

CVAR NOLA 2026 – Load in details.

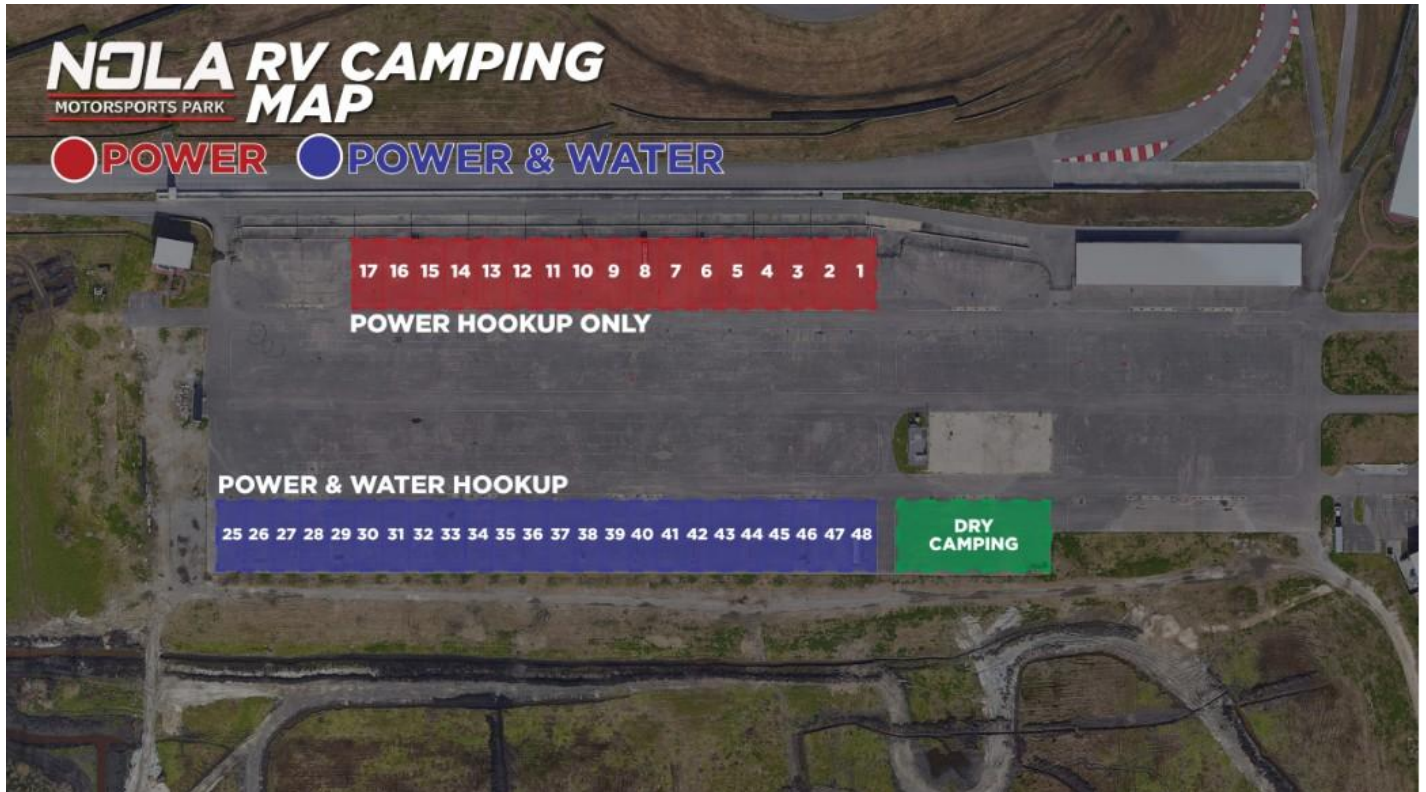
Laissez les bons temps rouler!



