



### **Adventure Racing**

Apr 3: Alexandria Adventure Race, 10 miles biking, 4 miles canoeing, 5 miles trekking/running, plus mystery challenges, Alexandria, [www.gulfcoastadventure.com](http://www.gulfcoastadventure.com)

Apr 3: Alexandria Fit Family Adventure Challenge, 1 mile running/hiking, 2 miles biking, 1 mile paddling, Alexandria, [www.gulfcoastadventure.com](http://www.gulfcoastadventure.com)

May 1: Mobile Adventure Race, 10 miles biking, 4 miles canoeing, 5 miles trekking/running, plus mystery challenges, Mobile, AL, [www.gulfcoastadventure.com](http://www.gulfcoastadventure.com)

June 12: 6th Annual Spillway Adventure Race, 10 miles biking, 4 miles canoeing, 5 miles trekking/running, plus mystery challenges, Norco, [www.gulfcoastadventure.com](http://www.gulfcoastadventure.com)

July 24: Baton Rouge Urban Adventure Race, 10 miles biking, 4 miles canoeing, 5 miles trekking/running, plus mystery challenges [www.gulfcoastadventure.com](http://www.gulfcoastadventure.com)

Gulf Coast Adventure Racing, [www.gulfcoastadventure.com](http://www.gulfcoastadventure.com)

### **Badminton**

New Orleans Badminton Club, [www.neworleansbadminton.com](http://www.neworleansbadminton.com)

### **Baseball**

New Orleans Men's Senior Baseball, [www.scorebook.com/nomsbl](http://www.scorebook.com/nomsbl)

### **Canoeing/Hiking/Kayaking/Orienteering**

Bayou Haystackers Paddling Club: [www.bayouhaystackers.com](http://www.bayouhaystackers.com)

Cajun Climbing Club: [www.groups.yahoo.com/group/Cajunclimbers/](http://www.groups.yahoo.com/group/Cajunclimbers/)

The Louisiana Hiking Club: [www.hikelouisiana.org](http://www.hikelouisiana.org)

### **Cycling**

Cajun Cyclists: [www.cajuncyclists.org](http://www.cajuncyclists.org)

Crescent City Cyclists: [www.crescentcitycyclists.org](http://www.crescentcitycyclists.org)

New Orleans Metro Area Mountain Bike Organization: [www.NOMAMBO.com](http://www.NOMAMBO.com)

Apr 18: Bayou Country Cyclist 15th Annual "Cruisin' the Bayou," Peltier Park, Thibodaux, [www.bccbike.org](http://www.bccbike.org)

May 8: Tour de Lis, 9:00 a.m., Lakeshore Drive, New Orleans, [www.tourdelis.com](http://www.tourdelis.com)

### **Lacrosse**

New Orleans Mens Lacrosse Club: [www.geocities.com/nolax29](http://www.geocities.com/nolax29)

### **Marathons**

Mar 6: Snickers Marathon Energy Bar Marathon & Half Marathon, Albany, GA, [lriddle@albanyga.com](mailto:lriddle@albanyga.com)

Mar 7: Little Rock Marathon & Half Marathon, Relay, 5K, Kids Event, Senior Event, Little Rock, AR, [ghampton@littlerock.org](mailto:ghampton@littlerock.org)

Mar 7: Orange Blossom Marathon & Half Marathon, 5K, Tavares, FL, [411@sommersports.com](mailto:411@sommersports.com)

Mar 13: Larry Yeagle Trail Marathon & 10 mile, 5K, Ruston, LA, [larryyeagletrailmarathon@hotmail.com](mailto:larryyeagletrailmarathon@hotmail.com)



Mar 14: ABC 7 Sarasota Marathon The Grouper Run & Half Marathon, 5K, Sarasota, FL, info@sarasotamarathon.com

Mar 21: ING Georgia Marathon & Half Marathon, Atlanta, GA, (404)892-8383

Mar 21: Coady & Lewis Seabrook Lucky Trail Marathon & Relay, Seabrook, TX, (832)423-7451

Mar 28: Covenant Health Knoxville Marathon & Half Marathon, 4P Relay, 5K, Kids Run, Knoxville, TN, (865)684-4294

Apr 10: Davy Crockett Bear Chase Marathon & Half Marathon, 5K, Groveton, TX, steveboone@aol.com

