

The Bedlam Run is tomorrow! The race is set for Saturday, July 30, 2016.

Packet Pickup will continue today through 7 PM Friday at the three area Fleet Feet locations. Race day packet pickup will begin Saturday at 6:30 am in the back parking lot of Fleet Feet Sports Blue Dome, at 2nd and Frankfort in downtown Tulsa. It is strongly suggested you pick up your packet in advance if possible to avoid the rush of race day.

If you registered late, and picked the late registration shirt, we will have those shirts (White) at the race day registration tent in the back parking lot of Fleet Feet Sports Blue Dome.

If you want to switch shirt sizes, we will have a shirt swap table in the back parking lot of Fleet Feet Blue Dome on race day – please wait until after the race and any shirts left will be available to switch sizes. No guarantee but if we have any extra sizes left or if other want to trade this option will be available – it will be located in the registration tent AFTER the race has started.

Start Times:

5km/10km: 7:30 am (both races start together)

Fun Run: 7:35 am

All races will receive a custom finisher medal!

Age group and overall awards for the 5k will be presented in the back parking lot of Fleet Feet Blue Dome at 8:45 am. Age group and overall awards for the 10k will be presented in the back parking lot of Fleet Feet Blue Dome at 9:30 am

Post-race we will have a live band, freshly made pancakes, a water slide/inflatable for kids of all ages, sports drinks and soda, and a festive atmosphere to show your school spirit!

If you want to have a beer after the race (Marshalls Brewing craft beer), you must bring your ID to show you are over 21 to receive a special wrist band. You can get the wrist band either before or after the race.

Results will be posted live during the race, and can be found at this link:

<http://www.fleetfeettulsa.com/races/race-results>

Use these hashtags to tag your social photos: #fleetfeettulsa #bedlamrun #runtulsa

We will have a custom photo backdrop available for you to get great photos with your friends! Wear your best OU and OSU gear gear!

Parking is available in surface lots near Fleet Feet Blue Dome - be aware most parking is not free!

Course maps: see the next page for a course map.

NOTE: the 10k is two laps of the 5k course. When you return to the start finish line the first time, do not go through the finish chute but instead stay to the LEFT and go around the finish line to start your second lap. Signage will be very visible that will direct 5k finishers to the right through the finish chute and tell 10k runners finishing their first lap to stay to the left to go around the finish line to start their

second lap. After you complete your second lap of the 10k course, finish to the left through the finish line structure.

If you are signed up for the 10k and decide to drop back to the 5k during the race, please let our timer know you have switched races after you are finished. He will be located in the Ultramax tent adjacent to the finish line. We prefer you do not do this, unless you are certain you are unable to complete the second lap. Switching races without notifying us will create issues with the 10k and 5k results.

Water on course – we will have several water stops on course – 5k will have 2 water stops, while the 10k will have 5 water stops. It will be hot – it is a good idea to carry your own water handheld as well. Remember to hydrate today and tomorrow morning!

Finally - we could use a few more volunteers, especially course marshalls and registration. You can work registration and still run or walk the race. If you know of anyone who can help direct them to this site to sign up: <http://signup.com/go/1kRqJm>

Thanks and see you tomorrow! Tim Dreiling, Race Director

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2016

BEDLAM RUN

5K Run 7:30 a.m. (1 lap)
10K Run 7:30 a.m. (2 laps)
1K Run 7:35 a.m.

- Start/Finish Line
- Staging Area
- 1K Fun Run Course
- 5K/10K Racecourse
- Turnaround (5K/10K)
- Kilometer Marker

Road Closure 5 to 11:30 a.m.
Road Closure 7 to 9 a.m.
Road Closure 7 to 9:30 a.m.

Traffic Crossings at Signal
Lights per Police Control

WIN Special Events

