

2017 Go Short Go Long Go Very Long Race Instructions/Information

Thanks for registering for the 2017 event – as of now the 5k and 10k are sold out and limited spots remain in the 25k and 50k. Thank you for supporting this very fun race! The reason for the caps is two-fold:

- All races have finisher medals and we set the caps based on medals ordered; which was based on past year's participation plus a sizable growth factor.
- Since all the races are contested on the River Parks Trail system we have limited the size of the fields to reduce the crowding of the trails, especially for the 5k/10k which was capped at 600.

START/FINISH LOCATION

All races will start and finish on the west side of the Arkansas River on the River Parks Trail system – just north of the 23rd Street Bridge and east of Jackson Avenue in the newly renovated Oktoberfest grounds (also called Festival West Park). See maps. All races share a common start/finish line. Approximate address of the start/finish is:

2100 S Jackson Ave
Tulsa, OK 74107

<https://www.google.com/maps/place/2100+S+Jackson+Ave,+Tulsa,+OK+74107/@36.1341705,-96.0012388,17z/data=!3m1!4b1!4m2!3m1!1s0x87b6eb41ee0f0e75:0x7165e8f48412209b>

COURSE

Please see the attached course maps. All races start and finish at the same location on the west bank of the river. The 25km consists of one “lap” of the 25k course, while the 50k is two “laps”. The 25k will go “up” to the Turkey Mountain parking lot once while the 50k will go twice. The 5k and 10k courses are out and back as shown with a short section that goes north of the start line first, then past the start line to the south turns.

Also attached are the official course maps – all courses have been accurately measured and certified per USATF rules. All races will be USATF sanctioned as well. All performances will be eligible for state records.

Note for the 25k/50k course- when you get to 71st and Riverside Drive on the trail system you will first go south to the turn by 78st Street, then back to 71st, then go across the Arkansas River to the west side and up to the Turkey Mountain parking lot, then return back to 71st and Riverside. From there you will return north to the start/finish. The 50k will do two laps of the 25k course.

START TIMES

25k/50k	8:00 am
5k/10k	8:20 am

PACKET PICKUP

Packet pickup will begin on Tuesday, Jan 17 at the Fleet Feet location you specified during registration. We encourage you to pick up your packet in advance of race day to avoid congestion. Packets will be moved from both stores to the start/finish area and will be ready for pickup on Saturday at 7 am if you can't make it in before.

A friend or family member can pick up your packet if they have a copy of your ID.

PARKING

There is ample parking in the River Parks Festival West area as well as an overflow lot just across Jackson Avenue across the street from the entrance to the park. Do not park on the grass!

RELAY TEAMS

Relay teams (50k relay) will be issued two race numbers and one timing tag/strap per team. YOUR RACE NUMBER AND TIMING TAG WILL BE AVAILABLE FOR PICK UP ON RACE DAY AT THE REGISTRATION TENT. Do not pick up your race number in advance – it has been pre-assigned and will be available only on race day along with a timing tag and ankle strap. Each team member will do 25k – the first runner will start with the main 25k/50k start and will do the 1st lap. After crossing the finish line hand off your number to your teammate who will then complete the second 25k lap. Each team member will receive a 25k medal upon finishing. Please return the timing tag and strap to the registration tent when finished.

HYDRATION

We will have Nuun and/or Tailwind on course at aid stations #2, 3, 4, and 5.

50K SNACKS

We will have pretzels and granola for the 50K participants at aid stations #2, 3, 4, and 5.

AWARDS

Age group and overall awards for the 10k and 5k will be presented in the tent by the finish line at the conclusion of each race. 25k and 50k age group awards will be posted and can be picked up at the awards table inside the tent; no formal awards ceremonies will be conducted for these two races due to their length.

FOOD and BEVERAGES

Post-race we will have oatmeal and bagels for the 5k and 10k participants, and hot sandwiches for the 25k and 50k finishers from the food truck FOURAYS (<https://www.facebook.com/FouraysEatery>). If you have not had their food you are in for a treat! Beer from Marshall's Brewing will be provided for all participants over the age of 21. Bring your ID! Bottled water and soda will also be available. You will need to get a wristband if over 21 and want a beer. Those will be inside the finish line tent.

FINISHER MEDALS

All events will have finisher medals. They will be awarded as you complete your race.

TIME LIMIT

Essentially none, but I will want to go home eventually! Seriously we will wait for the last 50k finisher, as is customary! If you have finished earlier in the day, we suggest you hang out near the finish line to welcome the 50k'ers in. It is a great and rewarding experience.

TECH SHIRTS

We will provide you with the size you registered for. If it is not a good fit, please wait until Saturday and inside the finish tent we will have a "trade table". If the size you want is available you can trade for it.



Go Short, Go Long, Go Very Long

January 21, 2017
25/50 km courses
 25 km = once - out and back
 50 km = twice - out and back
 25/50 K events start at 8:00 am
 Start/Finish at River Parks Festival West Park (Oktoberfest grounds)
 All on paved trail



