

Thanks for registering for the **2019 T-Town Half Marathon** - set for Saturday, **March 30, 2019!**

Packet pickup: will begin on Tuesday, March 26, 2019 at the Tulsa-area Fleet Feet location you selected during registration. Note that this race is also the first race of the 2019 4 Seasons Challenge. Packet pickup will be as follows this week:

Tuesday, March 26: Blue Dome, 11 am - 7 pm, Broken Arrow, 11 am - 7pm, KingsPointe, 10 am - 7:30 pm

Wednesday, March 27: Blue Dome, 11 am - 7 pm, Broken Arrow, 11 am - 7pm, KingsPointe, 10 am - 7:30 pm

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

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

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

All packets that are not picked up in advance will be at the race on Saturday morning. We strongly suggest that you pickup in advance to avoid crowds.

\*\*\* 4SC participants - your race numbers have been pre-assigned and your packet is at the location you selected during registration - be sure you are handed your custom 4SC bib, your 4SC tech shirt, and your T-Town Half race tech shirt! If you do not pick up in advance, your shirts and bib will be available on race day.

**Race Start Times:**

Half Marathon      8:00 am

5k:                      8:15 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 of today, both races have less than 185 spots remaining. If you have friends, family, or co-workers who might want to participate, please let them know we are fast approaching a sell out! We expect that the 5k will sell out. To register, visit <http://www.fleetfeettulsa.com/races/t-town-half-marathon>

\*\* If you are in the **4 Seasons Challenge**, your race number for the T-Town Half Marathon (special 4SC version) has been pre-assigned. When you pick up your packet please identify that you are in the Challenge and then our staff member or volunteer will hand you these three items: your special 4SC T-Town race number, your tech shirt for T-Town, 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 either race distance is sold out, you will not be able to transfer to the other race distance.

**Courses:** To view the 5k course, [CLICK HERE](#). To view the half marathon course, [CLICK HERE](#). For the half marathon, there will be six aid stations. At each aid station both water and [NUUN](#) 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 if you want one to help you get back to the finish!

**Awards:** We will present awards to the overall male and female champions in both the 5k and the half marathon, as well as the top 3 in standard 5-year age groups for both races.

5k awards: 9:15 am

Half Marathon Awards: 10:45 am

**4 Seasons Challenge Medals:** If you are in the 4SC, your extra 4SC medal can be collected at the awards tent in the back-parking lot after you finish your race. Just show your 4SC bib and finisher medal from the T-Town event you finished to collect your extra medal!

**Post-race** we are happy to announce that [T-TOWN TACOS](#) will be providing breakfast tacos for all of our finishers! We will also have bottled water and soda. For those of you who are used to our complimentary beer after races, we are still unable to serve – we are working on a solution that the new Oklahoma Liquor laws created for us and hope to be ready to once again serve local craft beer by summer! Trust us, we want the beer back as much as you do!

We will also have a live band playing at the finish line party after you complete your race!

**Volunteers needed!** We need more race day volunteers! If you know of someone who can help, please share this link: [VOLUNTEER HERE](#) 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](mailto: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:

**BIB DEAL:** Tuesday 3/25 through Sunday 3/31: show your race bib and get \$5.00 off every \$50 spent in-store – at all three Tulsa area locations!

**GIANT APPAREL SALE:** Tuesday 3/25 through Sunday 3/31: get 25% off all apparel purchased, including sale apparel. These purchases also count toward the \$50 to get \$5 off. So stock up! At all three Tulsa area locations.

Thanks, Tim Dreiling, Race Director