



10K ≡ 5K ≡ KIDS MILE



OUR LADY
OF THE LAKE
REGIONAL MEDICAL CENTER

Race Guide

2019

The Official Event Schedule

Saturday, December 7, 2019

Packet Pickup, Registration & Retail Shop

Location:

Tiger Stadium located on S. Stadium Dr. East of Nicholson Dr.
Packet Pickup will be at Gates 26-28 in the South End Zone.

Times:

10:00am – 5:00pm

Sunday, December 8, 2019

6am–7:30am - 5K & 10K Packet Pickup & Registration; Tiger Stadium,
Gates 26-28 in the South End Zone

6am–9:30am - Kid's Mile Packet Pickup & Registration; Tiger Stadium,
Gates 26-28 in the South End Zone

7:35am - Starting Corrals for 5K & 10K Open; S Stadium Drive

7:50am - Starting Announcements/National Anthem; S Stadium Drive

8:00am - 5K/10K Start; S Stadium Drive

8:30am - Post Race Tailgate Party

10:10am - Starting Corrals for Kids Mile Open; S Stadium Drive

10:20am - Starting Announcements/National Anthem; S Stadium Drive

10:30am - Kids Mile Start; S Stadium Drive

11:00am - Find out where LSU Football will be spending the postsea-
son - View the announcements of College Post Season playoffs on the
LSU Mobile TV Screen.

11:30am - Event Concludes

Race Day Parking

Parking for Packet Pickup Saturday and Race Day Sunday is indicated
on the map.

Packet Pick Up Information

Every participant in the event will receive a confirmation email on Saturday with your race bib number. Please bring your bib number and a photo ID with you to pick up your packet. Participants will be picking up their bibs by their assigned bib number instead of last name so be sure to look for the email with your bib number. We will also have a large sign with everyone's name and bib number on it at packet pickup in case you need to look up your bib number again.

You CAN pick up bibs for other participants. In order to do this you MUST HAVE a copy of their photo ID OR a copy of their registration confirmation, as well as their bib number. Digital copies (your cell phone screen) are allowed. This can ONLY BE DONE on Saturday.

Parking for packet pickup will be in the open lots around Tiger Stadium.

Parking

Parking for Packet Pickup Saturday and Race Day Sunday is indicated on the map below.



Start Line Information

The course splits at approximately mile 1 on South Stadium as you approach the LSU lakes. The 5K runners will veer to the left and go along sorority row, while the 10K runners stay to the right and head towards Stanford. In order to assist runners in staying on the right course, we are asking all 5K runners to line up to the left and 10K to on the right in the starting corral. We will also have pace signs, marked with pace per mile, in the center of the start line chute to help you seed yourself appropriately.

5K Course Map



10K Course Map



Kids Mile

WHO CAN RUN

Only children ages 3-12 are allowed to register for the Kid's Mile. Parents are allowed to run with their children, but are encouraged to let their little ones accomplish the race on their own. The course will be monitored and supervised closely by the Baton Rouge Police Department.

RACE BIBS

Each registered child will receive an "Athlete" race bib and a "Parent" race bib. The Parent bib should be worn by the parent or guardian. If a parent has multiple kids participating, they should wear ALL of their Parent bibs. If a parent is planning to run with their kid, they should still wear the Parent bib. In addition, the back of the Kid's bib should be filled out with all of the parent's (guardian's) information.

START LINE

Parents can watch their kids start and finish the race at the Start/Finish Line located on South Stadium Dr. Once your child finishes the race, you can claim them in the checkout area.

FINISH LINE & PARENT-KID CHECKOUT

There will be FIVE checkout areas located in the finish chute past the finish line. Children will be placed into one of the five checkout areas based on the LAST DIGIT on their bib.

- (1-2)
- (3-4)
- (5-6)
- (7-8)
- (9-0)

Only race personnel and kids participating in the race will be allowed in the finish chute and checkout areas.

The north side of the finish chute will have a PARENT CHECKOUT area. Once you see that your kid has been placed in a checkout area you can enter the aisle from the West side.

Show your bib to the attendant and claim your child. If you have multiple kids in different waves, you will need to exit the area and re-enter once your next kid is ready to be checked out.

If you do not have the bib that matches your kid's bib, the attendant will look to verify the information you wrote on the back of the bib with your photo ID. If you can't produce a photo ID or did not complete the information on the back of the bib, the attendant will direct you to one of our police partners who will work with you and the kid to turn over custody.

Please wear your bib and complete the information on the back of the bib to avoid any inconvenience on race day.

Kids Mile Course Map



Post Race Party

This year's post race party will be held across South Stadium Drive from Tiger Stadium. The party will feature live music, beer and local cuisine. Each participant's bib has three food/beer tabs attached to it. These are for use at the post race party. If you plan to enjoy a cold beer after your race, please have your ID on you.

Food:

We will have Tiger Dogs by Randisle, Izzos, Curbside, Walk-Ons, Playa Bowls, Kolache Kitchen and TJ Ribs serving up post-race food and Michelob Ultra on tap for some post-race beer.

Music:

No post race party is complete without some good music and this year we will once again have live music. Jonathan Long, a local Louisiana Blues musician will be rockin' the stage at the post race party.

Post-Season Playoffs:

Stick around the post-race party till 11am when we will find out the post-season playoff plans for our beloved Tigers. LSU's giant mobile TV will be out at the event for us all to view the playoff announcements together.



VIP

The VIP category comes with these amenities:

Soft-Style VIP Sweatshirt

VIP Parking closest to the Start Line

VIP Pre-race area with VIP Port-a-lets

VIP packet pickup lines at Packet Pickup and Race Morning

Commemorative VIP Lanyard

VIP Post-Race party with catered food and beverages



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Next Up

If you are looking for your next race. Check out the races listed below. [FRESHJUNKIE Racing](#) produces 1 great race each month from now through March that all offer several distances from which to choose.