



JULY 18, 2026



2026 Athlete Guide

— Race Director's Corner —



Welcome racers to the 19th year of Rocketchix - Louisiana's only all-female triathlon and duathlon here in the capital city! We have racers ranging in age from 13 to 76, representing 24 Louisiana parishes along with our gulf coast friends from Alabama, Florida, and Texas!

This is a picture of me after finishing the 2015 Rocketchix. A newbie then and now as Race Director! While I've been a long time volunteer, taking over from Lindsey Liles has deepened my appreciation for all of the work that transforms the Pointe-Marie neighborhood into a triathlon/duathlon!

Rocketchix is a grassroots race supported by a 100% all volunteer board. Our sponsors and volunteers help keep costs reasonable. Please thank anyone helping out and consider volunteering for any of the five triathlons the Rocketkidz Foundation hosts each year. All proceeds go towards our grant program supporting active, fit, and healthy lifestyles.

Cheers to you and welcome to the 2026 Rocketchix Triathlon and Duathlon at Pointe-Marie Neighborhood presented by Woman's Hospital.

It's a great day to be a Rocketchix!

RKF Board Members

Board Chair: Kyle Busekist

Board Vice Chair: Heather Finke

Board Secretary: Melissa Singletary

Board Treasurer: Gloria Wall

Board Members:

Adrien Busekist, Josh Crowdus,
Tyler Fasanella,

Allie Foreman, Danielle Johnson,
Kelli Kirkland, and Angela McGhee

Heather Reggio Finke

2026 Rocketchix Race Director

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

Introduction

The **2026 Rocketchix Athlete Guide** acquaints racers with race instructions, race course, and general information.

On Race Day, be sure to stay up to date via Rocketchix Facebook and Instagram pages for Day of Announcements rather than the Athlete Guide.

Athlete Briefing at 6:40AM supersede all other documents and announcements.

Last minute course changes will be announced at Athlete Briefing, if applicable.

Race Day Checklist

General

- Photo ID
- Medical Insurance Card
- Registration Confirmation
- Directions to Pointe-Marie
- Course Maps
- Race Bib, Stickers, Timing Chip & Swim Cap
- Sunscreen
- Sunglasses
- Watch
- Water Bottle
- Towel(s)

Swim Gear

- Swim Cap
- Goggles

Bike Gear

- Bike
- Helmet
- Bike Shoes (if using)
- Spare Tube

Run Gear

- Running Shoes
- Socks
- Hat/Visor (if using)
- Race Belt (if using)

2026 Sponsors

TITLE SPONSOR

Woman's 

Thanks to our 2026 Rocketchix Title Sponsor, Woman's Hospital! We're proud to partner with an organization whose mission is to improve the health of women and infants and to spotlight the Woman's Center for Wellness, an all-women's fitness community dedicated to helping women thrive at every stage of life.

Thank you to all sponsors for making this event possible!

2026 Sponsors

RACE SPONSOR



SHIRT SPONSORS



IN-KIND SPONSORS



gophysicaltherapy
WHAT MOVES YOU



Thank you to all sponsors for making this event possible!

Packet Pickup

Friday, July 17

DAY BEFORE

strongly encouraged

11:00 a.m. to 2:00 p.m.

Woman's Center for Wellness

(not Woman's Hospital)

9637 Jefferson Highway

Baton Rouge, LA 70809



Saturday, July 18

RACE DAY

5:30 a.m. to 6:30 a.m.

Pavilion at Pointe-Marie

14200 River Road

Baton Rouge, LA 70820

Notes to Remember

You must show your photo ID for packet pickup. You may pick up a friend's packet with a copy of her ID.

Transferring your race bib is **not allowed**. Racing "bandit" under someone else's name/number will result in a permanent ban for all Rocketkidz Foundation events (for both individuals) and may result in a USAT ban.

If you have to pick up your packet on race day, arrive early to give yourself time to get through the line and get set up in Transition.

