



ADVENTURE RACING

Gulf Coast Adventure Racing,
www.gulfcoastadventure.com

BADMINTON

New Orleans Badminton Club,
www.neworleansbadminton.com

BASEBALL

New Orleans Men's Senior Baseball,
www.scorebook.com/nomsbl

BASKETBALL

Mid City Cyclones, www.midcitybasketball.com,
(504)237-5781

CANOEING/HIKING/KAYAKING/ ORIENTEERING

Bayou Haystackers Paddling Club:
www.bayouhaystackers.com

Cajun Climbing Club:
www.groups.yahoo.com/group/Cajunclimbers/

The Louisiana Hiking Club:
www.hikelouisiana.org

CYCLING

APR 21: Mandeville Tour de Cure, Tammany
Trace Trailhead, www.active.com

APR 29: Bayou Country Cyclists 17th Annual
Cruising the Bayou, Thibodaux, www.bccbike.org

Cajun Cyclists: www.cajuncyclists.org

Crescent City Cyclists: www.crescentcitycyclists.org

New Orleans Bicycle Club:
www.neworleansbicycleclub.org

LACROSSE

New Orleans Mens Lacrosse Club:
www.geocities.com/nolax29

MARATHONS

FEB 5: Michelob Ultra El Paso Marathon
& Half Marathon, 5K Run/Walk, El Paso, TX,
information@elpasomarathon.org

FEB 5: Galveston Mardi Gras Marathon & Half
Marathon, Galveston, TX,
www.galvestonmardigrasmarathon.com

FEB 5: State Farm Melbourne & Beaches
Music Marathon & Half Marathon, 1/2 relay, 5K,
8K, Melbourne, FL, www.themelbournemarathon.com

FEB 5: Gulf Winds Track Club Tallahassee
Marathon & Half Marathon, Tallahassee, FL,
www.tallahasseemarathon.com

FEB 12: 26.2 with Donna: The National
Marathon to Finish Breast Cancer & Half
Marathon, 5 Person Relay, Jacksonville Beach,
FL,
www.breastcancermarathon.com

FEB 12: Mercedes-Benz Mercedes Marathon
& Half Marathon, Marathon Relay, Kids Marathon,
Birmingham, AL, www.mercedesmarathon.com

FEB 18: BI-LO Myrtle Beach Marathon & Half
Marathon, 5K, Myrtle Beach, SC,
www.MBmarathon.com

FEB 18: OverNite Software Surfside Beach
Marathon & Half Marathon, Surfside Beach, TX,
www.surfsidemarathon.com

FEB 19: Rouge - Orleans Ultra Marathon and
Relay, 126.2 miles, 8:00 p.m., Baton Rouge,
www.rougeorleans.com

FEB 19: Austin Marathon & Half Marathon,
Austin, TX, www.youraustinmarathon.com

FEB 19: Five Points of Life Marathon &
Half Marathon, Relay, 5K, Kids Marathon,
Gainesville, FL, www.fivepointsoflife.com

FEB 19: Public Ft. Lauderdale A1A Marathon
& Half Marathon, 5K, Kids Run, Ft. Lauderdale,
FL, www.a1amarathon.com

FEB 26: Cowtown Marathon & Half Marathon,
Ultra Marathon, Fort Worth, TX,
www.cowtownmarathon.org

MAR 3: Stripes Crazy Desert Trail Race & 50K,
Half Marathon, San Antonio, TX,
www.roadlizards.org

MAR 3: The Woodlands Marathon & Half
Marathon, Relay, 5K, 2K, The Woodlands, TX,
www.thewoodlandsmarathon.com

MAR 3: Umstead Trail Marathon, Raleigh, NC,
www.umsteadmarathon.com

MAR 4: Little Rock Marathon & Half Marathon,
Relay, 5K, Kids Event, Little Rock, AR, www.littlerockmarathon.com

MAR 4: 2012 Rock 'n' Roll New Orleans
Marathon & 1/2 Marathon, www.active.com

MAR 10: Columbia Marathon & Half Marathon,
10K, Kids Race, Columbia, SC,
www.columbiascmarathon.com

MAR 10: Exygon and Baptist Hospitals The
Gusher Marathon, Half Marathon, & 5K & Daisies
and Dragons Duathlon for Kids, Beaumont, TX,
www.thegushermarathon.com

