



Wealth Management Group

Presents the 2015



triathlon + duathlon
benefiting



Rocketchix Athlete Manual

TRI: 350 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 website and race day announcements supersede this information. The website is updated more frequently and 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!
- 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 <http://www.usatriathlon.org/about-multisport/rulebook.aspx>
- Gear up for fun!

Packet Pickup

Friday April 24th 4-6 pm
Saturday April 25th 12-4 pm
The Bicycle Shop South
11060 Cloverland
Baton Rouge, LA 70809

Sunday April 26th: 5:45- 6:30 am at the Nat (reserved for out of town racers)

Please do not wait to pick up your packet on race day if it can be avoided. We will not hold up the race start for tardy racers and we can only process packet pickup at a given pace. Once transition closes at 6:45 am 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 member of a relay team (or yellow receipt/computer printed card, etc.) If you cannot verify that you are a current USAT member you will be required to buy a one day license. No exceptions. No transfers to another racer. 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.

One day licenses - can be purchased at packet pickup if you did not buy it as part of your registration. One day licenses can be upgraded to yearly licenses per the instructions on the USAT website.

Body Marking

All racers should be body marked as they enter transition. You will be marked with your race number on your arms/legs. The sticker is for your bike helmet and goes on the front. The bib must be worn in the front during the run. You are not required to wear the bib during the bike but you can if you so choose.

Timing Chips

Timing Chips: pick up on race day in front of the Natatorium. Your race number determines which chip you get so know your race number before you pick up your chip.

This chip will produce 5 splits for the race; swim/run1 (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: your race time does not start until YOU start the swim.

If you elect to quit during the event and not cross the finish line please return the chip to the Timing Tent. There will be a \$35 charge for unreturned chips.

Chips are removed when you cross the finish line.

Race Day Schedule of Events

Parking: Park in front of the Track Stadium, Tiger Stadium, Alex Box Stadium. **DO NOT PARK ON NICHOLSON** (your own car will be in your way on the course if you do). Get onsite EARLY. Lots to do and you don't want to be rushed on your big day!

5:45 am - Transition Opens/Packet Pickup Opens/Body Marking Opens/Chip Pickup Opens (in inclement weather, packet pickup/chip pickup and volunteer check in will be inside the pool).

6:00 am - Pool opens for warm-ups.

6:45 am - Transition Closes. Only volunteers allowed.

6:55 am - Line up for swim start inside the Nat., self-seeding. Have an idea what your swim time is and line up near the appropriate sign indicating that time.

7:15 am - First swimmer in the water NO LATER THAN THIS. If we are ready to start early we will have a short invocation and then GAME ON.

8:30 am – First finisher, approximately

10:30 am – Last finisher, approximately

Relay Teams

Relay teams all wear the same number on body marking. For triathlon relays the bike/runner may wait inside the pool to watch the swimmer (just make sure the biker is waiting at the bike rack when the swimmer has completed their swim). For duathlon relays, we ask that the biker wait in transition for the runner and not be out on the course.

The swimmer/first runner will run to the where the team bike is racked and give the chip to the biker. 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 hand off the chip to the runner.

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 racer (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. Our transition volunteers are just that, volunteers. Please be courteous to them as they enforce these rules. We appreciate your support in this.

Course Information

Swim/Bike/Run/Transition Maps are located on the website www.rocketchix.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). We will have signs to help get you sorted by swim time. After that just chat with the ladies around you to figure out where you go. Set yourself up for a great race by trying to seed yourself as best you can.

We will bring swim groups into the pool by seed times, for example, we will bring in the 6:00 - 7:00 min swimmers in as a group first, then come out onto the steps to call for the next group. The LSU Natatorium is not air-conditioned so it is actually cooler to wait outside if you will be seeding yourself near the end.

Depending on the number of racers, the swim start takes about an hour to get everyone in the pool. If you are not in the front of the line remember to bring a drink/snack and have your family/friends take your stuff. Family and friends are welcome inside the pool to watch you swim but will need to be mindful of where they can exit the building during the race as to not obstruct racers. We know they are excited to see you, but please ask your friends and family to be courteous to our volunteers who are trying to control traffic for purposes of keeping pathways clear.

If you elect to rest during the swim at the end of the lane (or in the middle) please stay off the wall where other racers are completing their turns. If you need to pass another racer, try not to do so at the wall due to potential collision hazards.

It is NOT necessary to touch the last wall before you exit the pool at the ladder. **You should swim directly to the ladder.**

If you wear prescription glasses and need them when you exit the pool please label them clearly and we will put them in a chair at the exit where a volunteer can assist you with retrieving them.

