



LOUISIANA

20

10

27

**YEAR
ANNIVERSARY**

MARATHON

OFFICIAL RACE GUIDE

10 Years of Fantastic Finish Line Moments



WE CARRY EACH OTHER

It's how we do things in Louisiana during times of challenge.
We're stronger together and we know our strength lies
in the helping hands of our neighbors.

**So let's wear a mask and protect one another.
And protect the life we love.**



LETTER FROM THE GOVERNOR OF LOUISIANA

Greetings,

On behalf of the great state of Louisiana, it is an honor to welcome you to the 2021 Louisiana Marathon.

I want to thank the entire Louisiana Marathon team for working with the city and the state to create a COVID-19 game plan that takes the necessary precautions to keep runners safe. Because of their hard work, the Louisiana Marathon is back for its 10th year – even if it's a few weeks later than originally planned.

As a participant, you play a big role in ensuring the success of this event. Please remember to wear a mask when you are not racing and keep at least 6-feet of distance from other athletes. While this year's race will look different, I know it is still going to be a fun, exciting weekend for all involved.

I'm looking forward to next year when we can once again celebrate together at the finish line in true Louisiana style. For now, be safe and I hope you have fun and race into this new year with optimism.



God Bless,

A handwritten signature in black ink, which appears to read "John Bel Edwards".

John Bel Edwards
Governor

LETTER FROM LIEUTENANT GOVERNOR

I am delighted to personally welcome you to Louisiana and to our capital city of Baton Rouge for the 2021 Louisiana Marathon. This past year has been difficult for the everyone, as we've socially distanced and reduced our events. I know that many races were postponed or cancelled last year, which is very frustrating for our running community. That's why I'm so excited that the Louisiana Marathon is offering this racing weekend with safety precautions in place.

I hope you enjoy your running tour of the Capital City. Whether you are participating in the 5K, the quarter, the half or the full marathon, you are sure to encounter some of the most scenic views of Baton Rouge on your way to the finish line.

In Louisiana, you can "Feed Your Soul" by exploring our beautiful and diverse state. Home to world-acclaimed music and renowned culinary offerings sure to tempt any palate, we also have some of the most unique outdoor experiences in the world. Louisiana offers year-round hunting, fishing and golfing as well as countless recreational opportunities as nearly two dozen state parks. It's no wonder our state is named "Sportsman's Paradise." Be sure to dive into a one-of-kind experience and create wonderful memories found in #OnlyLouisiana.

Good luck in the race and, as we say in Louisiana, "Laissez les bon temps rouler!"
(Let the good times roll!)



Very Truly Yours,

A handwritten signature in black ink, which appears to read "Billy Nungesser".

Billy Nungesser
Lieutenant Governor

LETTER FROM THE MAYOR OF BATON ROUGE

Louisiana Marathon Participants:

Welcome to the Capital City! Our community here in Baton Rouge is excited to host the Louisiana Marathon once again. Year after year, we look forward to welcoming runners from Louisiana and beyond for this treasured event.

Months of training, dedication and perseverance have led you to this moment. I wish you the best, and pray all of the participants have a safe race. I also want all of you to adhere to the COVID-19 safety requirements. Proper adherence will allow us to keep our community safe before and after your race.



We are grateful to the Louisiana Marathon for its collaboration and commitment to safety that allows us to host all of you this year.

Enjoy your race — stay focused and finish strong!

Sharon Weston Broome

Mayor-President



LETTER FROM THE RACE DIRECTOR

Running is essential. I've been saying this to myself and we've been repeating this in our office throughout this pandemic and subsequent lockdown. I've seen more people walking, running, cycling and just being outdoors this past year than I can remember. The physical benefits may be obvious, but the benefits to our mental health may be greater. Running can relieve stress, promote positive attitudes and improve our outlook on life. I'm sure we all need more of that.

Moving the race from its traditional January weekend was not something we wanted to do or ever envisioned needing to do, but it was necessary. As the 10th anniversary of the Louisiana Marathon approaches, I am glad we did it. While the race this year also won't be the blowout celebration we pictured, we are running, and running is essential.

We can thank the wonderful leaders of the State of Louisiana and the City of Baton Rouge for believing in this event and allowing all of us the opportunity to challenge and improve ourselves on race weekend. It takes courage to be the first to take action and our local and state leadership has shown courage in allowing us to run. They have shown faith in our ability to execute a sound and well-practiced mitigation plan. They have shown faith that you, our runners, will follow the guidelines and instructions necessary for the race to be safe for everyone. I am confident that we will all honor that courage and that faith.

Please be respectful of other runners, volunteers, officials and staff. Read and follow the instructions we are communicating to you. Show patience and compassion this weekend to everyone you encounter. No individual or organization has gone unphased by the circumstances of the past year. We, like so many others, are a small business trying to navigate everchanging waters and environments so we can get back to our passion and provide our patrons with a safe experience that many are longing for. Your consideration in these areas will allow us to continue to produce events and help all of us #returntoracing.

This year will be a triumph over adversity for everyone and a steppingstone to a better life for many more years to come. I look forward to seeing you at the start, on the course and across the finish line. Thank you for believing and supporting us so that we can do the same for others.



Jonathan 'Juba' Dziuba

Race Director

LETTER FROM VISIT BATON ROUGE

Welcome to Louisiana's capital city!

From sun-kissed evenings under canopies of century-old oaks to late nights spent dancing under the stars, there's plenty to see and do, with an authenticity and culture that runs as deep as the South. While 2020 was an unprecedented year, Baton Rouge continued to add new dining options and outdoor spaces with safety and cleanliness top of mind and here to stay. From unique local restaurants to interactive culinary experiences where you can eat and play safely, we provide a mixture of Creole, Cajun and everything in between that sets us apart.



Downtown Baton Rouge, Mid-City and Scotlandville, one of the oldest and most famous African American Neighborhoods in the area, are in the midst of a cultural revitalization. With the opening of exciting restaurants, new nightlife options and a vibrant arts scene, these areas have seen a surge of energy that is better experienced than explained. While here, sip a cocktail overlooking the Mississippi River, take a picture in front of one of our many public art works or murals or simply stroll along the riverfront or one of the city's many green spaces.

