

OFFICIAL ATHLETE GUIDE

Baton Rouge, Louisiana January 12-14, 2024

GEAUXRUNLA





You trained hard to get here.
Congratulations on reaching your goals
and setting the pace for healthy living in Louisiana.

www.bcbsla.com

LETTER FROM THE LT. GOVERNOR



Welcome runners to Louisiana and to our capital city, Baton Rouge, for the 2024 Louisiana Marathon!

Welcome to an exciting start to the new year in #OnlyLouisiana!

Congratulations on embarking on your journey, whether it's the 5K, the Quarter, the Half, or the Full Marathon. Your experience will be more than a race; it's a chance to witness how Louisiana truly Feeds Your Soul. Along your route and throughout your stay, you'll soak in the unique atmosphere that defines our state.

The rhythm of Louisiana resonates in our music and echoes in the cheers of race day crowds. The flavors of our culture await you at the Finish Fest post-race party and in our local restaurants. Most importantly, you'll feel the warmth of our hospitality through the genuine connections you make along your trip. Louisiana is a world-class destination, and we pride ourselves on treating our visitors like family. As I always say, "When you're here, we treat you like family!"

Beyond the marathon, explore Louisiana's "Sportsman's Paradise" for additional outdoor adventures. From fishing and biking to paddling and swamp tours, our state offers a plethora of activities for every outdoor enthusiast.

Make the most of your stay, and don't forget to share your experiences with your friends. I encourage you to discover more ideas and adventures for your next trip at <u>ExploreLouisiana.com</u>.

Wishing you the best of luck with your run and hoping you thoroughly enjoy every step of the journey.

Lieutenant Governor





ExploreLouisiana.com



FRED'S LOUNGE

IN MY LOUISIANA,

THE MUSIC NEVER STOPS:



FindYourLouisiana.com

AYA LAFAYETTE QTR MARATHON LAKE CHARLES JAZZ KENNER 26.2 ES MONROE RUNNING ALEXANDRIA KIDS PRAIRIEVILLE 13.1 HOUM O SNOWRALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDFIL GEAL

LETTER FROM THE RACE DIRECTOR

Welcome to the highly anticipated 2024 Louisiana Marathon weekend! We are thrilled to extend our warmest welcome to both our out-of-town guests and returning participants for the 13th annual running of this incredible event.

As you set foot in our capital city and the beautiful state of Louisiana, we want you to know how grateful we are to have you join us. Whether it's your first time or you're back for more, your presence adds to the vibrancy of this celebration.

Being the marquee marathon for our state fills us with pride, and we hope you relish every moment of your race weekend. The dedication you've poured into your training harmonizes with our months of meticulous preparation, all converging at the finish line against the backdrop of the majestic Louisiana State Capitol building, overlooking the mighty Mississippi River. This weekend is a true celebration of your hard work, and we encourage you to fully immerse yourself in the experience.

At The Louisiana Marathon, we're on a mission to elevate Louisiana's status among healthy states. We firmly believe that hosting exceptional events inspires residents to embrace training and make healthier choices. So, savor every aspect of the event, and spread the word to your friends and family. You never know whose journey you might inspire towards becoming the best version of themselves.

Our commitment extends beyond the race itself; we aim to showcase the beauty and culture of Louisiana throughout the course. Traverse through the picturesque parts of Baton Rouge with its oak canopies and historic neighborhoods. We extend our gratitude to the local community whose unwavering support makes this event memorable year after year. As you cross the finish line, indulge in the flavors of Louisiana with delectable food and drink, accompanied by the jammin' tunes of local artists eager to entertain you.

Thank you for choosing to be a part of our event. The FRESHJUNKIE Racing team takes pride in presenting this experience, and we are truly grateful for your participation.

Best wishes for an unforgettable Louisiana Marathon weekend!

Pat O'Brien
Race Director

The Louisiana Marathon



There are no half measures in your quest. There is only dedication to a stronger body and a clearer mind. To working past the pain and toward the finish line. To you, the driven, we offer our congratulations on your amazing milestone.

From us at Window World, huge admirer and proud supporter of the Louisiana Marathon.