Any gear/flip flops left in the pool after the last swimmer exits will be removed and put on the steps of the Natatorium. Please be aware that there are typically events occurring at the Nat the same day as the race so it is best to keep track of your items or have a family member keep track of them. 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 but our racers are very considerate and supportive so just be communicative with those around you

Swim Time Estimating Chart

Time yourself for one trip of the pool for a 50 (there and back in a 25 yd or 25 meter pool).

*This is just an estimate, don't worry about getting it exactly right.

50 meter/yd times => 250 meter =>350 meter time

3:15 mins =>	17 mins =>	24 mins
3 mins =>	15 mins =>	22 mins
2:45 mins =>	13:45 mins =>	20:00 mins
2:30 mins =>	12:30 mins =>	17:30 mins
2:15 mins =>	10:45 mins =>	15:15 mins
2 mins =>	10 mins =>	14 mins
1:45 mins =>	8:45 mins =>	12:15 mins
1:30 mins =>	7:30 mins =>	10:30 mins
1:15 mins =>	6:25 mins =>	8:50 mins
1:00 min =>	5:00 mins =>	7:00 mins
:55 secs =>	4:35 mins =>	6:30 mins
:50 secs =>	4:15 mins =>	6:00 mins
:45 secs =>	4:00 mins =>	5:30 mins
:40 secs =>	3:30 mins =>	5:00 mins
:35 secs =>	3:00 mins =>	4:15 mins

On race day you will place yourself in the group that corresponds to your best guess and talk to the ladies around you. There will be some space between swimmers to start but you may encounter others swimmers as you progress on the swim course.

If you attend the last swim clinic before the race (hosted by Tiger Aquatics) you can swim a practice 350 meter swim course and obtain an estimated swim time.

TRANSITION 1:

After exiting the pool you will make a hard right to head towards the front doors of the Nat. BE CAREFUL – the ground will be slick. We will attempt to have as much coverage as we can with mats, but ask that you please watch your step. Exit the front doors of the pool and proceed down the handicap ramp and into transition to 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 on the other side of the transition area near Nicholson.

You may not get on your bike until you are across the MOUNT line on Nicholson. 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 as it is too dangerous to do handup bottles on this course. Please bring a water bottle or Camelbak with you on the bike.

The bike course will limit vehicular traffic but please yield to vehicles! If they are on the course they have a need to be there or 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 onto Nicholson Drive, proceeding into the far lane and heading south.
- Turn right on Alex Box Drive (the old, demolished one).
- Turn left on River Road.
- Proceed 5.5 miles until the bike turnaround.
- Be prepared to make a U-Turn within the width of River Road! Slow down and put a foot down if needed. Do not try to pass other cyclists close to the turn round.
- Return to Alex Box Drive, turning right.
- Turn left on Nicholson.
- Slow as you near the race site and 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.

No 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 us at the Timing Tent, turn in your chip then you may proceed out onto the run course.

Rocketchix Triathlon is sanctioned and abides by USA Triathlon Rules (attached). 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:

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:

Two miles through campus, some shade, some exposed. Run takes place on the sidewalks and streets. Heads up for crazy college kids.

Run Aid Stations - one at the run exit at transition, one at the turn around on the run course.

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 1-2 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:

Give us a big smile at the finish! Make sure you grab your finish gear as 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 pack snacks for the family or utilize onsite food trucks or concession (if we have one). We want to ensure there is plenty for all the racers, even the ones out on the course later.

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

Awards

Overall Fat Tire and Overall Road Bike Winners for Tri and Du
Age Groups 1st – 3rd place (Fat Tire and Road Tire for Tri and Du)
Relay Overall Tri and Overall Du

Awards start at approximately 10:30 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

Guillory Photography will be on hand to capture your fabulous race day exploits – get his attention and ask Mr. Guillory to take pics of you and your friends. Just remember, no matter how sweaty and bad you think you look, in 10 years you will wish you looked that good!

Other stuff

Bathrooms - you may use Natatorium bathrooms until swim portion of our race is complete. After that you will have to use the portapotties by the tennis courts. These potties are located near the run/swim exits so you can utilize them during the race as well.

Lost and Found – located on the steps of the Natatorium after the race. In my garage for 3 days after the event – then everything goes to a dumpster or Goodwill.

