



Baton Rouge Marathon Trip Notes
with New Orleans tourist (pictured above)
January 13-17, 2012

Q. Why do you want to go to Baton Rouge?

A. I like state capitols. I collect state capitols. And it's near to New Orleans and who doesn't want to go to New Orleans.

Another state capitol bites the dust

This state capitol was fine but maybe one of my least favorite. I had a series of difficulties getting to Baton Rouge, the hotel situation wasn't ideal, and I was coughing uncontrollably and continually – all of which might have added to my (very) slight disappointment in Baton Rouge. It is a nearly empty town. To find groceries or liquor stores required driving quite a distance out of town. During the weekend very few restaurants were open. The available labor force wasn't the best.

Logistics

I'd come from Orlando having accomplished Disney's Goofy with a five day stay at Old Key West Resort on premises (thank you Csaba), and then three days at Winter Park (thank you Seth and Janice.) I flew into New Orleans through Houston, ended with a day in New Orleans at the famous Monteleone Hotel in the French Quarter (thank you Pat and Kathy who'd both separately just been), and then flew home direct.

Another trip from hell?

Getting into Baton Rouge included waiting over 30 minutes and numerous calls for the rental car shuttle from the New Orleans airport, obtaining a junk economy car despite expecting better, finding the rate was all wrong, refusing to stand in line to get it fixed, negotiating out of the new location with construction all around and getting lost in the warren of alleyways, having huge amounts of traffic plus an accident on my 1:10 hour expected trip that turned into 2:15, thus having to cop out of a volunteer duty, missing a turn off and having to go over a bridge into Timbuktu before being able to turn around, finding there are no grocery stores or liquor stores downtown and having to do that same route all over again, spending another 1:30 hours finding shopping and back, not checking in until 8:45pm, having to find my own parking downtown, all the while coughing uncontrollably – well, you get the picture.

Hotel Hell? Some good and some bad

Then the hotel was okay but very small rooms and four different times my electronic key didn't work and wouldn't work for the maid either, exacerbated by the manager coming to show me how to insert the key using two hands versus one and I guess holding your mouth just right, yet I never learned the proper method. Yes, me! You'd think I live in enough hotels to learn how to use an electronic key. The black-out curtains are falling down on one side letting in the sunlight and then I found out Kathy got a lower government rate that I was denied. But the hotel computer broke so I got a free dinner and that helped soften me towards this rather nicely redecorated historical Hilton chain hotel. Until -- upon check out I found a circus had moved into the self-parking lot and left a large black scrape on my white rental car.

What's good about the Inaugural Louisiana Marathon?

- Overall, for an inaugural, they did pretty well.
- Race director is very communicative. I believe he has past experience with the other Baton Rouge marathon.
- Race entry allowed for early \$26.20 discount.
- Hotels within a ten minute fast walk to the start from my Hilton; the host hotel (Belle Casino) might have been a 20 minute walk.
- Green to the extreme: they didn't print anything and not even course maps causing much confusion.
- T-shirt was classy and without advertisements. Here's a picture of front and back of this soft t-shirt with shine.
- Expo was large enough and well laid out. It was in one of the host hotels, the Belle Casino.
- Parking was free for the Expo and Pasta Party and very cheap (\$5) for the marathon.
- Pasta party was only \$12 with registration and it included real food, real meats, and Jeff Galloway as speaker. See below – he was good and not repetitive.
- Police everywhere: usually we have course marshals but here there were police cars on every street corner. It was hard to imagine Baton Rouge owning so many official cars.
- Medal is a cute little beer opener hung on a traditional ribbon.
- Age group awards were generous and classy: a silk screen or lithograph of the inaugural poster which was very well done and a jacket for first and a nice t-shirt for second. They ran out of sizes so for my 1st in AG (out of 4! Finally not just by default) I took a t-shirt and gave my poster to a nice local who had just gotten a PR, came in 17 or so, and due to competition in his age said he never got awards.
- Big university town which is always good. This ran through the university.

