



Tulsa's Route 66 Marathon Trip Notes November 17-22, 2011

I met a woman runner from Richmond while in Tulsa and asked her why she chose Tulsa's Rt 66 marathon. Well, because she is 66 years old. Duh, I'm 66. I guess that's as good a reason as any to return to Tulsa after about 47 years. (I didn't leave my heart in Tulsa but I left my first husband there.) My real reason for the trip was a group of wonderful folks I'd met on the running circuit and in particular The Winters who invited me to Marv's 49th and 50th marathon celebrations and now to Tulsa.

*There are only two ways to live your life.
One is as though nothing is a miracle.
The other is as if everything is.*

I wish I'd have said that. It's my sentiments; it's from Albert Einstein.

Excellent marathon full of perks

- Friends and more friends. A host of special people were here, both residents and temporary implants.
- Easy and inexpensive registration.
- Friendly residents mostly – I read that some residents were cussing out the runners for blocking their usual route to church. Can't make that stuff up!
- Hotels are plentiful and so close to the start that I went out at 7:55am.
- Expo is super convenient to a number of downtown hotels. Plenty big and varied.
- T-shirt is icky cotton but well designed; they make up for it with a Finishers Shirt at the finish.
- Course is new and expansive and varied; it's a surprise to see so many estates, parks and what used to be little towns when I lived here but now incorporated into Tulsa. It unfortunately had quite a bit of concrete which is tough on the joints.
- Pacers – though not advertised they added a 5:30 (Marie!) and a 6:00 pacer. Great!
- 50-staters and Maniacs are treated like the heroes we think we are with a special booth, tent, good foods, and customized medal.
- Center of the Universe diversion adds a bit of mileage but is creative, fun to do, and gives a classy large coin type medal not to mention the band entertainment, pictures, and Michelob beer.
- Mats were generally well placed and only one out-and-back allowed for skipping which I saw happen (go into the bathroom and come out going the other way.)



- Food on the course? Don't expect any and you won't be disappointed. It was limited to gels at two locations, bananas one, and pretzels one other place. There were two unofficial beer stations of which I indulged.
- Food at the end? I don't know who got it since our half marathoner found the finish empty of food and I sure did too with only bits of cut up bagels remaining.
- Announcing at the start and end were very good and customized name calling.
- Medals are outstandingly dramatic and again, customized for the 50-staters/maniacs.
- Weather can be unpredictable which we really got first-hand knowledge. Many of us dressed for the 50s and got 30s with some accounts saying 28 degrees wind chill factor. Had the run been one day later there would have been severe thunderstorms and flooding.
- Bus or walk of about a mile required from the finish line.



Hotels

I was very happy to have moved to the Hyatt as it was exactly at the start line plus they gave me the Concierge Floor with related perks and delivered a welcoming note my first night with a tray of cookies and milk. The Doubletree was connected to the Expo and fairly close to the start and Holiday Inn would have been good too. The Ambassador would be between the start and the finish. They offered bus service from the finish which was only a mile or so but in the extreme cold many of us switched to the bus from our planned walk. I believe all these hotels offer complimentary airport shuttles so a rental car is not needed unless you want to tour, and then you'll find that most sites are outside of town.

Results – and Stockholm here I come!

There's a nice story. On Friday I had made the tough decision to pay up for the July 2012 Stockholm 100th Anniversary Run – knowing that I probably wouldn't be able to make the cut off at the half way mark by 2:45 where they will pull us. Or even if I did, then not the 6 hour finish line cut off. Tom helped by reminding me that I choose to do marathons for the destination travel, and not for the medal or to get my ticket punched so I should go anyway.

But here I was on what I didn't realize was a very hilly course but with friend and pacer Marie Bartoletti taking on the 5:30 pace group (whereas she had been assigned the 4:30 until late the day before – was this meant to be?) It was a message, so I lined up with her and low and behold, we crossed the half way mark at 2:42. It was somewhere around 15-16 miles that I started hunting more warm clothing, a porta potty, and then abandoned her. Even with taking the 'Center of the Universe Detour' and having two beer stops and going through a huge amount of Kleenexes with my continual nose problem, my finish time was 5:47 so there's hope for Stockholm after all.

There might be more surprises for Stockholm – coming later. One is that Marie Bartoletti will be there.

For a short while my finish time was 5:44. I have the print out from the results page. For some reason the results changed but they are just fine with me. Division place: 4 out of 6; Gender place: 477 out of 572; 10k: 1:15:07; Half: 2:42:47; 30k: 4:02:20.



