



ADVENTURE RACING

Sept 11: Lake Charles Adventure Race, 10 miles biking, 4 miles canoeing, 5 miles trekking/running, plus mystery challenges, Sam Houston Jones State Park, www.gulfcoastadventure.com

Oct 9: Fontainebleau Adventure Race (4 hour race), 8 mile off-road bike, 4 mile run, 4 mile paddle, www.gulfcoastadventure.com

Oct 9: Fontainebleau Adventure Race (8 hour race), 20 mile off-road bike, 9 mile run, 7 mile paddle, www.gulfcoastadventure.com

Nov 13: New Orleans Urban Adventure Race, 12 miles biking, 5 miles canoeing, 7 miles trekking/running, plus mystery challenges, www.gulfcoastadventure.com

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

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

Cajun Cyclists: www.cajuncyclists.org

Crescent City Cyclists:
www.crescentcitycyclists.org

New Orleans Bicycle Club:
www.neworleansbicycleclub.org

Sept 18: Spillway Scramble, 8:00 A.M., Norco, www.active.com

Oct 2-3: Bike MS 2010 (National Multiple Sclerosis Society), Hammond,
www.nationalmssociety.org

LACROSSE

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

MARATHONS

Sept 18: Arkansas Electric Cooperative Corp. Arkansas Marathon & Arkansas 20K, Benton, AR,
(501)315-9252

Oct 2: West Texas Cross Roads Marathon, Half Marathon, & 5K, Odessa, TX,
www.crossroadsmarathon.com

Oct 9: Marathon Makeover Marathon & Half Marathon, Madison, MS,
www.mmmarathon.com

Oct 10: Gulf Coast Half Marathon on the New Orleans Northshore, Mandeville,
www.louisianahalf.com

Oct 10: Mystery Mountain Marathon & 12 Mile Trail Race, Chatsworth, GA, mysterymntmarathon@getguts.com



Oct 16: Marathon 2 Marathon & Half-Marathon, 10K, 5K, Marathon TX, (432)386-4500

Oct 16: Arkansas Electric Cooperative Corp. Arkansas Marathon, Booneville, AR,
www.salinecountystriders.com

Oct 23: "Running for the Bay!" Marathon &
Half-Marathon, 10K, 5K, walk-a-thon, Apalachicola, FL, www.runningforthebay.com

Oct 23: Frankenthon Monster Marathon, Cedar Park, TX, www.frankenthon.com

Nov 7: Fort Worth Marathon & Half Marathon, 20 mile, Fort Worth, TX, www.fortworthmarathon.com

Nov 13: Chickamauga Battlefield Marathon & Half Marathon, Chickamauga, GA,
www.battlefieldmarathon.com

Nov 13: Life Way Louisiana Trails Marathon & 50K, Half Marathon, Shreveport, LA,
AlohaAnnie@aol.com

Nov 13: Soldier Marathon, Ft. Benning, GA, www.soldiermarathon.com

Nov 14: Pensacola Marathon & Half Marathon, Kids Marathon, Pensacola, FL,
www.pensacolamarathon.com

Nov 14: OBX Marathon & Half Marathon and Fun Run, Outer Banks, NC, www.obxmarathon.org

Nov 14: Rock 'n' Roll San Antonio Marathon and Half Marathon, San Antonio, TX,
mrsa@eliteracing.com

Nov 20: Mountain Home Marathon for Kenya & Half Marathon, 5K, Mountain Home, AR,
www.mountainhomemarathon.info/index.html

Nov 21: Vasque Trail Shoes X-Country Marathon & Half Marathon, 30K, 5K, Tampa, FL,
info@tamparaces.com

Nov 21: Harpeth Hills Flying Monkey Marathon, Nashville, TN, www.harpethhillsmarathon.com

Nov 25: Atlanta Marathon & Half Marathon, Atlanta, GA, www.atlantatrackclub.org

Nov 27: Mississippi Coast Marathon & Half Marathon, 5K, Waveland, MS,
www.gulfcoastrunningclub.org

Nov 28: Space Coast Marathon & Half Marathon, Cocoa, FL, info@spacecoastmarathon.com

Dec 4: St. Jude Memphis Marathon Weekend, Marathon, Half-Marathon, 5K, Kids Marathon, Memphis,
TN, www.stjudemarathon.org

Dec 4: Baton Rouge Beach Marathon, Baton Rouge, www.brbeachmarathon.com

Dec 5: Marathon of the Palm Beaches, West Palm Beach, FL, www.marathonofthepalmbeaches.org

Dec 11: Rocket City Marathon, Huntsville, AL, www.runrocketcity.com

Dec 12: MetroPCS Dallas White Rock Marathon & Half Marathon, Relay, Dallas, TX, www.runtherock.com

Dec 12: Fitness Fiesta Marathon, McAllen, TX, www.fiestamarathon.com

Dec 19: Jacksonville Bank Jacksonville Marathon & Half Marathon, Jacksonville, FL, (904)731-1900

