

MAY THE 4TH BE WITH YOU

LOUISIANA
LOUISIANA
LOUISIANA
triathlon

POWERED BY



Cleco Cajun LLC

2019 ATHLETE GUIDE

A ROCKETKIDZ FOUNDATION PRODUCTION



**WHEN YOU
FEEL LOW
ON ENERGY**



**WE SAY,
POWER ON.
YODA BEST.**



Cleco Cajun LLC

Cleco is proud to be the presenting sponsor of the 30th Annual Louisiana Triathlon, promoting health and wellness. Cleco is committed to improving the quality of life in the communities we serve and has a long history of philanthropic giving across Louisiana. We wish all athletes, volunteers and visitors a safe and successful day in beautiful New Roads.

A LETTER FROM YOUR RACE DIRECTOR

Welcome to the 30th Annual Louisiana Triathlon, presented by CLECO!

We are looking forward to another great event on False River and we are humbled to see how many of you continue to support Rocketkidz Foundation (RKF) through these events. Every year, we strive to make your race day as best as possible. The community of New Roads is excited to have you back!

Our 2019 field is ready to host nearly 500 athletes, making this year, our largest race since under the wings of RKF. In the athlete guide, you'll find details about the change in swim start, making it a safer course for the athletes, and the change back to the old bike course! After crossing the finish line, we'll be waiting for you with your finisher's medal where you can enjoy refreshments and food at the Finish Festival!

Many thanks goes to the RKF Volunteer Board of Directors, dedicated volunteers of RKF, tremendous community support from the New Roads businesses and volunteers, New Roads City Police, Wildlife and Fisheries, and the Pointe Coupee Parish Sheriff's Office. Thank you for supporting Louisiana Triathlon and Rocketkidz Foundation!! See you on May 4th!

Sincerely,

Aimee B. Moreau, Race Director

A LETTER FROM MAYOR OF NEW ROADS, CORNELL DUKES

The City of New Roads is once again proud to host the 2019 Louisiana Triathlon. I welcome the hundreds of competitors, spectators, and volunteers who will be visiting our city for one of the oldest, finest triathlons in the state, Louisiana Triathlon. Our town has increasingly supported 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, 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 our new Visitor's Center, located across from City Hall, and continue to explore our wonderful town! Thank you for racing local and supporting our community.

Sincerely,

Mayor Cornell Dukes

A LETTER FROM PARISH PRESIDENT, MAJOR THIBAUT

Welcome to Pointe Coupee Parish! It is a pleasure to once again host the Louisiana 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 the Louisiana 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

MEET THE TEAM

LOUISIANA TRIATHLON PRODUCTION TEAM

LAUREN BONNETTE & ADONICA DUGGAN // RUN COURSE DIRECTORS

JEFF GOUDEAU // BIKE COURSE DIRECTOR

TIM BENNETT // SWIM COURSE DIRECTOR

LINDSEY LILES // VOLUNTEER COORDINATOR

GLORIA WALL // FINISH LINE AND AWARDS DIRECTOR

MANDI MCCARSTLE // TRANSITION BOSS

RANDY LACHNEY // POST PARTY FOOD

MELISSA SAMUEL // PACKET PICKUP COORDINATOR

AIMEE MOREAU // RACE DIRECTOR

LOUISIANA TRIATHLON A ROCKETKIDZ FOUNDATION EVENT

Welcome to one of the oldest triathlons in the State of Louisiana - 30 years running strong!

Louisiana Triathlon was founded in 1989 by Kenny Dunaway and became part of the Rocketkidz family in 2012. Our race has grown from 70 to over 400 participants in the last six years, making it one of the largest sprint-distance triathlons in the State of Louisiana. With the sprint, beginner distance, duathlon, and relay option, there's a race for everyone!

RKF is a non-profit organization whose mission is to create and sustain active, fit and healthy children, families and communities through programming, advocacy and education, as an effort to fight childhood obesity through multisport events and camp scholarship and grant programs.

We thank you for your generous support.

WE ARE RKF

THE
COFFEE
FOR COFFEE LOVERS

See you at race start!