Oddly there were more pictures than I've ever had taken. See one of the picked up jackets here. It got abandoned for a larger one without a broken zipper but it covered my bib so there are no pictures of it.

Health

I blame it all on the one bad food item in France and a continual series and slide of tiny health problems. Obviously it was nothing to totally stop me but enough to be coughing and using mountains of Kleenex on the course. Maybe if I stayed warm and dry for a few days at a time I'd get well

Most of the body parts are good. This did leave some joints tight and tired but it's no wonder when I realize how little I've ran in the past few months. My marathons have been primarily all walking from Medoc France in September, Berlin, Dublin, and Richmond last week.

Weather

Local Severe Weather Alert - Flash Flood Watch in effect MON until 6AM CST TUE
 ... FLASH FLOOD WATCH IN EFFECT FROM MONDAY EVENING THROUGH LATE MONDAY NIGHT... THE NATIONAL WEATHER SERVICE IN TULSA HAS ISSUED A FLASH FLOOD WATCH FOR PORTIONS OF ARKANSAS AND OKLAHOMA... INCLUDING THE FOLLOWING AREAS... IN OKLAHOMA... ADAIR... CHEROKEE... CHOCTAW... CREEK... DELAWARE... HASKELL... LATIMER... LE FLORE... MAYES... MCINTOSH... MUSKOGEE... OKFUSKEE... OKMULGEE... PITTSBURG... PUSHMATAHA... ROGERS... SEQUOYAH... TULSA AND WAGONER. TWO TO FOUR INCHES OF RAIN ARE EXPECTED ACROSS MUCH OF THE WATCH AREA LATE MONDAY THROUGH TUESDAY WITH LOCALLY HEAVIER AMOUNTS OF UP TO EIGHT INCHES POSSIBLE. SOME FLASH FLOODING WILL LIKELY RESULT FROM THIS EXCESSIVE RAINFALL. PRECAUTIONARY/PREPAREDNESS ACTIONS... A FLASH FLOOD WATCH MEANS RAPIDLY RISING WATER OR FLOODING IS POSSIBLE WITHIN THE WATCH AREA.

How to dress for cold? I generally have no trouble with that; I had gloves, hand warmers, a jacket, a second Buff, etc. – all in my room. But expecting 46 degrees at the start and into the 50s shortly thereafter, these warm gear items all unfortunately stayed in my room. What to do? Some quit. Me? I have often 'shopped' and collected on the course but I've never worn other people's discarded clothing until they were washed; this was a logical day to make an exception. My pictures will show various outfits from the sweat shirt jacket with some football team's name on it, but the zipper didn't work so it got discarded for a larger jacket, which got discarded for a properly sized tech warm black shirt. I still shivered and was unable to stay at the food tent for long after the finish despite wrapping a space blanket like a skirt and another around my shoulders.

I was particularly sorry not to get to show my "Marv" shirt. When Marv finished his 50-states in Outer Banks his friends got everyone a shirt featuring Marv as a Pirate with a creative 'Priceless' list on the back. I not only thought I could wear it, but I even put on sunscreen. How off could we all be! No one ran in one shirt!

Center of the Universe: *Tulsa string band to provide Center of the Universe Detour music. Last year we introduced a fun experience for marathoners called the Center of the Universe Detour. The detour offered runners a unique opportunity to run an extra 0.3 miles to visit Tulsa's historic Center of the Universe. The distinctive quality of the landmark is an eerie echo that is heard by someone standing in the center of the brick circle. Participants who stand at the*

center of the brick circle and talk will hear an echo, but others outside the circle cannot hear the echo. If you decide to visit the Center of the Universe this year, and you start to feel like maybe you've stepped back in time, don't worry, you haven't time traveled and you're not hallucinating, although you probably are dehydrated. You are simply hearing the old timey sounds of one of Tulsa's unique musical treasures, Klondike5. Klondike5 is guaranteed to bring out your inner hillbilly when they play their foot-stomping hee-hawing old timey music. They are a Tulsa-based string band that seems to have been born several decades too late. They consist of Mathew Skelton on guitar and his wife Carmen on fiddle, Victor Wandres on upright bass, Eric Fransen on banjo and Ted Ward on the washboard.

At the Center were other items of entertainment. What was this bus? And I couldn't resist indulging in the beer or the unofficial beer station(s) later.



