

TATUR

Bits of Info About Tulsa Trail Running

TIDBITS

Jan/Feb
2012

There are lots of great TATUR races planned for this year. Check out TATUR.org for all the information. Also, don't forget to "Like" us on Facebook so you can receive all the news feeds!



**VALENTINE'S
POKER RUN**



Saturday, February 11th at 8 a.m.
The Poker Runs are always a ton of fun and there's lots of GREAT prizes!
Register online.

5 miles / \$5 / 5 cards

Saturday, March 24th at 9 a.m.
"Easy" 4 mile out-and-back at Turkey Mountain. Run it as many (or few) times as you'd like! Register online.


6 (or 3) hours



COME SLITHER !

A THREE OR SIX HOUR ADVENTURE

ON EASY TRAILS !



WILL YOU SURVIVE
THE LEAP OF DOOM ?

12K ~ 25K ~ 50K

Saturday, April 7th in Stillwater
Beautiful trail, great aid, shirt and finisher award.

50K ~ 25K ~ 12K

If you're not up for running all of these events, consider being a volunteer! It's a great way to get involved, see your friends and also be able to walk the next day too!

Check our website for all 2012 races currently scheduled. There's something for everyone!

TATUR ROCKS!

Next month's issue will include:
~Question of the Month feedback
~Christmas party highlights
~Featured "TATUR of the Month"
~And more!

It's time for membership renewal!

Membership fees are:

\$25 - New Member
(Includes a TATUR shirt)

\$10 - Renew (No shirt)

Support your local club by joining/renewing TODAY

To join/renew, go to:
TATUR.org and click
"Join/Renew"

TATUR.ORG
TATUR.ORG
TATUR.ORG

Shirts for 2012 membership will be mailed out once they arrive - we have a few on hand and will mail out those - so, if you don't get yours, give us a few weeks. Once they're printed we'll get it in the mail!

One Stop Race Planning Center

~Champion Chip timing
~Chronotrack disposable chip timing
~Pulltag timing

~Logo creation
~Website development

~Race planning
~Course measurement
~Online registration
~Packet pick up and pre-registration



Call 918-244-6918 Or
Email: brian@tatur.org
to let TATUR help you with your race

Why Join TATUR?

Top 10 reasons:

10.

Support the BEST running club in Tulsa.

9.

Member of an elite group of runners, including celebrities!!
(Ken Childress aka Sir Cargo...among others)

8.

It's a fun group.

7.

You get to call yourself a TATUR!!
(What okie wouldn't like that?!?)

6.

Your non-TATUR friends will think you're crazy.
(That's a good thing, right?!?)

5.

Discounts for all TATUR races.

4.

Discount at RunnersWorld Tulsa.

3.

A new fresh TATUR tech shirt!
(Some of you definitely need one of these!)

2.

Invitation to the annual Christmas party!

And...the #1 reason...

You love TATURs!

Go to TATUR.org to join (or renew)!

We appreciate your continued support!

The responses are in!

What comes to your mind when you think of ROAD RUNNERS vs. TRAIL RUNNERS?

ROAD vs TRAIL

Attitude vs Gratitude

Light Tread vs Tread Lightly

Sleek and Shiny vs Tough and Gritty

Color in the lines vs Color outside the lines

Think inside the box vs Think outside the box

Speed vs Endurance

Pounding the Pavement vs Nature and the adventures involved

Matching Apparel Ensembles (Too Funny...and So True!) vs What was clean in the closet



Each month we are going to pose a "What comes to your mind when you think of...?" question.

We'd love for you to provide your response by the 10th of that month to:

TATURnewsletter@gmail.com

We will then compile the results for the next newsletter.

This month's question is:

What's the BEST TATUR race you've done...and why?

Can't wait to get your responses!

Quote of the Month

"Run every trail like it
was your last!"

~Jeff Reifers~



The TOTS meet at Turkey Mountain:

~Sunday mornings @ 7:30 a.m.

(A few exceptions/special field trips on some Sunday's)

~The training runs are great for runners of ANY skill level.

~You don't have to be a TATUR member to participate - just show up. and run!