POINTE COUPEE

300 YEARS

PRESERVE • CELEBRATE • BUILD

1722

MISSISSIPPI RIVER COMPLETES ITS GEOLOGICAL CUT-OFF PROCESS AND LEAVES BEHIND AN OXBOW LAKE, GIVING RISE TO 'FALSE RIVER.'

1805

POINTE COUPEE IS NAMED ONE OF LOUISIANA'S TWELVE ORIGINAL COUNTIES

1875

NEW ROADS IS FIRST INCORPORATED.

2020

POINTE COUPEE BEGINS CELEBRATION OF ITS TRICENTENNIAL.

PACKET PICKUP

WEDNESDAY, MAY 1ST - LAFAYETTE - 4:00-6:00PM

GEAUX RUN
906 HARDING ST.
LAFAYETTE, LA 70503

THURSDAY, MAY 2ND - BATON ROUGE - 12:00-6:00PM

VARSITY SPORTS
2055 PERKINS RD
BATON ROUGE, LA 70808

FRIDAY, MAY 3RD - NEW ROADS - 5:00-7:00PM

NEW ROADS CITY HALL
211 W MAIN ST.
NEW ROADS, LA 70760

SATURDAY, RACE DAY - 5:30-6:45AM

RACE START

**REMEMBER PHOTO
ID AND USAT CARD!**

ONLY registered participants can pick up race packets and race bibs. ALL members of a relay team MUST pick up their own race packet and race bib. This is a USAT rule and as Louisiana Triathlon is a USAT Sanctioned event we will abide by these rules. Please **have your photo ID and USAT card** or one day license present to prove that it is, in fact, you who is picking up your packet.

RACE DAY SCHEDULE

5:30AM	Transition and packet pickup open (no race day registration)
6:45AM	Water support on the water, swim warmup allowed opens
7:00AM	Packet Pickup closes
7:10AM	Transition and warmup swim closes (everyone out)
7:15AM	Pre-race announcements
7:30AM	Race Starts (Self seeded swim start. Details below.)
8:40AM	Anticipated first finishers
9:00AM	Finish Festival begins
9:30AM	Transition expected to open (closed until last bike is off the course)
10:15AM	Anticipated final finishers
10:30AM	Awards, live music, and celebrations at Morrison Parkway

Parkway Race Address:

108 East Main St.
New Roads, LA 70760
Another way to get there...Google Satterfield's Restaurant.

Race the **ROUX**

1.2 | 56 | 13.1

SATURDAY, NOVEMBER 2
FALSE RIVER | LOUISIANA
RIVERROUX.COM



2019 USAT
SOUTH CENTRAL
MULTISPORT FESTIVAL



A ROCKETKIDZ FOUNDATION EVENT

Pick your **ROUX**

LONG COURSE*	1.2MI / 56MI / 13.1MI
THE RAJUN'	1200M / 30MI / 8.6MI
AQUABIKE*	1.2MI / 56MI
DUATHLON	56MI / 13.1MI
RELAY	1.2MI / 56MI / 13.1MI
CHARITY	LONG COURSE DISTANCE ONLY

*USAT REGIONAL CHAMPIONSHIP RACE

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. RKF has a positive working relationship with the City and merchants of New Roads. Part of that relationship means that street parking **MUST** be left for local restaurant customers and those attending Crawfish Jams.

VIPs: Parking will be available in the Guaranty Bank parking lot and will open at 5:20am. When you arrive, your concierge will be waiting for you with your parking pass to hang from your vehicle. Give them your name and they will let you know where to park your ride.

RACE INFO

INDIVIDUAL

Compete in your age group and race the full sprint distance with an 800m swim, 18mi bike, and 5K run.

RELAY

Relay teams may consist of 2 or 3 people, completing all 3 legs of the race. 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.

BEGINNER

Triathletes competing in the beginner division will start in the last wave of the triathlon. The swim will be a 400m swim and all other distances for the sprint triathlon will remain the same. See the swim section for more information.

DUATHLON

Athletes competing in the duathlon division will begin 12 minutes after race start, at 7:42. The start will consist of 2 waves, male (7:42) then female (7:44). This is a bike/run duathlon, consisting of a 18-mile bike and 5K run. The start line will be at the dismount line, at the exit of transition.

