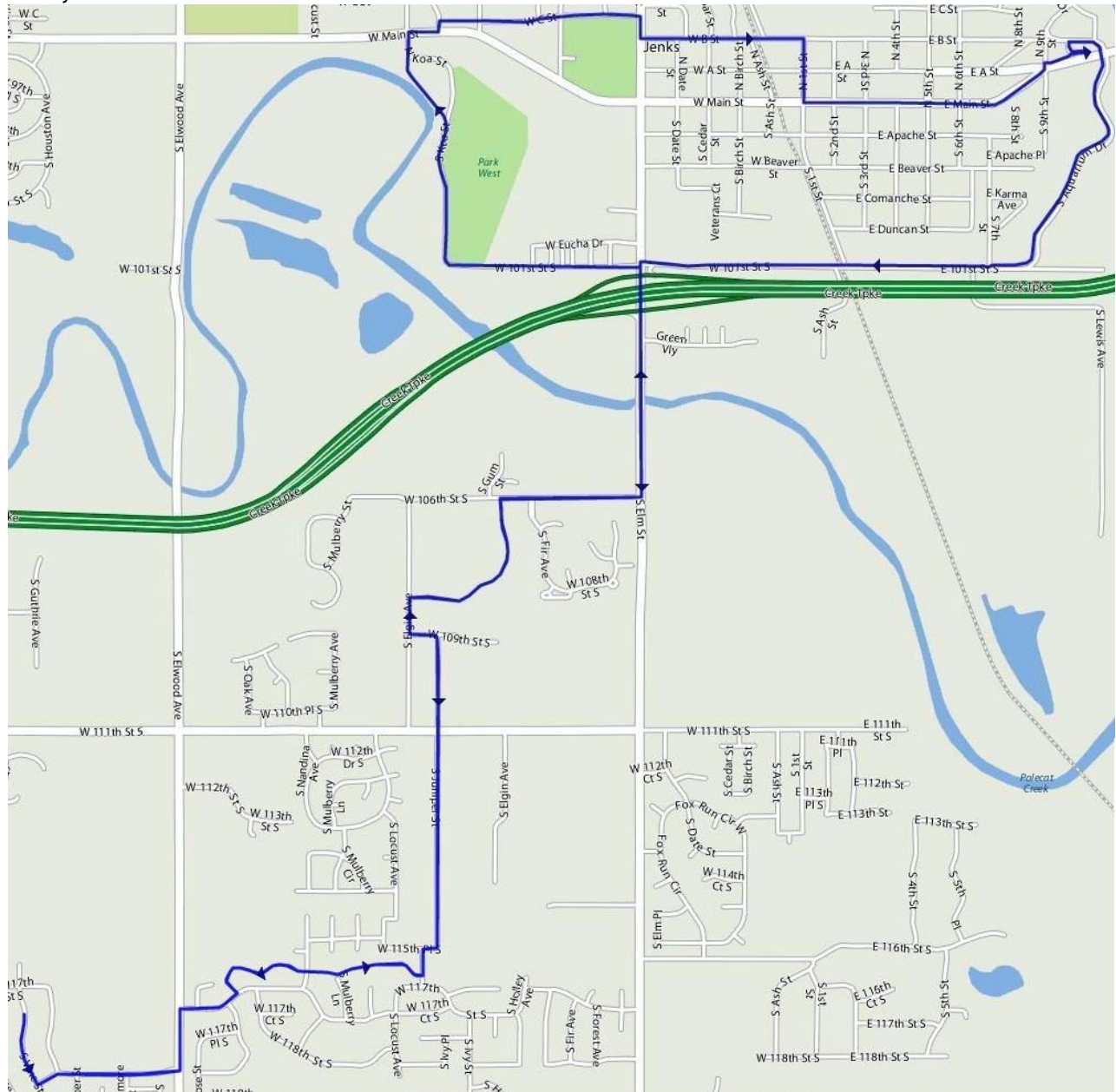


October 1 – Start at Jenks RiverWalk (Jenks side of 96th St Bridge)

Today we start with the 11 mile route in Jenks shown below.



