



BENEFITTING
ROUGON ELEMENTARY



2023 ATHLETE GUIDE

MEET THE TEAM

SUGAR RUSH PRODUCTION TEAM

AIMEE B. MOREAU // RACE DIRECTOR

JOAN TOLAR & CRYSTAL BARON // AID STATION COORDINATORS

SHANNA JARREAU & KAYLA JARREAU // AWARDS

TIFFANY DAVIS & MADDIE NAQUIN // PACKET PICKUP COORDINATORS

SUGAR RUSH 5K AND 1-MILE A ROUGON ELEMENTARY PRODUCTION

Welcome to the 2023 Sugar Rush 5K and 1-Mile!

Rougon Elementary teachers and staff have come together to host this race as an effort to raise funds to purchase a Mardi Gras float for their school. We have received a tremendous amount of support from sponsors and the community in making this happen!!

We thank you for your generous support and helping us reach our goals!

SHINE BRIGHT. DREAM BIG. WORK HARD.

Rougon Elementary

PACKET PICKUP

FRIDAY, NOVEMBER 3RD

SANDBAR
6716 FALSE RIVER DR.
OSCAR, LA 70762
4:00 - 5:00PM

SATURDAY, NOVEMBER 4TH

ST. MARY'S CHURCH PARKING LOT (RACE SITE)
348 W MAIN ST.
NEW ROADS, LA 70760

ALL PACKETS WILL BE AT EACH LOCATION. PICK UP WHERE CONVENIENT.

RACE SCHEDULE

8:15AM	PACKET PICKUP AND RACE DAY REGISTRATION OPEN
8:50AM	PACKET PICKUP CLOSES AND RACE DAY ANNOUNCEMENTS
9:00AM	1-MILE START TIME
9:30AM	APPROXIMATE 5K START TIME (OR AT CONCLUSION OF 1-MILE)
10:30AM	AWARDS

Parkway Race Address:

384 W. Main St.
New Roads, LA 70760

PARKING

Parking will be available at the Pointe Coupee Parish School Board:

337 Napoleon St.
New Roads, LA.

This is located just a few blocks away from transition. Parking WILL NOT BE ALLOWED ON MAIN STREET due to Harvest Festival and run course.

