

1.5K | 40K | 10K

RIVER ROUX

olympic triathlon
FALSE RIVER, LOUISIANA

INDIVIDUAL | AQUABIKE
DUATHLON | RELAY

2023 ATHLETE GUIDE

A LETTER FROM YOUR RACE DIRECTOR

Welcome to River Roux Olympic Triathlon!

Every year, we strive to make your race day the best it can possibly be and proud that we have made 9 years hosting a grassroots half-distance race on False River. With 2019 closing out our 70.3 distance, we are proud to host the only Olympic distance race in the Louisiana.

Our 2023 River Roux Olympic course is similar to what Louisiana Triathlon had to offer earlier this year - a self-seeded swim start, bike around the lake, and a run in downtown New Roads. All finishers can celebrate their race at the finish fest, which will have some of the best local brew available.

Many thanks go to the RKF Volunteer Board of Directors, dedicated volunteers of RKF, tremendous community support from New Roads businesses and volunteers, New Roads City Police, Wildlife and Fisheries, US Coast Guard and the Pointe Coupee Parish Sheriff's Office. Thank you for supporting River Roux Triathlon and Rocketkidz Foundation and I'm looking forward to celebrating a great Olympic distance on False River!

Sincerely,

Aimee B. Moreau, Race Director

A LETTER FROM MAYOR OF NEW ROADS, THERON SMITH

The City of New Roads is proud to host the River Roux Olympic Triathlon on False River! I welcome the hundreds of competitors, spectators, and volunteers who will be visiting our city to attend the only olympic distance race in South Louisiana. As my first year as mayor, it's been a pleasure to support active, healthy living by taking on more roles in the events produced in our city every year. We hope that athletes enjoy False River, one of the most beautiful lakes in central Louisiana, and the friendly bike and run streets in New Roads.

Located on False River, one of the Mississippi's many oxbow lakes, New Roads is populated with some of the friendliest people in the state, ranking it as one of the most hospitable cities in Louisiana. While you're here, we hope you get a chance to enjoy the rest of the city by taking advantage of staying at a bed-and-breakfast or local hotel, shopping, and enjoying some of the local eateries. You can find the Visitor's Center, located across from City Hall, and continue to explore our wonderful town! Thank you for racing local and supporting Rocketkidz Foundation.

Sincerely,

Mayor Theron Smith

A LETTER FROM POINTE COUPEE PARISH PRESIDENT, MAJOR THIBAUT

Welcome to Pointe Coupee Parish! It is a pleasure to once again host River Roux Triathlon. We look forward each year to hosting the many competitors and spectators this event brings to our beautiful area.

Pointe Coupee is much more than just False River, it is an area with a history dating back to the 1700's and I encourage you to branch out and see exactly what makes this area so special. We have something to offer everyone including shopping, outdoor activities, historical interests, and some of the most amazing restaurants in the state. Did you know that one of our local chefs recently beat Bobby Flay?

Thank you for allowing us to host this great event, and thank you for the continued support River Roux Triathlon has shown to our community. We hope your visit is memorable and that you make Pointe Coupee Parish a destination in your future journeys.

Sincerely,

Major Thibaut, Parish President of Pointe Coupee

MAGGIO



CLAYTON | FRUGÉ
WARD | HENDRY

EXPERIENCED TRIAL ATTORNEYS

3741 LA. HWY 1 SOUTH | PORT ALLEN, LA 70767
225-344-7000



Southern
BICYCLE CO.



Coca-Cola



PACKET PICKUP

FRIDAY, OCTOBER 27TH - BATON ROUGE

THERIOT DENTAL
1910 PERKINS RD.
BATON ROUGE, LA 70808
12:00PM-2:00PM

FRIDAY, OCTOBER 27TH - NEW ROADS

NEW ROADS INFORMATION CENTER
116 W. MAIN ST.
NEW ROADS, LA 70760
4:00-6:00PM

SATURDAY, RACE DAY - 5:30-7:15AM

NEW ROADS INFORMATION CENTER
116 W. MAIN ST.
NEW ROADS, LA 70760



gophysicaltherapy
WHAT MOVES YOU

ALL PACKETS WILL BE AT EACH LOCATION. PICK UP WHERE CONVENIENT.