Start/Finish
 River Parks Festival West Park
 West 21st Street &
 Jackson Avenue

Aid Station #2
 Soccer Fields West Bank

Course Marshall #4

Course Marshall #5

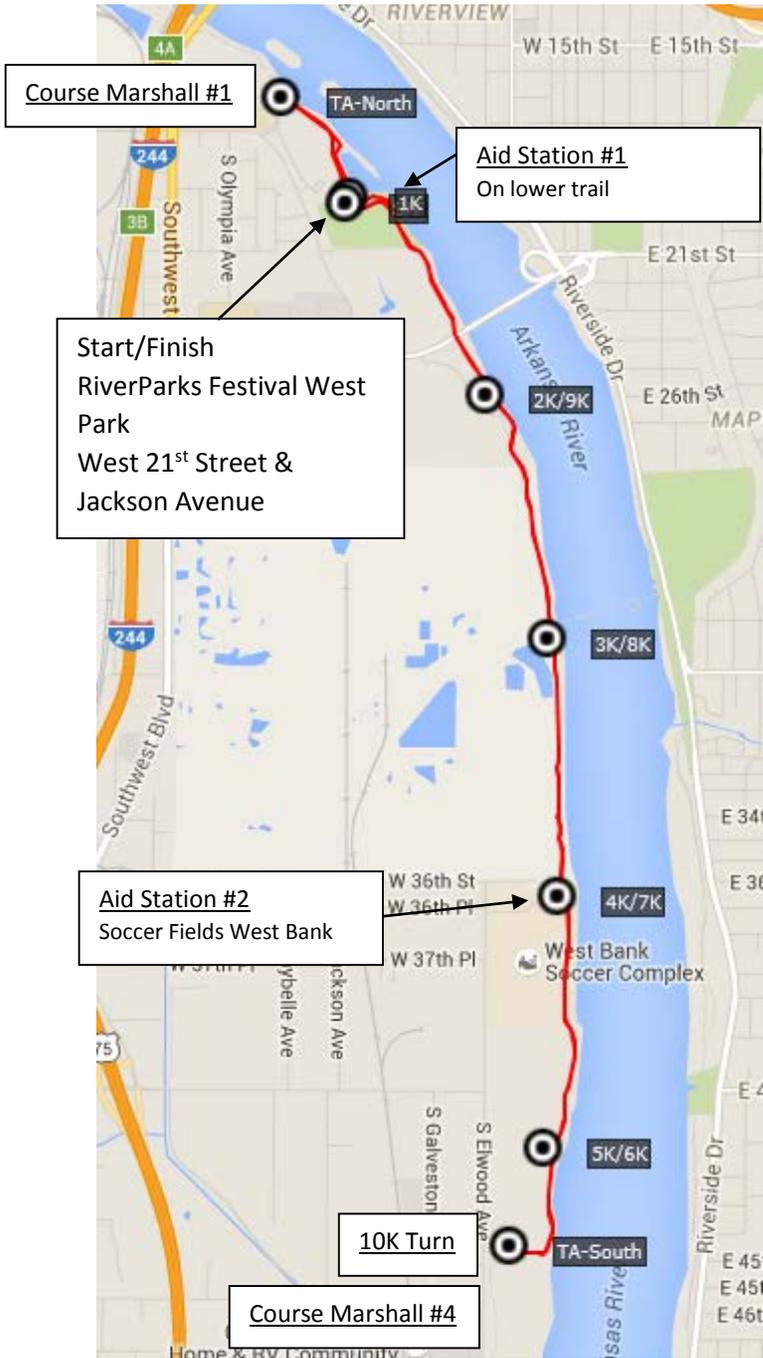
Aid Station #3
 Treatment Plant Entrance

Aid Station #5
 71st Interchange

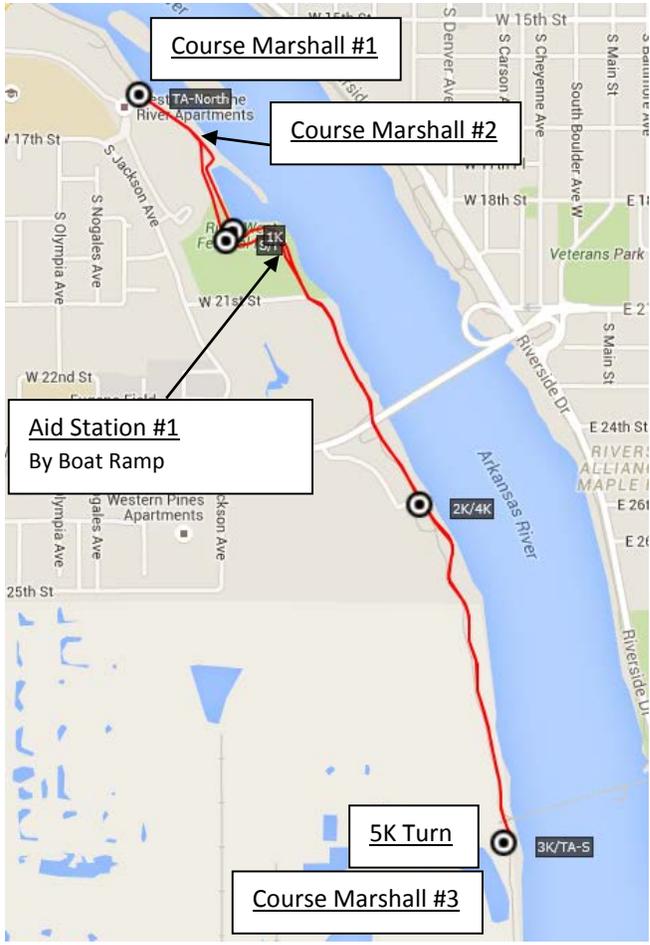
Course Marshall #6

Aid Station #4
 Turkey Mountain Parking Lot

Turn – approx. 78th St.



