

March 5 – Start at Jenks Riverwalk

All groups will start with the 2.7 mile loop through Jenks shown below and finish by doing an out and back along the Creek Turnpike Trail.



Directions for the 2.7 mile loop:

Start north along the trail on the river side of Jenks Riverwalk. Turn left at the end of the trail and continue on the road. Turn left on Birch (map says J St, but I think the road sign says Birch) and then right and then another left on Birch St. Turn left on B St and right on 1st St. Turn left on Main and follow it back to the start.

Further directions:

Beginner Half: 10 miles. After the 2.7 mile loop, go east on the Creek Turnpike Trail and turn around at the parking lot at Sheridan.

Advanced Half: 12 miles. After the 2.7 mile loop, go east on the Creek Turnpike Trail and turn around at Memorial.

Beginner Full: 16 miles. After the 2.7 mile loop, go east on the Creek Turnpike Trail and turn around at Garnett (in front of Grace Fellowship).

Intermediate and Advanced Full: 18 miles. After the 2.7 mile loop, go east on the Creek Turnpike Trail. Continue past Garnett and follow the trail sort of southward. On the south side of 101st there is a parking lot. That is where you turn around.

Garmin course files for all groups can be found at sites.google.com/site/ethiopianelites/routes.



March 12 – Start at Veterans Park

This is the day for the St Patrick's Day Run. Many of our couch to 5k runners will be doing their first 5k today, and it would be great to support them.

Beginner and advanced half marathoners are scheduled for 5 and 6 miles, respectively. It is recommended that you run the St Patrick's Day race, starting from RunnersWorld Tulsa. The race plus warm up and cool down will be plenty of mileage for you. No training route is planned for these groups, so if you decide to skip the race, you can make up your own route.

Beginner and intermediate marathoners are scheduled for 9 miles. It is suggested that you run from Veterans Park to RunnersWorld as a warm up, run the race, and then back to Veterans Park. A good route to RunnersWorld is to go east on 21st, turn right on Cincinnati and follow that to 34th, turn left on 34th and then right on Peoria. It is almost exactly 3 miles to RunnersWorld, so the warm up, race, and run back to Veterans Park will be just about right.

Advanced marathoners are scheduled for 20 miles. Again, it is suggested you run to RunnersWorld, do the race, and then get the rest of your miles in after the race. No training route is planned; it will be at the discretion of your run leader. However, it is suggested that you get a good portion of the miles in on the River Parks trails so you have access to water.



March 19 – Start at Veterans Park

Today is the TATUR Snake Run. You may want to sign up for the 3 or 6 hour race. But, for those who aren't too keen on running dirt trails, we will still have our training run on paved paths. We were snowed out for our oldest house run, so we will incorporate that into today's run, but with a slightly extended route, so that it goes eleven miles, which happens to be the shortest distance any of our groups are running. Of course, there are a number of places you could cut the route short if you need to. You can see the eleven mile route at www.gmap-edometer.com/?r=4297646 (or the map on the next page). The Garmin course file for the route can be found at sites.google.com/site/ethiopianelites/routes.

Directions: Head north along the River Parks trail. Cross SW Blvd and continue on the trail under the highway, over the railroad tracks and toward Newblock Park. At the water fountain head toward the playground and then north on Rosedale Ave. Turn right on Admiral and left on Quanah. Turn right on Easton Pl, going through Owen Park. Stop and take a look at Tulsa's oldest house if you haven't seen it before. Continue north on Country Club Dr. Turn right on Osage Dr and follow it to the left. Take the pedestrian bridge over the LL Tisdale Pkwy. Turn left on Denver and right on Marshall. Turn left on Greenwood and right on Pine. Turn right on the trail (just beyond the stadium). Follow Greenwood Ave, turning left, and going through the historic Greenwood district. Turn left on 3rd St. Turn right on the trail and follow it all the way to the River Parks trail. Head north back to Veterans Park.

Beginner Half: 11 miles. Do the 11 mile route.

Advanced Half: 13 miles. After the 11 mile loop add a couple of miles along the river.

