

TIGER  
**10K**  
LSU

10K ≡ 5K ≡ KIDS MILE



FMOL Health  
Our Lady  
of the Lake



# 2026 Official Athlete Guide

# THANK YOU SPONSORS



*Special Thanks To Those Who Keep Us Safe*

Baton Rouge Police Department, LSU Police Department, EBR EMS, Tiger 10K Medical Team and all of our public safety partners.

# A LETTER FROM THE RACE DIRECTOR

## Welcome to the 2026 FMOL Health Our Lady of the Lake Tiger 10K!

We're so excited to welcome you to one of the most unforgettable running experiences in the South.

Whether this is your first Tiger 10K or you've been with us before, thank you for choosing to be part of something truly special. There's nothing quite like running through LSU's campus and finishing on the 50-yard line inside Tiger Stadium. It's a moment that never gets old, no matter how many times you experience it.

This event is about more than just crossing a finish line. It's about the energy of race morning, the pride of representing your miles, and the celebration that comes after. From the first step to your final stride in Death Valley, we've designed this race to be something you'll remember long after race day.

At FRESHJUNKIE Racing, our goal is to create experiences that go beyond the run. We know the time, effort, and commitment it takes to get here, and we're honored to be a part of your journey.

When you cross that finish line on the 50, take it all in. You've earned it. And don't rush off. Stick around for the Tiger Tailgating Post-Race Party with food, music, and plenty of reasons to celebrate.

Thank you again for being here. I can't wait to see you at the start line and welcome you across the finish.



Patrick O'Brien  
Race Director



# RACE INTO DEATH VALLEY

# WELCOME FROM VISIT BATON ROUGE

## Welcome to Baton Rouge, Louisiana!

We're thrilled to have you in town this year for the FMOL Health Our Lady of the Lake Tiger 10K! With over 300 years of history, Baton Rouge is a city brimming with tradition, authenticity, and exciting experiences. You're in for a treat!

If you have downtime during your stay, explore some of downtown Baton Rouge's hidden gems! Don't miss the enchanting stained glass dome inside the Old State Capitol or the fascinating exhibits at Capitol Park Museum.

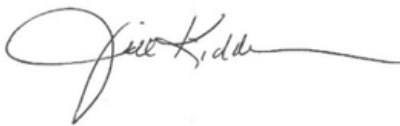
Need the perfect spot to fuel up for race day? Baton Rouge's diverse culinary scene has something for everyone. Craving Cajun or Creole cuisine? Parrain's Seafood is a local favorite. For breakfast, indulge in beignet fingers at Coffee Call or a hearty stack of pancakes at Zeeland Street.

Discover more delicious options at [visitbatonrouge.com/restaurants](https://www.visitbatonrouge.com/restaurants). Baton Rouge is a true culinary haven, and we invite you to explore its exceptional flavors.

We're welcoming you with open arms and hearts brimming with excitement! Consider us your hosts, here to ensure you have an incredible time and create memories that will last a lifetime.

For additional information and tips on how to explore Baton Rouge, visit our website at [www.visitbatonrouge.com](https://www.visitbatonrouge.com). Stay connected with us on social media for the latest updates: Facebook, Instagram, X (formerly Twitter), TikTok, and LinkedIn.

Get ready, get set, and Geaux explore!



Jill Kidder  
President & CEO  
Visit Baton Rouge





## Run & Recharge

After crossing the finish line, your Baton Rouge adventure is just starting. Celebrate your accomplishment with a feast at one of our riverfront restaurants, toast with a craft cocktail downtown, or explore local flavors at a neighborhood café. Not ready to sit still? Browse indie shops, stroll through art galleries, or take in a sunset over the Mississippi. Whether you're keeping the energy high or easing into recovery mode, Baton Rouge offers the perfect mix of things to do, taste, and discover—at whatever pace feels right. **Our Place, Your Pace.**

To Find Your Pace, go to [VisitBatonRouge.com](http://VisitBatonRouge.com)



# WELCOME BACK TO DEATH VALLEY

## WELCOME TO THE 8TH ANNUAL FMOL HEALTH OUR LADY OF THE LAKE TIGER 10K, TIGER 5K, AND LAMAR TIGER KIDS MILE

We are so excited and look forward to welcoming you to the 50-yard line of Death Valley!

The FMOL Health Our Lady of the Lake Tiger 10K is a partnership between LSU Athletics and FRESHJUNKIE Racing that brings the tradition of LSU Football and Tiger Stadium into a fun, festive road race event that also includes a 5K and the Lamar Tiger Kids Mile Race (ages 12 and under). The goal of the event is to give the entire LSU community: fans, students, alumni, faculty and staff, no matter age or ability, an opportunity to complete their journey into Tiger Stadium with a triumphant #FinishOnThe50.

