

# Louisiana Riverfront Half-Marathon and 5K



## Highlights !

- ❖ **Runner's Pancake Breakfast !**
- ❖ **Over \$1000.00 in prize money for 1/2 marathon overall divisions**
- ❖ **USATF-RRTC certified courses, chip timed event**
- ❖ **Kick off race for the South Louisiana Running Series (see series details on [www.NOLArunning.com](http://www.NOLArunning.com))**
- ❖ **Great Training run for the Rock n Roll New Orleans Marathon & 1/2. (March 4, 2012)**
- ❖ **Finisher medallions for 1/2 Marathon and 5K**
- ❖ **Louisiana's Best Value Half-Marathon !**

**Benefiting: Numerous local area charitable programs coordinated by the Rotary Club of Kenner... We rock !!**



Presenting sponsor



**SUNDAY, JANUARY 29, 2012 \* KENNER, LOUISIANA**

**DATE: Sunday, January 29, 2012**

## TIME:

- 8:00AM: Start of Half-Marathon runner division
- 8:10AM: Start of 5K runners and walkers
- 7:30AM: Early start for 1/2 marathon walkers
- 7:00AM: Race Day Registration and Packet Pickup Opens

## LOCATION:

The Rivertown section of Kenner, La.  
Race site located on 4<sup>th</sup> Street at Minor Street in Rivertown  
Parking located in several lots on Williams Blvd.

## COURSE:

Out and back from Minor and 4<sup>th</sup> Street onto Mississippi River jogging pathway towards St. Rose-Destrehan.

\*Course Time Limit: 3-1/2 hours

Numerous water stations on course with Aquina Springs Water, Gatorade, port-o-lets placed by each station.

## ENTRY FEES :

Check or Credit Card: Payable to NORSI

## Half-Marathon:

- Registered by Dec 19: \$40.00
- Registered Dec 19<sup>th</sup> thru Dec 31<sup>st</sup>: \$45.00
- Registered Jan 1<sup>st</sup> thru Jan 21<sup>st</sup>: \$50.00
- Day of Race (Jan 29): \$60.00

## 5K Run/Walk:

- Registered by January 21: \$25.00
- Day of race: \$30.00

*\*Please check race entered (1/2 Marathon or 5K )on registration form.  
This is a chip timed event, correct info is vital to proper event scoring.*

## HOW TO REGISTER:

**ON-LINE:** Online link posted on [www.NOLArunning.com](http://www.NOLArunning.com)

## BY MAIL TO:

NORSI, P. O. Box 2348, Kenner, La. 70063

*\*downloadable printable form also available on website*

**PRE-REGISTER In Person**( Available soon at the following locations)  
(payable by check or credit card only ) TO: NORSI

*\*NOTE: Race numbers with timing chip attached are issued in packet with t-shirt and race materials at packet pickup or on the day of race*

Fit4 Life Fitness Center, 2246 Florida Avenue, Kenner  
Phidippides, 6601 Veterans Blvd., Metairie  
GNO Cyclery, 1426 S. Carrollton, New Orleans  
Sneaker Shop, 904 Harrison Avenue, New Orleans  
Bicycle Connection, 3236 N. Arnoult, Metairie  
Southern Runner, 6112 Magazine, New Orleans  
Varsity Sports, 3450 Magazine, New Orleans  
Louisiana Running Company, 4153 Canal Street, New Orleans  
Varsity Sports, Elmwood Fitness Center, Harahan  
Runners Choice, 4700 Hwy 22, Mandeville  
Varsity Sports, 2021 Claiborne Street, Mandeville  
West Jefferson Fitness Centers, Marrero and Terrytown

## T-SHIRTS:

Long sleeve shirts for half-marathon, short sleeve shirts for 5K.  
Shirts will be in race packets for pre-registered entrants (by Jan 21<sup>st</sup>)  
Day of race t-shirts available as supplies last. Keep race t-shirt tab to claim your t-shirt. Should reorder be necessary, details will be announced.

## PACKET PICKUP and LATE REGISTRATION:

When: Thursday, January 26

Time: 3:00PM till 7:00PM

Where: Fit 4 Life Fitness Center, 2246 Florida Avenue, Kenner

Or

\*Packet pickup and day of race registration will also be available on the day of race at the race site beginning at 7:00AM.

## CHIP TIMED EVENT:

Timing and scoring by timing chip. Chip is attached to your race number, remove chip and attach to shoe per instructions printed on timing chip. Please do not switch race number or timing chip. Please check race distance ( 1/2 Mara. or 5K ) you are entering on the registration form.

## AWARDS:

**\*Finisher medallions given out in the Half-Marathon and 5K**

**Awards: Half-Marathon: \*Over \$1000.00 in Prize Money !**

- 1<sup>st</sup> Overall Male and Female: \$200.00
- 2<sup>nd</sup> Overall Male and Female: \$100.00
- 3<sup>rd</sup> Overall Male and Female: \$75.00
- 4<sup>th</sup> Overall Male and Female: \$50.00
- 5<sup>th</sup> Overall Male and Female: \$50.00
- 1<sup>st</sup> Masters Male and Female: \$50.00

Commemorative awards to 1<sup>st</sup> Grand Masters, Seniors, Youth and to the 1<sup>st</sup> and 2<sup>nd</sup> place in age groups 14-under thru 75 and over.  
Race Walkers: Awards to top 3 overall male and female

**Awards: 5K:** 1<sup>st</sup> Overall Open, Youth, Masters, Grandmasters, Seniors.

Age Groups: 10-under thru 80 and over (1<sup>st</sup> and 2<sup>nd</sup> place)  
Race Walker 5K: 1<sup>st</sup> thru 3<sup>rd</sup> place overall

## POST RACE REFRESHMENTS:

Featuring the Rotary Club of Kenner's "Pancake Breakfast".  
Aquiana Springs Water, Coors Light Beer, Soft Drinks, Bananas, Krispy Kreme, Gatorade, Elmer's Chee Wees.

## Sponsors:

Fit 4 Life Fitness Center, Kenner  
John Parr-State Farm Insurance, Victoria AM Smith, MD.  
Big Easy Storage- Kenner, Wal-Mart, LaPrairie's Collision Center, Health and Fitness Magazine  
Kenner Courier, Aquiana Springs Water, Coors Light Beer, Gilmore Auction & Realty Company, Precision Transmissions, Duncan Boiler Service, Phidippides Sports, Gilmore-Braud Companies, Joe Cummins Advertising, Total Graphics, East Jefferson EMS, Krispy Kreme, Iberia Bank, IPIK Space Shuttle, TCB Computers and Networking.

## RACE INFORMATION:

Administered by:  
New Orleans Running Systems Road Race Management, Inc.  
Race Director: Chuck George  
Website: [www.NOLArunning.com](http://www.NOLArunning.com) E-mail: [Chucknorsi@cox.net](mailto:Chucknorsi@cox.net)  
Phone: 504-468-1488