TASTE THE FEELING



THE COURSE

SWIM

The swim is a rolling start, self-seeded swim, with swimmers entering the water at the Satterfield's boat launch every 3-seconds. VIP racers will make up the first wave of swimmers, following the start of Ainsley's Angels. Full-distance and relay team athletes will follow, then beginner distance. See the following page for swim pace times.

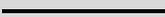
7:25am - Ainsley's Angels

7:30am – VIP's self-seeded start

7:34am - (Approximately) Sprint distance **(800M) males and females age group and relay swimmers**

7:55am – (Approximately) Beginner distance **(400M) males and females**

Swim cutoff will be 8:20, allowing for a 30-minute swim or greater for the 800m course and 25-minutes+ for the 400m course.



SWIM LINEUP

Athletes will line up according to their swim pace, which can be identified as either your average pace per 100M, or your total swim time. Swim caps coordinate with your swim pace sign color.

7:30 AM



25 VIP SWIMMERS LINE UP (NOT SEEDED)

7:34 AM

800M SWIM START | INDIVIDUAL AND RELAY



1:40 100M PACE		13:30 800M	and UNDER
1:50 100M PACE		14:45 800M	
2:00 100M PACE		16:00 800M	
2:10 100M PACE		17:30 800M	
2:20 100M PACE		18:45 800M	
2:30 100M PACE		20:00 800M	
2:40 100M PACE		21:30 800M	
2:50 100M PACE		23:00 800M	
3:00 100M PACE		24:30 800M	
3:10 100M PACE		25:30 800M	
3:20 100M PACE		26:45 800M	
3:30 100M PACE		28:00 800M	
3:40 100M PACE		29:30 800M	
3:50 100M PACE		30:45 800M	
4:00 100M PACE		32:00 800M	
4:10 100M PACE		33:15+ 800M	

1:40 <small>100M SWIM PACE</small>	13:30 <small>800M SWIM TIME</small>	3:00 <small>100M SWIM PACE</small>	24:30 <small>800M SWIM TIME</small>
1:50 <small>100M SWIM PACE</small>	14:45 <small>800M SWIM TIME</small>	3:10 <small>100M SWIM PACE</small>	25:30 <small>800M SWIM TIME</small>
2:00 <small>100M SWIM PACE</small>	16:00 <small>800M SWIM TIME</small>	3:20 <small>100M SWIM PACE</small>	26:45 <small>800M SWIM TIME</small>
2:10 <small>100M SWIM PACE</small>	17:30 <small>800M SWIM TIME</small>	3:30 <small>100M SWIM PACE</small>	28:00 <small>800M SWIM TIME</small>
2:20 <small>100M SWIM PACE</small>	18:45 <small>800M SWIM TIME</small>	3:40 <small>100M SWIM PACE</small>	29:30 <small>800M SWIM TIME</small>
2:30 <small>100M SWIM PACE</small>	20:00 <small>800M SWIM TIME</small>	3:50 <small>100M SWIM PACE</small>	30:45 <small>800M SWIM TIME</small>
2:40 <small>100M SWIM PACE</small>	21:30 <small>800M SWIM TIME</small>	4:00 <small>100M SWIM PACE</small>	32:00 <small>800M SWIM TIME</small>
2:50 <small>100M SWIM PACE</small>	23:00 <small>800M SWIM TIME</small>	4:10 <small>100M SWIM PACE</small>	33:15 <small>800M SWIM TIME</small>

