

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 a pair can include one adult (parent, grandparent, friend or mentor - must also be registered) racing with a kid from the age of 5 to 17.

Q: Can 3 people race together?

A: As buddies carry one tether together and the obstacles are designed for two, it really works best in pairs. We suggest you invite a 4th racer to form a 2nd buddy pair - all racing together. 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 life lesson of perseverance.

Q: How many racers are expected?

A: Between 1,000 and 1,500 total racers.

Q: Is there a mass start?

A: No. We start a new pair about every 30 seconds in order to spread out hundreds of pairs over several hours of racing. This allows us to have a big race without the crowding of a big event. Spreading out the racers creates a nice and easy flow from check-in to start, through the course/obstacles, all the way to the finish line and medals. You'll choose a start session at registration and we'll guide it from there.

Q: Can two pairs start together?

A: Yes. Just have each buddy pair register for the same start session and check-in together in order to start one right after the other. Start sessions will fill up quickly, so register together.

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 does our registration include?

A: Besides a great course and fun obstacles, you'll get swag, hand-crafted medal, & snacks.

Q: What is CycleHealth?

A: Think of us as the Adventure Lab at the YMCA of the North. We're always cooking up adventures in the outdoors for the whole family.

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



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

RESILINATOR
by CycleHealth

Presented by:
Children's
MINNESOTA

Host partner:
ThreeRivers
PARK DISTRICT