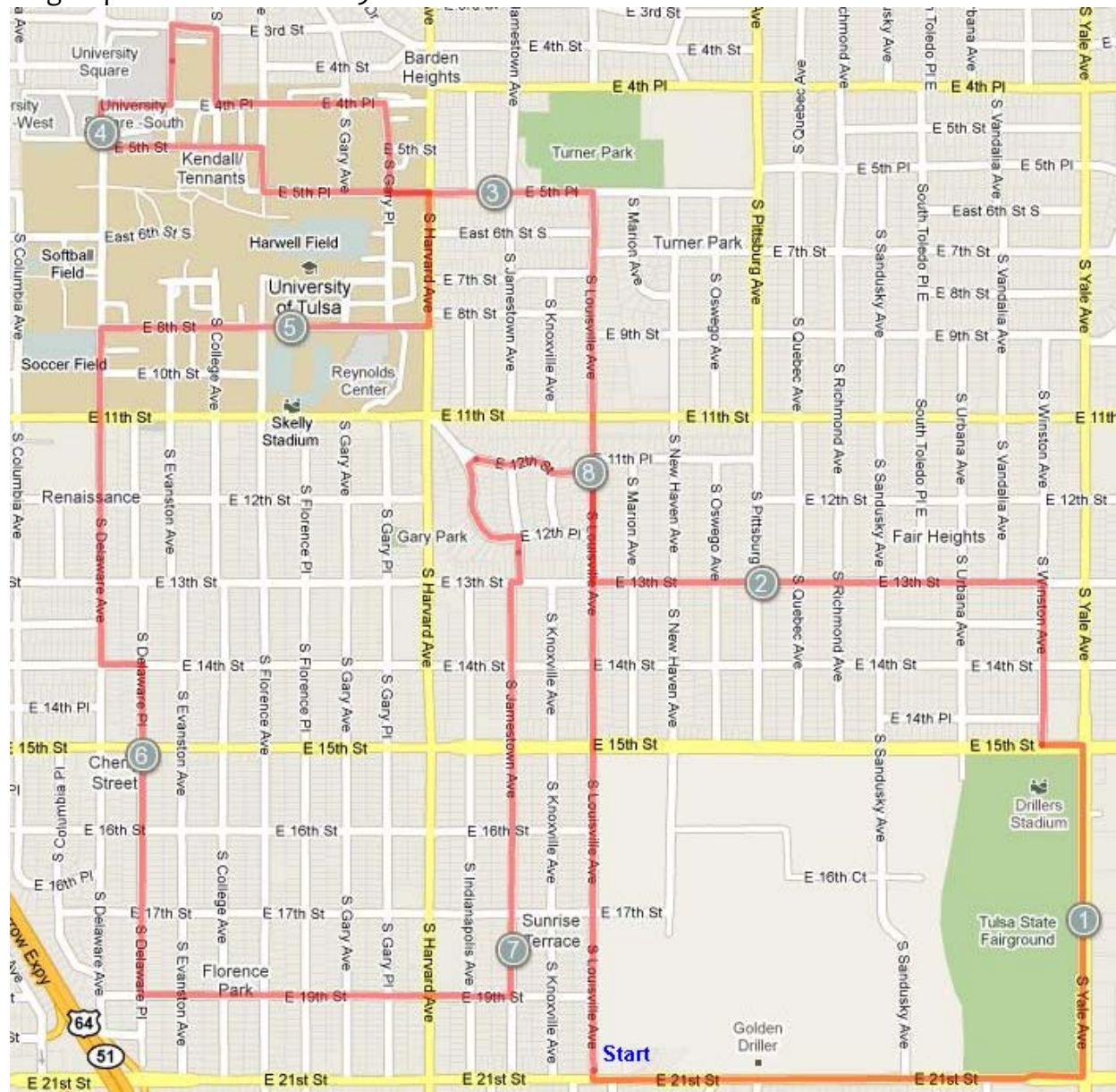


## September 4 - Start at 21<sup>st</sup> and Louisville

All groups will start with the 9 mile route shown below:



### Directions:

- |   |  |
|---|--|
| 1. Go east on 21 <sup>st</sup> St.                                | 15. Go (left) east on E. 5th Street.                           |
| 2. Go north (left) on Yale.                                       | 16. Go (right) south on S. Florence Ave                        |
| 3. Go west (left) on 15 <sup>th</sup> St.                         | 17. Go (left) east on E 5th Pl                                 |
| 4. Go north (right) on Winston.                                   | 18. Go (right) south on Harvard                                |
| 5. Go west (left) on 13 <sup>th</sup> St.                         | 19. Go (right) west on E. 8th Street                           |
| 6. Go north (right) on Louisville.                                | 20. Go (left) south on S. Delaware Ave                         |
| 7. Go west (left) on 5 <sup>th</sup> Pl.                          | 21. Go (left) east on E. 14th Street                           |
| 8. Go (right) north at the first stop sign after crossing Harvard | 22. Go (right) south on S. Delaware PLACE                      |
| 9. Go (left) west on E. 4th Place                                 | 23. Go (left) east on E. 19th Street                           |
| 10. Go (right) north on S. College Ave.                           | 24. Go (left) north on S. Jamestown Ave                        |
| 11. Go (left) west on E. 3rd Street                               | 25. Go slight east on E. 13th to stay on Jamestown             |
| 12. Go (left) south on S. Evanston Ave                            | 26. Go (left) west on S. Indianapolis Ave                      |
| 13. Go (right) west on E 4th Pl                                   | 27. Go (right) on E. 12th Street                               |
| 14. Go (left) south on S. Delaware Ave                            | 28. Go (right) south on Louisville Ave to 21 <sup>st</sup> St. |



