

September 4 - Start at 21st and Louisville (continued)

Beginner Half: 9 miles. Run the 9 mile route, and you are done.

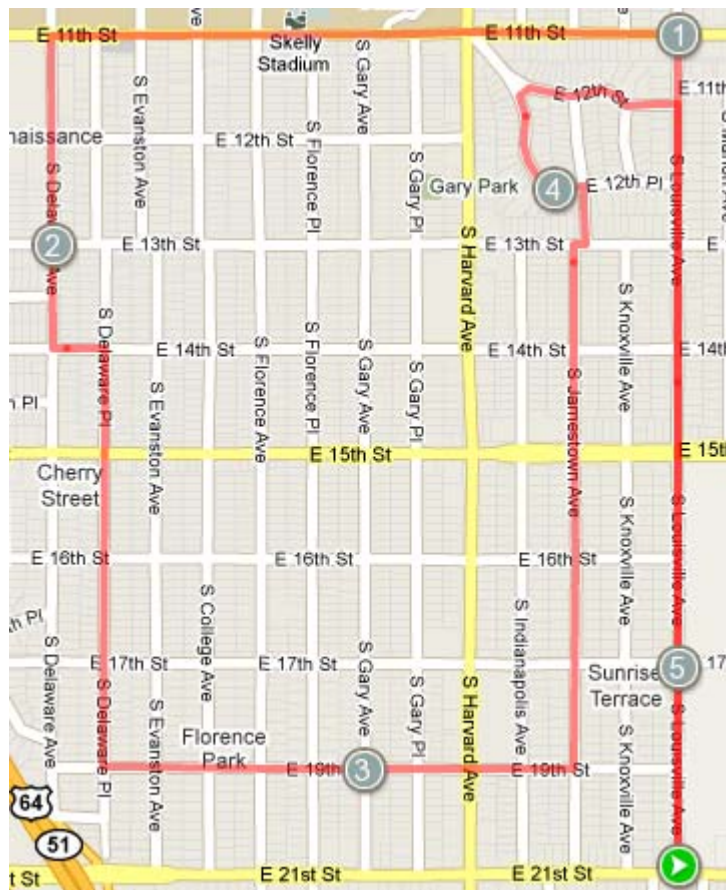
Advanced Half: 11 miles. After the 9 mile route, run to 11th and Louisville and back.

Beginner Full: 14 miles. After the 9 mile route, run the following 5 mile route (map at right):

1. Go north on Louisville
2. Go west (left) on 11th St.
3. Go south (left) on Delaware Ave
4. Go east (left) on 14th St
5. Go south (right) on Delaware Pl
6. Go east (left) on 19th St
7. Go north (left) on Jamestown
8. Go slight east on E. 13th to stay on Jamestown
9. Go (left) west on S. Indianapolis Ave
10. Go (right) on E. 12th Street
11. Go (right) south on Louisville Ave to 21st St

Intermediate Full: 16 miles. After the 9 mile route, run the five mile route described above followed by another 2 miles (run to 11th & Louisville and back)

