



2019 Tulsa Run Race Guide

SATURDAY, OCTOBER 26, 2019 | DOWNTOWN TULSA



7:40AM



7:45AM



8:15AM



8:40AM



8:50AM



9:00AM



**TULSA
FEDERAL**
CREDIT UNION





HISTORY OF THE RACE

Art Browning and Bob Harbison were two running buddies who were running a race together in 1977. They wanted to be better competitors, but they wanted to do it at home – in Tulsa. According to the Tulsa World, a conversation between the two about how much fun it would be to have a large downtown race in Tulsa was the catalyst to the Tulsa Federal Credit Union Tulsa Run – this year turning forty.

Harbison took the idea to co-workers at the Williams Companies, and support gained traction. Ideas started taking shape in May 1978 with a memo from Williams Companies President Barry Galt suggesting a “mass participation run.” Williams Marketing Director Nancy Leake spent her first day with the company planning, absorbing herself in the idea, and adopting the project as her baby.

Larry Aduddell, Tulsa Running Club Race Director, didn't think it would work in Tulsa, except for the fact that everyone involved was committed to quality. Planners saw that other successful races had sponsorship from local newspapers, so Williams approached Tulsa World for support, and they quickly became a co-sponsor. Larry Aduddell and Herb Beattie were the first co-race directors. Glen Lafarlette, who measured and certified almost all races in the state of Oklahoma, was integral in making the course an accurate which added another level of professionalism to the race planning

Frank Shorter, the 1972 marathon Olympic gold medalist, was the run's celebrity runner. When making the ask for Shorter to appear in the race the only way he would run was if

the race was a 15k which fit into his training schedule. The race organizers agreed, and the rest is history. In its inaugural year, 2,500 runners entered of which 1300 where 15k participants. Race entry was a whopping \$5 for the 15k and \$3.50 for the 3k fun run which included a t-shirt.

The early success sparked donations to improve the trail along Riverside and established Tulsa as a running city with some of the largest running clubs in the United States, and the Tulsa Run being touted as one of the top 100 road races nationally multiple times.

By 1982, the race had swelled to over 5,000 participants in the 15k race. This was the year of the famous Purolator Truck race where an armored truck accidentally pulled onto the race course as Nick Rose of Britain and Joseph Nzau of Kenya were racing toward the finish line. Rose quickly adjusted and won in course record time. In 1983, Purolator sponsored the rematch with Nzau taking the title.

1987 celebrated the Tulsa Run's 10th anniversary, and registration for the race topped the 11,000 mark. Over 5,800 runners completed the 15k race, which still holds the top mark in number of finishers in a year. In 1987, the race offered a prize purse for the first time with a total of \$20,000 being split evenly between male and female winners.

In 1988, a new course was reveled moving the start line from 3rd and Boston to between 1st and 2nd Street and Boulder. The course change also removed the infamous Houston Hill from the climb to the finish on Boston Avenue. The 1991 race was labeled the Ice

Race with temperatures dipping under 5 degrees. The wind was so bad it shredded the banner over the start line.

1996 was possibly one of the top fields to ever be assembled for the 19th running of the Tulsa Run. Runners from Kenya, Great Britain, Ireland, Morocco, Ethiopia and the U.S. gathered with a goal of breaking the 15k world record. If it was not for a stiff wind from the south on the front half of the race, it would have happened. A young Khalid Khannouchi from Morocco finished second. His 1997 season was recognized as one of the most prolific in road racing history up to that point.

2000, along with the new millennium, brought electronic chip timing to the race. In 2001, there was a course change moving the race through midtown. This was the one year that the race finished at Veteran's Park. The race also began its longstanding tradition of donating a portion of the proceeds to local charities. The first charitable recipient was Big Brothers & Big Sisters of Green Country.

In 2002, a 5k component was added to the 15k and the fun run. In 2008, the race course was moved to celebrate the finishing of the BOK Center. Who would have known at that time the impact that this building has made on Tulsa.