Go Short, Go Long, Go Very Long
 January 21, 2017
5/10 km courses
 5/10 K events start at 8:20 am
 Start/Finish at RiverParks Festival
 West Park (Oktoberfest grounds)
 All on paved trail



**River West Festival Park 5K
Tulsa, OK**

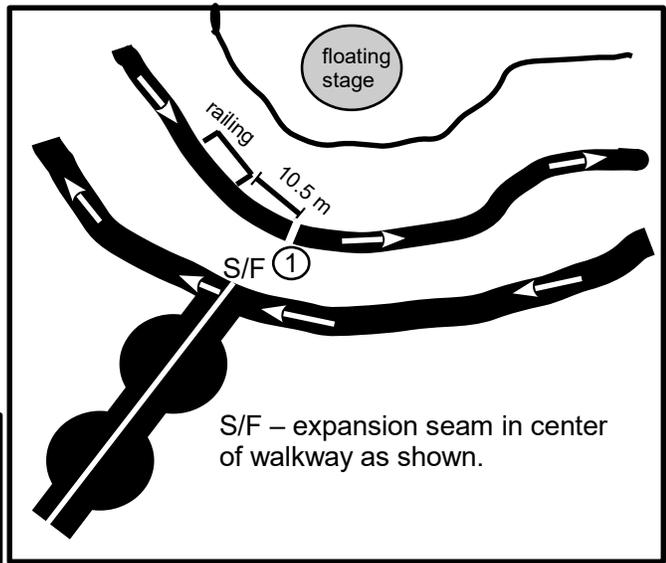
Effective
01-15-16 to 12-31-26

USATF Certification
OK16004KH

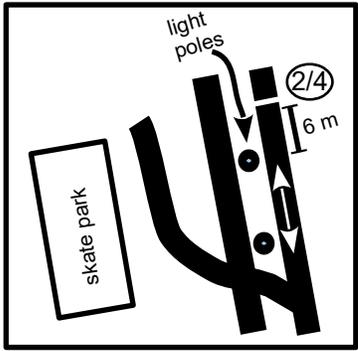
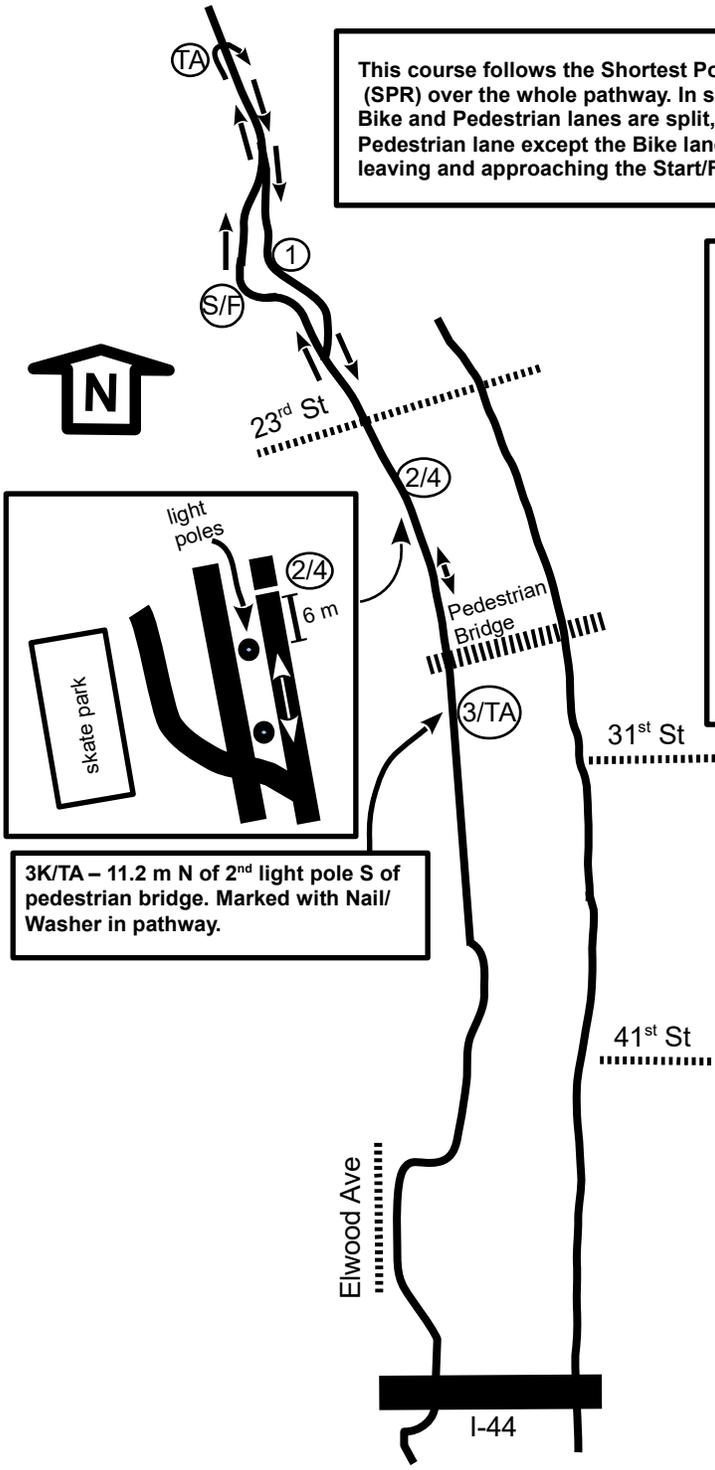
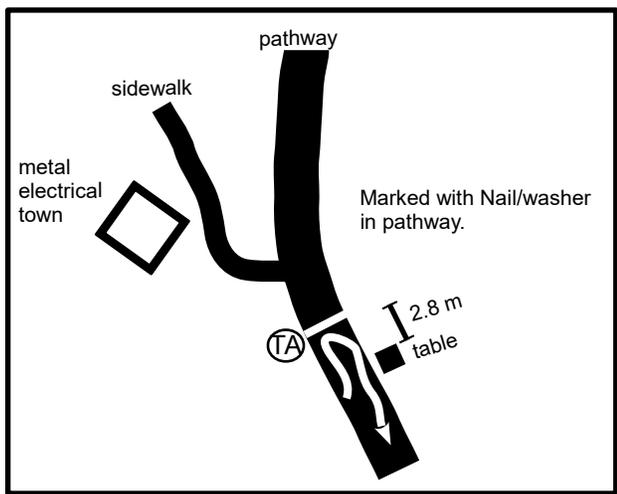


GPS coordinates are given ONLY to get close to documented locations.