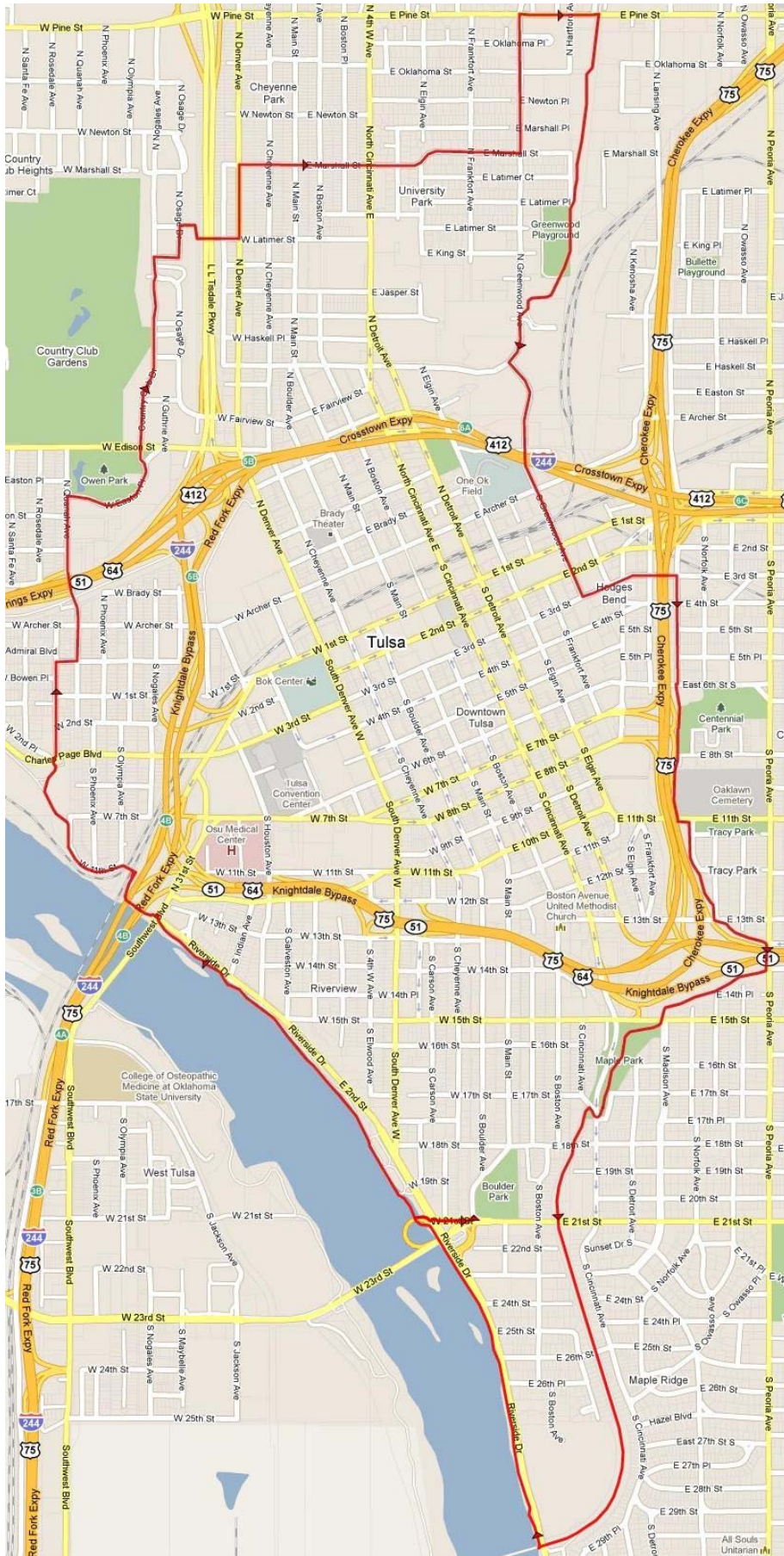
Beginner Full: 18 miles. After the 11 mile loop add 7 miles along the river.

Intermediate Full: 20 miles. After the 11 mile loop add 9 miles along the river.

Advanced Full: 12 miles. Lucky you, it is a step back week. So just do an easy mile along the river after the 11 mile route.



March 19 Map



March 26 – Start at Veterans Park

Today we will do the Reservoir Hill run. For those of you that make it all the way, it has a good view at the midpoint. Okay, you have to go up a pretty formidable hill to get there, but it is worth it. Half marathoners won't go up the hill unless they want to go further than their scheduled distance (The complete route is 8.6 miles). You can see the route at www.gmap-edometer.com/?r=4314824 (or the map to the right).

The Garmin course file for the route can be found at sites.google.com/site/ethiopianelites/routes.

Directions: Run north on Boulder. Turn left on 18th and right on Cheyenne. At Fairvies St there is an interruption in Cheyenne, but keep heading north on Cheyenne, going through the cul-de-sac. Turn left on Seminole and right on Denver. When you get to the Reservoir Hill sign head toward the left. Turn left on Elwood and left on Osage. Run all the way to the top of the hill and take some time to check out the view. Head east on Young St and turn right on Elwood. Turn right on Elwood and follow the route you came on back to Veterans Park.

Beginner Half: 6 miles. To get in 6 miles, turn back at Oklahoma St.

Advanced Half: 7 miles. For 7 miles, turn back at Seminole St.

Beginner Full: 9 miles. Run the route, and you can call it a day.

Intermediate Full: 10 miles. Run the route and add a bit along the river.

Advanced Full: 20 miles. Run the route and I would suggest getting in the extra miles along the river.

