

Tulsa Triathlon

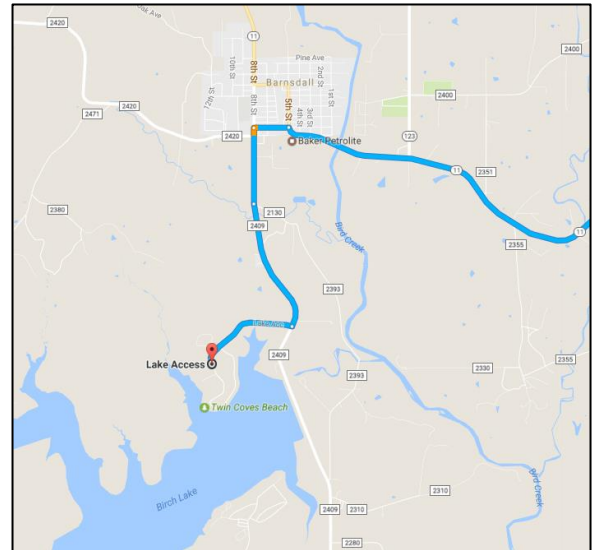
70.3 Half Distance Course - 2017

Race Location

Birch Lake in Barnsdall, OK, Twin Coves Area - [Google Map Location](#)

Driving Directions from Tulsa:

- Take HWY 75N to OK-20 Collinsville/Skiatook exit
- Turn left onto OK-20 W/ E 146th St N (signs for Skiatook)
- Turn right onto OK-11 W and follow about 20 miles into Barnsdall
- Turn left onto W Chestnut Ave
- Turn left on 8th Street and follow road past church
- Turn at the first right into Birch Lake Twin Cove
- Follow road in about ½ mile for parking to begin



Please park in one of the designated parking lots or in the grass beside the roads within the park. Please do not move or cross any barricades as we need to keep the roads course clear for the participants.

Use caution when leaving the park after your race. There may be participants still on the course.

Transition Area

The transition area is located in the parking lot near Twin Coves Beach. Entrances and exits will be clearly marked and volunteers will be providing instructions before and during the race.



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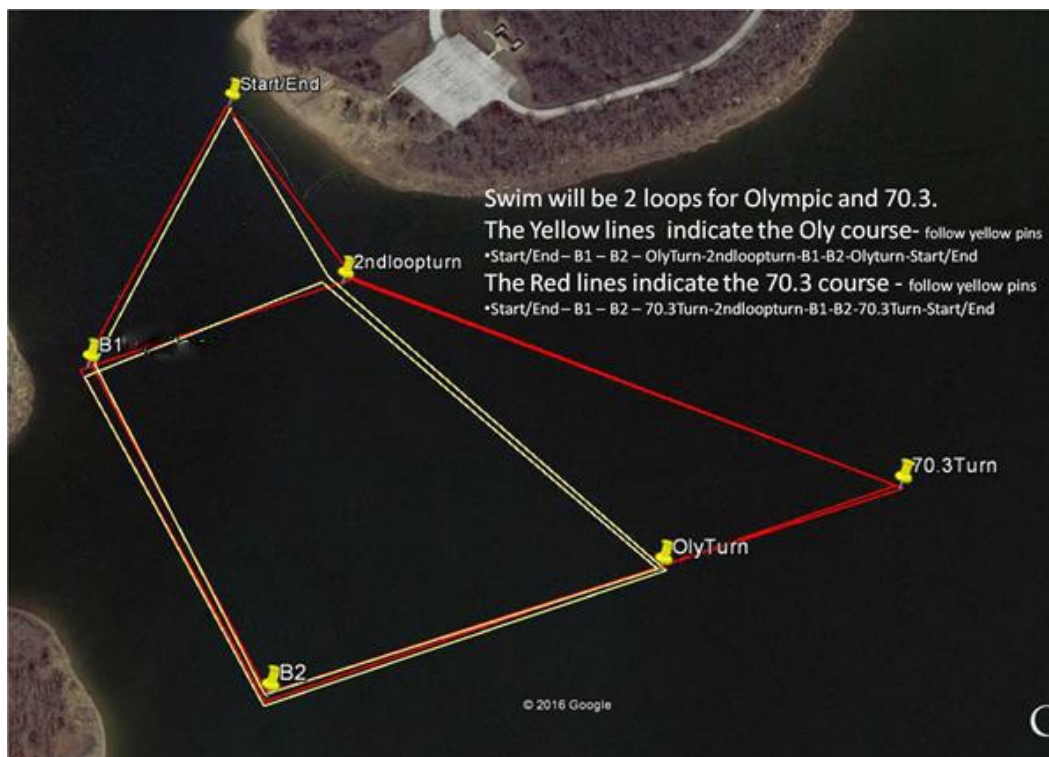
70.3 Half Swim Course

The swim is an open water swim in Birch Lake. Kayaks and boats will be in the water to provide support.

