

Spring Fever Triathlon

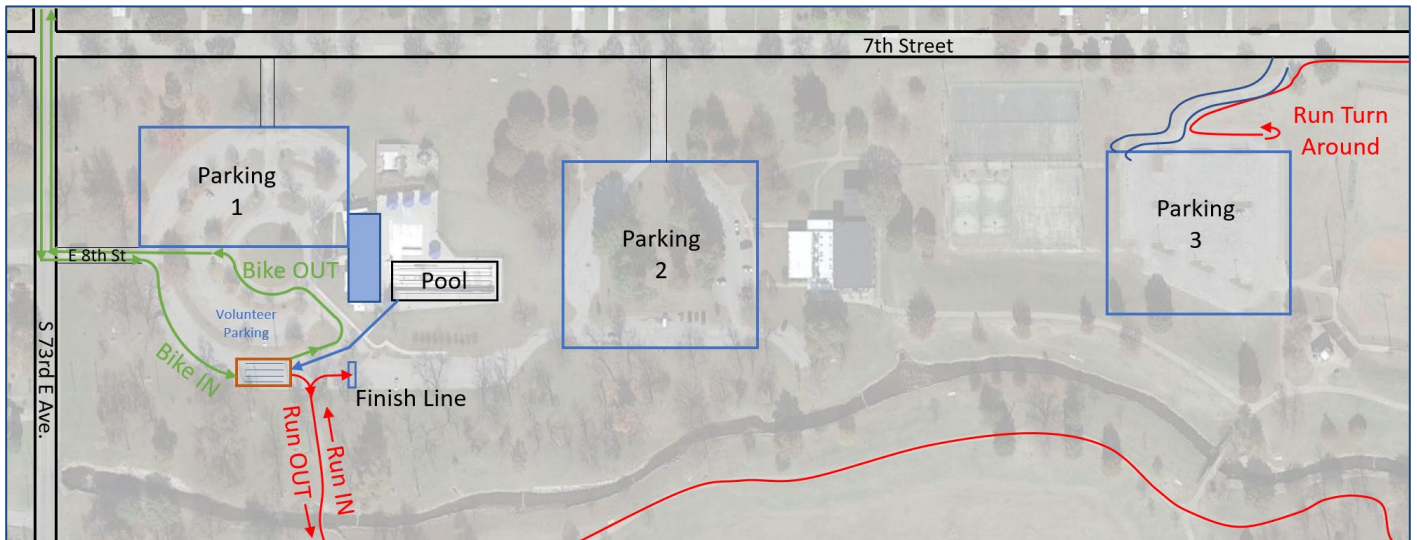
Sprint Course

Race Location and Parking

McClure Park, 7448 E 7th St, Tulsa, OK - [Google Map Location](#)

McClure park has three parking areas shown in the image below. All are accessible from 7th Street. The park entrance from 73rd E Ave will be closed before, during, and after the race.

- Participant parking is only available on the north side of Parking Area #1. The rest is blocked for the bike course.
- Plan to arrive on time. The transition area will close promptly at 6:50am and the area will be cleared.
- If you decide to ride your bike to or from your car you must have your helmet on and strapped (even after your race is over). This is not negotiable.
- Do not move or cross any barricades as we need to keep these areas clear before, during, and after the race.
- Use caution when leaving the park after your race as there may be participants still on the course.



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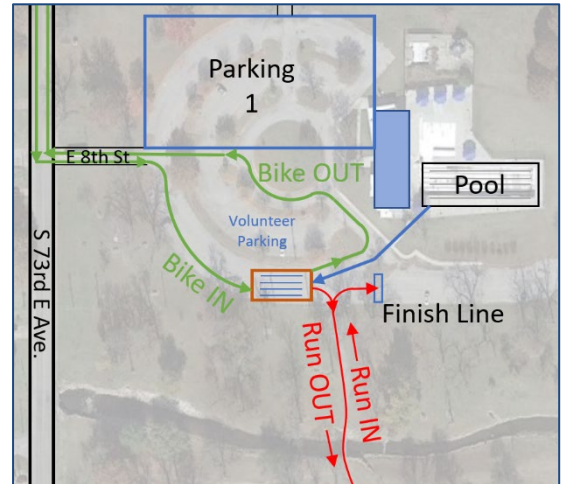
Transition Area

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

- Swim IN is on the east end (closest to the pool)
- Bike OUT is on the east end
- Bike IN is on the west end (closest to 73rd E Ave)
- Run OUT is on the east end

Space is limited due to the number of participants.

