

Tulsa Oilers Arena Challenge

Saturday, February 5, 2017

Time: Race starts at 9 am

Location: BOK Center, 3rd and Denver in downtown Tulsa

Doors Open: 7:30 am, enter through the Grand Lobby doors off 3rd and Denver

Volunteers Needed: We could use more volunteers. If your family or friends are attending, talk them into helping! It's a great way to have fun and watch the race. Here's the link to sign up to volunteer: <http://signup.com/go/ZDv8TT>

Parking: Street parking (generally free on weekends) and surface lots are located near the BOK Center. Note the surface lots are likely pay – please read the signs at the lot you park in to check if parking is free or pay.

Packet Pickup: Packet pickup will continue today at all three Tulsa area Fleet Feet locations until 7 pm. We suggest you pick up your packet in advance to avoid the race day rush. If you will pick up your packet on Saturday at the race, doors open to the BOK Center at 7:30 am. Packets will be right after you enter the main entrance to the BOK Center.

Course: Follow this link to view the course map: http://files.www.fleetfeettulsa.com/races/tulsa-oilers-arena-challenge/course_map.pdf. The course will be marked with stanchions, caution tape, and cones. We will also have course marshals at key locations.

Start: We will have a **THREE WAVE START**. Please stage yourself per this chart, based on what you can complete a 5k race in:

WAVE 1	5k time less than 30 minutes
WAVE 2	5k time from 30 minutes to 40 minutes
WAVE 3	5k time over 40 minutes

If you are unsure of your 5k time, please start with WAVE 3.

WAVE 1 will start at 9:00 am. WAVE 2 will start 2 minutes after the last person in WAVE 1 starts. WAVE 3 will start 2 minutes after the last person in WAVE 2 starts. Please be ready to stage yourself in the appropriate wave before 9 am. WAVE 1 will be up front by the start line, with WAVE 2 lined up behind WAVE 1 and WAVE 3 in the back (party WAVE).

Teams: Each person competes as an individual. For teams we will add together the three fastest individual times for your team to get your total team time. The champion team of each division will receive an award.

Stair Etiquette: the stairs in the arena bowl are a bit narrow. By the time you reach the arena bowl the field will be stretched out. But if you need to pass don't push or shove. Tap the person you want to pass on the shoulder and ask to pass. Then the person being passed should step momentarily into the seating so the person behind can pass on the stairs.

Running in the BOK Center: Just like in school, normally running in the arena halls is prohibited. NOT SATURDAY! But please be careful as there are some sharp corners and the concrete surface can be slippery. Be careful on the stairs as well. We will have course marshals at strategic locations but if you see someone who is injured please inform the closest course marshal so we can provide assistance.

Awards: We will do an awards ceremony after the race. Age group winners and team winners will earn cool Tulsa Oilers Arena Challenge hockey pucks and other cool Oilers gear. The first place male and first place female winners will receive a collector Tulsa Oilers hockey stick!

Post-Race: We will have beer (if you are over 21, bring your ID to receive a wrist band at the registration table), bottled water, and Panera bagels post-race. The post-race party will be in the grand lobby near the finish line. Beer will be a special Dead Armadillo brew specially made for the Oilers!

Fans: spectators are welcome. Part of the arena bowl seating near the grand lobby will be open for spectators.

Game Tickets: With your packet, you will receive two free game tickets for the game Saturday night. If you purchased extra tickets during registration, those tickets will be in your race packet as well.

See you Saturday!

Tim Dreiling, Race Director