

Tulsa Triathlon

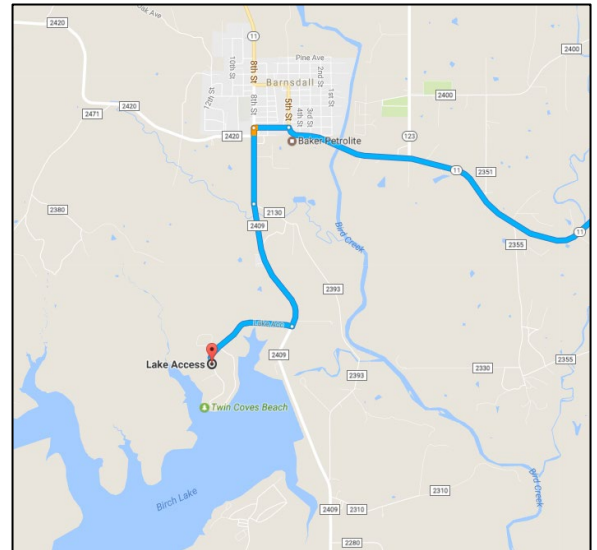
Sprint Distance Course

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.

There is a Kids' triathlon on Saturday starting around 10:30. If you are parked along the course you will be able to leave between 9:30 and 10am. After 10am you will have to wait for the kids' triathlon to finish before leaving the area. We need to keep the course absolutely clear for the safety of the kids.

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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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Sprint 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 Sprint swim course is a 500 meter triangle with a beach start
- Large orange buoys will mark the turns
- Participants swim counter clockwise and you will keep the two outer buoys on your left
- An inner buoy will mark the start/finish line
- Participants will swim one loop and then go to shore
- A marked path will take you to the entrance of the transition area
- Swim course map is approximate and exact buoy locations may change



Tulsa Triathlon

Sprint Distance Course

Sprint Bike Course – 12 Miles

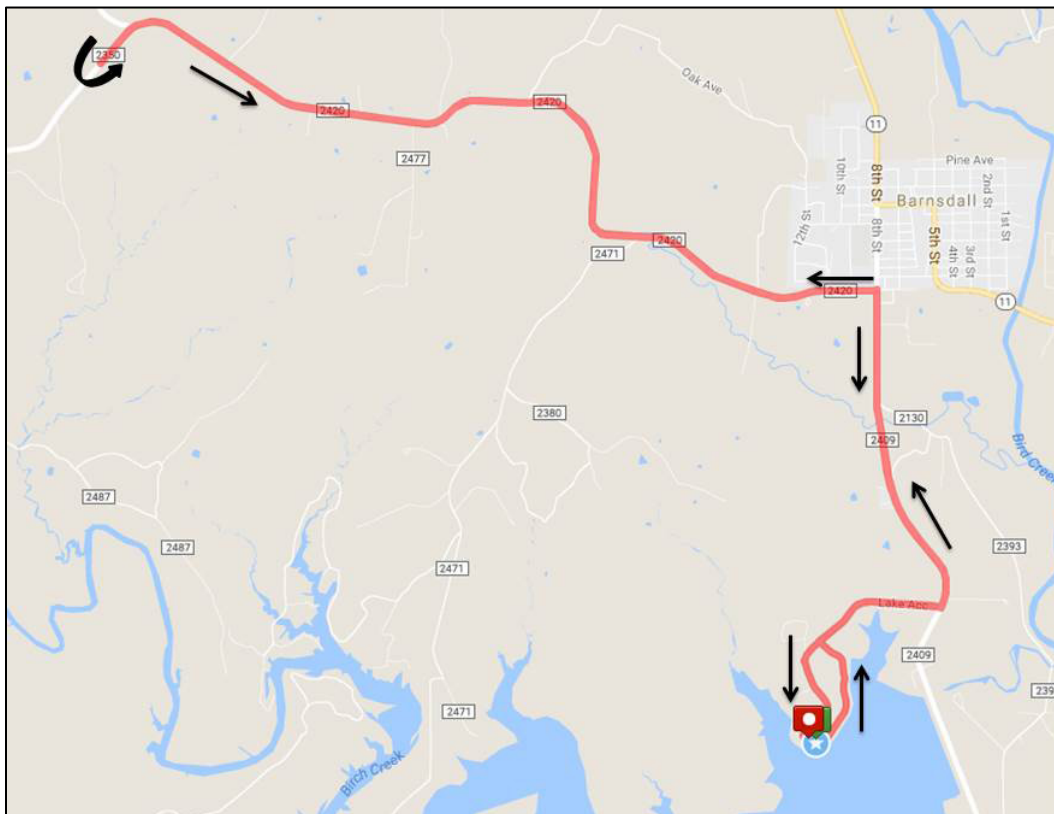
You must walk your bike in and out of the transition area and to the Mount/Dismount lines on the pavement. The bike course will be marked with race signs in the grass and paint on the road surface.

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 12 mile 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.

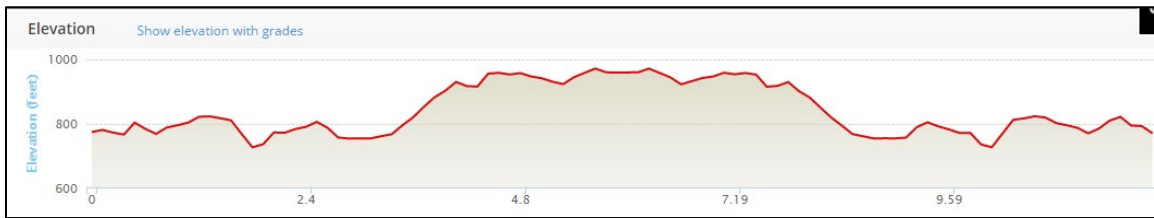
- Exit the park out the main entrance and turn left onto County Road 2409
- As you approach Barnsdall turn left onto County Road 2420
- Follow 2420 until you see the turnaround. There will be signs and volunteers warning you to slow down and where to turn.
- Return to the park entrance by turning right on County Road 2409
- 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 not be any aid stations on the sprint bike course so be prepared with food and drink to carry with you.



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Sprint Run Course – 5km

- Follow the signs and volunteer instructions to exit the east end of the transition area
- Follow the signs to the entrance of the park and turn right on County Road 2409
- Run ½ mile to the turnaround
- Proceed back to the park entrance
- Enter the park and run about ½ mile
- Turn right and follow the signs “Sites 1-12” into the camping area
- Loop around the camping area until you reach the turnaround location. Volunteers will also direct you on the turns.
- You will turn around and run past sites 1-12 again
- Once outside of the camping area turn right and head to the finish line arch. Congratulations!!!
- While running stay on the left side of the road facing any oncoming traffic

There will be aid stations with water, Gatorade and park restrooms near both turnaround locations.

