

## 2020 Trail Madness Race Instructions

### Packet Pickup

For details on packet pickup visit: <https://runsignup.com/Race/OK/Tulsa/TrailMadness>

### Location

Turkey Mountain Urban Wilderness Area (68th and Elwood in Tulsa). Start and finish is located near the lower parking lot off Elwood Avenue.

### Parking

Parking at the lower parking lot is limited – with the later start time the lower parking lot will also be used by other park users. The upper parking lot at Turkey Mountain has recently been expanded and includes more spots. Parking is also available on the streets just west of the park off 67<sup>th</sup> and 68<sup>th</sup> Streets; please do not block any driveways and only park on one side of the street! Parking is also available in two lots just south of 71<sup>st</sup> and east of Elwood; the businesses that occupy these areas are closed on Sunday so the lots will be empty. Finally consider carpooling from the big lots to the west at Tulsa Hills. **Meet up with friends and just drive one car down to Turkey Mountain.**

**DO NOT PARK IN THE CHURCH PARKING LOT JUST WEST OF THE LOWER PARKING LOT ENTRANCE!**

### Start Times

**32km at 10:00 am** (Note the 32k has a 6 hour cut off time; participants must reach the 16k point (finish first lap) within 3 hours (1:00 pm). If you are in the 32k and think you will have troubles meeting this time cut off please email the race director: [tim@fleetfeettulsa.com](mailto:tim@fleetfeettulsa.com)

**16km at 10:00 am**

**8km at 10:30 am**

**4km at 10:50 am**

### Courses

Course maps can be found here:

<https://runsignup.com/Race/OK/Tulsa/TrailMadness> The courses are available under the RACE INFO tab.

4k: <https://runsignup.com/Race/TrailMadness/Page-2>

8k: <https://runsignup.com/Race/TrailMadness/Page-3>

16/32k: <https://runsignup.com/Race/TrailMadness/Page-4>

The 16k/32k course is 16k in distance – the 16k will do the course once while the 32k will do the course twice.

Courses will be marked as follows:

16k/32k	Green tape
8k	Orange tape
4k	Pink tape

### **STUDY THE COURSE MAPS!**

**For the 32k race, you do not need to return to the finish line after you finish your first lap. Instead turn left at the main trail head of Turkey Mountain and head back out for your 2<sup>nd</sup> lap. After your second lap, please go to the finish line. See map below.**

Pay attention to yellow caution tape – major trail crossing will be marked with yellow caution tape in the direction you will NOT go – so DO NOT cross the caution tape! If you stop seeing the GREEN, ORANGE OR PINK tape in the trees for your race you have gone off course! Stop and backtrack. We will HEAVILY mark the courses so it's VERY UNLIKELY you will get lost. But keep these markings and instructions in mind.

### Volunteers

We can still use more volunteers – have your friends and family sign up!

<https://runsignup.com/Race/Volunteer/OK/Tulsa/TrailMadness>

### Post-Race Food and Beverages

After you finish your race, we will have burritos and fruit from Chimi's, as well as beer for those 21 and over. Bring your ID in order to get a beer. As you finish, we will have bottled water and sports drinks.

### Finisher Medals

Every finisher for every race will receive a cool custom Finisher Medal! You will receive this medal as you cross the finish line.

### Awards

We will present awards for each race – First Place male and female and top three in each age group. Times for awards ceremonies:

16k	12:30 pm
4k	11:50 am
8k	12:00 pm
32k	No formal awards, provided as you finish

### Results

Preliminary race results will be posted periodically during the race and final results after the race – go here to view race results: <https://runsignup.com/Race/Results/54809?customResultsPageId=20823>

### Photos

After the race, we will post all photos and video we take here:

<https://runsignup.com/Race/Photos/OK/Tulsa/TrailMadness> Photos are free to share and download!