Discover and explore your way throughout Baton Rouge – from a diverse selection of restaurants to attractions and cultural experiences, there's plenty to keep you sticking around for more. We're here to help you make memorable moments during your stay. Visit our website, www.visitbatonrouge.com, like us on Facebook and follow us on Twitter and Instagram for more information. Be sure to tag us in your photos and use the hashtag #ExploreBatonRouge when you post about your stay in the Red Stick!

Paul Arrigo, CDME
President & CEO
Visit Baton Rouge





All day, all night, billboard advertising
never quits – and neither do you.

Congratulations

Louisiana Marathon finishers!



LAMAR OF BATON ROUGE
(225) 752-0200 | Lamar.com

STAYING SAFE

#Return2Racing



STAY HOME IF SICK

If you're feeling ill, running a fever, or have come in contact with anyone with COVID-19 you are asked to stay home.



MASKS REQUIRED WHEN NOT RACING

Participants, staff, and volunteers must wear a mask at all times around event venues, like packet pick-up. Masks are not required while racing.



PLEASE PRACTICE SOCIAL DISTANCING

Markers around the venue will assist with social distancing. Please review signage, be courteous, and provide distance between yourself and others.



UTILIZE HAND SANITIZER STATIONS

Hand sanitizer will be readily available at the event venue. Additional emphasis has been placed on cleaning and sanitizing.



STARTING LINE

The starting line configuration allows for 6 ft of social distancing. Participants are preassigned their Start Corral. This can be found on the back of your bib.



AID STATIONS

Cups will be filled and placed on the tables, which have been spread out to reduce congestion and provide participants more spacing.



FINISH LINE

The Finish Line will have additional spacing to alleviate crowding. Finishers will be handed a bag including post-race hydration, nutrition, and medals.



NO SPECTATORS

Spectators are asked to avoid the event venue to reduce congestion and improve social distancing.



AWARDS

Awards will be based on Chip Timing. Results will not be printed, but available online. As soon as divisions are finalized, awards will be distributed at the Awards Tent. In order to claim your award, you must show your results on your phone, which will be confirmed with Event Staff.

ABOUT THE LOUISIANA MARATHON

BIENVENUE! AU MARATHON DE LOUISIANE DANS LA VILLE BATON ROUGE

A RUNNING FESTIVAL WITH LAGNIAPPE

The Louisiana Marathon is so much more than a run, we are a culturally rich festival that celebrates both running and the festive culture that defines us.

Louisiana is well known for its festivals, where we celebrate the incredible food, music, and dancing that surrounds us. The Louisiana Marathon adds running to that mix for a truly unforgettable weekend. While COVID has forced us to alter the traditional Finish Festival Experience, we look forward to its return in January of 2022, and thank you for joining us for the 10th Annual running.

The Louisiana Marathon was established in 2012 with a two-fold mission. The first was to encourage our community to embrace a more active lifestyle and help us become a healthier, fitter state. The second was to be a major racing event on the winter road racing calendar known as a unique running festival that celebrates passion for the sport of running combined with Louisiana culture.

Each Rendezvous running festival is scheduled for Martin Luther King Jr. weekend which was postponed to March 6-7 for 2021, in Louisiana's capitol city, Baton Rouge. As a multi-race format there's a race for everyone: Marathon (26.2 miles), Half Marathon (13.1 miles), Louisiana Quarter Marathon (6.55 miles), Louisiana Marathon 5K (3.1 miles) and a Blue Cross & Blue Shield Kids Marathon (1 mile).

Runners come from 50 states and over 32 countries. The Louisiana Marathon course takes runners from downtown Baton Rouge through the University Lakes, the Louisiana State University campus, and through historic river town neighborhoods.

It's so much more than a race. We thank you for joining us to see what 'lagniappe' is all about.

MEET THE KREWE

Louisiana Marathon Organizing Committee:

Ray Castle : Medical Director

Jonathan 'Juba' Dziuba : Race Director

Patrick Fellows : Retail/Finish Director, Founder

Patrick O'Brien : Course Director

Craig Sweeney : Strategic Partnerships, Founder

Mignon Sweeney : Finance Director

Emily Kathryn : Volunteer Director

Mike Wattigny : Marketing/Creative Director

Diane Weiss : Registration Director

Nan Urban : Communications | Athlete Services

RE DISCOVER

AUTHENTIC LOUISIANA



LOUISIANA
Feed Your Soul.

LouisianaTravel.com

There may not be as many bead-lined streets or second line celebrations right now, but the culture of Baton Rouge has never been stronger — because the heart of Louisiana lies within its people. From blossoming blues artists to food with flavor and flair all its own, come experience a bit of true Louisiana.

Start planning your trip at visitbatonrouge.com

Visit
BATON
ROUGE

AN AUTHENTIC LOUISIANA EXPERIENCE

2021 LIMITED EDITION ART PRINT

THE PRINT

The 2021 commemorative art print was created by Mary Claire Delony. Mary Claire was commissioned to create this year's print to showcase the beauty of the iconic locale of the Finish Line in the shadow of the Louisiana State Capitol. The Capitol has 34 stories and is 450 feet (140 m) tall, making it the tallest capitol building in the United States.

THE ARTIST

"The driving force behind everything I do is my love of people, stories, expression, experiences, and living. Painting is the way I intuitively knit together people's passions and stories and give them something back that is a reflection of just how awesome their individual human experience really is.

My journeys through painting, parenting, being a wife, being a birth worker, and yoga are all ways to express what I want to give back out into the world - COLOR, laughter, hugs, connections, and the simple magic of being fully present here on this green Earth. If I were to have just one label in this world it would be "Life Weaver." It is a hundred percent made-up, full of possibility, and fueled by the desire to connect the magical dots of our lives through creativity."

