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About Algiers

2 coming events are well worth family time

Basketball game free; race set at Woodlands

Thursday, December 28, 2006

By **Jeanmarie Mayfield**

Every year I make New Year's resolutions. They are usually the same thing -- exercise more, lose weight and spend more quality time with the family. I usually do some of it, but I often need to jump-start it.

If your New Year's resolution is to spend more time with the family or get into shape, here are two opportunities to do so before the new year.

One of the best ways to get inspired to get into shape is to watch college and professional athletes in action. Here is an opportunity to do that, cheer on the home team and take the kids, and it's free.

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Free tickets are available to the Tulane women's basketball game against Fordham on Friday. The game is part of the Doubletree Classic tournament at Fogelman Arena on Tulane's campus.

At half-time, the jersey of outstanding Tulane player Grace Daley, now a professional basketball player, will be retired. Free tickets, popcorn and soft drinks will be available for children under 13. Commemorative Grace Daley T-shirts will be given to the first 200 people attending the game.

Call Valerie Robinson at (504) 529-4341 for more information.

It is only the second year for the annual Woodlands Trail Classic 5K and Fun Run Family Event, but it looks as if it will be a tradition among West Bank residents.

The event will be held at Woodlands Trail and Park, 449 F. Edward Hebert Blvd. in Belle Chasse, on Dec. 31. The 1-mile fun run will begin at 8 a.m. and will be followed by a 5K cross country race at 8:30 a.m.

The Stargeezers will provide entertainment. Refreshments will be provided by the Kiwanis Club of Algiers - Morning Edition, Aurora Catering, McDonald's on Gen. de Gaulle Drive, Abita Beer and Abita Root beer.

There will be a variety of awards. Local artist Debbie Kraemer, DK Clay Studio and Gallery, will design the awards. Online registration is at www.woodlandstrail.org. Forms are available at the Plaquemines Parish Government Building, West Jefferson Hospital and Fitness Center, Phidippides and Elmwood Downtown Fitness Center. For information, call (504) 433-4000.

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