In 2012, the Tulsa Sports Commission took on the responsibility of raising support for the race and planning the event each year. Long time Race Director Jack Wing passed away suddenly weeks before the 2012 race. In 2013, the last mile of the course was renamed the Jack Wing Memorial Mile, honoring Jack's nine-year service as the Tulsa Run Race Director.

2019 marks the 42th year of the Tulsa Run, and the future is bright because of a host of committed sponsors led by Tulsa Federal Credit Union. This year the race will bring more than 7,000 runners to downtown Tulsa and more than \$40,000 will be donated to local charities and schools. Thank you for being a part of this historic year.

ALL YEAR RUNNERS

Terry Hipsher - Tulsa OK
Mike Orourke - Tulsa OK
George Hubbard - Tulsa OK
John Decamp - Tulsa OK
Robert Maddy - Sperry OK
Steven Berlin - Tulsa OK
Hewlett Nash - Beggs OK

Cindy Davis - Cleveland OK
Doug Hill - Tulsa OK
Lana Wilson - Tulsa OK
Jd Stigall - Broken Arrow OK
Suzanne Ferguson - Broken Arrow OK
Joe McDaniel - Tulsa OK
Norman Sloan - Tulsa OK



EVENT SCHEDULE

Thursday, October 24

Runner's Expo & Packet Pick-Up
4 - 7 p.m.

Cox Business Center | Exhibit Hall A

Friday, October 25

Runner's Expo & Packet Pick-Up
10 a.m. - 7 p.m.

Cox Business Center

Saturday, October 26

7 a.m.	Gear Check Opens
7:40 a.m.	5K Wheelchair Start Time
7:45 a.m.	5K Start Time
8 a.m.	Finish Line Fest Opens
8:15 a.m.	2K Start Time
8:40 a.m.	15K Wheelchair Start Time
8:50 a.m.	USA Track and Field 15k Masters National Championships
9 a.m.	15K Start Time
10:30 a.m.	Beneficiary Check Presentation
11:15 a.m.	USATF Masters Championship Awards Ceremony
12 p.m.	Conclusion of Tulsa Run; Street Closures Reopen
12 p.m.	Gear check closes

**#RUN
TULSA
RUN**



SEM GROUP RUNNER EXPO

Packet pick up will be available at the Runner's Expo at the Cox Business Center.

Expo Hours

Thursday, October 24 – 4 to 7 p.m.

Friday, October 25 – 10 a.m. to 7 p.m.

Runners will receive their race packets, which include timing chip, shirt and other crucial information.

The Tulsa Federal Credit Union Tulsa Run will be using a dynamic bib assignment process this year. When you arrive at packet pick up, simply tell the volunteer your name, show identification and they will verify your entry into the race and assign your race number. It's quick and easy! If you're picking up for a friend, please bring written authorization. Out of town runners will be allowed to pick up their packets from 6:30 to 8 a.m.

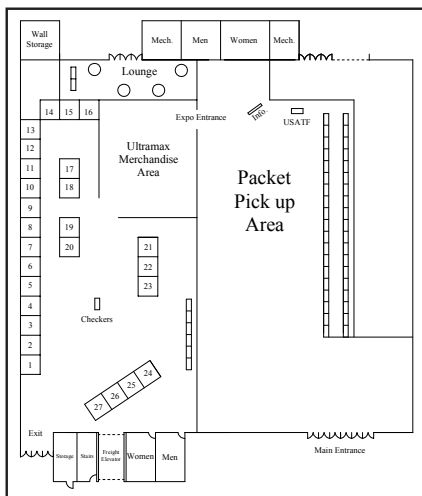
on race day, October 26th, at the Hyatt Regency hotel adjacent to the start line.

Expo Parking

Parking at the Cox Business Center will be \$5 on Thursday (all day) and Friday until 4:30 p.m. Rates will increase to \$10 for the remainder of the weekend.

