



rocket kidz™

triathlon

A ROCKETKIDZ
FOUNDATION EVENT

2022 RACER GUIDE

Thanks to our 2022 Sponsors!



Welcome to the Official 2022 Athlete Guide for Rocketkidz Zachary!!

We ask that parents please review the enclosed information to ensure a safe and fun time for each child who is racing.

This guide is meant to acquaint you with the race, race site, course and general info. The Rocketkidz Facebook page is updated frequently and will advise you of any changes that we need to make before race day. Race day announcements at the mandatory meeting will supersede all other documents or information.

Although we do not anticipate any course changes, if we should experience weather or other issues necessitating a last minute change, those changes will be announced on race day.

And finally, a BIG THANK YOU to the Americana YMCA and Americana subdivision for continuing to provide Rocketkidz this wonderful home. We look forward many great races here for years to come!





Packet Pickup

Friday 7/29/2022: 2-6 pm

Go Physical Therapy
4735 Perkins Road
Baton Rouge, LA 70808

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.

Race Day Packet Pick-Up

Sunday 7/31/2022: 5:45- 7:00 am at the YMCA

4200 Liberty Way, Zachary, LA 70791

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 7:15 a.m. and we will not allow late racers in the Transition area.



BICYCLE SAFETY CHECK: Please perform an equipment safety check at home by tightening handlebars, seats, and checking tire air pressure & brakes. Southern Bicycle Co. can perform a safety check but there may be costs associated with repairing/replacing parts.

TRAINING WHEELS ARE ALLOWED FOR 3-5 YEAR OLD FALCON DIVISION AND THE BEGINNER SPUTNIKS DIVISION ONLY. ALL RACERS MUST WEAR A HELMET FOR THE BIKE PORTION OF THE RACE AND AT ANYTIME THEY ARE RIDING THEIR BIKE ON THE YMCA CAMPUS ON RACE DAY.

RACE DAY SCHEDULE

- **5:45 am** - Transition Opens/Package Pickup Opens/Body Marking Opens
- **6:30-6:40 am** – Warm-up swim
- **7:15 am** - Transition Closes. Only volunteers allowed. Announcements will take place at the swim start at 7:15 am.
- **7:20 am** - Line up for swim start at pool. Line up by age group:
 - **Falcons: 3-5 years old (Floaties/training wheels)**
 - **Beginner Sputnik: 6-7 years old (floaties/training wheels)**
 - **Sputnik: 6-7 years old**
 - **Apollo: 8-10 years old**
 - **Saturn: 11-14 years old**

Please line-up by bib number, lowest to highest.

- **7:30 am** - First racer will be in the water! We will break between the age groups to move the course and make sure our little racers are done before the bigger kids start. Happily the Americana Y has a very nice pool area to relax in while waiting. Please be patient, we do this for the safety of all racers.
- **9:00-9:30 am** - Approximate time that last racer will finish the bike. Once the last racer finishes the bike course we will announce that bikes may be picked up from transition. Please do not ask volunteers to let you into transition until we have announced that the last biker has finished. Our volunteers give freely of their time to ensure that everyone has a fun, fair and safe race. Please show them some love and treat them respectfully.
- **9:30-10:00 am** – Anticipated time that all racers will be finished, triathletes will be greeted by adoring fans, and Rocketkidz Zachary will be in the books! We will have awards for the first, second and third place male and female finishers in each of our race categories (Falcon, Sputnik, Apollo and Saturn). We expect to have the awards ceremony around 9:30-10:00. You must be present to get your award. If you cannot stay, you can ask another racer to pick up your award. We will not mail awards.

Body Marking/Bike Stickers/Bibs

All racers should be body marked as they enter transition. Racers will be marked with their race number on both arms. In your packet you will find two bike stickers, one small sticker for your racer's 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. Racers are not required to (but may) wear the bib during the bike.

Race Timing

Timing: We will have timing this year. The timers will be able to determine the start and finish times of each racer so that we can issue awards. 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 they start the swim.

Course maps are at the end of the guide.