-Race schedule for the weekend [LINK](#)

-Track website [LINK](#)

-RV parking spot reservations [LINK](#)



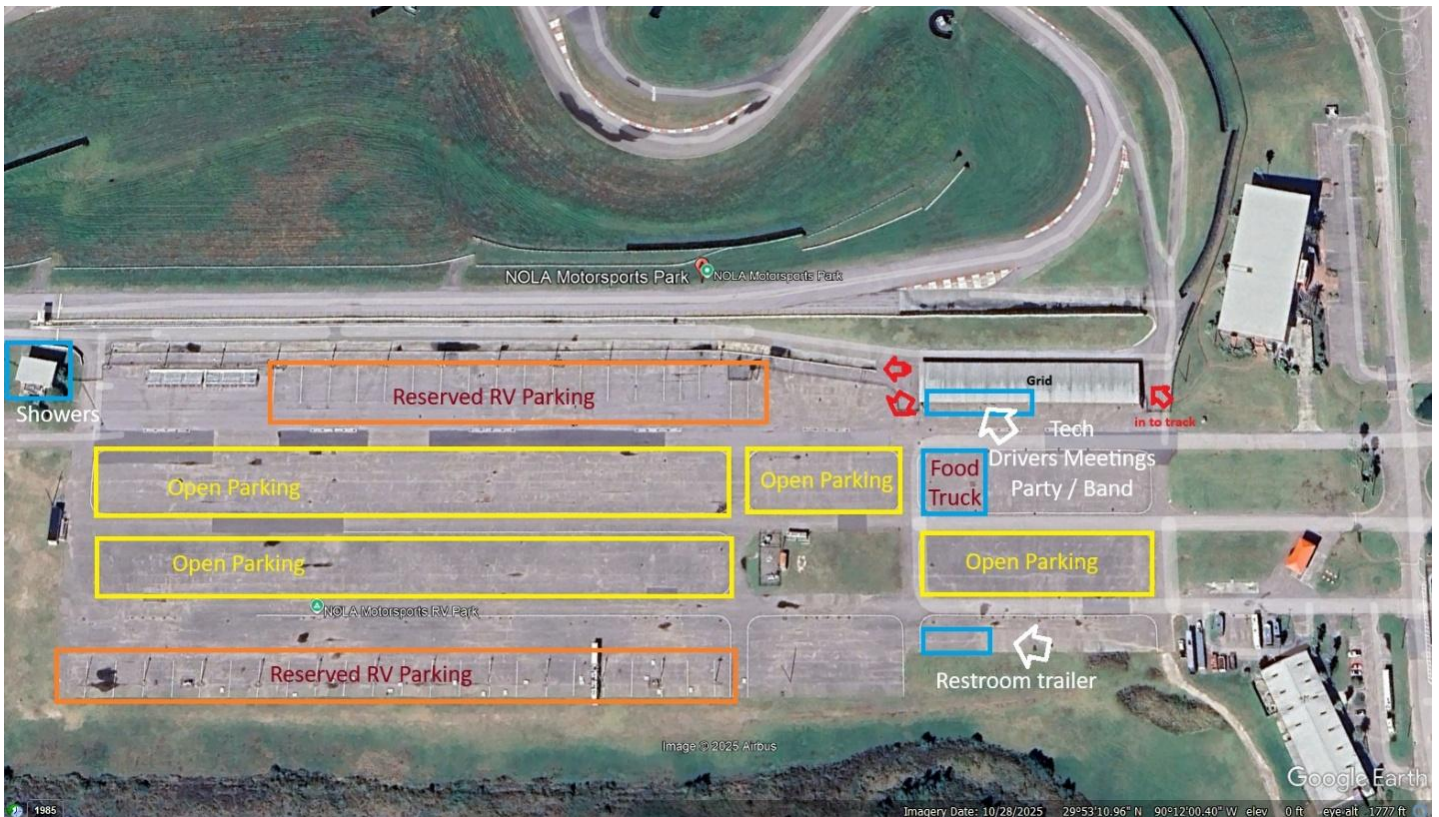
-How to get there [LINK](#) (Google Maps)

This is not the shortest way from Houston, but this gives you the best route with a trailer so you are not going through tight turns off the River Road in Louisiana or through any neighborhoods.....and you can have some fun saying you drove through Boutee, LA!

