

# Tulsa Triathlon

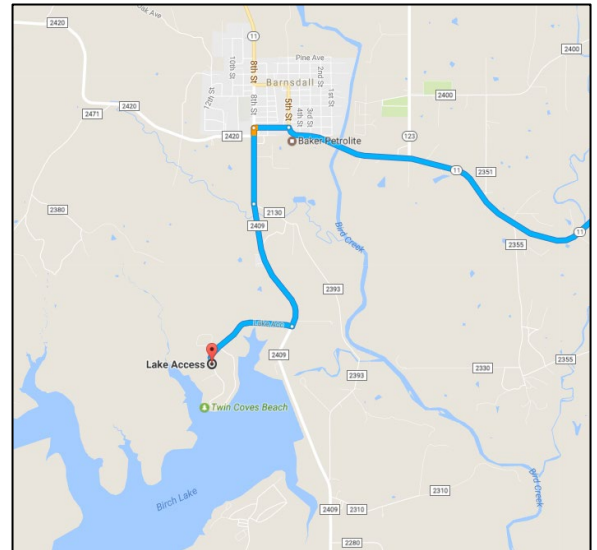
## Olympic Distance Course

### 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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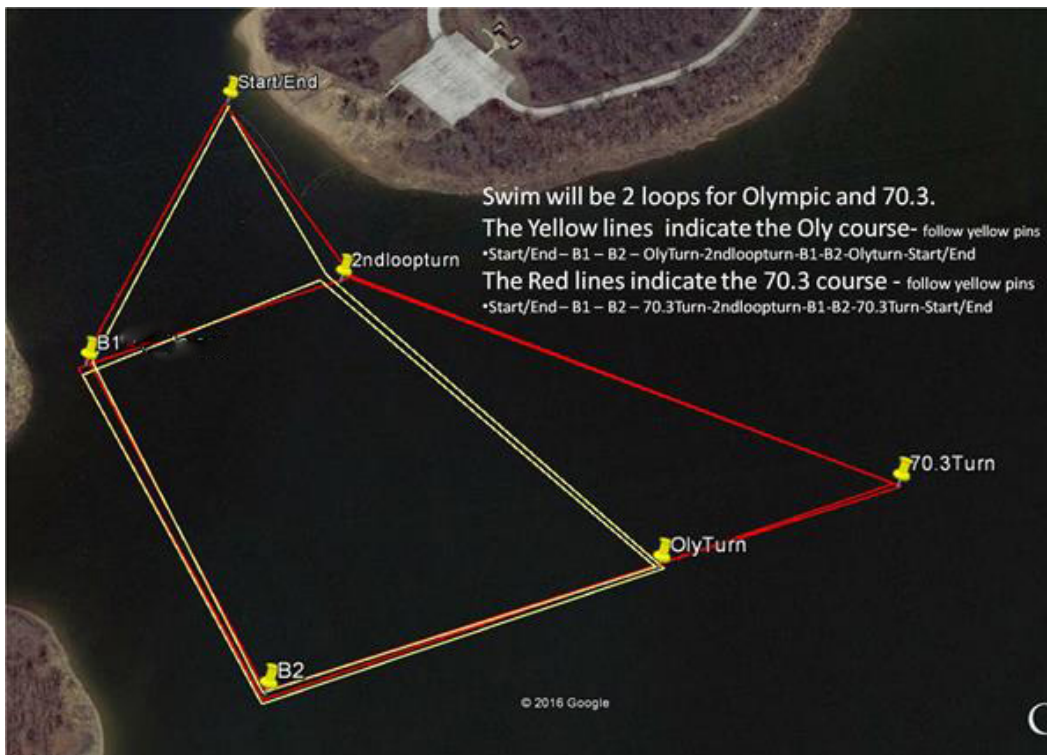
### Olympic Swim Course

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. The 70.3 turn buoy will be a different color.
- Participants swim counter clockwise 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.

The 70.3 Half distance swimmers will be swimming at the same time but have a different turn. Know your course and do not follow other swimmers. 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.

