

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 Our Lady of the Lake Children's Health Amazing Half Marathon! No matter the distance or path you chose for today's event, we are thankful you are here with us today in an effort to create a healthier Louisiana through teaching families healthy habits. Our Lady of the Lake Children's Health network continues to grow rapidly across the state of Louisiana. Recently designated as south Louisiana's first Level II pediatric trauma center, we are called to amplify the voice of excellent pediatric healthcare here and throughout our region. We provide exceptionally convenient and networked care, keeping kids close to home for their healthcare no matter where they live. You tie their shoes, we take care of the rest. It's that simple.

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. We'll also have photos posted throughout the day on our social channels. Find us on Facebook @AmazingHalf and Our Lady of the Lake Children's Health on Facebook and Instagram @lolchildrens. Be sure to tag us and use the hashtag #AmazingHalf and #lolchildrens on your posts.

We will see you at the finish line!



Shaun Kemmerly, MD
Chief Medical Officer, Our Lady of the Lake Children's Hospital



**Our Lady of the Lake
Children's Health**

Exceptionally close to home.

PEDIATRICS

We Go the Distance So You Don't Have To

We provide exceptionally convenient and networked care, keeping kids close to home for their healthcare no matter where they live. Our team of pediatricians conduct regular well-checks to ensure your little one's best health.

The best in pediatrics, it's that simple.



**Our Lady of the Lake
Children's Health**

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lolchildrens.org



WELCOME TO THE 2023 AMAZING HALF!

Time to Run Like a Kid!

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.

Remember the excitement and anticipation when the recess bell would ring? Remember how much fun it was to run out to the playground? That's the fun we aim to bring back. It's time to **Run Like a Kid** again!

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:

Amanda Becnel : Partnerships Manager

Patrick O'Brien : Race Director

Doug Cain : Permitting & Security Director

Matt Peralta : Logistics Director

Ray Castle : Medical Director

Craig Sweeney : Partnerships Director

Jonathan 'Juba' Dziuba : Managing Director

Nan Urban : Athlete Services Director

Patrick Fellows : Experiential Director

Mike Wattigny : Marketing/Creative Director

Kelly Goff : Marketing Coordinator

Diane Weiss : Registration Director

#RUNAMAZING

CHARITY PARTNERS

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



EVENT SCHEDULE

Friday, March 3

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

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

Saturday, March 4

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 2023 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 3rd from 11:00 am - 6:00 pm.

RACE DAY PACKET PICKUP HOURS

Saturday, March 4th 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 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.





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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 **"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.

VOLUNTEERS

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

- Red Stick Roller Derby
- LSU Women's Ultimate Frisbee Team
- Girls on the Run
- LA National Guard Youth Challenge
- LSU Men's Rugby
- Baton Rouge High School Key Club
- Orange Theory
- Franciscan High School

VENUE MAP



HALF MARATHON COURSE MAP



The Amazing Half Marathon course boasts several features coveted by runners looking to earn a PR—fast, flat, and fun! 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



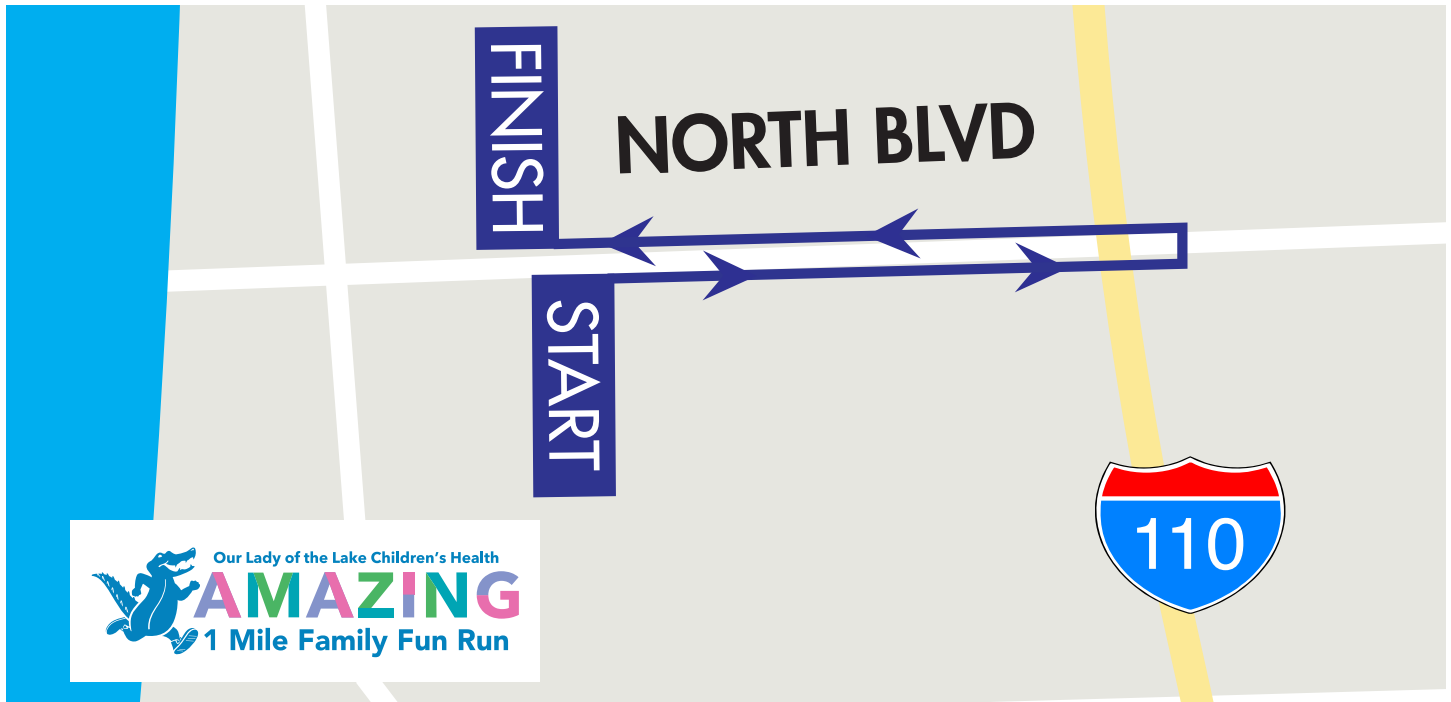
The Amazing 5K course will start on North Blvd. at Town Square in Downtown Baton Rouge. It will take a nice long downhill right at the start and continue rolling down North Blvd. The only elevation change worth noting is the North Street Overpass, just before mile 1 (outbound) and just past mile 2 (inbound), 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](#)