MAR 11: Florida Sheriff's Youth
Ranch Marathon, Boys Ranch, FL, www.stateofmindsports.com

MAR 18: Publix Georgia Marathon & Half
Marathon, Atlanta, GA, www.georgiamarathon.com

MAR 18: Seabrook Lucky Trail Marathon &
Half Marathon & Relay, Seabrook, TX,
www.seabrookmarathon.org

MAR 18: Duke Medicine Tobacco Road
Marathon & Half Marathon, Cary, NC,
www.tobaccoroadmarathon.com

APR 1: Covenant Health Knoxville Marathon
& Half Marathon, Relay, 5K, Kids Run, Knoxville,
TN, www.knoxvillemarathon.com

APR 14: Davy Crockett Bear Chase & Half
Marathon, 5K, Groveton, TX, HYPERLINK
"mailto:steveboone@aol.com" steveboone@aol.com

APR 15: Gulf Coast Half Marathon, Pensacola
Beach, FL, www.pbhalf.com

APR 15: Big-D Texas Marathon & Half
Marathon, 5K, Dallas, TX, HYPERLINK "http://
www.texasmarathon.com" www.texasmarathon.com

MULTISPORTS

FEB 11: Plainview Duathlon, 2 mile run/12 mile
bike/2 mile run, Bogalusa, northshoretriclub.ning.com,
985-705-7088

MAR 10: Louisiana Magnolia Tri, 600
yard swim/13 mile bike/5K run, Covington,
northshoretriclub.ning.com, 985-705-7088

MAR 17: 7th Annual Warhawk Triathlon, swim
400 meters/bike 11 miles/run 3 miles, University
of Louisiana at Monroe, icolvin@ulm.edu

MAR 24: Oxbow Triathlon, swim 1/2 mile/bike
18 miles/run 3.1 miles, New Roads,
andy@geauxracing.com

MAR 24: Exerfit "Dash and Dive", distances
vary, Baton Rouge, info@exerfitbr.com

APR 1: Holy Toledo Triathlon VII, swim 1/4
mile/bike 10 miles/run 3.1 miles, Cypress Bend
Park, info@holytoledotri.com



MULTISPORTS TEAMS

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

Madisonville: B-Quick Tri-Dat, Brandt Quick
- www.tri-dat.com, bqtridat@gmail.com

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

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

New Orleans: Greater New Orleans Triathletes
- kevin@gnotri.com, (504)251-4414, www.gnotri.
com

New Orleans: Kona Fitness, Rick
Montgomery- rick@konafitnesscafe.com

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

Northshore: Northshore Tri Club, Ray
Jennings, www.northshoretriclub.ning.com,
(985)705-7088

ROLLER DERBY

Northshore roller derby team recruiting players.
For more information, please contact Cheryl
Kohoutek at (985)237-0086 or at PRRD911@
yahoo.com

RUNS/WALKS

FEB 4: The Wolverine Walk and 5K Run, 5K, 1
mile, 8:00 a.m., Covington, 985-635-0400

FEB 11: The Abbey Monk Trail Run, 1 mile,
5K, 8:00 a.m., St. Joseph's Abbey, Covington,
www.15thstreetflyers.org

FEB 11: 33rd Annual The Wall, 30K, 10K,
2 miles, 8:00 a.m., East Bank Bridge Park,
Destrehan,
www.runnotc.org

FEB 11: Great Amazing Race for Youth, 1
mile cross country adventure race, 1:00 p.m.,
Southern University of New Orleans, info@
flyingcolorssports.com

FEB 11: West Jefferson Fitness Center's Run
on the Bayou, 10K, 1.5 mile, 1/2 mile, Bayou
Segnette State Park, www.NOLArunning.com

FEB 11: Q50 Trail Run Valentine's Day, 10K
trail run, 7:30 p.m., Fontainebleau State Park,
www.q50ultras.com

FEB 26: 26th Annual Elmwood Classic, 10K,
5K, 1/2 mile, www.NOLArunning.com

MAR 3: ING Kids Rock New Orleans, a non-
competitive event for kids grade K-7, City Park,
www.active.com

MAR 10: Ozone Spring Run, 10K, 2 miles, 1/2
mile, 8:00 a.m., St. Paul's, www.15thstreetflyers.
org

MAR 11: Academy of the Sacred Heart
"Heart & Sole" Run/Walk, 1/2 mile and 5K, New
Orleans, www.NOLArunning.com