Window World

Presenting Sponsor of the 2024 Louisiana Marathon GETWINDOWS.COM | (800) GET-WINDOWS

W ORLEANS MARATHON BATON ROUGE 3.1 SHREVEPORT BOUDIN METAIF
MBALAYA LAFAYETTE QTR MARATHON LAKE CHARLES JAZZ KENNER 26.2 BOSSI
Y BLUES MONROE RUNNING ALEXANDRIA KIDS PRAIRIEVILLE 13.1 HOUMA ROU
ARRERO SNOWBALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDELL GEAUX RUN
ARRERO SNOWBALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDELL GEAUX RUN
ARRERO SNOWBALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDELL GEAUX RUN
ARRERO SNOWBALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDELL GEAUX RUN
ARRERO SNOWBALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDELL GEAUX RUN

LETTER FROM VISIT BATON ROUGE

Welcome to Louisiana's Capital City! We are thrilled to have you in town this weekend for the annual Louisiana Marathon. Given that Baton Rouge is a city standing with over 300 years of history, tradition, authenticity, and exciting experiences, it is evident that you're in for a memorable time. In addition to gearing up for the Louisiana Marathon, we are getting ready to paint the city purple, gold, green, and pink for our annual Mardi Gras season where thousands will attend our family-friendly festivities. After carnival, we're diving headfirst into crawfish season with Crawfête and several restaurants serving the savory crustaceans for both lunch and dinner. If you find yourself with a bit of downtime during your stay, we know just how you can spend it! Don't miss out on exploring some of downtown's most unique sights like the enchanting stained glass dome inside the Old



State Capitol or the fascinating exhibits at Capitol Park Museum. Wanting to stay outdoors? Bike or take a pre-race stroll along the majestic Mississippi River at our downtown riverfront. Venture on over to LSU's campus to wave hello to Mike the Tiger or visit our vibrant Mid City area, where you'll be greeted by quirky shops, bustling nightlife, and tempting restaurant options that await your presence.

Now, let's talk food! Need the perfect spot to fuel up for race day? If Cajun or Creole cuisine is on your mind, Parrain's Seafood has something to suit every palate. For breakfast, beignet fingers at Coffee Call or a hearty stack of pancakes at Zeeland Street will fill you right up. Baton Rouge is a culinary haven, thanks to our diverse culinary scene and exceptional partners. You can find more local cuisine options at visitbatonrouge.com/restaurants.

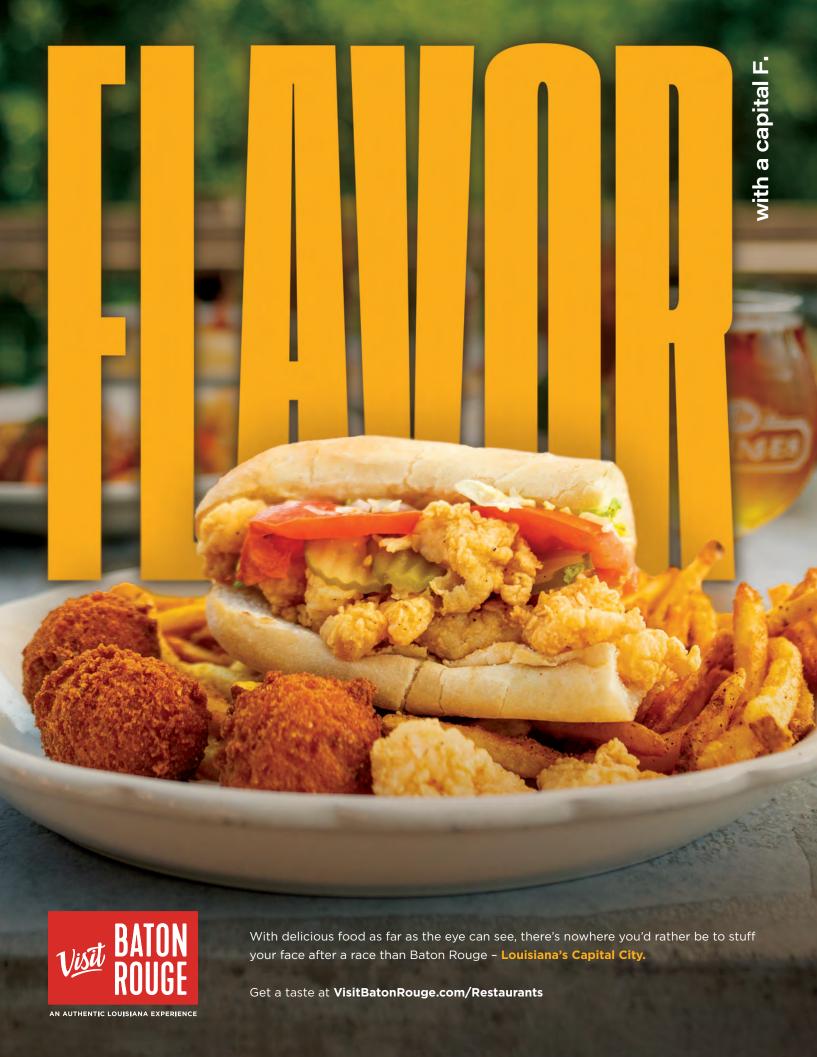
We're not just welcoming 2024; we're welcoming you with open arms and hearts full of excitement! Think of us as your hosts, dedicated to ensuring you have an incredible time and create memories that'll last a lifetime.