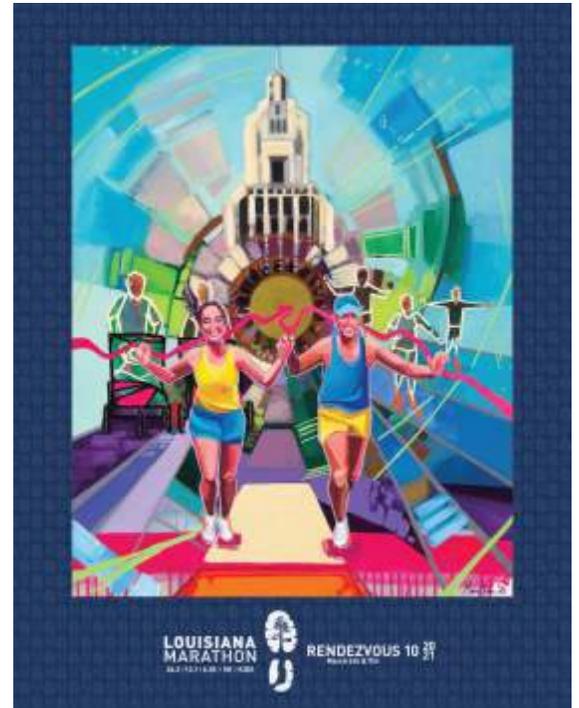
- Mary Claire Delony
www.maryclairedelony.com
mccosmicart@gmail.com
@maryclaire_cosmicart

PURCHASE INFORMATION

The Louisiana Marathon 2021 Limited Edition Commemorative Art Print produced by Mary Claire Delony is available in a print-run of 200 numbered pieces:

- 1-50; number + signed - \$75
- 51-150 - \$50

Pick up your limited edition commemorative art print at the Official Gear Shop, March 5-6, and at the Finish line on March 7th.



EVENT SCHEDULE

Friday, March 5

11:00 am - 7:00 pm Packet Pickup and Official Gear Shop Capitol Park Event Center

Saturday, March 6

6:00 am - 7:30 am Race Day Packet Pickup (Saturday races) Capitol Park Event Center

7:00 am Gear check opens Spanish Town Rd. & N 3rd St.

7:30 am Runner Corrals Open La State Museum

7:51 am Announcements/National Anthem La State Museum

7:55 am Ainsley's Angels Charity Wave Start La State Museum

8:00 am Louisiana Quarter Marathon & 5K La State Museum

10:30 am Blue Cross Blue Shield of Louisiana Kids Marathon N 3rd St & North Street

10:00 am - 5:00 pm Packet Pickup (Sunday races) Capitol Park Event Center

Sunday, March 7

5:00 am - 6:30 am Packet Pickup Capitol Park Event Center

6:00 am Gear check opens Spanish Town Rd. & N 3rd St.

6:30 am Runner Corrals Open La State Museum

6:45 am Runners need to be in correct corral La State Museum

6:51 am Announcements/National Anthem La State Museum

6:55 am Ainsley's Angels Charity Wave Start La State Museum

7:00 am Start of the Louisiana Marathon & Half Marathon La State Museum

8:00 am Anticipated Last Participant Start Time La State Museum

PARKING

Street and garage parking for the race Starting & Finish Lines can be found within a few blocks of each other on North Street, Main Street, and on the north side of the Capitol - off River Road and accessible from the Capitol Access Road exit off I-110. The Galvez Garage (located on North Street & 6th Street) will be open for free on Saturday.

There are a few specific areas where you CANNOT park and are at risk of being towed.

- 4th Street
- North Blvd.
- Park Blvd.
- Kleinert Ave.

For more information about parking in Downtown Baton Rouge, visit: downtownbatonrouge.org

KEY LOCATIONS



Packet Pickup

Capitol Park Event Center

702 River Rd., Baton Rouge, LA 70802



Start & Finish Line

Louisiana State Museum

660 N 4th St., Baton Rouge, LA 70802

PACKET PICKUP

Welcome to Rendezvous10. Due to COVID restrictions and challenges, The Louisiana Marathon will be hosting a Packet Pickup and Late Registration area for all runners instead of our traditional Race EXPO. Packet pickup and the Official Gear Shop will be located at Capitol Park Event Center, 702 River Rd., Baton Rouge, LA 70802.

SCHEDULE

- Friday, March 5, 2021 • 11am–7pm
- Saturday, March 6, 2021 • 6am–7:30am (for Saturday races) and 10am–5pm (for Sunday races)
- Sunday, March 7, 2021 • 5am–6:30am

*While we are offering race day packet pickup this year, 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.

PARKING

There is plenty of street and garage parking for Packet Pickup near the Capitol Park Event Center. Parking is free at the River Road parking lot and there is the Welcome Center parking garage about one block away. Other flat rate and hourly rate garages and lots are nearby, as well as metered spaces.

WHAT TO BRING

Masks are required. Packet Pickup is the only place you can pickup your registration packet. Registered participants can confirm registration on this website by clicking on the "Participant Tracking" menu option. All registered participants will get an email Friday morning with their assigned bib number. You must know your bib number to pick up your packet. Participants must present a valid government-issued ID or a copy of your registration confirmation. Digital copies (your phone screen) are allowed at Packet Pickup to receive your packet.



**MASKS REQUIRED
AT PACKET PICKUP**

Proxy Pickup

Someone other than the registered participant can pick up a packet as long as the friend or family member presents a copy of the participant's registration confirmation and/or the participant's photo ID. Digital copies (your phone screen) are allowed. There are **NO** exceptions to this requirement. Proxy pickup is not allowed on Race Day.

Late Registration

Late registration is available at Packet Pickup unless the race(s) sells out. The Louisiana Marathon will post a notice regarding closed races on our website, Facebook and Twitter pages. Participants can register or change races in the Race Registration area. Participants will not be allowed to register on Race Day.

Registration Confirmation

Registered Participants should receive a confirmation email during the registration process. While the only requirement is that you present your government-issued photo ID, we also recommend either printing your confirmation and bringing it to Packet Pickup or having a copy electronically available on your mobile device.



guaranty
media

GET YOUR MESSAGE OUT

RADIO | VIDEO | DIGITAL



guarantymedia.com

CORPORATE WELLNESS CHALLENGE

LOUISIANA FARM BUREAU INSURANCE CORPORATE WELLNESS CHALLENGE

Join the 2021 Louisiana Farm Bureau Insurance Corporate Wellness Challenge to create a culture of health and wellness in your workplace. Whether it's by running the Louisiana Marathon, Half Marathon, Louisiana Quarter Marathon or walking the Louisiana Marathon 5K for the very first time. Encourage your colleagues to join the challenge and win one of the wellness team categories.