The swim will start in waves every 2-3 minutes. The race director will provide wave groups prior to the event. You must start in your assigned wave.

- The 70.3 Half swim course is a two-loop course for 1.2 miles.
- The swim includes a beach start and finish.
- An inner buoy will mark the start/finish line.
- Participants will swim two loops around the five outer buoys.
- Be sure to turn at the 70.3 Half Turn buoy - which will be a different color than the others.
- Large buoys will mark all turns.
- Participants swim counter clockwise and you will keep the four outer buoys on your left.
- Watch out for the floating barricades at the swim beach as you return to the finish line. Stay on the left side of the final buoy.
- A marked path will take you to the entrance of the transition area.
- Swim course map is approximate and exact buoy locations may change.

The Olympic distance swimmers will be swimming at the same time but have a different turn. Know your course and do not follow other swimmers. Listen to race-day instruction for specific course instructions including color of buoys for the different races.



70.3 Half Distance Course - 2017

70.3 Half Bike Course

You must walk your bike in and out of the transition area and to the Mount/Dismount lines on the pavement. The bike course will be marked with race signs in the grass and paint on the road surface.

The bike course is on open roads and you must observe all traffic laws. Local law enforcement will be on hand to assist with turns. Nevertheless, always be aware of your surroundings including dogs, cars, and other cyclists.

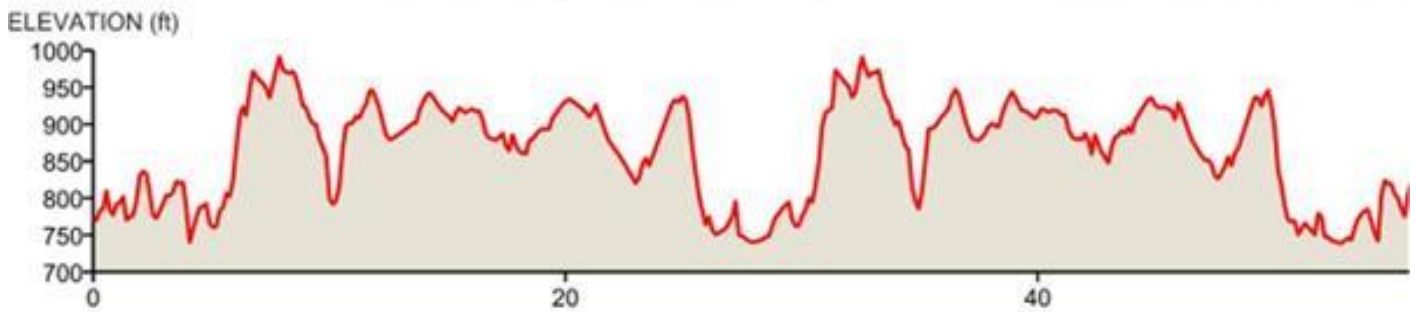
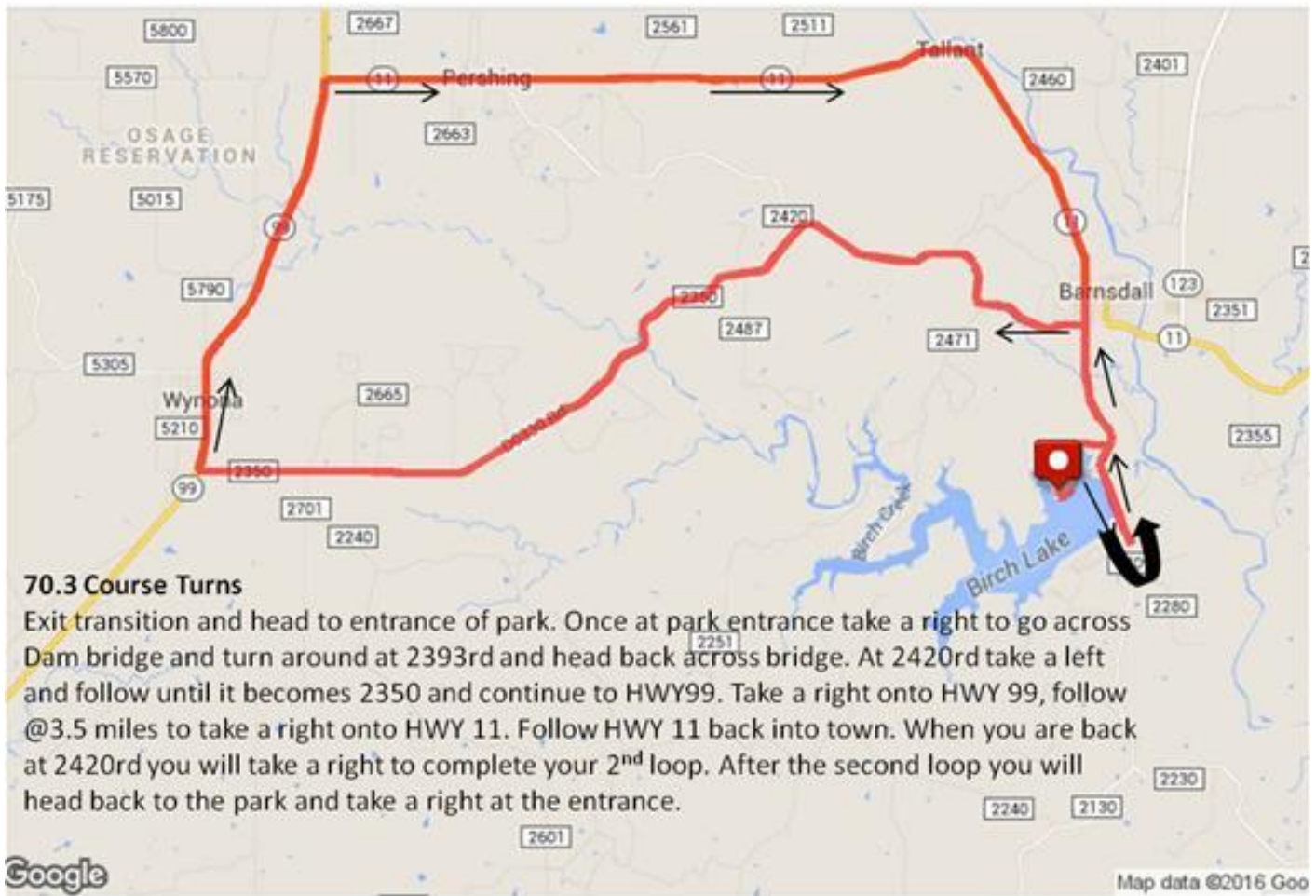
The bike course is a 40km out and back route. As you exit the transition area volunteers will guide you to the mount line on the east end of the parking lot.

