



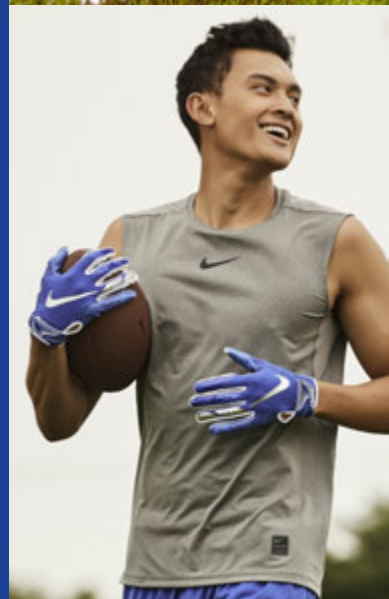
a great place to
RUN
a better place to
UNWIND



NORTHSHORE
HALF MARATHON

**OFFICIAL
RACE GUIDE 2022**





HAVE FUN OUT THERE

Academy[®]
SPORTS+OUTDOORS

Visit **academy.com** to shop now
or to find your nearest store.

LETTER FROM THE RACE DIRECTOR



Welcome to the 13th Annual Northshore Half Marathon. We have had some cooler weather moving in over the past few weeks and fall is in the air! This race always seems to kick off fall with a great weekend of racing. Fontainebleau State Park and the Northshore community are excited to host us again. While you are here, visit a local business, thank a volunteer, give a police officer a high five.

The flat and fast course awaits you to reap the benefits of your training. You will get to experience the beauty of Mandeville, the Lakefront, the Tammany Trace, and Fontainebleau State Park. We designed this course to highlight some of the most scenic parts of the area and we hope you enjoy the views!



Our post race party will be waiting on you at the finish with great music. It will be a unique experience complete with all the food, music, beer and celebration you can handle. We hope you stay and unwind after the race. Thank you for participating in our event. Our goal is to provide you with an exceptional event that creates a memorable experience. I'll see everyone at the start line and hope to have hugs and high fives for all of you at the finish line.

A handwritten signature in dark ink, reading "Pat O'Brien".

Patrick O'Brien
Race Director

a great place to
RUN
a better place to
UNWIND

#RUNWIND



URGENT CARE
for
CHILDREN

AWARD-
WINNING
PEDIATRIC
CARE



A TEAM KNOWN
FOR
COMPASSIONATE
CARE &
TAKING THE
TIME TO LISTEN

And as the **second
largest pediatric
urgent care
in the U.S.**, you can
be confident in the
high quality
care you and your
family will receive.



PEDIATRIC
SPECIALISTS



OPEN 365
DAYS A
YEAR



PATIENTS
AGES
ZERO TO 21

ON-SITE
SERVICES

-X-ray
-Laboratory
-Pharmacy

3663 HWY 190 | NEAR CHICK-FIL-A

ChildrensUrgent.com



LETTER FROM THE MAYOR

I am thrilled to welcome you to the Northshore Half Marathon hosted here in beautiful Mandeville, Louisiana. Our residents enjoy a beautiful, historic, and friendly place to live, work and raise their families.

While you are here and engaging in our phenomenal environment, take a moment to soak in all that Mandeville has to offer, including the age-old trees, hospitable restaurants, and relaxing Lakefront.

We have numerous opportunities to enrich and enhance your life, through recreational, educational, and creative endeavors. Our families have access to the Children's Museum, the Northlake Museum and Nature Center, and the Lake Pontchartrain Basin Maritime Museum, just to name a few. I hope you take a moment to relax and explore our playgrounds, hiking, camping, canoeing, and biking.

There is something for every family to experience here in Mandeville, and we hope that you, and your family, have time to fall in love with our City. We look forward to having you in Mandeville!



Mayor Clay Madden
City of Mandeville



MANDEVILLE
A Historic Lakefront Community

#RUNWIND



ABOUT THE RACE

WELCOME TO THE 13TH ANNUAL NORTHSHORE HALF MARATHON, 10 MILER & JOCKAMO IPA 5K

We couldn't be more excited to be hosting the 13th Annual Northshore Half Marathon, 10 Miler, and Jockamo IPA 5K.

As the traditional kick-off to the Fall distance racing calendar we look forward to welcoming everyone back to Fontainebleau State Park. Summers on the Gulf Coast can be hot, but those hard workouts during the dog days will pay dividends when you toe the line on Sunday morning.

Started in 2010, the Northshore Half Marathon added the 10-Miler as an option for those who weren't quite ready for a half but wanted to take on a longer challenge. Now we are thrilled to introduce the Abita Jockamo IPA 5K to race weekend. Abita has been with us since the very beginning as our Post-Race Party sponsor and we appreciate their support in providing more options for walkers and runners to take on the 5K.