Friends

Marv and Maryanne live in Tulsa and I'd been with them in Mobile, Hartford and Outer Banks and probably more. Maryanne gave a whole day for touring, and the two of them put on a lovely dinner party that was absolutely a treasure. It culminated with champagne from the bottle I'd had signed by all Marv's friends for his 50th state finish in the Outer Banks. Here are pictures sent by Maryanne. Next I'll hunt up a photo of our wonderful chef and friend Maryanne.



Cindy and John who live in Broken Arrow are part of Marv's running group and they opened their house for a pasta party and included all of us.



I want to look like Maryanne when I grow up. She's a few years older than me and looks great!

Judy is a lot of fun to travel with and a unique sense of humor that we all appreciate. Here's a Judy missive that's as good a reason as I can think of to buy Snapple: *I've learned a lot from SNAPPLE bottle caps. VULTURES CAN FLY FOR 6 HOURS WITHOUT FLAPPING THEIR WINGS. Real fact #885.* Judy has just finished her 50-states and seemed to enjoy the lack of pressure with switching to half marathons instead.



Jane came into my life while in Ireland late October and when I mentioned the Tulsa Marathon I was surprised at how quickly she said YES! And she did it! You'll see a special picture of Jane in my Dublin Marathon and Ireland report. Jane works for Wal-Mart in Bentonville about 1 ½ hour's drive away and I suspect the Tulsa running group will see her more.



The gang from OBX

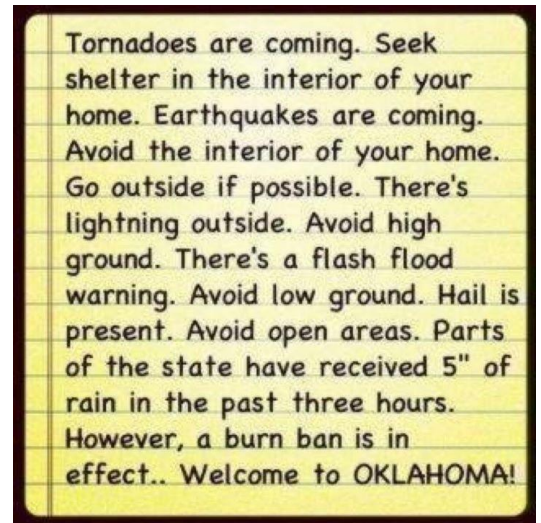
This is part of Marv and Maryanne's running group who have so kindly taken us in on occasions. Here they are at the very cold start line before it got even colder later in the day. You might remember most of them in extravagantly lovely pirate costumes from Outer Banks (OBX).

Or you might remember them from Little Rock when Marv had a bevy of girls surrounding him in a Peabody Hotel lobby picture. They had waited for me to arrive.

I met Marv while in Mobile Alabama's marathon. We ran the edge of the course on the soft grass together and have been friends ever since.

Marie and friend John were also at the same hotel, **Barbara** was at the Doubletree and **Steve and Paula** were everywhere as always.

History: Remember that I lived here once? College days in Edmund OK followed by a short marriage and move to Tulsa. Baby birthing days. I knew that it's a dangerous place and here is a reminder:



There was nothing familiar to me in Tulsa!

Touring

We are at Oklahoma's second largest city and it wasn't founded on oil but rather as the end of the Cherokee Trail of Tears in the mid-1800s. Oil came early 1900s. Then came the building of man-made lakes with the most in the nation. Tulsa is (you sitting down?) a major inland harbor due to a 450 mile navigation system (waterways connect Tulsa to the ocean!)



Downtown was rather limited but I managed to find a few super structures and also a few old buildings. There is a walking tour offered of the old art nouveau buildings as many are on the National Historical Register. They have their own Twin Towers and a rather frightening scenario. You can see pictures and read about that at the end of this report.

When the rains came on Monday I found that Tulsa, like Oklahoma City, and like Houston, (but less in Tulsa), one can walk from building to building either by walkways or underground. Also that the Williams building, attached to the Bank of Oklahoma building, contains a super employee cafeteria that is open to the public. Inside are signs telling walkers how far each loop is. I never had to leave the cover of a building.

The River offers some sculpture, parks and walkways and there are an amazing number of parks. There's even a floating stage. Centennial Park was full of canals and rockwork as well as sculpture. Veterans Park was our finish line. Woodland Park was a natural setting look and surrounded by estates and on our marathon course.

