

HUEY P. LONG BRIDGE
BUILT UNDER THE ADMINISTRATIONS OF
GOV. HUEY P. LONG AND GOV. OSCAR K. ALLEN



EST.1935 • REV.2013
**HUEY PLONG
BRIDGE RUN**

PRESENTED BY



OFFICIAL RACE GUIDE 2022

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 9th Annual Huey P. Long Bridge Run presented by Ochsner Fitness Center. We are excited to be back finishing at Ochsner Fitness Center, and we are grateful that you have chosen to "Geaux Over It" with us. Running over the iconic Huey P. Long Bridge is a truly unique experience. If this is your first time running with us, thank you for choosing FRESHJUNKIE Racing. If you are a returning runner, we appreciate you choosing to come back again!



Our course will be the same as last year. We will shuttle you to the start to run back over the Huey P. Long Bridge. The finish at Ochsner Fitness Center and our post-race party will be waiting on you. 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 OCHSNER FITNESS

I am so happy to welcome you to Ochsner Fitness Center for the Huey P. Long Bridge Run. When you visit our Elmwood facility for Packet Pickup please take a few minutes to look around at all the club has to offer. Featuring over 170,000 square feet of fitness, there are options for every age and ability.

Our Elmwood facility underwent a massive facelift a few short years ago. This renovation opened up the floorplan and lets in lots more natural lighting. We are proud to host the event and invite you to look around. Our group fitness provides access to over 70 group exercise classes, the new Ride Lab has 55 bikes powered by Ochsner Health, and the fully-renovated 6000 sq ft Cardio Studio features 100 brand new machines.



In addition to the multitude of fitness options at the Elmwood facility, OFC has locations in Heritage Plaza and Downtown New Orleans. Throw in 17,000 sq ft of Kidsports and there is something for everyone in the family.

I hope you enjoy your visit to Ochsner Fitness Center and good luck as you Geaux Over the Huey P. Long Bridge. We will see you at the Finish!

Sincerely,

Damon Kremer
Director
Ochsner Fitness Center



ABOUT THE RACE

WELCOME TO THE 9TH ANNUAL HUEY P. LONG BRIDGE RUN

LET'S GEAUX OVER IT!

We are excited to welcome all our walkers and runners to the 9th Annual Huey P. Long Bridge Run presented by Ochsner Fitness Center!

Once again we will cross the mighty Mississippi River and finish at Ochsner Fitness Center for a great post-race party.

The Southdown Souls will be waiting to entertain you with their lively and upbeat tunes. We will have jambalaya from our friends at Rice & Roux and Abita beer. 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:

Ray Castle : Medical Director

Jonathan 'Juba' Dziuba : Managing Director

Patrick Fellows : Experiential Director

Kelly Goff : Marketing Coordinator

Patrick O'Brien : Race Director

Matt Peralta: Logistics Director

Craig Sweeney : Strategic Partnerships

Nan Urban : Athlete Services Director

Mike Wattigny : Marketing/Creative Director

Diane Weiss : Registration Director



CHARITY PARTNERS

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



EVENT SCHEDULE

FRIDAY, OCTOBER 14

11:00 am - 6:00 pm Packet Pickup

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

SATURDAY, OCTOBER 15

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 Southdowns Souls 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.

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.



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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.
- 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.



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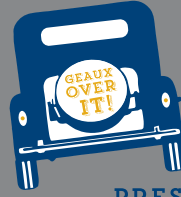
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New Orleans | 4907 Prytania Street

ChildrensUrgent.com



VENUE MAP



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HUEY P LONG BRIDGE RUN

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Ochsner
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OCHSNER
FITNESS
CENTER

FOOD

RACE DAY
PACKET
PICK UP

POST RACE
PARTY

BEER

PRE-RACE
SHUTTLE
LOADING

STAGE

ELMWOOD PARK BLVD

POWELL ST

FINISH

PARKING

COURSE MAP

ONLINE MAP
WWW.PLOTAROUTE.COM/ROUTE/1645742



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**HUEY PLONG
BRIDGE RUN**

PRESENTED BY
Ochsner
Fitness Center



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JUICY IPA

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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



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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.

TIMING & SCORING

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

<https://runsignup.com/Race/Results/111234>

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.



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 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.

LOUISIANA BRIDGE RUN SERIES MEDALS

If you participated in the [United Way of St. Charles Bridge Run](#) and the [Caesars Sportsbook Crescent Connection Bridge Run](#), don't forget to collect your LA Bridge Run Series medal after you finish the race.

Look for the AWARDS tent and the LABRS medals will be distributed next to that tent.



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 Post-Race party kicks off at 8:30! Be sure to give yourself time to enjoy the live music from [Southdown Souls](#), while you enjoy jambalaya, Dole fruit cups, and ice cold [Abita beer](#) (21+). The post-race party goes until 11:00am.

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.





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
Amazing Half Marathon
Skyway 10K
Tuscaloosa Half Marathon

November 13, 2022
November 24, 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

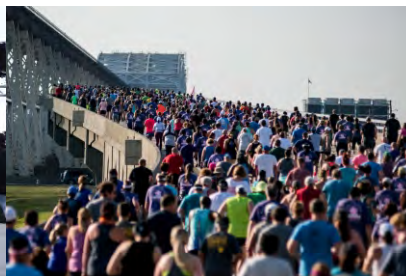


We've got a special offer just for you from
FRESHJUNKIE Racing.

You can sign up for the Baton Rouge Turkey Trot
or the Tammany Turkey Trot and save 15% when
you use the code **HPL**.

Scan the code to register for either Trot and
start Thanksgiving with us!

Discount code valid through Race Weekend (10/16/22)



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HUEY P LONG BRIDGE RUN
OCTOBER 21, 2023

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