



Frequently Asked Questions

Q : What is a Splash & Dash?

A : A Splash & Dash is a race consisting of two events - swim and run. For more fun, we have obstacles as part of our run course !

Q : Where does the Splash & Dash take place?

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

Q : What is the Race Night Schedule?

A :

- Check-in Open 5:00 - 6:30 PM
- T-Zone Closed 6:30 PM
- Pre-Race Rally 6:45 PM
- Racing Starts 7:00 PM (Kids only followed by Kids/Adults together)
- Racers Finishing 6:30 - 8:00 PM
- T-Zone Open for gear pick-up 7:45 PM (approximate)

Q: Who can do the Splash & Dash?

A: The NEW Splash & Dash is designed for Kids who aren't yet comfortable on a bike, but still want to participate or for parents/siblings to join their kids and race together! Kids ages 5 and 6 must be accompanied by a registered teen or adult racing partner. Ages 7 to 17 may choose to race solo or with a sibling/friend/adult racing partner.

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, the Splash & Dash swim course is in shallow enough water for all racers to touch feet down the entire course.

Q: How does the Splash & Dash Start?

A: Racing begins with Kid Only followed by Kids/Teens/Adult racing partners.

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 event takes place within the park with wide paved 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 are the Splash & Dash distances?

A: Approximately 100 yd swim and 1 mile run with obstacles

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 your running shoes are staged on race night during the Splash & Dash. Similar to a triathlon, you'll exit the water, run to the T-Zone, take off your swim cap, put on your socks, running shoes, and t-shirt before heading out to the Run Course. The T-Zone will open at 5:00 PM on race night, parents are allowed in the T-Zone at this time to help kids get set up. The T-Zone will close at 6:30 PM and only participants and volunteers are allowed inside until the completion of the event. **The T-Zone will open to parents for removal of gear at approximately 7:45 PM**

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 : Is there a Training night for the Splash & Dash like there is for the Triathlon ?

A: Yes! Our training night is 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 both the swim and the run. Bring a suit and goggles to swim with teachers from Foss Swim School, 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.

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

A: Race numbers and swim caps can be picked up at Elm Creek Park at one of two options:

- Tuesday, August 13 from 6:00 - 7:30 PM
- Friday, August 16 from 5:00 - 6:30 PM

Q: What should I bring on race night?

A: The following items are REQUIRED:

- Swimsuit (two-piece suits are ok)
- 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 run
- Hat/visor
- Towel for T-Zone
- 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 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 (unless racing with their child). There are volunteers throughout the course that are available to provide assistance should a child need it.

Q: Can parents and spectators watch the event?

A: Absolutely! The Splash & Dash 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.