

New Orleans Track Club, Inc.

FOOTPRINTS

January 2009





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Footprints
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New Orleans, LA 70152-2003.
Material submitted by the 15th of the month will be considered for publication as space permits.

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2008-2009**

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January Races

Race photos by George Waguespack &
Dudley Stadler, III
Race reports compiled by Chuck George



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NEW ORLEANS TRACK CLUB ADMINISTRATION

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NOTC is a non-profit organization whose purpose is to promote fitness and running in the community; a member of USA Track & Field, and Road Runners Club of America. Our Club is made up of runners, joggers, race walkers, fitness walkers, wheelchair athletes, and volunteers.

MEMBER OF:



Club #24-0102
Southern Association

WE RUN THE NATION



www.RRCA.org

For results go to www.runnotc.org/results/

From the Editors' Desk...



READERS,

I made a resolution six months ago and I have rededicated myself to make *Footprints* a informative on-line monthly magazine.

NEW policy of *Footprints*: If you are wearing headphones in a picture taken it will not be put in *Footprints*. This policy is accordance with RRCA guidelines and NOTC policy. If you want your picture in *Footprints* do not use headphones.

Mary Stadler

The following places are designated Pre-Registration locations for NOTC races. These businesses support us by giving discounts on purchases to all NOTC club members. Please consider them when you're shopping...

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6601 VETERANS, METAIRIE

GNO CYCLERY

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SNEAKER SHOP

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175 HECTOR AVE., TERRYTOWN

WEST JEFFERSON FITNESS CENTER

1121 MEDICAL CENTER BLVD., MARRERO

PRE-REGISTRATION BY FAX: 504.469.9268

Credit card entries only; by pre-registration deadline. Fax deadline is noted on the race entry form. Please fax sign-up section only, not the entire form. Do not reduce registration form size.

PRE-REGISTRATION ONLINE:

Visit www.runNOTC.org for details.



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Executive Director's Report:

Chuck George

Are entry fees too high? Just the facts please....

This issue's article concerns the rising costs of race entry fees. In particular fees for Long Distances Races. "LDR"

Since 2005 in particular the time being post "Katrina" costs of many race supportive services has steadily risen. Among the examples include Ambulance/EMT's services of which fees for races in Orleans Parish have doubled. T-shirts costs have risen particularly in the area of the cost of printing as production wages increased substantially along with the rate of service/construction wages. Other costs substantially up are police (traffic control) and costs of postage to mail out race entry forms.

I would like to give you a chart of examples to compare current NOTC "LDR" race entry fees to other similar distance events in our region.

Please note that this is for comparison only and is not meant to show any negative focus on any race listed. As a Race Director I know that each Director of these events works very hard to produce a first class event and only they know their budget requirements. Some events may include or not include a t-shirt and some may include additional specific amenities to justify (possibly) a higher fee. In addition some events are benefits for charitable causes.

Current entry fees for NOTC Long distances races:

Ole Man River Half-Marathon: \$27.00 to \$35.00

Larry Fuselier 25K State Championship: \$27.00 to \$35.00

The WALL-30K State Championship: \$27.00 to \$35.00

Lakeshore 10 miler: \$8.00 to \$10.00

New Orleans Mardi Gras Half-Marathon: \$40.00 to \$50.00

Other regional LDR events:

Pensacola Double Bridge 15K: \$30-\$35.00

Baton Rouge Beach Half-Marathon: \$40-\$50.00

Lafayette Cajun Country Half-Marathon: \$35.00-\$45.00

Shreveport-Louisiana Trails Half-Marathon: \$35.00-\$55.00

Point Clear, AL.-Holiday Half-Marathon: \$22.00-\$25.00

Lake Charles-Swamp Stomp Half-Marathon: \$10.00-\$25.00

Baton Rouge-Golden Fliers 10 mile: \$25.00-\$35.00

Seaside, FL.-Seaside Half-Marathon: \$55.00-\$65.00

Ms. Gulf Coast Half-Marathon: \$18.00-\$25.00

Mobile-First Light Half-Marathon: \$25.00-\$35.00

St. Francisville-Starhill Half-Marathon: \$35.00-\$50.00

Alexandria-The Half of Central Louisiana: \$40.00-\$55.00

Jackson, Ms.-Mississippi Blues Half-Marathon: \$35.00 - \$45.00

Jackson, Ms.-Mississippi Track Club Half-Marathon: \$17.00-\$20.00

Ridgeland, Ms.-Renaissance Half-Marathon: \$60.00-\$70.00

Orange Beach, AL.-Coastal Half-Marathon: \$40.00-\$65.00

Ruston, La.-Larry Yeagle 10 Miler: \$25.00-\$35.00

Laurel, Ms. – Carl Touchstone Memorial 20K/50K/50 mile: \$65.00-\$75.00

These races are in the area within a few hours drive from New Orleans. You might be surprised to see entry fees from other border states (Texas, Georgia) to be substantially higher on average.

Here's the bottom line.

Entry fees for NOTC races while increased over the past years are well within or below the range of most other similar distance regional events as denoted above. When one factors in the cost of an "urban based" race such as the Ole Man River Half-Marathon and the New Orleans Mardi Gras Marathon and Half-Marathon the cost of police traffic control can be substantial. The cost of police services for the "MGM" is in the tens of thousands.!

I would put the amenities and quality of production of the NOTC LDR events up against any event shown. This is coming also via feedback from the many participants that travel to our events from all over our region.

Having tracked events and trends for many years, there is one surprising factor that I have come to know. The fact is... Entry fees "DO NOT" play a role in the quantity of race entrants.

As an example: The Seaside Half-Marathon is one of the most expensive while at the same time annually reaches it's field limit of 2000 in the half-marathon and 750 in the 5K (* the 5K entry fee range is \$40.00 to \$60.00, the highest 5K fee that I have ever seen) Seaside is a very beautiful part of the Florida panhandle, the fee simply is indicative of the cost of services for that area and the running community demographics that are willing to pay it.

The mega productions from the Rock n Roll folks have higher entry fees than most similar distance events, and usually top out their limited fields prior to race dates. If you travel to the west coast you'll be surprised at the average fee for a 5K in the range of LDR events above. Try and find a beer truck too.!

When looking for events you will find that club based events generally have lower entry fees. They are produced by and listen to their members opinions.

The NOTC's "Free For All" Summer Series is (that I have so far found) the largest "Free-Club based" summer series in the nation. And as the event title states, it's "FREE".

In the "real deal" category I'd put the New Orleans Mardi Gras Marathon and Half-Marathon as a bargain. It is perhaps one of the most scenic half-marathon "urban" courses in the nation. (Bourbon Street, Royal Street, French Quarter, St. Charles Avenue..etc)

This article would not be complete without mentioning the New Orleans - Crescent City Classic 10K. With an entry fee range of \$20.00 to \$30.00 this world classic field event with a superb course and a fantastic post race party inside Tad Gormley Stadium is simply second to none nationwide. Hands down in my opinion the best 10K race "deal" on the planet.

/Chuck George, Race Director, NOTC

(ps: The Spillway Classic Trail Run is still be best race in the world, but you already know that)



President's Report

WOW!...and I am not talking about fast food. I am making reference to how fast the past few months of 2008 have flown by. I, along with the current Board of Directors, have had some interesting articles to deal with; a hurricane by the name of Gustav, dealing with ASCAP, keeping our race director happy, keeping the marathon director happy and most important of all keeping our members happy by providing the best races around.

Fortunately for most of us Gustav did not cause the damage that Katrina did. It did cause many of us to load up and leave town, only to return in a few days with all of our homes still secure. For those who did receive damage my thoughts & prayers go out to you. The NOTC has made contributions to our friends from the Houma area to help with their club operations much like after Katrina many clubs throughout the country did the same for the NOTC.

In trying to keep our members happy many of you may have noticed the increased visibility of our club merchandise. We offer some great deals on the new & updated merchandise and it is available at most races as well as online. If any member has an idea on a merchandise item, please let us know.

