



Getting Race Ready - FAQ's About Our Premier Race

Q: Is it safe for my child, who is not a confident swimmer, to enter the race?

A: Yes! Not only is the course lined by instructors from Foss Swim School and certified life guards, the max water depth is only 4 feet so kids can touch down if needed.

Q: Don't triathlons begin with a mass start?

A: Not ours. We start kids two at a time every few seconds for a less intimidating start and to spread kids out on the course.

Q: What kind of obstacles will be on the course?

A: Slip 'n Slide, Bear Crawl, Suds, and more... all make the race more fun!

Q: Is the race timed?

A: No, but that doesn't stop kids from racing as if it's the Olympics. Our race is designed to turn kids on to an incredible sport they can enjoy for the rest of their lives.

Q: What's the difference between the Mega Challenge and Super Sprint?

A: **Super Sprint:** 100-yard swim, 3 mile paved bike, 0.5 mile run with obstacles. It's perfect for first time racers and kids who love to sprint.

Mega Challenge: 200-yard swim, 6 mile bike (half on grass trails), 1 mile run with obstacles. It's designed for return racers and kids ready for more.

Q: Can we switch between Sprint and Mega on race day?

A: Yes. Super Sprint kids wear red swim caps and Mega Challenge kids wear green swim caps. We'll give kids whichever color cap they ask for at race-day check-in.

Q: Can my child race with training wheels?

A: Sorry, only two-wheelers allowed. The race is on August 20 so use the time between now and the event as motivation for your child to get the trainers off!

Q: What does my \$40 entry fee cover?

A: Each racer gets a premium UNSTOPPABLE design race shirt, race bag with goodies, custom finisher's medal, post race snacks/refreshments, chances to win prizes including a Diamondback kid's race bike, access to our Summer Training Challenge, and free participation in our two triathlon clinics for registered races. Race entry fees also cover insurance, park rentals and other expenses necessary to put on a world-class adventure racing experience for kids.

Q: Where and when are the training events to get ready for the race?

A: Yes, 2 FREE sessions for kids if you're registered for our race! World-Champ Tony Schiller, Team USA racer Kristina Swenson, and Foss Swim School will be among the pros guiding kids. Erik's Bike will be offering free bike checks at both sessions to all racers who bring their bikes.

West Metro: Mon. Aug. 8 from 6-7:30 PM at CycleHealth Headquarters (6545 Flying Cloud Drive, Eden Prairie). Come prepared to swim with Foss instructors, fine-tune bike skills, run a short course, learn how to set up and practice your transition, and get all your race questions answered.

East Metro: Mon. Aug. 15 from 6-7:30 PM at Central Pediatrics (9680 Tamarack Road, Woodbury). Come prepared to run, learn how to set up your transition, and get all your race questions answered.