A festive post-race tailgate party with music, cold drinks and good food is planned to celebrate everyone's accomplishment.

## MEET THE KREWE

### Tiger 10K Organizing Committee:

Doug Cain : Permitting & Security Director

Ray Castle : Medical Director

Julie Domma : Corporate Partnerships Director

Courtney Dziuba : Timing Director

Jonathan 'Juba' Dziuba : Finance & Admin Director

Eric Engemann : Sales Director

Patrick Fellows : Experiential Director

Audrey Floyd: Graphic Designer

Lauren O'Brien : Volunteer & VIP Director

Patrick O'Brien : Race Director

Nan Urban : Athlete Services Director

Haley Wattigny : Marketing Coordinator

Mike Wattigny : Marketing & Creative Director

Diane Weiss : Registration Director



BIBS for BURGERS

**BRING YOUR BIB TO SHAKE SHAKE  
ON BLUEBONNET FOR  
ONE (1) SHAKE SHACKBURGER  
ON APRIL 19 & APRIL 20.  
SEE DETAILS ON THE BACK  
OF YOUR RACE BIB.**



FMOL Health  
Our Lady  
of the Lake

Official Drinks of



LSU<sup>®</sup>  
Athletics



# EVENT SCHEDULE

## Saturday, April 18

10:00am - 5:00pm

Pre-Race Packet Pickup &  
Retail Shop

Lot 401  
Tiger Stadium  
Baton Rouge, LA

## Sunday, April 19

6:00am - 7:30am

Race Day Packet Pickup  
Our Lady of the Lake Health  
Tiger 10K & 5K

Lot 401

6:00am - 9:30am

Race Day Packet Pickup  
Lamar Tiger Kids Mile

Lot 401

7:20am

National Anthem

South Stadium Dr.

7:30am

Our Lady of the Lake Health  
Tiger 5K Start

South Stadium Dr.

8:00am

Our Lady of the Lake Health  
Tiger 10K Start

South Stadium Dr.

8:30am

Tiger Tailgating Post-Race  
Party Begins

Lot 401

10:15am

10K & 5K  
Race Concludes

Tiger Stadium

10:15am

Lamar Tiger Kids Mile  
Race Start

South Stadium Dr.

11:00am

Lamar Tiger Kids Mile  
Race Concludes

Tiger Stadium

11:30am

Tiger Tailgating Post-Race  
Party Concludes

Lot 401

# RACE INTO **DEATH VALLEY**



MEMBER  
FDIC

We're with you for the  
**LONG  
RUN.**

The local way to bank big.



[www.ucbanking.com](http://www.ucbanking.com)



866.505.3736

11280 Coursey Blvd. | Baton Rouge, LA 70816

9817 Bluebonnet Blvd. | Baton Rouge, LA 70810

# PACKET PICKUP

## PRE-RACE PACKET PICKUP, REGISTRATION & RETAIL SHOP AT TIGER STADIUM

**WHERE:** Lot 401 (S Stadium Dr. adjacent to LSUPD Office)

**WHEN:** Saturday, April 18 | 10:00 am - 5:00 pm

## RACE DAY PACKET PICKUP HOURS

Sunday, April 19 at Tiger Stadium | Lot 401

- 6:00 am - 7:30 am - 10K & 5K
- 6:00 am - 9:30 am - Lamar Kids Mile

\*While we are offering race day packet pickup, we **STRONGLY** encourage you to have your packet picked up **BEFORE** race day. The races will start on time regardless of lines still at Packet Pickup.

## WHAT TO BRING

Every participant will receive a confirmation email the week of the race. Please bring either that email, or your original confirmation email and/or your photo ID to pick up your packet. Digital copies (your cell phone screen) are allowed.

## PROXY PICKUP

If you are unable to get your packet, a friend can pick up your packet with a copy of your photo ID or a copy of your registration confirmation. Digital copies (your cell phone screen) are allowed.

## LATE REGISTRATION

Late registration is available during Packet Pickup unless the race sells out. The 10K and 5K are **SOLD OUT**. The Our Lady of the Lake Health Tiger 10K will post a notice regarding closed races on our website and Facebook page. Participants can register online at [www.Tiger10K.com](http://www.Tiger10K.com).

## PARKING

There is plenty of parking for Packet Pickup and Race Day near Tiger Stadium. Parking is free, but not allowed in Lot 101 or Lot 401. [Access an LSU Parking Guide Here](#)





# We Cater!

Let us take care of your next event with our classics. Shack catering allows you to order boxes of your Shack favorites including ShackBurgers, Chicken Shacks, Crinkle Cuts and more.