Transition closes at 6:40 a.m. - late athletes will not be allowed in Transition. **No exceptions.**

Venue



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



Timing Chips

Your race packet includes a timing chip with instructions on securing to your ankle. As best practice, place on your left ankle to eliminate interference with the chain/derailleur. Please review your race results and report any issues to the timing tent at the finish line. Please note: your race time does not start until YOU start the swim. If you elect to quit during the race and do not cross the finish line, please remove your chip and notify the race director or a volunteer immediately.

Body Marking/Bike Stickers/Bibs

All racers are body marked when entering transition. Your arms are marked with your race number and your leg is marked with your age at the end of the year. Your race packet includes two bike stickers: one small sticker for the front of your helmet and one larger sticker for the bike frame. Your race 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 and belongings. Space is limited, the more stuff you bring the more difficult to organize efficiently. Keep it to essentials and remember to LABEL everything. Only registered Rocketchix athletes are allowed in the transition area.

NOTE: The transition area re-opens only when the last biker is on the run course, 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.

Transition is 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.

Transition

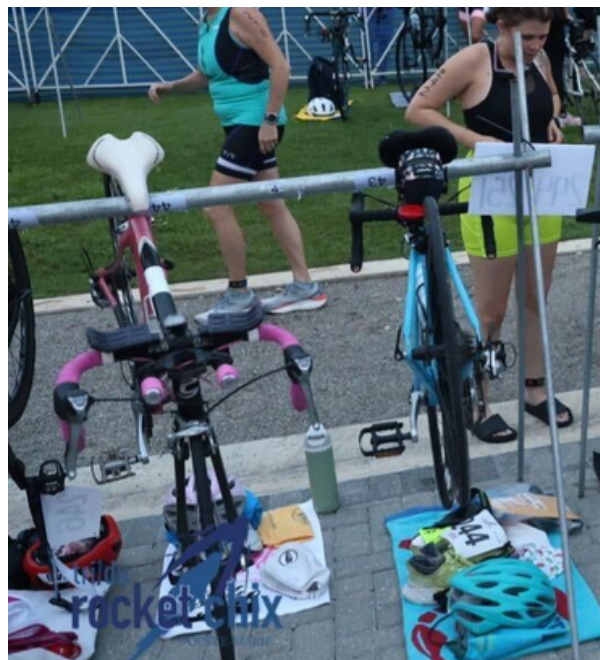
Transition is a secure, structured zone set up for athletes **ONLY**. It is the physical location where athletes change gear between swimming, cycling, and running.

Racers are assigned a specific number that corresponds to a bike racking system with a tiny area of ground to lay out gear. Space is tight but crowding is part of the fun! Be kind and keep your area contained when using your space. Arrange your gear in your space (next to or underneath your bike).

Transition opens at 5:30am and closes at 6:40am - late athletes will not be allowed in Transition. No exceptions.

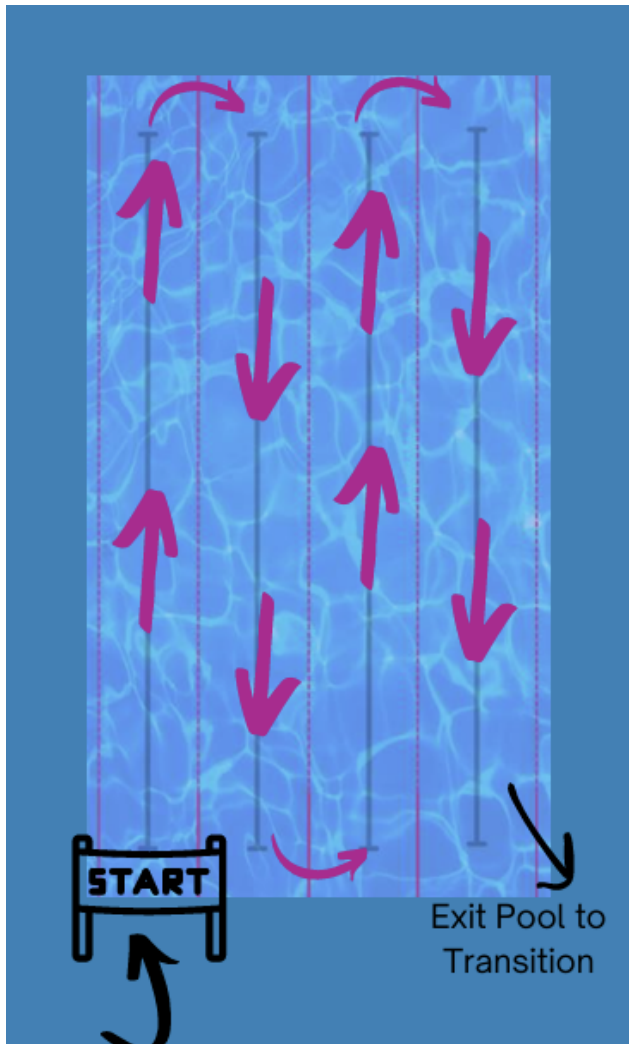
Transition re-opens after the last biker is on the run course. No exceptions.

