

tri/du rocket chix

POINTE-MARIE

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presented by

Woman's



Saturday July 26, 2025 7AM

Race Director's Corner



Welcome to the 2025 Rocketchix Race! We are so excited to be hosting the race at Pointe Marie for our third year!

My first triathlon was Rocketchix in July of 2009. It was my introduction into the sport, and I have loved it ever since! The original race founders set the bar high with this one - an all female race that provides a great entry into the sport, while forming a sense of community at the same time. I was a Rocketchix racer for a few years and then moved on to longer distance races, including 3 Ironman finishes. My heart has always been with Chix, and I am happy to be race directing again this year.

Whether you are a beginner or an experienced racer, we welcome you to the 2025 Rocketchix Race, presented by Woman's Hospital. We are so glad you are here at the only all female triathlon and duathlon in the state of Louisiana.

A handwritten signature in black ink that reads "Lindsey".

Lindsey Liles

Rocketchix Race Director

RKF Board Members

Board Chair - Kyle Busekist
Board Vice Chair - Heather Finke
Board Secretary - Melissa Singletary
Board Treasurer - Gloria Wall
Board Members at Large - Adrien Busekist, Kelly Carmena, Tyler Fasanella, Christine Gauthreaux, Kelli Kirkland, Stachia Marioneaux, Angela McGhee



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

Introduction

This guide is meant to acquaint you with the race, race site, course and general information. Please note that the Rocketchix Facebook and Instagram pages and race day announcements supersede this information. The Rocketchix Facebook and Instagram pages are updated frequently with breaking information. Any race day announcements at the 6:40am meeting will supersede all other documents or information.

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

Race Day Checklist

- Print USAT race day checklist (See VENUE info page)
- 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 your local bicycle 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 for packet pickup (you do not need to show your USAT card)
- Learn the rules for USA Triathlon

Sponsors



Woman's 



Packet Pickup

Friday 7/25/2025 11am-2pm

Woman's Center for Wellness
9637 Jefferson Hwy
Baton Rouge, LA 70809

Woman's 



RACE MORNING

Saturday 7/26/25 5:30am-6:30am

Pavilion at Pointe Marie
14200 River Road
Baton Rouge, LA 70820

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You may pick up a packet for a friend if you have a copy of their ID!!