Oral Roberts University has a 200 foot glass and steel praying tower that looks like a carnival ride. It's a huge complex though smaller than it used to be.

Philbrook Museum of Art, Villa and Gardens are an AAA GEM and Maryanne used to work there so she was the perfect tour guide. She knew to dine there and to squire us around and everyone seemed to know her. We also lucked out that the Festival of Trees was just being set up.

Missed -- I didn't get to the Gilcrease Museum or the Will Rogers Museum, both AAA Gems but not in town. When I had a car rented, which I gave up when Jane and Maryanne offered so much of the driving, I had a wee bit of an idea of driving to some old home spots. Names that tell the story like Oilton, Cushing, and Jennings.

Travel Ain't What it's Cracked Up to Be

Sometimes it goes well and sometimes it doesn't. The storms of the northeast and especially into Chicago on my way home would haunt me for the day. The prior day Judy had a 2 ½ hour delay, the news was warning of delays, so I was ready with a good book, a bunch of newspapers and sandwiches. But still

Continental had booked me on United out of Tulsa with a Chicago connection and when that connection wasn't going to work due to weather delays, they couldn't find anything else for me. Worse yet Annette was not in town for my likely overnight in Chicago! I'd be on an already sold out and standby list to get out of Chicago.

So I went way down the other end of the terminal to Continental who are somewhat separately run in the Tulsa airport, announced I had a mess, was a platinum member, and could they get me to Newark. They could. Said they'd call United but sorry I had to go get paper work from United and return it to them and they'd take me through Houston and home. The subsequent walk felt good to my tired legs. When I went to pick up the required United paper work they magically found me a flight going through Dulles which worked just fine. Hindsight suggests that I should have carried forth with the Continental offer because United employees are far from the best and the planes are definitely not; and at least I would have had a jet-way with Continental and not a stairway in the pouring rain both coming in and out of Dulles. Not to mention the various employees who didn't have a very good command of English. Sorry - I shouldn't make disparaging remarks about immigrants but when they are in the public's hearing like this, they need understandable English.

But bottom line was good: I had dinner with Tom.

Others

Diane finishes her 100th at Flying Monkey despite driving rain and mud. Congratulations Diane!

Philadelphia: Jenna was there with her partner Adrienne. They are my friends and Adrienne is my trusted massage therapist. They reported before I heard it on the news that two runners died. Jenna did well and I was especially proud of her since she's had trouble getting to the start line too often.

New York City: So many friends were there that I can't even name them all. Diane was loaned an apartment overlooking Central Park! Weight trainer Jeff did well enough that maybe he now has gotten over marathoning – he has a reconditioned knee with cadaver parts so there's probably other sports more suitable for him. You'll read David's report under "friend's reports" and his hilarious story of staying at the YMCA. What a world apart from Diane's accommodations!

I'm often asked what is my favorite marathon? There is no perfect answer. There is no ONE favorite. It's like asking for a favorite child. So I started putting together another type of list.

- What was the most fun? Medoc in France. By far. Where else would you enjoy getting kissed by a 6' French man dressed as a chicken? Where else can you get an invite into the inner courtyard of 22 famous chateaux/vineyards? Where else can you run through 59 vineyards?
- What was the biggest honor? Boston. I need say no more.
- What was the most memorable? Athens 2500th anniversary of the run from Marathon to Athens.



- What was the most well known? New York City is a 5-borough long block party where I participated five times.
- What is the craziest? London! All are charity runners other than the internationals. Charity runners dress in costume and often carry a bucket asking for contributions.
- What gives the biggest reason to return? San Francisco. I've been three times for the marathon and still another time for the Bay to Breakers and I'm looking for more reasons.
- What has the best ocean view? I know Big Sur but Rio de Janeiro probably tops it. Too bad it's not as safe as Big Sur.
- What's the best collection? The Five Majors: New York, Chicago, Boston, London and Berlin.
- What is the best one to disparage? It was the hottest and most disgusting in Chicago in 2007 as much because the race director blamed the runners for using up all the water resulting in one death and 400 hospitalizations. Honest: who could make up such a stupid statement as blaming the runners who should have been allowed all the water they wanted for their \$130 entry fee.
- What was the fastest? Steamtown in Scranton Pennsylvania where I qualified for Boston with a 4:25 at age 60.
- What has the best scenery? Capon Valley 50K in West Virginia where I'm heading for the 5th year. The Dogwood trees are in bloom, the woods are varied, the hills with views are high, and the stream crossings are plentiful.
- What was the smallest one? Kings Mountain SC where there were 14 participants. It was created after the Myrtle Beach SC cancellation; SC was needed for some of the 50-staters.
- Who is the best race director? Joyce of Calico Racing! See Running with the Angels and Red Rock Canyon. And Nancy Goodnight of The Toughest Little Marathon in Texas out of Waco.
- What was the toughest, highest and hardest? Madison Montana is the highest road marathon in North America and one of the most beautiful with wildflowers and mountainous scenery. It is hard to get to, hard to breathe at nearly 10,000 feet elevation and hard to finish due to the huge variation in elevation. It was worth it.

