# Rocketchix 2019 Racer Guide

## A Rocketkidz Foundation Event



# Thanks to our 2019 Sponsors!













THE PARETTI FAMILY
OF DEALERSHIPS













BATON ROUGE



























**Welcome Rocketchix Triathlon and the first ever Chix and Sole Weekend!!!**




**Whether you are racing or volunteering at Chix, Soleman or both, you are helping two great non-profits to meet their missions.**

**THANK YOU!!!**

rocketkidz™ foundation

Cameron's Shoes

# Rocketchix Athlete Manual
# TRI: 300 meter swim / 12 mile bike / 2 mile run
# DU: 2 mile run / 12 mile bike / 2 mile run

This guide is meant to acquaint you with the race, race site, course and general information. Please note that the Rocketchix Facebook page and race day announcements supersede this information. The Rocketchix Facebook page is updated frequently with breaking information. Any race day announcements at the mandatory meeting will supersede all other documents or information.

Any last minute course changes will be announced on race day.

### Before Race Day Checklist

- Print USAT race day checklist (attached)
- Get your bike/helmet checked out. This is a USAT sanctioned event and officials will be inspecting bikes and helmets
- Buy a spare tube/changing kit (available at packet pick up at the Bike Shop)
- Remove your kick stands from your bike!
- Review the course maps – you are responsible for knowing the course! Maps are on our website www.rocketkidz.com
- Get an idea of your estimated swim time for self-seeding
- Know the race day schedule of events and packet pickup times
- Pickup your packet before race day if at all possible – there is a limited time for packet pick-up on race morning and you do not want to be rushed
- Make sure to have your photo ID and USAT card (or one day license) with you for packet pick up
- Learn the rules for USA Triathlon (see back of guide)

## Gear up for fun!

# Packet Pickup
## Friday 7/19/2019: 12-6 pm

The Bicycle Shop
3315 Highland Road
Baton Rouge, LA 70802

This will be the only packet pick-up prior to race day. If you are local, try to pick up your packet on Friday if possible to help cut down on lines and nerves race morning. **As a bonus, you can get all your last minute bike needs while there!**

## Race Day Packet Pick-Up
## Saturday 7/20/2019: 5:45- 6:40 am at the Barn

1791 Hwy 75, Sunshine, LA 70780

If you have to pick up your packet on race day, please try to arrive early to give yourself time to get through the line and get set up. Transition closes at 6:45 a.m. and we will not allow late racers in the Transition area.

**Legal Stuff:** Racers must pick up their own packets with **photo ID and USAT card**, including each individual member of a relay team (i.e. one relay member cannot pick up for the whole team). If you purchased the one-day license during registration, you only need your photo ID. You may verify your USAT membership by showing the packet pick-up volunteer your USAT card which you should either have in hard form or you can pull it up on your phone by using the USAT app. You must show us a USAT card -- no exceptions. We do not allow you to transfer your race bib to someone else. Racing 'bandit' under somebody else's name/number will result in a permanent ban for Rocketkidz Foundation events (for both individuals) and may result in a USAT ban from racing as well.

Did you know?
The USAT App is an easy way to access your card!

# RACE DAY SCHEDULE

- 5:45 am - Transition Opens/Packet Pickup Opens/Body Marking Opens.
- 6:20-6:40 am – Warm-up swim.
- 6:45 am - Transition Closes. Only volunteers allowed. Announcements and national anthem will take place at the swim start (at the Boat Launch) at 6:45.
- 6:50 am - Line up for swim start at the Boat Launch on the other side of the house. This will be a time trial start and we encourage you to self-seed by comfort level and/or expected time.
- 7:00 am - First swimmer in the water. Duathlon starts first run.
- 8:15 am – First finisher, approximately
- 10:00 am – Last finisher, approximately

## Body Marking/Bike Stickers/Bibs

All racers should be body marked as they enter transition. You will be marked with your race number on your arms/legs. In your packet you will find two bike stickers, one small sticker for your bike helmet that goes on the front and one larger sticker for the bike frame. The bib must be worn in the front during the run. You are not required to (but may) wear the bib during the bike.

## Timing Chips




Timing Chips: we will have disposable chips this year which you will be given at the time of packet pick-up. There will be directions provided to you with the chip. The chip will produce 5 splits for the race; swim or run 1 (for those doing the Du), transition 1, bike, transition 2 and finish time. Please review your race results and report any funny business to the nice folks in the Timing tent at the finish line. Note: triathlete's race time does not start until YOU start the swim. Duathletes all start at the same time and the race time coincides with the start time. If you elect to quit during the event and not cross the finish line please remove your chip and notify the race director or a volunteer immediately.

