



EST. 1935 ◊ REV. 2013

HUEY P LONG BRIDGE RUN

PRESENTED
BY

 **Ochsner**
Fitness Center

OFFICIAL RACE GUIDE 2021

Ochsner Fitness Center

Inspiring Movement | Innovating Wellness



OFC Membership Includes:

- Access to 10,000-square foot newly renovated weight room
- Access to 6,000-square foot newly renovated cardio theater
- Access to over 150 group fitness and virtual classes
- One free personal training session
- Access to 7 pools among our locations
- Access to all 3 OFC locations: Harahan, Heritage Plaza (with 24-hour access) and Downtown

For more information, visit ochsnerfitness.com





LETTER FROM THE RACE DIRECTOR

Welcome to the 8th Annual Huey P Long Bridge Run presented by Ochsner Fitness Center. South Louisiana has seen many challenges in the months leading up to this event, and Jefferson Parish was hit hard by Hurricane Ida. The resiliency of the area and its residents is one of the reasons we are able to move forward with this event. We appreciate your support as do our local partners. While you are here, visit a local business, thank a volunteer, give a police officer a high five. Positivity goes a long way in our recovery process. We are planning some new runner experiences for 2021 and I think you will appreciate some of the changes we are putting in place.



Our course will be a little different than in recent years as we will shuttle you to the start to run back over the Huey P Long Bridge to finish at the awesome Ochsner Fitness Center. We are so grateful that they have partnered with us and you will get to experience their wonderful facility that is truly a gem for the area.

Our post-race party will be waiting on you at the finish with great music from the Brasshearts to celebrate your finish. It will be a unique experience complete with all the food, music, beer and celebration you can handle. We hope you stay and party with us 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.

Patrick O'Brien
Race Director



LETTER FROM THE PARISH PRESIDENT

I am so happy to personally welcome you to Jefferson Parish for the Huey P Long Bridge Run. Jefferson Parish is a culturally diverse community that offers a variety of experiences, attractions and cuisines. Sprawling over 60 miles from the shores of beautiful Lake Pontchartrain to the rolling waves of the Gulf of Mexico, we are Louisiana's largest parish!

I hope you enjoy your run over the Huey P Long Bridge, a historic structure that will take you across the picturesque Mississippi River to both the East and West banks of Jefferson Parish. From specialty shopping to award-winning restaurants and beautiful outdoor recreation, the Parish offers an environment that's ideal for individuals and families alike.



In late August, Hurricane Ida left a significant mark on our communities, especially those in lower Jefferson Parish. While we have made tremendous strides to get our parish back to normal, you may notice ongoing recovery efforts during your visit. Together, we are rebuilding our vibrant and culturally significant region.

There's something for everyone in Jefferson Parish, and I hope you have the opportunity to enjoy our home and create once-in-a-lifetime memories during your stay.

Sincerely,

Cynthia Lee Sheng
Jefferson Parish President





ABOUT THE RACE

WELCOME TO THE 8TH ANNUAL HUEY P LONG BRIDGE RUN

WELCOME BACK BRIDGE RUNNERS & WALKERS!

After a loooooong break between May of 2019 to now, we couldn't be more excited to be able to #GeauxOverIt once again at the 8th Annual Huey P Long Bridge Run!

Not only are we able to cross the mighty Mississippi River once again but this time we get to finish at Ochsner Fitness Center for a great pool side post-race party.

The Brasshearts Brass Band will be waiting to entertain you with their lively and upbeat tunes. We will have red beans and rice from our friends at Rice & Roux and beer provided by Yuengling Flight. Top it off with a great finishers medal and it's going to be a great start to your weekend.

Please read this guide carefully. You will find new information about parking, pre-race shuttles, and more upgrades we've made to improve your race experience.

MEET THE KREWE

Huey P Long Bridge Run Organizing Committee:

Betsy Boudreaux : Registration Coordinator

Emily Kathryn Saucier : Volunteer Director

Ray Castle : Medical Director

Craig Sweeney : Strategic Partnerships

Jonathan 'Juba' Dziuba : Managing Director

Nan Urban : Athlete Services Director

Patrick Fellows : Retail/Finish Director

Mike Wattigny : Marketing/Creative Director

Marina Gelpi Clay : PR Coordinator

Diane Weiss : Registration Director

Patrick O'Brien : Race Director



CHARITY PARTNERS

The Huey P Long Bridge Run is proud to support these great Charity Partners:



LOUISIANA RUNS

EVENT SCHEDULE

FRIDAY, OCTOBER 15

11:00 am - 6:00 pm Packet Pickup

Ochsner Fitness Center
1200 S. Clearview Pkwy.
Elmwood, LA 70123

SATURDAY, OCTOBER 16

5:45 am - 7:40 am Shuttles Running

Shuttle Loading on Elmwood
Park Blvd. ([see map Page 11](#))

6:30 am - 7:30 am Race Day Packet Pickup

Adjacent to Shuttle Loading on Elmwood
Park Blvd. ([see map Page 11](#))

7:50 am National Anthem

Starting Line in Bridge City

7:57 am Ainsley's Angels Wave Start

Starting Line in Bridge City

8:00 am Race Start

Starting Line in Bridge City

8:30 am Brasshearts Brass Band

Ochsner Fitness Center

11:00 am Post Race Party Concludes

Ochsner Fitness Center



PACKET PICKUP

PACKET PICKUP

Ochsner Fitness Center, 1200 S. Clearview Pkwy., Elmwood, LA 70123

PARKING

There is plenty of free parking at Ochsner Fitness Center. Please park in the lot on the Clearview Pkwy. side and enter through the main entrance.