A copy or picture of a photo ID is required to pickup another athlete's race packet.

RACE SCHEDULE

5:30AM	Transition and packet pickup opens (no race day registration)
6:50AM	Water support on the water, swim warm up starts
7:15AM	Packet Pickup closes. Transition and warmup swim closes (everyone out)
7:20AM	Pre-race announcements
7:30AM	Race Starts
7:50AM	Duathlon Starts
9:45AM	Anticipated first finisher
10:00AM	Finish Festival begins
10:45AM	Transition expected to open (closed until last bike is off the course)
11:30AM	Awards
12:00PM	Final finishers

Parkway Race Address:

211 East Main St.
New Roads, LA 70760



CLAYTON | FRUGÉ WARD | HENDRY

EXPERIENCED TRIAL ATTORNEYS

3741 LA. HWY 1 SOUTH | PORT ALLEN, LA 70767
225-344-7000

PARKING

Parking will be available at the Pointe Coupee Parish School Board:

337 Napoleon St.
New Roads, LA.

This is located just a few blocks away from transition. Parking WILL NOT BE ALLOWED ON MAIN STREET OR IN THE MORRISON PARKWAY LOTS (lots in the Morel's and Satterfield's Restaurants). Cars parked on Main St. or Morrison Parkway WILL BE TOWED at the owner's expense.



NEXtera[®]
ENERGY 
RESOURCES

RACE CLASSES

INDIVIDUAL

Athletes registered for the olympic distance triathlon will compete in age group division for ages 16 and up. Age group participants will be awarded as 1st, 2nd, and 3rd to males and females with a 5-year band up to age 75.

Overall male and female will also be awarded for 1st, 2nd, and 3rd. The top female and male for masters and grand-masters will be awarded.

RELAY

Relay teams may consist of 2-3 members, male, female, or co-ed. Upon entering T1, the swimmer must 'tag' the cyclist, at which point the cyclist may unrack the bike and exit transition. During T2, the cyclist must rack their bike, then 'tag' the runner, at which point the runner may exit transition. Athletes cannot have a time advantage by having a bike unracked ahead of the swimmer coming in or begin running before the bike is racked.

AQUABIKE

Those competing in aquabike will begin with all other athletes in the self-seeded swim start. Athletes will only do the swim and bike portion of the event, following the same course. Your time will end at the completion of the bike leg of the race.

DUATHLON

Athletes competing in the duathlon division will begin on the dismount line at the exit of transition, following the same course as all other competitors. They will complete the 25-mile bike ride and 10K run. Duathletes will finish under the same finish line. Race start is at 7:50.

MAGGIO



310 NEW ROADS ST., NEW ROADS, LA



RACE COURSES

SWIM COURSE

The swim course will be a double-loop clockwise swim that begins and ends at the floating dock. Starting at 6:50 a.m. we will have a designated swim warm up area for your use with safety personnel managing the area. The entire course is not open for warm up. Athletes will be staged in the parking lot.

We will have safety personnel on the course. You may hang on to kayaks and paddle boards to catch your breath but cannot use them to make any forward progress. Your safety is our primary concern and we urge you to raise your hand to alert safety personnel if you are in distress. Similarly, if you observe another athlete in clear distress, please stop and alert safety personnel. Upon exiting the swim course, you will run straight up the gangway of the floating dock and along the carpeted area leading to the stairs to access the transition area.