When I was elected at the general membership meeting last July, I stated that I did not have my own AGENDA and still don't. I simply want to work with the elected Board of Directors and help the NOTC continue to grow and meet the needs of our club. The NOTC is one of the largest running clubs in the country and our membership continues to grow along with race participation. With that being said, I offer up the next points of interest which the Board has discussed and I would like to put these ideas to you, the voting members.

The majority of our members are enjoying seeing FOOTPRINTS on a monthly basis as this is one of the benefits of going online. Another idea is to start up a Forum section on the website which would allow members to interact with fellow members on topics that are of interest to NOTC members. This idea will be discussed at the General Membership meeting in January by our webmaster, Bob Lanteigne. This is just another example of how we can get you, the members, involved with what is going on in our club.

With that being said I would like to put this idea out to you the members - Would you be interested in having your Board of Directors elected with online voting? I think the time has come for the NOTC to take another step in the future. At this time the details surrounding the online voting process are still being explored and I know we have enough talented people within our club that could provide us with the needed information to make this a reality.

I believe that by moving in this direction we could utilities our website even more so that those interested in running for the Board of Directors could make a commitment to the club and post a Bio on the website giving the members a chance to see what each person has to offer to the club, your club.

I know many people do not like change; we all get comfortable doing things a certain way and don't like the unknown. If you stop and think about it 10 or 15 years ago when pagers were so popular & only a few had those big bulky cell phones, who could have imagined where we are now. What did we do before we had a cell phone the size of a business card? Does anyone remember when a watch simply told you the time? Nowadays what you wear on your wrist not only tells you the time but also your pace per mile, heart rate, distance and location on the face of the earth!

Need I say more – the times have changed and so has our club. NOTC is your club and we need to continue with the forward progress. Our society needs clubs like the NOTC more than ever and we need to get people moving and off the couch. Whether it is for a one mile fun run, a 5k or a training program geared toward completing a marathon, we have the people and the means to make it happen so please get involved.

See you at the races,

Aaron Boudreaux

NOTC President

N O T C R A C E D A Y V O L U T E E R S □ D E C E M B E R 2 0 0 9

NAME	NAME	NAME
Aaron Boudreaux	George Waguespack	Martha George
Alceda Manzo	Guy Labba	Mary Stadler
Ambrose Michiels	Ilene Lancaster	Mason Punch
Barbara Turner	Issac Knightshead	Mayo Emory
Byron Sterling	Jackie Wolverton	Mel Werner
Beth Houle	Jan Beaumont	Melba Andara
Betty Waguespack	Jan Kobylasz	Mike Duplass
Betsey Boudreaux	Jane Phelps	Milton Steen
Bill Phelps	Jeff Gohd	Mona Curole
Bob Lasseigne	Jim Westenfeld	Namon Huddleson
Bob Lanteige	John Rincon	Omar Sabre
Bryan Lewis	Jose Abadin	Oscar Andara
Carmen Andara	Josie Lyons	Oscar Mc Millian
Carlton Smith	Joy Cohen	Pam Congemi
Casey Curole	Judy Lasseigne	Pat McCloud
Corky Burgard	Ken Killian	Phyllis Punch
Don Brinkman	Ken Wollfarth	Ryan George
Donald Ward	Kyle George	Ruby Chaney
Doug Holmes	Larry Amaya	Santille Valenti
Dudley Stadler	Leslye Johnson	Sharon Harney
Duke Wolverton	Lisa Pitre	Shelly Salmon
Ed Wilson	Liz Lotz	Steve Attaya
Faye Gomez	Loretta Hargrove	Steve Erwin
Gayle Cunningham	Louis Schultz	Ted Dorsa
Geoff Rose	Mario Lara	Tony Stolz

Thanks to our many volunteers for volunteering your time to help produce our road races. Your help is greatly appreciated.

If you volunteered in November races and your name is not shown above, please call Martha George at 504-468-1488 so that the list can be corrected.

