



31st Annual "The Wall"
Louisiana Long Distance State Championship Race
30K Louisiana RRCA State Championship
and 10K (Crescent City Classic 10K Qualifier)

Sunday, January 31, 2010
East Bank Bridge Park, Destrehan, Louisiana

featuring

- *Long Distance running on a Budget**
- *Awards: Commemorative glassware finishers awards**
- *Part of the Rock-N-Roll Mardi Gras Marathon Long Distance Series**

DATE/TIME: Sunday, January 31, 2010
8:00AM-Start of 30K run and 10K run/walk
7:30AM-Start of 30K Race Walkers (mandatory)
7:00AM- Race day registration and packet pickup begins

PLACE:
East Bank Bridge Recreation Park, Destrehan

DIRECTIONS:
From I-10, exit onto I-310 (west of Kenner) at exit #220. Continue south on I-310 to Destrehan exit # 6. At ground level, turn right onto River Road, the Bridge Park is on your right. (please do not park on River Road or on levee)

COURSE: Out and back on Mississippi River Trace pathway (paved) on top of the levee. ****Course time limit is 4 hours**
All race services are subject to close at that time.
There is a 7:30AM early start for 30K race walkers, slow runners are also eligible please see Race Director at start to check in.
5 Water stations on course (total of 9 stops). Kentwood Springs Water, Gatorade, Fruit, cookies, candies, vaseline, port-o-lets near each water station.
USATF certified course # LA06001JF

ENTRY FEES: *Long Distance on a Budget!
(payable by check or credit card only)
\$20.00 Pre-Registered by Jan 23, 2010
\$25.00 Registered after Jan 23rd and day of race

PRE-REGISTRATION LOCATIONS:
In person *payable by check or credit card only* at:
Phidippides Sports, 6601 Veterans Blvd., Metairie
GNO Cyclery, 1426 S. Carrollton Avenue, New Orleans
Runners Choice, 4700 Hwy 22, Mandeville
Varsity Sports, 2021 Claiborne Str. Mandeville
Sneaker Shop, 904 Harrison Avenue, New Orleans
West Jefferson Fitness Center, Terrytown
West Jefferson Fitness Center, Marrero
GNO Tri Sports, 7306 Lakeshore Dr, New Orleans

PRE-REGISTRATION BY MAIL: (Postmarked by Jan 23rd)
NOTC, P. O. Box 52003, New Orleans, LA. 70152-2003
Pickup race number on day of race at "Mailed-In" table.

PRE-REGISTRATION BY FAX: (Deadline is Jan 23rd)
Fax to 504-469-9268. Please fax in signup section only, not the entire form. Pickup race number on day of race at the "Faxed-In" table.

PRE-REGISTRATION ON-LINE: Please see link on entry form posted on our website: www.runNOTC.org

T-SHIRTS:
This is a No t-shirt race.
Long distance running on a budget.

AWARDS-30K Louisiana RRCA State Championship:
1st overall open, masters, grandmasters, seniors, race walkers.
Commemorative awards to all 30K race finishers.

AWARDS-10K: ** (Crescent City Classic 10K Qualifier)
1st overall open, masters, grandmasters, seniors, race walkers,
Commemorative awards to all 10K race finishers.

Scoring:
Manual (Scoring tag) system will be used. Take your scoring tag received in finish chute to the scoring table. * Please Print clearly (Name, age, time of finish on tag)

REFRESHMENTS:
Kentwood Springs Water, Michelob Ultra, Blue Runner Red Beans and Rice, Pepsi, Diet Pepsi and Sierra Mist, Gatorade, bananas and other snacks.

Race Administered by the:
New Orleans Track Club, Inc. a member of the Road Runners Club of America (RRCA) and the USATF.

Race Information:
Phone 504-467-8626, Fax 504-469-9268
E-mail: NOTC@runNOTC.org
Website: www.runNOTC.org
Race Director: Chuck George
RRCA Louisiana State Representative: Betsy Boudreaux