



POSTOAK

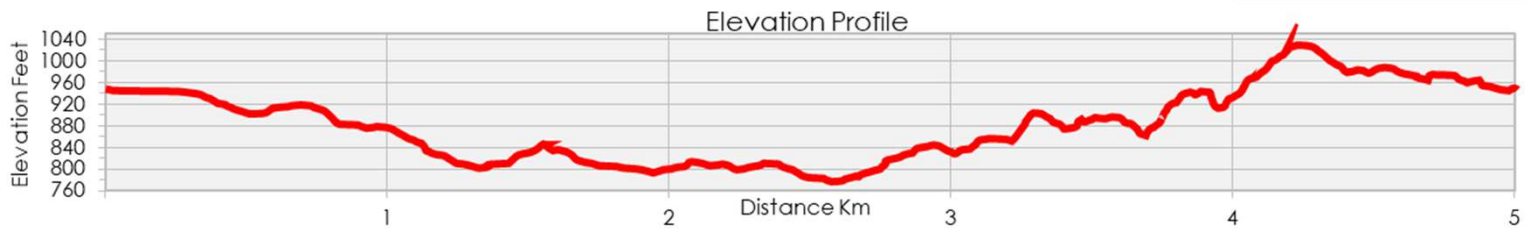
Lodge Challenge

Saturday

5 k



Elevation	
Max / Min	1028 ft / 780 ft
Gain / Loss	558 ft / 558 ft
Slope	
Max	26.7% -30.8%
Avg	6.5% -5.7%



3 Chicks and a Rooster

Mile Junkie

T2 TRAIL RUNS

HOKA ONE ONE

Fitness Protection Program

Recovery Therapy

Broken Arrow Painting

Tulsa Running Club