TIP: Athletes typically place a small, bright towel under their equipment so their spot is visually easy to locate when they come in tired and out of breath.



Example of a good set up

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.

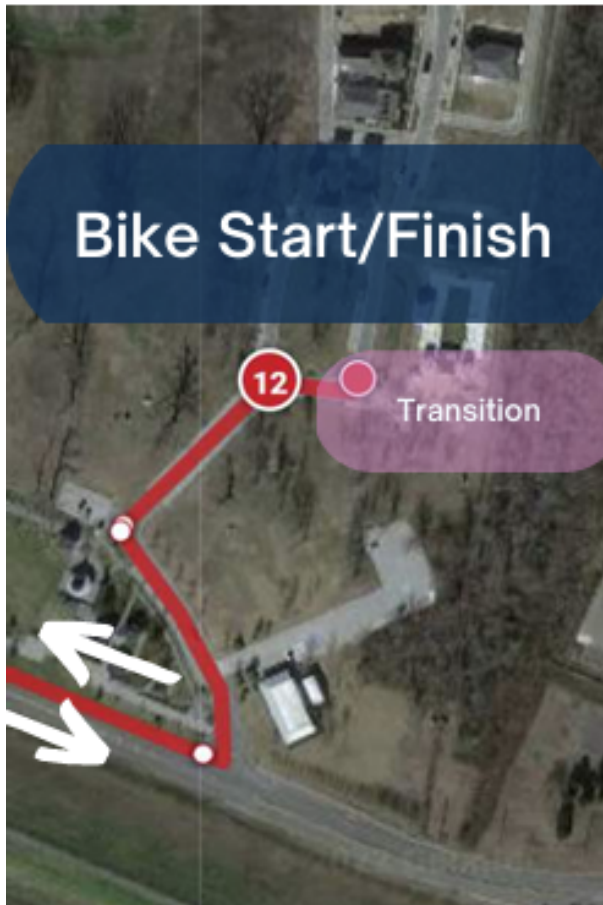
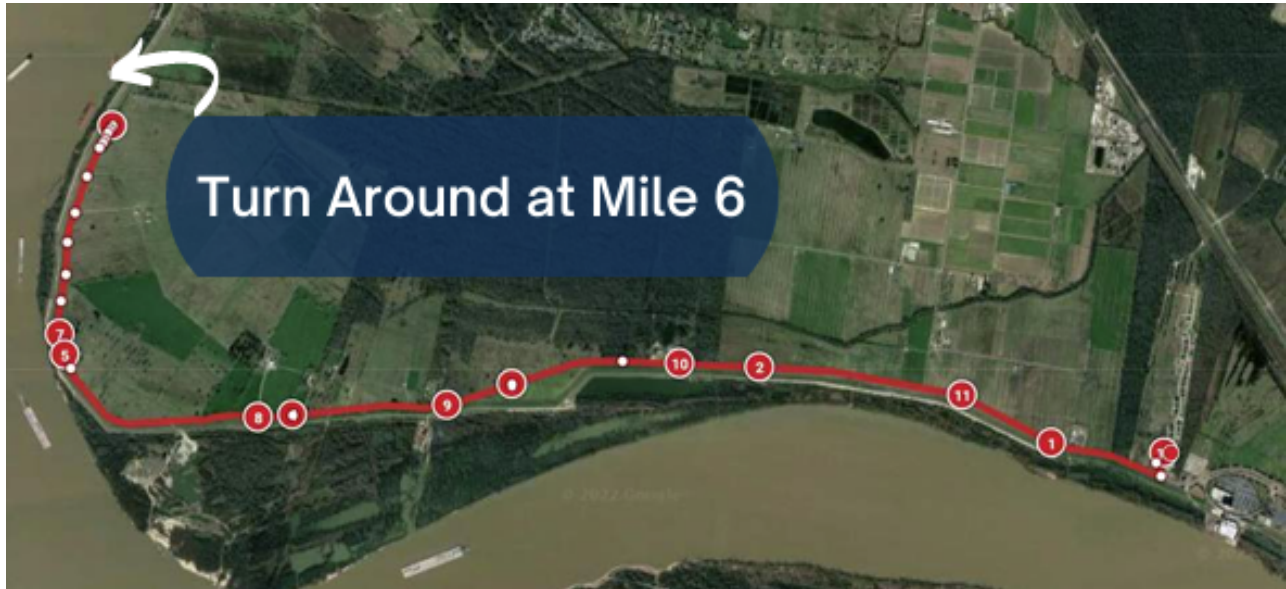
Your swim time starts when you enter the pool. **No diving!** Racers must jump into the pool feet first.

