



## Frequently Asked Questions

**Q : Where does the Triathlon take place ?**

A : Elm Creek Park Reserve - [12420 James Deane Parkway Maple Grove, MN 55369](#)

**Q : What is the Race Day Schedule ?**

A :	■	Check-in Open	7:00 - 8:20 AM
	■	T-Zone Closed	8:30 AM
	■	Pre-Race Rally	8:45 AM
	■	Racing Starts	9:00 AM (MEGA followed by SPRINT)
	■	Racers Finishing	9:45 - 10:45 AM
	■	T-Zone Open for bike and gear pick-up	10:45 AM (approximate)
	■	Drawings	11:00 AM

**Q: What is a triathlon?**

A: A triathlon is a race consisting of three events - bike, swim and run. For more fun, we have obstacles as part of our run course!

**Q: My child is not a confident swimmer. Can he/she 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 lifeguards. 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. MAX WATER DEPTH

**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. For safety reasons, 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 is the Transition Zone (T-Zone) and who is allowed in the T-Zone?**

A: The T-Zone is where bikes and gear are staged on race day during the Triathlon. The T-Zone will open at 7:00 AM on race morning, parents are allowed in the T-Zone at this time to help kids get set up. The T-Zone will close at 8:30 AM and only participants and volunteers are allowed inside until the completion of the event. **The T-Zone will open to parents for removal of bikes and gear at approximately 10:45 AM**

**Q: What do kids get when they enter?**

A: We send the Summer Training Challenge to each race family via email. 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 and bib, swim cap, and the coolest finisher's medal. 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, August 13 from 6:00 - 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 Chief Motivator, Tony Schiller.

\*Note to Parents: **NEW THIS YEAR** - We will not be offering guided bike rides during the training night. You are welcome to bring your bikes and helmets and ride the bike course with your kids. We recommend printing the course map to use as your guide.

**Q: When can we Check-in for the Race?**

A: Race numbers, swim caps, and t-shirts can be picked up at Elm Creek Park at one of three options:

- Tuesday, August 13 from 6:00 - 7:30 PM
- Friday, August 16 from 5:00 - 7:00 PM (cheer on the Splash & Dash participants!)
- Saturday, August 17 (RACE DAY) from 7:00 - 8:20 AM

**Q: What should I bring on race day?**

A: The following items are **REQUIRED**:

- Swimsuit (two-piece suits are ok)
- Bicycle
- Approved CPSC/ANSI/SNELL bike helmet
- T-shirt
- Athletic shoes (no flip-flops!)
- Socks
- Swim cap and race number (provided at Check-in)

The following items are **OPTIONAL**:

- Goggles
- Nose/Ear plugs
- Water bottle
- Shorts for bike and run
- Hat/visor
- Towel for T-Zone
- Sunscreen
- Sunglasses
- Change of clothes
- Watch



**Q: My child has a disability, can he or she still participate?**

A: YES! We have a long track of record of accommodating kids with a variety of special needs. Please contact our race Director, Brian Mastel by Tuesday, August 13 at [brian@masteleventmanagement.com](mailto:brian@masteleventmanagement.com) for further discussion on how we can create a successful race experience for your child.

**Q: Can I help my child during the race**

A: Parents, guardians, and spectators are not allowed on the race course or in the T-Zone during the race. There are volunteers throughout the course that are available to provide assistance should a child need it. Parents and kids that want to race together are welcome to participate in the new Splash & Dash Friday night!

**Q: Can parents and spectators watch the event?**

A: Absolutely! Triathlon can be a difficult sport to spectate because the course is spread out, but there are areas where you can watch your child. We ask that you please be aware of your surrounding and keep clear of the race course.

**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, click [here](#) to apply.