You may have seen the short videos that we did highlighting quaint lodging options or some of the unique places to pick up coffee or celebrate your accomplishment. If you haven't had a chance to see them, be sure to look for us on TikTok, Facebook, Instagram, and YouTube. We hope you enjoy our tour of the Northshore as much as we enjoyed creating the videos. Like, Follow, and Subscribe, there will be a lot more content coming!

MEET THE KREWE

Northshore Half Marathon Organizing Committee:

Ray Castle : Medical Director

Emily Saucier : Volunteer Director

Jonathan 'Juba' Dziuba : Managing Director

Craig Sweeney : Strategic Partnerships

Patrick Fellows : Experiential Director

Nan Urban : Athlete Services Director

Kelly Goff : Marketing Coordinator

Mike Wattigny : Marketing/Creative Director

Patrick O'Brien : Race Director

Diane Weiss : Registration Director

Matt Peralta: Logistics Director

#RUNWIND

CHARITY PARTNERS

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



EVENT SCHEDULE

Friday, October 7

11:00 am - 5:00 pm Packet Pickup

Varsity Sports Mandeville
624 Girod St., Mandeville, LA 70448
(NEW LOCATION @ the Trailhead)

Saturday, October 8

11:00 am - 4:00 pm Packet Pickup

Academy Sports + Outdoors
7205 Pinnacle Pkwy., Covington, LA 70433

Sunday, October 9

5:30 am - 6:30 am	Race Day Packet Pickup	Fontainebleau State Park
6:50 am	National Anthem	Fontainebleau State Park
6:57 am	Ainsley's Angels Wave Start	Fontainebleau State Park
7:00 am	Half Marathon & 10 Miler Race Start	Fontainebleau State Park
7:30 am	Abita Jockamo IPA 5K Race Start	Fontainebleau State Park
8:30 am	Tyler Kinchen and the Right Pieces	Abita Post Race Concert Stage
11:00 am	Race Concludes	Fontainebleau State Park

PACKET PICKUP

PACKET PICKUP

Varsity Sports Mandeville ([624 Girod St., Mandeville, LA 70448](#)
NEW LOCATION @ the Trailhead) will host Packet Pickup and Late
Registration on Friday from 11:00 am - 5:00 pm.

On Saturday, head to Academy Sports + Outdoors ([7205 Pinnacle Pkwy.,
Covington, LA 70433](#)) to pick up your packet from 11:00 am - 4:00 pm.



PARKING

There is plenty of free parking at the new Varsity Sports location at
the Mandeville Trailhead for Friday packet pickup, and at Academy
Sports + Outdoors for Saturday packet pickup.



WHAT TO BRING

Every participant will receive a confirmation email the week of the
race. Please bring either that email, or your original confirmation
email and 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 Northshore Half
Marathon will post a notice regarding closed races on our website and Facebook page.
Participants can register or change races in the Race Registration area.

a great place to
RUN
a better place to
UNWIND



**THE PEOPLE
YOU WORK FOR
CAN BE RUTHLESS**

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



MAGNOLIA
WEALTH STRATEGIES
Grow your way.

CRN202409-834462



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.

PARKING

Your park entrance fee for Sunday is included in your race entry. Remember that the only entrance and exit to Fontainebleau State Park will be closed to entering vehicles from 6:40am until ~10:30am. If you received your packet in the mail or picked it up on Saturday, you still need to arrive at the park BEFORE 6:30am in order to gain entry and have time to park. If you need to pick your packet up race morning, we **STRONGLY** encourage you to plan your arrival BEFORE 6:00am. The Half & 10 Miler WILL start promptly at 7:00am, with the Jockamo IPA 5K starting at 7:30am.



on

Cloudbunner



ON Running
gift with purchase
at Northshore packet pickup!

Friday, October 7

Stop by our brand new
trailhead location!

