

Rocketchix 2021 Racer Guide

****Updated Venue****

777 L'Auberge Ave
Baton Rouge, LA 70820

A Rocketkidz Foundation Event



Thanks to our 2021 Sponsors!



**Welcome Rocketchix Triathlon and Soleman
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!!!



Rocketchix Athlete Manual

****Alternate Location, Duathlon Only**

13 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!
- 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!



BATON ROUGE

Packet Pickup

Friday 7/23/2021: 3pm-5:30pm

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 7/24/2021: 5:45am - 6:30 am

****New Venue Address****

777 L'Auberge Ave, Baton Rouge, LA 70820

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!

Parking

Parking: All parking is in the Casino Overflow lot. Formal address is 777 L'Auberge Ave, Baton Rouge, LA 70820. However, the parking lot we are using is in the northwest corner of Casino property, as shown below. Entrance is at the roundabout, from River Road.



RACE DAY SCHEDULE

- 5:45 am - Transition Opens/Packet Pickup Opens/Body Marking Opens.
- 6:45 am - Transition Closes. Only volunteers allowed. Announcements and national anthem will take place at the Bike Start.
- 6:50 am - Line up for bike start. This will be a time trial start and we encourage you to self-seed by comfort level and/or expected time. We plan to release cyclists two at a time onto the course.
- 7:00 am Start
- 8:00 am - First finisher, approximately
- 9:00 am - Awards, approximately
- 9:30 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 3 splits for the race; bike, transition 1 and run/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 bike. 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. Each racer is assigned a disposable timing chip that is tagged with the team bib number. There is no handoff of the timing chip required.

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.

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.

When in doubt, ask a volunteer!



Course Information

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!

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 airpods or listening devices in your ears at any time. Listen for volunteer instructions. We want everyone to come off the course safely!

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.

Bike Directions:

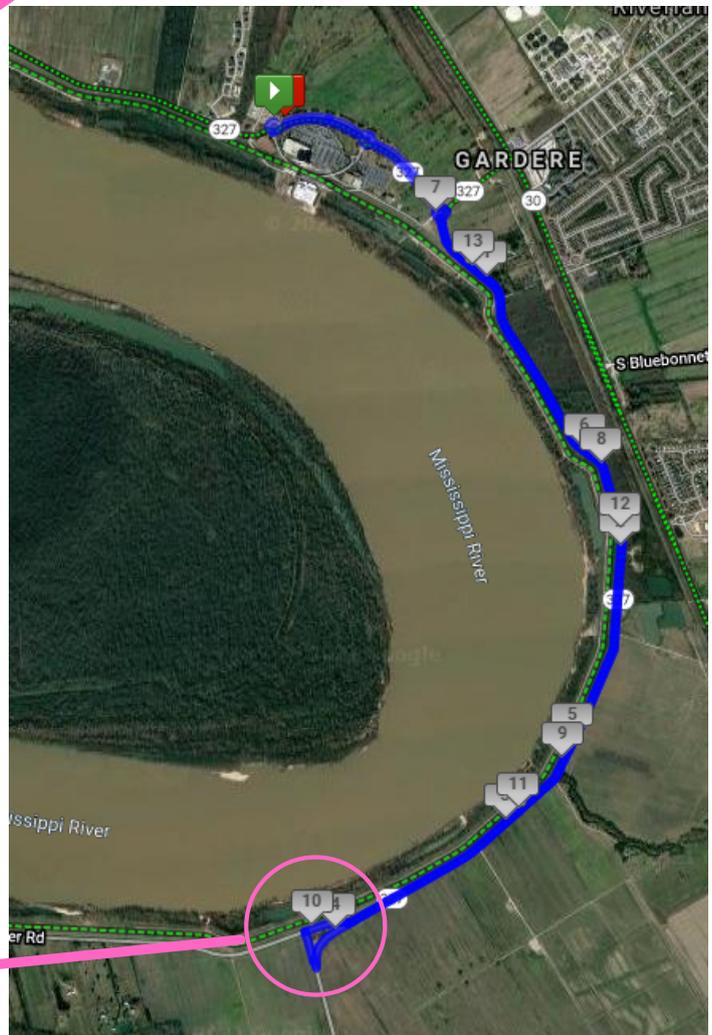
Cyclists will be started two at a time onto the bike course. Your time starts when you cross the start line and begin the race. The bike course will head south to the intersection of Gummars Lane and River Road. This course is two loops. The first turn around is at Gummars and River Road.



Start of Loop 2



Turnaround for Loop 1 and 2

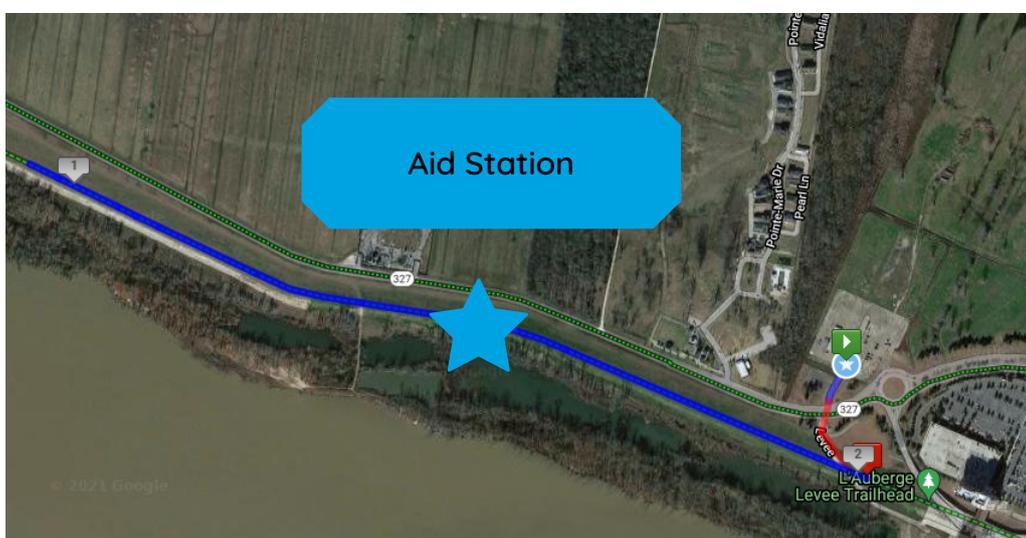


TRANSITION #1

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.

RUN COURSE

The run course consists of an out and back on the paved levee top next to the Mississippi River. There is one small section of inclined gravel to get on the levee. Run Aid Stations - there is one aid station as you exit transition, one at .5, and again at 1.5 miles.



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). NO phones, music, or headphones. 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 can be found [here at this link.](#)

FINISH FEST!!

Give us a big smile at the finish for your FREE race photos! 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 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 Du
Overall Masters and Grandmasters Du
Overall Relay
Age Groups 1st - 3rd place

Awards start at approximately 9:00 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 Sponsors:



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 contain a 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 lightning. 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?!?

We ♥ Our Volunteers



Other stuff

Bathrooms - we will have porta-potties onsite.

Lost and Found - located at the awards table. Then in my garage for 3 days after the event - then everything goes to a dumpster or Goodwill.