Here are some of the vendors participating:

1. Real Time Pain Relief
2. Damsel in Defense
3. Edward Jones
4. Tulsa Community College
- 5, 6. State Farm
7. ID Life
8. Run the Streets, Inc.
9. Train Tulsa
10. #RacismStinks
11. Price Family Properties
12. Pure Barre
- 15, 16. Route 66 Marathon
17. Bondi Band
18. Tensegrity Chiropractic
19. LASIK Eye Institute
20. Club Pilates
- 21, 22. Fleet Feet
25. IV Nutrition
26. Parkside Psychiatric Hospital & Clinic
27. Epic Connections Chiropractic





MOBILE APP



Live Phone Tracking!

GPS Based Progress Alerts!

Cheer Sending!

and so much more...



**Share your race
experience with
friends and family!**



Download RaceJoy Today!

GPS Progress Alerts

- Receive continual progress updates as you complete the course! Audio updates are typically sent at every mile and include pace, elapsed time, and estimated finish time.
- Option to have progress posted real-time to your Facebook and Twitter walls.

Live GPS Tracking

- Supporting spectators can track you live in a map view as your progress along the course. You can track track others as well.
- NearMe alerts let spectators know you are drawing near.
- Find each other using the MeetUp tool.

Send-a-Cheer

- Receive fun, motivational audio cheers from your supporting fans.
- Send custom cheers with RaceJoy's new Text-to-Cheer.

Start sending cheers to others doing the race at any time!

#RUN TULSA RUN



15K

5K

2K

Start Times:

- 7:40am 5K Wheelchair
- 7:45am 5K Open
- 8:15am 2K
- 8:40am 15K Wheelchair
- 8:50am 15K USATF Masters
- 9:00am 15K Open

Start Location:

8 E. 3rd Street
Tulsa, OK 74013

10.26.19



15K 5K 2K

REGISTER NOW!

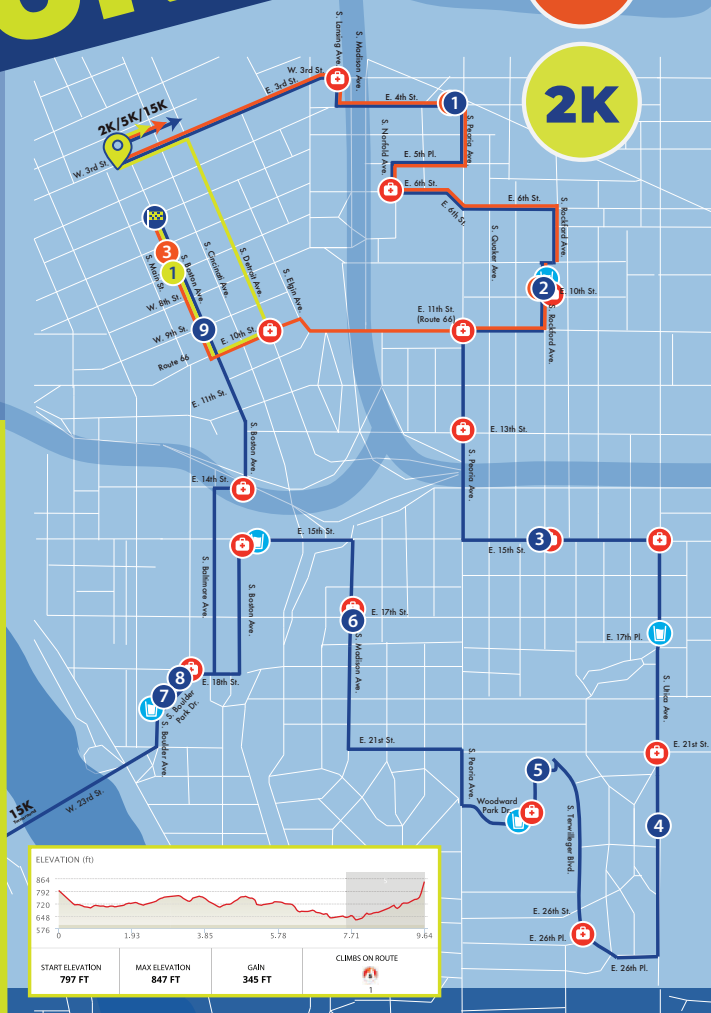
TULSARUN.COM • #RUNTULSARUN

TITLE SPONSOR



TULSA FEDERAL CREDIT UNION

PRESENTING SPONSORS



Visit TulsaRun.com to check for any changes in service on race day.