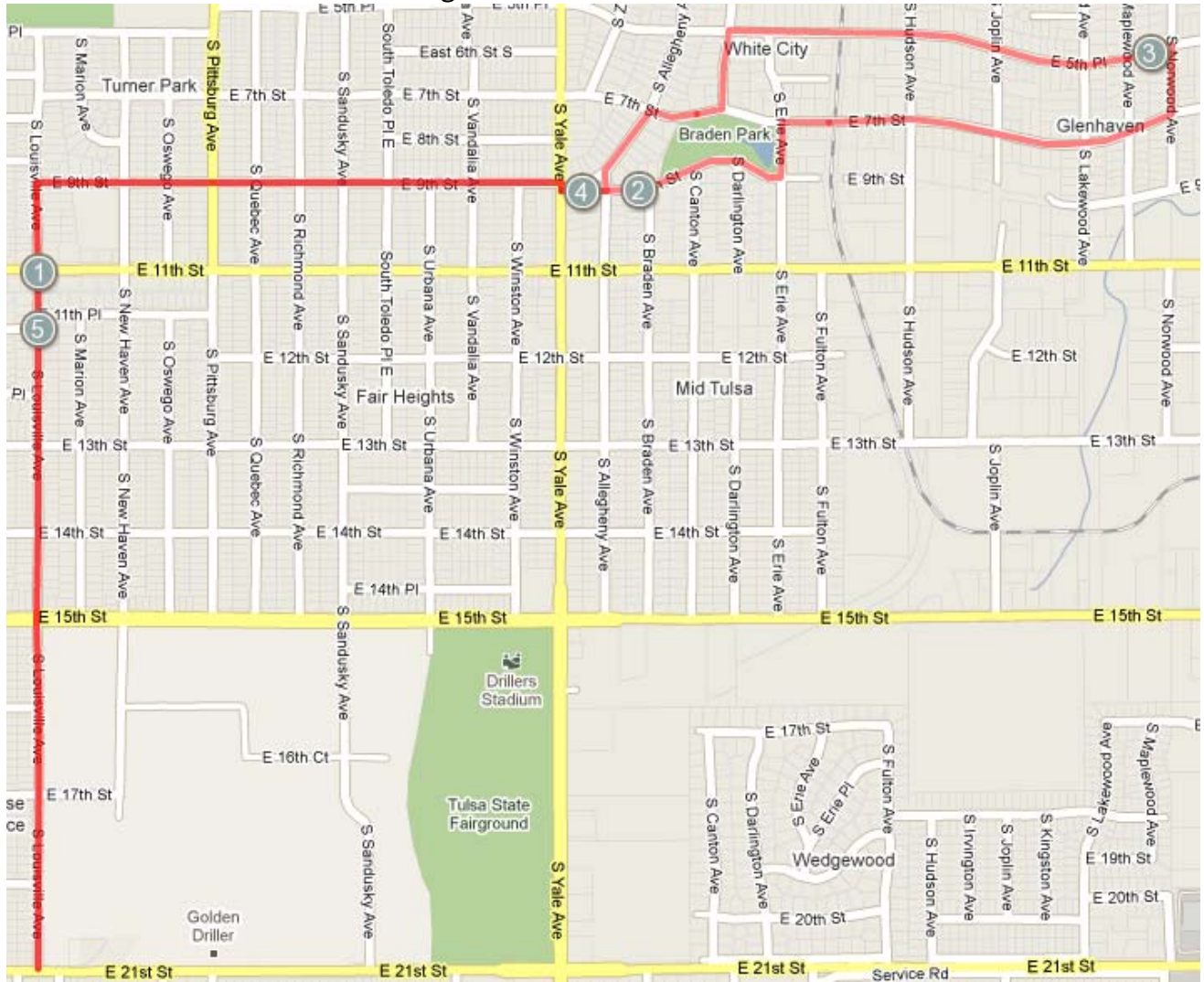
Advanced Full: 18 miles. After the 9 mile route, run it again.



Note: Inspiration for the today's routes comes from training routes that Sandra Wright planned for those training for the Lean Horse 100. Sandra's house will be one of the water stops for our run. Sandra turned those training runs for Lean Horse into a scavenger hunt to make it interesting. Perhaps we will include a scavenger hunt on this run as well.

September 11 – Start at 21st and Louisville

All distances start with the following 6 mile route:



Directions:

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| <ol style="list-style-type: none"> 1. Go north on Louisville 2. Go east (right) on 9th St. 3. Go north (left) on Erie Ave. 4. Go east (right) on 7th St. 5. Go north (left) on Norwood Ave. 6. Go west (left) on 5th Pl. | <ol style="list-style-type: none"> 7. Go south (left) on Darlington Ave. 8. Go west (right) on 7th St. 9. Go southwest (left) on Allegheny Ave. 10. Go west (right) on 9th St. 11. Go south (left) on Louisville to 21st. |
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Beginner and Advanced Half: 6 miles. You are through after the 6 mile route.

Beginner and Intermediate Full: 7 miles. Add a mile after the 6 mile route.

Advanced Full: 12 miles. Run the 6 mile route twice.



September 25 – 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. Part of the run goes through Tulsa's oldest park, Owen Park, and within the park is Tulsa's oldest house that is still in existence.

The scheduled distances and plans are:

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

Beginner and Intermediate Full: 8 miles. Run the 7 mile route and add a mile along the river.

Advanced Full: 18 miles. Run the 7 mile route and then run south to 71st and back on the River Parks trail.

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.