# Relay Teams

Relay teams all wear the same number on body marking and have the same number on their bib. The chip has a velcro strap so that the swimmer (or first runner) can hand it off to the biker, and the biker can hand it off to the runner. For all relays the biker must be in transition when the swim/duathlon starts. If there is another racer doing the run, that relay member may come into transition while the biker is out on the ride.

The swimmer/first runner (Du relays) will run to the where the team bike is racked and the biker can then unrack the bike and proceed out of transition. The final runner will wait at the same spot for the returning biker. The biker will rack the bike, and then the runner may proceed.

All team members are encouraged to cross the finish line with finishing runner! Please get a finisher's prize/medal for all team members at the end of the event.

# Parking

**VIP Parking:** for a $25 donation to Rocketkidz Foundation you can park right across from transition! There is a risk that heavy rain the week of the race would preclude the ability to park in the designated VIP area so we will not sell VIP passes until the week of the race. We expect them to go fast once they go on sale so keep an eye out and act quick!

**Parking:** The non-VIP parking will either be behind the house on the fields by the boat launch, shed and tree lines, or in the adjoining pasture (depending on pre-race weather). Should we have an extensive amount of rain in the week leading up to the race, we will let you know if we need to make alternative arrangements for parking.

# Transition Area

Your assigned race number determines where you rack your bike. Please find your numbered rack and place your bike/belongings there. We provide ample room on our racks for racers (more than any other race we know of) but the more stuff you bring in with you the more difficult it will be to organize things efficiently. Keep it to essentials and remember to LABEL everything. It looks a bit like a war zone after the race and things can end up far away from where they started.

We recognize that our racks may not accommodate some hybrids or fat tire bikes easily (it depends on the seat) – do the best you can in racking them or ask a Transition volunteer to assist you.

The transition area will open again when the last biker is out on the run, not before. Please take this into account if you have plans to leave directly after you finish. You may have to wait to retrieve your things. We keep transition closed for the safety of racers and security of your belongings. Our transition volunteers are just that, volunteers. Please be courteous to them as they enforce these rules. We appreciate your support in this. Note: If parking ends up behind the house (not in the adjoining pasture) you will not be able to leave until after the race is done. If you know you have to head out ASAP, consider parking off site at Roberto's or the Trailhead Lot or snag a VIP spot!

When in doubt, ask a volunteer!



# Course Information

Swim/Bike/Run/Transition/Parking Maps are located on the website www.rocketkidz.com and attached to the back of this guide. Note: last minute issues may result in course changes!

# SWIM:

Athletes 'self-seed' (you decide where you go in the line) and it will be a time trial start with roughly 5 seconds between each swimmer. For an open water swim, use comfort as your guide. It should not get too crowded out there, but if you are not interested in being around many other racers, head to the back. If you're ready to kill that swim, get yourself up to the front. Easy peasy. Set yourself up for a great race by trying to seed yourself as best you can.

There will be water support lining the course to help you should you need any assistance. You are allowed to hold onto boards and kayaks as long as you may need to catch your breath and resume swimming. You may not use boards or kayaks to help you make forward progress (i.e. you cannot pull along the craft or ask the volunteer to pull you). If you get into any trouble during the swim, stop, signal by raising your hand, and a water craft will come to you. Your safety is our top priority so if you are not comfortable in open water we encourage you to attend the final open water practice (July 13) and consider purchasing a Swim-It™ which is an emergency flotation device that straps to your leg and can be deployed if needed (note: if you have an emergency and deploy the Swim-It, that will result in a DQ due to the use of a flotation device.) You exit the swim just in front of transition directly in front of the barn. We will have volunteers at the exit to help you get out of the water.

If you wear prescription glasses and need them when you exit the water please label them clearly and we will have them at the exit. A volunteer will assist you with retrieving them.

Any gear/flip flops left at the swim start after the last swimmer exits the water will be taken to the finish area by the Barn. All lost and found items are kept for three days, then donated or discarded.

*Note: encountering other racers during the swim is part of the sport of triathlon 99% of racers will be considerate and supportive if you just communicate with those around you.

CRAWFISH AQUATICS™



# DUATHLON RUN #1

The first Duathlon run is the same as the second run and the triathlon run. You start right outside of transition and run around the lake, come around behind the property, up the road, past the barn and then TURN AROUND before you get to the bike exit. You will finish back by the start and enter into transition on that side. We will have water at a .5 mile, 1 mile and 1.5 mile.