For additional information and tips on how to #ExploreBatonRouge, visit our website at www.visitbatonrouge.com. Stay connected with us on Facebook, Instagram, X (formerly Twitter), TikTok, and LinkedIn for the latest updates.

Now get ready, get set, and GEAUX explore!

Jill Kidder President & CEO Visit Baton Rouge







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. We are excited to return to A.Z. Young Park for the Finish Festival. Runners can expect a tremendous line-up of delicious foods, including jambalaya and gumbo, as well as, live music on Saturday and Sunday.

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 in Louisiana's capital 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).

Over the years runners have 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:

Amanda Becnel : Sales Associate

Doug Cain : Safety Director

Caroline Cardinal: Marketing Associate

Ray Castle : Medical Director

Jonathan 'Juba' Dziuba : Managing Director

Eric Engemann: Sales Director

Patrick Fellows : Experiential Director

Lauren O'Brien: Volunteer & VIP Director

Patrick O'Brien: Race Director

Matt Peralta: Logistics Director

Nan Urban: Athlete Services Director

Haley Wattigny: Marketing Associate

Mike Wattigny : Marketing/Creative Director

Diane Weiss: Registration Director

EVENT SCHEDULE

Friday, January 12

11:00 am - 6:00 pm Expo, Packet Pickup, and Official Gear Shop Raising Cane's River Center Ballroom - enter from St. Louis Street

11:30 am - 2:00 pm Chris Leblanc

4:00 pm - 6:00 pm Jovin Webb Duo

Saturday, January 13

6:00 am - 7:30 am Packet Pickup - Quarter Marathon & 5K A. Z. Young Park 6:00 am - 10:00 am Packet Pickup - Kids Marathon A. Z. Young Park 7:00 am Spanish Town Rd. & N 3rd St. Gear Check Opens 7:30 am Runner Corrals Open LA State Museum 7:51 am LA State Museum Announcements/National Anthem 7:55 am Ainsley's Angels Charity Wave Start LA State Museum 8:00 am Start of the Louisiana Quarter Marathon & 5K LA State Museum

8:30 am - 11:30 am Visit Baton Rouge Finish Festival A. Z. Young Park

8:30 am - 11:00 am Pocket Chocolate 11:00 am - 11:30 am Baton Rouge Music Studios

9:30 am - 11:00 am Awards and Shirt Exchange Open A. Z. Young Park

10:00 am - 5:00 pm Expo, Packet Pickup & Gear Shop (Sunday races) Raising Cane's River Center Ballroom - enter from St. Louis Street

10:15 am Blue Cross Blue Shield of Louisiana Kids Marathon N 3rd St. & North Street

2:00 pm Birth Center of Baton Rouge Diaper Dash Raising Cane's River Center Ballroom - enter from St. Louis Street

Sunday, January 14

10:30 am - 12:30 pm

5:30 am - 6:30 am	Packet Pickup - Full & Half Marathon	A. Z. Young Park
6:00 am	Gear Check Opens	Spanish Town Rd. & N 3rd St.
6:30 am	Runner Corrals Open	LA State Museum
6:51 am	Announcements/National Anthem LA State Museum	
/ EE am	Ainsley's Angels Charity Ways Start	LA Ctata Musaum

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

9:00 am - 2:00 pm Visit Baton Rouge Finish Festival A. Z. Young Park

8:30 am - 10:00 am The Louisiana Yard Dogs

Flow Tribe

11:00 am - 2:00 pm Awards and Shirt Exchange Open A. Z. Young Park

1:00 pm Race Concludes LA State Museum

W ORLEANS MARATHON BATON ROUGE 3.1 SHREVEPORT BOUDIN METAII MBALAYA LAFAYETTE QTR MARATHON LAKE CHARLES JAZZ KENNER 26.2 BOSSI IY BLUES MONROE RUNNING ALEXANDRIA KIDS PRAIRIEVILLE 13.1 HOUMA RO ARRERO SNOWBALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDELL GEAUX RUN USTON SHRII

PARKING

Street and garage parking for the race Start and 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: https://downtownbatonrouge.org/get-around/parking

KEY LOCATIONS



Packet Pickup & Official Gear Shop
Raising Cane's River Center Ballroom
398 St. Louis St., Baton Rouge, LA 70802



Start & Finish Line
Louisiana State Museum
660 N 4th St., Baton Rouge, LA 70802



Lamar is a proud sponsor of the Louisiana Marathon.