Problems

- Green to the extreme: no course map, no nothing except via web and we all expected to find a copy at the Expo. NOT!
- Goody bag was said to be virtual. Where it was I didn't notice but there was zilch at the Expo.
- An okay course but not my favorite; it had a lot of turns, neighborhoods that were interesting but just okay with a few mansions thrown in, but much of the course was on concrete.
- Course food was non-existent except for spectators giving us goodies and even beer.
- The Food Fest totally ran out of food as early as (allegedly) four hours despite allowing a seven hour finish. I mean there was not even a bagel or a banana, but there was beer. That resulted in a lot of very happy runners.
- Downtown is pretty much a ghost town. I was glad to have dropped a day off my planned trip in order to go onto New Orleans.



Pasta dinner and speaker

Jeff Galloway was a breath of fresh air. I've complained that we have such a small number of speakers making the circuit and they give the same talk over and over. Well, surprise! He didn't this time.

Also good was the real food and for a tiny charge of \$12 all in. Though there was vegetarian pasta available, the red sauced one had big chunks of chicken and sausage in it. The rolls turned out to be more like beignets in that they were doughy and fried. Great for health, yes?

There was no liquor provided, so I hightailed it out to the bar, practically a block down the way and asked if I could have a red wine and take it to the pasta dinner. When I asked the older waitress gal whether she wanted cash or credit card, so touched my arm and said, I'm not charging you. I think you really need it. Did I look awful or sound desperate? I suspect both. I went back later with a big thank you both for the wine and for the understanding (and with a big tip) to which she said "I've been in this business for a very long time – I can tell a need."



Results

With having done the 1 and ½ marathons the weekend before and not sure how much I should expect my legs should do, coupled with the hacking cough and going through a dozen tissues, I was in no hurry to finish. Could I have gone faster? Who knows, but I finished and nothing hurts, so using up all the time might have been a good move. It still gave me a first place in my age group and that was, for once, not by default.

Chip 6:24:42 with 14:41 pace; 1st in age group out of 4; 10K at 1:20; half at 3:00; 20 miles at 4:51; last 10K at 1:33. Number of Finishers: 637 with 242 females and 395 men.

Do you notice something familiar? I think I've worn the Houston t-shirt for the majority of the marathons this entire year.



Hotels

I suppose Hilton is the best bet and the rates are very low, and even lower if they'll give you the military rate that's not supposed to be on weekends (smile). The Hilton is the only AAA 4-diamond in town. Across the street is the Hotel Indigo for a bit less money but if you're sharing a room be mindful that their bathrooms are separated by frosted glass and likely only a frosted glass sliding door if like the usual Indigo. The Belle is not rated as well and it's attached to a casino but the inside is like a mini-Gaylord Palms in that it's all glass covered and about a block in length. That is where you'll find the Expo and the Pasta dinner.

If you're using the Hilton, which probably is the best choice, be mindful that a room with 2 beds means two three-quarters size beds which would be very difficult for two to share, not queen beds. There's a lot of good about this hotel but they do need some adult supervision! Smile. All sorts of tiny things were wrong that added up: the coffee pot had a short, the clock was wrong, the shower head was next to impossible to use, the lock only worked sometimes, housekeeping didn't come until 5pm on Sunday, the drapes to make the room dark were off the track on one end making them useless, pizza boxes were left in the hallway for two days, dirty sheets and towels were often piled in the hallways, they never refilled amenities, turndown only happened 1 of 3 nights, the safe didn't work and the tub was dangerously slippery with no anti-slip or mat. They got a list of things that needed

fixed and never did a thing nor seemed to care. Well, you surely get the picture – nothing awful just the need for some supervision.