RACE INFO

SWIM: As noted above, Falcons (3-5 year old racers using floaties/parental assistance) will be the first in the water, followed by beginner Sputniks (6-7 year old racers using floaties/parental assistance), Sputniks (6-7 year old racers), Apollos (8-10 year old racers), and then Saturns (11-14 year old racers). Make sure your racer is lined up by bib number and ready to go! No flotation devices allowed and no parents may accompany swimmers in the pool EXCEPT for the Falcons and beginner Sputnik.



BIKE TRANSITION: After the swim, each participant will go to the transition area. When each swimmer arrives in transition, they need to locate their spot where their gear is waiting. Volunteers will be on hand to help. Next to each participants bicycle should be their shoes, any clothing for bike/run, and bike helmet. Racers do not have to change out of their swim suits for this short race but they will need to have their bib on a race belt or pinned to a t-shirt they will wear. Parents are NOT allowed to accompany racers into transition EXCEPT for the FALCONS and BEGINNER SPUTNIKS. Volunteers will be there to help them get their gear for the bike.

BIKE GEAR: Training wheels are not allowed for Rocketkidz Zachary EXCEPT FOR FALCONS and THE BEGINNER SPUTNIKS. Every child must have a helmet for the bike portion of the race. Helmets must be fastened before leaving transition. Bikers must walk their bikes into and out of transition. Failure to walk bicycles into and out of transition will result in your child's elimination from the event. Our main concern is for the safety of our racers and we have this rule in place for that reason. Please help us to make sure this is a safe and fun event for the kiddos. There will be a clearly marked 'mount/dismount line' with volunteers to show racers where they need to get on/off their bikes.

BIKE COURSE: Each biker must complete the appropriate number of loops for his/her age group. 3-5 year olds do one loop, 6-7 year olds do one loop, 8-10 do two loops, and 11-14 do four loops. For 8-10 and 11-14 year-olds, there will be volunteers as the racers come around to ask them how many loops they have done so that they can either be directed back on the course or back to transition. Make sure your racers know the number of loops that they need to do and ask them to listen to the volunteers. Parents are not allowed to run next to their racers or otherwise be on the bike course. Please make every effort not to interfere with any of the riders. For safety reasons, we ask that you make sure you do not come into contact with bikes at any time. Bikers must stay to the right unless passing on the left. In the event that your child becomes too tired to continue, has an accident or has mechanical problems, there will be bicycle safety staff located around the entire course to assist your child. Please allow the course volunteers to assist the racers. Helmets must be fastened and worn at all times during the entire bicycle event.

When in doubt, ask a volunteer!



RUN: After each racer has completed the bicycle course, they must walk their bicycle into the transition area and return their bicycle to their original bike location. Pinned race numbers must be worn for the entire run event (most racers will still have it on from the bike course). After exiting transition, Sputniks and Apollos (6-7 and 8-10) will run one loop of the marked run course. Saturns (11-14) will run two loops. Follow the course markings and listen for volunteers who will be directing racers. See the maps at the end of the guide for more information.

RACE FINISH: Each racer must complete the run course and cross the finish line. Each child will receive a finisher medal. There will be water and food at the finish for the racers.

PLEASE DO YOUR BEST NOT TO INTERFERE WITH OTHER RACERS STILL ON THE COURSE. We ask that you respect the other kids as they complete their event. We want to make sure the last racers gets a fair and uncongested race course just like the first racer. If for any reason you get separated from your racer, please see the announcer and we will help you reunite.

**Rule #1
Have Fun!**



Bathrooms - you may use the YMCA bathrooms for the duration of the event.

Lost and Found – located by the finish after the race.

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 agreements, signage, food/drink, shirts, goodies, marking chalk, DJ, timing, office supplies, duty police officers, bike rack rentals, trash, bib numbers, permits, sanctioning fees, barricade usage, awards, finisher medalseven 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 your little racer is not racing, a friend may pick up your packet, which will not have a timing chip.

