

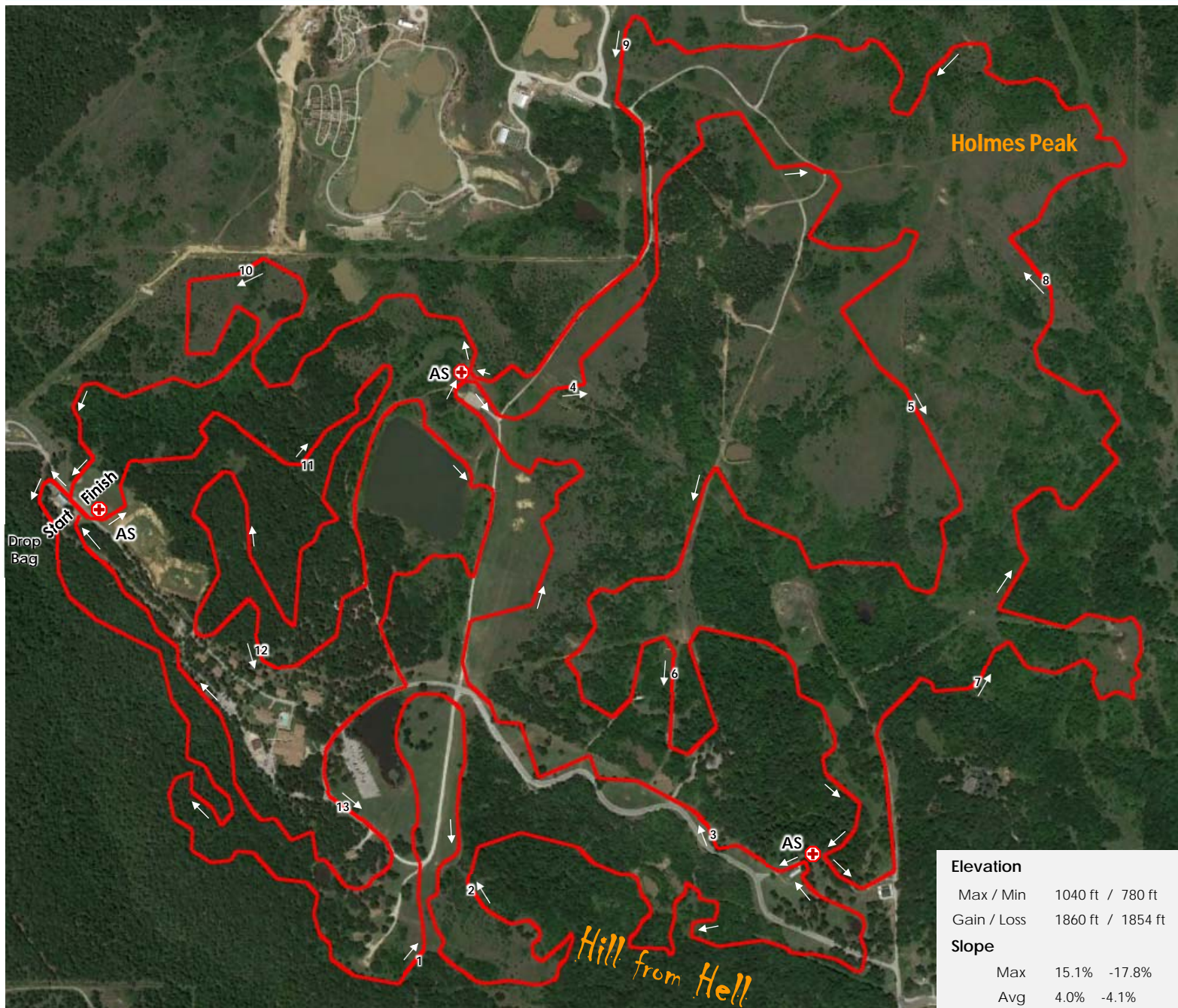


POSTOAK

Lodge Challenge

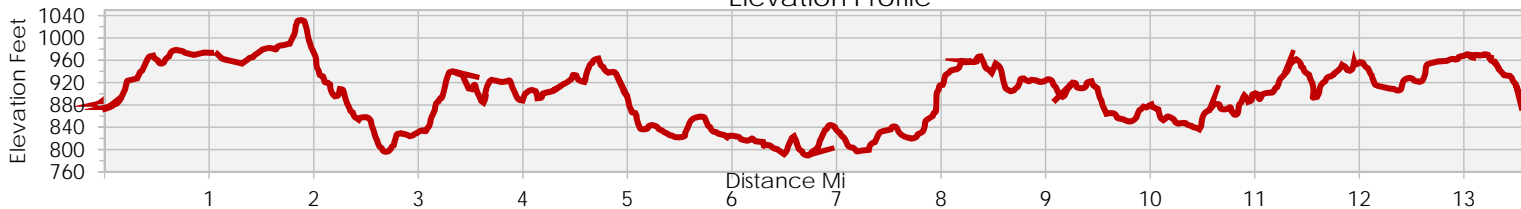
Friday

Half Full Marathon



Elevation	
Max / Min	1040 ft / 780 ft
Gain / Loss	1860 ft / 1854 ft
Slope	
Max	15.1% -17.8%
Avg	4.0% -4.1%

Elevation Profile



3 Chicks and a Rooster

Mile Junkie

T2 TRAIL RUNS

Fitness Protection Program

HOKA ONE ONE

Recovery Therapy

Broken Arrow Painting

Tulsa Running Club