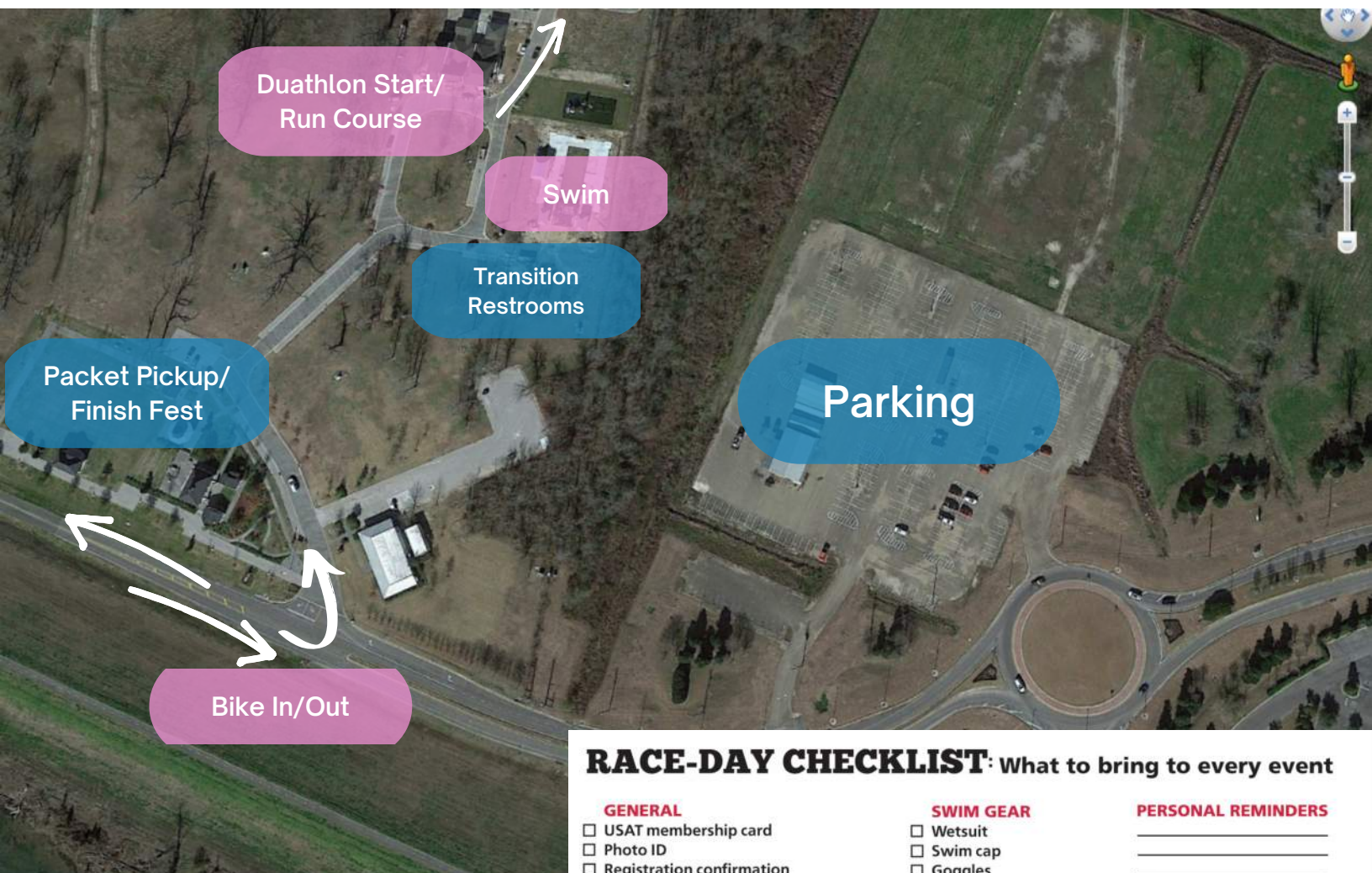


If you have to pick up your packet on race day, please try to arrive early to give yourself time to get through the line and get set up. Transition closes at 6:40 a.m. and we will not allow late racers in the Transition area.

Legal Stuff: You must show your photo ID. You can pick up a packet for a friend if you have a copy of their ID to show.

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.

Venue



Venue Address:
14200 River Road
Baton Rouge, LA 70820

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.*

Schedule

- 5:30A - Transition Opens/Packet Pickup Opens/Body Marking Opens.
- 6:15-6:30A – Warm-up swim.
- 6:30A - Packet pickup closes.
- 6:40A - Transition closes. Only volunteers allowed.
- 6:45A - Final Announcements and Athlete Briefing
- **6:45A - Ainsley's Angels Athlete Start**
- 6:55A - Duathletes report to Mount/Dismount Line
- 7:00A - First swimmer in the water. Duathlon starts first run.
- 8:00A – First finisher, approximately
- 9:00A - Awards, approximately



Parking

All racer parking is at Casino Overflow lot, across from L'Auberge Casino!
If you ride your bike to transition, you must have a helmet on.



General Info

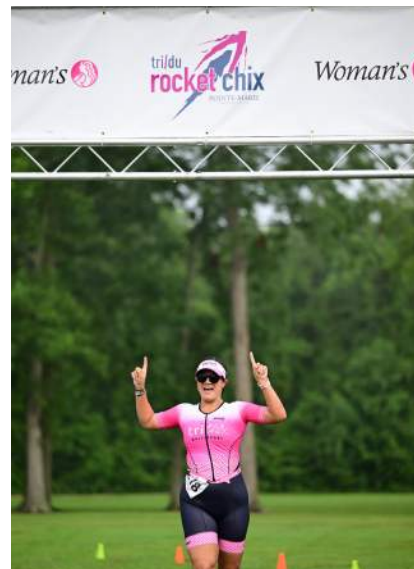
Body Marking/Bike Stickers/Bibs

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.

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 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. **Only registered Rocketchix athletes are allowed in the transition area.**

NOTE: 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.