The End – for now

Since I'm many reports behind and ready to depart on still another one, I will shorten my usual trip notes and end on the note that I continue to be thankful to be able to travel and move at all. Life is good!

Itinerary

Thu Nov 17

1:00pm Depart Newark EWR via CO#643 operated by United
2:27pm Arrive Chicago ORD for plane change (1:35 layover – use club)
4:02pm Depart Chicago ORD via CO#6170 operated by Express Jet/United
5:57pm Arrive Tulsa TUL

Shuttle Complimentary shuttle by hotel

Hotel Doubletree by Hilton Tulsa Downtown – host hotel
616 W. Seventh Street, Tulsa, OK 74127 Tele: 918 587 8000

Judy, Jane, Marie and John at Hyatt ex-Crown Plaza

Hotel Hyatt Regency – I moved to Hyatt at the last and glad I did
100 East Second Street, Tulsa, OK 74103 Tele 918 582 9000

Fri Nov 18

11:30am Maryanne to pick up Diana and Judy at Hyatt lobby on 2nd street side.

12:30pm Lunch and tour of Philbrook Gardens with Maryanne Winters: *We will come and pick you up at the Doubletree and we'll tour a little bit and then go to Philbrook. You know, I worked there for 8 years and then retired again. I was the Exec. Assistant to the Director, who is now the Director of the Portland Museum of Art in Oregon. I loved my time there, but since I left, I bet I can count on one hand how many times I've visited. So I look forward to going back. It really is a little jewel in this part of the country. I'd like for you to have dinner with us that night, here at our home. Then we can take you back to the hotel. Since you're leaving on Monday that would free you up on Sunday evening after the marathon to crash at the hotel.*

9:45am Judy arrives and is staying at Hyatt Regency at 100 East 2nd; departs noon Monday
BS Reunion (is that BS or Bread or Soap?)

11:00am Expo at Tulsa Convention Center, 100 Civic Center, until 8pm - if we can fit that in

Dinner At Marv and Maryanne Winters home

10:55pm Marie Bartoletti arrives and with John; departs 4:25pm Sunday

Sat Nov 19

10:00am Expo at Tulsa Convention Center, 100 Civic Center, Tulsa 74103 until 6pm

11:00am Marie Bartoletti, pacer, shift at Expo until 1pm

4:30pm Dinner at Cindy and John home in Broken Arrow
Jane offers to drive

Sun Nov 20

8:00am Williams Route 66 Marathon www.route66marathon.com

Includes Center of the Universe Detour making it 26.5 miles or an 'ultra' marathon! Receive custom 2.25" commemorative coin

Start at 7th and Main: an easy walk from Hyatt at 2nd and Boston approx

Finish at Veterans Park with shuttle offered until 3pm on Boulder Avenue between 18th and 21st but that might be an okay walk back if weather decent.

Course open for 6 ½ hours; finish line open for 7 ½ hours. Hospitality tent set up for 50-states club members.

Mon Nov 21

Noon Judy departs Tulsa

Tue Nov 22

1:04pm Depart Tulsa TUL via CO#6048 operated by Express Jet/United

2:54pm Arrive Chicago ORD for plane change (1:06 layover)

4:00pm Depart Chicago ORD via CO#228 operated by United

7:10pm Arrive Newark EWR

New courses finalized

New highlights include downtown start, return to Brookside and The University of Tulsa



The Williams Route 66 Marathon, presented by Blue Cross and Blue Shield of Oklahoma, will feature new courses this year. The changes were necessary to accommodate the increased participation in the races and the change to a two-day format.