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.

GROUP PICKUP

If you plan to proxy pickup for 3 or more, please look for signage indicating 'GROUP PICKUP'. This will allow us to keep the line moving for individual pick up while providing focused help to anyone picking up for multiple running buddies.

LATE REGISTRATION

Late registration is available during packet pickup unless the race sells out. The Huey P Long Bridge Run will post a notice regarding the race being closed to additional registrants on our website and Facebook page. Participants can register online for as long as the registration remains open and available.

MEDAL ENGRAVING

Medal Engraving will be available post race. Participants 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.



**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.



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 & SHUTTLES

- All runners will be shuttled to the start line before the race starts.
- Please park in the Elmwood Shopping Center and walk to the Shuttle Depot located just north of the Ochsner Fitness Center at the intersection of Elmwood Park Blvd. and Elmwood W Dr.
- Shuttles WILL NOT return runners to the start line from the finish line after the race.
- The shuttle company requires all runners to wear a mask while on the bus as mandated by the federal government. Please bring a mask with you to the race to wear while on the bus.
- Shuttles will begin loading at 5:45am and will depart as soon as they are full. The final shuttle will depart from Ochsner Fitness Center at 7:40am. The bridge will close to west bound traffic at 7:45am. No shuttles or personal vehicles will be able to cross the bridge to the start line after 7:45am.
- Port-a-lets and water will be available before the race at Ochsner Fitness Center, as well as at the Start Line in Bridge City.
- Please plan to arrive EARLY (before 6am) to make sure you have a seat on a bus and make it to the start line. Shuttles will be making 2-3 trips each. Runners who arrive early will not miss out on the run.
- There will be NO REFUNDS for participants who cannot get to the start line due to arriving late.

Energy is all around us.

There is energy in a handshake.

There is energy in the helping hand we give communities.

There is energy in the fuel we provide ...and there is more energy in all the places it can take us.

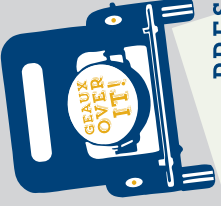


**PROVIDING ENERGY.
IMPROVING LIVES.**

EST. 1935 ♦ REV. 2013

HUEY PLONG BRIDGE RUN

PRESENTED BY **Ochsner**
Fitness Center



PARTICIPANT
SHUTTLE
LOADING AREA

RACE DAY
PACKET
PICK UP

ENTRANCE

PARKING

OSCHNER FITNESS
CENTER

POOL

POOL

POOL

COVERED
BAR
AREA

POST RACE
PARTY

STAGE

BEER

FOOD

FINISH

ELMWOOD PARK BLVD

POWELL ST

VENUE MAP

COURSE MAP



EST. 1935 • REV. 2013

**HUEY PLONG
BRIDGE RUN**

PRESENTED
BY

Ochsner
Fitness Center

RAISE THE BAR[®]

2.6g
CARBS

95
CALORIES



FLIGHT

NEXT GENERATION
OF LIGHT BEER





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



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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.

RESULTS NOTIFICATIONS / KIOSKS

Participants can opt in to receive text and email result notifications when they register. Additionally, spectators can choose to receive results notifications on our "Find A Participant" page on our website. Results will be uploaded very close to real time on our "Results" page on our website and notifications will go out from there. Any of these pages can be accessed on your phone to check results there.

Participants can find their results at our "TIMING AND RESULTS" tent located in the finish area. There will be kiosks available to look up your results by searching for your name or bib number. We will not have printed timing and result tickets at the event.



AWARDS PROCEDURES

Participants will receive result notifications on their phone via email or text if elected during registration. Additionally, results and awards can be looked up at our "TIMING AND RESULTS" tent located in the finish area. 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 pickup starting at 9:30am. 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. There is no award ceremony for Age Group winners.

THANK YOU TO OUR GREAT SPONSORS





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](https://www.Olin.com).



FRESHJUNKIE™
RACING

Battleship 12K
Baton Rouge & Tammany Turkey Trot
Tiger 10K
Mississippi Gulf Coast Marathon
Louisiana Marathon
Mardi Gras Mambo
War Eagle Run Fest
Skyway 10K
Amazing Half Marathon
Tuscaloosa Half Marathon
Crawfishman Triathlon
Indian Creek Triathlon
Northshore Half Marathon

November 14, 2021
November 25, 2021
December 5, 2021
December 11-12, 2021
January 15-16, 2022
February 12, 2022
February 20, 2022
March 6, 2022
March 12, 2022
March 26, 2022
May 22, 2022
June 12, 2022
October 9, 2022



SAVE THE DATE
HUEY P LONG BRIDGE RUN
OCTOBER 15, 2022