

Tulsa Triathlon

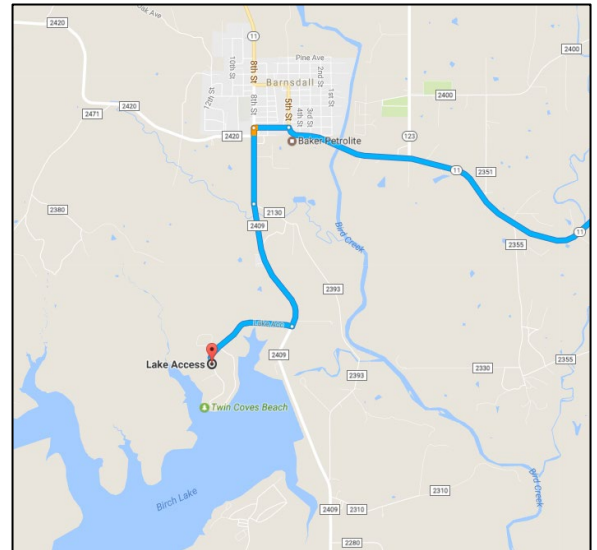
Olympic Distance Course

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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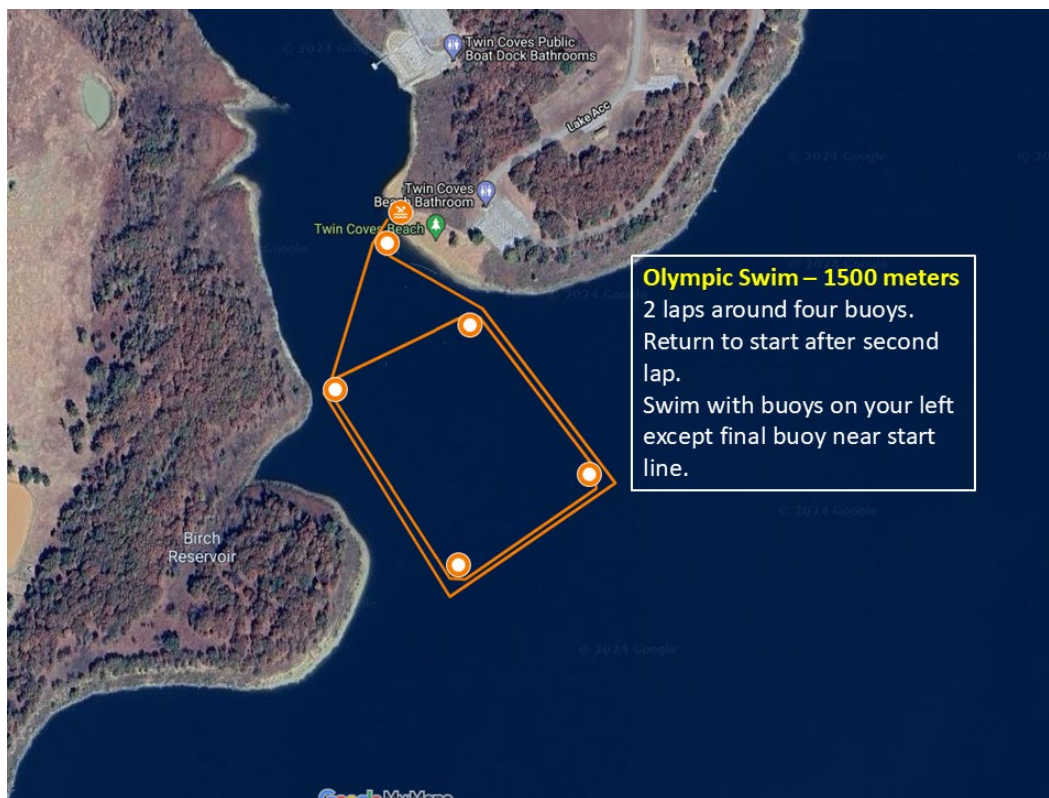
Olympic Swim Course

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 Olympic swim course is a two-loop course for 1500 meters.
- The swim includes a beach start and finish.
- An inner buoy will mark the start/finish line.
- Participants will swim two loops around the four outer buoys.
- Be sure to turn at the Olympic Turn buoy.
- Large orange buoys will mark all Olympic turns.
- Participants swim counterclockwise 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.

Listen to race-day instruction for specific course instructions including color of buoys for the different races.



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Olympic 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.

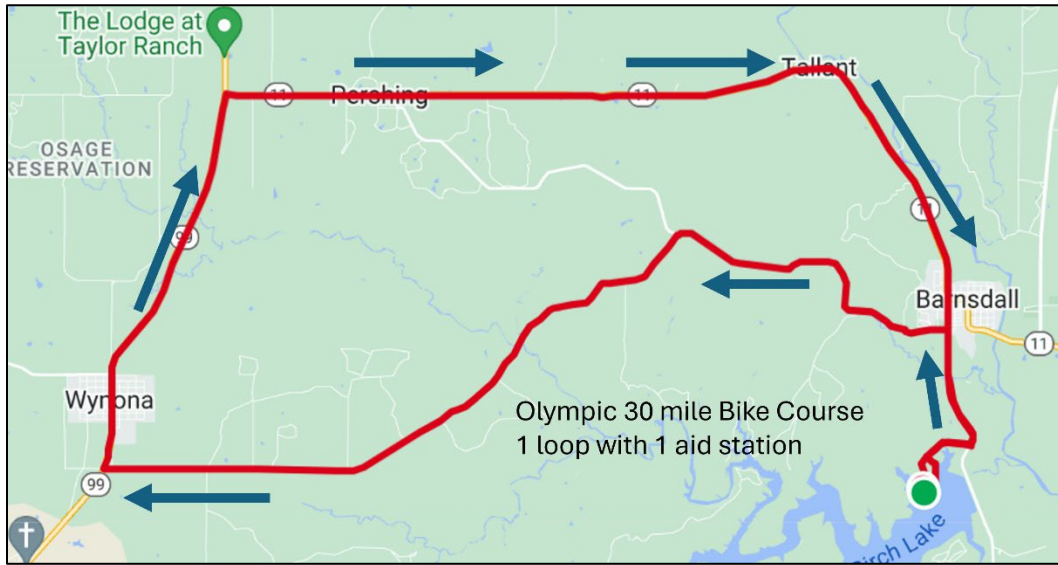
The bike course is a 30 mile loop. As you exit the transition area volunteers will guide you to the mount line on the east end of the parking lot.

- Exit the park out the main entrance and turn left onto County Road 2409
- As you approach Barnsdall turn left onto County Road 2420
- County road 2420 becomes County Road 2350
- 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. Please pay attention and do not just blow thru the Stop Signs**
- After Barnsdall, continue on Country Road 2409 to the park entrance
- Turn right into the park
- 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

There will be one aid station on the course just after you turn onto Highway 11 (approximately mile 17). It will be on the right side of the road. 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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Olympic Run Course

- Follow the signs and volunteer instructions to exit the east end of the transition area
- Follow the signs to the park entrance and turn right on County Road 2409
- Run 1/2 mile to the turnaround – look for volunteers and an aid station
- Proceed back to the park entrance and enter the park
- Run about 1/2 mile then turn right and follow the signs “Sites 1-12” into the camping area
- Loop around the camping area until you reach the turnaround location.
- You will turn around and run past sites 1-12 again
- Once outside of the camping area turn right and head to the transition area
- Run past the transition area and do the same loop one more time, but finish at the finish line arch before you reach the transition area.
- 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.

