



Our Lady of the Lake Children's Health

# AMAZING HALF MARATHON

13.1 | 5K | 1 Mile Family Fun Run

## OFFICIAL RACE GUIDE

# Exceptionally fun.

# PEDIATRICS

## Welcome to Our Lady of the Lake Children's Health Amazing Half Marathon Race Day!

Thank you for joining us for our exceptionally fun race day in downtown Baton Rouge! Whether you're running our Amazing Half, our 5K or our One-mile Family Fun Run, we're glad you're here. Today's courses boast several features that may help you earn a new personal record – fast, flat, fun and new!

Our Lady of the Lake Children's Health network continues to grow rapidly across Louisiana and now includes more than 300 pediatric providers and specialists, making us our state's largest pediatric healthcare network. We exist to serve the children of Louisiana, providing kid-friendly, healing environments across the state. We provide exceptionally convenient and networked care, keeping kids close to home for their healthcare no matter where they live. The best pediatric care. It's that simple.

As runners you know the importance of regular physical exercise to maintaining a healthy life. By sponsoring this exceptionally amazing race day, we are empowering and encouraging families to develop a lifetime of healthy habits together.

Thank you to our many race sponsors who have collaborated to make this day possible. Find race day details, including results and photos from today, on our website at [AmazingHalf.com](http://AmazingHalf.com). We'll also have photos posted throughout the day on our social channels. Find us on Facebook **@AmazingHalf** and Facebook and Instagram **@lolchildrens**. Be sure to tag us and use the hashtag **#AmazingHalf** on your posts.

We wish you an exceptionally amazing race as you run like a kid again!



Alston "Trey" Dunbar III, MD  
*President, Our Lady of the Lake Children's Health*



OUR LADY OF THE LAKE  
CHILDREN'S HEALTH

# Exceptionally convenient.

# PEDIATRICS

**Louisiana's largest pediatric network –  
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it's that simple.



**OUR LADY OF THE LAKE  
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**NOW ACCEPTING NEW PATIENTS:  
CALL (225) 374-HEAL**

# WELCOME TO THE 2022 AMAZING HALF!

## The return of AMAZING!

Since 2016, the Our Lady of the Lake Children's Health Amazing Half Marathon has become a fixture of the spring fitness calendar. Not only a race, the event serves to inspire families across Louisiana and the Gulf South to lead healthy lives.

With distances for every age and ability, the Amazing Half Marathon, 5K, and One Mile Family Fun Run provide the opportunity to get involved and be a part of the excitement. By instilling positive lifestyle choices of health and fitness, Our Lady of the Lake Children's Health fulfills its mission of improving the lives for the community it serves.

We are extremely excited to see many familiar faces and can't wait to welcome everyone who has chosen this event as their first race. Thank you for helping make Louisiana healthier.

## MEET THE KREWE

### Our Lady of the Lake Children's Health Amazing Half Marathon Organizing Committee:

Ray Castle : Event Medical Director

Emily Saucier : Volunteer Director

Jonathan 'Juba' Dziuba : Managing Director

Craig Sweeney : Strategic Partnerships

Patrick Fellows : Retail/Finish Director

Nan Urban : Communications/Athlete Services

Marina Clay Gelpi: PR Coordinator

Mike Wattigny : Marketing/Creative Director

Patrick O'Brien : Race Director

Diane Weiss : Registration Director

Matt Peralta: Logistics Director

# CHARITY PARTNERS

The Amazing Half Marathon is proud to support these great Charity Partners:



## EVENT SCHEDULE

### Friday, March 11

11:00 am - 6:00 pm      Pre-Race Packet Pickup

Academy Sports + Outdoors  
10808 Industriplex Blvd.  
Baton Rouge, LA 70809

### Saturday, March 12

5:30 am - 6:45 am	Race Day Packet Pickup	North Blvd. Town Square
6:50 am	Announcements/National Anthem	North Blvd. Town Square
7:00 am	Amazing Half Marathon Starts	North Blvd. Town Square
7:30 am	5K and One Mile Family Fun Run Starts	North Blvd. Town Square
8:00 am	Amazing Post Race Party presented by BROCC	Galvez Plaza
9:00 am	Awards and Shirt Exchange Open	North Blvd. Town Square
11:00 am	Event Concludes	

# PACKET PICKUP

## PACKET PICKUP and REGISTRATION at ACADEMY SPORTS + OUTDOORS

The 2022 Packet Pickup and Late Registration will be held at [Academy Sports + Outdoors location off Siegen Lane at 10808 Industriplex Blvd. Baton Rouge, LA 70809](#) on Friday, March 11th from 11:00 am - 6:00 pm.