[NOLA Motorsports Park](#)
[11075 Nicolle Boulevard](#)
[Avondale, LA 70094](#)



-Load in no earlier than 1PM Thursday... (JT...this means you....)



-Registration location at track....*Under the outside of the grid awning.*

-Tech location at track....*Under the outside of the grid awning.*

- Driver's Meeting Location Fri and Sat ... *Under the outside of the grid awning.*

-Showers are at the base of the timing tower.

-Bathrooms are also at the base of the timing tower or in the restroom trailer at the lower paddock area.

-Hotel locations (no NOLA discounts established)

Candlewood Suites Avondale [LINK](#)

3079 Hwy 90 & Jamie Blvd, Westwego, LA 70094

Suburban Studios Avondale [LINK](#)

3051 Highway 90 W, Westwego, LA 70094

Best Western Bayou Inn [LINK](#)

9008 Westbank Expy, Westwego, LA 70091

Express Inn and Suites [LINK](#)

7800 Westbank Expressway, Westwego, LA 70094

-Parts house nearby: O'Reilly Auto Parts, 9319 Jefferson Hwy, River Ridge, LA 70123 (12 miles away over the Mississippi river). [LINK](#)

-Track gate hours....**TBD**

-Track Map [LINK](#) (we are running the long course- clockwise)

-Link to hot lap video with tutorial [LINK](#)

-CVAR's own Jeff Garret at NOLA in Group 1 [LINK](#)

-Food truck at track.....*Couzan's will be on site again for lunch Fri-Sun.*

www.couzansonline.com

FOOD MENU

Couzans BBQ Team & Catering

- Smoked Pulled Pork
- Smoked Ribs
- Smoked Chicken
- Fried/Grilled Chicken Salad
- Cheeseburger
- Philly Chz Steak
- Philly Chz Chicken
- Fried/Grilled Chx Sandwich
- Chicken Tenders
- Hot Sausage Sandwich
- Fried/Grilled Redfish Sandwich



DRINKS COKE PRODUCTS

- French Fries
- Red Beans & Rice
- Baked Beans
- Potato Salad
- Cole Slaw



- Ice.....Ice is available for purchase at the General Store located in the Security Booth.
- Closest Convenient Store - Brother's Food Mart, 2901 Highway 90 W, Avondale, LA 70094 [LINK](#)
- During the lunch break on Saturday there will be Parade laps for local car clubs. All proceeds go to one of CVAR's charities. \$20 donation suggested.
- Go Kart track will be open....arrive and drive.....Karts are an additional cost. Hours shown on site. [LINK](#)
- Skid pad not open.....
- Quiet Hours: No race engines between 10:00 pm and 7:30 am please
- Fuel. Full range of unleaded race fuel will be available for sale at the track from Lown Star Super Gas. (93, 100 & 110) Track pumps have: 87, 93 & 98 (260GTX) -Pumps to the left of the roundabout.
- Golf carts are not available for rent at this event.
- Saturday night party and awards -David Lee and Karl Keiger (Natives of Louisiana) will be hosting. Dinner catered by local restaurant Salvo's with blackened chicken alfredo pastas, smothered green beans, boiled shrimp, rolls, Caesar salad and to top it off.....bread pudding with rum sauce. Dinner starts at 6PM.
- Live Music – David and Karl have also arranged for local artist Rusty Yates and his band to entertain from 6PM- 8PM. [LINK](#)
- Registration through Track Rabbit. Don't forget to reserve your meal for the Saturday night party! [LINK](#)

We look forward to a strong end to the Spring CVAR race season and seeing you all at the track.



David Lee and Karl Keiger

For fun.....

The Cajun French is a term used to identify the Colonial district and Louisiana Regional French areas in southern parishes. (Not necessarily New Orleans.....) The historical language used by the Cajun people descended from Acadian settlers from Canada. Here is a look at some of the most popular Cajun French terms that may be of use as you travel the Cajun populated Parishes.

Allons (Al lohn) – Let’s go.

Andouille (ahn-do-ee) – A spicy country sausage used in Gumbo and other Cajun dishes.

Bayou (bi-yoo) – The streams crisscrossing Louisiana.