PARKING MAP





WATER STOPS

Water Stop 1

Church of christ (10th and Rockford) - Mile 2

- Services both 5k and 15k Races
- Groups servicing this stop
- Life Church

Water stop 2

Utica Dental - Mile 3.5

- Groups servicing this stop
- ONEOK
- #Racismstinks
- Resonance Center for Women
- Parkside Psychiatric Hospital & Clinic

Water stop 3

Woodward Park - Mile 5

- Groups servicing this stop
- Route 66 Marathon

Water Stop 4

Miss DeHaven's Flower Shop - Mile 6.5

- Groups servicing this stop
- Run The Streets

Water stop 5

McIntosh Group - Mile 7.75

- Groups servicing this stop
- Thunderbird Academy



BEST PLACES TO WATCH

Here are a few of our top picks of where to watch the race.

Start Line: 3rd Street & Main (2K, 5K, 15K)

Watch the runners line up, amp up and fly across the starting line as music blasts and energy fills downtown Tulsa.

East Village / The Boxyard & Hodges Bend: 3rd Street & Frankfort. (5k & 15K)

The City of Tulsa Pipes and Drums will be entertaining passersby at the Boxyard. Pro tip: Head down to Hodges Bend for their famous Irish Coffee as you sit and watch the 15K runners close in on their first mile.

Pearl District: 6th Street between Peoria and Rockford (5k & 15K)

Choose breakfast, coffee or brews with the Bramble, Cirque Coffee or Nothing's Left Brewery. A little something for everyone as 15K runners complete their second mile.

Route 66: 11th Street between Peoria and Rockford (15K)

Gather at the Meadow Gold sign and make your way down the local boutiques of 11th Street. Make sure to check out the new Buck Atom's for the perfect Route 66 gear. Make sure to catch DJ Connection at Phat Philly's.

Cherry Street: 15th St. between Peoria and Utica (15K)

Enjoy one of Tulsa's most thriving districts with plenty of restaurants, coffee shops, bars and shops to check out while 15K runners are just getting started on Mile 3.

Swan Lake and Utica Square: 21st Street and Utica (15K)

The Salvation Army Band will perform at 15th and Utica right before runners reach Utica Square. DJ Connection will continue the entertainment at Utica Square. This is the perfect spot to grab some coffee and treats and listen to the George Allen Band as you cheer on your favorite runner rounding out Mile 4.

Woodward Park: 21st St. and Peoria (15K)

A gorgeous park, plenty of grass to spread out and street entertainment make this a great spot to watch 15K runners who will be coming straight through the park this year. You can catch live music from the Rob Bishline Banjo Band in Terwilliger Heights at 26th Pl. and St. Louis Ave. (Spectators will need to access the park from the Historical Society grounds.)

Maple Ridge: 21st St. between Peoria and Madison Ave. (15K)

Bring a cooler and chair and join the block party hosted by the Maple Ridge Neighborhood Association!

Maple Park: 15th St. between Cincinnati and Madison (15K)

Enjoy this small, lovely park with plenty of grass seating and a playground. Take the nearby Midland Valley Trail for an easy walk to Veterans Park or Riverside.

SOBO: 15th St. & Boston Ave. (5K, 15K)

See runners as they make their way through Midtown and cheer on 5K participants as they make the final push toward the finish line. Spectators can also check out the many shops on Boston Avenue while they're waiting for their favorite runner—starting at the Gadget Company and going south toward 18th Street

Veteran's Park: Boulder Ave. between 18th St. and 21st St. (15K)

Catch the 15K runners passing the park twice and the 5K runners once. A perfect spot to have a picnic, enjoy music from DJ Connection and show some runner love.