Going the extra mile since 1902.



PACKET PICKUP & OFFICIAL GEAR SHOP

Welcome to **Rendezvous13**. Friday is the official start to the Louisiana Marathon running festival and the exclusive Packet Pickup and Late Registration area for all runners of the race weekend. Get your bib, shirt, and swag. Take lots of pics with numerous Instagrammable activations. Be the first to grab some of the 2024 official gear and maybe even buy something from our lineup of Louisiana Makers and Crafters. We will also have our charity partners present to address any questions about their causes. We invite you to participate in their outreach efforts. The best thing about it is that it is FREE and OPEN TO THE PUBLIC. Packet Pickup and the Official Gear Shop will be located at Raising Cane's River Center Ballroom, 398 St. Louis St., Baton Rouge, LA 70802.

SCHEDULE

- Friday, January 12, 2024 11am-6pm
- Saturday, January 13, 2024 10am-5pm

PARKING

There is plenty of street and garage parking for Packet Pickup near the Raising Cane's River 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

The River Center is the first place you can pick up your registration packet. Registered participants can confirm registration on TheLouisianaMarathon.com. 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.

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.

LATE REGISTRATION

Late registration is available unless the race(s) sells out. The Louisiana Marathon will post a notice regarding closed races on our website, Facebook, and Instagram. Participants can register or change races in the Race Registration area (if space is available).

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.

BIRTH CENTER OF BATON ROUGE DIAPER DASH

Join us on Saturday, January 13, 2024 at 2:00 pm in the Expo for the Inaugural Birth Center of Baton Rouge Diaper Dash.

Open to children 2 and under, this promises to be the cutest event of the weekend!

"Competitors" will crawl across the 10' race course to determine the winner. Parents are encouraged to bring their favorite toy, binky, or whatever shiny plaything that motivates the young athletes to crawl faster than the competition. Children must be 2 years or younger to register. Crawling is mandatory. Any child who stands and walks will be disqualified from awards.





Saturday, January 13th - 2:00 PM Raising Cane's River Center Ballroom

CHILDBIRTH IS LIKE RUNNING A MARATHON

"IT'S SO HARD."

You're stronger than you know!





"I CAN'T DO IT ANYMORE."

You are doing it

"I DID IT!"

We knew you could!