SOUTHERN BICYCLE BIKE COURSE

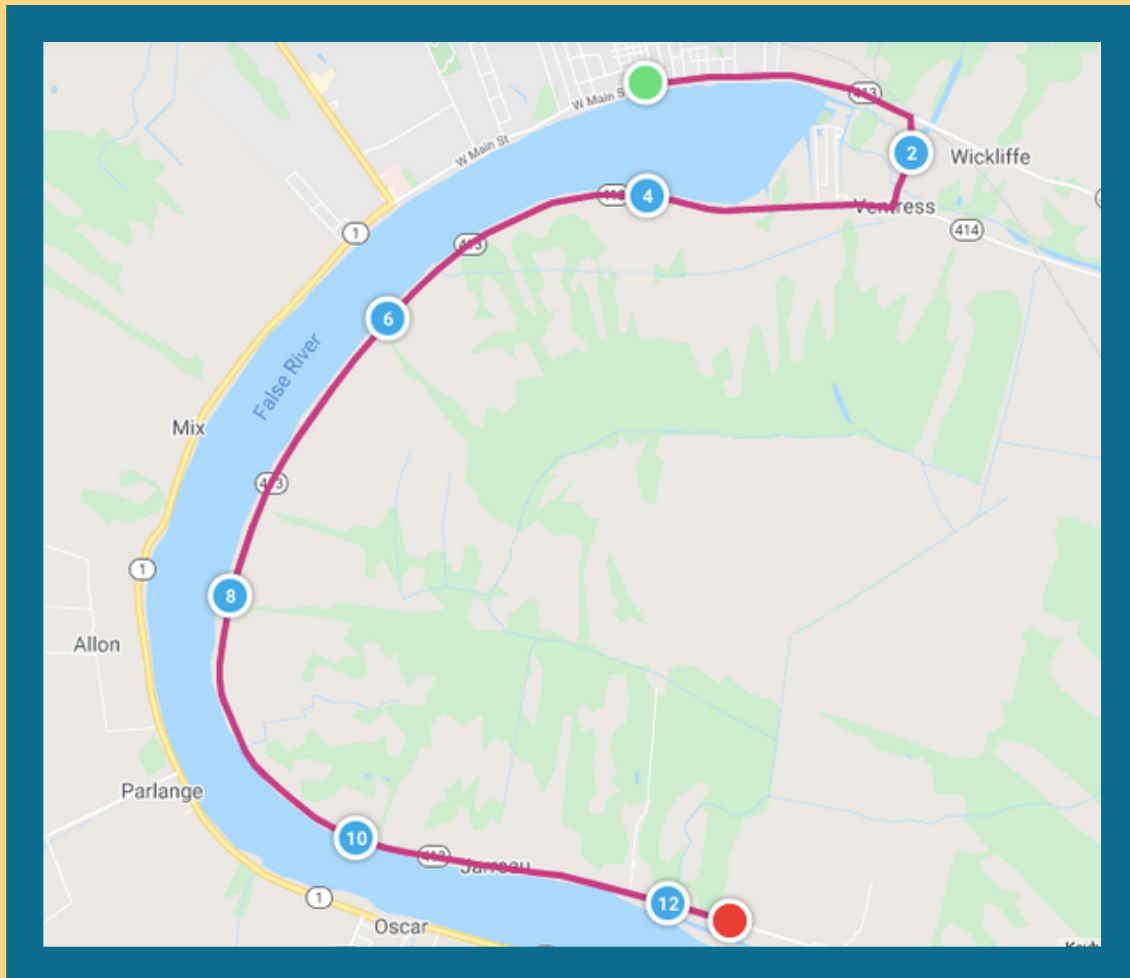
RIVER ROUX

The bike course is a flat, out-and-back course along False River. There will be no aid stations on the course. The course is not closed; however, deputies will be stationed at turns and at the turnaround.

SAFETY

Remember that all the roads on the bike course will remain open to traffic throughout the race. We will have police and volunteers at major intersections, but you are still to ride with safety as your primary priority. Every turn on the course will be marked with signs to the right side of the road, as well as orange marks in the road. **PAY ATTENTION TO THE SIGNS AND WATCH TRAFFIC.**

There will be SAG support vehicles on the bike course providing assistance with minor mechanical issues throughout the day.



Southern
BICYCLE CO.

Southern Bicycle carries bicycles and bike parts from an array of brands such as Specialized and Cervelo. They are partnering with RKF for all triathlon events by providing official race day support and complimentary water bottles to all registered athletes!! Check out their two locations!

4237 Perkins Rd.
Baton Rouge, LA 70808

615 E Prien Lake Rd.
Lake Charles, LA

VARSITY SPORTS RUN COURSE

This River Roux Olympic Varsity Sports Run Course features semi-double loop, super-flat, shaded, fast run course. There will be 2 aid stations on the course (allowing you 4 opportunities to get fluids and gels. We will be serving water, Powerade, Coke, and Gu gels (variety of flavors) at all aid stations. Loop one will be taped/markd in yellow and loop two will be taped/markd in neon green.