Apr 11: Big D Texas Marathon & Half Marathon, 5K, Dallas, TX, (972)235-2513

Apr 11: Hogeye Marathon & Half Marathon, Relays, 5K, Fayetteville, AR, info@hogeyemarathon.com

Apr 17: Bicentennial Exchange Club Andrew Jackson Marathon & Half Marathon, 5K, Jackson, TN, (731)668-1708

Apr 24: Country Music Marathon & Half Marathon, Kids Marathon, Nashville, TN, (615)742-1660

May 1: The Gusher Marathon, Half Marathon, & 5K, Beaumont, TX, info@thegushermarathon.com

May 1: United Healthcare UHC North Carolina Marathon, Half Marathon, & 5K, High Point, NC, lwatts@ncmarathon.org

### **MULTISPORT TEAMS**

Harahan: Team Rising Sun, Ben Elder- belder@ochsner.org

Mandeville: Team Earthquake, Ben Hewett- www.teamearthquake.org

Metairie: Bayou Gators, Trey Stolz- www.bayougators.org

New Orleans: Greater New Orleans Triathletes, Rick Montgomery- www.gnotri.com

New Orleans: Team Gecko, Daniel Simpson- www.teamgecko.com

### **MULTISPORTS**

Mar 11: T-Gator Triathlon #1, swim 500 meters, bike 10 miles, run 2 miles, Sam Houston Jones State Park, www.lakecharlestriathletes.com

Mar 20: 4th Annual Warhawk Triathlon, swim 400 meters, bike 11 miles, run 3 miles, University of Louisiana-Monroe, lcolvin@ulm.edu

Mar 28: Holy Toledo Triathlon V.v., 1 mile swim, 40 mile bike, 10 mile run, Cypress Bend Park on Toledo Bend Reservoir (LA/TX border), www.holytoledotri.com

Apr 10: Oxbow Triathlon (LA State Championship), swim 800 meters, bike 18 miles, run 5K, New Roads, www.lakecharlestriathletes.com

Apr 18: Ochsner Ironman 70.3 New Orleans, New Orleans, LA, www.ironmanneworleans.com

May 1: XTERRA Epic - the Rustman, swim 1 mile, mountain bike 34 miles, trail run 10.5 miles,



Lincoln Parish Park, Ruston, dltevents@yahoo.com

May 2: Michelob Ultra Crawfishman Triathlon, swim 1000 yards, bike 19 miles, run 4 miles, Bush, [www.crawfishman.net](http://www.crawfishman.net)

May 2: XTERRA Gator Terra Off Road Triathlon, swim 1/2 mile, mountain bike 10 miles, trail run 3.6 miles, Lincoln Parish Park, Ruston, dltevents@yahoo.com

May 16: T-Gator Triathlon #2, swim 500 meters, bike 13 miles, run 2 miles, Sam Houston Jones State Park, [www.lakecharlestriathletes.com](http://www.lakecharlestriathletes.com)

Jul 11: T-Gator Triathlon #3, swim 525 meters, bike 15 miles, run 2.5 miles, Sam Houston Jones State Park, [www.lakecharlestriathletes.com](http://www.lakecharlestriathletes.com)

### **RUNS/WALKS**

Mar 13: Ozone Spring Run, half-mile, 2 mile, and 10K, 8:00 a.m., St. Paul's School, Covington, [www.15thstreetflyers.org](http://www.15thstreetflyers.org)

Mar 20: Relay for Life St. Tammany West, 7:00 p.m., Mandeville, [www.cancer.org](http://www.cancer.org)

Mar 20: The Junior League of Greater Covington's 3rd Annual Spring Stomp, 5K and 1 mile, 8:00 a.m., Covington Trail Head, [www.jlhc.net](http://www.jlhc.net)

Mar 21: Great St. Charles Avenue Road Race, half-mile, 5K, 8:30 a.m., New Orleans, [www.runnotc.org](http://www.runnotc.org)

Mar 27: 25th Annual Ochsner Run, 5K and 1 mile run, Ochsner Medical Center, New Orleans, (504)842-7113

Mar 27: Relay for Life Jefferson Parish, 12:00 p.m., Metairie, [www.cancer.org](http://www.cancer.org)

Mar 27: Relay for Life St. Charles Parish, 5:00 p.m., Luling, [www.cancer.org](http://www.cancer.org)

Mar 28: Tiger Run 2010, 5K, 8:30 a.m., Audubon Park, [www.active.com](http://www.active.com)