BIRTH CENTER OF BATON ROUGE A Sacred Space for Birthing Families



GET YOUR MESSAGE OUT

RADIO | VIDEO | DIGITAL











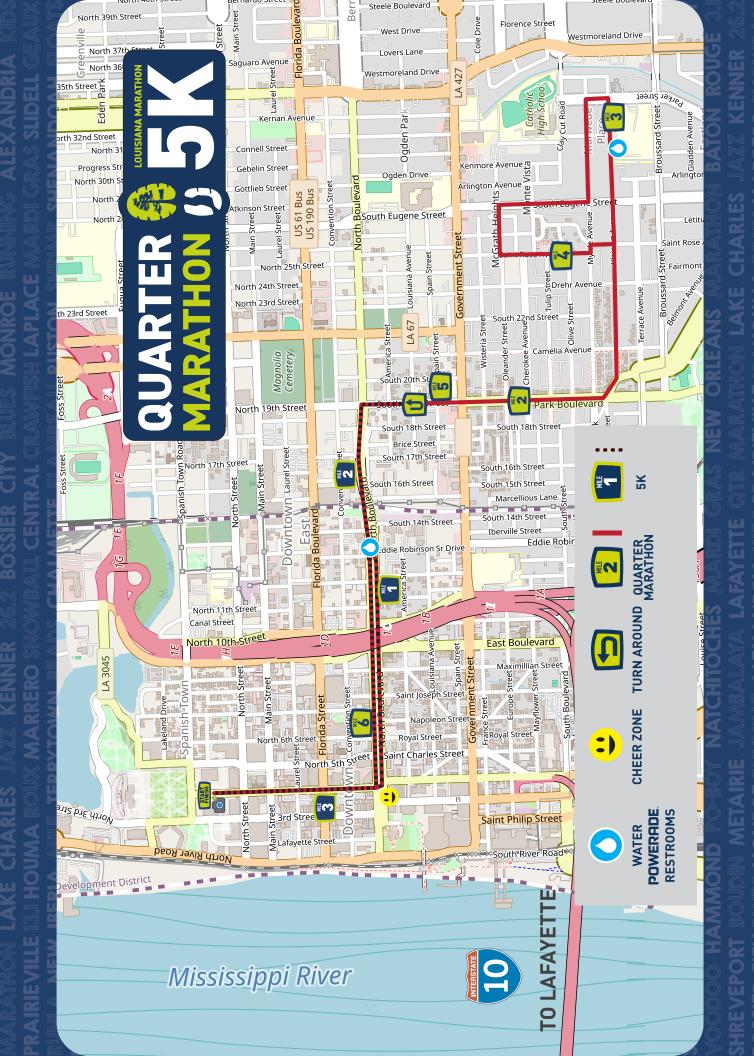
guarantymedia.com



Tailgate, Lunch, Cochon de Lait, BBQ, Signature Packages, and so much more.

Visit www.cityporkcatering.com to view our menus













COMMITTED TO COMMUNITY

At Olin, we are a community of 8,000 dedicated professionals in twenty countries serving customers worldwide. Olin's global reach is complemented by our local commitment to the communities where we work, live, and play. We are grateful for the opportunity to collaborate with communities to make a difference in people's lives. Our employees volunteer their time as long-time residents who care for and inspire one another. We also care for the environment by developing innovative solutions to reduce our energy and carbon footprint, carefully steward resources, and promote safe practices.

Learn more at Olin.com.

KIDS MARATHON RACE INFO

BLUE CROSS AND BLUE SHIELD OF LOUISIANA KIDS MARATHON

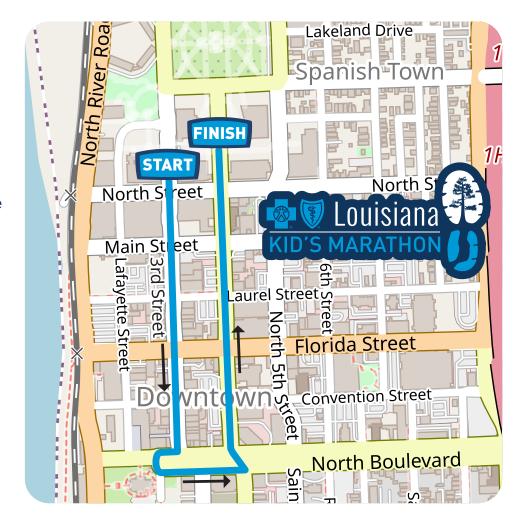
Get the whole family active at the running festival. Join us for the Blue Cross and Blue Shield Kids Marathon Challenge, 1 mile Kids Marathon or the 3.1 mile 5K. Our mission is to instill running as a part of a healthy lifestyle in our kids at an early age. With your help, we can add healthy, happy and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









MAIL MY BIB - SWAG PICKUP

Participants who paid to have their bib mailed to them will be able to claim their SWAG (event shirt, bag, etc.) after they complete the race. Follow the signs to "PACKET PICKUP" once you finish the race and present your race bib to the staff there, they will provide your SWAG and mark the back of your bib.

You are welcome to come to any of the pre-race packet pickups to claim your SWAG if you like. Present your race bib and the staff will provide your items to you.

Bibs are mailed via USPS two weeks prior to race day. They are sent to the SHIPPING ADDRESS provided when you registered. If you paid to have your bib mailed and never received it, please report to a pre-race packet pickup and a staff member will be able to rectify the situation.

GEAR CHECK

There will be a Gear Check truck located on Spanish Town Rd. between N. 3rd & N. 4th Street (north side of the State Library). If you bring a bag, clearly marked with your BIB NUMBER, you can drop your personal effects at the UPS truck just before the race starts. We will have your items waiting for you once you cross the finish line. We are not responsible for the items placed in Gear Check.



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.









Comprehensive Care from Head to Toe

With Over 700 Years of Combined Physician Experience

<u>PAIN</u> MANAGEMENT

Kelly Boussert, M.D. Steve McDaniel, M.D.

HAND & WRIST

Rick Ahmad, M.D. Ryan Bliss, M.D. Timothy Bowlin, M.D. Benjamin Robichaux, M.D. Michael Robichaux, M.D. John Wilkinson, M.D.

HIP

Shaun Accardo, M.D.

A. Brent Bankston, M.D.
Jared Braud, M.D.
Robert Easton, M.D.
R. Bryan Griffith, M.D.
Craig Greene, M.D.
Niels Linschoten, M.D.
Kevin Riché, M.D.
R. David Rabalais, M.D.
Ricardo Rodriguez, M.D.
Adam Whatley, M.D.
John Marshall Whatley, M.D.

