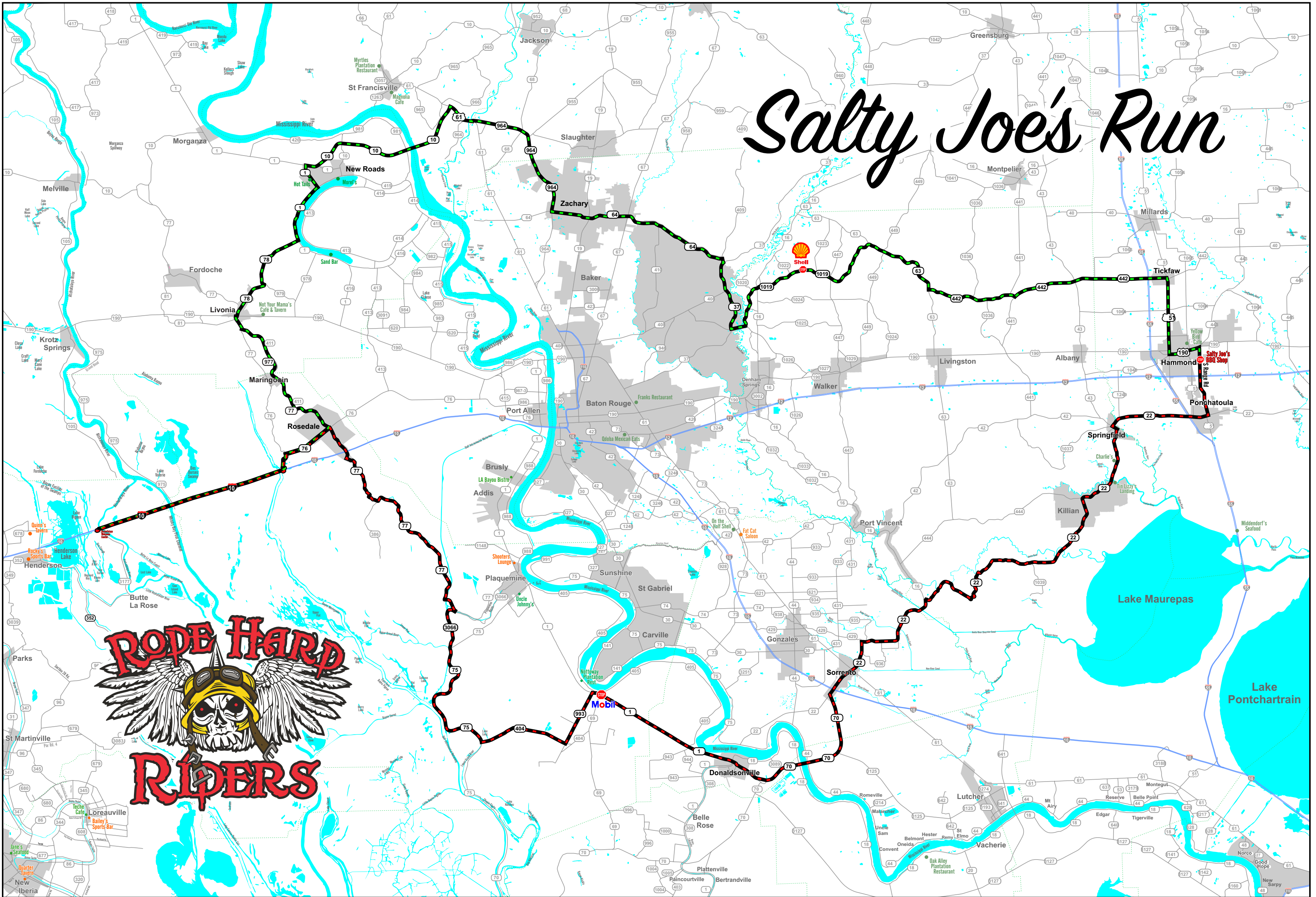


Salty Joe's Run



Salty Joe's Run

Dist	Turn	Road	Clock	Total Dist
	Start	Atchafalaya Welcome Center at I-10 @ Atchafalaya River Rd/LA-3177		
	Go Southeast	on Atchafalaya River Rd/LA-3177	7:45 AM	0.00 mi.
in 0.05 miles	Turn right	on to I-10 East ramp	7:46 AM	0.05 mi.
in 0.40 miles	Merge	on to I-10 East	7:47 AM	0.45 mi.
in 13.60 miles	Take Exit 135	on to Off ramp (LA-3000)	8:01 AM	14.05 mi.
in 0.40 miles	Turn right	on to LA-3000	8:02 AM	14.45 mi.
in 1.20 miles	Turn right	on to LA-76	8:04 AM	15.65 mi.
in 3.60 miles	Turn right	on to LA-77 (Rosedale)	8:09 AM	19.25 mi.
in 2.60 miles	Keep left	on LA-77 (Grose Tete)	8:14 AM	21.85 mi.
in 14.00 miles	Turn left	on LA-77	8:31 AM	35.85 mi.
in 1.10 miles	Turn right	on to Indian Vlg Bridge Rd	8:33 AM	36.95 mi.
in 0.05 miles	Turn right	on to LA-3066/Bayou Rd	8:34 AM	37.00 mi.
in 4.00 miles	Go straight	on to LA-75	8:40 AM	41.00 mi.
in 10.00 miles	Turn left	on to LA-404	8:52 AM	51.00 mi.
in 6.20 miles	Turn left	on to LA-993	8:59 AM	57.20 mi.
in 4.00 miles	Turn right	on to LA-1	9:04 AM	61.20 mi.
in 0.30 miles	STOP	At Mobil (White Castle)	9:05 AM	61.50 mi.
	Continue South	on LA-1	9:25 AM	61.50 mi.
in 10.70 miles	Go straight	on to LA-3089 (Donaldsonville)	9:38 AM	72.20 mi.
in 3.10 miles	Merge	on to LA-70	9:43 AM	75.30 mi.
in 9.40 miles	Go right	on to LA-22 (Sorrento)	9:54 AM	84.70 mi.
in 4.50 miles	Turn right	on LA-22	10:02 AM	89.20 mi.
in 6.50 miles	Go right	on LA-22	10:10 AM	95.70 mi.
in 24.00 miles	Turn left	on LA-22 (Springfield)	10:38 AM	119.70 mi.
in 0.40 miles	Turn right	on LA-22	10:39 AM	120.10 mi.
in 6.80 miles	Turn left	on to N 5th St/S Range Rd (Ponchatoula)	10:50 AM	126.90 mi.
in 3.50 miles	STOP	at Salty Joe's BBQ Shop (Hammond)	10:57 AM	130.40 mi.