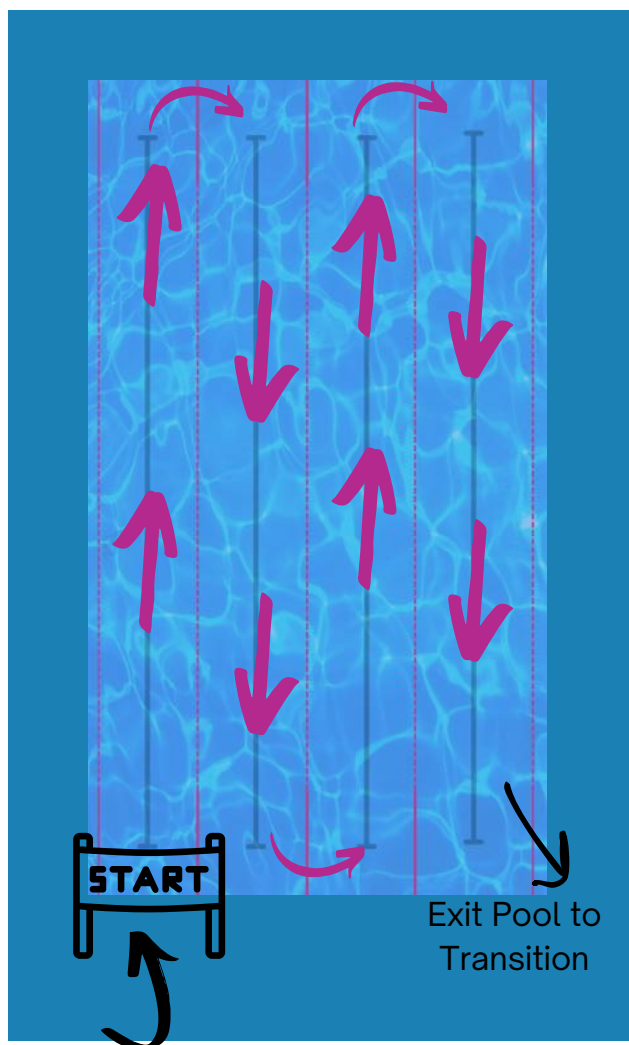


Timing Chips

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. Please review your race results and report any issues to the timing tent at the finish line. ****Note: triathlete's 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 remove your chip and notify the race director or a volunteer immediately.**



Swim



The swim course is a 4 lane, 25 m pool. The total swim is 100 yards (you exit just short of the last lane end). Swimmers will enter and exit on the same side of the pool.

Race volunteers will start racers one at a time, with 5 seconds between each racer.

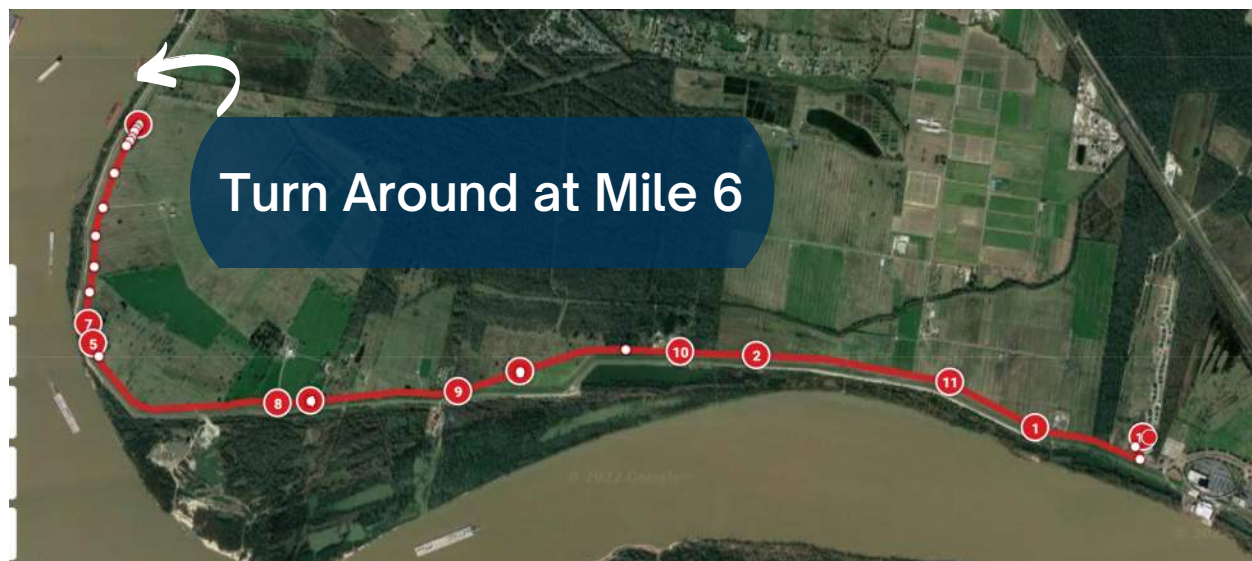
Your swim time starts when you enter the pool.

At the end of each lane, the swimmer will go UNDER the lane rope at the wall, then proceed down the next lane.

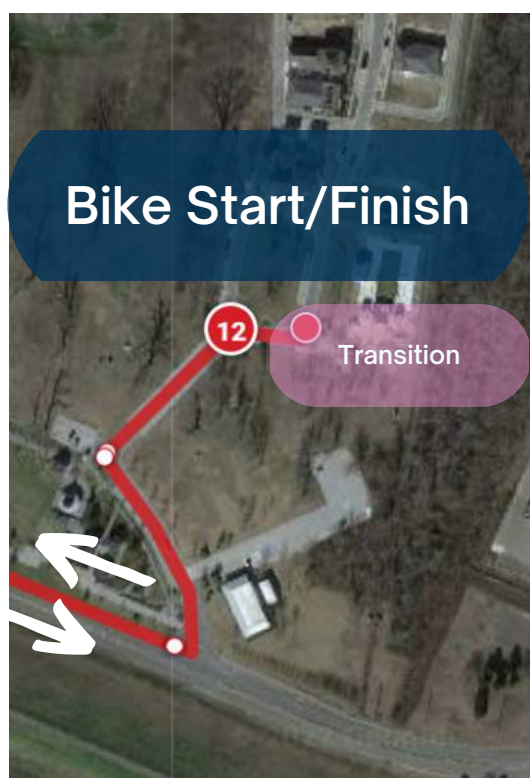
Once you exit the pool area, make your way out of the pool deck, enter the transition area and head to your bike.