actual signs →

7:55 AM

400M SWIM START | BEGINNER

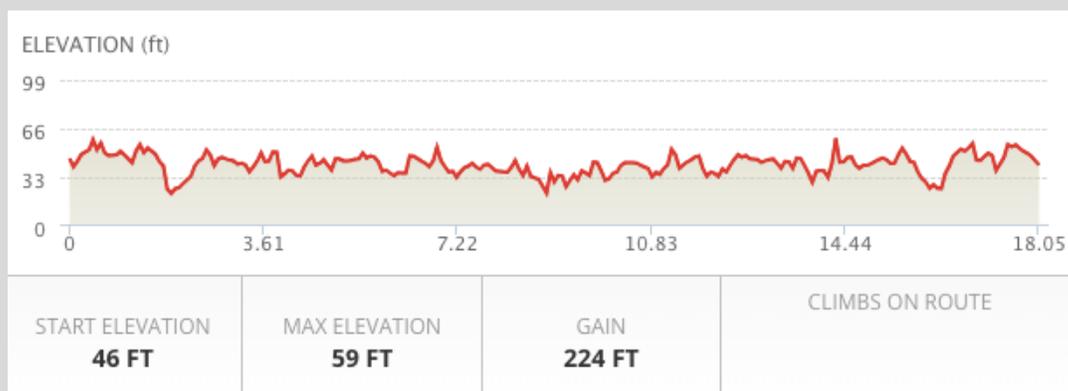
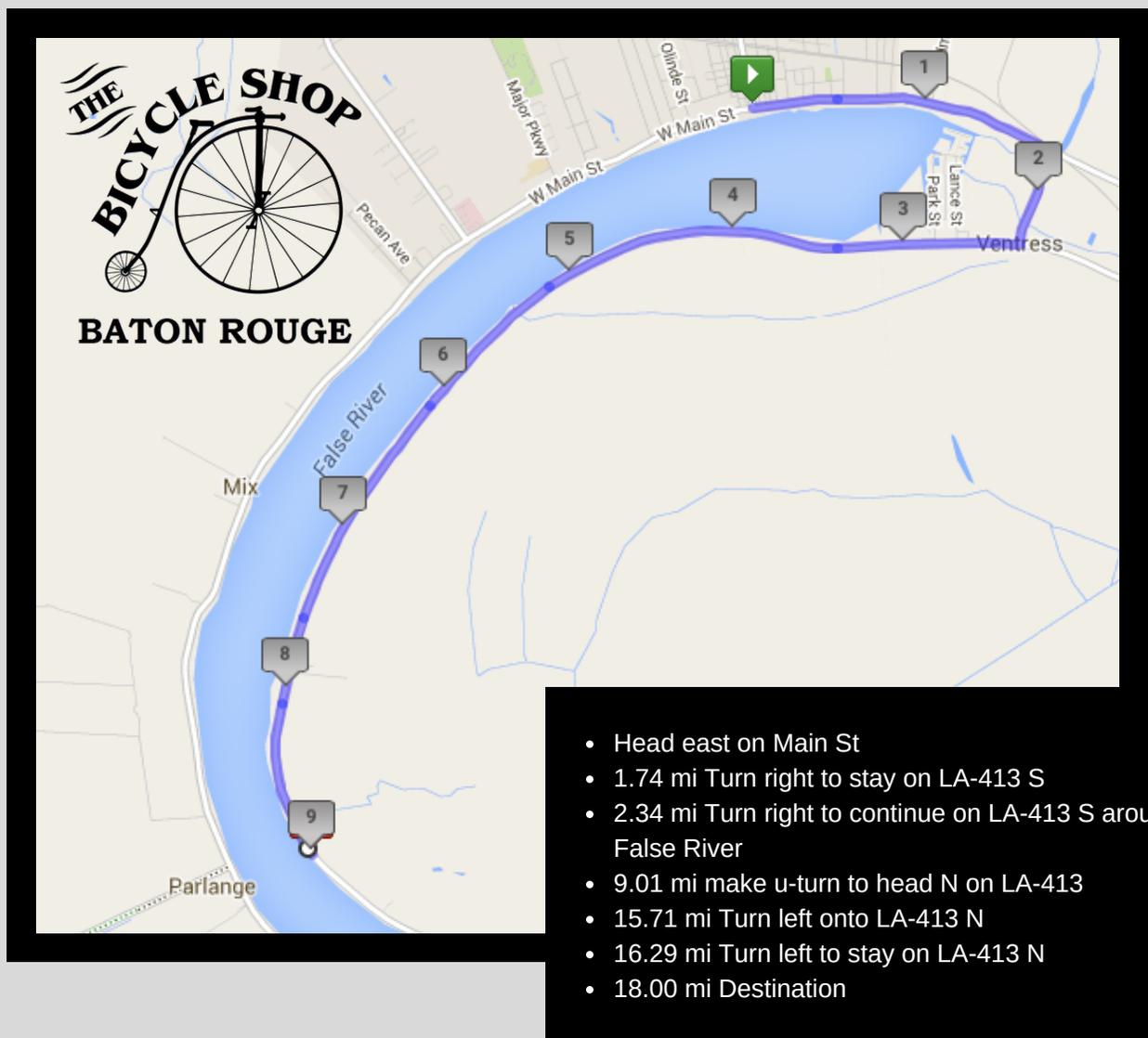