Directions: Start by following Aquarium Drive. Turn left at Peoria/Elm. Turn right at 106th. Turn left on Gum and follow the curve of the road to Elgin and turn left. Turn left on 109th St and right on Juniper. At 115th turn right and then continue south to the trail. Turn right on the trail. Turn right on 117th and left on Elwood. Turn right on 118th St. Turn right on Vine St. At 11713 S Vine St (TATUR Dave's house) you can turn around and return the same way you came until you get to 101st St. At that point you turn left on 101st and follow the road past the athletic fields to Main St. Turn right on Main and then a quick left on Juniper. Cut through the church parking lot and continue east on C St. Turn right on Peoria/Elm, and left on B. Turn right on 1st, left on Main, and follow Main back to the start.

Scheduled Distances

Beginner Half: 11 miles.

Advanced Half and Advanced Full: 13 miles. After the 11 miles, run toward Creek Turnpike Trail. Turn back at the footbridge before you get to Harvard.

Beginner Full: 18 miles. After the 11 miles, run the Creek Turnpike Trail. Turn back at Sheridan.

Intermediate Full: 20 miles. After the 11 miles, run the Creek Turnpike Trail. Turn back at Memorial.



October 15 – Start at Veterans Park!!! (This is different from the schedule)

Why are we starting at Veterans Park instead of Jenks? Well, a bunch of our runners will probably be doing the Pumpkin Holler 100 (or 50k), and we anticipate a shortage of water jugs and people to set them out on our training route. So, most of our route will be on the River Parks trails, which has plenty of water fountains. We will begin by running to 18th St and to to the Midland Valley Trail. We follow the trail to River Parks Trail and go south. Then we turn back and return from whence we came. If you are going 20 miles or more, you will get to see Steve and Patty's new house.