	Continue North	on S Range Rd	12:42 PM	130.40 mi.
in 1.30 miles	Turn left	on to US-190	12:46 PM	131.70 mi.
in 2.10 miles	Turn right	on to US-51	12:52 PM	133.80 mi.
in 5.30 miles	Turn left	on to LA-442 (Tickfaw)	1:02 PM	139.10 mi.
in 11.00 miles	Turn right	on LA-442	1:15 PM	150.10 mi.
in 11.00 miles	Turn right	on to LA-63	1:30 PM	161.10 mi.
in 5.90 miles	Keep right	on to LA-1019	1:37 PM	167.00 mi.
in 6.30 miles	STOP	at Shell	1:45 PM	173.30 mi.
	Continue West	on LA-1019	2:05 PM	173.30 mi.
in 6.50 miles	Turn right	on to LA-64	2:16 PM	179.80 mi.
in 1.00 miles	Turn right	on to LA-37	2:18 PM	180.80 mi.
in 5.00 miles	Turn left	on to LA-409	2:25 PM	185.80 mi.
in 0.30 miles	Turn left	on to LA-64	2:26 PM	186.10 mi.
in 13.00 miles	Turn right	on to LA-964 (Zachary)	2:46 PM	199.10 mi.
in 9.90 miles	Turn right	on to US-61	2:58 PM	209.00 mi.
in 1.90 miles	Turn left	on to LA-10	3:00 PM	210.90 mi.

Salty Joe's Run

in 12.00 miles	Go straight	on to LA-1	3:13 PM	222.90 mi.
in 0.90 miles	Turn left	on LA-1/Hospital Rd	3:14 PM	223.80 mi.
in 1.80 miles	Turn right	on LA-1/False River Dr	3:18 PM	225.60 mi.
in 4.30 miles	Turn right	on to LA-78	3:24 PM	229.90 mi.
in 4.50 miles	Turn right	on LA-78	3:30 PM	234.40 mi.
in 3.00 miles	Turn right	on to US-190 (Livonia)	3:35 PM	237.40 mi.
in 0.10 miles	Turn left	on to LA-77	3:36 PM	237.50 mi.
in 1.00 miles	Turn left	on to LA-977	3:38 PM	238.50 mi.
in 4.60 miles	Go straight	on to LA-77	3:44 PM	243.10 mi.
in 5.90 miles	Turn right	on to LA-76 (Rosedale)	3:53 PM	249.00 mi.
in 3.60 miles	Turn left	on to LA-3000	3:58 PM	252.60 mi.
in 1.00 miles	Turn left	on to I-10W on ramp	4:00 PM	253.60 mi.
in 0.30 miles	Merge	on to I-10 West	4:01 PM	253.90 mi.
in 15.00 miles	END	at Atchafalaya Welcome Center	4:16 PM	268.90 mi.
		TOTAL TIME / DISTANCE	8:31:00	268.90 mi.