FOOT & ANKLE

Michael Blanchard, M.D. Jimmy Lalonde, M.D. Brian Perry, M.D. Catherine Riché, M.D.



SPINE

Henry Eiserloh, M.D. David Ferachi, M.D. Kyle Girod, M.D.

<u>KNEE</u>

Shaun Accardo, M.D.

A. Brent Bankston, M.D.

Larry Bankston, M.D.

Jared Braud, M.D.

Robert Easton, M.D.

Matthew Fury, M.D.

Craig Greene, M.D.

R. Bryan Griffith, M.D.

Niels Linschoten, M.D.

R. David Rabalais, M.D.

Kevin Riché, M.D.

Ricardo Rodriguez, M.D.

Adam Whatley, M.D.

John Marshall Whatley, M.D.

Carey Winder, M.D.

TRAUMA

Shaun Accardo, M.D. Craig Greene, M.D. Kevin Riché, M.D. John Marshall Whatley, M.D.

SHOULDER

Larry Bankston, M.D.
Mark Field, M.D.
Matthew Fury, M.D.
Craig Greene, M.D.
Nick Hatzis, M.D.
R. David Rabalais, M.D.
Ricardo Rodriguez, M.D.
Wame Waggenspack, M.D.
Adam Whatley, M.D.
Carey Winder, M.D.

ELBOW

Rick Ahmad, M.D.
Larry Bankston, M.D.
Ryan Bliss, M.D.
Timothy Bowlin, M.D.
Mark Field, M.D.
Matthew Fury, M.D.
Nick Hatzis, M.D.
Benjamin Robichaux, M.D.
Michael Robichaux, M.D.
Wame Waggenspack, M.D.
John Wilkinson, M.D.

SPORTS MEDICINE

A. Brent Bankston, M.D.
Larry Bankston, M.D.
Stephen Etheredge, M.D.
Mark Field, M.D.
Matthew Fury, M.D.
Craig Greene, M.D.
Nathan Hensler, D.O.
Chad Loup, M.D.
R. David Rabalais, M.D.
Ricardo Rodriguez, M.D.
Wame Waggenspack, M.D.
Adam Whatley, M.D.
Carey Winder, M.D.

PEDIATRIC

Brad Culotta, M.D. John Faust, M.D.

RLEANS MAKAIHON BAION KOUGE 3.1 SHKEVEPOKI BOUDIN M AYA LAFAYETTE QTR MARATHON LAKE CHARLES JAZZ KENNER 26.2 IES MONROE RUNNING ALEXANDRIA KIDS PRAIRIEVILLE 13.1 HOUM. OSNOWBALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDELL GEAUX

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 slate 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 AND 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.

Anticipated times for AWARD pickup are as follows:

- 9:00am Saturday 5K
- 10:00am Saturday Quarter Marathon
- 10:00am Sunday Half Marathon
- 11:00am Sunday Full Marathon

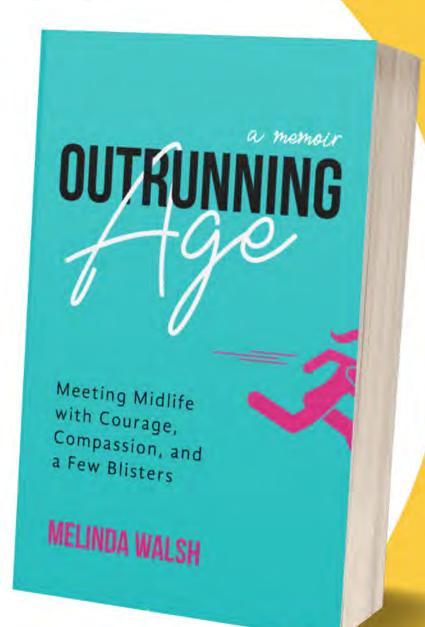
Get Inspired!

Told with suspense, vulnerability, and humor,

Outrunning Age is the inspirational and relatable story of one woman's journey to overcome her biggest obstacle—herself—in the ultimate race to find courage, resilience, and self-acceptance.

★★★★ "Outrunning Age is written with a vulnerability and compassion that draws you in." --JT

★★★★★ "This book serves up inspiration by the truckload." -Katherine B





THE TIRED BUT HAPPY AUTHOR AFTER COMPLETING HER FIRST HALF MARATHON AT THE 2019 LOUISIANA MARATHON-THE RACE IS FEATURED IN THE BOOK!

Available on Amazon

Get your copy here!



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 postrace.