"We spent a great deal of time looking at several options to increase the capacity of our courses to accommodate our rapid growth not only in 2011 but into the future." said Chris Lieberman, executive director of Tulsa Route 66 Marathon, Inc. "We were able to design excellent courses that met all of our objectives."

The objectives for the changes to the courses were a direct result of the participant surveys after the 2010 Williams Route 66 Marathon and included:

- Start in downtown Tulsa to eliminate the need for pre-race hotel shuttles making it easier for the participants to get to the start of the races.
- Increase the capacity of the courses to accommodate 20,000 participants by 2013.
- Ensure the marathon and half marathon courses follow the same route until the

end of the half marathon course.

Both the marathon and half marathon courses will make a return to Brookside 7.25 miles in to the race.

The Brookside Entertainment District is a stretch of local restaurants, retailers, bars and venues located between 32nd and 41st Streets on Peoria Ave. Centered on Brookside is the Cosmo Cafe and Bar, Leon's Sports Bar and many unique shops.

"Brookside is very excited about having the Route 66 Marathon back in our entertainment district," said Janine Morales, president of the Brookside Business Association. "This is good for Brookside and good for the city of Tulsa. We need those sales dollars for Tulsa."

The marathon course also features a tour of The University of Tulsa campus, a private, premier institution originally known as Henry Kendall College founded in 1894 and moved to Tulsa in 1907. Today, TU has more than 4,000 students and is ranked 75th among national doctoral universities in *U. S. News & World Report's* 2012 edition of *America's Best Colleges*.

"The University of Tulsa has undergone major transformations and renovations over the past few years - the most recent being the addition of the Lorton Performance Center - and we're excited to show off our beautiful campus," said Terry Hossack, associate vice president, The University of Tulsa. "We appreciate the organizers for including us on the course and look forward to helping encourage the athletes to the finish line."

Many of the popular course sections from previous years remain, including Cherry Street, Cascia Hall, Swan Lake, Woodward Park, Riverside Drive and of course, the Center of the Universe Detour.

"We are proud to once again be part of the Williams Route 66 Marathon and showcase our unique district to thousands of out-of-town visitors," said Mary Ellen Slape, owner of the Hunt Club and secretary of the Brady Arts District Business Association. "We're also proud to be home to the Center of the Universe Detour, which like many of the unique businesses in the Brady Arts District can only be experienced here."

Entertainment and spectators will continue to line the course keeping participants encouraged as they journey toward the finish line.

New course maps are also available for the Williams Route 66 Quarter Marathon on Saturday, Oct. 15 and the 5K and Fun Run courses happening Saturday, Nov. 19 during marathon weekend. Click the maps in this article to see all of the course maps for the Route 66 Marathon and Route 66 Quarter Marathon.



Center of the Universe



Michelob Ultra sponsors detour, assembles team to participate

In support of the Williams Route 66 Marathon family of events, St. John Siegfried Health Club is granting access to all gym facilities at a reduced rate for new members participating in the November events.

The directors of the Williams Route 66 Marathon recently announced Michelob Ultra's sponsorship of the Center of the Universe Detour. Michelob Ultra is also assembling a team of approximately 60 runners to participate in the family of events.

The Michelob Ultra running team was formed two years ago with the dissolution of the 180 Energy Drink, an Anheuser-Busch product and the team's original sponsor. The team was originally formed in 2000 with 15 competitive runners and now features more than 150 members including Zac Freudenburg who won the 2009 Williams Route 66 Marathon and broke the Guinness World Record for running a marathon while pushing a stroller with a time of 2:32:10. The team travels across the country competing in the Michelob Ultra Racing Series, which includes the Williams Route 66 Marathon, presented by Blue Cross and Blue Shield of Oklahoma.

The Center of the Universe Detour is an optional 0.3-mile detour off the charted marathon course to Tulsa's historic and eerie landmark by the same name. The distinctive quality of the landmark is an echo that is only heard by the individual standing at a designated spot within the circle. Others outside of the circle cannot hear the echo. Michelob Ultra representatives will be at the detour, which occurs during mile 16 of the marathon, with live music, free Michelob Ultra and to hand out commemorative coins marking their additional distance at the marathon and ability to "live life to the Ultra."

"Our goal is to bring excitement on and off the course," said Jeff Bockhorn, team captain and founding member of the Michelob Ultra running team. "In the true theme, we live life to the ultra. When you run those 26.2 miles or 13.1 miles, you've earned a reward and, for us, that reward is getting to share a Michelob Ultra with others just crossing the finish line."

