

## FREQUENTLY ASKED QUESTIONS



A winter foot race with fun obstacles for all kids ages 7-17.

cyclehealth.org

SAT. FEB. 23, AT FISH LAKE REGIONAL PARK, MAPLE GROVE  
AFTERNOON AND NIGHTTIME GLOW RACING OPTIONS  
CUSTOM BEANIES • PRIZES • HUSKY SLED RIDES

(Click for [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 planned course is up to 2 miles long, but 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 a 30 minute session that you will start during. Please plan to arrive at the park in the 30 minutes prior to your scheduled start in order to check in and get your starting instructions.

**Q: Can Adults race too?** We have a limited supply of slots for parents/grandparents who are racing with kids in the 4, 4:30 & 5 PM time slots. Then, starting at 5:30, it's all about the kids with glow racing at nightfall.

**Q: What's the kid age range?**

Kids who turn 7 this year can race the Kidarod, although for the younger kiddos we encourage they race with an adult in the family sessions. Older kids who are ready for

more of a challenge can certainly do the Kidarod racing solo, with siblings or friends.

**Q: Can siblings/friends race together?**

Yes. Just arrive together and let our check-in team know you want to be in the 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?** Please wear the new custom Kidarod hat you'll receive at check-in. Dress in layers to stay warm in the cold and so it's easy to peel off a layer if it's mild. **Footwear:** be prepared with both tennis shoes and boots so you are good to go if the track is packed down, wet or full of fresh snow. **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 mail the **Kidarod Training Challenge** to all signed up at least 2 weeks prior to the race. Those who complete the challenge and turn in a copy of your scorecard sheet will be entered for a chance to win a ride with the huskies.

**Q: Will there really be husky sled dogs?** YES. Our friends from Silent Run Adventures will join us for photos, and, conditions permitting, rides for lucky racers (see above).

**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

 **Dog Sled Tracks:**  
Turn in your Kidarod  
Training Challenge at  
Check-in for a chance to take  
your turn!

 **Race Course**  
(approx. 2 miles)

 **Hill - use caution!**