NO RESCHEDULING

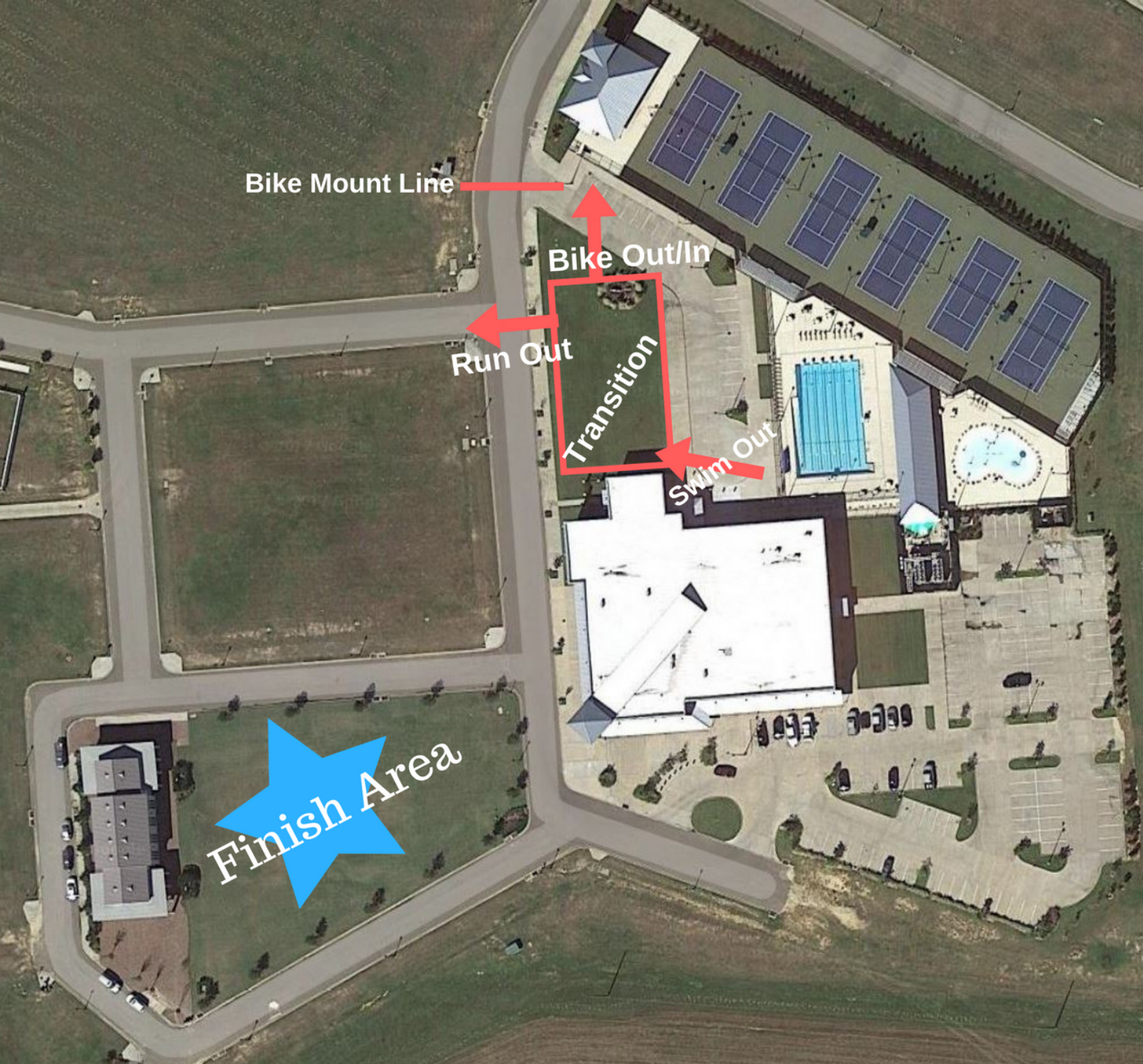
Due to the incredibly difficult logistics of putting on a race, we do NOT have a rain day scheduled. So, should Mother Nature not cooperate with us on race day we reserve the right to cancel or alter the race if we feel conditions are not safe. We will not make that decision until START TIME on RACE 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!!