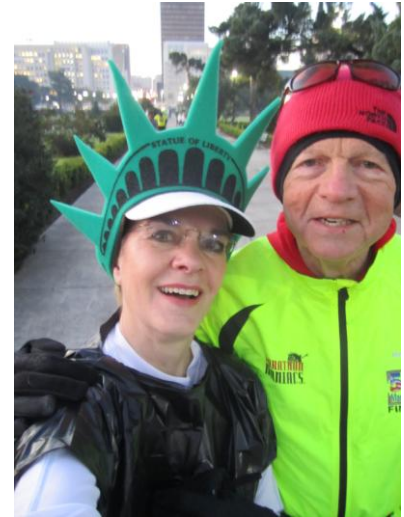
Baton Rouge tourism

The capital of Louisiana, it's said to be a beautiful city along the Mississippi River that was founded in the 1700s. Baton Rouge is steeped in history and is quite renowned for being home to an all important port that has brought abundant wealth to the city. The city has an impressive skyline that is dominated by several popular attractions like the Old State Capitol and the Louisiana State Capitol. Some of the other most prominent attractions in the city include the Baton Rouge Casino Riverboats, Blue Bayou Water Park, Baton Rouge's Enchanted Mansion Doll Museum, Old Governor's Mansion and St. Joseph's Cathedral.

Lots of 50-staters

Big group in Baton Rouge: Diane, her two friend including Michelle, Lois B, Beth D, Larry and Jim, Pascal, Carol G, Cathy T., Kathy K, Ted H., Henry, Cowboy Jeff, Bettie W. and surely more that I should know. Such as, who was that Maniac who ran over to me on the course and gave me a big hug and kiss and who turned out to NOT be Larry after all?

This picture is of Larry at the starting line. Larry has prevailed and received the *Guinness Book of World Records* for most marathons run again – 113 in 2011 to bet his 106 with Yolanda in 2010. (Does anybody know what happened to UK's Traviss Willcox who had claimed the honor with 114 marathons?)



About Larry: According to Marathon Maniacs, Larry did 113, 106, 94, 105, 93, 79, 79 & 58 Marathons in 2011- 2004; Octozilla - 8 marathons in 8 days; Quadzilla- 4 States in 57 hours; 3 States in 33 hours; 2 States in 19 hours; 15 Marathons in 30 days; Marathons in all 50 states in 1 year- 7 times. He has done the 50 states 14 times around. And he's ONLY my age (grin).

Now do you get a hint of an idea why it's hard for me to get excited about running in 3 more states so I have the "50 states" done? Even my 100 marathons sounds like a wee thing (smile). But -- hats off to you who have done it and those who are attempting it. I don't get it, but as my husband Tom says, I support it. GO for it.

Must be a good running city

Baton Rouge not only has their beach marathon but they also have a 126.2 mile run along the levee to New Orleans. You can do it on your own or as a relay. Ted tried it and got about 100 miles done. I am impressed.

Food!

I am ravenous immediately after a marathon and have been known to look hauntingly at road-kill. I bought and ate a big hamburger with cheese and sweet potato fries immediately after this marathon – as much because there was zilch left at the finish line. Not even a banana, bagel or anything! I eat during the night too, and not just after marathons. I eat a good breakfast immediately upon getting up. I am sure that the 2500 calories I use up for a marathon are replaced with something more like 5,000 to 7,000 calories during and after a marathon – if I can find them. I have read studies that marathon women often gain weight. I'm not surprised.

I've confessed how I beg food from volunteers on the marathon course and even go up on porches to ask. I've had plenty of BBQ during a marathon. I've crashed parties! People are wonderfully kind

