TTCU Federal Credit Union

TULSA RUN

PARTICIPANT GUIDE

10.31.2026

49TH RUNNING

WELCOME TO RACE WEEK

Tulsa Run weekend is here, and we're so glad you're joining us for the 49th running of the TTCU Tulsa Run!

Whether you're taking on the 2K, 5K, 15K or Double, this guide has the need-to-know details to help you get ready for race day — from packet pickup and start times to course maps, pacers and everything waiting for you at the finish.

And because we're running on Halloween this year, costumes are absolutely encouraged. 🎃

Take a look, make your race-day plan and get ready to Run Tulsa.

We'll see you at the start line!
#RunTulsaRun

AT A GLANCE

PACKET PICKUP:

Thursday and Friday, October 29–30
11 AM–7 PM
VFW Post 577, 1109 E. 6th St., Tulsa, OK

WEEKEND SCHEDULE

TTCU TULSA RUN 5K WHEELCHAIR START	7:25 AM CDT
TTCU TULSA RUN 5K START	7:30 AM CDT
TTCU TULSA RUN 2K START	8:00 AM CDT
TTCU TULSA RUN 15K WHEELCHAIR START	8:25 AM CDT
TTCU TULSA RUN 15K START	8:30 AM CDT

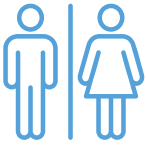
KNOW BEFORE YOU GO



NO GEAR CHECK
There will be no gear check on race day. Please plan accordingly.



RACE MORNING PACKET PICKUP
Available for an additional fee. Arrive at least one hour before your race begins.



RESTROOMS
Located at start & finish and near each water stop along the course.

STROLLERS
Strollers are permitted in the 2K+5K only. Please line up toward the back.



15K PACE REQUIREMENT
Participants must maintain a 16:30-minute-per-mile pace to stay ahead of course reopening.



WEATHER + SAFETY
Race day is rain or shine, weather permitting. Follow official Tulsa Run channels for updates.



BRING YOUR CHEER SQUAD
Friends and family are encouraged to come downtown, cheer you on and celebrate at the finish line!

LOOKING FOR PACERS?



Looking for a little help hitting your 15K goal? Find your pace group at the start line and let them lead the way.

PACER	GOAL TIME	PACE
ROWAN HODSON	1:00	6:26
BEN BEAVER	1:00	6:26
NATE GORMLEY	1:00	6:26
LIV KENAS	1:10	7:31
KAILYN STONEBRAKER	1:10	7:31
BRIAN COPSEY	1:15	8:03
GEORGINA WALKER	1:15	8:03
BRIAN DEDEKE	1:20	8:35
JILL VIVION	1:20	8:35
KELSEY WILKINS	1:25	9:07
MATT TURNER	1:25	9:07
ANNA SANGER	1:30	9:39
AMANDA GARRISON	1:30	9:39
TIM BEWLEY	1:35	10:12
CADIE JOHNSTON	1:35	10:12
JULIE COURCIER	1:40	10:44
LISA MALONE	1:40	10:44
STACEY LORENZ	1:50	11:48
PETE COSER	1:50	11:48
JENNY BAILEY	2:00	12:52
KIRSTIN WISE	2:00	12:52
DAWN BOLLINGER	2:10	13:57
KATIE BEWLEY	2:10	13:57
RYAN NOWLIN	SWEEPER	16:30

THE FINISH LINE IS CALLING

AWARDS & RECOGNITION

From overall finishers to age-group standouts, we're celebrating the runners who bring their best to Tulsa Run! Visit the awards area near the finish line for award information and pickup.

THE COVETED 60/70 MUG

A Tulsa Run tradition worth chasing! Men who finish the 15K in under 60 minutes and women who finish in under 70 minutes earn the iconic 60/70 Mug.



FINISH LINE FESTIVITIES

You did the miles. Now enjoy the celebration! Stick around, cheer on your fellow runners and soak up the race-day excitement.

YES, FULL-SIZE CANDY BARS!

It's Halloween, after all! Our famous full-size candy bars will be waiting at the finish line. No fun-size celebrations here!

BEYOND THE FINISH LINE

CHECK YOUR RESULTS

Ready to see how you did? Find your official race results online after the race and celebrate those finish-line accomplishments!