- Rack your bike with the front of your seat on a black mark. Alternate directions to conserve space.
- Place your bike / run gear on the left side of your front tire. (Your right when facing your bike & rack.)
- Leave the transition area as soon as your gear is setup to make room for others and increase social distancing.



Review our tips page for advice on setting up your transition area at <https://tatracseries.com/tat-race-tips-and-advice.html>.

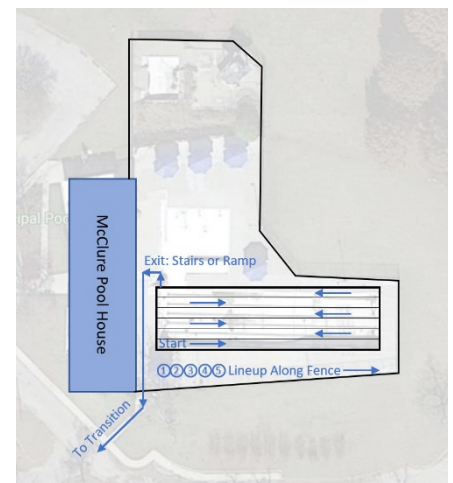
We may allow participants to pick up their bicycle early based on the number active participants in the transition area. Please check in with a volunteer before you enter the transition area after you finish.

Swim Course

The swim is six lengths of the 50-meter pool (300 meters).

- Line up in race order number starting with #1 at the start mat. Wrap around the pool inside the fence as needed.
- Swimmers will swim one length of the pool, cross under the rope, and swim back the other direction. Cross the rope each time you change directions.
- Exit the pool using the stairs near the final lane or the ramp just to the north.
- Enter the transition area on the end closest to the pool. This is the same exit as bicycles so watch for cross traffic.

The restrooms in the pool house will be open before, during, and after the race.



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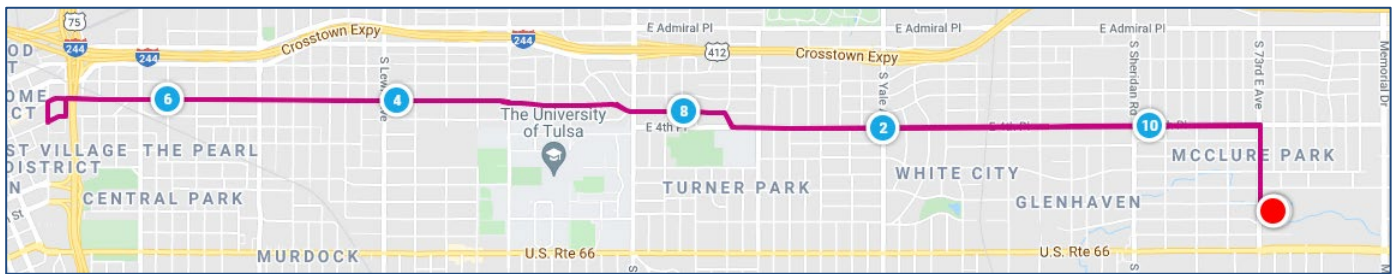
Bike Course

The bike course is an 11 mile out-and-back along 3rd and 4th streets.

You **MUST** walk/push your bike in and out of the transition area to the “Mount Line.” This will be a pink or orange line outside of the transition area. Volunteers with flags will provide direction.

You **MUST** have your helmet on and securely buckled before mounting your bike.

The bike course is on open roads and you must observe all traffic laws. Tulsa Police will be at the major intersections. Nevertheless, always be aware of your surroundings including dogs, cars, and other cyclists. Safety should be your priority.



