

FREE Training Programs



T U L S A

RunnersWorld Tulsa
918-749-7557
runnersworldtulsa@yahoo.com
www.runnersworldtulsa.com

Train for the OKC Marathon or Half

Attend an Orientation

Thursday Dec. 8th at 7pm

or

Monday Dec. 12th at 6pm

Training Starts Sat Dec. 17 at Veterans Park

A Run To Remember



MEMORIAL MARATHON

www.runnersworldtulsa.com

Name _____ Email _____

Age _____ Phone _____ How did you hear about our group _____

Goal Finishing Time _____ hrs : _____ mins I am training for a : 50K? 100K? 1/2 Mar? Mar?

- Long Slow Run Groups
- 7-8 min/mile group
- 8-9 min/mile group
- 9-10 min/mile group
- 10-11 min/mile group
- 11-12 min/mile group
- 12-13 min/mile group
- 13-14 min/mile group
- 14 min/mile + group
- Beginner Runner
- Intermediate Runner
- Advanced Runner

*The groups above are for your long slow Saturday runs only. RunnersWorld Tulsa feels that your long slow run should be 60-90 seconds slower than your half marathon goal pace. Please check a box

**The beginner, Intermediate, and Advanced levels determines both how fast your mileage will ramp up as well as how many miles per week you will be. Please select one level

Please fax to 918-749-7564

Training Dates and Times

Mondays 5:30 P.M. at RunnersWorld Tulsa (43rd & Peoria)
Thursdays 5:30 P.M. at RunnersWorld Tulsa (43rd & Peoria)
Saturday 8 A.M at Veterans Park (21st & Boulder)