S/F	36.135000 -95.99913
TA-N	36.138664 -96.001867
1K	36.135189 -95.998933
2K-4K	36.128347 -95.993129
3K-TA	36.119836 -95.990513



This course follows the Shortest Possible Route (SPR) over the whole pathway. In sections where Bike and Pedestrian lanes are split, use the Pedestrian lane except the Bike lane is used leaving and approaching the Start/Finish.



3K/TA - 11.2 m N of 2nd light pole S of pedestrian bridge. Marked with Nail/Washer in pathway.

River West Festival Park 10K Tulsa, OK

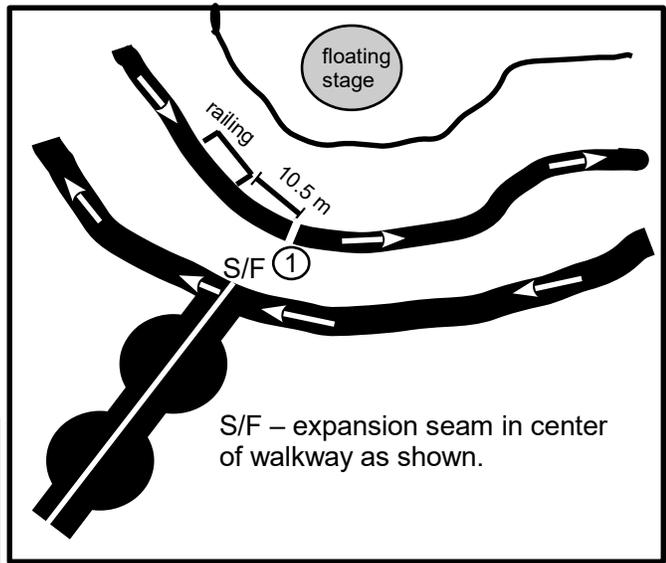
Effective
01-15-16 to 12-31-26

USATF Certification
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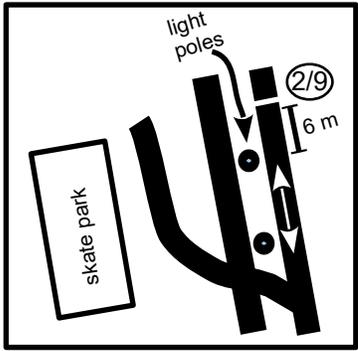
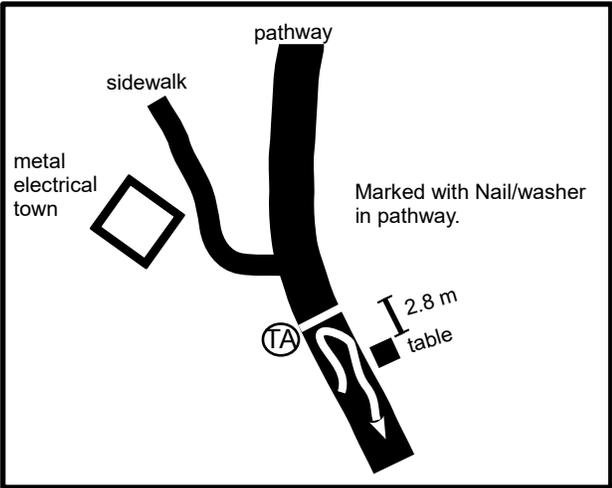
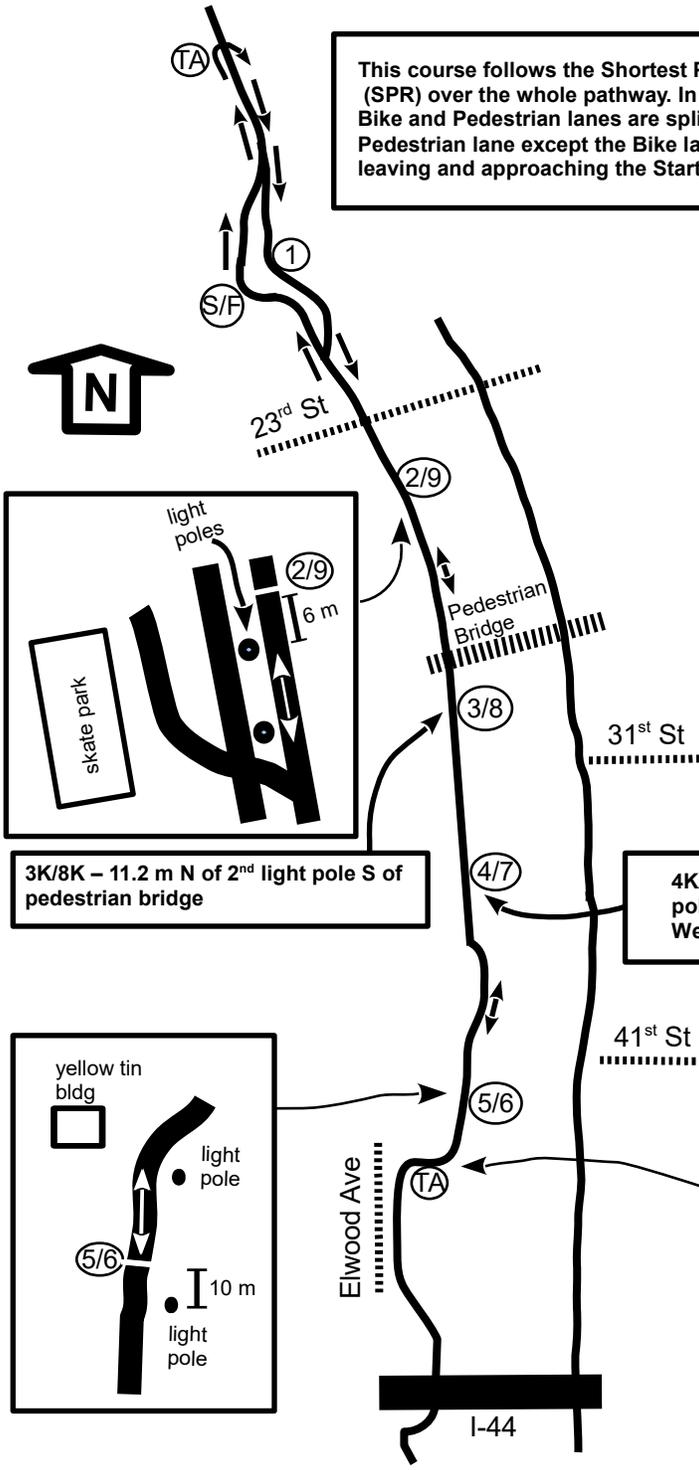


