



## Frequently Asked Questions

**Q: My son is not a confident swimmer. Can he still do the race?**

A: Yes. We have two Get Ready to Race Nights to help with this (see below). Plus, the swim course is lined by instructors from Foss Swim School and certified life guards, and the max water depth is 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: Why did the race move to Elm Creek Park Reserve?**

A: We have an incredible partnership with Three Rivers Park District. Their Elm Creek Park Reserve has wide paved bike trails, closed to traffic, to host our growing event.

**Q: Is the race timed?**

A: No. We want kids to love racing. By inspiring them to race with passion & joy - not pressure to win - we see more kids choose to race again and again. Our goal is to spark a love for lifelong racing and fitness.

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

A: **Super Sprint** - suggested for younger racers and first time triathletes Distance - 100-yard swim, 4.5 mile paved bike, 0.5 mile run with obstacles

**Mega Challenge** - Designed for returning racers and kids ready for more Distance - 200-yard swim, 7.5 mile paved bike, 1 mile run with obstacles

**Q: Can we switch our course choice between Mega and Sprint on race day?**

A: Yes. Just let us know at race-day check-in if you'd like to switch courses.

**Q: Can my child race on training wheels?**

A: No. Only two-wheelers allowed. Use the time between now and race day as motivation to get those trainers off! It will be the big BreakAway moment of summer.

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

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

**Q: What does my entry fee cover?**

A: Custom race shirt and finisher's medal, a race bag with goodies, refreshments, chances to win prizes including a Diamondback kid's race bike, the Summer Training Challenge sent in the mail, and option of attending two triathlon clinics at no charge. Race entry fees also cover insurance, race equipment & other expenses necessary to put on a world-class adventure racing experience for kids.

**Q: Are you having the Get Ready to Race Nights again this year?**

A: Yes. Registered racers are invited to attend one or both of our training nights on Monday and Tuesday of race week. The sessions will be led by World-Champ Tony Schiller and other experienced racers, plus instructors from Foss Swim School. Erik's Bike will also offer bike checks at both sessions to all racers who bring their bikes.

**East Metro: Mon. Aug. 14, 6-7:30 PM - Central Pediatrics (9680 Tamarack Rd, Woodbury).**

Come prepared to go for a short ride and run, learn how to set up and practice your transition, and get all your race questions answered.

**West Metro: Tues. Aug. 15, 6-7:30 PM - Elm Creek Park Reserve (meet at swim pond).**

Come prepared to swim with Foss instructors, bring your bike to ride the 4.5-mile sprint course (parents too!), learn how to set up and practice your transition, practice the run course, get all your race questions answered.

**What to Bring on Race Day - Checklist:**

- Swim Suit
- Goggles
- Swim Cap (Will be provided at Check-In)
- Bike
- Helmet
- Running shoes
- Socks
- Shorts
- T-Shirt (Race shirt will be provided at Check-In)
- Towel
- Sunscreen
- Water Bottle
- Race Bib (Will be provided at Check-In)
- Summer Training Challenge (no matter how much you have completed!)
- Cash/Checks you've collected for your 'Play it Forward' Fundraising Campaign

# HOW TO SET UP YOUR TRANSITION



**BIKE AND HELMET:** Make sure your helmet is on and buckled before you get on your bike!

**WATER BOTTLE:** Make sure you have plenty of water so you don't get dehydrated.

**SUNSCREEN:** Put on sunscreen before the race and have extra to reapply later.

**TOWEL:** A towel is useful so you can dry off after the swim and wipe your feet.

**HEALTHY SNACK:** Make sure you have a healthy snack so you can refuel in the middle of the race. A banana and granola bar are always a good choice!

**SHOES AND SOCKS:** Have your shoes and socks ready to put on after the swim.

**SWIM CAP AND GOGGLES:** Take your cap and goggles off after you finish the swim.

**HAT:** (optional) A hat or sunglasses can be nice to shield your eyes from the sun during the run.