

2018 Escape from Turkey Mountain Trail Run

Hi - thanks for registering for tomorrow's Escape from Turkey Mountain Trail Race! We are glad you will join us for this Labor Day tradition!

Packet pickup will continue until 4 pm at Fleet Feet Blue Dome and Broken Arrow, and until 5 pm at Fleet Feet KingsPointe. All packets not picked up will be brought to the race for pick up beginning at 6:30 am, under the shelter off the main parking lot on Elwood.

Which brings me to parking - if you want a spot in close, arrive early! This will be a record sized race for Escape – with over 400 runners expected. So parking will be tight! I have added a parking map to the webpage for the race - http://files.www.fleetfeettulsa.com/races/2018-escape-from-turkey-mountain/parking_map.pdf.

Course Map:

http://files.www.fleetfeettulsa.com/races/2018-escape-from-turkey-mountain/2018_Escape_Course.pdf

Both the 5 mile and 2 mile will start together! When you line up, line up according to pace! For 2018 we have moved the start line down the paved trail south of the main parking lot to allow things to loosen up a bit before you hit the more narrow single track. That will help with congestion. Once all racers get back to the upper parking lot, the 2 milers will return to the finish line while the 5 milers will head over to the "pink" trails on the west side of the mountain. This course has some new elements but is not completely different than prior years. Expect plenty of hills and rocks! So once you get to the upper parking lot be on the look out for signs and volunteers that will direct you in the correct direction. We will have a course marshall or two at that spot to assist.

That location is the only course split - otherwise just follow the flagging and follow the person in front of you! The course will be VERY well marked. In all my years of putting on trail races I have only had a tiny handful of people get lost or go off course. If you don't see flagging in the trees for more than 100 yards, you are OFF COURSE! If that happens re-trace your steps! But it's not going to happen unless you really zone out!

All finishers of either race will get a finisher medal – this will be provided as you finish along with bottled water and Gatorade.

Post-race we will be cooking burgers (and veggie burgers) and will have beer for those over 21! If you want a veggie burger instead of a beef burger let our volunteer cooks know and they will lead you to the right spot. Bring your ID to get a beer band if you want to drink!

Awards for age groups for both races will be presented after each race. Since I'll probably run the 5 mile race as is tradition the 2 milers will have to wait until I finish to have that presentation!

See you tomorrow!

Tim Dreiling, Race Director