GPS coordinates are given ONLY to get close to documented locations.

S/F	36.135000 -95.99913
TA-N	36.138664 -96.001867
1K	36.135189 -95.998933
2K-9K	36.128347 -95.993129
3K-8K	36.119836 -95.990513
4K-7K	36.110940 -95.990005
5K-6K	36.102194 -95.990655
TA-S	36.098742 -95.992110

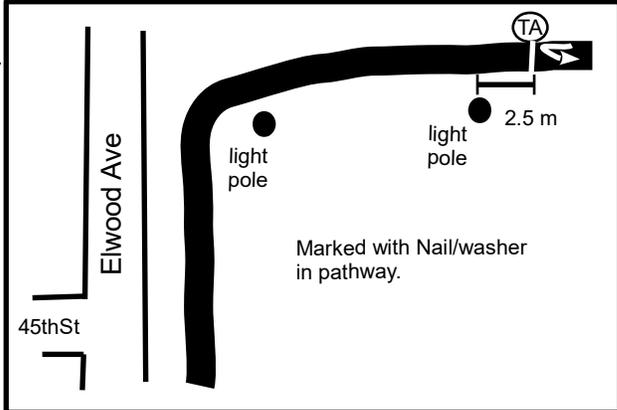
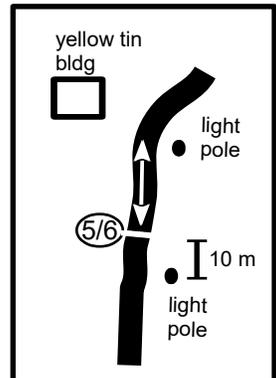


This course follows the Shortest Possible Route (SPR) over the whole pathway. In sections where Bike and Pedestrian lanes are split, use the Pedestrian lane except the Bike lane is used leaving and approaching the Start/Finish.



3K/8K – 11.2 m N of 2nd light pole S of pedestrian bridge

4K/7K – aligned E-W with N red barrier pole at trail entrance from the West Bank Soccer Complex