Transition and Finish



Falcons (3-5 yo)

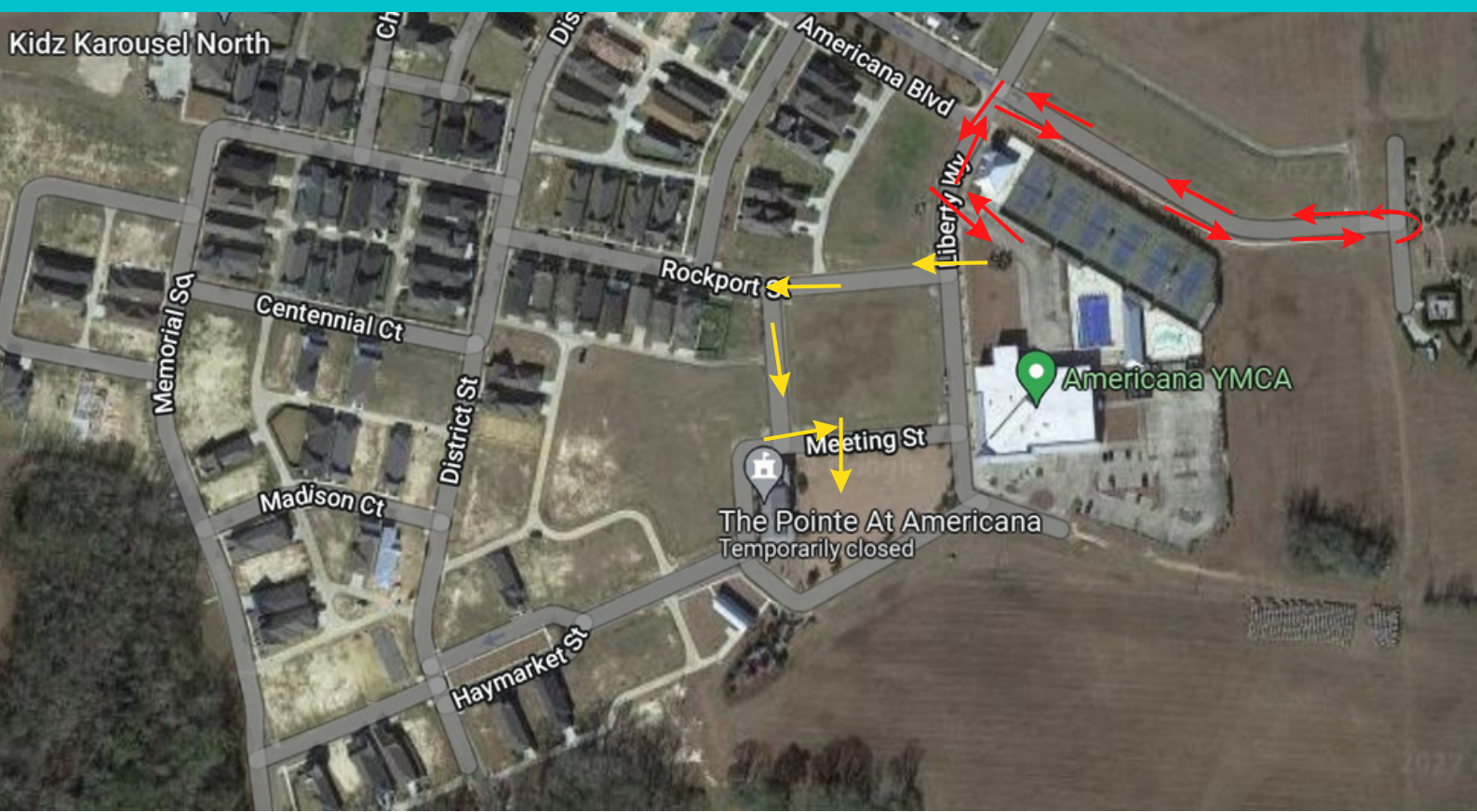
Swim/Bike/Run

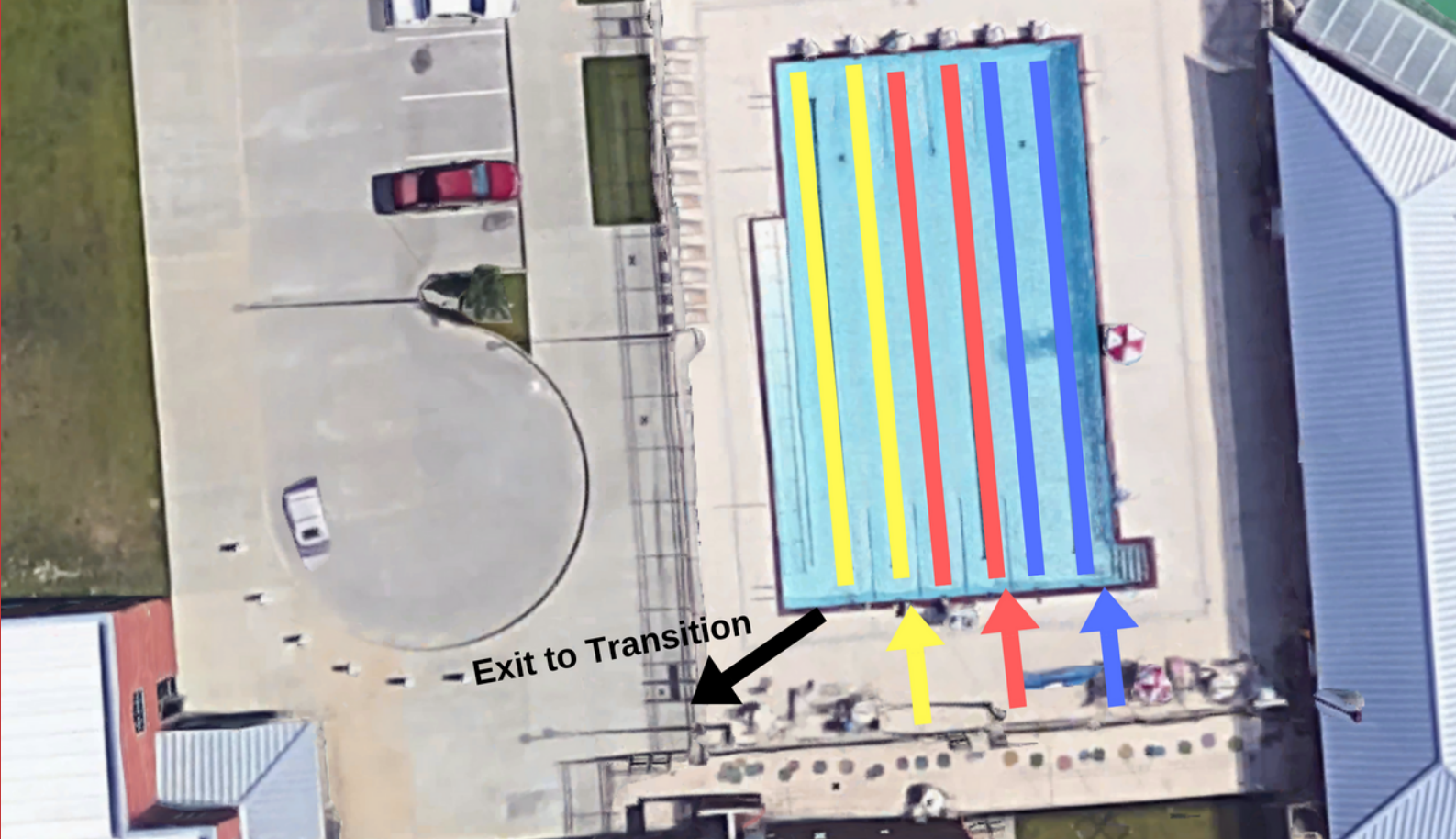
The swim will be 1 length of the pool.

The bike is approximately .35 miles

The run is .15 miles

The bike and run courses will be marked with Tape and volunteers will be assisting as well.