A downloadable bike route is available at MapMyRun: <https://www.mapmyrun.com/routes/view/4496691910>

- Exit the park on 8th Street.
- Turn right / north on 73rd E Ave. Watch for other bikes that are returning at this intersection.
- Turn left / west on 4th Place. Follow instructions from volunteers and the Tulsa Police Department.
- Near Rogers High School, follow the signs to S New Haven Ave (right / north) then to 4th Street (left / west).
- After crossing Harvard, 4th Street veers north to 3rd Street. Follow 3rd Street to Downtown Tulsa.
- Turn left / south on Kenosha Ave.
- Turn left / east on 4th Street.
- Turn left / north on Lansing Ave.
- Turn right / east on 3rd Street.
- Follow the same course to return to McClure Park.
- Turn right / south on 73rd E Ave.
- Turn left / east on 8th Street. Watch for other bikes that are starting at this intersection.

CAUTION: As you approach downtown there is a railroad crossing between Peoria and the HW-75 overpass. This crossing is at an angle that can easily catch a bicycle tire.

You **MUST** dismount your bike at the dismount line. This will be a pink or orange line outside of the transition area. Volunteers with flags will provide direction. Violating this rule may result in disqualification.

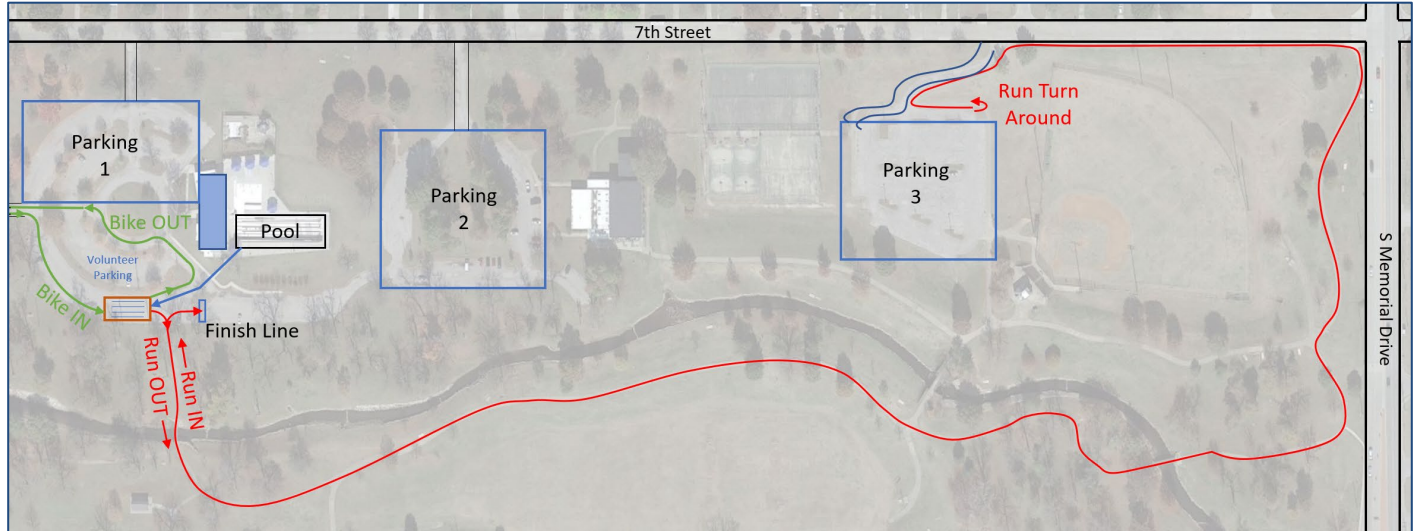
Return your bike through the “Bike IN” gate on the west end of the transition area. Return your bike back to the rack with the seat hanging on a black mark.

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Run Course

The run course is entirely within McClure Park along the outer paved trails.



A downloadable run route is available at MapMyRun: <https://www.mapmyrun.com/routes/view/4494981412>

- The Run Out exit is on the east end of the transition area.
- Turn right onto the paved trail. Follow the signs and cones for one mile. Use the sidewalk along 7th Street.
- The run turn-around is at the parking lot near the baseball field.
- Return to the Finish Line on the same path.