

October 2 - Start at Veterans Park

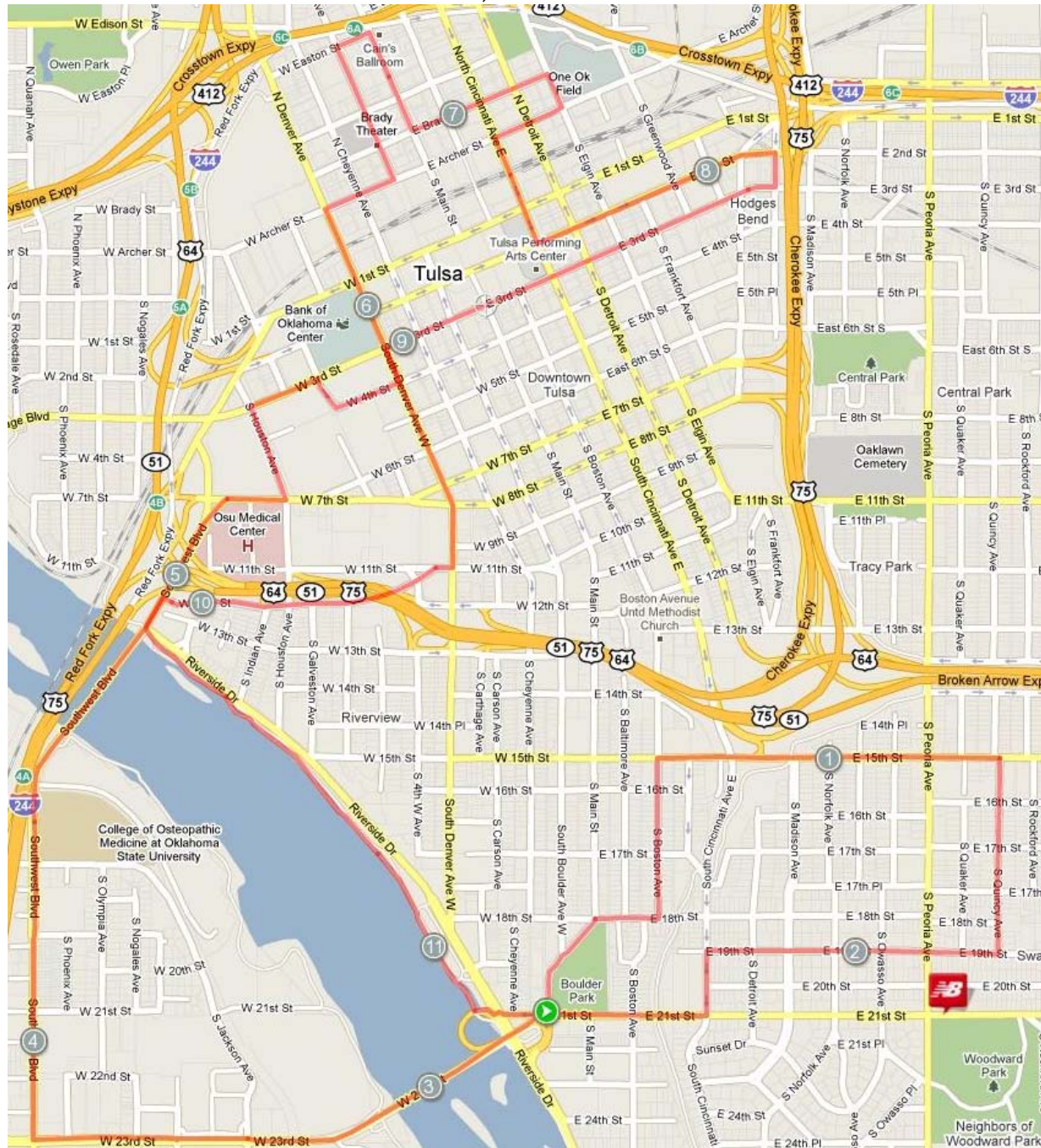
All groups start with the 11 mile route below, which includes miles 8 to 16 of the Rt 66 Marathon course.

Beginner Half: 11 miles. You are done after the 11 mile route.

Advanced Half and Full: 13 miles. 11 miles, then run to the pedestrian bridge and back to Veterans Park.

Beginner Full: 18 miles. After the 11 miles, run to 56th and back to Veterans Park.