Measured by Ken Hardwick 12/21/2015 & 1/13/16
Ken@KenHardwick.com 405-820-6007

River West Festival Park 25K Tulsa, OK

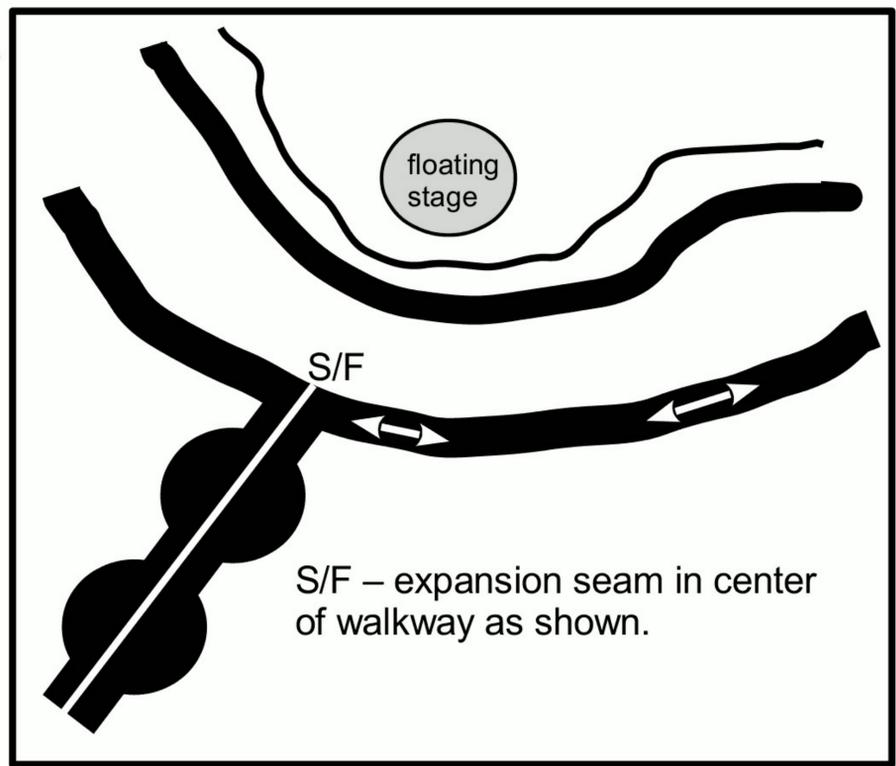
Effective
01-04-16 to 12-31-26

USATF Certification
OK16001KH



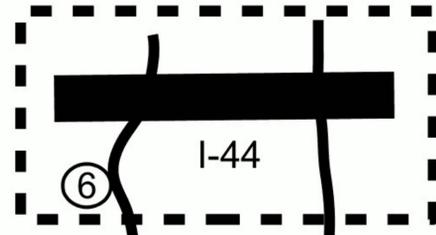
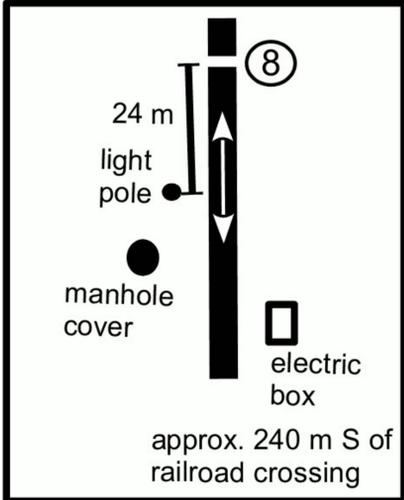
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S/F	36.135000 -95.99913
1K-24K	36.128347 -95.993129
2K-23K	36.119836 -95.990513
3K-22K	36.110940 -95.990005
4K-21K	36.102194 -95.990655
5K-20K	36.095190 -95.993268
6K-19K	36.087720 -95.993757
7K-18K	36.079289 -95.990225
8K-17K	36.070528 -95.987871
9K-16K	36.065114 -95.99101
10K-15K	36.061062 -95.989147
11K-14K	36.060851 -95.978041
12K-13K	36.053995 -95.975802
TA	36.050004 -95.973313



The map and diagrams reflect the km split number for the out portion. These are also km split location for splits as shown in this chart.

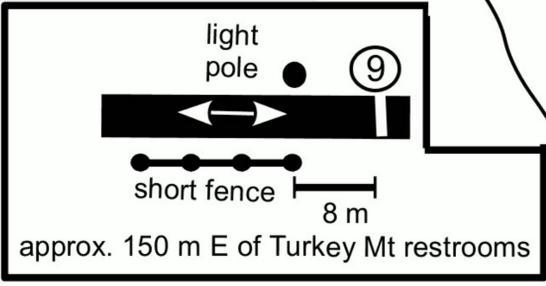
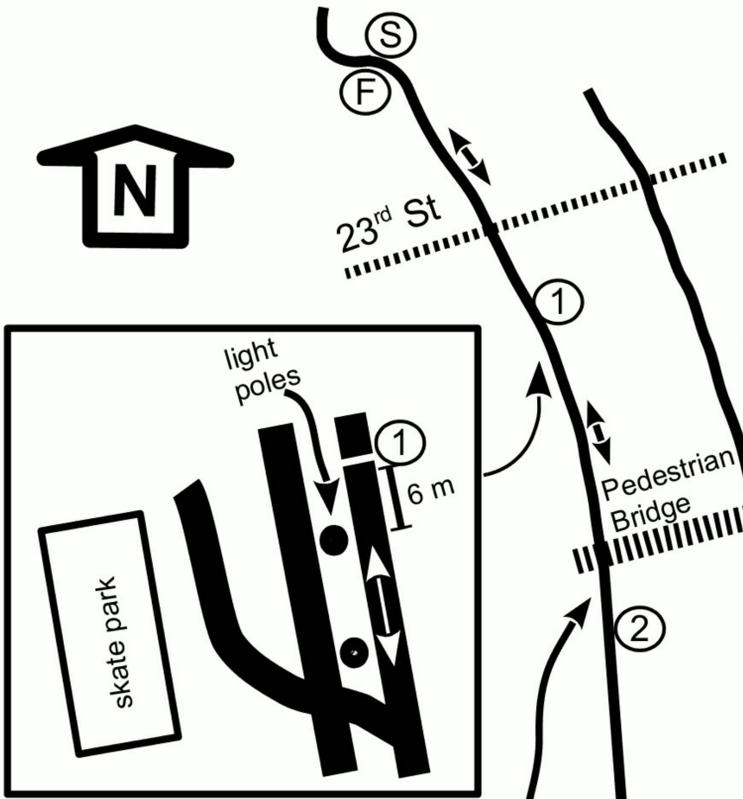
This course follows the Shortest Possible Route (SPR) over the whole pathway. In sections where Bike and Pedestrian lanes are split, use the Pedestrian lane except the bike lane is used leaving and approaching the Start/Finish.



7K – 6 m N of light pole
GPS Coordinate
36.079289° -95.990225°

61st St

11K – 17 m W of 1st light pole W of E end of 71st St bridge



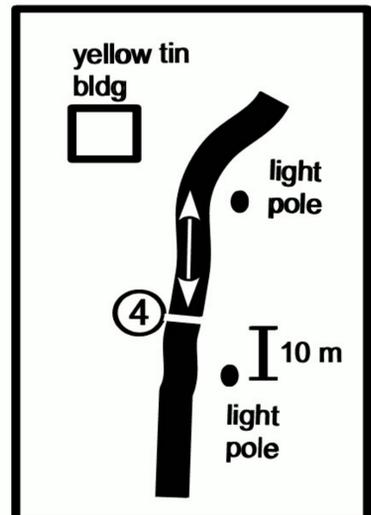
31st St

10K – On pathway along 71st St, aligned N-S with 1st power pole on N side of 71st St East of Keyport Self Storage sign located on S side of 71st St.

