Thanks for registering for the 2018 Fleet Feet Half Marathon - set for Saturday, March 31, 2018!

Packet pickup: will begin tomorrow at the Tulsa-area Fleet Feet location you selected during registration. Note that this race is also the first race of the 2018 4 Seasons Challenge. Packet pickup will be as follows this week:

Wednesday, March 28: Blue Dome, 11 am - 7 pm, Broken Arrow, 11 am - 7pm, KingsPointe, 10 am - 7:30 pm

Thursday, March 29: Blue Dome, 11 am - 7 pm, Broken Arrow, 11 am - 7pm, KingsPointe, 10 am - 7:30 pm

Friday, March 30: Blue Dome, 11 am - 7 pm, Broken Arrow, 11 am - 7 pm, KingsPointe, 10 am - 7 pm

Saturday, at race site (Fleet Feet Blue Dome - back parking lot), opens at 7:00 am

Race Start Times:

Half Marathon 8:00 am

5k: 8:25 am

If you do not pick up your packet in advance, it will be moved to the race site for race day pickup. To avoid the rush we strongly suggest you pick up your packet in advance.

As Wednesday morning, the half marathon race is almost sold out! We have less than 25 half marathon spots remaining, and approximately 180 5k spots. If you have friends, family, or co-workers who might want to participate, please let them know we are fast approaching a sell out! To register, visit http://www.fleetfeettulsa.com/races/t-town-half-marathon

** If you are in the <u>4 Seasons Challenge</u>, your packet for the Fleet Feet Half Marathon as well as your 2018 4 Seasons Challenge tech shirt have been pre-prepared and are at the store you selected when you signed up. When you pick up your packet please identify that you are in the Challenge and then our staff member or volunteer will hand you an envelope that will contain your race number for Saturday, your tech shirt for the half marathon, and your 4 Seasons Challenge tech shirt.

4SC group photo – we would like to take a photo of all 4SC racers at 7:50 am, at the start line. Please gather at the start for this photo. We will announce this as well at the race.

Parking: - several pay lots are available near Fleet Feet Blue Dome, located at 2nd and Frankfort in downtown Tulsa. A free parking area is available on 1st Street near McNellie's Public House. Please read the signs on the parking areas to determine if the lot requires payment. Most street parking is free on weekends. Do not park on Frankfort Ave as it is on the race course.

Please note that once the half marathon is sold out, we will not be able to move any participants from the 5k to the half.

Courses: To view the 5k course, <u>CLICK HERE</u>. To view the half marathon course, <u>CLICK HERE</u>. For the half marathon, there will be six aid stations. At each aid station both water and <u>NUUN</u> will be available. Half Marathoners will also have one station (AID STATION 3) that will be stocked with GU. This station is located at mile 5.5 on the way out and mile 7.5 on the way back. Please take only one bag of GU is you want one to help you get back to the finish!

Post-race we are happy to announce that <u>T-TOWN TACOS</u> will be providing breakfast tacos for all of our finishers! For those of you over 21, we will also have craft beer from Marshalls Brewing.

Volunteers needed! We need more race day volunteers! If you know of someone who can help, please share this link: <u>VOLUNTEER HERE</u> If you know of a service group or school group that would like to volunteer in exchange for a donation to their organization, have them email me at tim@fleetfeettulsa.com.

More race details can be viewed here: http://www.fleetfeettulsa.com/races/t-town-half-marathon

Finally, we are offering a special in-store deal for all our racers this weekend:



Thanks, Tim Dreiling, Race Director