

Thanks for signing up for the 12th Annual McNellie's Pub Run! Hard to believe it's been 12 fun years already. The idea for the Pub Run was hatched in late 2005, less than one year after the Pub opened, when Elliot and Meg Nelson and Lori and I met for a lunch at the Pub downtown. Of course, it included a beer. I had seen other Pub type races in New England, and they tended to be the odd distance of 4 miles. So that's how the distance was arrived at. Something other than a 5k. As we enjoyed our lunch and perhaps a second beer, I presented an idea – to make this thing interesting we really need to have beer(s) during the race. Elliot of course thought that was a great idea. He figured he could get Guinness to sponsor the beer. And so, the Guinness Challenge was born! That first year, we had 381 finishers! This year we expect close to 1500! With over 1100 taking on the ultimate beer drinking – running challenge. We opened Fleet Feet Blue Dome in 2010, joining McNellie's and several other McNellie's Group establishments as downtown started to revitalize.

Packet pickup for the run begins Tuesday at the Fleet Feet location you selected during registration. Packets can be picked up as follows:

Tuesday, 11 am – 7 pm (Fleet Feet Blue Dome and Broken Arrow), 10 am – 7:30 pm (Fleet Feet KingsPointe Village)

Wednesday, 11 am – 7 pm (Fleet Feet Blue Dome and Broken Arrow), 10 am – 7:30 pm (Fleet Feet KingsPointe Village)

Thursday, 11 am – 7 pm (Fleet Feet Blue Dome and Broken Arrow), 10 am – 7:30 pm (Fleet Feet KingsPointe Village)

Friday, 11 am – 7 pm (Fleet Feet Blue Dome and Broken Arrow), 10 am – 7 pm (Fleet Feet KingsPointe Village)

Saturday, race day, Fleet Feet Blue Dome, 2nd and Frankfort, beginning at 1 pm.

Race start times:

4-mile run/walk (both Guinness and non-Guinness): 3:00 pm

1-mile fun run/walk (not timed): 3:10 pm

Also note that no one will be allowed to start the 4-mile race after 3:05 pm.

Due to the size of the race, we strongly suggest you pick up your packet before race day if possible! Avoid the lines on race day but picking up today or tomorrow!

If you are over 21, and will either do the Guinness Challenge, or will want to enjoy your free beer after the race, you will need to bring your ID and receive an over 21 wristband before the race - these will be distributed at registration in front of Fleet Feet Blue Dome beginning at 1 pm Saturday. No Exceptions if you want to have a beer either during or after the race.

After you get your wristband stop inside the store to check out our latest gear, include a huge selection of HOKA shoes, and have a beer on us! (while supplies last).

We are expecting a race sell out! When you stop in to pick up your packet, you will be given the shirt size you registered for. If you want to switch sizes, we will have a table at registration on race day and if we have any sizes available you will be able to swap.

Please note that the women's specific long-sleeved shirts fit approximately one size too small – we have ordered some additional sizes of the larger women's shirts to cover this problem and these shirts will be here by race day. So please take the size you registered for, and on race day we will have a table to switch sizes if your shirt seems too small. You could also try a men's shirt on race day to see if it fits better, based on availability.

In your goodie bag we have three really great items! A sample of "Run Gum", a sample bar from Taos Mountain Energy bars, and a FREE ticket to the Tulsa Oilers game on December 15, 2017. If you like the Run Gum and the Taos bars, these items are now in stock at all three Tulsa area Fleet Feet's! And a really cool Pub Run koozie! To keep your Guinness cold!

The course map for this year's race is located here: http://files.www.fleetfeettulsa.com/races/2017-mcnellies-pub-run/2017_course.pdf

Many parking lots are available near the start/finish of the race for Saturday - be aware that most are privately owned pay lots!

Entries are NOT transferrable. Do not give your number to another person to use. For reference here is the refund and transfer policy for the event:

"Refund and Transfer Policy: All registrations are final. No refunds within 30 days of event. No make-up date in the event the race is cancelled due to weather. Entries are not transferrable. If you arrive more than 5 minutes after the start of the race, you will not be permitted to begin and will not receive a refund."

Finally we need more volunteers! All volunteers over the age of 21 will receive 2 free beers for their efforts! So ask your family and friends to help out - it's a great time! Volunteer registration can be found here: <http://signup.com/go/MafaKZk>.

Thanks for registering! We are looking forward to another great Pub Run this Saturday!

Tim Dreiling, Race Director