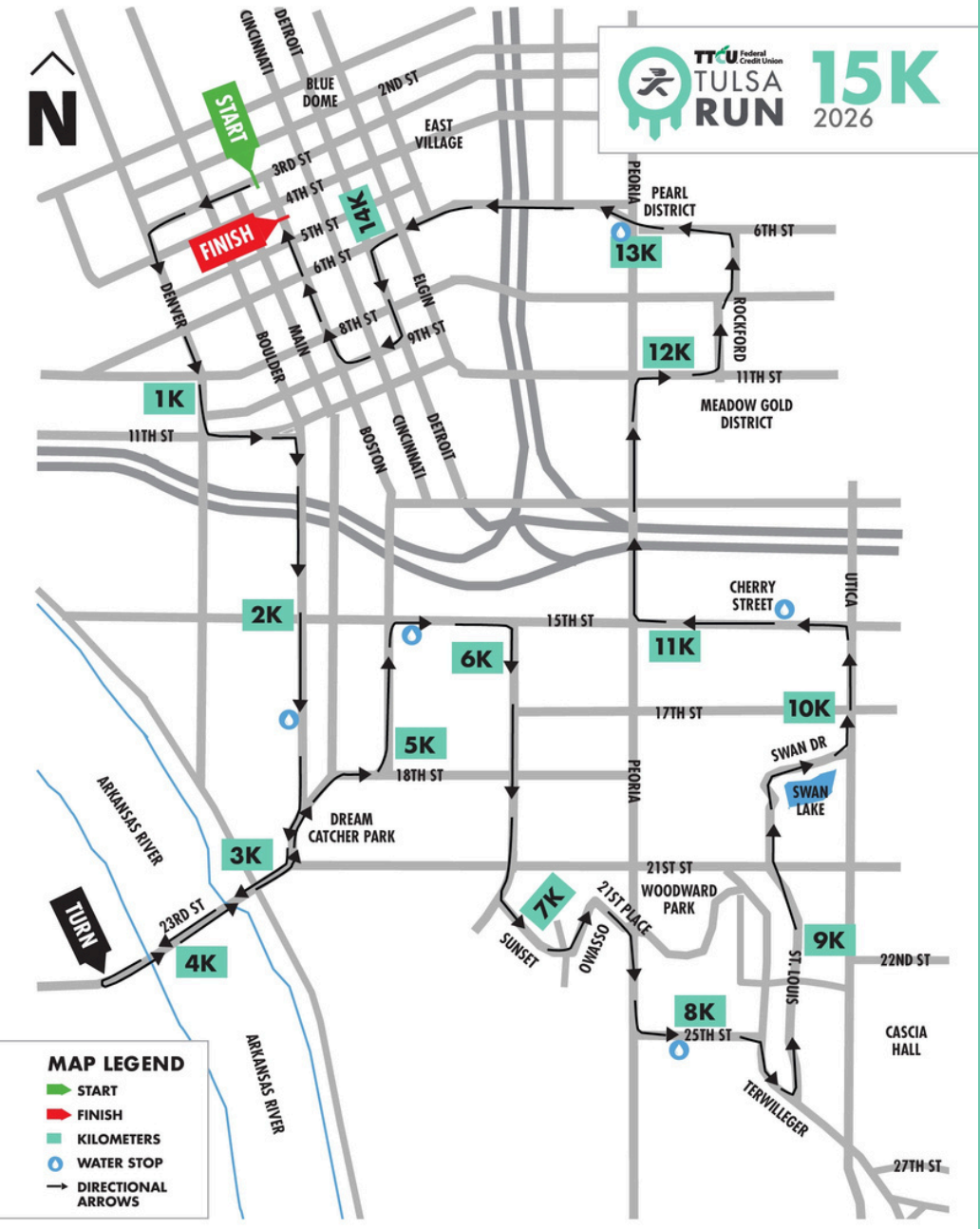
FIND YOUR RACE PHOTOS

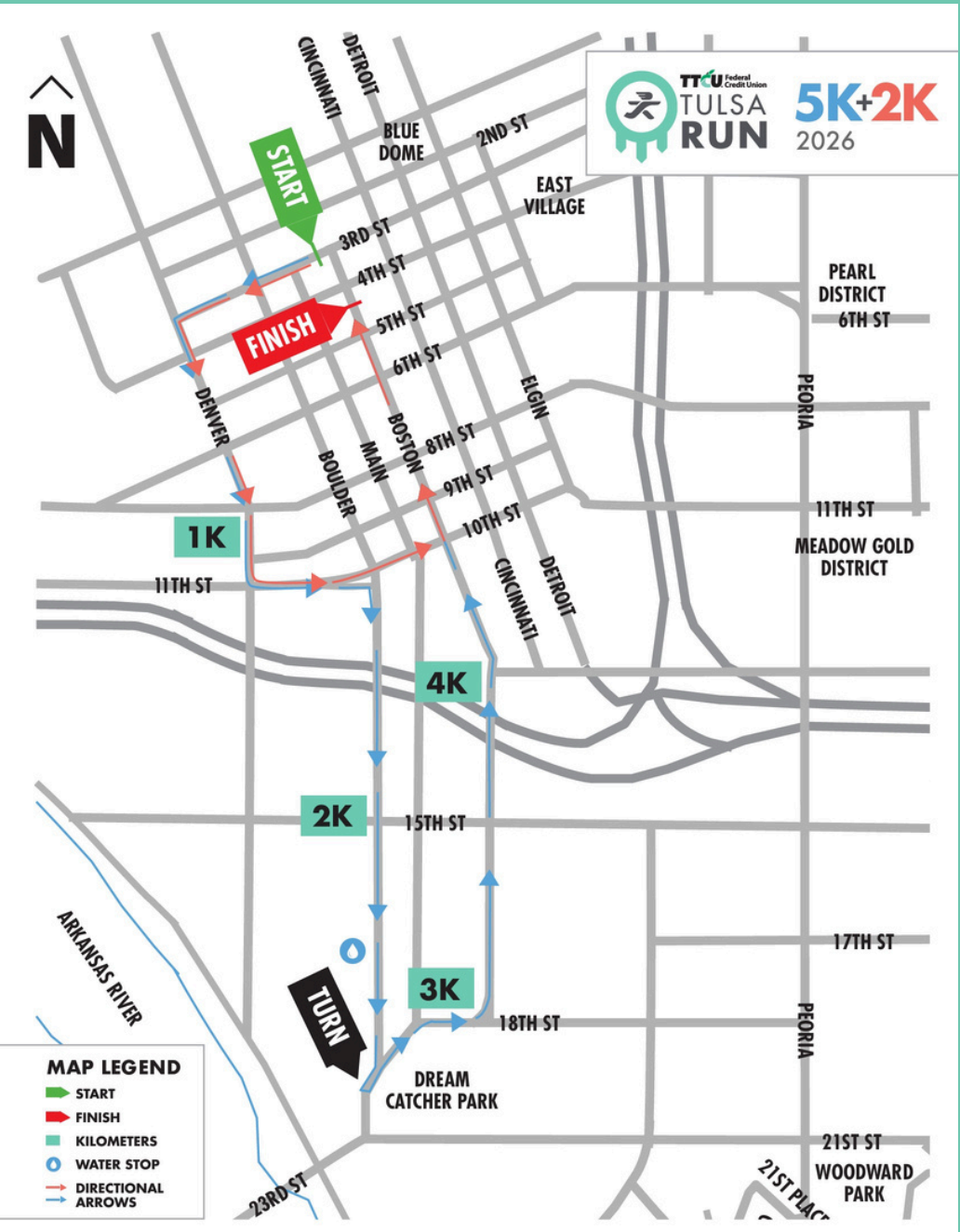
From the starting line to the finish, we've got memories worth keeping! Check out your race-day photos and relive your favorite moments.

GET SOCIAL WITH US!

We want to see your Tulsa Run experience! From costumes and start-line selfies to finish-line celebrations, share your favorite moments and tag us for a chance to be featured.

TTCU TULSA RUN @RUNTULSARUN


TTCU Federal Credit Union
TULSA RUN
15K
2026
N
START
FINISH
14K
1K
2K
3K
4K
5K
6K
7K
8K
9K
10K
11K
12K
13K
TURN
BLUE DOME
EAST VILLAGE
PEARL DISTRICT
MEADOW GOLD DISTRICT
CHERRY STREET
DREAM CATCHER PARK
WOODWARD PARK
SWAN LAKE
CASCIA HALL
ARKANSAS RIVER
ARKANSAS RIVER
CINCINNATI
DETROIT
BOSTON
DENVER
BOULDER
MAIN
ELGIN
PEORIA
ROCKFORD
UTICA
SUNSET
OWASSO
ST. LOUIS
TERWILLEGER
SWAN DR
2ND ST
3RD ST
4TH ST
5TH ST
6TH ST
8TH ST
9TH ST
11TH ST
15TH ST
17TH ST
18TH ST
21ST ST
21ST PLACE
22ND ST
23RD ST
25TH ST
27TH ST
MAP LEGEND
START
FINISH
KILOMETERS
WATER STOP
DIRECTIONAL ARROWS


TTCU Federal Credit Union
TULSA RUN
5K+2K
2026
N
START
FINISH
BLUE DOME
2ND ST
EAST VILLAGE