Intermediate Full: 20 miles. After the 11 miles, run to 68th and back to Veterans Park.



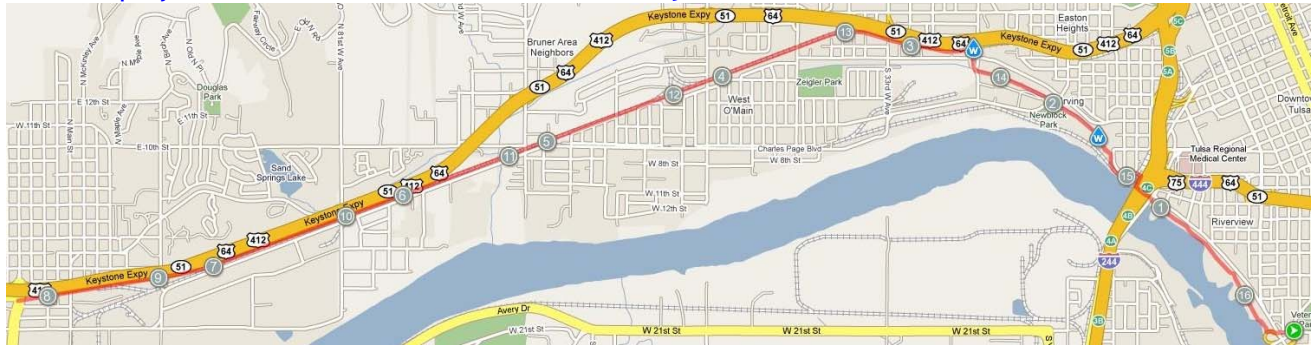
Directions: Go north to 15th and Boston, then east on 15th. Turn right on Quincy and right on 19th St. Turn left on Cincinnati and right on 21st. Continue across river on 21st St bridge. Right on SW Blvd. Turn right on 7th and left on Houston. Right on 3rd go around the south side of the post office and turn left on Denver. Turn right on Archer, left on Boulder, right on Easton, right on Main, left on Brady, right on Elgin, right on Archer, left on Cincinnati, left on 2nd St, right on Lansing, right on 3rd St, and left on Denver. At 11th St turn right and veer to the left to go over the highway and continue on 12th St. Turn left on SW Blvd and follow the River Parks trail back to Veterans Park.



October 16 - 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 Half: 12 miles. Follow the route until you get to 81st W Ave. Then turn back and return the way you came. It will be a total of about 12 and a half miles.

Advanced Half: 14 miles. Follow the route until you get to Adams Rd. Then turn back and return the way you came. It will be a total of about 14 and a half miles.

Beginner Full: 20 miles. Follow the route until you get to Hwy 97 (at the McDonalds). Then turn back and return the way you came. It will be a total of about 16 and a half miles. Then add extra miles along the river.