Cathedral District / TCC: 10th St. and Main St. (2K, 5K, 15K)

Catch 2K and 5K runners and they start down Boulder and then head over to see them finish on Boston. Tulsa Community College will host a cheer section with DJ Connection, and Foolish Things Coffee is right in between and nestled amongst some of Tulsa's oldest and most beautiful churches.

Finish Line Fest: 3rd St. and Boston Ave. (2K, 5K, 15K)

In the heart of Tulsa's Deco District, this is where the main party will be as participants from all three runs will come across the finish line before eating and drinking.

FREE RUNNER PHOTOS

Sponsored by the Tulsa Sports Commission, runners will receive FREE photos of themselves racing throughout the course and crossing the finish line. Runners can watch social media and for an email from Tulsa Run after the race with links to look up and download your photos.

RESULTS

The results of the race are sponsored by Tulsa World and can be found on the mobile app, Tulsa run website, tulsasports.org, and social media.

USATF MASTERS

This year we celebrate our seventh year as the USA Track and Field Masters 15k National Championships. We will have over 100 athletes from 25 different states around the country participating in this USATF Masters Grand Prix Event. The field includes former Tulsa Run winners and multiple US age division record holders. John Gardiner, our 2016 winner from Southern California is back, as is Virginia's David Angell who finished right behind Gardiner in 2016 and 2017. Angell turned the tables on Gardiner at the 5K National Championship in Atlanta. Which will come out on top. And there are three other hopefuls who will toe the line with thoughts of glory. Alan Black is the reigning Masters Road Mile National Champion, and Giovanni Pipia finished only 9 seconds back from Angell at the 8K National Championship this year. The always dangerous Philippe Rolly, the Masters Champion at the 2016 Chicago Marathon, will make his debut at Tulsa this year. Jason Butler is the top contender from Oklahoma; he finished 4th in 2016. The Women's Champions from the last two years return with a strong rivalry of their own. Melissa Gacek, from the Twin Cities, took the crown in 2016 with Fiona Bayly, of New York City, 2nd. In their 2017 duel, Bayly reversed the outcome. Both are poised for the decisive win this year. Nebraska's Michelle Paxton, who finished 3rd last year and her teammate, Shannon Mauser-Suing, who ran a 1:21:27 Half Marathon in 2016, have the best chance of runners from the Prairie states. We are proud to be the host of this prestigious championship.



TIMING AND AWARDS

The Tulsa Federal Credit Union Tulsa Run is a chip timed race. Your chip will be attached to your bib when you pick it up at the SemGroup Runners Expo. Please do not remove or bend the chip. This could affect your finish results.

Cash Prizes for 15k Open Race will be given to the top five male and female finishers

First Place
\$1,000
Second Place
\$750
Third Place
\$500
Fourth Place
\$250
Fifth Place
\$100

The top Oklahoma male and female finisher will receive a \$500 cash prize courtesy of Tulsa Runner.

Awards will be given 5 deep in the 15k and three deep in the 5k for both male and female divisions

All awards will be mailed to the award recipients after the race.

Tulsa Run Race Finishers will receive:

15K Finishers

Medal

5K Finishers

Medal

15k/5k Double Finishers

2 Medals and an additional double medal

2K Finishers

Medal

AGE GROUPS

6-10

11-15

16-19

20-24

25-29

30-34

35-39

40-44

45-49

50-54

55-59

60-64

65-69

70-74

75-79

80-Over

FEMALE

Weight Division

3 Awards per Division

160-174 lb

175-189 lb

190-204 lb

205 & over

MALE

Weight Division

3 Awards per

Division

185-199 lb

200-214

215-229

230 & over



60-70 MUG

All males finishing the 15k Tulsa Run in less than 60 minutes and all females finishing the 15km Tulsa Run in less than 70 minutes will receive the 60-70 mug award. Mugs can be picked up at Finish Line Fest.