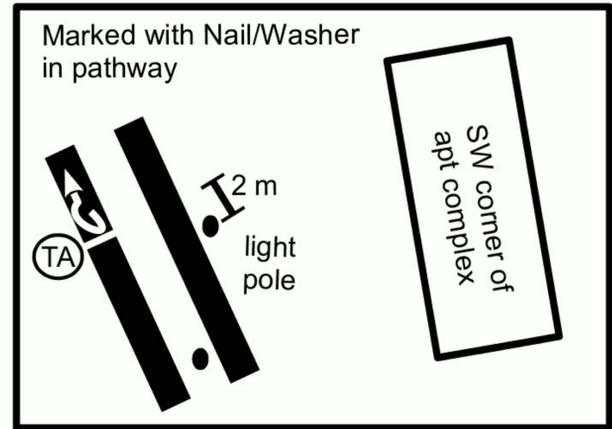
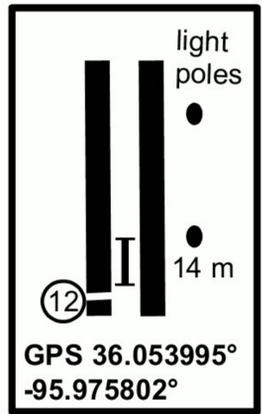
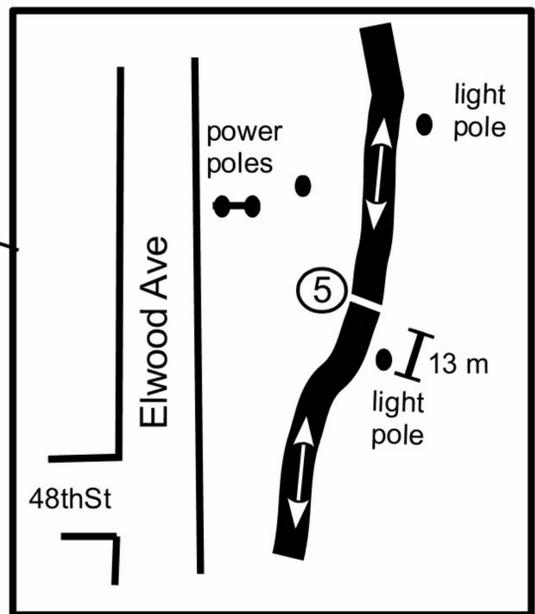
41st St

2K – 22 m S of 1st light pole S of pedestrian bridge

3K – aligned E-W with N red barrier pole at trail entrance from the West Bank Soccer Complex



6K – 10 m N of roadway entrance gate to the Southside Treatment Plant.



River West Festival Park 50K Tulsa, OK

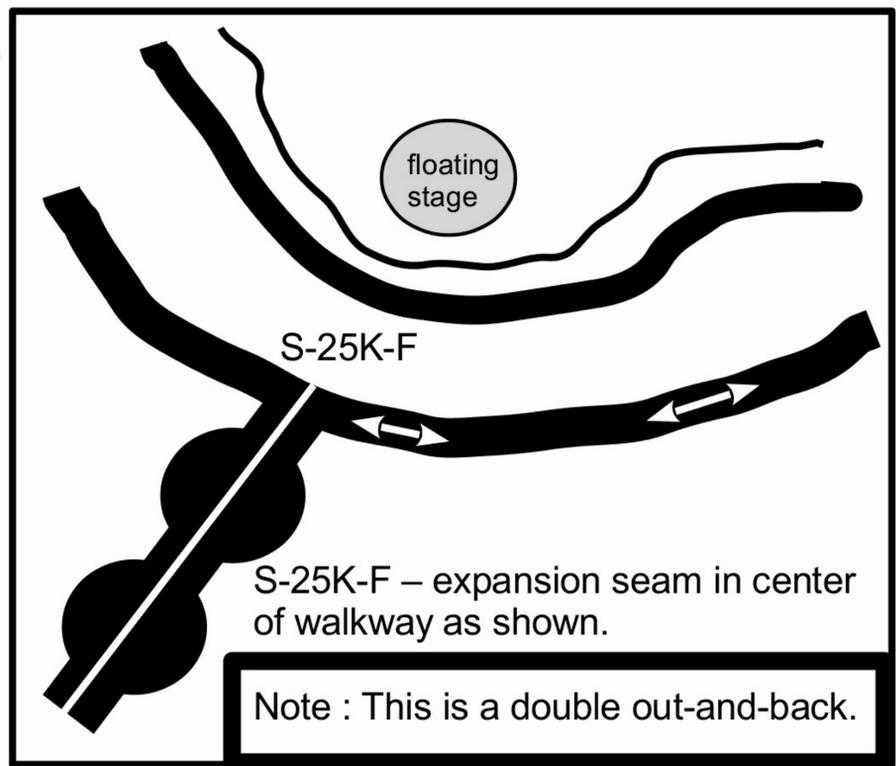
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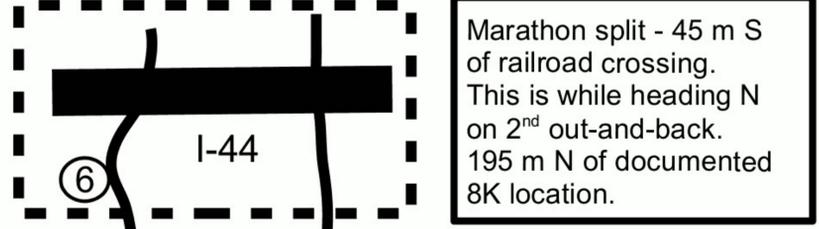
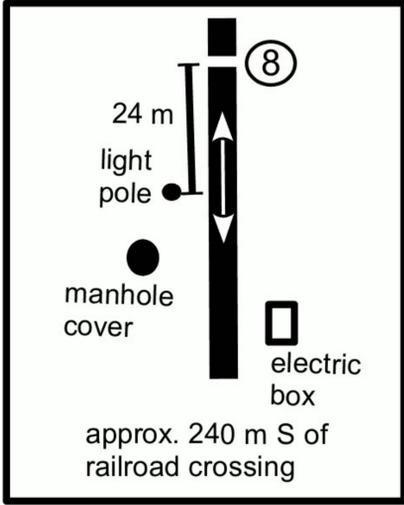
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S -25K	-F	36.135000 -95.99913
1K-24K-26K-49K		36.128347 -95.993129
2K-23K-27K-48K		36.119836 -95.990513
3K-22K-28K-47K		36.110940 -95.990005
4K-21K-29K-46K		36.102194 -95.990655
5K-20K-30K-45K		36.095190 -95.993268
6K-19K-31K-44K		36.087720 -95.993757
7K-18K-32K-43K		36.079289 -95.990225
8K-17K-33K-42K		36.070528 -95.987871
9K-16K-34K-41K		36.065114 -95.991010
10K-15K-35K-40K		36.061062 -95.989147
11K-14K-36K-39K		36.060851 -95.978041
12K-13K-37K-38K		36.053995 -95.975802
TA		36.050004 -95.973313
Marathon		36.072192 -95.988570