Apr 3: Crescent City Classic, 10K, 8:30 a.m., French Quarter, New Orleans, [www.ccc10k.com](http://www.ccc10k.com)

Apr 10: United Way Mississippi River Bridge Run/Walk, half-mile, 5K, 8:30 a.m., Destrehan-Luling, [www.runnotc.org](http://www.runnotc.org)

Apr 10: Relay for Life St. Tammany Parish Northwest, 6:00 p.m., Covington, [www.cancer.org](http://www.cancer.org)

Apr 16: Relay for Life New Orleans Universities, 6:00 p.m., Freret St., New Orleans, [www.cancer.org](http://www.cancer.org)

Apr 17: Relay for Life, Jefferson Parish, 2:00 p.m., Gretna, [www.cancer.org](http://www.cancer.org)

Apr 24: Relay for Life, St. Tammany Parish East, 4:30 p.m., Slidell, [www.cancer.org](http://www.cancer.org)

Apr 25: Bubba Gump Shrimp Company's "Run Forrest Run" for Children's Hospital, 5K, 8:30 a.m., French Quarter, [www.runnotc.org](http://www.runnotc.org)

May 1: Run for Home, 5K run and 1 mile walk, 8:00 a.m., Zephyr Park, [www.active.com](http://www.active.com)

May 8: Relay for Life of New Orleans Youth, 6:00 p.m., Severn Ave., Metairie, [www.relayforlife.org](http://www.relayforlife.org)

May 15: 43rd Annual Al Briede Gold Cup Race, 1 mile, 3 miles, 8:00 a.m., City Park, [www.runnotc.org](http://www.runnotc.org)



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May 16: Relay for Life of Kenner, 6:00 p.m., W. Esplanade Ave., Kenner, [www.relayforlife.org](http://www.relayforlife.org)

May 28: Greek Festival Race, 1 mile, 5K, 7:00 p.m., New Orleans, [www.runnotc.org](http://www.runnotc.org)

May 30: Relay for Life of New Orleans 6:00 p.m., Franklin Ave., New Orleans, [www.relayforlife.org](http://www.relayforlife.org)

June 4: Back to the Beach Festival Race, half-mile, 2 miles, 7:00 p.m., Laketown, Kenner, [www.runnotc.org](http://www.runnotc.org)

June 10: Free for all Summer Series, 2 miles, 7:06 p.m., City Park, [www.runnotc.org](http://www.runnotc.org)

June 17: Free for all Summer Series, 2 miles, 7:06 p.m., City Park, [www.runnotc.org](http://www.runnotc.org)

June 20: Father's Day Race, half-mile, 2 miles, 8:00 a.m., Audubon Park, [www.runnotc.org](http://www.runnotc.org)

July 8: Free for all Summer Series, 2 miles, 7:06 p.m., City Park, [www.runnotc.org](http://www.runnotc.org)

July 18: Spillway Classic Trail Run, 3 miles, 8:00 a.m., Norco, [www.runnotc.org](http://www.runnotc.org)

July 22: Free for all Summer Series, 2 miles, 7:06 p.m., City Park, [www.runnotc.org](http://www.runnotc.org)

July 29: Free for all Summer Series, 2 miles, 7:06 p.m., City Park, [www.runnotc.org](http://www.runnotc.org)

#### **Racquetball**

Louisiana Racquetball Association, [www.laracquetball.org](http://www.laracquetball.org)

#### **Rugby**

New Orleans Rugby Club: New Orleans. [www.neworleansrugbyclub.com](http://www.neworleansrugbyclub.com)

#### **RUNNING CLUBS**

New Orleans Hash House Harriers: [www.NewOrleansHash.com](http://www.NewOrleansHash.com)

New Orleans Track Club: [www.runNOTC.org](http://www.runNOTC.org)

Northshore - 15th St. Flyers: [www.15thstreetflyers.org](http://www.15thstreetflyers.org), contact Diane Weiss at [diane@varsityrunning.com](mailto:diane@varsityrunning.com)

Northshore Pacers: Call Mike Dugger at (985)630-5031.