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 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.

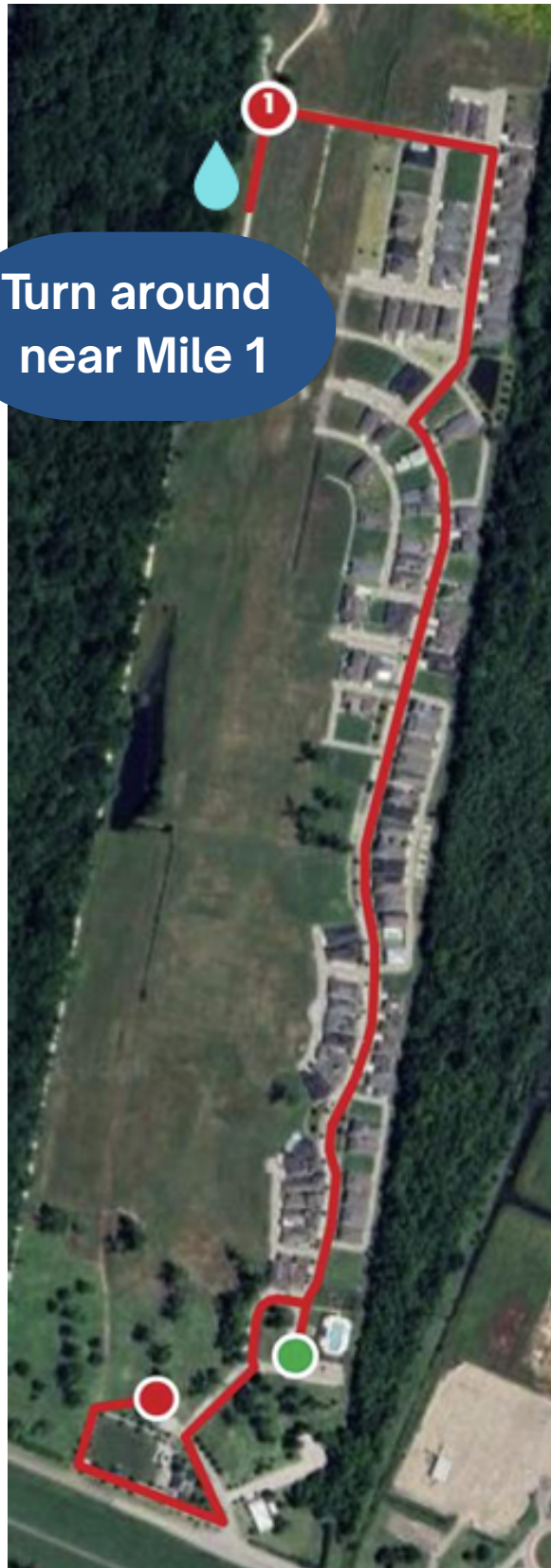
BEFORE the dismount line, please get off your bike and be mindful of others coming in behind you. Run with your bike into transition, returning to your assigned spot.

