

## Frequently Asked Questions

### Q: What is different about this year's triathlon?

**A: Everything.** Of all our events, the triathlon requires the most re-work to make safe in the midst of the Covid-19 reality. Gone for 2020 are all the big gatherings like lines at check-in, the pre-race rally, the procession to the beach, crowds cheering on all the kid racers, and even the transition zone packed full of kids and bikes. But what remains are the same 3 sports that make up the triathlon covering the same great course.

### Q: What is the new 2020 format?

**A:** It's three distinct activities:

1. 8-mile bike course with 8 fun stops along the way.
2. 1-mile off-road run course
3. 100-yard swim after quick personalized coaching from a Foss Swim School teacher.

### Q: What are the 8 fun stops on the bike course?

**A:** Using your adventure map, you'll navigate to 8 points of interest that ask you to do a quick activity before continuing on the bike. Stamp at finish.

### Q: What do we do once we're done biking?

**A:** Put your bikes and helmets away, and head to the 1-mile run course with beautiful wooded scenery ready for you. Get your adventure map stamped, and you've done 2 of 3 activities!

### Q: After biking and running, what's next?

**A:** Head to the swim pond where a Foss teacher will greet you, spend a couple of moments with each kid participant, and send you to the swim start to complete the 100 yards across the shallow, weed-free pond. Get your adventure map stamped for the final time as proof of completion to collect your finisher's medal.

### Q: What safety measures will you have in place?

**A:** First, you choose a start time at registration, which will naturally space out participants. We will start one family unit every 1-2 minutes on the bike course.

Second, we will limit direct contact with volunteers throughout your experience. That said, all volunteers who come in contact with participants (check-in, stamping, finisher's medals) will be wearing a face shield or mask. Same is true for Foss teachers.

Additionally, we will be cleaning all surfaces (check-in tables, etc) regularly.

### Q: What do we do when we arrive?

**A:** You will see signage directing you to the check-in area. We will guide you from there, keeping a safe physical distance.

### Q: What do we get for our entry fee:

**A:** Custom race shirt and finisher's medal, adventure map (which becomes a keepsake), swim cap (kids only), a marked course, personalized attention from ERIK'S bike mechanics and Foss Swim School teacher.

NOTE: Lower entry fee this year to account for difficult circumstances many families are facing.

### Q: Can kids participate alone?

**A:** Because of the physically distanced nature of this year's event, here are the **very specific age rules**:

**Kids 5-11** MUST be accompanied on the bike course by a registered adult participant which will be well marked but have minimal volunteer presence. Once finished with the bike portion, parents accompany kids to the run and swim portions, and may then choose whether or not to complete those sections with kids.

**Kids 12+** can either participate solo (or with friends), or with an adult participant. We ask each family of age 12+ kids to consider the maturity and independence of their kids to decide whether to participate with them.

### Q: Will you have volunteers on the course?

**A:** Yes, but not nearly to the degree as in years past. Two reasons for this: 1) to create a safe experience that limits contact with others, and 2)

because of the expanded hours of this experience, we've created the adventure map to make this year more self-guided.

### Q: Will you provide refreshments?

**A:** Water refill stations will be on the course. In order to minimize touches, we are asking all families to bring your own post-event refreshments.

### Q: What should we bring?

**A:** Here's a checklist:

- |   |                                     |
|---|-------------------------------------|
| <input type="checkbox"/> Bike*                                | <input type="checkbox"/> Snacks     |
| <input type="checkbox"/> Helmet                               | <input type="checkbox"/> Swim towel |
| <input type="checkbox"/> Run shoes                            | <input type="checkbox"/> Camera     |
| <input type="checkbox"/> Swim suit                            | <input type="checkbox"/> Sunscreen  |
| <input type="checkbox"/> Water bottle                         | <input type="checkbox"/> Bug spray  |
| <input type="checkbox"/> Watch (if you want to time yourself) |                                     |

\* Three Rivers has a limited number of adult bikes available at no charge. Please request in advance by email to: [tony@cyclehealth.org](mailto:tony@cyclehealth.org) with your start time. We will respond to your email and let you know if there is a bike available. Sorry, but no kid-sized bikes available.

### Q: What happens if there is severe weather?

**A:** The experience goes on - rain or shine. In the event of severe weather, we will notify you of any changes. The best place for updates is our [Facebook page](#).

### Q: Are training wheels allowed?

**A:** No. For safety reasons, kids who still use training wheels are not yet ready for 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. Trail-a-bikes are allowed.

