

Sand Bar Run

Dist	Turn	Road	Clock	Total Dist
	Start	at Atchafalaya Welcome Center I-10 @ Atchafalaya River Rd./LA-3177		
	Go Southeast	on Atchafalaya River Rd./LA-3177	9:15 AM	0.00 mi.
in 0.05 miles	Turn right	on to I-10 on ramp	9:16 AM	0.05 mi.
in 0.40 miles	Merge	on to I-10 East	9:17 AM	0.45 mi.
in 13.60 miles	Take Exit 135	on to Off ramp (LA-3000)	9:30 AM	14.05 mi.
in 0.40 miles	Turn right	on to LA-3000	9:31 AM	14.45 mi.
in 1.20 miles	Turn right	on to LA-76	9:33 AM	15.65 mi.
in 16.70 miles	Go straight	on to LA-986/Rosedale Rd.	9:53 AM	32.35 mi.
in 2.30 miles	Turn right	on to LA-1 E. Service Road (Port Allen)	9:57 AM	34.65 mi.
in 0.20 miles	STOP	at Bro's Food Mart	9:58 AM	34.85 mi.
	Go north	on Service Road	10:18 AM	34.85 mi.
in 0.20 miles	Turn right	on to Rosedale Road	10:19 AM	35.05 mi.
in 0.40 miles	Turn left	on to LA-986/River Road	10:20 AM	35.45 mi.
in 6.60 miles	Go straight	on to LA-415	10:30 AM	42.05 mi.
in 11.80 miles	Turn left	on to LA-982	10:45 AM	53.85 mi.
in 2.60 miles	Turn left	on to LA-416	10:49 AM	56.45 mi.
in 5.10 miles	Go straight	on to LA-1	10:56 AM	61.55 mi.
in 1.40 miles	STOP	at Sand Bar	10:58 AM	62.95 mi.
	Go East	on LA-1	12:43 PM	62.95 mi.
in 1.30 miles	Keep left	on to LA-416	12:45 PM	64.25 mi.
in 1.80 miles	Turn left	on to LA-413	12:48 PM	66.05 mi.
in 0.50 miles	Turn right	on to LA-414	12:49 PM	66.55 mi.
in 4.90 miles	Turn left	on LA-414	12:57 PM	71.45 mi.
in 2.20 miles	Keep right	on to LA-415	1:00 PM	73.65 mi.
in 0.40 miles	Turn right	on to LA-981	1:01 PM	74.05 mi.
in 8.10 miles	Turn right	on to LA-420/Pointe Coupee Rd.	1:11 PM	82.15 mi.
in 9.10 miles	Turn right	on to LA-1	1:26 PM	91.25 mi.
in 3.90 miles	Turn left	on to LA-10 (Morganza)	1:31 PM	95.15 mi.
in 6.80 miles	Keep left	on to LA-77	1:39 PM	101.95 mi.
in 7.30 miles	STOP	at Fordoche Grocery (Fordoche)	1:47 PM	109.25 mi.
	Go north	on LA-77	2:07 PM	109.25 mi.
in 0.30 miles	Turn left	on to LA-81	2:08 PM	109.55 mi.
in 3.50 miles	Turn left	on LA-81	2:14 PM	113.05 mi.
in 5.40 miles	Turn right	on to LA-77	2:22 PM	118.45 mi.
in 5.00 miles	Go straight	on to LA-76 (Maringouin)	2:28 PM	123.45 mi.
in 5.80 miles	Go straight	on to LA-3000	2:36 PM	129.25 mi.
in 1.00 miles	Turn left	on to I-10 West on ramp	2:38 PM	130.25 mi.
in 0.30 miles	Merge	on to I-10 West	2:39 PM	130.55 mi.
in 13.50 miles	END	at Atchafalaya Welcome Center	2:39 PM	144.05 mi.
		TOTAL TIME / DISTANCE	5:24:00	144.05 mi.