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 2024 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 and 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.



GEAUXRUNLA

NEW ORLEANS MARATHON BATON ROUGE 3.1 SHREVEPORT BOUDIN METAIRIE

JAMBALAYA LAFAYETTE QTR MARATHON LAKE CHARLES JAZZ KENNER 26.2 BOSSIER

CITY BLUES MONROE RUNNING ALEXANDRIA KIDS PRAIRIEVILLE 13.1 HOUMA ROUX

MARRERO SNOWBALL CENTRAL CRAWFISH LAPLACE MARDI GRAS SLIDELL GEAUX RUNLA

CONANTENAOD ATIME NACEDOLLA NIDICE

JSTON SHRIMP

COMMEMORATIVE MERCHANDISE



TIMING & SCORING

RESULTS

Results will be posted on our website immediately following the race at: www.louisianamarathon.com/Race/Results/100074

Want to find your results as soon as possible? Scan the QR code on signs around the venue to jump right to the results. Remember to select the distance/event that you participated in under the 'Result Set' dropdown.

NOTIFICATIONS

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





VISIT BATON ROUGE FINISH FEST



ENTERTAINMENT LINEUP

SATURDAY

January 13, 2024 8:30am-11:00am Pocket Chocolate

11:00am-11:30am Baton Rouge Music Studios

SUNDAY

January 14, 2024 8:30am-10:00am The Louisiana Yard Dogs

10:30am-12:30pm Flow Tribe

The Finish Festival is open to the public and features mouth-watering Louisiana food and an eclectic variety of local music. Thousands of runners, spectators, foodies and music lovers enjoy the two-day festival each year. The Finish Festival cranks up when runners participating in the Louisiana Marathon 5K, Quarter Marathon and Kids Marathon cross the finish line near the State Capitol Park on Saturday of The Louisiana Marathon. The Finish Fest continues on Sunday, following the Louisiana Marathon and Half Marathon.

LAYA LAFAYETTE QTR MARATHON LAKE CHARLES JAZZ KENNER 26.2 BC JUES MONROE RUNNING ALEXANDRIA KIDS PRAIRIEVILLE 13.1 HOUMA

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.

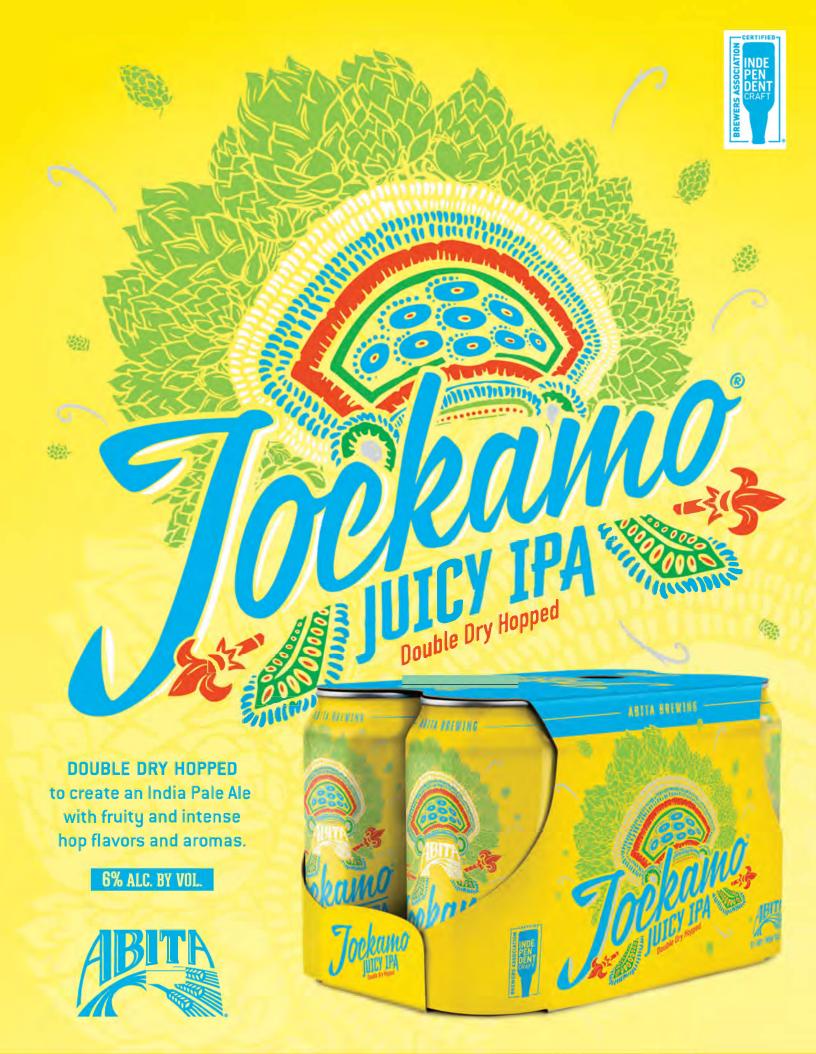
AID STATIONS AND EMS

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, and portable toilet facilities. Local EMS will also be providing medical support throughout the race course.