624 Girod St.
Mandeville



varsityrunning.com

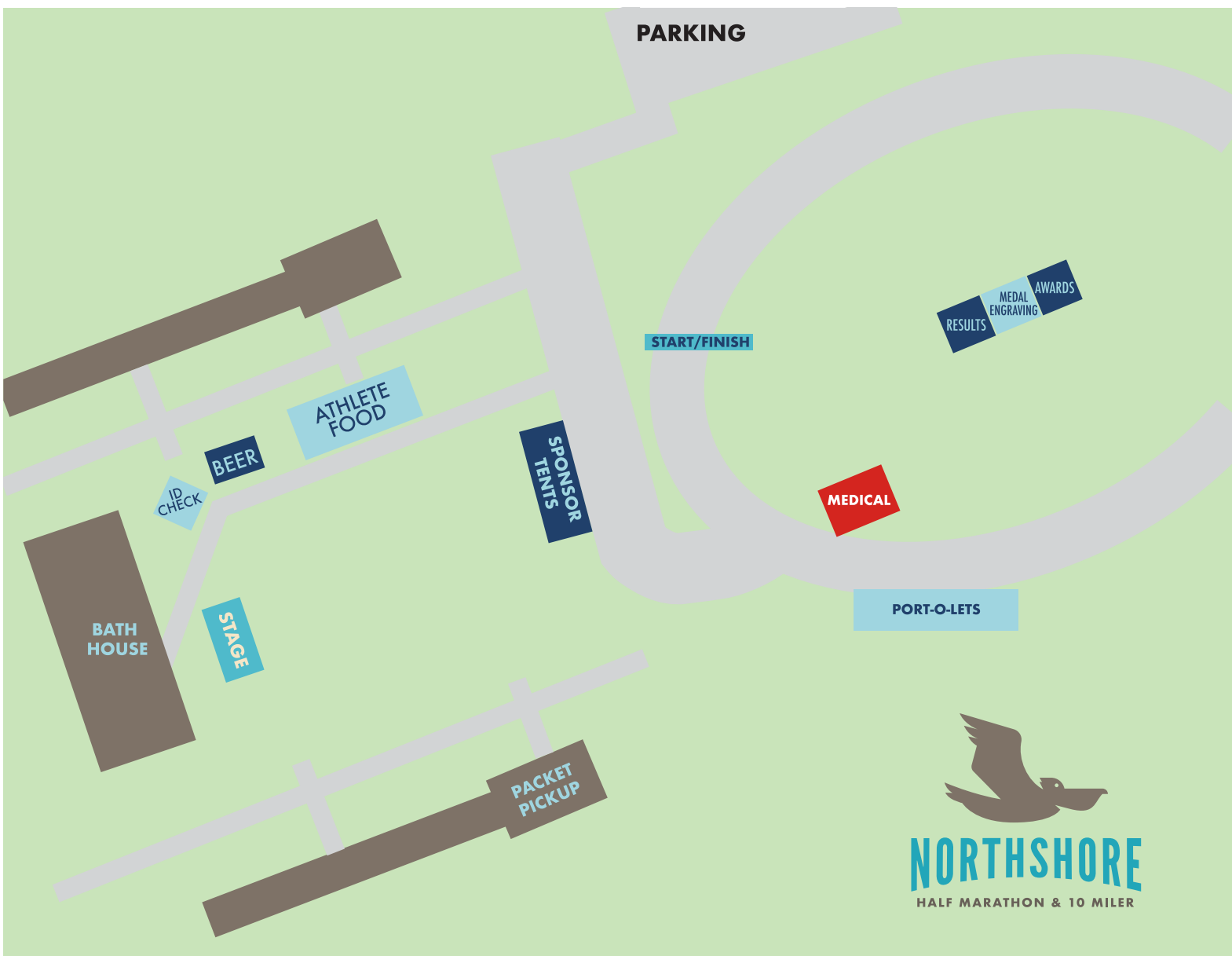


VOLUNTEERS

Thank you to our volunteers from:

- Mandeville Bible Church
- Fontainebleau High School Key Club
- Fontainebleau High School Student Council
- Boy Scout Troop 221

VENUE MAP



HALF MARATHON COURSE MAP



SUNDAY, OCTOBER 9, 2022 | 7:00AM

FONTAINEBLEAU STATE PARK | OLD MANDEVILLE

NORTHSHOREHALFMARATHON.com

JOCKAMO IPA 5K COURSE MAP



The 5K course will remain open until 11:00am when the courses close for the Half Marathon and 10 Miler. **All participants must start at 7:30am and all participants must be in the park prior to the park road closing at 6:40am.**

The Jockamo IPA 5K will feature mile markers at every mile and one well-supported water station.

Please note 5K Start Time: 7:30 am

*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.

a great place to
RUN
a better place to
UNWIND

#RUNWIND



Toekamo[®]

JUICY IPA

Double Dry Hopped

DOUBLE DRY HOPPED
to create an India Pale Ale
with fruity and intense
hop flavors and aromas.

6% ALC. BY VOL.



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 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

FREEDOM FROM BACK & NECK PAIN IS CLOSER THAN YOU THINK.

Charles Anderson Baton Rouge, LA- Patient of Dr. Eric K. Oberlander, Dr. Samir K. Patel, & Dr. B. Glenn Kidder

Back & neck pain doesn't have to run your life. As Louisiana's leader in spine care for over 40 years, The NeuroMedical Center continues to offer top quality spine treatments from some of the top spine experts in the country. Whether you have a long-term or recent spine problem, our experts will evaluate, diagnose and treat your spine issue with specialized skill and care.

It's world-class care, right here at home, all in one place.