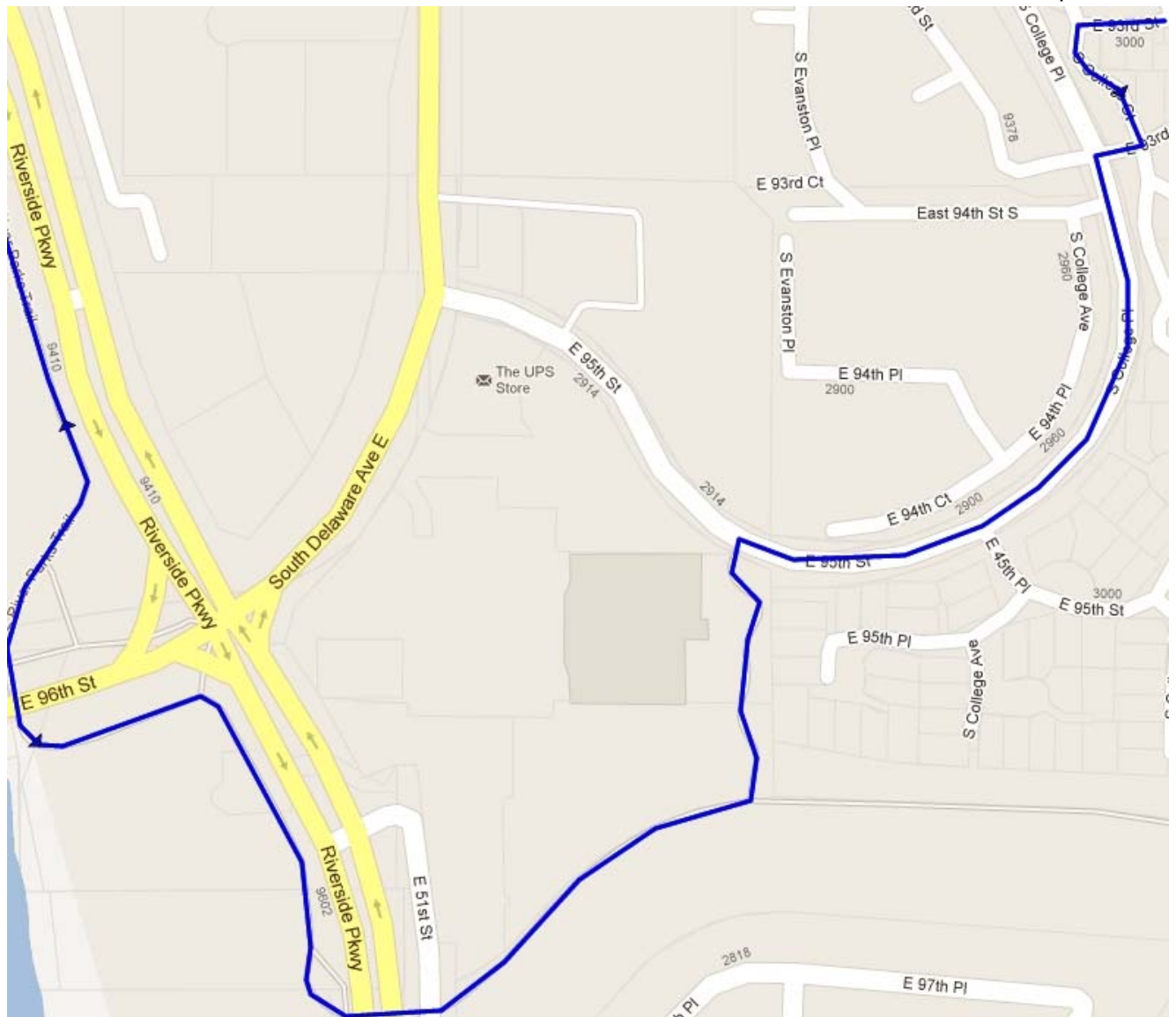
Scheduled Distances

Beginner Half: 12 miles. You will run to the bears fountain at 71st & Riverside and turn back.

Advanced Half: 14 miles. You will run to the water fountain that is by the creek just north of the casino and turn back.

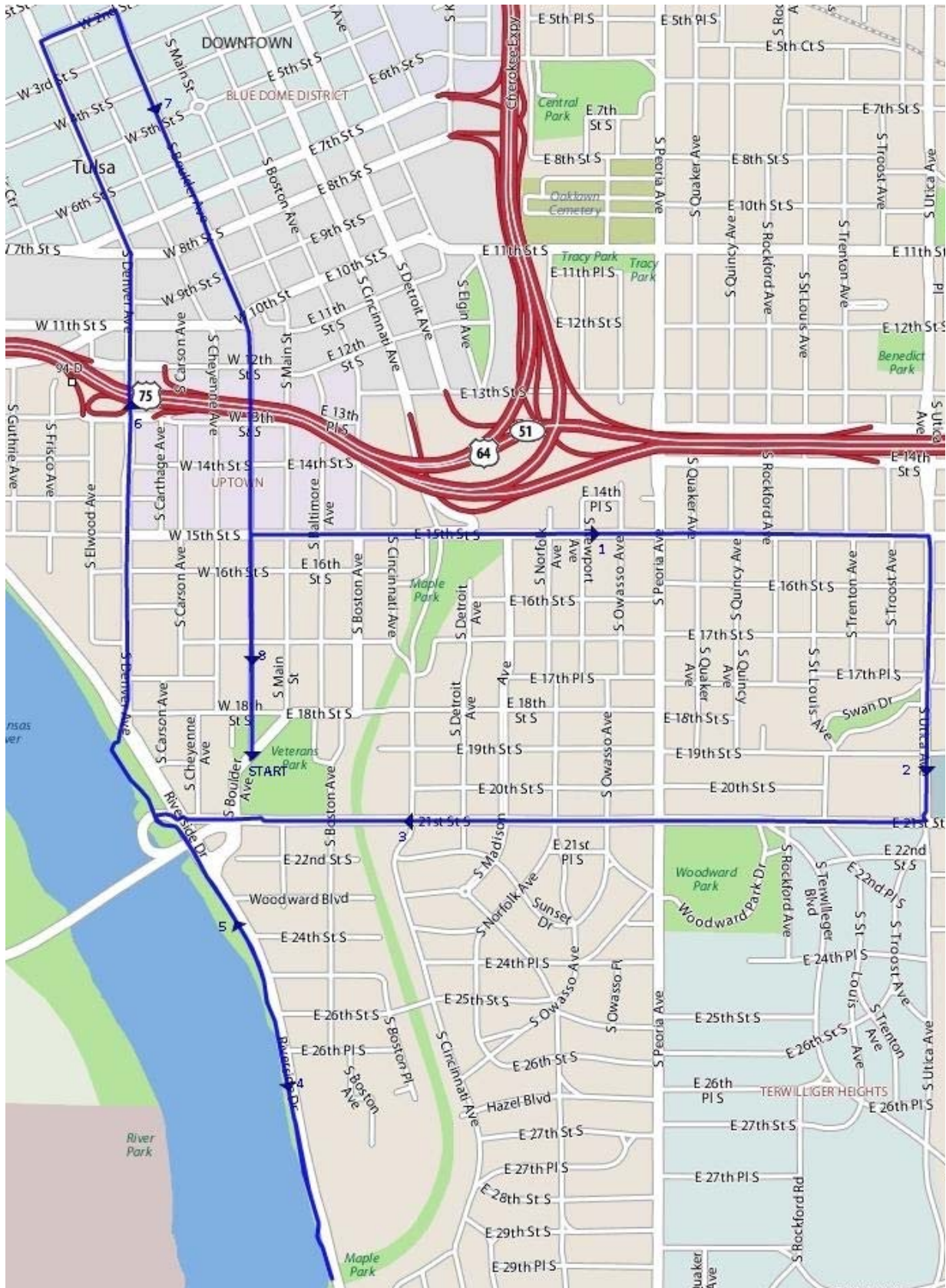
Beginner Full: 20 miles. You will run south to the restrooms south of the Jenks Bridge then start to head toward the Creek Turnpike Trail. As you start to head east, just beyond the shops, there is a trail that turns left, going on the back side of the buildings and taking you into the residential neighborhood. Take that trail and turn right on 95th St. Follow that road and take the second right. Take the first left (College Ct) and then the first right (93rd St). Steve and Patty's address is 3018 E 93rd St. The end of the route (before we turn around) is shown on the map below.