"Louisiana Farm Bureau Insurance is proud to sponsor the 2021 Louisiana Marathon," said Executive Vice President and State Manager, Blaine Briggs.

"Bringing people together to enjoy food, fun and fellowship is part of our culture. Promoting healthy lifestyles is lagniappe."

Ready to build a healthy workplace or continue the momentum at your organization? Please email Craig Sweeney at craig@thelouisianamarathon.com to learn more and get started.

CATEGORIES

TOP 3 WILL WIN TEAM AWARDS

- 1-99 EMPLOYEES
- 100-999 EMPLOYEES
- 1000+ EMPLOYEES





Farm Bureau[®] Insurance's commitment to Louisiana has never wavered. We believe that your family is part of our family. And for over 70 years, protecting local families has always been our pledge.

Visit us online to find a local Farm Bureau Insurance[®] agent and ask for a quick auto, home, or life insurance quote.

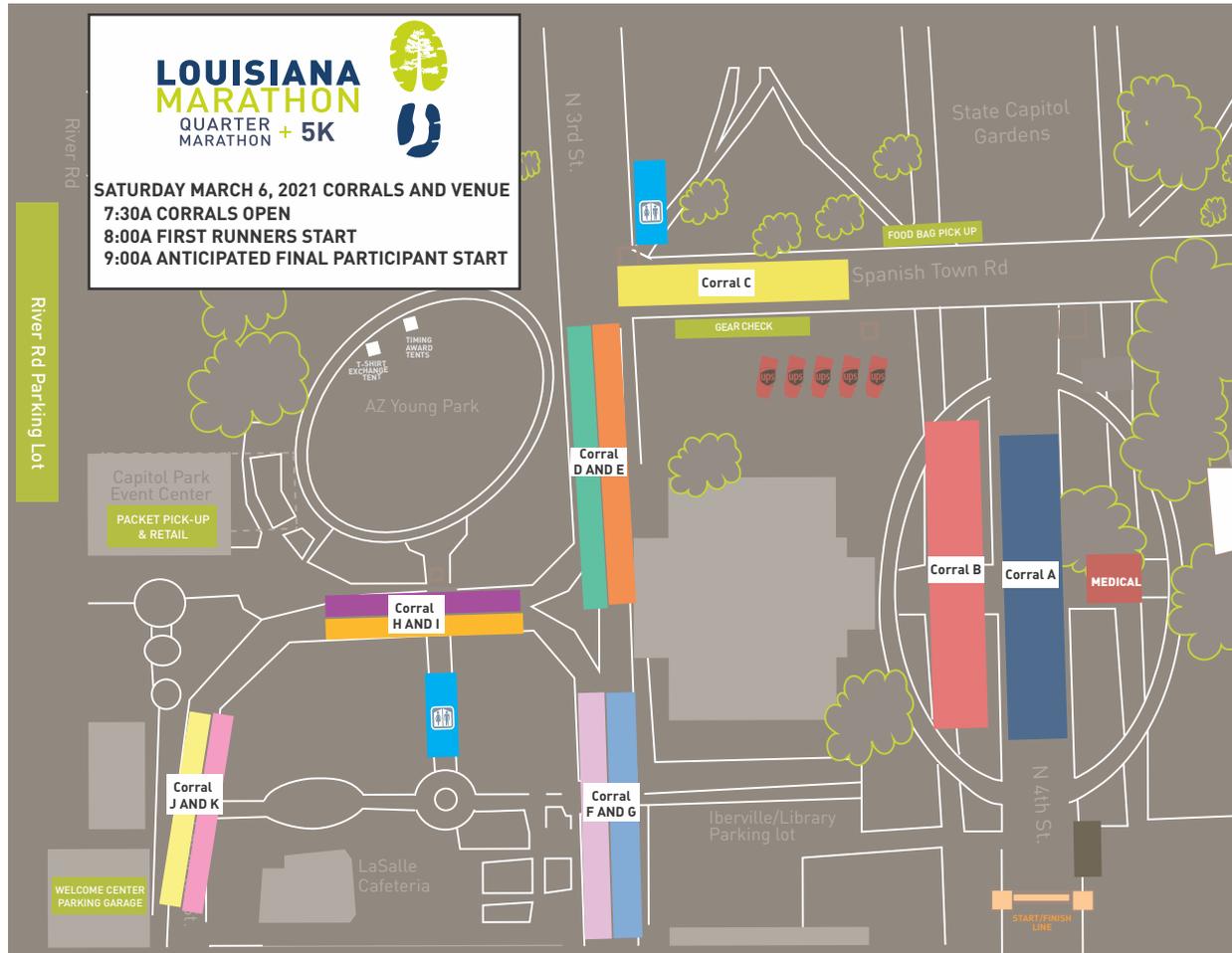
The  *Promise*

Local People. Great Rates. Friendly Service.

LaFarmBureau.com

START CORRALS - SATURDAY

- Each runner will have a corral assignment on the back of their bib. Corrals open at 7:15 AM
- Plan to be in your corral no later than 7:45 AM
- Once you are on site race morning, it's important to go to your assigned corral as soon as possible to improve social distance adherence
- Cones will indicate where runners should stand
- Do not report to the Starting Line on race morning, go directly to your assigned corral
- There are two port-o-let locations, one near corrals C-F; another near corrals G-K
- The first runners of Corral A will start at 8:00 AM
- Corrals will be moved forward to the Starting Line by event staff
- Masks are required when not racing
- Once across the Starting Line, runners are allowed to remove their masks, but should carry them to mask up after finishing the race



WHAT HAPPENS AFTER THE RACE?