NOTE THAT THE SECOND LOOP IS SHORTER THAN THE FIRST LOOP!

VARSITY SPORTS RUN COURSE MAP



AID STATIONS:

- MILE 1
- MILE 3
- MILE 4
- MILE 5.5

GO PHYSICAL THERAPY TRANSITION AREA

The transition area is in the heart of Downtown New Roads, adjacent to City Hall, making it a perfect spot for spectators. Athletes will run in on the south end of transition and exit for the bike right on Main St., returning in the same direction. Run out will be on the opposite side and making a left on Main St. Run out will be on the opposite side and making a left on Main St.



COURSE CUTOFFS

SWIM - 8:35AM

BIKE - 10:30AM

RUN - 12:00PM

If, at any time, our race coordinators feel that an athlete has no chance of making the cutoff or appears to be in a health crisis, the course coordinators reserve the right to remove the athlete from the course and issue a DNF. Course cutoffs are in place to allow police officers to open intersections and clear the downtown common areas per our agreement with the City of New Roads and Pointe Coupee Parish.

BIB COLORS

OLYMPIC & AQUABIKE



DUATHLON



RELAY



AWARDS

RIVER ROUX

INDIVIDUAL

- Overall Male and Female
- Overall Masters Male and Female
- Overall Grand Masters Male and Female
- Age Group 1st - 3rd, Male and Female
- 19 and under
- 20-24
- 25-29
- 30-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74

