

September 3 – Start at Veterans Park

Today's routes are mostly along the river. We all start by going north on Boston to 15th, back south on the Midland Valley trail, and south along the river, but then our paths diverge. The map at right shows the 16 mile route with other routes dashed in.

Scheduled Distances

Beginner Half: 9 miles.

Advanced Half: 11 miles.

Beginner Full: 14 miles.

Intermediate Full: 16 miles.

Advanced Full: 18 miles.

Directions: Go north via Boston to 15th and turn right. Turn right on the trail and follow trail to pedestrian bridge. Go south on River Parks trail...

9 miles: turn at restrooms at 56th and head back to Veterans Park on River Parks trail.

11 miles: turn at about 66th and head back to Veterans Park on River Parks trail.

14 miles: continue to 71st and cross river. Head north on trails to pedestrian bridge. Cross river at pedestrian bridge and head back to Veterans Park on River Parks trail.

16 miles: continue to 71st and cross river. Head north on trails to SW Blvd. Cross river and head back to Veterans Park on River Parks trail.

18 miles: same as 16 miles plus add a couple of miles.



September 10 – Start at Veterans Park

Today we start with a six mile route that takes us north of downtown Tulsa. The map is shown to the right.

Scheduled Distances

Beginner and Advanced Half: 6 miles

Beginner and Intermediate Full: 7 miles

Advanced Full: 12 miles

Directions: Go north on Main. Turn right on 3rd St and left on Elgin. Turn left on John Hope Franklin Blvd. Turn right on Elwood. Turn left and cross over LL Tisdale at Latimer St. Go south on sidewalks and streets to Fairview. Turn left on Fairview and right on Cheyenne. Go back to Veterans Park.

After the six miles, get in your extra miles any way you choose.



September 24 – Start at Veterans Park

Today we will start with a seven mile route and then add on from there.

Directions: North to 18th St. Turn right on Cincinnati. Turn left on Woodward. Turn left on Hazel. Continue east on 26th Pl. and turn right on Rockford. Turn left on 29th St. Turn right on Wheeling. Veer right on 30th Pl. Go south on Trenton. Turn left on 33rd and right on Trenton. Turn right on 39th. Turn left on Detroit. Turn right on 41st. Follow River Parks trail back to Veterans Park.

Scheduled Distances

Beginner Half:
7 miles.

Advanced Half:
8 miles.

Beginner Full:
8 miles.

Intermediate Full:
9 miles.

Advanced Full:
20 miles.