In addition to the sponsorship, members of the team will be giving motivational talks at the Health, Fitness and Sustainability Expo, presented by St. John Health System, taking place on Friday, Nov. 18 from 11 a.m. - 8 p.m. and Saturday, Nov. 19 from 10 a.m. - 6 p.m. at the Tulsa Convention Center.

"Michelob Ultra's support of our event is incredible," said Chris Lieberman, executive director of the Tulsa Route 66 Marathon, Inc. "Not only are they a wonderful corporate sponsor, but to have them bring approximately 60 runners from across the nation to participate in our event is a huge compliment to the work our all volunteer organization does in trying to put on a world class marathon."

Other elite runners traveling to Tulsa with the Ultra team include Bryan Glass, Montana's Governor's Cup Champion; wheeler Don Dowling, an Olympic bronze and silver medalist; and Andy Derks, 2010 overall Williams Route 66 Marathon champion.

"This race is second to none," Bockhorn said. "Every year more and more team members are asking to go. Route 66 is the entire package from the organization and expo to special features (like the Center of the Universe Detour), you can tell this is not your ordinary marathon and we want to be a part of it."



Greetings Maniacs and 50-Staters!

I would like to personally thank you for registering for the 2011 Williams Route 66 Marathon and give you an update on Maniac Corner, your free VIP Tent! I would like to start by thanking **Gu Energy Gel** for joining our team as the presenting sponsor of Maniac Corner. Their generous contribution makes it possible for us to provide the following free amenities for your clubs.

- Private VIP Tent and fenced in outdoor area with dedicated volunteers to make sure you have a great experience.
- The location of Maniac Corner is on the course, near the finish line. It is a great place to cheer for everyone as they finish.
- Professional group photo before the start of the race made available at no-charge to your members.
- Private Restrooms
- Private Gear Check
- Your own supply of post-race food, Gatorade, water, soft drinks and lots of beer.
- Both clubs will be acknowledged before the start of the race.
- We will provide a free booth at our health and fitness expo on Nov. 18-19 for the Marathon Maniacs and 50-States Marathon Club to promote their clubs and hand out wrist bands to their members for access to Maniac Corner.

New for 2011!

- Members who register for the marathon before August 1, 2011 and indicate that they are a member of Marathon Maniacs or 50-States Marathon Club will receive a custom race number and special edition marathon finisher medal indicating their club membership. Members participating in the half marathon and marathon relay will receive the standard race numbers and medals.
- Members of both clubs must select one club for their race number and medal.
- The special finisher medal will be provided in place of the standard finisher medal that other participants will receive.

From www.50statesmarathonclub.com – attendees for Tulsa's Rt 66 marathon

Malisa Anderson-Strait

Karen Axelrod

Ken Blahut

Paula Boone

Steve Boone

Diana Burton

Mike DeBlasis

Earl English

Tim Gundeck

Arlen Isham-looking to share ride/expenses for double with White River aisham@consolidated.net

Eric Johnson

Peter Johnson

Billy Kelley

Vincent Ma

Aquilino Garcia Medina

Bill Morton

Terry Nelson

Daryl Rodriguez

Eva Sanmartini

Ken Skelly

Karen Slattery

Jason Tung

Elaine Ver Halen

Buck Walsh

Frances Wasicka

Joe Wasicka

Adam Weiss

Barb Wnek

Stefanie Atherton, Feb-09 10:24 (CST):

Answers to your questions:

1. Yes, our marathon is appropriate for a 6 hour marathoner.
2. There is NOT a mail in registration form. However, you can register in person at the expo. Otherwise, please register online.
3. We do not offer a discount to the 50-state club or marathon maniacs. HOWEVER, we do offer an exclusive tent for the 50-staters and maniacs. We just started this last year and it received a tremendous response. We offer private restrooms, gear check, food/beverage (and beer) in this tent. The participants who were eligible for this tent loved it!

Almost forgot.....This year we will also be offering special bibs and custom finishers medals for members of the 50-staters and maniacs!
Regards, Stefanie Atherton

Center of the Universe detour spurs changes in sport

In 2010, the Williams Route 66 Marathon premiered the Center of the Universe detour, which allowed marathon runners to take a 0.3-mile detour to pass by a historic Tulsa landmark. The detour will return in 2011 due to the concept's popularity, as well as catching on around the world.