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

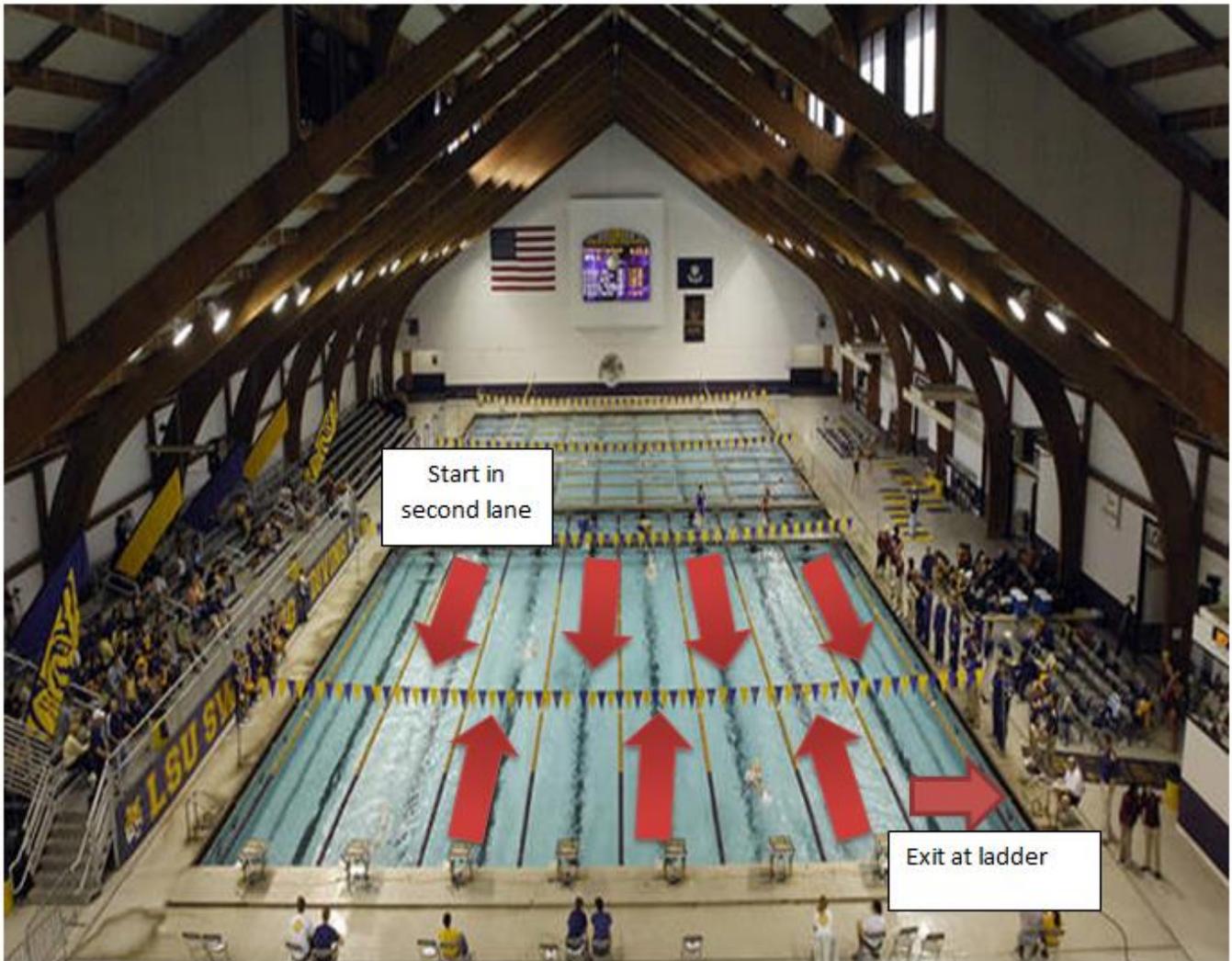
We cannot refund entry fees. This isn't because we are purchasing a vacation home in the Caribbean. It is because it takes an enormous effort and funding to stage a triathlon like ours. From LSU facility agreements, signage, food/drink, shirts, goodies, marking chalk, DJ, timing, office supplies, duty police men, volunteer support, 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.

Due to the incredibly difficult logistics of finding room on the LSU Athletic Calendar for our event, 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?!?

