

San Fermin takes New Orleans

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aduples@tulane.edu



Participants in last year's bull run take their attire seriously. (Photo by Jared Howerton)

There is no such thing as a boring day in New Orleans and this weekend is no exception. As locals and visitors prepare for the ninth annual running of the “bulls” in the Crescent City, we've called upon an expert to help you prepare for the big event.

In the local interpretation of Pamplona, Spain's San Fermin festival, there's no risk of being gored ? at least not by an actual bull. In this highly anticipated event the

bulls are replaced by fearless roller derby women on skates.

Tracey Bellina-Milazzo, co-founder of NOLA Bulls, the company behind [San Fermin in Nueva Orleans](#), also happens to be a graphic designer at Tulane University. In today's Insider, she provides a few pointers that will help you make the most of your first run.

Bellina-Milazzo says:

Know the full [schedule of events](#)

There are parties, dinners, live music and brunch on tap throughout the weekend in addition to the Running of the Bulls, which begins Saturday (July 11) at 8 a.m. sharp!

Have a to-do list

Doors open for the main event on Saturday at 7 a.m. and registration is required. You'll need to wear comfortable shoes, a white shirt, white pants/shorts/skirt, and have a red bandana to tie around your neck and a red sash for your waist. A fanny pack is a great option to hold your keys, driver's license and cash.

Know the rules

- ? You cannot hit the bulls.
- ? If you fall down, you must stay down until all is clear.
- ? Children under 10 should use the sidewalk.
- ? Strollers and bicycles are prohibited along the route.
- ? You run at your own risk.

Proceeds from the 2015 festival will provide support for Beth's Friends Forever and Animal Rescue New Orleans. Learn more about the charities [here](#).

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The ninth annual Running of the Bulls is a multi-day event that takes place July 9-12.