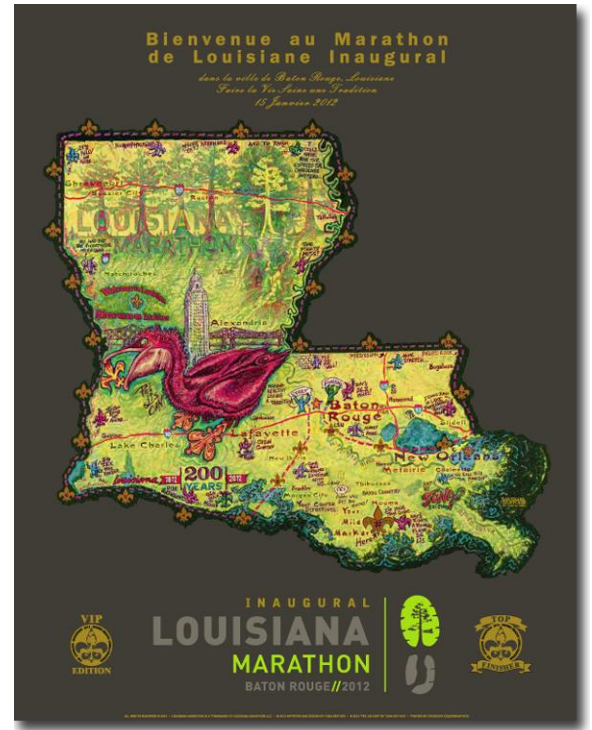
and offer me all sorts of odd foodstuff. In Baton Rouge some lady took a baggie of grapes from her child and insisted I take them! I did. I also drink extra after a marathon too. Guess it works as well as Tylenol? It sure works as cough syrup.

A note from Annette on eating during a marathon: Yes Judy, Diana is a shameless beggar however I am a quick study in the food begging arena and gave her a strong run for her money on the mountain in MT this July going so far as to take fig newtons from some poor lil tot in the van second row car-seat of a car we had to flag down. Those cookies tasted delicious and I took way more than my half of the sleeve the guy gave us to share I suppose.

2012 INAUGURAL EVENT COMMEMORATIVE ART PRINT – Limited edition serigraph

ABOUT THE PRINT

The 2012 commemorative art print embodies a long run through Louisiana. The piece depicts the unique paths runners tackle each day: We are privileged to run in the shadows of ever-present Cypress trees along levees, through spillways, down river roads, on trails wrapping bayous and windswept fields. We appreciate the changes in terrain as we climb steep bridge approaches, angle winding roads near historic cemeteries and storied museums, and cool off beneath the canopy of century-old oaks decorated with moss. Louisiana offers visitors long-lasting influences of our French, Spanish and African ancestry. Our past is well preserved in our architecture, music, food and cultural events that include our amazing festivals and museums of history and fine arts. We are unified during our bicentennial celebration and the weekend-long running event. While it's no accident that we cling to the "Laissez les Bon Temps Rouler" phrase, we also wave the most significant message of the art print in The Louisiana Marathon banner: "Making Healthy Living a Tradition – A Louisiana Tradition." We believe good health has deep roots in Louisiana's storied-past and present undertakings: We work the land, manage docks and clear waterways. Recently, we have proven that the strength of working together can overcome hurricanes, tornadoes, oil spills and open spillways. The goal of the serigraph art print is to depict a unified state celebrating its bicentennial as we blend healthy living and our rich lifestyle. It's for those who appreciate a healthy Louisiana lifestyle.



Baton Rouge Course random shots

Starting with the mile markers that were housed in the Expo before moving to the course.





I don't imagine this burned out house looked "colorful" to the owner but it did to me. The coolness is noted by the fog rising from the big lake on LSU.



Once a year these white pelicans migrate and land on the local lakes. We were blessed with a good showing on one of the LSU lakes. See that 9am at milepost 9? It was cool enough that I felt good and was making good time until the sun came out a mile later. That would have put me at a pace to finish 5:45.



Plenty of money and estates in Baton Rouge especially surrounding the university. Here's Diane in her Marathon Maniacs "Diva" shirt. She's the top level Maniac with 10-stars having done 40 marathons last year and maybe more the year before. My record is 25 marathons in my 65th year.



Jim Simpson has managed something like 50-states eight or ten times around. Or is it eleven times around? Many! He's noted for living in his camper parked at Wal-Marts so he can travel to marathons. After the Angry Kenyan gal you see James Dean and I don't know who cut outs.

Tourist - random shots

I did spend three days here but gave up the fourth for New Orleans.



The old state capitol and still the complex, with parklands and fountains surrounding it. Even an outdoor movie arena. The indoor covered area is the Belle Casino, one of the host hotels and home of the Expo and the Pasta Party.



