

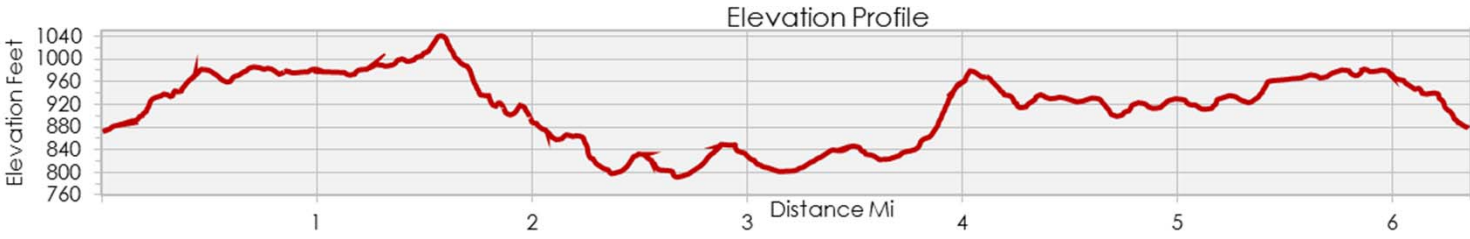


POSTOAK

Lodge Challenge
Friday
Quarter Marathon



Elevation		
Max / Min	1040 ft	780 ft
Gain / Loss	979 ft	980 ft
Slope		
Max	15.7%	-19.3%
Avg	4.6%	-5.0%



3 Chicks and a Rooster

Mile Junkie

T2 TRAIL RUNS

STORMY THE SNOWMAN
Fitness Protection Program

HOKA ONE ONE

Recovery Therapy

Broken Arrow Painting

Tulsa Running Club