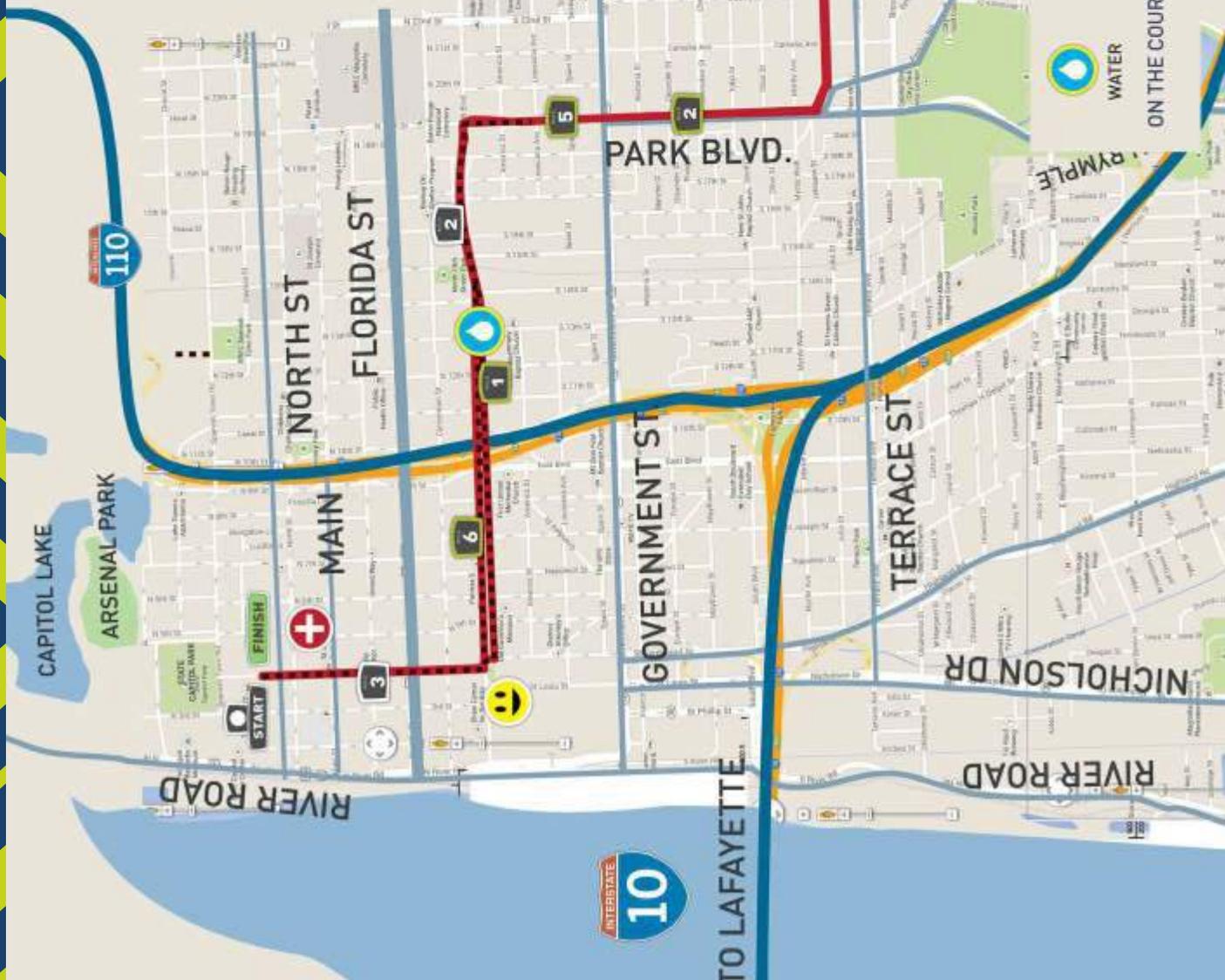
1. Runners put their masks back on
2. Receive bottle of water
3. Receive Finisher's Medal
4. Receive food to-go bag
5. Pick up gear check
6. Results can be found online under the **RESULTS** tab
7. Awards can be picked up from **AWARDS** tent
8. Return to vehicle and leave the venue

Runners are not allowed to wait for friends/family in the Venue or at the Finish Line. You play a role in allowing this event to take place. Your cooperation is appreciated.



LOUISIANA MARATHON

QUARTER + 5K MARATHON



CAPITOL LAKE

ARSENAL PARK

RIVER ROAD

START

FINISH

MAIN

NORTH ST

FLORIDA ST

INTERSTATE 10

TO LAFAYETTE

GOVERNMENT ST

PARK BLVD.

GOVERNMENT ST

CLAYCUT

STEELE BLVD

TERRACE ST

S ACADIA

WESTGATE

BREC WEBB PARK

RIVER ROAD

RYMPLE

- WATER
- RESTROOMS
- CHEER ZONE
- AID
- 5K
- 6.5 QUARTER

ON THE COURSE: POWERADE.