MAR 20: Los Islenos Run, 5 mile and fun run,
9:00 a.m., St. Bernard, www.chalmettetrackclub.
org

MAR 24: 27th Annual Ochsner Run, 5K,
1 mile, 4:30 p.m., Ochsner Medical Center in
Jefferson,
www.ochsner.org

MAR 24: Junior League Spring Stomp,
5K, 1 mile, 5:00 p.m., Covington Trailhead,
www.15thstreetflyers.org

MAR 24: Fun n the TcheFUNcte, 5K & 1 mile,
3:00 p.m., Pine Street Park, northshoretriclub.
ning.com

MAR 25: Reveille at Oak Alley 5K, Vacherie,
www.NOLArunning.com

MAR 31: United Way of St. Charles Bridge
Run, 5K, Destrehan/Luling, www.NOLArunning.
com

MAR 31: De La Salle's Great St. Charles
Avenue Road Race, 10K, 5K, 1/2 mile, 8:00 a.m.,
New Orleans, www.runnotc.org

APR 7: Crescent City Classic, 10K, 8:30 a.m.,
New Orleans, www.ccc10k.com

RACQUETBALL

Louisiana Racquetball Association,
www.laracquetball.org

RUGBY

New Orleans Rugby Club: New Orleans.
www.neworleansrugbyclub.com

RUNNING CLUBS

Catch 22 Track Club: www.catch22trackclub.com

Chalmette Track Club:
www.chalmettetrackclub.org

New Orleans Running Systems:
www.NOLArunning.com, contact Chuck George
at NOLArunning@cox.net

New Orleans Hash House Harriers:
www.NewOrleansHash.com

New Orleans Track Club: www.runNOTC.org

Northshore-15th St. Flyers: www.15thstreetflyers.
org, contact Diane Weiss at diane@
varsityrunning.com

Northshore Pacers: Call Mike Dugger,
985.630.5031

Pacers Fitness: www.pacersfitness.org

Varsity Sports: www.varsityrunning.com

SOCCER

Greater New Orleans Women's Soccer League:
www.gnowsl.org

SOFTBALL

Tuesday evening coed recreational league is
looking for teams and players. Equipment and
officials are provided. For information, call
(504)883-8225

SQUASH CLUBS

New Orleans Squash Club:
Mark_Volterre@hilton.com

SWIMMING

Blast Swim Team: Northshore & Southshore.
www.blastswimteam.com

Crescent City Swim Club: Metairie.
www.ccsnola.tripod.com

Elmwood Sharks: Metairie.
www.elmwoodsharks.org

Franco's Fins: Mandeville: www.myfrancos.com

Hurricane Swim Club: Slidell.
www.hurricaneswimclub.org

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

PAC Swim Team: www.pacswimteam.com and
www.thepac.com

TENNIS

Double Faults Tennis Club: weeknights in
Jefferson Parish, davidengr1@bellsouth.net

New Orleans Table Tennis Club: Tuesday
Wednesday, and Friday at 5:30 p.m. (504)556-
3742

VOLLEYBALL CLUBS

Coconut Beach: www.coconutbeachnola.com

Bayou Boys Volleyball Club: (504)638-1852



WOMEN'S BASKETBALL

Silver Slammers Women ages 50-85 3-on-3 Half-court age group games (504)914-1153

COMMUNITY INTEREST

WOMEN FOR SOBRIETY:

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.

BOSOM BUDDIES: Support group for women with breast cancer. Meets 3rd Wednesday of every month. Call (504)883-8989 for more info.

DIABETES SUPPORT GROUP: for successful diabetes management. Meets last Thursday of every month. Call (504) 454-4165 for info.

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.

RESORTRATIVE YOGA IN CANCER CARE:

Free yoga classes for those with cancer, Fridays, 10-11 a.m., contact (504)975-4430 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 info.

GIRLS ON THE RUN: Experimental learning program for girls in 3rd through 5th grades, combines training for a 3.1 mile running event with self-esteem enhancing workouts, www.girlsontherun.org

GRIEF RESOURCE CENTER: Free counseling on grief issues. 6:15 p.m., every 1st and 3rd Tuesday; 9:30 a.m., every 1st and 3rd Saturday; 5:30 p.m., every 1st and 3rd Wednesday; 5:30 p.m., every 2nd Tuesday. Call (504)723-3628.

www.theakulafamilyfoundation.com