Bike



The bike course is a 12 mile out and bike course on River Road. There is no aid station on the bike. Plan to carry your own hydration.



The bike course coordinators and/or police will attempt to control traffic at the intersections and turn around, 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.

Bike

Turn by Turn Directions

- Leave transition and mount the bike PAST the mount/dismount line. This will be marked and staffed with volunteer.
- Turn left towards the neighborhood exit.
- Turn right on River Road, heading West.
- At Mile 6, there will be a police officer and a cone marking the turnaround. Use caution at this turnaround and slow your speed as required.
- Proceed 6 miles back to Pointe Marie.
- Turn left at the Pointe Marie neighborhood entrance.
- 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.

Run Course



Turn around
near Mile 1

All Triathletes & Duathletes 2nd Run

ONE LOOP COURSE - The run course consists of an out and back course in the neighborhood. At the north side of the course, you will be running on packed gravel for a short section. There will be an aid station at the exit of transition and one near the turnaround on the gravel.



To Finish Line!

Start Run

 Water station

Duathlon

The Duathlon course will consist of a **1** mile run, 12 mile bike, followed by another 2 mile run to the finish. **NOTE!!! THIS IS DIFFERENT THAN PREVIOUS YEARS!!**

Run 1

Duathletes will start the race at the bike Mount/Dismount Line immediately outside of transition. The athletes will run an out and back for a **total of 1 mile**. After the 1 mile, head to transition (instead of the finish line) to start your Bike.

Bike

Duathletes will enter transition and get ready for the bike. All racers will use the same 12 mile bike course shown above. Reminder, there are no aid stations on the bike portion of the race course.

Run 2

Duathletes will enter transition and head out for Run 2. This course is the same 2 mile course shown above.

ATTENTION

Duathletes - your race will start **PROMPTLY** at 7am at the mount/dismount line immediately outside of transition (there is no timing mat here). We will have a race official start the race at the same time as the first athlete enters the water.

Finish Fest



Photos

Smile for the camera as you cross the finish! All race photos are FREE and will be available for download after the race. You will be notified via email when they are ready for download.

Food

Post Race food and snacks will be provided. Food and mimosas will be located under the covered Demonstration Kitchen. To ensure we serve all racers, note that food is for athletes only.

Awards

Overall Tri Winner
Overall Tri Masters Winner
Overall Tri Grandmasters Winner
1st through 3rd place for Age Groups for Tri

1st through 3rd place for Overall Duathlon Winners

Event Policies

Refund Policy...or more accurately...

Lack of Refund Policy

We cannot refund entry fees. This is because it takes an enormous effort and funding to produce a triathlon. From timing, signage, food/drink, shirts, goodies, marking tape, office supplies, sheriffs, venue cost, volunteer supplies, bike racks, trash, bib numbers, permits, sanctioning fees, 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 timing chip.

No Rescheduling

Due to the incredibly difficult logistics of putting on a race, we will not reschedule in the event of unforeseen cancellation. 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. 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!!

Rules

USAT Rules

Rocketchix Triathlon is sanctioned and abides by USA Triathlon Rules for Non-Draft Legal Races. 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 striped shirt).

NO use of phones, music, or headphones. You will be disqualified if you use these devices during the race on the bike or the run. This is a USAT rule. We know, bummer, but for a few miles you can do anything!

Please be mindful of cleanup of transition area at the end of the race. We want to leave Pointe Marie cleaner than we find it! Do not toss any gels, bottles, or cups anywhere on the course except at designated aid station trash.



Speaking of rules, a copy of USAT's most commonly violated rules can be found by scrolling to the bottom of this website found [here at this link](#).

DO YOU HAVE WHAT IT TAKES TO BE AN ANGEL?



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Ainsley's Angels in Baton Rouge is spreading inclusion through endurance events and we need YOUR help!

Actively looking for new:

- + Rider Athletes
- + Angel Runners
- + Volunteers to help organize, fundraise, and maintain equipment to keep smiles on faces
- + Sponsors

Contact us today at Batonrouge@AinsleysAngels.org



venmo



SCAN THE QR CODES TO CHECK OUT OUR VIDEOS! LEARN MORE ABOUT THE AINSLEY'S ANGELS FAMILY AND HOW TO GET INVOLVED TODAY!



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Baton Rouge



Athlete Guide

Thank You!



Rocketkidz Foundation



www.rocketkidz.com

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