This is the highway bridge I went over far too many times. It looks down on the USS Kid submarine museum plus an adjoining sculpture that not one of us could figure out what it was for.



Statuary outside the capitol area; one of the many buildings in New Orleans style. On the last I should say goodnight but New Orleans called so I'll add a wee bit of that adventure.

New Orleans

How many times have I been here? Maybe too many to count: for business and analyst conferences; for aquaculture conference where I was a guest speaker; to review a business offered to our aquaculture business; with Tom who enjoyed some cooking class with Paul Prudhomme; for the 2007 Mardi Gras Marathon the year after Katrina and for Fat Tuesday Mardi Gras.

But I never stayed at the famous Hotel Monteleone at the edge of the French Quarter. Pat was here. Kathy was here. They incentivized me to see it for myself. From their website:

All Things New Orleans: *It's been said that the French Quarter begins in the lobby of the Hotel Monteleone. In fact, this venerable establishment sits majestically at the foot of Royal Street giving guests the best point of departure for all things New Orleans. Visitors need only step outside this French Quarter hotel to discover shop after shop of fabulous European antiques, estate jewelry, Oriental rugs, and art and antiques from around the world. Quaint restaurants and specialty shops line the cobblestone French Quarter streets that lead to Jackson Square, the Old French Market and the River Walk where tourists and native New Orleanians stroll the levee and watch the steamboats and barges along the Mississippi River. At this hotel you'll find history around every corner. A member of Historic Hotels of America.*

History, Hauntings & Authors: *Antonio Monteleone was an industrious nobleman who was operating a very successful shoe factory in Sicily when he heard great things about America. The call of adventure motivated him to pack the tools of his trade and head for "the land of opportunity." Antonio arrived in New Orleans circa 1880 and opened a cobbler shop on Royal Street, the busy thoroughfare of commerce and banking in America's most European city. At the time Royal Street was indeed the grand street of the "Vieux Carre", as the French Colonial's sometimes called the new town. The Hotel Monteleone has history of all sorts behind it. Being one of the premiere hotels in downtown New Orleans the Monteleone caters to the world during the famous Mardi Gras Festival. In 1886, Mr. Monteleone bought a 64-room hotel on the corner of Royal and Iberville streets in New Orleans' world famous French Quarter. The setting was ripe for Antonio to spread his entrepreneurial wings when the nearby Commercial Hotel became available for purchase. That was only the beginning of an amazing historical landmark that is one of the last great family owned and operated hotels in the city. Since 1886, four generations of Monteleone's have dedicated themselves to making their hotel what it was and still is- a sparkling jewel in the heart of the French Quarter.*

There have been five major additions to the Hotel Monteleone. The first was in 1903 when 30 rooms were added. The next addition occurred in 1908, during a time of financial panic in the United States; when 300 more rooms were added. 1908 was also the year that the name of the hotel was changed from the Commercial Hotel to Hotel Monteleone. In 1913, Antonio Monteleone passed away and was succeeded by his son Frank who added 200 more rooms in 1928, a year before another horrible crash in the U.S. economy. The Hotel Monteleone was one of America's few family- owned hotels to weather the depression, and remained unchanged until 1954. That year the fourth addition required the razing of the original building and the foundation was laid for a completely new building that would include guest facilities, ballrooms, dining rooms and cocktail lounges. In 1964, under the direction of Bill Monteleone, who took over after his father passed in 1958, more floors, guestrooms, and a Sky Terrace with swimming pools and cocktail lounges were added.

FILM

1999- "Double Jeopardy" – Starring Ashley Judd and Tommy Lee Jones. Filmed in Lobby, front of hotel and the [Carousel Bar](#) transformed into the Armani Shop.

2004- "Glory Road" – a Jerry Bruckheimer production. Starring Josh Lucas, Derek Luke and Jon Voight. Filmed in Lobby

and also built set in storage area. Hotel featured as fancy hotel lobby in a different city. Conference space was set aside for extras. This was the same crew that worked on the production of "Double Jeopardy" in 1998.