## September 4 - Start at 21<sup>st</sup> and Louisville (continued)

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

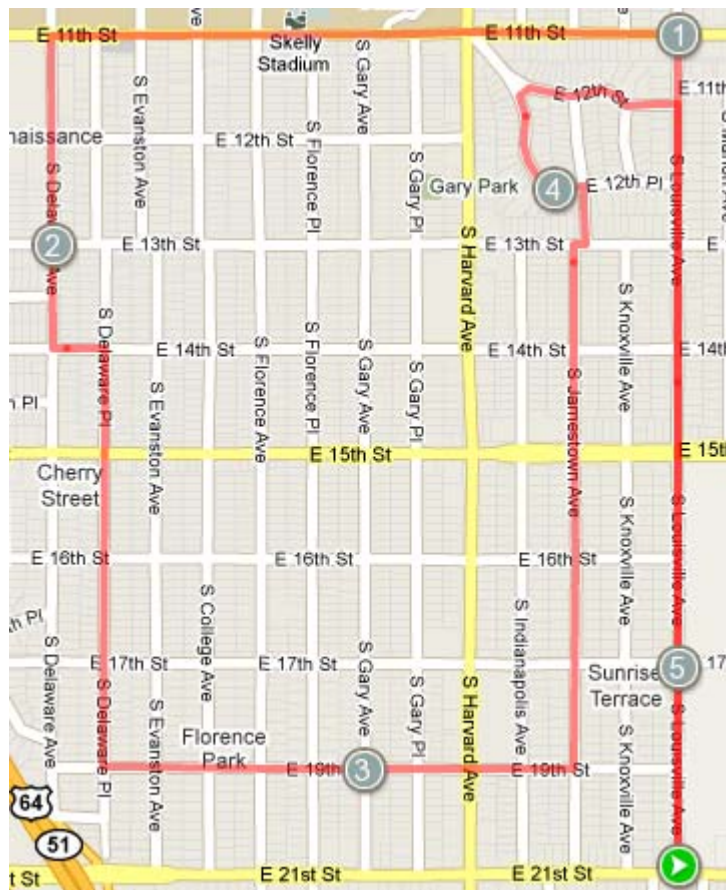
**Advanced Half:** 11 miles. After the 9 mile route, run to 11<sup>th</sup> and Louisville and back.

**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 11<sup>th</sup> St.
3. Go south (left) on Delaware Ave
4. Go east (left) on 14<sup>th</sup> St
5. Go south (right) on Delaware Pl
6. Go east (left) on 19<sup>th</sup> 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 21<sup>st</sup> St

**Intermediate Full:** 16 miles. After the 9 mile route, run the five mile route described above followed by another 2 miles (run to 11<sup>th</sup> & 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 18 – Start at Veterans Park

For this route we will stick close to the river. The route is mostly flat except for the hills at Turkey Mtn. (The beginner half marathoners get to skip those hills. Woohoo!) The scheduled distances are:

**Beginner Half:** 10 miles. Run south on the River Parks trail to the drinking fountain at about 68<sup>th</sup> and Riverside and return to Veterans Park. Actual distance will be about 10.5 miles.

**Advanced Half:** 12 miles. Run south on the River Parks trail to 71<sup>st</sup>. Cross over river on 71<sup>st</sup> and follow west side trail back to the pedestrian bridge. Cross the pedestrian bridge and return to Veterans Park on River Parks trail. Actual distance will be about 12.5 miles.

**Beginner Full:** 16 miles. Run same route as for the **Advanced Half**. Then cross over the river on the 21<sup>st</sup> St. bridge and go north on the west side trails to 11<sup>th</sup> St. Cross over the river and go south to 15<sup>th</sup> St. Go east on 15<sup>th</sup> St. to Main (it's okay to walk the hill ☺) and then go south on Main and return to Veterans Park.

**Intermediate and Advanced Full:** 18 miles. Run the same route as the **Beginner Full** and then run 2 extra miles along the river.

## September 25 – Start at Veterans Park

This will be our Tulsa's Oldest House run. It starts with a sort of hilly 7 mile route, but you will enjoy it.

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 71<sup>st</sup> and back on the River Parks trail.

Route Directions:

Go north to 18<sup>th</sup>, east on 18<sup>th</sup>, and north on the trail to 3<sup>rd</sup> St. Go left on 3<sup>rd</sup>, right on Greenwood, and left on 1<sup>st</sup> 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 1<sup>st</sup> 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.