Intermediate and Advanced Full: 22 miles. Do the same route as the 20 milers and then add a couple miles.



October 22 – Start at Veterans Park

Today we start with the 8 mile route below, which is somewhat similar to the Tulsa Run course.



Directions: North on Boulder. Right on 15th. Right on Utica. South on River Parks Trail. Turn at pedestrian bridge. North on Denver. Right on 2nd. Right on Boulder. Return to Veterans Park.



October 22 – Start at Veterans Park (continued)

Scheduled Distances

Beginner and Advanced Half: 8 miles. You are finished after the 8 mile route.

Beginner Full: 10 miles. After the 8 mile route add a couple of miles along Riverside.

Intermediate Full: 12 miles. After the 8 mile route add another 4 miles.

Advanced Full: 16 miles. After the 8 mile route add another 8 miles.

October 29 – TULSA RUN

We will have no training run today. We encourage you to run the Tulsa Run.

WHAT TO LOOK FORWARD TO IN NOVEMBER AND BEYOND

The bulk of your training is done. Our last really long training run will be the mock marathon and half marathon on November 5. On November 12 we will cut way back on distance and do an easy run. Then on November 19 we don't run at all; in fact we stay off our feet as much as we can because the next day is RACE DAY!

After the marathon we take a few weeks of rest. Although we will still continue to meet on Saturdays, no routes will be planned, and we are really concentrating on letting our bodies recuperate. During this recuperative period, reward yourself; get a massage; relax. Splurge by buying yourself new running gear for the colder months. Our planned training runs for the spring marathons are likely to begin on December 17.

I have enjoyed this training session. Yes, it was hot, but with cooler weather upon us, I have already almost forgotten the heat! I have had a blast planning routes that are scenic and hilly enough to challenge your bodies without killing you. You have gotten stronger, and it has been great seeing all of you progress toward your goals. I hope to see you continue training with us in 2012.

TATUR Dave