# TRANSITION #1

After exiting the lake you will proceed to your left and run into transition in the pasture to the left of the barn. Head into the transition area and your bike rack. Put on your cycling gear, including your helmet – BUCKLE YOUR HELMET. Unrack your bike and run with your bike out of the transition area. The BIKE EXIT is located about half way-up the drive way through the double gates.

You may not get on your bike until you are across the MOUNT line on the driveway. Any racer astride their bike without a buckled bike helmet may be disqualified (those helmets are important!)

# BIKE COURSE

We do not have an aid station for the bike course because it is too dangerous to do hand-up bottles on this open course. Please bring a water bottle or Camelbak with you on the bike.

The bike course coordinators and/or police will attempt to control traffic at the turns, but sometimes vehicles do not pay attention – always yield to vehicles! If they are on the course and not obeying officers they have already demonstrated they won't respect the event. You are ultimately responsible for avoiding an encounter with a vehicle on the course. Reminder: when passing people on the bike, be vocal and let them know you are passing – “on your left” is the usual verbal cue. Please be careful, no iPods or listening devices in your ears at any time. Listen for volunteer instructions. We want everyone to come off the course safely!

# Bike Directions:

- Leave transition and bike down the driveway to River Road, take a right going out of the property.
- Turn right on Gummers Lane (about a half mile after you leave the property).
- Gummers will begin to veer left and you will get to a split in the road where you can veer right or go straight – stay straight!! You will proceed to the stop sign at River Road where a police officer will be stopping traffic for you. NOTE: at that split there is a possibility of oncoming traffic from the right. We will have volunteers there, but be cautious at that area and just look to the right to see if any cars are coming as you proceed straight. In all my 10 years riding the training loop, I am not sure I have ever encountered a car coming from my right as I proceeded straight, but it can happen, so be aware of your surroundings.
- Turn left on River Road.
- Proceed about 11 miles until you get back to the property.
- Turn left on back down the driveway (there should be a police officer there stopping on-coming traffic, but, again, be aware of your surroundings).
- Slow as you near the Mount/Dismount line.

**BEFORE** the dismount line please get off your bike, being mindful of others coming in behind you. Run with your bike into transition, returning to your assigned spot.

We do not allow any personal follow vehicles on the course. We have support vehicles out there to assist you if you have trouble, simply step to the side of the road and wave your arm at the SAG vehicle. Please carry a spare tube for your particular bike with you to ensure flats can be changed and the SAG folks can get you on your way as quickly as possible.

If you do not finish the bike and get a ride in please come see the Race Director or Timing Tent to turn in your chip. You may still complete the run if you would like, but not for an official result.

# USAT Rules

Rocketchix Triathlon is sanctioned and abides by USA Triathlon Rules (see the end of the guide). Please make sure you understand ALL the rules. If you receive a penalty or disqualification during the event you may discuss this with the USAT referee on site (in the zebra stripe shirt).

# TRANSITION #2

As noted above, dismount your bike BEFORE the dismount line. Be ready to brake and be aware of other racers around you. We always get a few crashes here so please be careful. Run your bike into transition to your bike rack. You will run out from the same spot you entered from the swim (or from the first run for the duathletes).

# RUN COURSE

The run course consists of an out and back around the lake, up to the back pasture, down around the back of the house, up the driveway and then turn around just before the bike exit and return the way you started. When you get back around to the other side of the lake follow the chute to the finish line! The run takes place on firm grass around the lake, and then gravel and pavement around the house.

Run Aid Stations – there is one aid station as you exit transition, one at .5, one at the turn around at 1 mile, and again at 1.5 miles.

NO IPODS OR MP3's. You will be disqualified if you use these devices during the race. This is a USAT rule. We know, bummer, but for 2 miles you can do anything! You are Rocketchix!

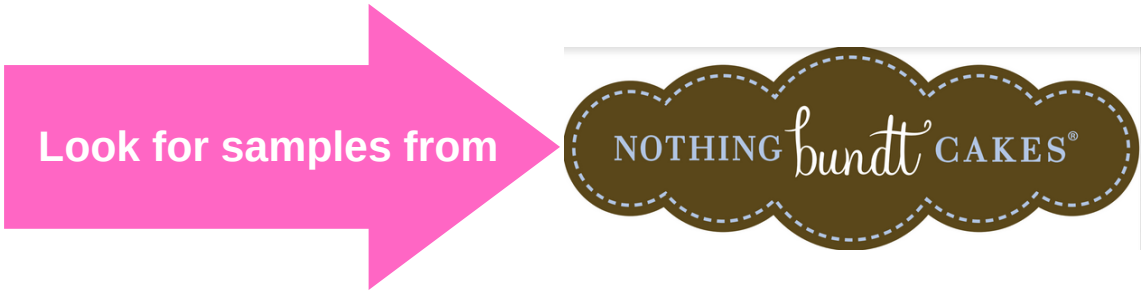
Speaking of rules, a copy of USAT's most commonly violated rules are included for you to acquaint yourself.