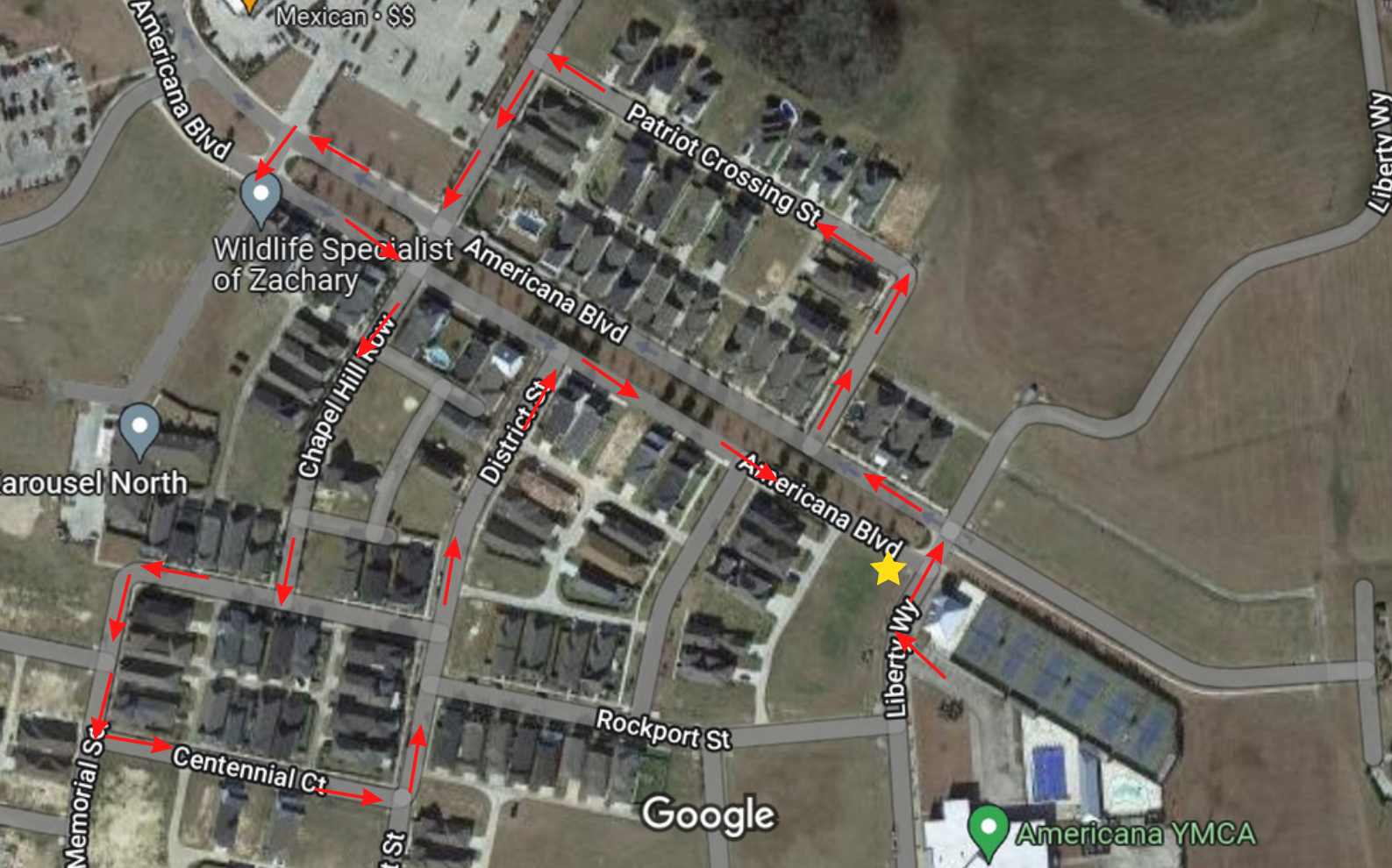
Swim Course

Sputnik get in at **Yellow Arrow** and go down and back on the 2 yellow lanes (50 yds)

Apollo get in at **Red Arrow** and swim the 2 red lanes plus the 2 yellow (100 yds)

Saturn get in at the **Blue Arrow** and swim all six lengths (the 2 blue, the 2 red, and the 2 yellow -- 150 yds)