**ORDER NOW!**

Ask a Shack manager or email [ssmanagers-BatonRouge@shakeshack.com](mailto:ssmanagers-BatonRouge@shakeshack.com) for more information.



# MAIL MY BIB - SWAG PICKUP

## SWAG PICKUP OPTIONS

- Pick up event SWAG (event shirt, bag, etc.) pre-race at any scheduled Packet Pickup.
- Pick up event SWAG (event shirt, bag, etc.) post-race at the Mail My Bib SWAG Pickup Tent.

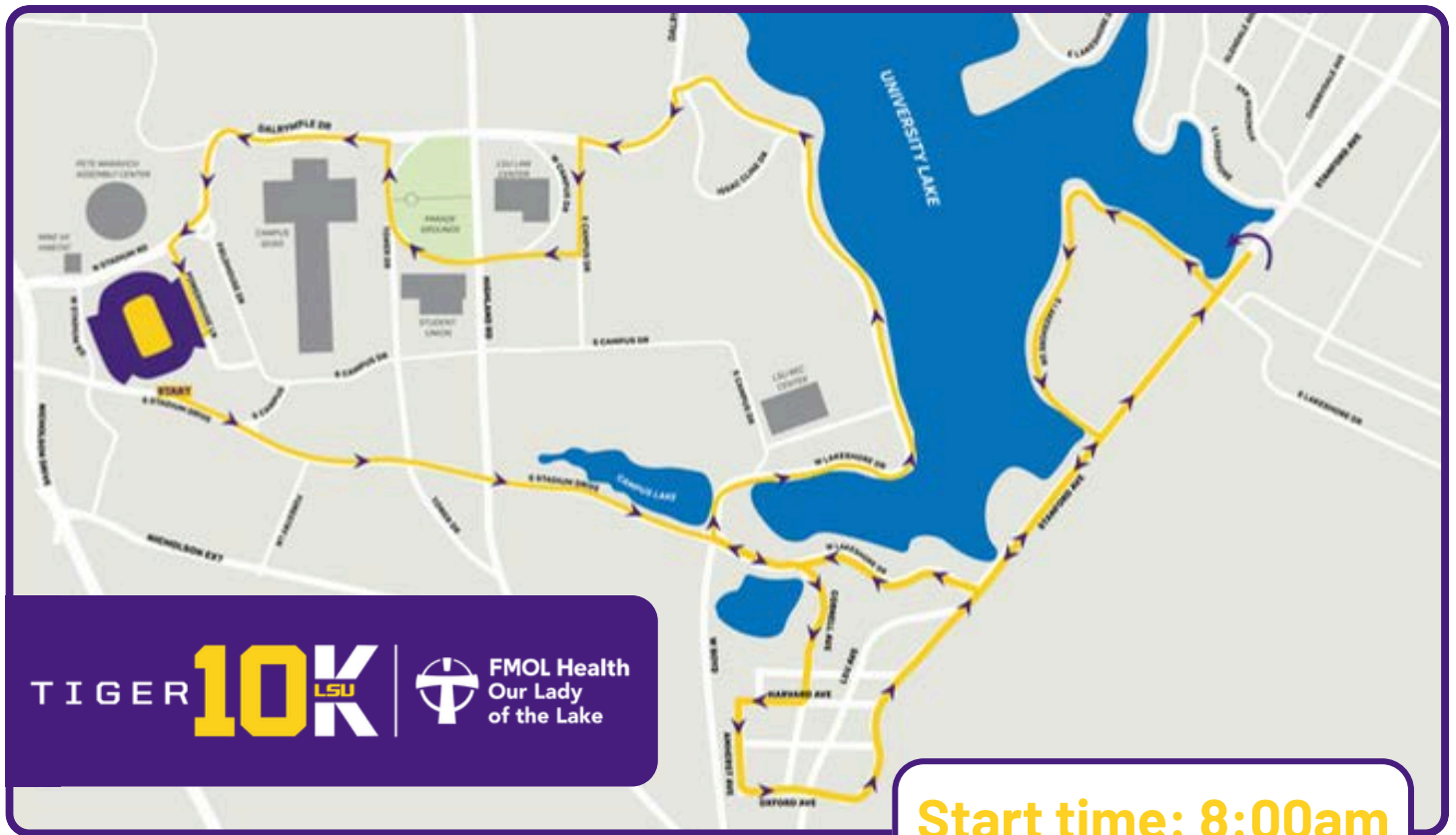
## WHAT TO DO IF YOU DID NOT RECEIVE YOUR BIB

- Bibs are mailed via USPS 2+ weeks prior to race day to the SHIPPING ADDRESS provided when you registered.
- If you paid for bib mailing, but did not receive it, please report to a pre-race Packet Pickup and a staff member will be able to rectify the situation.

