



**LA-1 Run
Day One**

LA-1 Run Day 1

Dist	Turn	Road	Clock	Total Dist
	Start	at Food-N-Fun LA-182 at Darnell Road		
	Go Southeast	on LA-182	7:00 AM	0.00 mi.
in 31.00 miles	Turn left	on to US-90E	7:45 AM	31.00 mi.
in 9.80 miles	Exit right	on to Berwick exit (Berwick) Stay on LA-182	7:55 AM	40.80 mi.
in 7.90 miles	STOP	at Chevron	8:09 AM	48.70 mi.
	Continue East	on LA-182	8:29 AM	48.70 mi.
in 7.70 miles	Keep right	on LA-182 / Bayou Black Dr	8:37 AM	56.40 mi.
in 21.00 miles	Turn right	on to Barrow St (Houma)	9:01 AM	77.40 mi.
in 1.60 miles	Turn right	on to Industrial	9:04 AM	79.00 mi.
in 1.80 miles	Turn right	on to LA-57 / Grand Caillou Rd	9:07 AM	80.80 mi.
in 1.10 miles	Turn left	on to E Woodlawn Ranch Rd	9:09 AM	81.90 mi.
in 2.40 miles	Turn right	on to LA-56 / E Main St	9:13 AM	84.30 mi.
in 3.10 miles	Keep right	on to Par Rd 47 / Klondyke Rd	9:17 AM	87.40 mi.
in 1.50 miles	Turn left	on to LA-55 / LA-24 / Bourg Larose Hwy	9:21 AM	88.90 mi.
in 0.05 miles	Turn right	on to LA-24 / Bourg Larose Hwy	9:22 AM	88.95 mi.
in 14.00 miles	Turn right	on to LA-3235 (Larose)	9:37 AM	102.95 mi.
in 7.80 miles	STOP	at Valero (Cutoff)	9:45 AM	110.75 mi.
	Continue South	on LA-3235	10:05 AM	110.75 mi.
in 8.20 miles	Merge	on to LA-1 (Golden Meadow)	10:14 AM	118.95 mi.
in 8.00 miles	Keep right	on LA-1	10:23 AM	126.95 mi.
in 8.30 miles	Turn left	on LA-1	10:33 AM	135.25 mi.
in 13.00 miles	STOP	at Starfish Restaurant (Grand Isle)	10:50 AM	148.25 mi.
	Return Southwest	on LA-1	12:35 PM	148.25 mi.
in 13.00 miles	Turn right	on LA-1	12:52 PM	161.25 mi.
in 8.30 miles	Turn left	on LA-1	1:02 PM	169.55 mi.
in 8.00 miles	Keep right	on LA-1 (Golden Meadow)	1:11 PM	177.55 mi.
in 27.90 miles	Keep left	on LA-1 (Lockport)	1:51 PM	205.45 mi.
in 1.30 miles	STOP	at Mobil	1:53 PM	206.75 mi.
	Continue North	on LA-1 / Crescent Ave	2:13 PM	206.75 mi.
in 22.60 miles	Turn left	on LA-1 / Jackson St (Thibodaux)	2:45 PM	229.35 mi.
in 0.10 miles	Turn right	on LA-1 / St Mary St	2:46 PM	229.45 mi.
in 32.80 miles	Turn left	on LA-1 / W 10th St (Donaldsonville)	3:29 PM	262.25 mi.
in 0.03 miles	STOP	at Chevron	3:30 PM	262.28 mi.
	Cont. Northwest	on LA-1 / W 10th St	3:50 PM	262.28 mi.
in 37.00 miles	Exit right	to Stay on LA-1N	4:35 PM	299.28 mi.
in 0.70 miles	Merge	on to US-190E / LA-1N	4:36 PM	299.98 mi.
in 14.00 miles	Exit right	on LA-1N	4:50 PM	313.98 mi.
in 13.00 miles	Turn left	on LA-1N / Hospital Rd (New Roads)	5:05 PM	326.98 mi.
in 0.40 miles	Turn right	on to Memorial Blvd	5:06 PM	327.38 mi.
in 0.20 miles	STOP	at Best Western	5:07 PM	327.58 mi.
		TOTAL TIME / DISTANCE	10:07:00	327.58 mi.



LA-1 Run
Day Two



LA-1 Run Day 2

Dist	Turn	Road	Clock	Total Dist
	Start	at Best Western New Roads		
	Go West	on Memorial Blvd	7:30 AM	0.00 mi.
in 0.20 miles	Turn right	on to LA-1 / Hospital Rd	7:31 AM	0.20 mi.
in 1.40 miles	Turn left	on LA-1	7:34 AM	1.60 mi.
in 49.00 miles	STOP	at Chevron (Marksville)	8:28 AM	50.60 mi.
	Cont. North	on LA-1	8:48 AM	50.60 mi.
in 31.10 miles	Turn left	on LA-1 / Winn St (Alexandra)	9:24 AM	81.70 mi.
in 0.40 miles	Turn left	on LA-1 / 9th St	9:25 AM	82.10 mi.
in 0.05 miles	Keep right	on LA-1 / Fulton St	9:26 AM	82.15 mi.
in 0.40 miles	Turn right	on LA-1 / Bringham St	9:27 AM	82.55 mi.
in 0.10 miles	Keep right	on LA-1 / Bolton Ave	9:28 AM	82.65 mi.
in 17.80 miles	STOP	at Chevron	9:54 AM	100.45 mi.
	Cont. North	on LA-1	10:14 AM	100.45 mi.
in 32.50 miles	Turn left	on LA-1	10:52 AM	132.95 mi.
in 4.10 miles	Turn left	on to LA-6 / University Pkwy (Natchitoches)	10:58 AM	137.05 mi.
in 0.60 miles	STOP	at Nicky's Mexican Restaurant	11:00 AM	137.65 mi.
	Go Northeast	on LA-6 / University Pkwy	12:45 PM	137.65 mi.
in 0.60 miles	Turn left	on to LA-1	12:46 PM	138.25 mi.
in 61.30 miles	Turn left	on to LA-523	1:56 PM	199.55 mi.
in 0.10 miles	STOP	at Chevron	1:57 PM	199.65 mi.
	Return East	on LA-523	2:17 PM	199.65 mi.
in 0.10 miles	Turn left	on to LA-1 (Shreveport)	2:18 PM	199.75 mi.
in 51.30 miles	STOP	at Three Corners Marker	3:32 PM	251.05 mi.
	Return South	on LA-1	3:52 PM	251.05 mi.
in 23.00 miles	Keep right	on to LA-538	4:22 PM	274.05 mi.
in 2.20 miles	Keep left	on to LA-169 (Mooringsport)	4:26 PM	276.25 mi.
in 18.00 miles	Turn left	on to US-80	4:48 PM	294.25 mi.
in 11.00 miles	Turn left	on to LA-789	5:04 PM	305.25 mi.
in 8.70 miles	Go straight	on to LA-5 (Keachi)	5:15 PM	313.95 mi.
in 16.00 miles	Turn right	on to US-84 (Logansport)	5:33 PM	329.95 mi.
in 1.70 miles	STOP	at Executive Inn & Suites Joaquin	5:36 PM	331.65 mi.
		TOTAL TIME / DISTANCE	10:06:00	331.65 mi.