NEUROSURGERY | NEUROLOGY | PHYSICAL MEDICINE & REHABILITATION | INTERVENTIONAL PAIN | NEURORADIOLOGY | SPINE-SPECIALIZED THERAPY

For Appointments Or To Refer A Patient
Call (225) 768-2050
www.TheNeuroMedicalCenter.com



**The
NeuroMedical
Center
CLINIC**

Experts for the Brain, Spine, & Nervous System

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.



ID CHECK

You must be 21 years or older to enjoy complimentary beer post-race. We will check IDs at all pre-race packet pickup locations and attach a wrist band that you should wear until after the event. **DO NOT** remove the wrist band or you will need to present an ID again at the race.

There will be an "ID CHECK" tent near the beer trailer on race day if you wait until after the race to have it checked.

Use a FOOD/BEVERAGE TICKET attached to your race bib to claim a complimentary beer.

MEDAL ENGRAVING

Participants who prepaid for Medal Engraving will need to bring their race bib and finisher medal to the "Medal Engraving" tent located in the finish area. There will be a paper form to complete to ensure we spell your name and engrave your finish time correctly. Medal engraving takes 2-3 minutes. If there is a line you can complete your form and leave it with our staff. Be sure to come back to claim it later as we will not ship unclaimed medals after the event is over.



Participants are able to purchase Medal Engraving at the tent for \$15 on race day.

TIMING & SCORING

RESULTS

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

<https://www.northshorehalfmarathon.com/Race/Results/111218>

Your timing chip is attached to the back of your race bib. **DO NOT** remove the timing chip and be sure your race bib is on the front center of your torso.

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



Nations Loan

Services, L.L.C.



**Nations Loan and its affiliates are a proud sponsor of the
Northshore Half Marathon**



AWARDS PROCEDURES

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 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 for the Jockamo IPA 5K starting at 9:00 am at the AWARDS tent. Awards will be available for pick up for the Northshore Half Marathon & 10 Miler starting at 10:00 am. 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.

ABITA 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 Abita Post-Race party kicks off at 8:30! Be sure to give yourself time to enjoy the live music from [Tyler Kinchen and the Right Pieces](#), while you enjoy pulled pork sliders from [Iverstine Farms Butcher](#), Dole fruit cups, and ice cold [Abita beer](#) (21+). The post-race party goes until 11:30 am.

The Abita 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.





NORTHSHORE

HALF MARATHON

Window World



URGENT CARE
for
CHILDREN



The
NeuroMedical
Center
CLINIC

Academy®
SPORTS+OUTDOORS



MAGNOLIA
WEALTH STRATEGIES
Grow your way.



Nations Loan
Services, L.L.C.



TO THE DRIVEN RUNNERS

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 Northshore Half Marathon & 10 Miler.



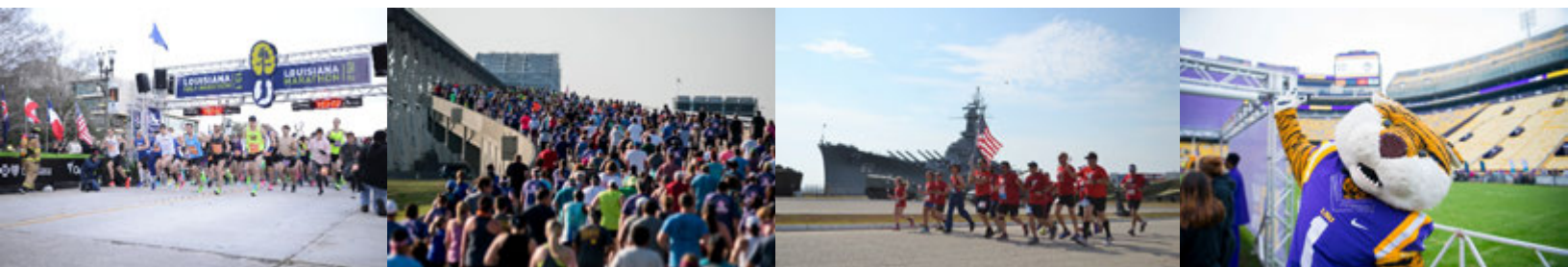
Window World

GETWINDOWS.COM | (800) GET-WINDOWS



Huey P. Long Bridge Run
Battleship 12K
Baton Rouge & Tammany Turkey Trot
Tiger 10K
Mississippi Gulf Coast Marathon
Louisiana Marathon
Mardi Gras Mambo
War Eagle Run Fest
Amazing Half Marathon
Skyway 10K
Tuscaloosa Half Marathon

October 15, 2022
November 13, 2022
November 22, 2022
December 4, 2022
December 10-11, 2022
January 14-15, 2023
February 4, 2023
February 26, 2023
March 4, 2023
March 12, 2023
March 25, 2023



SAVE THE DATE
NORTHSHORE HALF MARATHON
OCTOBER 8, 2023