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.



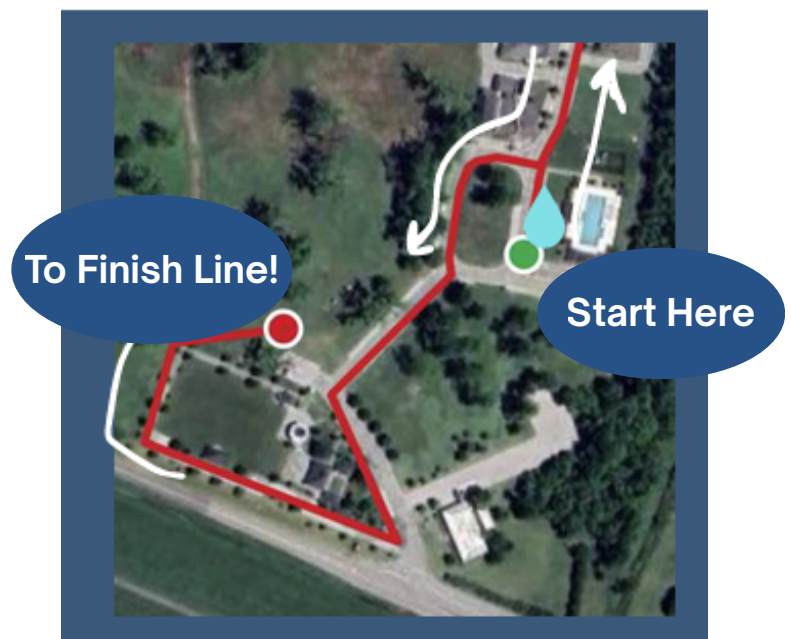
Run Course



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.



Duathlon

The Duathlon course will consist of a 1 mile run, 12 mile bike, followed by another 2 mile run to the finish.

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, 2nd & 3rd place for Age Groups for Tri
 1st, 2nd, & 3rd place for Overall Duathlon

Event Policies

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 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. A decision regarding cancellation due to weather will not be made until START TIME on RACE DAY.

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, all proceeds from the event go to the Rocketkidz Foundation.

All proceeds from our events are used to fund area programs that promote our mission.

Rules

Rocketchix Triathlon is sanctioned and abides by USA Triathlon Rules for Non-Draft Legal Races. Athletes are responsible for understanding ALL of USAT rules. If you receive a penalty or disqualification, you may discuss this with the USAT Official on site.

8 Commonly Violated USAT Rules

1. Helmets & Chinstraps: Helmets must be worn and securely fastened while in possession of your bike.
2. Non-Draft Legal Bike Position: Athletes must ride right and only move left to complete a legal pass and must not block athletes attempting a legal pass. Athletes must not pass on the right. Drafting is not allowed.
3. Headphones & Communication Devices: Athletes may carry a phone but may not use communication devices of any type in any distracting manner. A distracting manner includes making or receiving phone calls, sending or receiving text messages, playing music, using social media, or taking photographs.
4. Glass Containers: Glass containers are prohibited.
5. Unauthorized Assistance: No assistance other than that offered by race support, medical officials and active participants may be used.
6. Entire Course: Athletes must complete the race course in its entirety.
7. Race Numbers: All athletes are required to wear race numbers at all times during the run. Numbers must be clearly visible at all times.
8. Race Number Transferring: Do not transfer your number to any other athlete or take a number from an athlete that is not competing.

USA Triathlon Multisport Competition Rules

Keep the Area Clean

Please be mindful to keep the transition area clean 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.

Free Gear Swap

A Gear Swap table will be set up near the transition. If you have gently used triathlon gear that you would like to donate to other ladies, please bring your items on race morning.

Thank You!



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