2:00 100M PACE		8:00 400M	and UNDER
2:10 100M PACE		8:45 400M	
2:20 100M PACE		9:30 400M	
2:30 100M PACE		10:00 400M	
2:40 100M PACE		10:45 400M	
2:50 100M PACE		11:30 400M	
3:00 100M PACE		12:00 400M	
3:10 100M PACE		12:45 400M	
3:20 100M PACE		13:30 400M	
3:30 100M PACE		14:00 400M	
3:40 100M PACE		14:45 800M	
3:50 100M PACE		15:30 800M	
4:00 100M PACE		16:00+ 800M	

4:00 <small>100M SWIM PACE</small>	16:00 <small>400M SWIM TIME</small>	3:00 <small>100M SWIM PACE</small>	12:00 <small>400M SWIM TIME</small>
3:50 <small>100M SWIM PACE</small>	15:30 <small>400M SWIM TIME</small>	2:50 <small>100M SWIM PACE</small>	11:30 <small>400M SWIM TIME</small>
3:40 <small>100M SWIM PACE</small>	14:45 <small>400M SWIM TIME</small>	2:40 <small>100M SWIM PACE</small>	10:45 <small>400M SWIM TIME</small>
3:30 <small>100M SWIM PACE</small>	14:00 <small>400M SWIM TIME</small>	2:30 <small>100M SWIM PACE</small>	10:00 <small>400M SWIM TIME</small>
3:20 <small>100M SWIM PACE</small>	13:30 <small>400M SWIM TIME</small>	2:20 <small>100M SWIM PACE</small>	9:30 <small>400M SWIM TIME</small>
3:10 <small>100M SWIM PACE</small>	12:45 <small>400M SWIM TIME</small>	2:10 <small>100M SWIM PACE</small>	8:45 <small>400M SWIM TIME</small>
		2:00 <small>100M SWIM PACE</small>	8:00 <small>400M SWIM TIME</small>

THE BICYCLE SHOP BIKE COURSE

The bike course will take athletes out and back around False River. The course is manned with New Roads City Police, Pointe Coupée Parish Sheriff's Deputies, and volunteers at turns. There are no aid stations on the bike course. There is an aid station at the exit of T2 for the run.



VARSITY SPORTS RUN COURSE

The run is an out-and-back course in New Roads with an aid station at the exit of transition and around mile 1 and 2. We have water and PowerAde at stations.

The cutoff for the run course is 10:30.



JULY 20, 2019
BATON ROUGE, LA

300M / 12MI / 2MI
SPRINT | DU | RELAY

GO PHYSICAL THERAPY TRANSITION

Transition will take place across from New Roads City Hall. Swimmers will exit the floating dock and continue up, into the City Hall parking lot and cross over into the transition area. Racks will be assigned by groups (ex: 1-16, 17-32, etc.); however, the groups will be first come, first served.

AINSLEY'S ANGELS:

Participants under the Challenged Athlete Division will transition in the City Hall parking lot.



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WHAT MOVES YOU

go physical therapy

WHAT MOVES YOU



BIKES | FITTINGS | GROUP RIDES

COURSE CUTOFFS

In order to be respectful of the needs of the community and our volunteers, we will have course cut-offs to ensure that the road closures end at specified times. The swim and bike cut-offs are hard cut-offs and, unfortunately, you will not be permitted to proceed to the next leg of the race if you do not make the time. Below are the cutoff times for each leg of the race:

SWIM - 8:20
BIKE - 9:50
RUN COURSE- 10:45



FITVINE

WE CRUSH GRAPES, YOU CRUSH LIFE



WE'LL BE WAITING FOR YOU AT THE FINISH!