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1 MILE FAMILY FUN RUN COURSE MAP



The One 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 One 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.

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YOU WORK FOR
CAN BE RUTHLESS**

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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 **dressed in reflective vests** 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

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 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.





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With our medical team behind them, every Tiger gets the outstanding care that sets them up for greatness.



CHAMPIONSHIP HEALTH PARTNERS

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 signs in the venue 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 Conspiracy, while you enjoy pancakes and breakfast tacos from Iverstine Family Butchers, delicious snacks, 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



A walk-in clinic for orthopaedic injuries. **Weeknights 5 - 10 PM, Saturday 10 AM - 8 PM, Sunday 12 - 6 PM.**



Provides **on-site athletic training services** to local high school athletes.



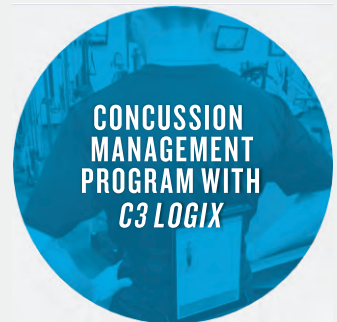
A complimentary walk-in clinic available every **Friday night of the regular football season from 9 to 11 PM.**



Board-certified orthopaedists in every sub-specialty to treat injuries that happen on or off the field.



Sports Medicine Specialist, Dr. Stephen Etheredge
Provides evaluations and specialized treatment plans for athletes of any age or skill level. **For an appointment, call 225.408.7875.**



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FRESHJUNKIE™ RACING

Skyway 10K *St. Petersburg, FL*

Tuscaloosa Half Marathon *Tuscaloosa, AL*

Crawfishman Triathlon *Bush, LA*

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*

Mardi Gras Mambo *Baton Rouge, LA*

War Eagle Run Fest *Auburn, AL*

March 12, 2023

March 25, 2023

May 20-21, 2023

September 1-3, 2023

October 8, 2023

October 21, 2023

November 19, 2023

November 23, 2023

December 3, 2023

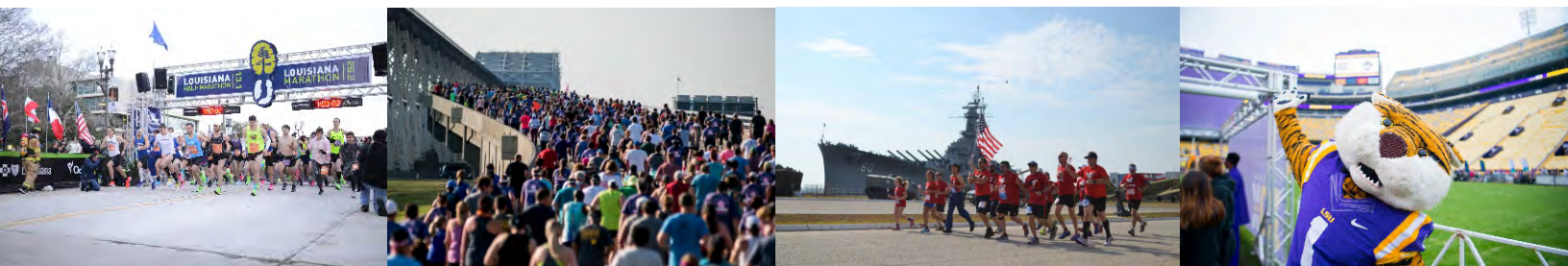
December 9-10, 2023

January 13-14, 2024

January 27, 2024

February, 2024

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



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OUR LADY OF THE LAKE
CHILDREN'S HEALTH



MAGNOLIA
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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.

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