



Frequently Asked Questions

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

A: Yes. The swim course is in the Elm Creek swimming pond and will be lined by instructors from Foss Swim School and certified life guards. For younger and shorter kids who are not strong swimmers, we suggest signing up for the Super Sprint course which is in shallow enough water for all racers to touch feet down the entire course. The Mega Challenge swim course, although mostly shallow too, has kids go through one short section with water that is between 4 & 5' deep.

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

A: Not ours. We start kids line up with their own age and gender and start two kids every 5-6 seconds for a less intimidating start. This spreads kids out making the entire course safer and more open for all.

Q: What is the course like?

A: Our host partners, Three Rivers Park District, have reserved one of Minnesota's premier parks, Elm Creek Park Reserve, for our event. The entire course takes place within the park with wide paved trails for the bike and grass trails for the run course. The main staging of the race takes place at the swimming pond.

Q: Is the race timed?

A: No. We want kids to love racing. By inspiring them to race with passion and joy - not pressure to win - we see more kids choose to race again and again. That's our goal... 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 when you check-in for the race if you'd like to switch courses.

Q: Are training wheels allowed?

A: No. Kids who still use training wheels are not yet ready to race in the BreakAway Kids Tri. We know lots of kids who wanted to do our race so badly that it motivated them to learn how to ride a two wheeler.

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 do kids get when they enter?

A: We mail the Summer Training Challenge to each racer. It includes a fun way to track each training session to motivate more summer activity and get ready for the race. Each racer is also invited to our special training night Tuesday of race week. Then at the race you get a custom race shirt, swim cap, a race bag of goodies, and the coolest finisher's. Post race there will be refreshments and a chance to win prizes

Q: When and where is the training night for the race?

A: On the Tuesday night of race week from 6-7:30 PM, we provide the perfect chance to see and practice on the actual race course. Come prepared to practice all three events. Bring a suit and goggles to swim with teachers from Foss Swim School, your bike and helmet to ride the sprint course (Erik's Bike will offer bike checks to make sure you're ready to roll - and stop), and shoes to do a portion of the run course. You will also get tips on setting up your transition zone from experienced kid racers and advice from world-champion triathlete, and race director, Tony Schiller.

Note to Parents: Naturally, we pull off the practice night with a lean crew of volunteers, so please bring your helmet and bike and plan to ride the 4.5 mile Super Sprint course with your kids.

Q: I can't currently afford to pay the full entry fee. Do you offer any scholarships?

A: Yes. Although we keep the entry fees as low as possible, we don't want finances to stop anyone from joining in on the fun. If you need scholarship support, email betsy@cyclehealth.org.