

5k Trail Run & Hike-A-Thon Kick-Off Rallies Community Around Coastal Forest Restoration in Louisiana

Nearly 200 community members comprised of outdoor and running enthusiasts, ages five to seventy-six, put on their running shoes for Woodlands Conservancy's 5K Trail Run & Hike-A-Thon Kick-off in an effort to raise funds and awareness for coastal forest and wetland restoration. The sunny Saturday morning started strong with a pre-race warm-up led by Joi Olden from the Ochsner Medical Center's West Bank Campus Physical Therapy team.

Participants, including Kelly Haynie, CEO of presenting sponsor Ochsner Medical Center - West Bank, then took to the trails at Woodlands Preserve, running or walking to complete their choice of a 1-mile and/or 5K race.

The event also kicked off Woodlands Conservancy's 6th annual Hike-A-Thon, a month-long marathon where participants complete 26.2 miles or

more at their own pace and in a setting of their choice—whether it be a walk around the block with friends, a morning run in the neighborhood or a day of hiking within the 11-mile trail system at Woodlands Preserve. The Hike-a-Thon runs from October 1 through October 31. Registration for the Hike-A-Thon remains open through October 25th. Winners will be announced during the first week of November with a variety of awards and prizes distributed on November 15th.

This event was made possible with support from local businesses and organizations, starting with Presenting Sponsor, Ochsner Medical Center - West Bank, Trailblazer Sponsor, Chevron Oronite. Adventurer Sponsors included Madere & Sons Towing and InStep Credit Union. Our Team Sponsors were Power Systems Specialists, The UPS

Store - Gretna, Calvin Klotz, Mississippi River Bank, Tom Klotz, Castex Esnard, LLC and American Safety. Our In-Kind Sponsors were the Louisiana Running & Walking Company, Raising Canes, Subway - Belle Chasse and Starbucks - Terrytown.

5K winners were: 1st Place Overall Male & Female - Joachim Fernandez and Patricia Corradi, 1st Place Masters (age 40+) Male & Female - Ryan Auck and Caitlin Mitchell, 1st Place Youth (age 12 & under) Male & Female - Cruise Luckoski and Sophia Tapiaaguila, and 1st Place Walker - Anna Hernandez. 1-Mile Fun Run winners were: 1st Place Overall Male & Female - Ethan Miller and Juliette Jorden. 5K Overall winners each received a Mignon Faguet Palmetto Glassware set and \$130 gift certificate courtesy of the Louisiana Running & Walking Company. 5K

Masters and Youth as well as Fun Run winners each received a Parks-For-All Hydroflask. In addition to Louisiana, the event drew participants from Texas, Alabama, Missouri, Maryland and even Sao Paulo, Brazil.