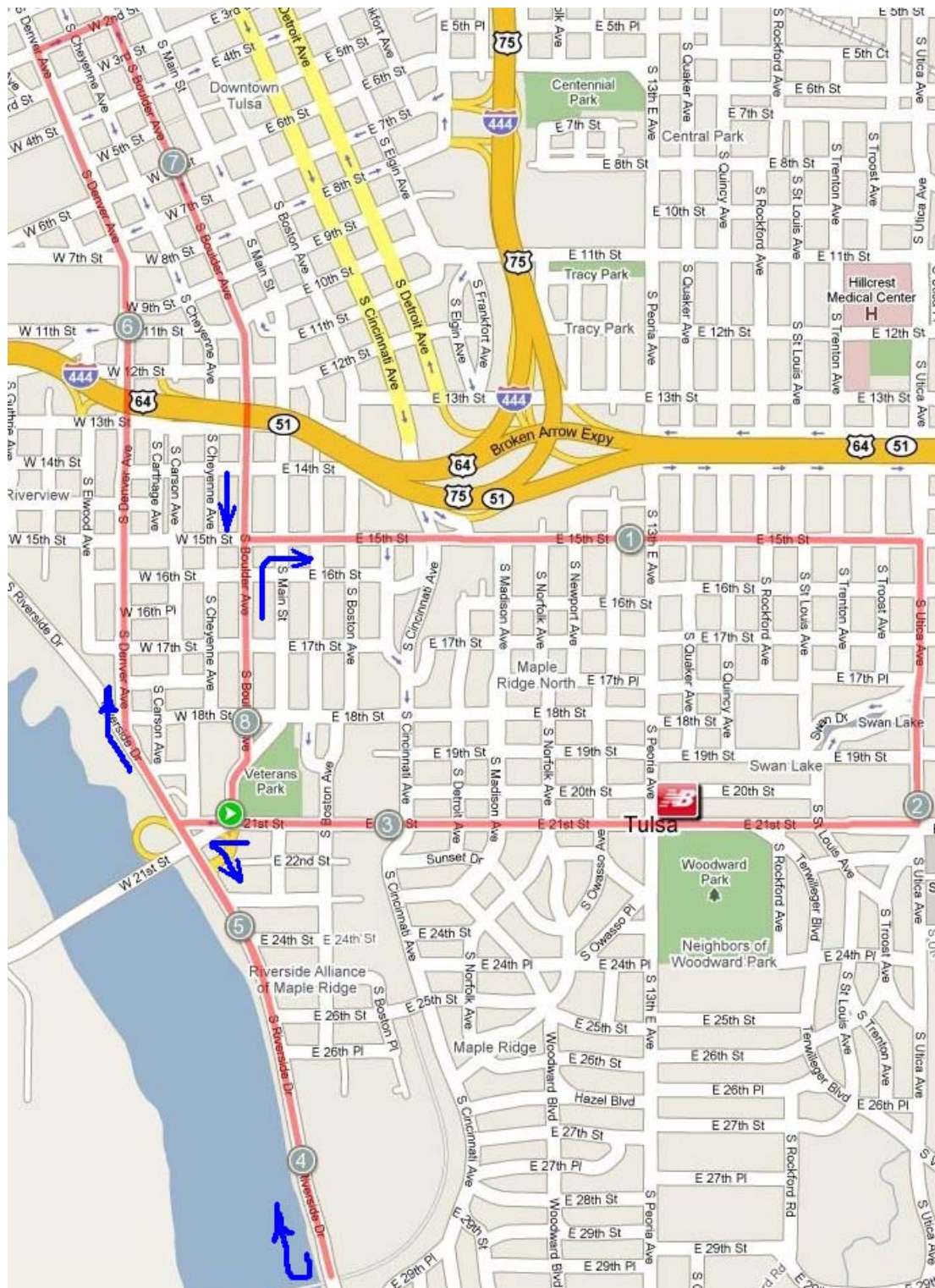
Intermediate and Advanced Full: 22 miles. Follow the route until you get to Hwy 97 (at the McDonalds). Then turn back and return the way you came. It will be a total of about 16 and a half miles. Then add extra miles along the river.

Note: Some of our group are running the Kansas City Marathon or the Palo Duro Trail Run, or other races this weekend. Good luck to everybody!



October 23 - Start at Veterans Park

All groups start with the 8 mile route below, which is a variation of the Tulsa Run course. The course map can be seen at www.mapmyrun.com/route/us/ok/tulsa/731125186019412688



Directions:
Go north on Boulder to 15th and turn right. Turn right on Utica and right on 21st. South on River Parks trail to pedestrian bridge. Go north on trail to Denver. Continue north on Denver, then right on 2nd, right on Boulder, and return to Veterans' Park.

Beginner and Advanced Half: 8 miles.

Beginner, Intermediate, and Advanced Full: 10 miles. Do the 8 mile route and add a couple of miles.



October 30 – No group training run – TULSA RUN

See <http://www.tulsarun.com> for information about this race.

November 6 - Start at Veterans Park – MOCK MARATHON @ 7:30 A.M

This will follow the actual Marathon (or half marathon) route, except that we will not run as far south on Riverside. Go to <http://www.route66marathon.com/participant-information/course-maps.html> to see the course maps for the race.

November 13 - Start at Veterans Park

Easy run along the river.

November 20 – No group training run – ROUTE 66 MARATHON ON THE 21ST!!!

It has been a pleasure training with you. May all of you do well in your race! Reward yourself with a new pair of shoes or some running tights to prepare for all the training you will do through the winter. Take some time off after your race to recover. No hard running for a couple of weeks for you half marathoners, and no hard running for three or four weeks for you marathoners. We look forward to training with you for a spring marathon or half marathon. Our Monday and Thursday evening runs from the store will continue without interruption, and we will continue to meet informally on Saturdays after the Route 66 marathon. Formal training with schedules and planned routes will begin on December 18th.