# FINISH FEST!!

Give us a big smile at the finish for your FREE race photos! Make sure you grab your finisher goodies after you cross. Relay team members are encouraged to finish with their teams (teammates can jump in the finish chute near the road). Be mindful of other finishers so that all of you can enjoy that finish line moment!

## Post-Race Food/Drink

Food/Drink is available for all racers. Please ask your spectators and family to pack snacks as there will not likely be any food for purchase at the venue. Please ask your spectators to respect this rule so that we can ensure there is plenty for all the racers, from the first finisher to the last awesome Rocketchick in!




Results will be posted in the finish area as the race progresses. Please notify Timers Tent of any discrepancies or issues.

## Awards

**Overall Winners for Tri and Du**
**Overall Masters and Grandmasters for Tri and Du**
**Overall Relay**
**Tri/Du Age Groups 1st – 3rd place**

Awards start at approximately 10:00 am. You must be present to get your award (or have a friend pick them up). We do NOT mail out awards after the event. Everything gets put back into the POD and disappears to POD LAND mere hours after the event.

# Photography

Photographers will be on hand to capture your fabulous race day exploits – and these photos will be provided absolutely FREE!! Just remember, no matter how sweaty and bad you think you look, in 10 years you will wish you looked that good!

Thank you to our Chix and Sole Weekend Photo Sponsor:

JAGUAR LAND ROVER mazda

THE PARETTI FAMILY OF DEALERSHIPS

# Other stuff

**No pets** – our generous hosts, the Ahmad family, have opened up their property for our use and have made a small request, please leave your four-legged friends at home on race day to avoid territorial squabbles with their puppies. They have several very sweet dogs who will be roaming the property so help us respect this request and leave your pets home on race day.  Thanks!

**Bathrooms** – we will have porta-potties donated by ACE by the barn and swim start  for racers and spectators. Thanks ACE!

ACE

**Lost and Found** – located on the cement area on the side of the barn (facing the water) after the race. In my garage for 3 days after the event – then everything goes to a dumpster or Goodwill.

## Post Race Medical Tent

Thank you to our sponsor, Ochsner Sports Medicine Institute who is lending us medical support in the form of the one and only Dr. Kasey Hill!

Kasey will be on hand to help with any issues and maybe even give you some info about his awesome Power Running class. Kasey and his wife, Rachelle have been long time supporters of Chix and we are thrilled to have Rachelle racing and Kasey making sure all of our Chix are safe!

For any emergencies (fingers crossed for none of those!) Acadian Ambulance paramedics will also be on hand with their ambulance.

## Refund Policy...or more accurately...
## Lack of Refund Policy

We cannot refund entry fees. This isn't because we are purchasing a vacation home in the Caribbean. It is because it takes an enormous effort and funding to stage a triathlon like ours. From facility costs, signage, food/drink, shirts, goodies, marking chalk, DJ, timing, office supplies, sheriffs, volunteer supplies, bike rack rentals, trash, bib numbers, permits, sanctioning fees, barricade usage, awards, finishers prizes....even a couple thousand safety pins.....it adds up quick and all that money is already spent by race day, whether you race or not. (However, please DO come pick up your race packet if you can't race - the shirt/goodies ARE yours as part of your entry fee.) WE DO NOT MAIL OUT PACKETS AFTER THE EVENT. If you know you are not racing, your friend may pick up your packet, which will not a contain race number.

## NO RESCHEDULING

Due to the incredibly difficult logistics of putting on a race, we do NOT have a rain day scheduled. So, should Mother Nature not cooperate with us on race day we reserve the right to cancel or alter the race if we feel conditions are not safe. We will not make that decision until START TIME on RACE DAY. Our weather is so fickle that forecasting is laughable most days. The race may take place in light rain but not lightening. Depending on the weather, the race could be delayed, altered or cancelled.

If the worst happens and the weather forces us to cancel the race we want to point out that all proceeds from our event go to the Rocketkidz Foundation.