Submitted by Martha George



2008 RRCA Louisiana State Rep Annual Report

Well folks, I made it through my first full year as your state rep and boy what a year it has been! 2008 proved to be one of the most exciting (although hectic at times) years since I started running. I've put in many, many miles on both my truck & my Asics and here's a brief recap of what we've done together and where we are headed next... Louisiana was proud to host **State Championship** races at various distances all over the state. The year started with a 30k race in Destrehan, 5k race in Alexandria, marathon in New Orleans, 4 mile event in Mandeville, 5 mile race in Shreveport, 10k race in Lafayette and finally a 25k in Jefferson. Thanks to all of our clubs that offered to host a championship event! There are a few distances still available for this year's series so please don't hesitate to ask about hosting a championship event.

Championship events may qualify to receive Gatorade & FuelBelt products, discounted

services from Active.com, preferred pricing on participant shirts from SportScience, etc...

Our **State Meeting** was held in April during the Crescent City Classic and attendees were able to learn more about course measuring, children's running programs and other RRCA running programs that are available for your clubs. Many thanks to Gary Gomez and the Crescent City Fitness Foundation for allowing me the meeting room space in order to host our meeting. *I'm open for ideas as to where to host this years meeting – anyone have any suggestions?*

Another goal I was able to meet was to be able to bring a **Coaching Certification Class** to our state. Our class was held in August hosted by the New Orleans Track Club and attendees came from all over the country. This two day training class was intense but quite rewarding. I was challenged to complete the course alongside talented runners and surprised even myself by passing with flying colors! Our state now boasts of 19 RRCA Certified Running Coaches – how impressive is that?!

2008 also produced 2 unique **Run @ Work** events which are geared towards encouraging people to incorporate at least 35 minutes of exercise into their lives. Many, many thanks go out to the TriCity Track Club and the NAS Air Station for hosting events. If your club is interested in hosting such an event in September, I'll pass along information once it is delivered from our national office.

I was fortunate to attend the **50th Annual RRCA Convention** in Cincinnati, Ohio and was able to attend seminars covering topics such as course measurement, board etiquette, and insurance and managing risk – you name it! We were able to hear such running legends as Bart Yasso speak and were able to pay tribute to another running legend, Ted Corbitt. The 51st Annual Convention is being held in San Francisco March 26-29 and I encourage all of our clubs to send a representative. You will not be disappointed and it should be considered an investment for your members.

Another benefit for attending the annual convention is the **Annual RRCA National Grassroots Running Awards** which is to acknowledge the service and dedication to the sport of running. Talented runners deserving of praise are recognized as well as the tireless efforts of our race volunteers. Categories include Journalism Awards, Club President Awards, Road Race of the Year Awards, Children's Development Awards and the list goes on and on. I was able to nominate a local runner for the Male Master Runner of the year award as well as recognize 3 Outstanding Volunteers in our area.

2008 also proved to be an exciting year for me as a runner. I was able to complete 5 marathons, numerous other distance events, several triathlons and am well on my way to training for my first Ironman 70.3 here in New Orleans. Aaron & I were able to travel to Houston, New York, Pensacola, Cincinnati, Tulsa, Memphis and all points in between. My teenager survived his first year as a BMX bicycle racer and I have now joined him on the bike track! 2009 should prove to be a very exciting time for all of us and I look forward to another successful year as your State Rep.

Betsy Boudreaux

33rd Annual Larry Fuselier State Championship Race Results

Sunday, December 14, 2008, 8:00 AM

Jefferson Playground, Jefferson, LA

Benefitting: [Epilepsy Foundation of Louisiana](#)

Race Director: [Chuck George](#), New Orleans Track Club

RRCA Louisiana State Representative: Betsy Boudreaux



Nick Accardo and Mark Mendrek-Laske gave top local runner Brendan Minihan, Jr. a good run through the half-way point with Mark leading the way followed by Nick just off his shoulder and Brendan lagging 100 yards behind. Brendan was coming off a fast 53 minute plus 10 mile race the day before in Baton Rouge. After the turn Brendan took the lead and put the hammer down to finish first and claim the 25K RRCA Louisiana State Championship for the 7th year in a row and the 8th time out of 9 years. Brendan's time was 1:31:34. Caroline Smith led the women's 25K throughout to take the RRCA State Championship crown with a 1:50:43. Proceeds benefit the [Epilepsy Foundation of Louisiana](#).