KIDS MARATHON RACE INFO

BLUE CROSS AND BLUE SHIELD OF LOUISIANA KIDS MARATHON

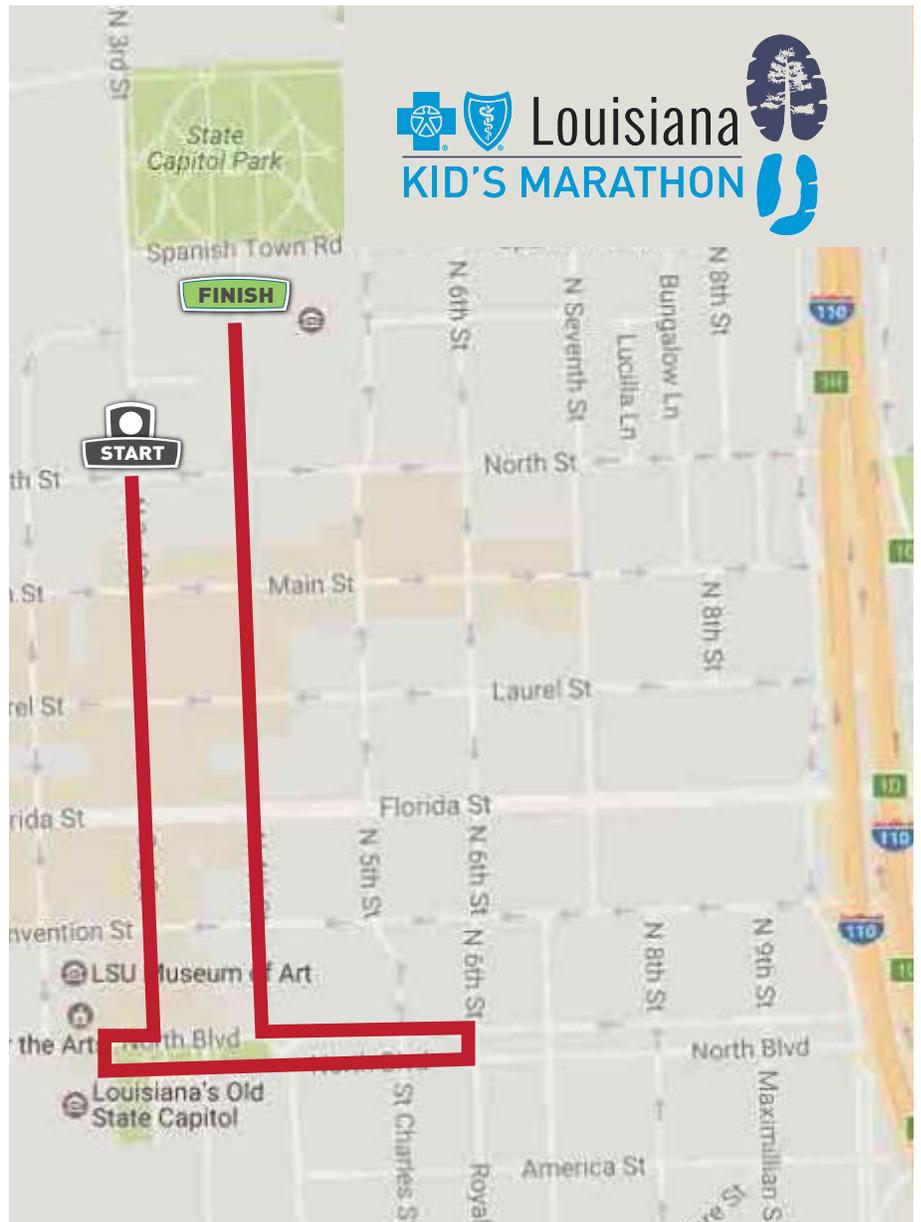
Get the whole family active at the running festival. Join us for the Blue Cross and Blue Shield Kids Marathon Challenge, 1 mile KIDS MARATHON or the 3.1 mile 5K. Our mission is to instill running as a part of a healthy lifestyle in our kids at an early age. With your help, we can add healthy, happy and active to our unique culture.

FAST FACTS

What is included with a kids marathon registration? Each kid will receive an ATHLETE bib that includes an electronic timing chip and a matching PARENT bib to be worn by the parent or guardian responsible for checking the kid out after the race. Each kid will receive an event T-shirt (kid's sizing available) and a Finisher's Medal when he or she crosses the finish line.

Are their age limits? The Blue Cross and Blue Shield Kids Marathon is for children 12 years old and under. Kids older than 12 should register for the Louisiana Marathon 5K. Both distances are friendly to walking and race staff attend a "half-mile" turnaround to let the little kids get back to the finish line quicker if they like.

Can parents run with their children? Parents are allowed to run with their children in the Kids Marathon, but are encouraged to let their little ones accomplish the race on their own. The course is closely monitored and secured by race officials and local police. Parents running the 5K race need to be registered runners and have their own bib.



KIDS MARATHON RACE INFO

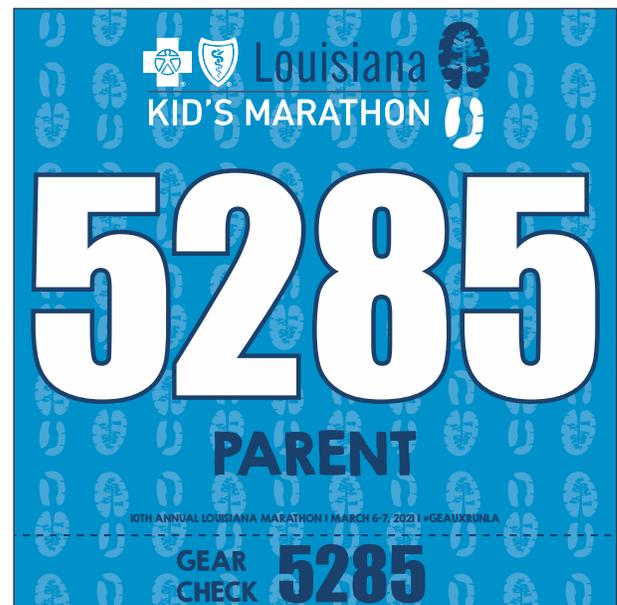
BLUE CROSS AND BLUE SHIELD OF LOUISIANA KIDS MARATHON

Finish Line & Kid Checkout: Only race personnel and kids participating in the race will be allowed in the finish chute and checkout areas. Once you see that your kid has crossed the finish line and entered the checkout area you can move to the exit where race officials will be checking kids out. Show your **PARENT** bib to the attendant and claim your child. If you have multiple kids in different waves, you will need to move away from the checkout area and return once your next kid is ready to be checked out.

If you do not have the bib that matches your kid's bib, the attendant will look to verify the information you wrote on the back of the bib with your photo ID. If you can't produce a photo ID or did not complete the information on the back of the bib, the attendant will direct you to one of our police partners who will work with you and the kid to turn over custody.

Please wear your **PARENT** bib and complete the information on the back of the **ATHLETE** bib to avoid any inconvenience on race day. If a parent has multiple kids participating, they should wear **ALL** of their **PARENT** bibs.

If a parent is planning to run with their kid, they should still wear the **PARENT** bib. In addition, the back of the **ATHLETE** bib should be filled out with all of the parent's information.



COVID-19 MITIGATION & SAFETY

ENSURING A SAFE RETURN TO RACING

LOUISIANA
MARATHON



FRESHJUNKIE Racing has always taken pride in putting on safe and high-quality events for our participants. As we plan to return to event production, we will be openly communicating any/all changes to our events in regards to COVID-19. Please understand that the circumstances are constantly changing and we will continue to adjust to ensure a safe and healthy race experience.