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.

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



SUNDAY VIP EXPERIENCE

Are you a VIP or thinking about upgrading your weekend experience? The VIP area has been moved to the center of all the action on 4th Street, giving you the front row seat to see your favorite runners cross the finish line.

VIP AMENITIES

- Credentialed Entry to VIP Area Use the wristband that may be picked up at Packet Pickup to
 enter our special VIP Area AT THE START & FINISH LINE! The VIP area is in a prime location to
 enjoy excitement of the Start and a front row seat to cheer on your favorite runners!
- VIP SWAG Pickup VIP runners will have a special section 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 close to the action (on River Road, next to the Pentagon Barracks); your name will be on the VIP list.
- VIP Restrooms Avoid the lines with the use of VIP bathrooms.
- VIP Louisiana Marathon Luggage Tag Show off your commitment with your exclusive luggage tag.
- VIP long-sleeve shirt Enjoy an exclusive long-sleeve shirt with the Louisiana Marathon.
- Catered Food In addition to sampling the food at our Finish Festival, you will have access to premium catered food in the VIP Area. We are happy to welcome the City Group, Baton Rouge's premier restaurant group.
- 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 (Coffee, Soft Drinks, Water, Beer, Mimosas, Bloody Mary's).
- Custom Medal Engraving Have your finisher medal engraved with your finish time while enjoying the VIP area.
- Commemorative Louisiana Marathon Poster stamped with your Official Finish Time.

Tickets are \$100 each and can be purchased during registration, by adding it onto your registration on RunSignUp after you register, or by emailing us at info@thelouisianamarathon.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.





Nix the get rich quick schtick. It's about security. Peace of mind. Confidence. Magnolia Wealth Strategies makes it so you look ahead with less confusion and more clarity. We're all about aligning clients with sensible products that are truly in their best interest. The Magnolia way is designed to help you grow your own way - taking into account who you really work for - your family.

Advise. Protect. Invest. Manage. magnoliawealth.com





Mardi Gras Mambo Baton Rouge, LA

War Eagle Run Fest Auburn, AL

Skyway 10K St. Petersburg, FL

Tuscaloosa Half Marathon Tuscaloosa, AL

Nights of Thunder Cross Country

Tallahassee, FL

Northshore Half Marathon Mandeville, LA

Huey P. Long Bridge Run Elmwood, LA

Battleship 12K Mobile, AL

Baton Rouge & Tammany Turkey Trot

Baton Rouge, LA & Covington, LA

Tiger 10K Baton Rouge, LA

Mississippi Gulf Coast Marathon Biloxi, MS

Louisiana Marathon Baton Rouge, LA

January 27, 2024

February 18, 2024

March 3, 2024

March 23, 2024

Aug 30-31, 2024

October 13, 2024

October 19, 2024

November 17, 2024

November 28, 2024

December 8, 2024

December 14-15, 2024

January 18-19, 2025

For more information about FRESHJUNKIE Racing and our other events, check our website at www.freshjunkieracing.com



SAVE THE DATE

LOUISIANA MARATHON REGISTRATION LAUNCHES ON MARCH 11TH!

SPONSORED BY ST. JOSEPH CATHEDRAL Mind racing? Nervous? What to do? · Mass Starts at 6am. Join Michael Alello, Catholic priest & · Concludes with a special runner's blessing. marathon runner, ·Come in your running gear! for a special 26.2 minute · Bathrooms available. Mass prior to the race. de de de de de de MASS LOCATION: 26.2 minute WASS St. Joseph Cathedral, 401 Main Street Baton Rouge, LA 70802. (At The Corner of Fourth & Main Streets, three minute walk to the starting line!)







Starlite Creations
(225) 356-1363
"Professional Balloon Dècor"









THANK YOU SPONSORS







Mindow Orld















POWERADE























PERKINS BRANCH

13906 Perkins Road, Baton Rouge 225-763-2000





OLD GOODWOOD BRANCH

7235 Jefferson Hwy., Baton Rouge

225-932-7272





GULF COAST BANK & Trust Company