Bon Appetit! (bon a-pet-tite’) – Good appetite – or “Enjoy!”

Boucherie (boo-shuh-ree) – A community butchering which involves several families contributing the animal(s) –usually pigs — to be slaughtered. Each family helps to process the different cuts of meat, like sausage, ham, boudin, chaudin, chops, and head cheese. Each

family gets to take home their share of the yield. This process was done in late fall to provide meat throughout the cold months.

Boudin (boo-dan) – Hot, spicy pork mixed with onions, cooked rice, herbs, and stuffed in sausage casing.

Bourre (boo-ray) – French for “stuffed”, it is the name of a Cajun card game which requires the loser of a hand to stuff the pot with chips.

C’est tout (Say too) – That’s all.

Ça c’est bon (Sa say bohn) – That’s good.

Ça va (Sa va) – That’s enough.

Cajun (cay-jun) – Slang for Acadians, the French-speaking people who migrated to South Louisiana from Nova Scotia in the eighteenth century. Cajuns were happily removed from city life preferring a rustic life along the bayous. The term now applies to the people, the culture, and the cooking.

Cayenne (ky-yen) – A hot pepper that is dried and used to season many Louisiana dishes.

Cher (Sha) – Dear (a term of endearment).

Chevrette (she-vret) – Shrimp

Couche-Couche (koosh-koosh) – A popular breakfast food, made by frying cornmeal and topping it with milk and/or cane syrup.

Courtbouillon (coo-boo-yon) – A rich, spicy tomato-based soup or stew made with fish fillets, onions, and sometimes mixed vegetables.

Etouffee (ay-too-fay) – A succulent, tangy tomato-based sauce. A smothered dish usually made with crawfish or shrimp. Crawfish and Shrimp etouffees are New Orleans and Cajun country specialties.

Fais-do-do (Fay doe doe) – A dance. Literally “go to sleep” – a phrase whispered by French-Speaking Cajuns to their children so the parents could join in the dancing.

Filé (fee-lay) – Ground sassafras leaves used to season, among other things, gumbo.

Fricassee (free-kay-say) – A stew made by browning then removing meat from the pan, making a roux with the pan drippings, and then returning meat to simmer in the thick gravy.

Gumbo (gum-boe) – A thick, robust roux-based soup sometimes thickened with okra or file’. There are thousands of variations, such as shrimp or seafood gumbo, chicken or duck gumbo, okra and file’ gumbo.

Jambalaya (jum-bo-lie-yah) – Louisiana chefs “sweep up the kitchen” and toss just about everything into the pot. A rice dish with any combination of beef, pork, fowl, smoked sausage, ham, or seafood, as well as celery, green peppers and often tomatoes.

Joie de vivre (Jhwa da veev) – Joy of living.

Lache pas la patate (Losh pa la pa tot) – Don’t let go of the potato or don’t give up (a testament to the enduring spirit of the Cajun people).

Lagniappe (Lahn yop) – Something extra.

Laissez les bons temps rouler (Lay say lay bohn tohn roo lay) – Let the good times roll.

Maque Choux (mock-shoo) – A dish made by scraping young corn off the cob and smothering the kernels in tomatoes, onion, and spices.

Merci (Mare see) – Thanks.

Pain Perdu (pan-pear-doo) – Means “lost bread”; a breakfast treat made by soaking stale bread in an egg batter, then frying and topping with cane syrup or powdered sugar.

Pauve ti bete (Pove tee bet) – Poor little thing.

Po-Boy – A sandwich extravaganza that began as a five-cent lunch for poor boys. Always made with French bread, po-boys can be stuffed with fried oysters, shrimp, fish, crawfish, meatballs, smoked sausage and more.

Praline (praw-leen) – The sweetest of sweets, this is a candy patty made of sugar, cream and pecans.

Roux (rue) – Base of gumbos or stews, made of flour and oil mixture.

Sauce Piquante (saws-pee-kawnt) – Means “spicy sauce”; is a spicy stew.

Tasso (tah-soh) – Strips of spiced pork or beef which are smoked like jerky and used to flavor many dishes; a sort of Cajun pepperoni.