AWARDS

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

RELAY

- 1st Overall

BEGINNER

- 1st - 3rd Male
- 1st - 3rd Female

DUATHLON

- 1st - 3rd Male
- 1st - 3rd Female



varsity sports

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CHECK OUT THE RUN CLUB
EVENTS CALENDAR!

www.varsityrunning.com



Baton Rouge | Mandeville | New Orleans

COURSE SAFETY

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.

REFUNDS

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. Please refer to the transition map to where you can watch it all happen in the transition area. Spectators can view the start near the floating dock, next to False River Paddle Club (the large blue/green building on the water). The best place to watch your athletes transition will be on Main Street, near Ma Mama's Restaurant. Then, come down to the Satterfield's parking lot to watch your triathlete cross the finish line!

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

7:30 – Race Start

7:43 – First swimmers out of the water.

8:20 – First bike in.

8:40 – First finisher.

Although we don't have spectator passes for the finish festival, the same great refreshments will be offered at The Landing and food can be ordered at the Cafe, Morel's, or Satterfield's.

EAT AND SLEEP

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.

Satterfield's Restaurant is the only restaurant in New Roads with outdoor seating available on False River and is in the finish area. The whole family can enjoy spectacular sunsets in the casual dining atmosphere on the upper deck.

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.

The Landing, a waterfront bar on False River with live entertainment, dining, and lake access, is tucked away under Satterfield's Restaurant! As a Louisiana Triathlon finisher, enjoy happy hour drinks all day long!

Country Chef Cafe, located next door to Satterfield's, will be serving up hot coffee and breakfast starting at 5:30am at the race start. They will also be open at 7:00am, with a full breakfast menu.

SLEEP

Morels, The Inn on False River

221 West Main Street, New Roads, LA 70760
225-638-7177

Best Western of False River

2125 Memorial Blvd, New Roads, LA 70760
225-618-5725

Pourciau House

109 Peach St, New Roads, LA 70760
504-202-8991 or 225-638-9178

The Lejeune Street Guesthouse

Lejeune St., New Roads, LA,
225-240-3421

Sun Perch Villa

9135 Island Rd, Ventress, LA 70783
(225) 240-2142

Best Western St. Francisville Hotel

6756 US-61, St. Francisville, LA 70775
225-635-5851



MEET THE BOARD OF DIRECTORS!

CHAIR	GLORIA WALL
VICE CHAIR	ADONICA DUGGAN
TREASURER	LINDSEY LILES
SECRETARY	TATIANA PATEL

MEMBERS AT LARGE
 ANGIE BROWN
 LORI VAUGHN
 SARA SMITH
 ADRIEN BUSEKIST
 BETSY BERNHARD
 MELISSA SAMUEL

OUR MISSION

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

BREC
rocket kidz™
ROOKIES
 triathlon
 BREC LIBERTY LAGOON

SATURDAY, JUNE 1ST
7:30AM | BATON ROUGE, LA

3-4 YEAR OLDS
 15YD SWIM / 100YD BIKE / 100YD RUN

5-6 YEAR OLDS
 20YD / .5MI / .25MI

7-10 YEAR OLDS
 20YD / 1MI / .5MI

www.rocketkidz.com
 rocketkidz foundation

rocket kidz™
 triathlon
 AMERICANA YMCA **the Y[®]**
 YMCA

SUNDAY, JULY 28TH
7:30AM | ZACHARY, LA

SPUTNIK: 6 YO
 50YD SWIM / 1MI BIKE / .6MI RUN

APOLLO: 7-10 YO
 100YD / 2MI / .6MI

SATURN: 11-14 YO
 150YD / 4MI / 1.2MI

www.rocketkidz.com
 rocketkidz foundation

USAT MOST COMMONLY VIOLATED 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:** 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.

2019 SPONSORS



CLECO

Cleco Cajun LLC

Connecting Louisiana's future.



varsity sports

Baton Rouge ★ Mandeville ★ New Orleans



gophysicaltherapy

WHAT MOVES YOU



BATON ROUGE



WE CRUSH GRAPES, YOU CRUSH LIFE



SATTERFIELD'S

RESTAURANT



**KELLERMAN
KITCHEN & BATH**



GOOD LUCK, RACERS!