

Tulsa Oilers Arena Challenge

Saturday, February 4, 2023

Times:

8:00 am	Fun Run
8:30 am	Original Stair Climb
9:45 am	Extreme Stair Climb

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

Doors Open: 7:00 am, enter through the Grand Lobby doors off 3rd and Denver

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:

<https://runsignup.com/Race/TulsaOilersArenaChallenge/Page-7>

Race day packet pick up will begin at the BOK Center at 7:00 am, in the Grand Lobby. Look for the big flag that says “Packet Pickup” – this will be the table to pick up your bib and shirt.

Rucker Division:

The Rucker Division is a category of participants who will be doing the “Original” stair climb while wearing weighted backpacks. We do not have hard and fast rules for what constitutes “rucking” but we suggest you follow these general rules if you are planning to “ruck” the event: <https://www.goruck.com/pages/what-is-rucking>

Courses: Follow these link to view the course maps:

Fun Run: <https://runsignup.com/Race/TulsaOilersArenaChallenge/Page-4>

Original: <https://runsignup.com/Race/TulsaOilersArenaChallenge/Page-3>

Extreme: <https://runsignup.com/Race/TulsaOilersArenaChallenge/Page-1>

The course will be marked with stanchions, caution tape, and cones. We will also have course marshals at key locations. **** It is your responsibility to know the course!**

Starts: We will have a **THREE WAVE START for the Original Stair Climb.** Please stage yourself per this chart, based on what you can complete a 5k race in:

Original, WAVE 1	5k time less than 30 minutes
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Original, WAVE 2 **5k time from 30 minutes to 40 minutes**

Original, 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 8:30 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 8:30 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.

Note: it's very loud inside the BOK Center Lobby before the start, so be aware of the wave start plan so you can line up accordingly.

For both the Fun Run and the Extreme Stair Climbs, we will only have one start wave. Fun Run will start at 8:00 am, and the Extreme will start at 9:45 am.

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.

Watch for Runners! Be aware that we will have races going on all morning – if you are waiting for your race or have just finished your race, keep an eye out for runners still competing! This will be especially true during the Fun Run and the Extreme races. These fields are much smaller than the original field, so watch out for these people running in their race, especially in the Grand Lobby area!

We also encourage all Fun Run and Original participants to stick around and watch the Extreme competitors! These folks will be doing THREE trips around the arena bowl and a total of 15 interior staircases! It will be EXTREME!

Medals: All finishers for all races will receive a custom finisher medal!

Awards: We will do an awards ceremony after each race. Age group winners and team winners will earn cool Tulsa Oilers items. The first-place male and first-place female winners will receive a collector Tulsa Oilers items!

For the Fun Run, we will have awards for the first-place male and female finishers only.

For the extreme, each finisher will receive a Tulsa Oilers hockey puck! Overall Extreme winners will receive collector Tulsa Oilers items.

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.

Food: Bagels from Panera will be available after you finish.

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 any future Oilers home game!

See you Saturday!

Tim Dreiling, Race Director