

FREQUENTLY ASKED QUESTIONS

A promotional poster for the 2020 Kidarod race. The top left features the 'KIDAROD' logo in white on a blue background with '2020' in large, faint numbers behind it. Below the logo, text reads 'A winter adventure foot race with obstacles for kids (age 7-17) and families' and 'cyclehealth.org' with a silhouette of a family. The right side of the poster shows a person running on a snowy trail towards a 'FINISH' sign. The bottom section is red with white text: 'SAT. FEB. 22, AT FISH LAKE REGIONAL PARK, MAPLE GROVE', 'AFTERNOON DAYLIGHT & NIGHTTIME GLOW RACING OPTIONS', and 'CUSTOM BEANIES • PRIZES • MEET HUSKY SLED DOG TEAMS'.

(Google [Map](#) to Fish Lake Regional Park)

Q: What is the *Kidarod*?

It's just like the famous Alaska sled dog race - only different. We'll have racers cover a beautiful winter adventure course with natural and man made obstacles and all that mother nature has to offer mixed in. It's all about fun and finishing.

Q: How long is the race?

The full course is almost 2 miles long, and may be shortened on race day depending on weather conditions. Fun yes, but safety first.

Q: How do start sessions work?

At registration, you'll choose your preferred 30-minute starting session and start during that half hour. Please plan to arrive at the park about 30 minutes prior to your scheduled start in order to check in and get your starting instructions.

Q: Can Adults race too?

YES! New this year, all sessions are open to adults (parents, relatives, friends, mentors) who register and race alongside one or more kids.

Q: What's the kid age range?

Kids who turn 7 during the year can race the *Kidarod*, although we encourage you to have kids 8 and under race with older friends, siblings or adults. Kids 9 and older often race the *Kidarod* solo, or with siblings/friends.

Q: Can siblings/friends race together?

Yes. Sign-up for the same session and check-in together on race day to be in same flight.

Q: Is there a mass start?

No. We start a few racers at a time to spread out the course so all racers can maneuver through the obstacles at your own pace.

Q: What should racers wear?

Dress in layers to stay warm in the cold and so it's easy to peel off a layer if it's mild. **Footwear:** we've had everything from a cold packed trail to deep snow to a melting track. So be prepared for wet, muddy or fresh snow conditions. We'll give each racer our custom *Kidarod* pom hat at check-in. **Tip:** Have dry clothes ready for after the race in case you get wet, sweat a lot or even get muddy during the race.

Q: What about inclement weather?

We've seen it all: 20 degrees one year, 60 degrees the next, then a blizzard and each race was awesome. So be Minnesota tough and ready for anything. We'll adjust to keep kids safe.

Q: How do we train for the race?

We'll email the *Kidarod* Training Challenge to all registrants. Sign up early so you'll have at least 4 or more weeks to complete the whole challenge. Those who turn in a copy of your challenge results at the race will receive a bonus recognition and be entered for prizes.

Q: Will there really be husky sled dogs?

YES. Our friends from Silent Run Adventures will have their beautiful sled dog teams on hand for great photos and lots of hugs.

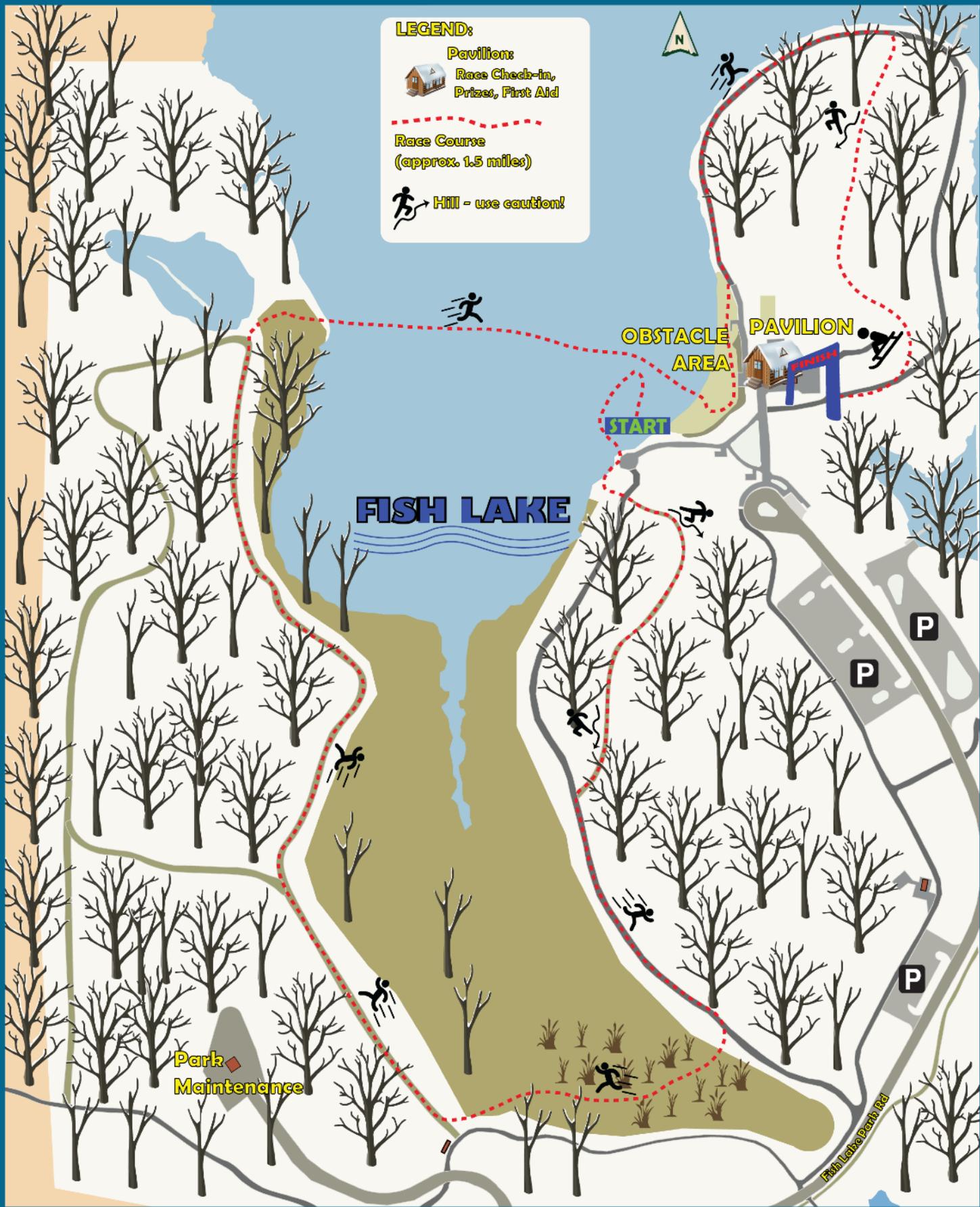
Q: Will you send out race week updates?

Yes. Follow us on Facebook for most current updates and make sure to accept email from CycleHealth into your Inbox (we'll never sell or share your email address).

To Register or Volunteer, [Click Here](#).

LEGEND:

-  Pavilion:
Race Check-in,
Prizes, First Aid
-  Race Course
(approx. 1.5 miles)
-  Hill - use caution!



Fish Lake Regional Park
Maple Grove, MN

Host Partner:

