

## Run, NOLA, run!

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From the Tulane University uptown campus, to City Park, to the Crescent City Connection bridge, the opportunities to participate in runs abound in New Orleans. (Photo by Sally Asher)

Whether biking along Bayou St. John or jogging through Crescent Park, New Orleanians believe in having fun while keeping fit. Ranging from a 1-mile walk to a 10K-run, springtime's annual races grant local athletes of all abilities the chance to stay active. Check these out.

### **Crescent City Classic**

A New Orleans Easter weekend tradition, the 37th annual Allstate Sugar Bowl Crescent City Classic 10K takes place Saturday, April 4, at 8 a.m.

One of the nation's oldest 10K-races, the challenging 6.2-mile course begins at the Mercedes-Benz Superdome, weaves through the French Quarter and flows down Esplanade Ave. to the City Park finish line.

Over 20,000 people, serious athletes and costumed partiers alike, take on the downtown course annually.

The weekend also includes a free two-day health and fitness expo and the Michelob Ultra RaceFest, featuring live music and classic Creole fare.

### **A Run Through History**

On Sunday, April 19, the steady sound of trotting runners will permeate the historic Metairie Cemetery during the 14th annual A Run Through History. Participants sprint past rows of towering mausoleums in the nation's largest run/walk event held within a cemetery.

The 1-mile walk/run starts at 8:30 a.m., and the 5K begins at 9 a.m. on the cemetery's racetrack.

Post-race festivities will feature food, live music, a raffle and an awards ceremony. The event's proceeds will benefit Save Our Cemeteries' restoration and education programs.

### **Crescent Connection Bridge Run**

The Allstate Sugar Bowl Crescent Connection Bridge Run combines the view of a

lifetime with an intense workout on Saturday, June 6, at 7 p.m. The New Orleans skyline at sunset serves as the race's unique reward as runners take on four miles rising more than 300 feet over the Mississippi River.

The course begins on the West Bank and ascends over the Crescent City Connection Bridge to conclude in the Warehouse District.

Participants are invited to the Michelob Ultra Post-Race Party for an awards ceremony, live entertainment and refreshments.

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