3RD ST
4TH ST
5TH ST
6TH ST
PEARL DISTRICT
6TH ST
CINCINNATI
DETROIT
DENVER
BOSTON
MAIN
BOULDER
ELGIN
PEORIA
8TH ST
9TH ST
10TH ST
11TH ST
MEADOW GOLD DISTRICT
1K
11TH ST
4K
2K
15TH ST
17TH ST
ARKANSAS RIVER
TURN
3K
18TH ST
DREAM CATCHER PARK
21ST ST
WOODWARD PARK
23RD ST
MAP LEGEND
START
FINISH
KILOMETERS
WATER STOP
DIRECTIONAL ARROWS

THANK YOU SPONSORS

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BIG RIVER FOOTWEAR CO.

ONEOK

NEW STORY BREWING

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TULSA, OKLAHOMA

AMERICAN SOLERA

ACTION SAFETY SUPPLY CO., LLC

AT YOUR SERVICE RENTALS


TTCU
Federal Credit Union


BIG RIVER
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new balance
BROOKS
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$20 GIFT CARD
EXP. 11/30/26
UTICA SQUARE
RUNNING. WALKING. COMFORT.
THE TOP RATED RUNNING STORE IN OKLAHOMA
*some exclusions may apply. minimum spend of $100.
BIG RIVER
FOOTWEAR CO.

We've got your number.



Free drip coffee all day for runners who show their bib.

THE place to watch the run go by.

DoubleShot Coffee Company
Atthe Rookery
1633 South Boulder Ave
DoubleShotCoffee.com