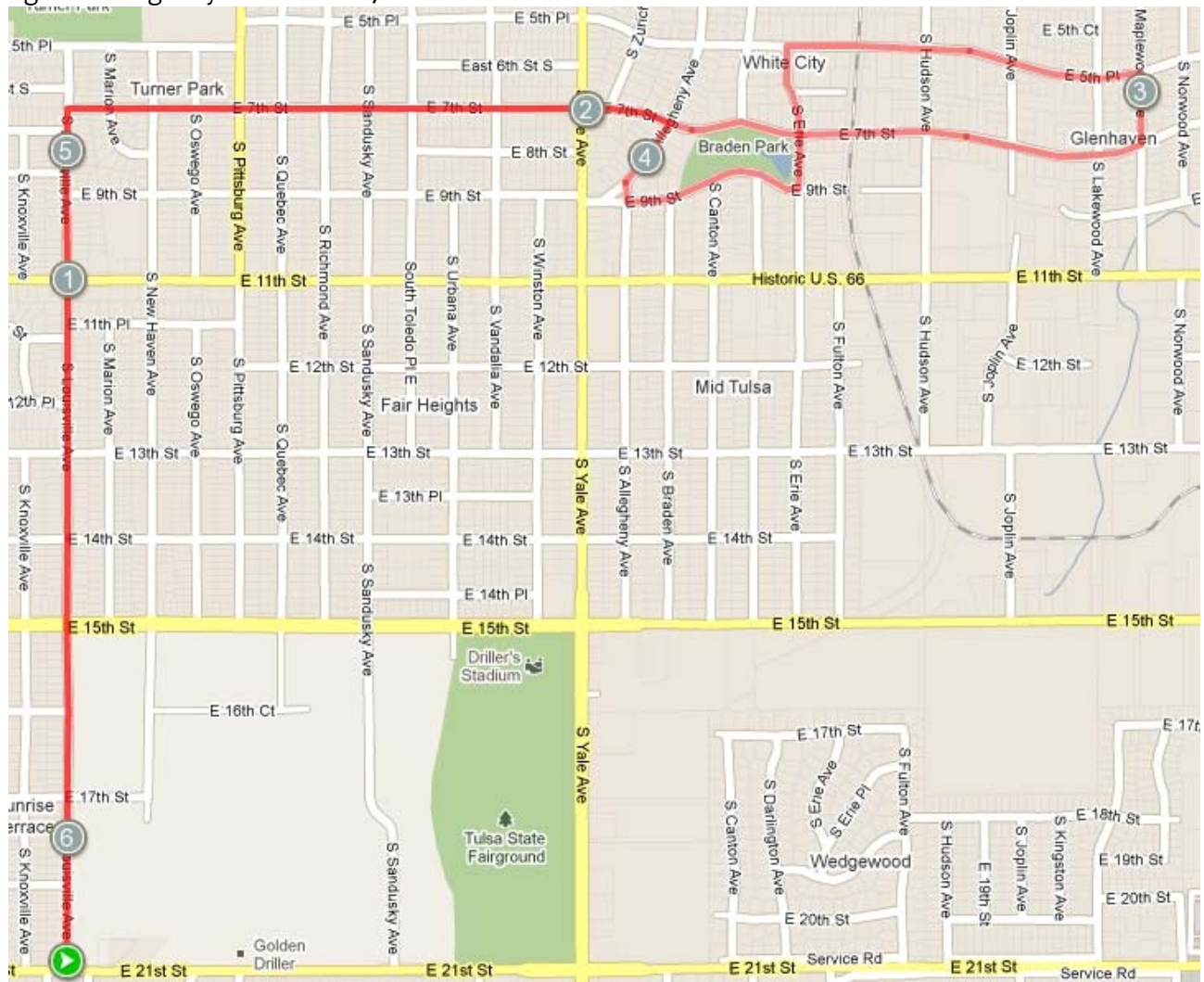
January 22 – Start at Veterans Park



January 29 continued – Start at Tulsa Fairgrounds

Intermediate Full: 6 miles. Run the following 6 mile route. It is very similar to the 5 mile route, but turns left on Erie instead of right.

Directions: Go north on Louisville. Turn right on 7th Street. Turn left on Erie Ave. Turn right on 5th Place. Turn right on Maplewood. Turn right on 7th Street. Turn left on Erie Ave. Turn right on 9th Street. Turn right on Allegheny. Turn left on 7th Street. Turn left on Louisville and return to the start.



Advanced Full: 14 miles. Run the 6 mile route above and then run the following 8 mile route (which is sort of like the 6 mile route).

Directions (for the 8 mile route): Go north on Louisville. Turn right on 7th Street. Turn left on Erie Ave. Turn right on 5th Place. Turn right on Maplewood. Turn right on 7th Street. Turn left on Erie Ave. Turn right on 9th Street. Turn right on Allegheny. Turn left on 7th Street. Turn left on Louisville and right on 8th Street. Run through the TU campus and turn right on Delaware. Turn left on 6th Street. Turn left on Columbia. Turn left on 14th Street. Turn right on Delaware Place. Turn left on 17th Street. Turn right on Louisville and return to the start.