- Exit the park out the main entrance and turn right onto County Road 2409
- Cross the Birch Lake dam and turn around at County Road 2393. Volunteers will direct you.
- Continue on 2409 past the park entrance
- As you approach Barnsdall turn left onto County Road 2420
- County road 2420 becomes County Road 2350
- There is an aid station on 2350 followed by the turn around for the Olympic distance
- Pay attention at the turnaround since the Olympic participants are on the same course but will be turning
- Continue on 2350 until you reach Highway 99
- Turn right on Highway 99 – **being cautious of oncoming traffic**. Volunteers and law enforcement will be at this intersection but you must obey all traffic laws.
- Follow Highway 99 to Highway 11
- Turn right on Highway 11. There is another aid station after this turn.
- Follow Highway 11 to Barnsdall.
- **There are two stop signs in Barnsdall. We will have volunteers and local law enforcement to help but be especially aware of your surroundings in this area.**
- There is a third aid station in Barnsdall
- Turn right on County Road 2420 to begin your second loop
 - Follow 2420 which becomes County Road 2350
 - Turn right on Highway 99
 - Turn right on Highway 11
- After your second loop continue on Country Road 2409 to the park entrance
- Turn right into the park. You do not cross the dam again.
- Ride past the finish line area and continue down the hill to the transition area
- You must dismount before the line
- Watch for other participants at the dismount line and in the transition area

When you approach the aid stations please slow down if you are going to grab a bottle of water. Pull completely off the road if you stop. If you do not need aid then pass on the left after announcing your intentions to the volunteers and other cyclists.

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70.3 Half Run Course

The 70.3 Half run course is two loops and is shared with Olympic distances participants. Know your course.

- Follow the signs and volunteer instructions to exit the east end of the transition area
- Follow the signs to the entrance of the park and turn right on County Road 2409
- Run across the Birch Lake dam
- After the dam you will take a left on County Road 2393 at a sign that reads “Birch Cove Outlet Park”.
- There is an aid station at the T intersection. Follow the signs and volunteer instructions.
- Veer right at the T intersection and stay on County Road 2393 until you reach a turn-around point.
- Once you return to the T intersection turn right and run to Outlet Park.
- Make a loop around Outlet Park and return to the T intersection.
- Turn right at the T intersection and run back up County Road 2393 to the dam.
- Turn right to run across the dam and proceed back to the park entrance.
- Enter the park and run about 1 mile until you reach the transition area.
- Do not enter the finish line area on your first loop
- Once near the transition area continue across the parking lot to perform the same loop again in the same direction.
- On your second loop head to the finish line arch. Congratulations!!!
- While running stay on the left side of the road facing any oncoming traffic
- There will be an aid station and volunteers at the key intersections. Aid stations will have water and Gatorade.

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