## RACE DAY PACKET PICKUP HOURS

Saturday, March 12th from 5:30 am – 6:45 am at North Blvd. Town Square.

\*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.

## PARKING

Street parking in downtown Baton Rouge is limited. Nearby garage parking is located one block north of North Boulevard Town Square at the corner of Third Street and Convention Street. Additional garage parking is also available at the Raising Cane's River Center parking garages on St. Louis Street, about two blocks south of North Boulevard Town Square. See map and/or visit [www.downtownbatonrouge.org](http://www.downtownbatonrouge.org) for complete information regarding visiting downtown Baton Rouge. Please **DO NOT** park on North Blvd., this is part of the Race Course.

## 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 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. Please remember they can only do this at Pre-Race Packet Pickup and **NOT** on race day.

## LATE REGISTRATION

Late registration is available during packet pickup unless the race sells out. The Amazing Half Marathon will post a notice regarding closed races on our website and Facebook page. Participants can register online at [www.AmazingHalf.com](http://www.AmazingHalf.com)







# HAVE FUN OUT THERE

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or to find your nearest store.



# 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 "Mail My Bib SWAG Pickup" located near the Awards tent once you finish the race. 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.

## VOLUNTEERS

The Amazing Half Marathon appreciates the support of these great volunteer organizations:

- Red Stick Roller Derby
- LSU Women's Ultimate Frisbee Team
- LSU Chi Omega
- LSU Alpha Epsilon Delta
- Baton Rouge High School Key Club
- Smith Hearn's Real Estate

## VENUE MAP





# HALF MARATHON COURSE MAP



The Amazing Half Marathon course boasts several features coveted by runners looking to earn a PR- fast, flat, fun, and new! The course will begin in downtown Baton Rouge and wind through charming business districts, old Baton Rouge neighborhoods, the Baton Rouge lakes systems, and return to downtown, with a straight shot to the finish for fun (no more uphill)!

\*Maximum Time Allowed for Half Marathoners: 4 hours (approx. 18 min/mi pace)

[Online course map can be viewed here.](#)

\*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.

# 5K COURSE MAP



The Amazing 5K course will start on North Blvd. at Town Square in Downtown Baton Rouge. It will take a nice long downhill right at the start and continue rolling down North Blvd. The only elevation change worth noting is the North Street Overpass, just before mile 1 (outbound) and just past mile 2 (inbound), where runners have been known to enjoy the delicious aroma of bread baking nearby. The race will turn onto N. 19th St., and the first pass at the water stop at Dufroq Elementary School occurs at approximately mile 1.25. Runners take a quick tour of the Garden District and turn at Cherokee St. to head back in passing the water stop again at mile 1.75. The finish line awaits our 5K runners back at Town Square.

\*Maximum Time Allowed for 5K runners: 1 hour 30 minutes (approx. 29 min/mi pace)

[Online course map can be viewed here](#)

\*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.

# 1 MILE FAMILY FUN RUN COURSE MAP



The 1 Mile Family Fun Run provides everyone, even our youngest runners, the chance to feel the exhilaration of crossing the finish line. Open to all age children and adults alike. The 1 Mile Family Fun Run will be an out and back on North Blvd. Parents are allowed to run with children, but need to be registered to participate with them. The emphasis is on creating empowered, accomplished families who develop a lifetime of healthy habits together.

[Online course map can be viewed here](#)

\*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.