COURSE SAFETY

MEDICAL TEAM LOCATIONS

In chronological order from Start Line (3rd and Main) to Finish Line (4th and Boston).

Report Time

1. **10th & Detroit** > Move to 10th & Boston at 9am/ after last runner
7:15am (5k, 2k, 15k)

2. **Studio 308/Hodges Bend**
3rd and Lansing
7:15am (5k & 15k)

3. **VFW**
6th and Norfolk
7:15am (5k & 15k)

4. **Rockford Church of Christ**
10th and Rockford*
7:15am (5k & 15k)

5. **Corner Café**
11th and Peoria
7:15am (5k & 15k)

6. **Phat Philly's**
13th and Peoria
8:15am (15k)

7. **Coffee House on Cherry Street**
15th and Rockford
8:15am (15k)

8. **SNB Bank**
15th and Utica*
8:15am (15k)

9. **Bank of America**
21st and Utica
8:15am (15k)

10. **Corner of Terwilligar and E. Jasper**
26th Place
8:15am (15k)

11. **Woodward Park***

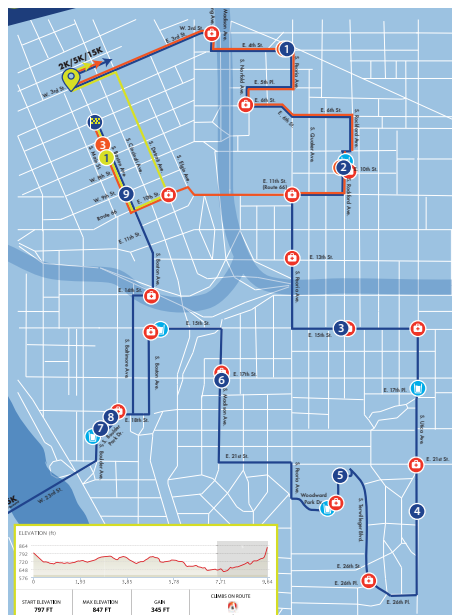
12. **17th and Madison Ave (Maple Ridge)**
8:15am (15k)

13. **Mrs. Dehaven's Flower Shop/Gadget Company**
15th & Boston*
8:15am (15k)

14. **McIntosh Building**
1850 S. Boulder Park Drive*
8:15am (15k)

15. **14th & Boston**
8:15am (15k)

* = Water Station





CHARITIES

Since assuming leadership of the Tulsa Run seven years ago, the Tulsa Sports Commission has donated more than \$285,000 to local organizations and schools. As title sponsor, Tulsa Federal Credit Union is dedicated to making charitable giving central to the Tulsa Run. This year, Parkside Psychiatric Hospital will receive the primary donation of \$25,000 to assist with their By Your Side program. Additional \$2,500 recipients include American Diabetes Association, Run the Streets, #RacismStinks Society and Resonance Center for Women.

Check presentations will be made at 10:30 a.m. from the main stage at 3rd & Boston.

PARKSIDE PSYCHIATRIC HOSPITAL & CLINIC

Funds to be used specifically for their "By Your Side" patience assistance program.
They will also actively participate in and promote the Tulsa Run event.

AMERICAN DIABETES ASSOCIATION (OK MARKET)

Funds will be used to support a 4 day youth camp at Camp Loughridge for kids with diabetes

RUN THE STREETS

Funds will be used for youth transportation to and from races throughout the Tulsa area

RACISMSTINKS SOCIETY

Funds will be used for the 5th annual 5K Skunk run & junior Skunk Olympics

RESONANCE CENTER FOR WOMEN

Funds will be used for their "choosing to change" program at Turley Correctional Center



2019 TULSA RUN SPONSORS

TITLE SPONSOR



PRESENTING SPONSORS



SILVER

Cox Communications
Matrix Service Company
OU-Tulsa

Pepsi
Price Family Properties
T.D. Williamson, Inc.

BRONZE

AAA Oklahoma
Gofresh
Green Bay Packaging Inc.
JoCo

Tulsa Country Club
Two Men and a Truck
Tyler Media