## VENUE MAP



# COURSE MAP - TIGER 10K



\*All courses are very well marked. There are mile markers for each distance event, directional signs for course splits and TURNAROUND signs for course turnarounds. Course splits and course turnarounds will be manned with an operations staff member who will typically be making announcements on a megaphone. Course turns are indicated with traffic cones and usually (not always) have police units, volunteers and/or staff members. Traffic on courses is managed by our law enforcement partners, but no roads are promised to be closed to all traffic. Runners should be aware of their surroundings: the course, applicable signage, vehicles, staff, volunteers, and police officers.

[CLICK HERE FOR THE ONLINE TIGER 10K MAP](#)

Healthcare with us,  
FMOLHealth.org

# HAPPY TO HEAL, Y'ALL



This is how  
we healthcare.™



**FMOL Health** | **Our Lady of the Lake**

FMOL Health is one connected health system, where excellence meets empathy, and you always feel seen and understood. We healthcare with purpose, compassion and great love. Wherever you meet us, you'll find the same promise: the best care possible.

FMOL HEALTH OUR LADY OF THE LAKE | FMOL HEALTH OUR LADY OF LOURDES | FMOL HEALTH ST. DOMINIC | FMOL HEALTH ST. FRANCIS

**ALL STAR**

POWERED BY:  
**HUDSON**  
AUTOMOTIVE GROUP

✓ **NEW OWNERSHIP**  
✓ **NEW LEVEL OF SERVICE**



EXCLUSIVE  
**LIFETIME WARRANTY**  
Unlimited Time & Miles

**Unlimited Miles • Unlimited Time • No Charge**

Every qualifying new vehicle comes with our Exclusive Lifetime Warranty.

**Coverage includes:** Engine, Transmission, Front-Wheel Drive Components, Rear-Wheel Drive Components

\*The Lifetime Limited Powertrain Warranty is offered on select vehicle makes and models. Not all vehicles qualify. Ask your dealership sales representative for details.

**1 YEAR**  
**COMPLIMENTARY**  
**MAINTENANCE**

**Every new and used vehicle purchase includes:**

1 Oil Change  
1 Tire Rotation

We make it easy to keep your car performing its best right from the start.

\*Some exclusions may apply. Offer valid for one year from purchase. See dealer for full details.

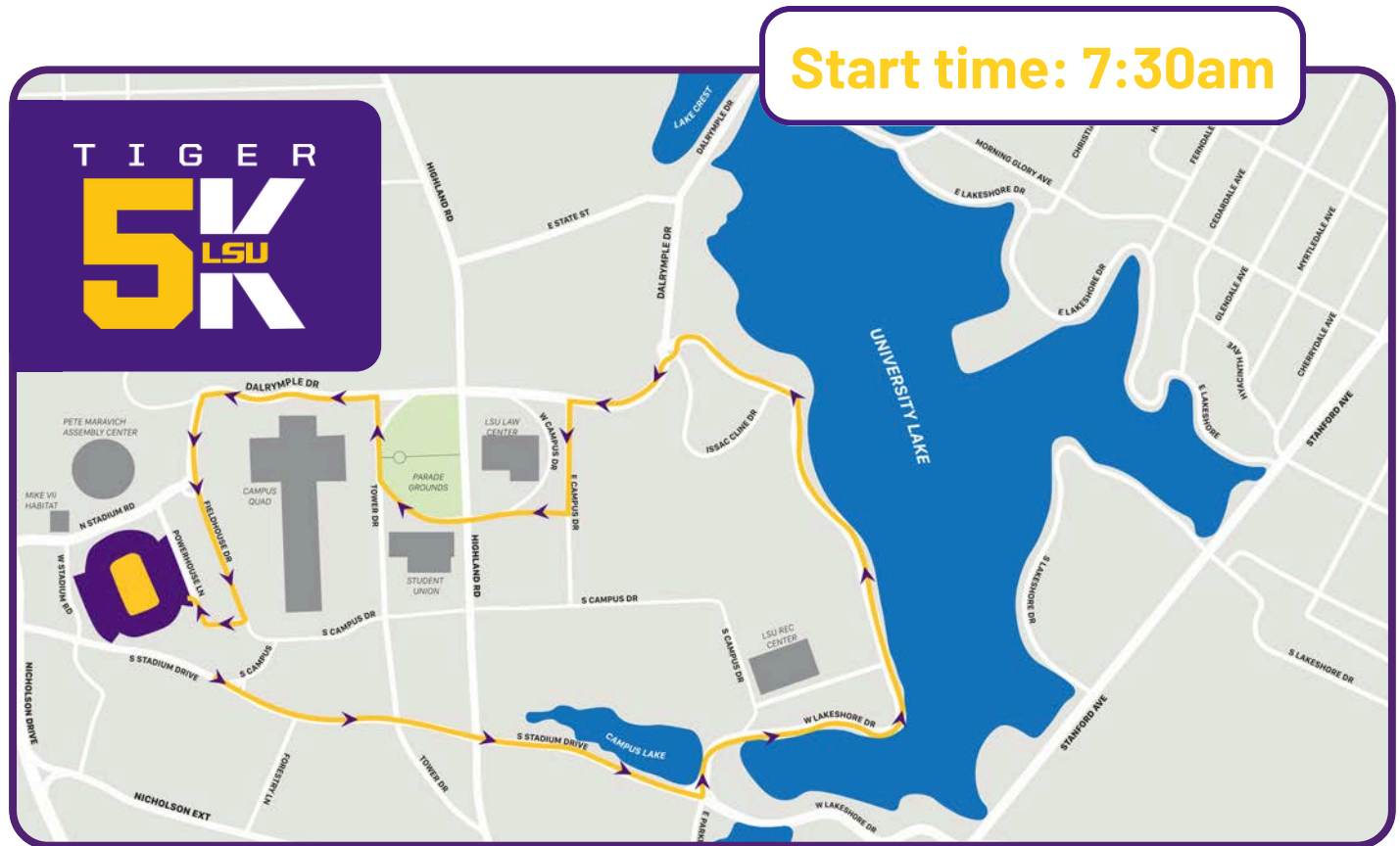
## **Experience the All Star Difference**