2005- "The Last Time" – Starring Brendan Fraser and Michael Keaton. Filmed in Lobby, Carousel Bar, Hunt Room Grill, Bagatelle and Engineer; "Retirement" – Starring Peter Faulk. Filmed in Hotel's fine dining restaurant Hunt Room Grill. Restaurant is stand in for any Steak House. Hotel provided all steaks; salad and other food prep as well and table settings etc. Rooms provided for talent during filming.

2008- "12 Rounds" – Starring John Cena. Filmed in Vieux Carre Suite (1480), 14th floor hallway, roof by the Marquis, boiler room, garage freight elevator, Lobby and front of hotel. Employee's cafeteria & Exchange Alley was used for film crew lunch breaks.

TV

2001- Travel Channel – "Best Places to Pop the Question"

2003- Travel Channel – "COPS – Mardi Gras"; Syndicated – "Southern Living Presents" – Hotel was used as backdrop for intro and closing segments of 6 episodes. Provided accommodations for show host and crew; Travel Channel – "Get Packing" – Hotel was featured destination for winners of dating game show. Accommodations were provided for cast and crew; ESPN – "Super Retrievers" – Hotel not featured. Hotel provided accommodations to cast & crew of hunting show. Food Network – "Food Nation with Bobby Flay" – Carousel Piano Bar and Lounge featured in segment about most unique bars in New Orleans.

2004- NBC's – "The Apprentice"- Hotel not featured, accommodations provided to Mark Burnett productions to conduct candidate interviews; E! Entertainment – "Dr. 90210" – Hotel featured, Dr Rey and family stayed in hotel and were filmed here as footage for show; Food Network – "Best of" – Follow Productions – Hotel Chef featured in segment about best Gumbo in New Orleans. Accommodations provided for 5 cast and crew doing feature on New Orleans; Style Network – "Love's a Trip" – Accommodations for contestants and crew, Hotel received full credit as accommodations of choice in New Orleans; Travel Channel – "Weird Travels -Spirits of the South" – Hotel featured as a haunted destination. Investigation and interviews conducted with regard to the entities that inhabit the Monteleone; HDTV Production Company – Featured Hotel Halloween party "Ghoulish Gala 2004" as feature in documentary on Halloween in New Orleans. NBC – "Today Show" – Haunted New Orleans.

2005- Weather Channel – "Weather Channel Road Crew" – hotel provides accommodations for 3 crew members scouting location for Road Crew Segments; Travel Channel – "Taste of America – with Marc De Carlo" – Hotel featured in segment with chef detailing the preparation of Gumbo. Provided accommodations for cast and crew. HDTV Production Company – Featured hotel in documentary about Mardi Gras in New Orleans. Hotel provided accommodations for crew; CBS – "Morning Show" – Filmed one of our doormen.

2007- NBC – "Today Show" – The feature was "Most Famous Haunted Hotels". The story of Josephine and Jacques Begere and their son Maurice was mentioned.

2008- PBS – The Carousel Bar was the setting for a PBS documentary featuring an interview with local music critic Keith Spera about New Orleans' very own Fats Domino; A&E – "Criss Angel Mindfreak" – Filmed in the Eudora Welty Suite, lobby and the rooftop by the Marquis. Hotel provided accommodations for Criss Angel and crew. BRAVO – "Make Me A Super Model" – Filmed in the lobby and the FJ Monteleone Suite. Hotel provided accommodations for cast and crew. CNN – "Larry King Live" – Interviewed John Cena, WWE wrestler, playing the role of Det. Danny Baxtor in the movie "12 Rounds". Interview took place in our Carousel Bar.

Limited touring

I not only had limited time, my freedom felt limited by the crime warnings. Unlike the year after Katrina when I wandered alone during Mardi Gras and was basically comforted to know and be reassured that any crime was limited to gangs and those who knew each other, that was not the case this year. Security forces, police, and vendors warned me to not walk alone. I'd just missed the "jumping of a young gal" on the Riverwalk. Then another group of police were surrounding a gang nearby. I'm generally easy going and feel unapproachable but I wasn't comfortable so my afternoon walking came to a conclusion at dark.