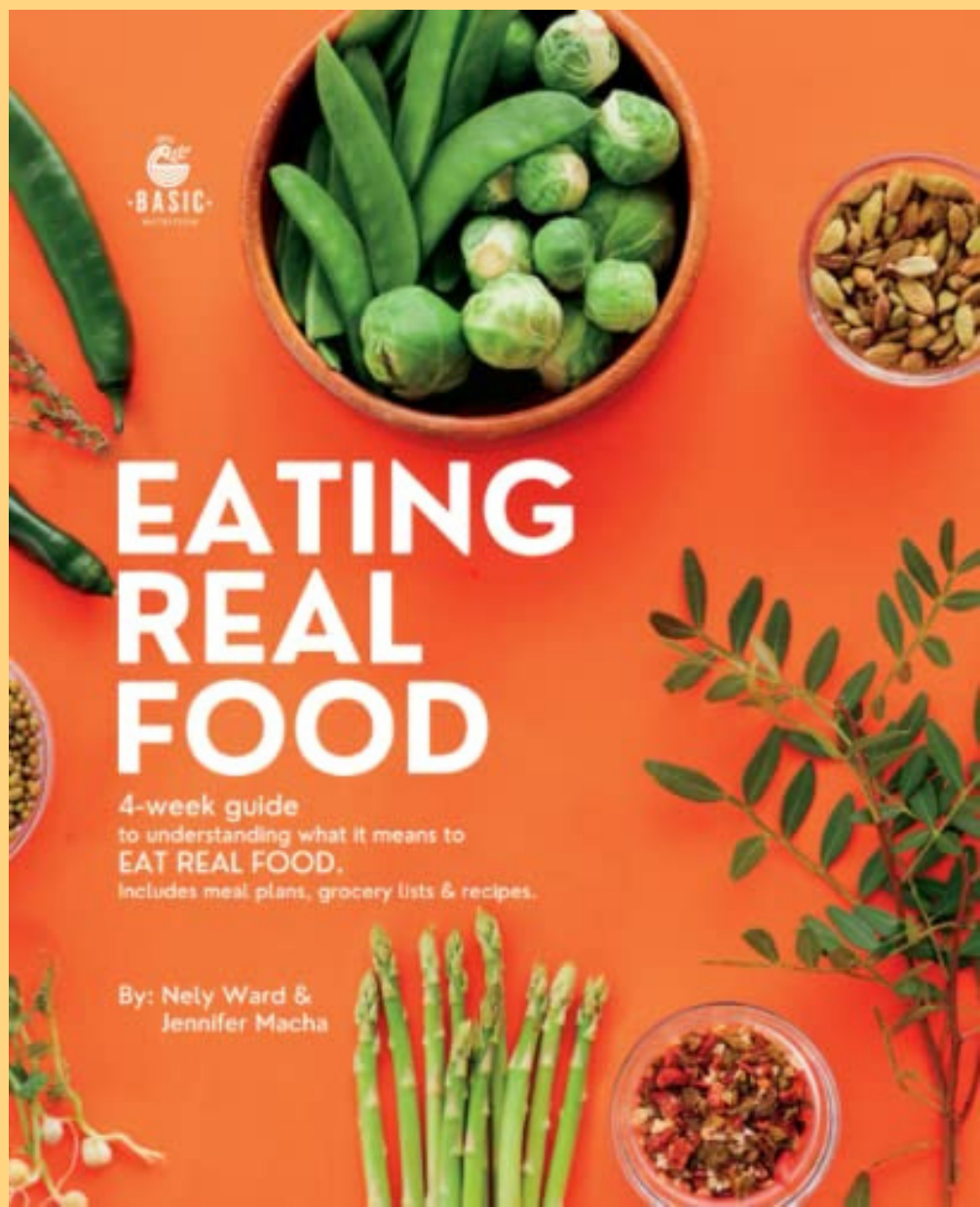
RIVER ROUX RELAY

- 1st Overall

RIVER ROUX AQUABIKE & DUATHLON

- Overall Male
- Overall Female

**AVAILABLE ON
AMAZON!**



CANCELLATION POLICY

Race day weather is unpredictable and this is an outdoor event. Our first priority is safety for racers AND volunteers. Barring an incoming hurricane, we will not make race day decisions regarding weather until close to the race start. Listen for announcements.

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 unsafe. 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?!?

Acadian Ambulance will be onsite for the duration of the event. If you have minor medical needs such as band aids please visit the finish line area and our First Aid Kit.

Refund Policy...or more accurately...lack of refund policy:

We cannot refund/defer 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 venue agreements, signage, food/drink, shirts, goodies, marking chalk, DJ, timing, office supplies, law enforcement, 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.



SPECTATOR INFO

Athletes will begin to arrive at 5:30am. During this time and race start, coffee and breakfast items will be available for purchase at Country Chef Cafe, next to Satterfield's. Please refer to the transition map to where you can watch it all happen in the transition area. Spectators can view the start in the Satterfield's parking lot. The best place to watch your athletes transition will be on Main Street, near Ma Mama's Restaurant.

Below is a timeline of when athletes will begin to arrive in transition areas:

7:30 – Race Start

7:50 – First swimmers out of the water and duathlon start

9:00 – First bike in.

9:45 – First finisher.

EAT

Ma Mama's Restaurant, located immediately across from transition, is where French bistro meets authentic Cajun. Louisiana originals are made fresh from the best produce, beef, poultry, and seafood available. Best place for spectators to watch athletes and enjoy dinner. \$\$\$

If you're up for a 15 minute drive around False River, **Bueches' Bar and Grill**, is known for great burgers, raw and chargrilled oysters on Friday nights, and live music on Saturdays. \$

Morel's Restaurant is located right next to the swim start, with burgers, salads, and much more on the menu. \$\$

Dough & Joe, located behind MaMama's, will be serving up hot coffee and breakfast starting at 6:00am at the race start.

SLEEP

Morels, The Inn on False River (Walking distance - Immediately next to transition - No worries about parking on race morning. \$65)
221 West Main Street, New Roads, LA 70760
225-638-7177

Best Western False River Hotel - Less than 5 minutes from race start. Group rates available. Call or email and use code TRIATHLON)
2125 Memorial Blvd., New Roads, LA 70760
800-528-1234
bwfalsriver@gmail.com

The Lejeune Street Guesthouse - 0.5 miles from race start
Lejeune St., New Roads, LA,
225-240-3421



MEET THE BOARD OF DIRECTORS!

CHAIR

LINDSEY LILES

VICE CHAIR

KYLE BUSEKIST

TREASURER

GLORIA WALL

SECRETARY

DANIELLE JOHNSON

MEMBERS AT LARGE

ADRIEN BUSEKIST
KELLY CARMENA
ADONICA DUGGAN
TYLER FASANELLA
HEATHER FINKE
CLAIRE WILLIS

OUR MISSION

The mission of RKF is to create and sustain active, fit and healthy children, families and communities through programming, advocacy and education.

USAT RULES

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.