"We are pleased to share that due to the 0.3-mile detour's popularity, all marathons will now be 26.5 miles," said Chris Lieberman, executive director of Tulsa Route 66 Marathon, Inc.

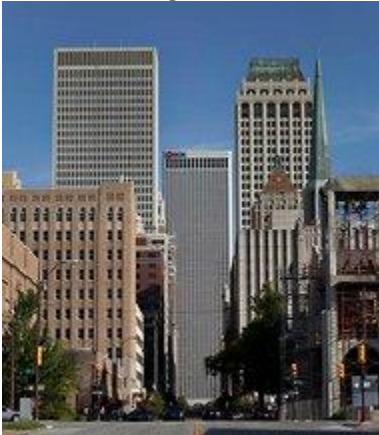
The official change to 26.5 miles will take place at the 2012 Olympic games in London. All official marathons will be required to change to the new distance after the Olympics. The following chart shows the evolution of the marathon distance over the history of the sport.

A Lone Oklahoma Tower's Clear but Uncomfortable Links to 9/11

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TULSA, Okla. — The phones rattled with the sound of an explosion. It was Sept. 11, and some of the traders at an energy company here had been speaking with colleagues at a financial company in the World Trade Center in New York. Suddenly, routine business calls became frantic dictations of final messages to loved ones. Then the lines went dead.

The BOK building in Tulsa.



Energy company workers at the BOK tower in Tulsa were on the phone with employees of Cantor Fitzgerald, a business partner at the twin towers, on Sept. 11. The New York firm lost 658 people.

In a strange twist of fate, the office tower here where those messages were scribbled — rising 52 stories above this sprawling oil town — bears an eerie resemblance to those fallen twins in New York, one so striking that executives would joke that the architect who designed all three buildings had simply shrunk his blueprints.

Ten years after those phone conversations, the emotions and fears are still raw half a nation away from the site of the terrorist attacks, refreshed daily by the familiar profile of One Williams Center. Some see the tower as an unplanned memorial. Others worry that it is a potential target.

“There is still fear,” said Linda Wagner, an accounting clerk who works in the building. “We are a miniature version in the middle of the country.”

As the anniversary of Sept. 11 approaches, the energy firm that owns the building, the [Williams Companies](#), remains so concerned about the similarity that it has tried to keep the connections secret. Even longtime employees making their way inside still take care not to let their eyes linger upward too long. Some cringe at the sound of passing planes, with one saying, “It makes your heart stop.”

The story of this office building in the dusty southern plains — known locally as the BOK building, after Bank of Oklahoma, a tenant — is one of an unlikely maze of connections tying people here to the attacks in New York.

“You never realize until something like that how interconnected we are,” said Keith E. Bailey, the former chief executive of the Williams Companies, who had visited the World Trade Center just a day earlier, on Sept. 10, with a team of employees.

The legacy of the attacks is visible here still. Workers shuffle past concrete bomb barriers on their way in and wear ID badges. And Williams officials, citing the concerns of their security officers, became so worried about becoming a target that they recently refused to answer questions and had this reporter escorted from the building.

“We must take into consideration how exposure like this might raise our risk profile, regardless of the remoteness of something actually happening,” Jeff Pounds, a spokesman for Williams, wrote in an e-mail.

The tower, the tallest building in Oklahoma, cried for attention when it was built 35 years ago in a decaying part of downtown. Originally, there were two smaller towers in the plans by [Minoru Yamasaki](#), the architect who designed the World Trade Center. But shown a model, the head of the Williams Companies picked up one of the towers and stacked it on the other. The end result was a single 667-foot building — nearly half the size of the twin towers.

The building, part of a much larger complex, was completed in 1976 at a cost of \$86 million, three years after the World Trade Center. The resemblance between the towers stretched from the arched plaza at the base to the boxy windows at the top and along the long vertical lines that defined the facade.

Dale A. Gyure, an associate professor of architecture at Lawrence Technological University in Michigan, who is writing a book about Yamasaki, said the tower was the most similar of several around the country that shared features with the World Trade Center, including buildings in Buffalo, Minneapolis, Seattle and Richmond, Va.

“He sort of developed a formula after the World Trade Center for his taller buildings,” Mr. Gyure said. “They all belonged to a family visually, but also structurally.”

Local news articles from the time make no mention of any comparisons with the gleaming new buildings to the east, but one, headlined “Williams Plans Against ‘Towering Inferno,’ ” declared that the building would be “one of the safest office towers in the world when completed.”