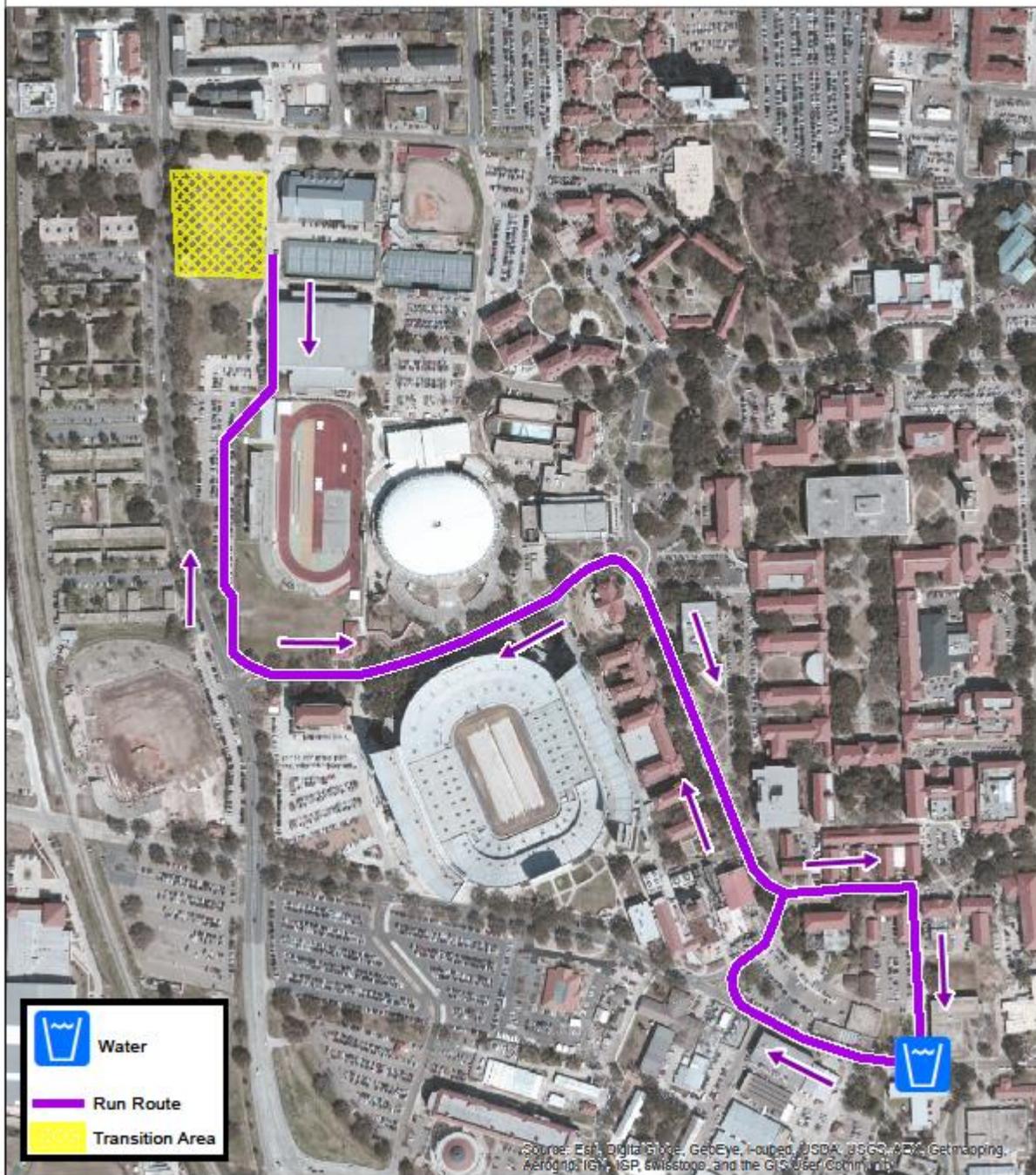
SWIM COURSE



Bike Route



Run Route



RACE-DAY CHECKLIST: What to bring to every event

GENERAL

- USAT membership card
- Photo ID
- Registration confirmation
- Directions to venue
- Course map
- Money
- Race uniform
- Race numbers and timing chip
- Sunscreen
- Sunglasses
- Anti-chafing product
- Extra clothes
- Watch

TRANSITION GEAR

- Towel(s)/Transition mat
- Water bottle(s)
- Gels/energy bars and drinks/salt tablets

SWIM GEAR

- Wetsuit
- Swim cap
- Goggles

BIKE GEAR

- Bike
- Helmet
- Bike shoes
- Bike gloves
- Tire pump
- Spare tube(s)
- CO2 cartridges
- Tools
- Bar-end plugs

RUN GEAR

- Running shoes
- Hat/visor
- Race number belt
- Socks

PERSONAL REMINDERS



Never worry about forgetting important items again. Use this checklist to ensure you arrive at your next race relaxed and prepared.

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

Variable Time Penalties

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](#)