**ALL PROCEEDS FROM OUR EVENTS ARE USED TO FUND AREA PROGRAMS THAT PROMOTE OUR MISSION!! YOUR ENTRY FEE MEANS A LOCAL CHILD OR AT RISK ADULT GETS A CHANCE TO MAKE A POSITIVE CHANGE IN THEIR LIFE. WHAT'S NOT TO LIKE ABOUT THAT?!?**

# THANK YOU!!

rocket chix





# We ♥ Our Volunteers




#weareRKF








**Rocketkidz Triathlon**
**Kids Ages 6-14**
**July 28, 2019**
**Zachary/Americana YMCA**
**Register Today!**

rocket kidz™ triathlon




**Personalize Bib Deadline is 7/10!**

Join RKF at Kidz or Roux!

Race the ROUX
1.2 | 56 | 13.1

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FALSE RIVER | LOUISIANA
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2019 SOUTH CENTRAL LONG COURSE & AQUABIKE REGIONAL CHAMPIONSHIP

USA TRIATHLON SOUTH CENTRAL LONG COURSE REGIONAL CHAMPIONSHIP 2019

USA TRIATHLON SOUTH CENTRAL AQUABIKE REGIONAL CHAMPIONSHIP 2019

rocketkidz foundation

A ROCKETKIDZ FOUNDATION EVENT




# CHIX 2019

rocket chix




CHIX 2019

#weareRKF

rocket chix




# Chix Swim Course
# 300 meters

rocket chix




# Chix Bike Course

# 12 miles

rocket chix

# Chix Run Course
# 2 miles
# Out and Back






## USAT -- MOST COMMON RULES VIOLATIONS

1. **Helmets**: Only helmets approved by the US Consumer Product Safety Commission (CPSC) may be used in USAT sanctioned events. Helmets must be worn at all times while on your bike. This means before, during, and after the event.
**Penalty: Disqualification**
2. **Chin Straps**: Chin straps must be buckled at all times when on a bicycle. DO NOT unbuckle your chin strap unless you are off your bicycle. Penalty: Disqualification on the course; Variable time penalty in transition area only.
3. Outside Assistance: No assistance other than that offered by race and medical officials may be used. Triathlons and duathlons are individual tests of fitness.
**Penalty: Variable time penalty**
4. **Transition Area**: All equipment must be placed in the properly designated and individually assigned bike corral. The wheel of the bicycle must be down on the side of the assigned space. All participants must return their bicycles to an upright position in their designated bicycle corral. No person shall interfere with another participant's equipment or impede the progress of another participant. All bar ends must be solidly plugged. No participant shall bring ANY glass containers into the transition area.
**Penalty: Variable time penalty**

5. **Drafting**: Drafting--keep at least three bike lengths of clear space between you and the cyclist in front. If you move into the zone, you must pass within 15 seconds. Position--keep to the right hand side of the lane of travel unless passing. Blocking--riding on the left side of the lane without passing anyone and interfering with other cyclists attempting to pass. Overtaken--once passed, you must immediately exit the draft zone from the rear, before attempting to pass again.

**Penalty: Variable time penalty**

6. **Course**: All competitors are required to follow the prescribed course and to stay within all coned lanes. Cutting the course is an obvious violation and going outside the course is a safety issue. Cyclists shall not cross a solid yellow center line for ANY reason. Cyclists must obey all applicable traffic laws at all times.

**Penalty: Referee's discretion**

7. **Unsportsmanlike-Like Conduct**: Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty: Disqualification**

8. **Headphones**: Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race.

**Penalty: Variable time penalty**

9. **Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

**Penalty: Variable time penalty for missing or altered number, Disqualification and one year suspension from membership in USAT for transferring a number without race director permission.**

10. **Wetsuits**: Each age group participant shall be permitted to wear a wetsuit without penalty in any event sanctioned by USA Triathlon up to and including a water temperature of 78 degrees Fahrenheit. When the water temperature is greater than 78 degrees but less than 84 degrees Fahrenheit, age group participants may wear a wetsuit at their own discretion, provided, however that participants who wears a wetsuit within such temperature range shall not be eligible for prizes or awards. Above 84 degrees, wetsuits are prohibited.

11. **Abandonment**: All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.
**Penalty: Variable time penalty**

| Distance Category | First offense | Second Offense | Third Offense |
|---|---|---|---|
| Sprint | 2 minutes | 4 minutes | Disqualification |
| Intermediate | 2 minutes | 4 minutes | Disqualification |
| Long | 4 minutes | 8 minutes | Disqualification |
| Ultra | 6 minutes | 12 minutes | Disqualification |

For a complete list of rules, please refer to the most up-to-date USA Triathlon Competitive Rules

Have a safe, legal and fun race!!