Jan 1: Texas Marathon, Kingwood, TX,
(713)826-5833

Jan 8: Mississippi Blues Marathon & Half Marathon, Relay, Jackson, MS, www.msbluesmarathon.com



Jan 9: Disney World Marathon & Half Marathon, 5K, Goofy Challenge, Orlando, FL, (407)938-3398, www.disneyworldmarathon.com

Jan 9: BankTrust First Light Marathon & Half Marathon, 5 Person Relay, 1.5 mile, Mobile, AL, www.firstlightmarathon.com

Jan 15: Museum of Aviation Foundation Marathon & Half Marathon, 5K run/walk, Robins Air Force Base, GA, www.robinspacers.org/museum

Jan 23: Ocala Marathon & Half Marathon, 5K, Ocala, FL, www.citrusroadrunners.org

Jan 30: Chevron Houston Marathon & Half Marathon, 5K, Houston, TX, www.chevronhoustonmarathon.com

Jan 30: ING Miami Marathon & Half Marathon, Miami, FL, www.ingmiamimarathon.com

Jan 30: Waco Professional Firefighters Association Miracle Match Marathon & Half Marathon, Relays, 5K, Kids Marathon, Waco, TX, miraclematchmarathon@swmail.sw.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

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

MULTISPORTS

Sept 4: Tarpon Triathlon, swim 150 meters, bike 10 miles, run 3 miles, Houma, www.tarpontriathlon.com

Sept 12: CajunMan Triathlon, swim 1/2 mile, bike 20 miles, run 3.1 miles, Lafayette, (337)988-1163

Sept 25: 2nd Annual Acadian "Courir-Velo-Courir" Duathlon & 2 mile run, run 2 miles, bike 10 miles, run 2 miles, Houma, www.bayourunners.com

Sept 26: Meat Pie Triathlon, swim 1/2 mile, bike 20 miles, run 3.1 miles, Natchitoches, (318)445-9735

Oct 3: Tri-Cajuns 2nd Annual Sugarman Triathlon, swim 500 meters, bike 15 miles, run 5K, Youngsville, www.lafayettefitness.org

Oct 23: The Big Cajun Triathlon at False River, swim 1500 meters, bike 24.9 miles, run 6.2 miles, New Roads, www.trifind.com

RUNS/WALKS

Sept 5: Crescent Connection Road Race, 6:30 p.m., West Bank, www.ccc10k.com

Sept 17: Rivershack Run, 2 miles, 7:00 p.m., Rivershack Tavern, Jefferson, www.runnotc.org

Sept 25: Great Wake-up Race, 8:00 a.m., half-mile, 1 mile, 5K, Abita Springs Trail Head, (985)626-6310

Oct 2: UNCF Fund Run/Walk, 5K, 9:00 a.m., Audubon Park-Riverview, www.runnotc.org

Oct 8: CFF "Unmask the Cure" Halloween Run/Walk, 2 miles, 7:00 p.m., Warehouse District, www.runnotc.org

Oct 10: Making Strides Against Breast Cancer, 8:00 a.m., Audubon Park, www.makingstridesneworleans.org



- Oct 19: Do it for the 9th Ward, 10K, 8:30 a.m., Ninth Ward, (504)390-8807
- Oct 16: Middendorf's Manchac Race, 5K, 10 mile, 8:00 a.m., Manchac, www.runnotc.org
- Oct 23: Susan G. Komen Breast Cancer Foundation "Race for the Cure," 1 mile, 5K, 8:30 a.m., City Park, www.runnotc.org
- Nov 6: Crescent City Fall Classic, 8:30 a.m., 5K, City Park, www.ccc10k.com
- Nov 14: A Run Through History, 1 mile, 5K, 8:30 a.m., Metairie Cemetery, www.runnotc.org
- Nov 20: Keeping Up With Jones, 5K and 1 mile run/walk, 8:00 a.m., Madisonville, (985)792-5996
- Nov 25: 103rd Annual NOAC Turkey Day Race, 1/2 mile, 5 miles, City Park, www.runnotc.org
- Dec 13: Celebration in the Oaks Run/Walk, 2 mile run/walk, 4:00 p.m., City Park, www.ccc10k.com
- Dec 19: Ole Man River, 5K, Half Marathon, 8:00 a.m., City Park, www.runnotc.org

RACQUETBALL

Louisiana Racquetball Association,
www.laracquetball.org

RUGBY

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

RUNNING CLUBS

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 at (985)630-5031.

Varsity Sports: www.varsityrunning.com

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.ccscnola.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

VOLLEYBALL CLUBS

Coconut Beach: 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

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.

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.

Mind Matters: An early stage memory loss program, every Tuesday 10:00 a.m. to 2 p.m., Jewish Community Center of New Orleans, contact allison@nojcc.org.

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