# #RUNAMAZING





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YOU WORK FOR  
CAN BE RUTHLESS**

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**Advise. Protect. Invest. Manage.**



# 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!

- Look up. Keep an eye out for our Official Race Photographers. They will be on course and at the Finish Line dressed in reflective vests capturing images of you.
- Clearly display your bib number at all times. This means having it on the center of your torso on your outer most garment. It doesn't help if it's under a sweatshirt or on your back.
- 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

### 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 instructions
High	Potentially Dangerous	Slow down / Observe course changes Follow event official instructions Consider stopping
Moderate	Less Than Ideal	Slow down / Be prepared for worsening conditions
Low	Good	Enjoy the event / Be alert

# 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 three **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.



## TIMING & SCORING

### RESULTS

Results will be posted on our website immediately following the race at:

<https://runsignup.com/Race/Results/101689>

Want to find your results as soon as possible? Scan the QR code on your race bib (shown above by the red arrow) to jump right to the results. Remember to select the distance/event that you participated in under the 'Result Set' dropdown.



# Exceptionally networked.

# PEDIATRICS

**Louisiana's largest pediatric network –  
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## **P A T I E N T   P E R K S**

From Oncology, to Neurology,  
to Orthopedics to General Pediatrics,  
Our Lady of the Lake  
Children's Health  
is Louisiana's largest and  
most comprehensive pediatric  
network with over 300 pediatrics  
specialists committed to serving all  
of your child's healthcare needs.



**OUR LADY OF THE LAKE  
CHILDREN'S HEALTH**

**NOW ACCEPTING NEW PATIENTS:  
CALL (225) 374-HEAL**



## AWARDS PRESENTED BY



Results and awards can be looked up at our RESULTS tent located in the Post-Race Party area. The QR code is printed on the participant bibs that can be scanned by smartphones that will jump directly to the RESULTS page of the website. Please allow some time after you finish to let results become official. Because the event is chip timed, your placement may continue to update for several minutes after you finish the race.

Awards categories can be found on the [AWARDS](#) page of our website. Awards will be available for pick up starting at 10:30 am at the AWARDS tent. Awards will not be issued until they are verified by our timers. Awards are not shipped post-race and must be claimed at the event.

## POST-RACE PARTY

You don't have to be in a hurry to leave after you cross the finish line. Right after the finish line, the **Amazing Post Race Party presented by BROC** gets rolling. Be sure to give yourself time to enjoy the live music from the Jovin Webb Experience, while you enjoy breakfast tacos from Iverstine Family Butchers, parfait yogurt cups from Breazeale, Sachse & Wilson, and ice cold beer (21+). The post race party goes until 11:00 am.

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. Runners must have ID present or have presented an ID at check-in for a beer wristband.





# World-Class Care for Local Student-Athletes



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**Tuscaloosa Half Marathon** *Tuscaloosa, AL*

**Crawfishman Triathlon** *Bush, LA*

**Indian Creek Triathlon** *Woodworth, LA*

**Northshore Half Marathon** *Mandeville, LA*

**Huey P. Long Bridge Run** *Elmwood, LA*

**Battleship 12K** *Mobile, AL*

**Baton Rouge & Tammany Turkey Trot**

*Baton Rouge, LA and Covington, LA*

**Tiger 10K** *Baton Rouge, LA*

**Mississippi Gulf Coast Marathon** *Biloxi, MS*

**Louisiana Marathon** *Baton Rouge, LA*

**Mardi Gras Mambo** *Baton Rouge, LA*

**War Eagle Run Fest** *Auburn, AL*

**Skyway 10K** *St. Petersburg, FL*

**Amazing Half Marathon** *Baton Rouge, LA*

**March 26, 2022**

**May 22, 2022**

**June 12, 2022**

**October 9, 2022**

**October 15, 2022**

**November 13, 2022**

**November 24, 2022**

**December 4, 2022**

**December 10-11, 2022**

**January 14-15, 2023**

**February 4, 2023**

**February 19, 2023**

**March 5, 2023**

**March 11, 2023**

For more information about FRESHJUNKIE Racing and our other events, check our website at  
[www.freshjunkieracing.com](http://www.freshjunkieracing.com)



**SAVE THE DATE**

**The AMAZING Half Marathon returns March 11, 2023!**

# THANK YOU SPONSORS



OUR LADY OF THE LAKE  
CHILDREN'S HEALTH







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