#### **Squash Clubs**

New Orleans Squash Club: [Mark\\_Volterre@hilton.com](mailto:Mark_Volterre@hilton.com)

#### **SWIMMING**

Blast Swim Team: Northshore & Southshore. [www.blastswimteam.com](http://www.blastswimteam.com)

Crescent City Swim Club: Metairie. [www.ccsnola.tripod.com](http://www.ccsnola.tripod.com)

Elmwood Sharks: Metairie. [www.elmwoodsharks.org](http://www.elmwoodsharks.org)

Franco's Fins: Mandeville: [www.myfrancos.com](http://www.myfrancos.com)

Hurricane Swim Club: Slidell. [www.hurricaneswimclub.org](http://www.hurricaneswimclub.org)

NU Wave Swim Team (kids and adults): [www.loveswimming.com/nolaswimming](http://www.loveswimming.com/nolaswimming)

PAC Swim Team: [www.pacswimteam.com](http://www.pacswimteam.com) and [www.thepac.com](http://www.thepac.com)



### **VOLLEYBALL CLUBS**

Coconut Beach: [www.coconutbeachnola.com](http://www.coconutbeachnola.com)

### **WOMEN'S BASKETBALL**

Silver Slammers

Women ages 50-85 3-on-3

Half-court age group games

(504)914-1153

### **COMMUNITY INTEREST**

Mar 20: The 8th Annual New Orleans Lympho-Maniac 70's Party

After surviving a battle with Hodgkin's lymphoma, New Orleanian Chad Landry continued fighting the disease with charity work. He founded the Lympho-Maniac 70's Party, a 70's costume party that raises funds for the local chapter of the American Cancer Society. This year the Republic is hosting the 8th Annual Lympho-Maniac 70s party on Saturday, March 20th at 7 p.m.

Tickets are \$30 in advance and \$35 at the door. Aside from the costumes, there will be a dance-off judged by Donald Trump, Jr. and Vanessa Trump, a select open bar, music, and catering from various New Orleans restaurants. All proceeds this year will benefit the American Cancer Society's Patrick Taylor Hope Lodge. On Friday, March 19th at 5:30, people are welcome to gather at River Road across from the Hope Lodge for the "Uphill Battle Against Cancer," where participants will join hands and walk up the levee one step at a time, symbolizing that cancer is an uphill battle that must be met one day at a time. For more information, visit the website at [www.lympho-maniac.com](http://www.lympho-maniac.com).

Apr 9-11: French Quarter Festival: In the "Largest Free Show in the South," more than 450 New Orleans artists are performing on 18 stages throughout the French Quarter. A wide variety of food booths will offer uniquely New Orleanian food items. For more information, visit the website at [www.fqfi.org](http://www.fqfi.org).

Women for Sobriety: [www.womenforsobriety.org](http://www.womenforsobriety.org)

CancerFit: A therapeutic exercise and wellness program for men and women in cancer treatment or in cancer recovery. Contact Chryl Corizzo at St. Tammany Parish Hospital at (985)898-4581.

Blood Pressure Screening: Free - Lakeside Mall, 4th Wednesday of each month, 7:30 & 10:30 a.m.; East Jeff Canal Garage Ground Link, Tuesdays and Thursdays, 10 a.m. and noon; Wellness Center, 1st and 3rd Tuesday of each month, 8 and 11 a.m.; Clearview Mall, 2nd and 4th Tuesday of each month, 8 and 11 a.m. Call (504)454-4066 more information

Total Joint Replacement Class - Knee & Hip: A class telling patients what to expect during surgery, hospital stay, physical therapy, and home recovery. Tues 12:30 - 1:30 p.m. and Fri 9 - 10 a.m. Call (504)456-5000 for more information.

Joint Wellness Program Exercises - Improve strength, balance, and stability, and flexibility. Aquatic: Tues 4:30-5:30 p.m. Land-based: Wed 2:30-3:30 p.m. Contact Aimee at (504)457-3750.

Diabetes Dynamics: A two-class interactive course taught by a certified diabetes education RN and a dietician covers the basics of diabetes management. Call (504) 849-8600 for more info.

Resorative Yoga in Cancer Care: Free yoga classes for those with cancer, Fridays, 10-11 a.m., contact (504)975-4430 for more info.

Genetic Cancer Risk Assessment & Counseling Program: Free genetic cancer risk assessment and counseling, second Friday of every month, 9 a.m. - 4 p.m., contact (985)898-4581 for more info.

Cancer Connection Support Group: Free cancer support group, third Wednesday of the month, 7-8:30 p.m., contact (985) 898-4581 for more info.