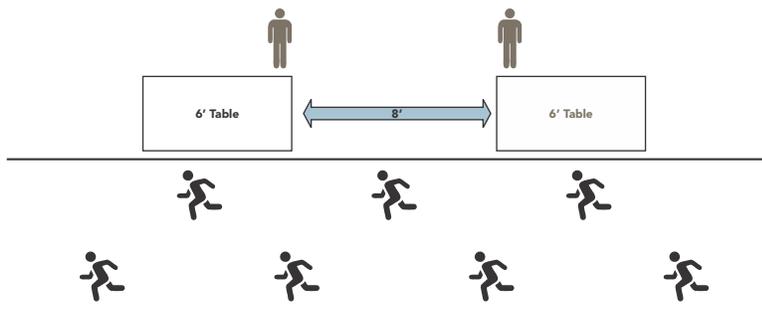
START

- Start corrals will be assigned and limited to ensure social distance
- Runners will start in time trial/staggered start to maintain distancing
- Please do not come to starting line before your time



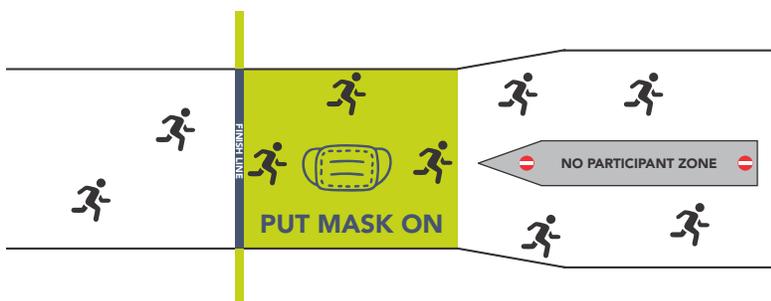
RACING

- Water station tables will be spaced
- Cups will not be handed to runners
- Runners are encouraged to bring personal hydration to reduce contact



FINISH

- Masks must be put on after Finish
- Finish line split to minimize congestion
- Spectators are not allowed
- Maintain Social Distance
- Exit the finish line quickly



STAYING SAFE



MASKS REQUIRED WHEN NOT RACING



PLEASE PRACTICE SOCIAL DISTANCING



WASHING YOUR HANDS OFTEN

CARRYING HAND SANITIZER



STAYING HOME IF SICK

AVOID TOUCHING YOUR FACE

START CORRALS - SUNDAY

- Each runner will have a corral assignment on the back of their bib. Corrals open at 6:15 AM
- Plan to be in your corral no later than 6:45 AM
- Once you are on site race morning, it's important to go to your assigned corral as soon as possible to improve social distance adherence
- Cones will indicate where runners should stand
- Do not report to the Starting Line on race morning, go directly to your assigned corral
- There are two port-o-let locations, one near corrals D, E, & I; another near corrals F, G, & H
- The first runners of Corral A will start at 7:00 AM
- Corrals will be moved forward to the Starting Line by event staff
- Masks are required when not racing
- Once across the Starting Line, runners are allowed to remove their masks, but should carry them to mask up after finishing the race



WHAT HAPPENS AFTER THE RACE?

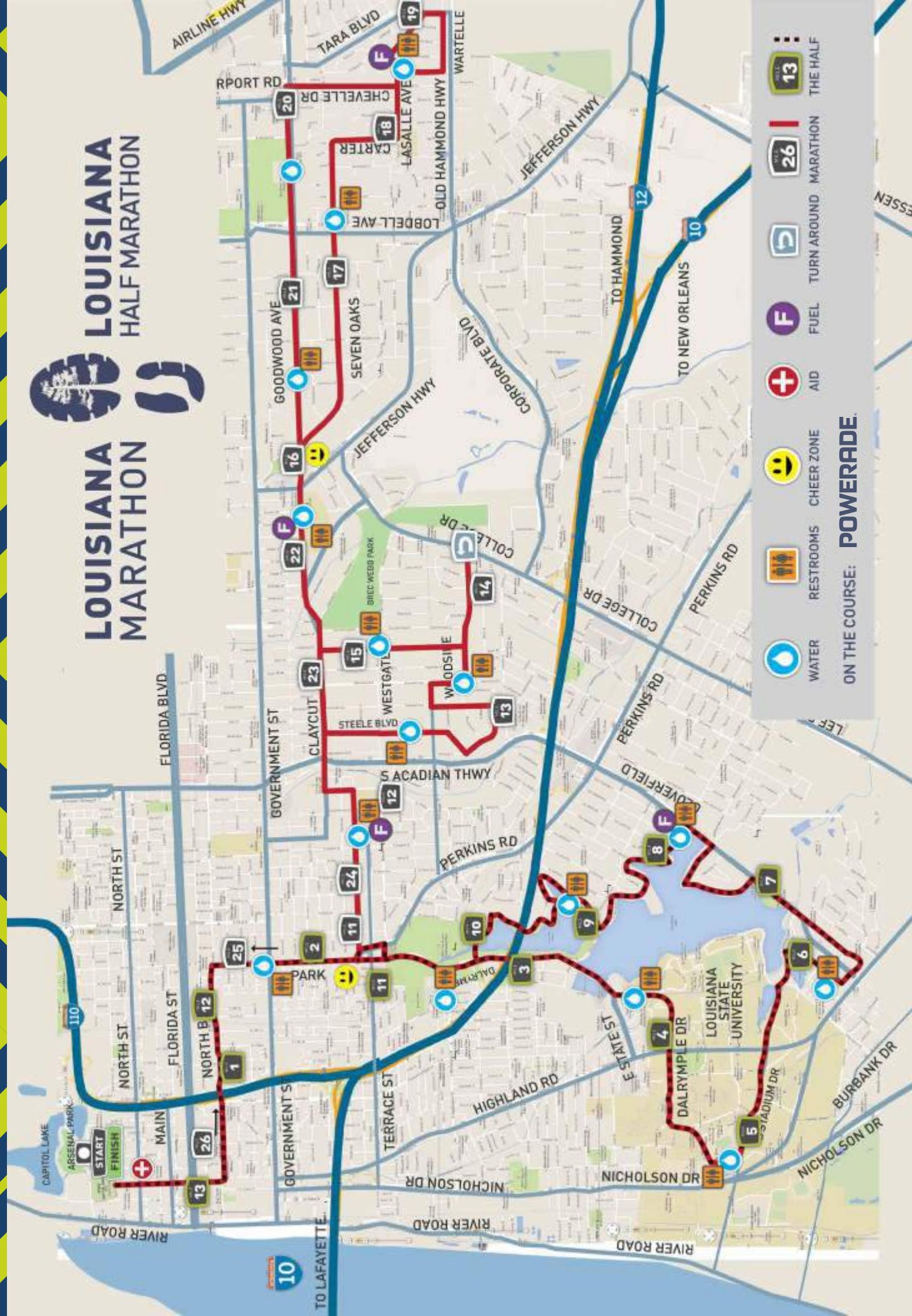
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2. Receive bottle of water
3. Receive Finisher's Medal
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8. Return to vehicle and leave the venue