All Star Automotive—now proudly powered by Hudson Automotive Group—is raising the bar with a renewed commitment to exceptional customer care, transparent buying experiences, and long-term value. Whether you're crossing today's finish line or shopping for your next vehicle, we're here to support your journey with unmatched reliability and service.

**All Star Automotive Group — Driven to Serve You Better.**

**Call Now 225-456-2900**

# COURSE MAP - TIGER 5K



\*All courses are very well marked. There are mile markers for each distance event, directional signs for course splits and TURNAROUND signs for course turnarounds. Course splits and course turnarounds will be manned with an operations staff member who will typically be making announcements on a megaphone. Course turns are indicated with traffic cones and usually (not always) have police units, volunteers and/or staff members. Traffic on courses is managed by our law enforcement partners, but no roads are promised to be closed to all traffic. Runners should be aware of their surroundings: the course, applicable signage, vehicles, staff, volunteers, and police officers.

[CLICK HERE FOR THE ONLINE TIGER 5K MAP](#)

# Lamar



**Ask any Baton Rouge native about Lamar, and they'll say "Oh, yeah, they're the Billboard People!"**

The city is more than just our headquarters - it's home to hundreds of employees at Corporate, Lamar Graphics, and Lamar of Baton Rouge. We're proud and grateful to be part of the BR community.

**We're committed to leaving every place better than we found it, while helping our clients make the most of their advertising dollars. It's always good to see you here in Baton Rouge!**

**LAMAR**



# LASIK IS NOT YOUR ONLY OPTION

CROSS THE FINISH LINE  
WITHOUT GLASSES & CONTACTS

ASK ABOUT  
EVOICL™



 **WILLIAMSON  
EYE CENTER**

# PHOTOGRAPHY TIPS

Did you know that you will receive FREE digital photography at all FRESHJUNKIE Racing events? Want to make the best possible photos? Follow these simple tips for great pics!

- **Clearly display your bib number at all times.** This means having it on the center of your torso on your outermost garment. It doesn't help if it's under a sweatshirt or on your back.
- Look up. Keep an eye out for our Official Race Photographers. They will be on course and at the Finish Line capturing images of you.
- Thumbs up, arms above your head, peace signs, V for victory...whatever it is, have fun!
- Most importantly, **Smile!**

(Remember you paid to do this!)



# COURSE SAFETY

## AID STATIONS AND EMS

Medical personnel will be positioned along the race course to monitor and treat any athlete who is injured or in distress. Aid stations also offer water, Powerade, and portable toilet facilities. Local EMS will also be providing medical support throughout the race course.

## MEDICAL SUPPORT

Medical tent will be staffed with teams of medical professionals and equipped with emergency equipment and supplies. The Main Medical Tent is located just past the Finish Line.





# TREAT YOUR TASTE BUDS TO DECADENCE

Chocolate Lava Cake and Cinnamon Roll are making a splash in our refreshed lineup of flavored coffees. Try these **NEW** flavors today!



© 2026 Community Coffee Company

# SAVE 15%

WITH CODE **TIGER15** AT [COMMUNITYCOFFEE.COM](https://www.communitycoffee.com)  
Offer valid through May 3, 2026.