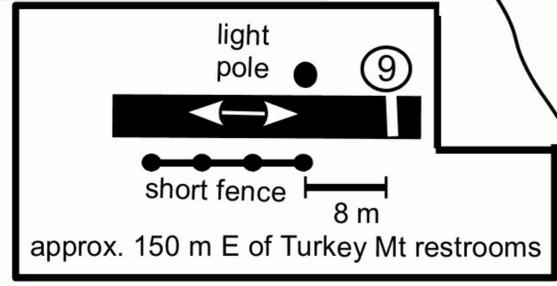
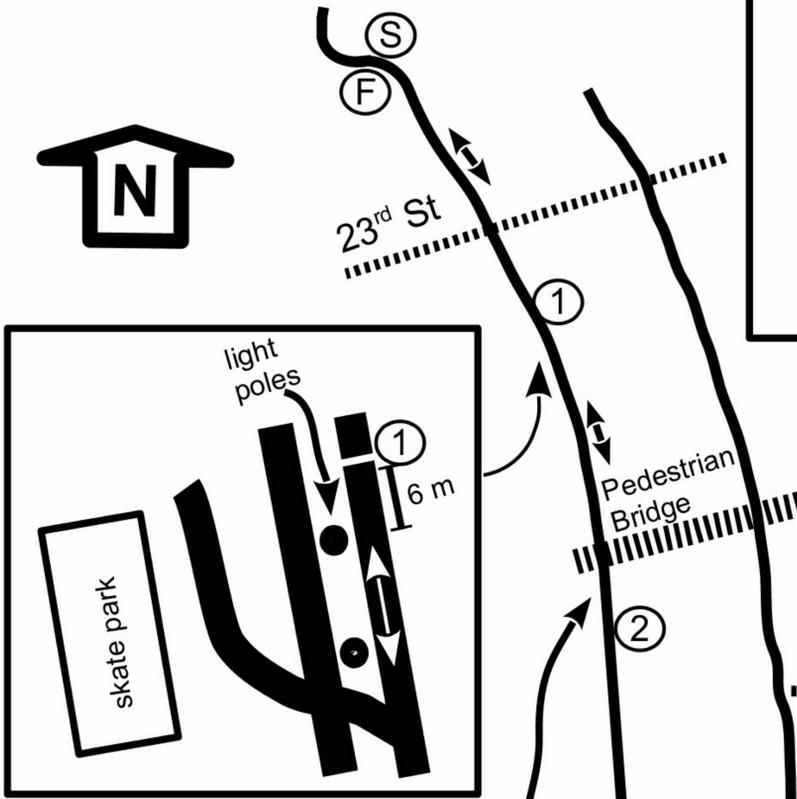


The map and diagrams reflect the km split number for the 1st out portion. These are also km split location for splits as shown in this chart.

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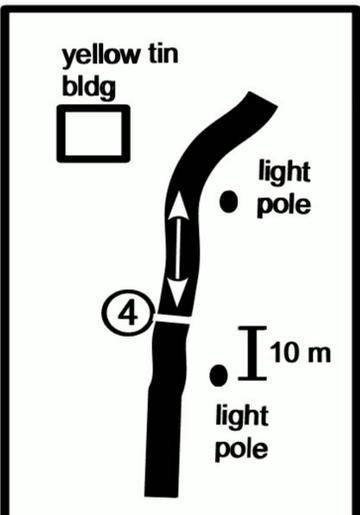
7K – 6 m N of light pole
GPS Coordinate
36.079289° -95.990225°



11K – 17 m W of 1st light pole W of E end of 71st St bridge

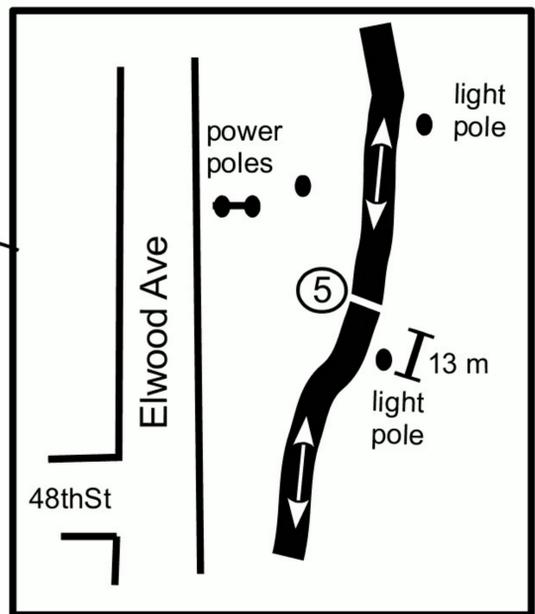
2K – 22 m S of 1st light pole S of pedestrian bridge

3K – aligned E-W with N red barrier pole at trail entrance from the West Bank Soccer Complex



6K – 10 m N of roadway entrance gate to the Southside Treatment Plant.

10K – On pathway along 71st St, aligned N-S with 1st power pole on N side of 71st St East of Keyport Self Storage sign located on S side of 71st St.



light poles

14 m

GPS 36.053995° -95.975802°

