

## FREQUENTLY ASKED QUESTIONS



### **Q: What is the Resilinator?**

**A:** It's a 2.5 mile trail race for buddy pairs with 18 obstacles/challenges along the way.

### **Q: What makes up a buddy pair?**

**A:** Pairs can be either two kids ages 7-17, or one kid (7-17) and one adult (18-99) who can be a parent, grandparent, friend or mentor.

### **Q: Can 3 people race together?**

**A:** As buddies are tethered together and the obstacles are designed for two, we suggest you find a 4th racer to form 2 buddy pairs. If that's not possible, you can race as a trio.

### **Q: What is the tether?**

**A:** It's a 2 foot long rope with big knots on the ends that each buddy pair holds throughout the race, even while conquering the obstacles.

### **Q: What kind of obstacles will we face?**

**A:** Never scary, the obstacles are designed to be fun while challenging your teamwork. Featured are balance and strength tests, bear crawls, climb-overs, games, puzzles, riddles and a resilience test to find your matching race # required in order to proceed to the finish.

### **Q: What are Resili-Zappers?**

**A:** Watch for volunteers wearing masks and capes whose job it is to make your race a little tougher. They may stump you with a riddle or hold you back if you drop your tether or don't complete obstacles cleanly. It's all in good fun to teach the lesson of persevering when life throws us a curve ball.

### **Q: How many racers are expected?**

**A:** 750 to perhaps over 1,000 total racers.

### **Q: Is there a mass start?**

**A:** No. To avoid large clog-ups on the course, we use a rolling start with a new pair starting every 10-15 seconds. At registration you'll choose a start session and then at check-in receive a bib number which guides when you start during that session. This allows us to start 120 pairs per half hour for a clean race course.

### **Q: Can two pairs start together?**

**A:** Yes. Just sign up for the same start session as your friends and check-in together to receive consecutive race #s and you can start one right after the other.

### **Q: Can we still race with friends if their start session is already full?**

**A:** Yes. Your friends may request a later start session at check-in. We suggest you go to check-in together to make sure each pair receives connective race #s.

### **Q: Is the race timed?**

**A:** No. All four CycleHealth events are non-timed. Our purpose is to create a love for life-long outdoor adventure and challenging oneself in fun ways. Our races are tough but so much fun that everyone finishes.

### **Q: What should we wear during the race?**

**A:** Most racers tend to over dress. Unless it's unseasonably cold, a light pair of pants and 1-2 layers on top with running shoes is great.

### **Q: What about inclement weather?**

**A:** Except for lightning or other extraordinary conditions, we'll race; it's all about Resilience!

### **Q: Will you send out race week updates?**

**A:** Yes. Watch and accept email from the YMCA and follow us on Facebook for current updates.

### **Q: What is CycleHealth?**

**A:** As the Adventure Racing arm of the YMCA of the Greater Twin Cities, we are dedicated to helping kids create a new cycle of health.

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



**KEY**

- W - Welcome Center (Participant Check-in)
- S - Start
- F - Finish Line
- △ - Obstacles
- C&L - Chutes & Ladders Play Area

**RESILINATOR**  
by CycleHealth

Presented by:  
**Children's**  
MINNESOTA

Host partner:  
**Three Rivers**  
PARK DISTRICT