# BIBS & FOOD/BEVERAGE TICKETS

We do our best to ensure there is adequate sustenance for participants. Please understand that food and drinks are for event participants only. Encourage any friends or family coming to spectate to pack some snacks and drinks for themselves. All participants will have **FOOD/BEVERAGE TICKETS** attached to their race bib. Do not remove these. A staff member or volunteer will collect a ticket when you pick up a food or beverage item in the post-race party area.



# TIGER TAILGATING POST RACE PARTY

After crossing the finish line, take your time to unwind at our Tiger Tailgating Post Race Party just outside the stadium near the start line. Enjoy live music, hot food, and cold beverages.

This year, indulge in Tiger Dogs, Pastalaya by Rice and Roux, and assorted Coca-Cola products. Mockler Beverages will be providing a selection of ice-cold beers (21+).

Join us for a celebration featuring music by Baton Rouge's Chris Leblanc. The Tiger Tailgating goes until 11:30am.

The post race party is open to the public, but the food and beer is reserved for runners who will have tickets attached to their race bibs.



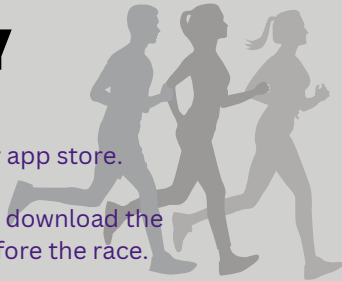
# SPECTATORS



**TRACK  
YOUR  
RUNNER**

---

**CHEER ON  
YOUR  
RUNNER**



#### How to Use:

1. Download "RaceJoy" from your app store.
2. Search Tiger 10K in the app.
3. Both you and your runner must download the app and activate PhoneTrak before the race.

**ENTER THE STADIUM  
GATES 1-3  
TO WATCH YOU RUNNER  
RACE INTO DEATH VALLEY**

**CAPTURE  
THE MOMENT**



Share on Social Media with

**#RACEINTODEATHVALLEY**

#### Best Cheer Spots:

- Start Line on South Stadium Drive – Feel the energy at the most exciting moments!
- Finish Line in Tiger Stadium – Enter in Gates 1-3 of the Stadium & watch your runner cross the finish line in glory!
- LSU Lakes – Stunning views and incredible vibes!

#### Tips:

- Bring Signs - Add names, jokes, or motivational messages for your runner!
- View race routes for Sunday.
- Check weather & dress for the day's conditions.



**PARKING  
TIPS**



There is plenty of parking for Packet Pickup and Race Day near Tiger Stadium. Parking is free, but not allowed in Lot 101 or Lot 401.

[Access an LSU Parking Guide Here](#)

**Plan Extra Time: Arrive  
early for parking &  
traffic.**



# TIMING AND RESULTS

## RESULTS

Results will be posted on our website immediately following the race at:  
[www.tiger10k.com/Race/Results/109721](http://www.tiger10k.com/Race/Results/109721)

Your timing chip is attached to the back of your race bib. DO NOT remove the timing chip and be sure your race bib is on the front center of your torso. Want to find your results as soon as possible? Scan the QR code at signs around the venue to jump right to the results. Remember to select the distance/event that you participated in under the 'Result Set' drop down menu.

## AWARDS PROCEDURES

In addition to Finisher Medals awarded to each finisher in each race, there will be specific overall, masters, grand masters, great grand masters, and age group awards for the 10K and 5K. Overall and Age Group award winners will each receive a custom slider engraved with the award description: 1st Place Female, Age Group 40-44 as an example. Overall award winners will ALSO receive a custom, laser-engraved wooden plaque award to commemorate their finish.

There is no Awards ceremony. Awards categories can be found on the **AWARDS** page of our website. Awards will be available starting at 10:00am. Awards are not shipped post-race automatically, but you can go to our **Online Store** to have your award shipped post-race for a shipping fee.



TAKE **\$10 OFF**

YOUR PURCHASE OF \$50 OR MORE\*



# FREE RACE MEDAL ENGRAVING MONDAY, APRIL 20

10 AM – 6 PM AT DICK'S HOUSE OF SPORT BATON ROUGE  
6501 Bluebonnet Blvd | Baton Rouge, LA 70808



**DICK'S**  
HOUSE OF SPORT

TAKE \$10 OFF YOUR PURCHASE OF \$50 OR MORE

\* Limit one coupon per customer. Excludes: taxes, prior purchases, gift cards, extended warranties, such as the No Sweat Protection Plan, licenses, store credit, services or excluded items detailed instore or at [DICKS.com/Exclusions](http://DICKS.com/Exclusions). Cannot be combined with others offer. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone. Coupon valid: 4/1/26 - 4/30/26.