Eating Well

I eat well with Tom but generally prefer Subway when on my own but this time I decided to take referrals and eat at Mr. B's Bistro across from the Monteleone and then to partake of the big buffet breakfast at Monteleone. Thus I ate more than I toured. I can't tell you that either were highlights but that's likely me and no negative report on the restaurants. David Williams had shared the story of why Mr. B's and the famous Brennan's – having to do with competition among the family creating Mr. B's. Pat had been unable to get into Mr. B's so I resolved to try.

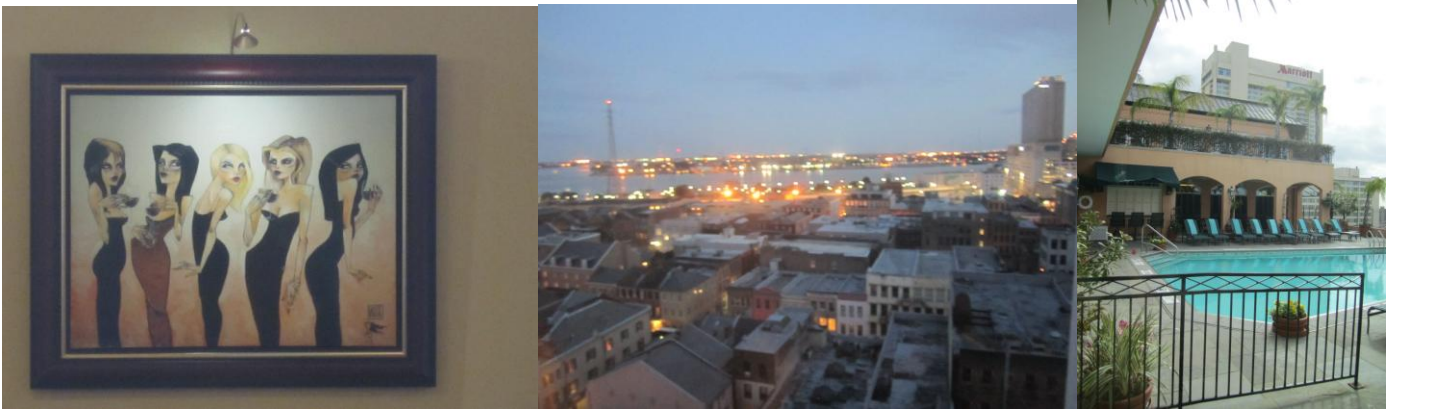
Random photos from New Orleans



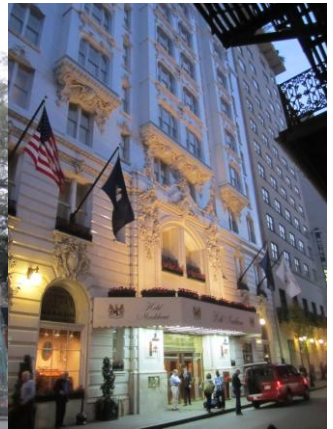
Hotel Monteleone is noted for their Carousel Bar and old glorious lobby, not to mention being in the middle of the French Quarter's action.



I walked the old town and some of new town, enjoying the extremes of fun, carousels, art work, and riverwalk with some good entertainment and some not so good (police actions). Beignets are now offered at various locations with the expansion of the original shop. Fortunately they don't entice me.



Picture from the original Brennan's dining room. A night view from my room and then a rooftop pool and bar at the Hotel Monteleone.



Day into night at Jackson Square and then it really is good night at the front side of the Hotel Monteleone.

Others – and that should be a major reason for marathoning

Here's Charlotte from the January Charleston marathon. Once I gave you a dozen pictures of her costumes. This is the more elaborate one and suits our “southern belle” perfectly, don't you think?

Hurray for Charlotte!