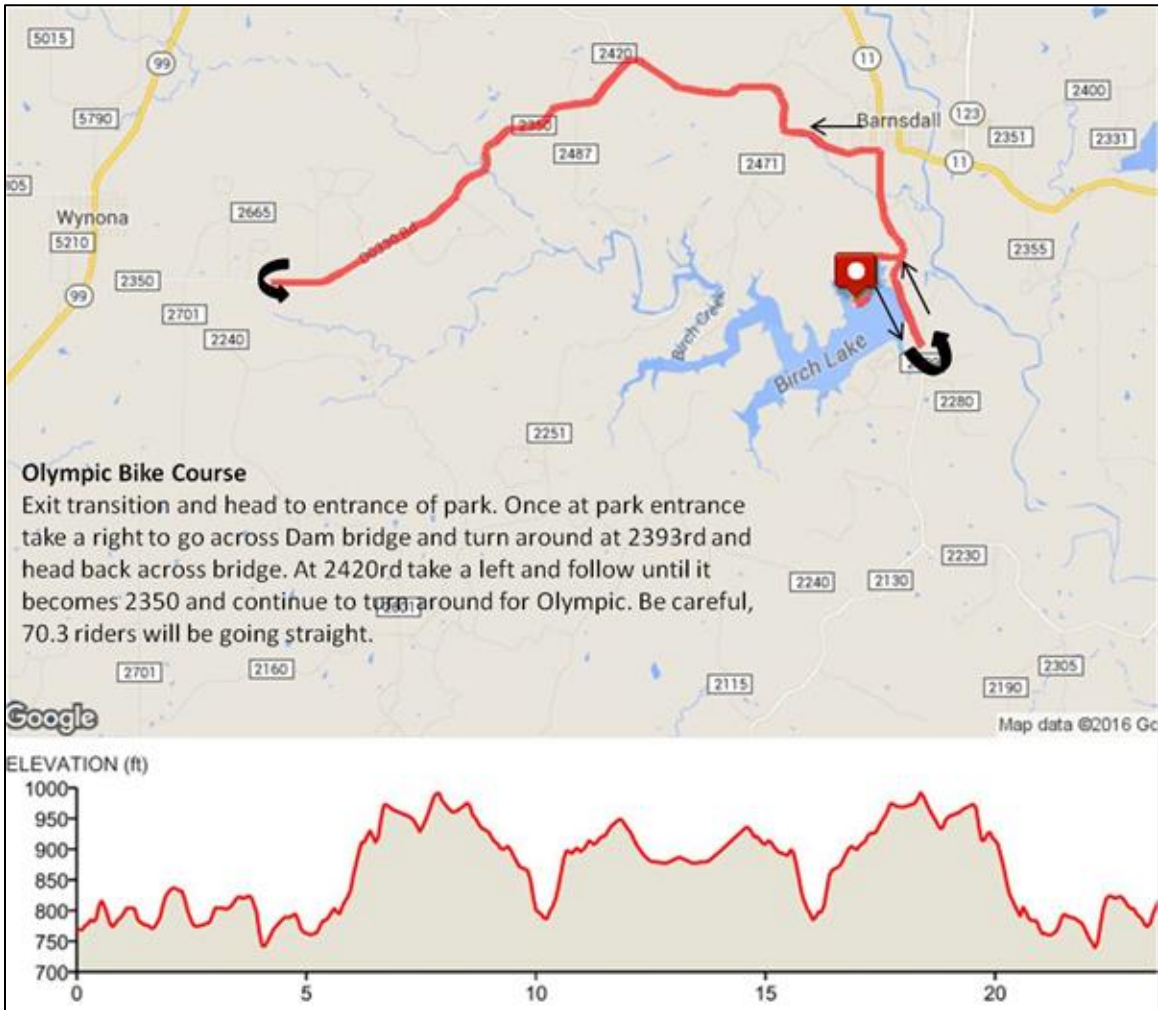
The bike course is a 40km out and back route. As you exit the transition area volunteers will guide you to the mount line on the east end of the parking lot.

- Exit the park out the main entrance and turn right onto County Road 2409
- Cross the Birch Lake dam and turn around at County Road 2393. Volunteers will direct you.
- Continue on 2409 past the park entrance
- As you approach Barnsdall turn left onto County Road 2420
- County road 2420 becomes County Road 2350
- Follow 2350 until you see the turnaround just past an aid station.
- There will be signs and volunteers warning you to slow down and where to turn.
- **Pay attention at the turnaround since the 70.3 Half participants are on the same course but will continue straight.**
- Return to the park entrance by turning right on County Road 2409
- Turn right into the park. You do not cross the dam again.
- 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 Olympic bike around mile 12 before the turnaround. 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 across the Birch Lake dam
- After the dam you will take a left on County Road 2393 at a sign that reads “Birch Cove Outlet Park”.
- There is an aid station at the T intersection. Follow the signs and volunteer instructions.
- Veer right at the T intersection and stay on County Road 2393 until you reach a turn-around point.
- Once you return to the T intersection turn right and run to Outlet Park.
- Make a loop around Outlet Park and return to the T intersection.
- Turn right at the T intersection and run back up County Road 2393 to the dam.
- Turn right to run across the dam and proceed back to the park entrance.
- Enter the park and run about 1 mile until you reach the finish line arch.
- 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.