To learn more about how DICK'S supports the community, visit [DICKS.com](http://DICKS.com)

# Host a Shake Shack DONATION DAY

**CALLING ALL NON-PROFITS, YOUTH  
LEAGUES, PTA PARENTS + VOLUNTEERS!**

We partner with schools + local 501c3 organizations for Donation Days, on which we donate 25% of sales from the event to your cause.



**Submit your  
Donation Day request!**

Scan the QR code to get started or visit [shakeshack.com/fundraiser](https://shakeshack.com/fundraiser).

SHAKE  SHACK®

# VIP EXPERIENCE

The Our Lady of the Lake Tiger 10K offers a very limited number of VIP tickets for runners competing in the 10K or 5K events. Tickets are \$125 each and can be purchased during registration or by emailing us at [info@tiger10K.com](mailto:info@tiger10K.com). VIP ticket price DOES NOT include race registration fees. Multiple tickets can be purchased for family and friends who wish to enjoy the post-race amenities. There are no discounts for multiple ticket purchases. Children 12 and under are FREE with a paid adult (1 child per paid adult). For additional children (12 and under) you can purchase a ticket at the event for \$15 to cover their VIP entry fee.

## VIP AMENITIES

- **Credentialed Entry to VIP Area** - Use the wristband that may be picked up at Packet Pickup to enter our special VIP Area ON THE FIELD after you finish your run Sunday. The VIP area is in a prime location to enjoy the magic of Tiger Stadium and also grants you access to tour the LSU Football Locker Rooms!
- **VIP SWAG Pickup** - VIP Runners will have a special area at Packet Pickup to claim their race SWAG if they choose to attend. Otherwise, race SWAG will be in the VIP area Sunday for you after you cross the finish line.
- **VIP Parking** - VIP runners will have reserved parking closest to the START LINE in Lot 404; your name will be on the VIP list.
- **VIP Restrooms** - Avoid the port-a-lets and use indoor restrooms prior to the start of the race on Sunday.
- **VIP Tiger Race Swag** - Show off your Tiger pride with your exclusive race swag.
- **Exclusive SWAG Pickup** - If you did not claim your race SWAG before the race at Packet Pickup, it will be in the VIP area Sunday for you after you cross the finish line.
- **Catered Food** - In addition to sampling the food at our Post-Race Party, you will have access to premium catered food in the VIP Area.
- **VIP Bar** - No need to wait in the beer lines, we will have beer kegs in the VIP Area along with select spirits and wines for you to enjoy, as well as coffee, soft drinks, water, beer, mimosas, and bloody marys.
- **Custom Medal Engraving** - Have your finisher medal engraved with your finish time while enjoying the VIP area.



RACE INTO  
DEATH  
VALLEY IN  
STYLE

# SHOP OFFICIAL RETAIL



10K



BATON ROUGE

Louisiana

GEAUX  
RUN  
Y'all

“

# You need both grit and empathy.

Running has taught me grit—the mental toughness to push through challenges and keep going. In claims, grit is essential. Every case represents a real person facing an obstacle, and it's my job to help them move forward with both perseverance and empathy.

It's what makes us **LUBA**.

**LUBA**  
WORKERS' COMP  
A CASUALTY INSURANCE COMPANY

[www.LUBAwc.com/WhatMakesUs](http://www.LUBAwc.com/WhatMakesUs)  
888-884-5822

Rated A- Excellent by





# CAPITOL CITY PRODUCE

## ALWAYS FRESH. ALWAYS EASY.

### WE HAVE MORE THAN JUST PRODUCE!

Local | Fresh Cuts | Dairy | Cold Beverage | Cheese  
Bakery/Desserts | Micros/Herbs | Organics | Disposables  
Grocery | Retail | Fruits | Vegetables

---

### TWO WAREHOUSE LOCATIONS

Baton Rouge, Louisiana  
Robertsdale, Alabama





We're Transforming Your BATH,  
BODY, MIND and HOME  
into BEAUTIFUL!



[www.BBLE1.com](http://www.BBLE1.com)

# Joy Alert!

TIGER **10K** LSU



FMOL Health  
Our Lady  
of the Lake

is on RaceJoy!



Available for Apple  
and Android devices.

Live Phone Tracking!  
GPS Progress Alerts!  
Send-a-Cheer!

Share your race  
experience with  
supporting  
friends and  
family!

**RACEJOY**®  
A RunSignUp Product

SPONSORED BY

**Visit  
Baton  
Rouge**

## Download RaceJoy Today!

Questions?

Email: [support@racejoy.com](mailto:support@racejoy.com)

Website: [racejoy.com](http://racejoy.com)

[www.racejoy.com](http://www.racejoy.com)

# Key RaceJoy Features!



## Live Tracking

Live phone tracking of up to 50 participants moving along the official course map. Receive NearMe alerts as a participants draws near and use the MeetUp feature to find one another.