Bike Course

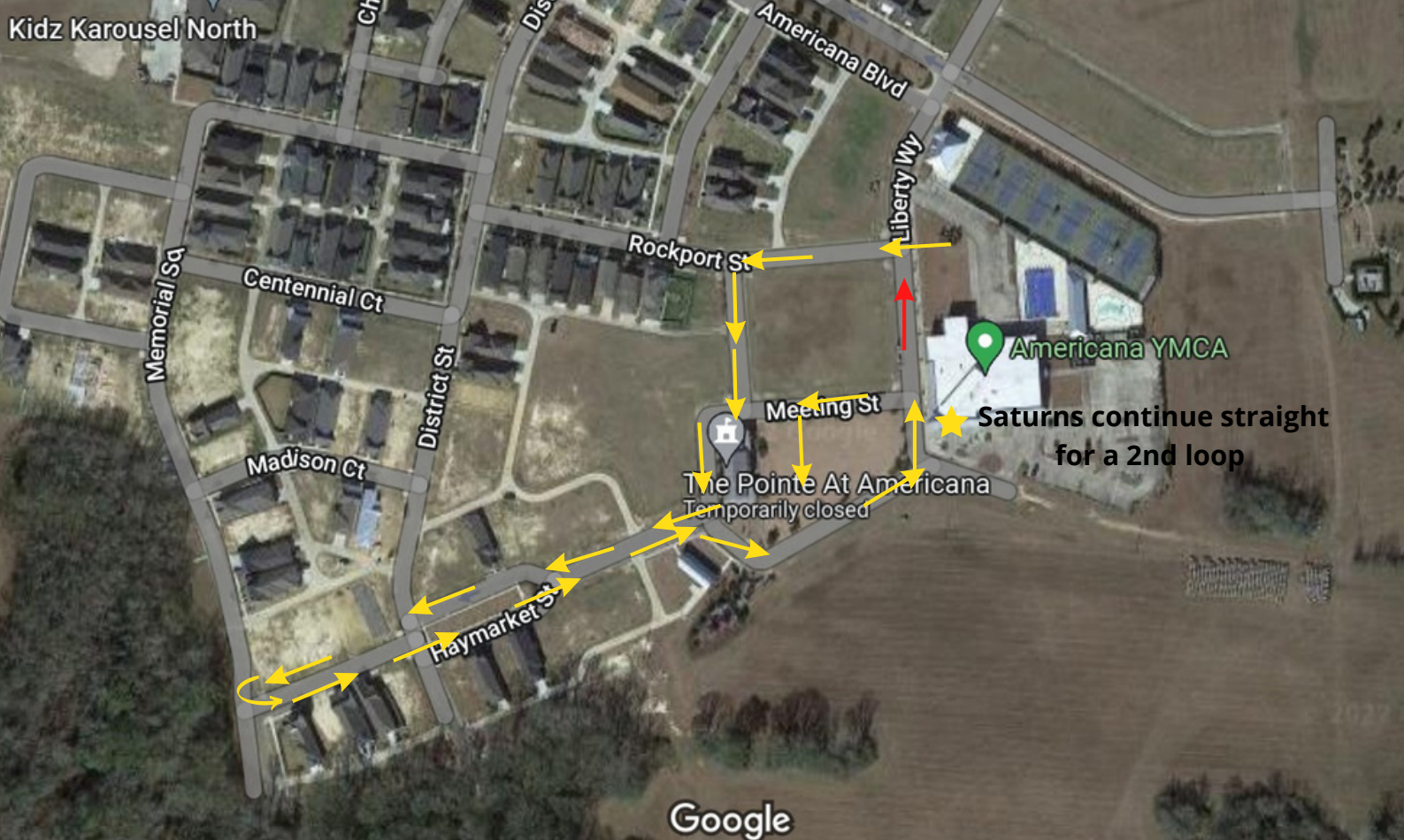
Sputnik: One Loop

Apollo: Two Loops

Saturn: Four Loops



Note: parents, talk to your racers about the loop course. For all of our Apollo/Saturn age group, it is their responsibility to complete two/**four** loops prior to returning to transition. Timers/Volunteers will be at the **loop check point** to try to help racers make sure they do all the required loops.



Run Course

Spuntnik and Apollo

Follow the **yellow** arrows and complete 1 lap

Saturn

Follow the course and complete 2 laps





WANT TO VOLUNTEER?
GO TO OUR WEBSITE FOR INFO!

