

## **2018 Go Short Go Long Go Very Long Race Instructions/Information**

Thanks for registering for the 2018 event – as of now the 5k and 10k are nearly sold out. We do have about 100 25k spots remaining. 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 675.

### 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 23<sup>rd</sup> Street Bridge and east of Jackson Avenue in the newly renovated Oktoberfest grounds (also called Festival West Park). See maps on line at <http://www.fleetfeettulsa.com/races/2018-go-short-go-long-go-very-long>. 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>

\*\*\* Due to the “Lantern Light Festival” that is on the Oktoberfest grounds, for 2018 we have moved the start/finish line approximately 160 meters to the north of the 2017 starting line. All courses are still certified and eligible for any records. The 25k/50k course has been re-measured to account for this slight change. We have moved the south turn the same distance north as we moved the start/finish line. Since the 5k/10k courses are “loops” no re-measurement was necessary, we just moved the location of the start/finish line on the “loop”.

So when you arrive, walk to the north end of the park area to find the finish line, it will be just north of the small bathroom building that is located on the north end of the park.

### COURSE

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. We will have a timing mat at the south turn of the 10k to accurately determine which participants have completed the full 10k course.

All courses have been accurately measured and certified per USATF rules. All races are USATF sanctioned. All performances will be eligible for state records.

Note for the 25k/50k course- when you get to 71<sup>st</sup> and Riverside Drive on the trail system you will first go south to the turn by 77<sup>th</sup> Street, then back to 71<sup>st</sup>, then go across the Arkansas River to the west side

and up to the Turkey Mountain parking lot. From there you will return north to the start/finish. The 50k will do two laps of the 25k course. There will be a timing mat at the south turn to ensure all participants make it to the south.

50 k'ers: after you finish your first lap we will have a small "bag drop area" right at the finish line. You can leave a bag in this area then access it after your first 25k lap. We will have water, Gatorade, and some snacks in this area for you as well.

#### START TIMES

25k/50k        8:00 am

5k/10k         8:20 am

#### PACKET PICKUP

Packet pickup began on Tuesday, Jan 16 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 one race number per team and a waist belt to carry the bib on. The race belt will be available to pick up on race day at registration. Each team member will do 25k – the first runner will start with the main 25k/50k start and will do the 1<sup>st</sup> 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 belt to the registration tent when finished.

#### HYDRATION

We will have Nuun and 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 a great local food truck! 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 after your race.