## Progress Alerts

GPS-based progress alerts are issued continuously in audio format. Typically these are sent every mile and include pace and estimated finish time.



## Send-a-Cheer

Send entertaining, motivational audio cheer clips or custom personal messages with text-to-cheer.

**The race participant must carry their phone and enable tracking on race day.**

**Note:** Make sure the spectator logs in as themselves or RaceJoy will track their phone and not yours.

Start My Race

Click When Crossing the Start Line

Participants! Come back on race day and click the Start My Race button as you cross the start line.

Be sure to follow the in-app prompts to ensure proper setup of the various features available to you on race day.

If you have any questions about RaceJoy for this race, contact [support@racejoy.com](mailto:support@racejoy.com). We're happy to help!



# AMBADASSADOR

For the last three years, FRESHJUNKIE Racing has selected AmBADASSadors. These are individuals who are known for their love of FJR as well as their love for the sport of running. AmBADASSadors are those on the course and beyond who promote FRESHJUNKIE Racing events!

Meet this year's FJR AmBADASSadors who are running the Tiger 10K who help to tell the story!

Follow their journeys this weekend and beyond!



Alex Clostio



Alex Miranda



Allison Cazenave



Allison Gaillard



Amanda King



Annie Rosson



Brittany Pastor



Daislynn Kimball



David Cerritelli



David Steudlein



Devon Lockfield



Emily Achee



**Erica McDowell**



**Heather Daunis**



**Hilary Scheinuk**



**Jamie Trichell**



**Jane Eiermann**



**Jeanne Peneguy**



**Jeffrey Franco**



**Katelyn Schehr**



**Kristy Duhe**



**Kirk Dovie**



**Lillie Smith**



**Mandy Lea**



**Rachel Hines**



**Ruth Linder**



**Sarah-Beth  
Hollingsworth**



**Scott Thornhill**



**Sean Darensbourg**



**Shanna Sizemore**



**Stefan Clayton**

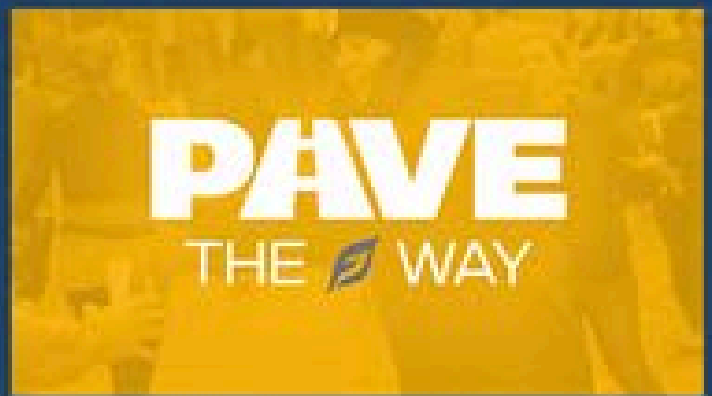


**Tim Dugas**



**Torin Martin**

# RUN GULF COAST FOUNDATION



Run Gulf Coast Foundation believes that everyone deserves the opportunity to lead an active lifestyle, regardless of age, background, or ability. We recognize that cost, access to facilities, and lack of awareness can create significant barriers to participation.

[RunGulfCoast.org](http://RunGulfCoast.org)

**Benny's**

**FUEL  
SAVER  
CLUB PLAN**

SAVE

**50¢**

OR MORE PER GALLON



**FOR JUST \$9.99/MO,  
START SAVING ON FUEL  
YOUR NEXT VISIT!**



- Huey P. Long Bridge Run** Elmwood, LA **May 9, 2026**
- HOKA + Nights of Thunder XC Festival** Tallahassee, FL **September 11-12, 2026**
- Kaiser Permanente Corporate Run Walk Roll** Atlanta, GA **September 24, 2026**
- Northshore Half Marathon & 10 Miler** Mandeville, LA **October 11, 2026**
- Keesler Federal Battleship 12K** Mobile, AL **November 15, 2026**
- Baton Rouge & Tammany Turkey Trot**  
Baton Rouge, LA and Covington, LA **November 26, 2026**
- Keesler Federal Mississippi Gulf Coast Half Marathon**  
Biloxi, MS **December 12-13, 2026**
- Louisiana Marathon** Baton Rouge, LA **January 16-17, 2027**
- Mardi Gras Mambo 10K/15K** Baton Rouge, LA **February 13, 2027**



# SEE YOU IN DEATH VALLEY

#RACEINTODEATHVALLEY

TIGER  
**10K** LSU  
10K ≡ 5K ≡ KIDS MILE



FMOL Health  
Our Lady  
of the Lake