Itinerary – coming from Disney’s Goofy and Winter Park

Fri Jan 13

10:00am Return rental car to Orlando airport (change time to noon drop off)

1:20pm Depart Orlando MCO via CO#1731

3:06pm Arrive Houston IAH for plane change

3:35pm Depart Houston IAH via CO#33

4:47pm Arrive New Orleans MSY

Rental car Thrifty Conf#FG9LF8 - drive to Baton Rouge 72 miles or 1:10 hours

Hotel Hilton Baton Rouge Capitol Center – 4 nights – a 4-Diamond property
201 Lafayette Street, Baton Rouge, LA 70801

Host hotel is Belle of Baton Rouge Tele 800 676 4847

Sat Jan 14

Expo and offered to assist at 50-states booth

Area Information – AAA Gems include State Capitol, LSU Rural Life Museum, Shaw Center for the Arts, LSU Museum of Arts

Sun Jan 15

The Louisiana Marathon at www.thelouisianamarathon.com with 7 hour time limit

Out and back course starting from 1 mile away from Hilton – see more details below

Participants: Diane Bolton (arriving Friday? and Kathy Kass), Carol Goslin and Elaine, Lois Berkowitz (arriving 13th mid-day), Robert “Cowboy Bob” Bishton, Ted Hobart, Cathy Troisi, Beth Davenport, Paula Boone

Mon Jan 16

MLK Day

Drive rental car to New Orleans – 72 miles and approximately 1 ¼ hours

Hotel Hotel Monteleone
214 Royal Street, French Quarter (Vieux Carré), New Orleans, LA 70130
Tele: 866-539-8430

The Hotel Monteleone stands in the French Quarter within four blocks of Jackson Square, Canal Street Shops, Harrah's New Orleans Casino Cafe du Monde and lively Bourbon Street. Dating from 1886, the Hotel was a favorite haunt of Tennessee Williams, William Faulkner and Truman Capote. A family-owned property, the Monteleone portraits add personal history to the lobby. Dining options include Le Cafe serving buffet-style breakfasts and cooked-to-order selections. The Carousel Lounge completes a 360-degree rotation every 15 minutes and is decorated in a circus motif. Many guests enjoy their stay so much that they would like to stay longer. In fact, apparently some never leave. The Hotel is known for its paranormal activity, and guests can sign up for an MP3 audio tour that showcases the hotel's history and hauntings.

Tue Jan 17

2:00pm Turn in rental car

3:47pm Depart New Orleans MSY via UA#5144
7:38pm Arrive Newark EWR

Re Louisiana Marathon in Baton Rouge

1. Is this marathon suitable for a 6 hour marathoner who might take a wee bit more time but still wants counted? If not, you can skip the rest of the questions. Smile. I've been from 5:40 to 6:30 this last year. **7 Hour Limit**
2. Are there hotels within walking distance of the start and finish line? **Yes, on new site coming. Hilton downtown, Hotel Indigo, Belle of BR.**
3. Is the course a loop? **Out and back. Slightly different coming back.**
4. Does the course take in downtown &/or tourist sites? **Yes**
5. Are there airports in the close proximity to Baton Rouge? Baton Rouge is a pricey airport as well as inconveniently requiring 1 to 2 plane changes for those of us coming from NYC area. **Also on site, someone from NYC found a good deal, but check New Orleans. Free shuttle service though. New Orleans only one hour away.**
6. Are there early registration discounts? Or discounts for military or seniors or 50-states club? **Yes, 50 States has a code, and Runners World has a code in the August issue in the race section.**

Thanks. Hoping to hear from you.

Diana Burton, NJ

Craig Sweeney, Race Director, craig@thelouisianamarathon.com, 504-237-7774

THE LOUISIANA MARATHON

26.2 | Relays | 13.1 | 5K | Kidz Marathon
A Rocket Racing Running Event
1-888-LA49TO1
70380 Highway 21, Suite 2, Covington, LA 70433
thelouisianamarathon.com
facebook.com/thelamarathon