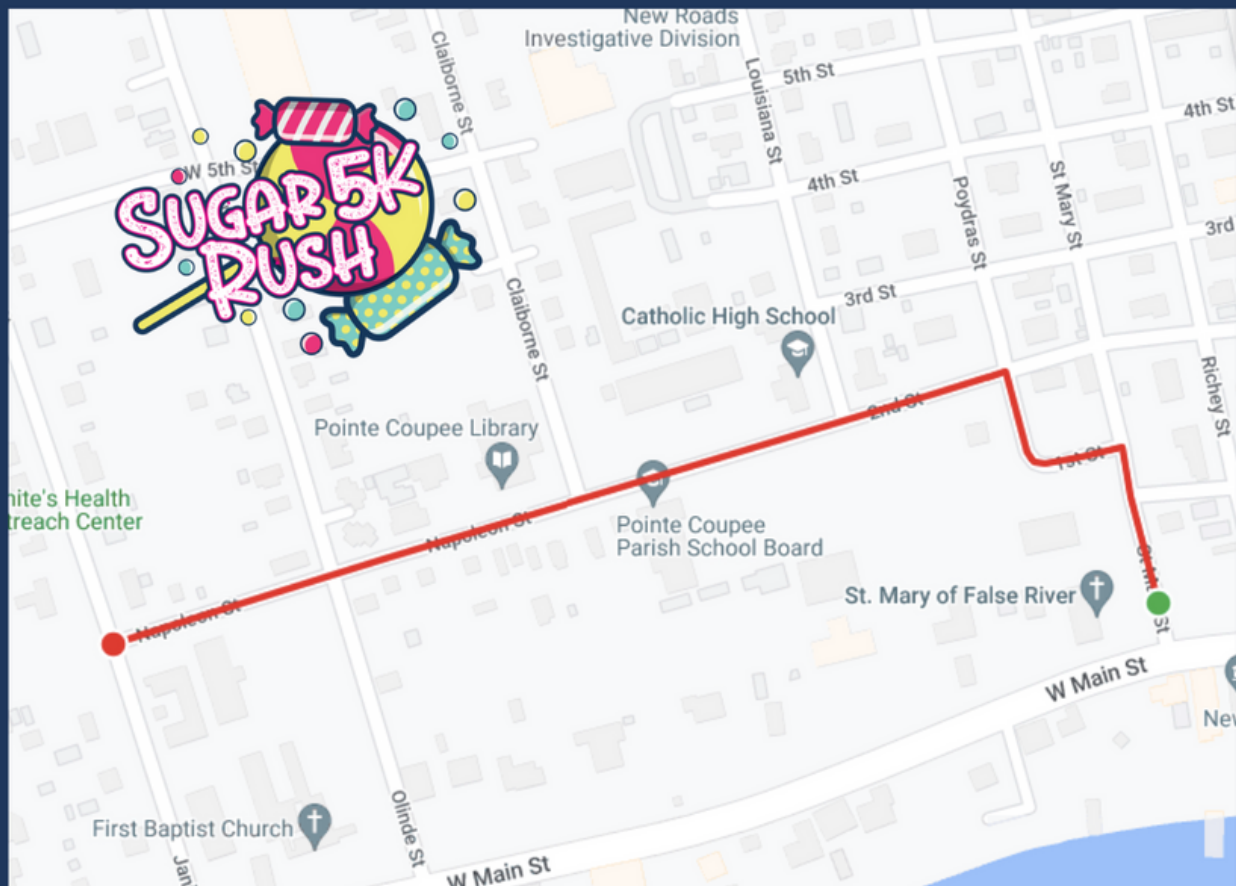
1-MILE RACE COURSE

1-MILE

The one-mile run course is a closed, out-and-back course. There will be cones along the median of the majority of the run course. Runner should stay on the right side of the cones at all times.

Those with strollers should start at the back of the pack of runners.

ONE MILE FUN RUN/WALK ROUTE



5K RACE COURSE

5K

The 5K course is an out-and-back route. You will make a straight dash to the back of the road and loop back to Napoleon. You will meet a dead end to make a right to the back of Janis. There will be an aid station at approximately mile .75 and mile 2.25. The course will be clearly marked and officers present; however, this is not a closed course. Runners are asked to remain cautious.

5K RUN/WALK ROUTE



COURSE CUTOFFS

1-MILE - 9:30AM
5K - 10:30AM

If, at any time, our race coordinators feel that an athlete has no chance of making the cutoff or appears to be in a health crisis, the course coordinators reserve the right to remove the athlete from the course and issue a DNF. Course cutoffs are in place to allow police officers to open intersections and clear the downtown common areas per our agreement with the City of New Roads and Pointe Coupee Parish.

BIB COLORS

1-MILE



5K



AWARDS

1-MILE

- Overall Male
- Overall Female
- 5 and under Male
- 5 and Under Female
- 6-8 Male
- 6-8 Female
- 9-12 Male
- 9-12 Female
- 13-15Male
- 13-15 Female
- 16-19 female
- 16-19 male

5K

- Overall Male
- Overall Female
- Overall Masters Male
- Overall Masters Female
- Overall Grandmasters Male
- Overall Grandmasters Fema
- 7 and under Male
- 7 and under Female
- 8-12 Male
- 8-12 Female
- 13-19 Male
- 13-19 Female
- 20-29 Male
- 20-29 Female
- 30-39 Male
- 30-39Female
- 40-49 Male
- 40-49 Female
- 50-59 Male
- 50-59 Female
- 60 and up Male
- 60 and up Female

CANCELLATION POLICY

Race day weather is unpredictable and this is an outdoor event. Our first priority is safety for racers AND volunteers. Barring an incoming hurricane, we will not make race day decisions regarding weather until close to the race start. Listen for announcements.

Should Mother Nature not cooperate with us on race day we reserve the right to cancel or alter the race if we feel conditions are unsafe. We will not make that decision until START TIME on RACE DAY. Our weather is so fickle that forecasting is laughable most days. The race may take place in light rain but not lightning. Depending on the weather, the race could be delayed, altered or cancelled.

If the worst happens and the weather forces us to cancel the race we want to point out that all proceeds from our event go to the Rocketkidz Foundation.

ALL PROCEEDS FROM OUR EVENTS ARE USED TO FUND AREA PROGRAMS THAT PROMOTE OUR MISSION!! YOUR ENTRY FEE MEANS A LOCAL CHILD OR AT RISK ADULT GETS A CHANCE TO MAKE A POSITIVE CHANGE IN THEIR LIFE. WHAT'S NOT TO LIKE ABOUT THAT?!?

Acadian Ambulance will be onsite for the duration of the event. If you have minor medical needs such as band aids please visit the finish line area and our First Aid Kit.

Refund Policy...or more accurately...lack of refund policy:

We cannot refund/defer entry fees. This isn't because we are purchasing a vacation home in the Caribbean. It is because it takes an enormous effort and funding to stage a triathlon like ours. From venue agreements, signage, food/drink, shirts, goodies, marking chalk, DJ, timing, office supplies, law enforcement, volunteer support, bike rack rentals, trash, bib numbers, permits, sanctioning fees, barricade usage, awards, finishers prizes....even a couple thousand safety pins.....it adds up quick and all that money is already spent by race day, whether you race or not. (However, please DO come pick up your race packet if you can't race - the shirt/goodies ARE yours as part of your entry fee.) WE DO NOT MAIL OUT PACKETS AFTER THE EVENT. If you know you are not racing, your friend may pick up your packet, which will not contain race number.

GOOD LUCK RACERS!!