Runners are not allowed to wait for friends/family in the Venue or at the Finish Line. You play a role in allowing this event to take place. Your cooperation is appreciated.



LOUISIANA MARATHON

LOUISIANA HALF MARATHON



ON THE COURSE: POWERADE.

- WATER
- RESTROOMS
- CHEER ZONE
- AID
- FUEL
- TURN AROUND
- MARATHON
- THE HALF

MORE POWER FOR



LOUISIANA MARATHON



AWARDS

In addition to finisher medals awarded for each finisher in each race, there will be specific overall, masters, grand masters, great grand masters, and age group awards for all races except the Kids Marathon. Overall and Age Group award winners will each receive a custom award medal engraved with the award description: 1st Place Male, Age Group 40-44 as an example. Overall award winners will ALSO receive a custom, laser-engraved wooden award to commemorate their finish.

OVERALL AWARDS

The top finishers in the 5K, Quarter, Half Marathon and Marathon will receive an overall award in the following categories:

Overall Male and Female (1st, 2nd, and 3rd)
Masters (40+) male and female (1st Only)
Grand Masters (50+) male and female (1st Only)
Great Grand Masters (60+) male and female (1st Only)

FULL & HALF MARATHON AGE GROUP CATEGORIES

1st, 2nd, and 3rd place males and females in each of the following categories will receive an age group award:

16-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+*

5K AND QUARTER MARATHON AGE GROUP CATEGORIES

1st and 2nd place males and females in each of the following categories will receive an age group award:

10 & Under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+*

*if there are runners over the age of 89, an additional age group category will be created for the appropriate 5 year window.

LOUISIANA MARATHON

AWARDS

All awards must be picked up at the event. Awards can be claimed as soon as there are adequate results available from the timers. There are no Award ceremonies. No awards will be shipped post-race.

DEJA VU AWARD

Runners who finish the Louisiana Quarter Marathon or Louisiana Marathon 5K on Saturday AND finish the Marathon OR Half Marathon on Sunday receive the coveted Deja Vu Award. For the 2021 event, the Deja Vu Award will be a custom medal to add to your collection.



BEACH TO BAYOU AWARD

Two Races, Three Medals, All the Fun

Run any distance (excluding the Kids Marathon) at The Louisiana Marathon and any distance (excluding the Kids Marathon) at our sister race, the Mississippi Gulf Coast Marathon and get a sweet third medal, the Beach to Bayou Challenge Medal. You can mix and match the distances however you like: a 5K at each, a half at one & a full at the other... any two distances and you get the Beach~2~Bayou Medal.



HOW IT WORKS

Register for each race separately and we will track your participation. Pick up your medal at the awards tent at the Louisiana Marathon on either Saturday or Sunday after finishing your race there.

TIMING & RESULTS

The End Result Company is a national running and multi-sport service company specializing in timing, scoring, and related data services. Results will be posted on our website immediately following the race at: www.thelouisianamarathon.com/Race/Results/100074

NOTIFICATIONS

Runners and their friends can receive text and email Result notifications by enabling those features within their RunSignUp profile. Be sure to enable it before race weekend to stay up-to-date!



COURSE SAFETY

EVENT ALERT SYSTEM (EAS)

The color-coded Event Alert System (EAS) status—ranging from Low (Green) to Extreme (Black) based primarily on weather—will be communicated by way of public address announcements, digital notifications and color-coded signs/flags at the Start/Finish Line and Aid Stations.

AID STATIONS and EMS

Medical personnel will be stationed at each aid station along the race course to monitor and treat any athlete who is injured or in distress. Aid stations also offer water, Powerade, portable toilet facilities, and Honey Stinger products (every 3rd station). Local EMS will also be providing medical support throughout the race course on both days.

MEDICAL SUPPORT

Each 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.

FAMILY RELATIONS TENT

This tent is an area for family/friends to inquire about the health status of a runner. Due to medical confidentiality, medical personnel cannot provide medical information on a runner unless the runner provides oral permission for the designated person(s) or if the runner has provided race organizers with emergency contact person(s).

Alert Level	Event Conditions	Recommended Actions
Extreme	Event Cancelled/ Extreme & Dangerous	Participation stopped / Follow event official instruction
High	Potentially Dangerous	Slow down / Observe course changes / Follow event official instruction / Consider Stopping
Moderate	Less than ideal	Slow Down / Be prepared for worsening conditions
Low	Good	Enjoy the event / Be alert

SPONSORED BY ST. JOSEPH CATHEDRAL

IT'S AN HOUR BEFORE THE RACE:

Mind racing? Nervous? What to do?

PRAY!

Join Michael Alello, Catholic priest & marathon runner, for a special 26.2 minute Mass prior to the race.

- Mass Starts at 6am.
- Concludes with a special runner's blessing.
- Come in your running gear!
- Bathrooms available.



MASS LOCATION:
St. Joseph Cathedral,
401 Main Street,
Baton Rouge, LA 70802. (At The Corner of Fourth & Main Streets, a three minute walk to the starting line!)

