

RACE KIT... What You Need to Know

Date: Sat. Aug. 20, 9 AM Start

Location: Lake Elmo Park Reserve, [Click for Map](#)

Q: What time should we arrive?

A: Check-in opens at 7 AM and closes at 8:30 AM.

Q: Is there a parking fee?

A: Lake Elmo Park charges \$5/car day pass.

Q: After parking, what next?

A: Bring gear and kids to check-in station (at beach house) then proceed to fenced T-Zone.

Q: How do we set up our Transition-Zone?

A: Our volunteers will guide you race morning. See design by experienced BAKT racer for set-up / checklist of what to bring.

Q: Can parents be in the T-Zone?

A: Before the race only. Once your kids get set-up, we ask parents to exit zone until racing concludes.

Q: Can kids switch course on race day?

A: YES. Race check-in volunteers will ask kids which course they will be racing and give **Mega Challenge** kids green swim caps, red caps to **Super Sprint** racers.

Q: Can kids use bikes with skinny tires?

A: Skinny works great on the Super Sprint (all paved). Skinny tires may be tougher on the Mega Challenge (includes grass trails).

Q: How do kids know where to go?

A: The course will be well marked, loaded with experienced volunteers, and very well organized. Just come, enjoy, and have fun.

Q: Is there a mass sprint swim start?

A: No. We start kids in pairs by age, gender and their selected course. This spreads kids out for a more fun and safe race experience.

Q: What is the max water depth?

A: 48" or less... perfect for strong swimmers and shallow enough to touch down if needed.

Q: Is the race going to be timed?

A: NO. We take the pressure off by focusing on the 3 F's: **Fun, Finishing & Fundraising**.

HOW TO SET UP YOUR TRANSITION



BIKE AND HELMET: Make sure your helmet is on and buckled before you get on your bike!

WATER BOTTLE: Make sure you have plenty of water so you don't get dehydrated.

SUNSCREEN: Put on sunscreen before the race and have extra to reapply later.

TOWEL: A towel is useful so you can dry off after the swim and wipe your feet.

HEALTHY SNACK: Make sure you have a healthy snack so you can refuel in the middle of the race. A banana and granola bar are always a good choice!

SHOES AND SOCKS: Have your shoes and socks ready to put on after the swim.

SWIM CAP AND GOGGLES: Take your cap and goggles off after you finish the swim.

HAT: (optional) A hat or sunglasses can be nice to shield your eyes from the sun during the run.

Q: What's ideal for race wear?

A: A swim suit/bike shorts, and our cool race shirt with custom name bib worn on front.

Q: Is there food/drink?

A: Yes. Light healthy re-fueling refreshments will be provided by PowerUp and Dasani.

Q: Is fundraising required?

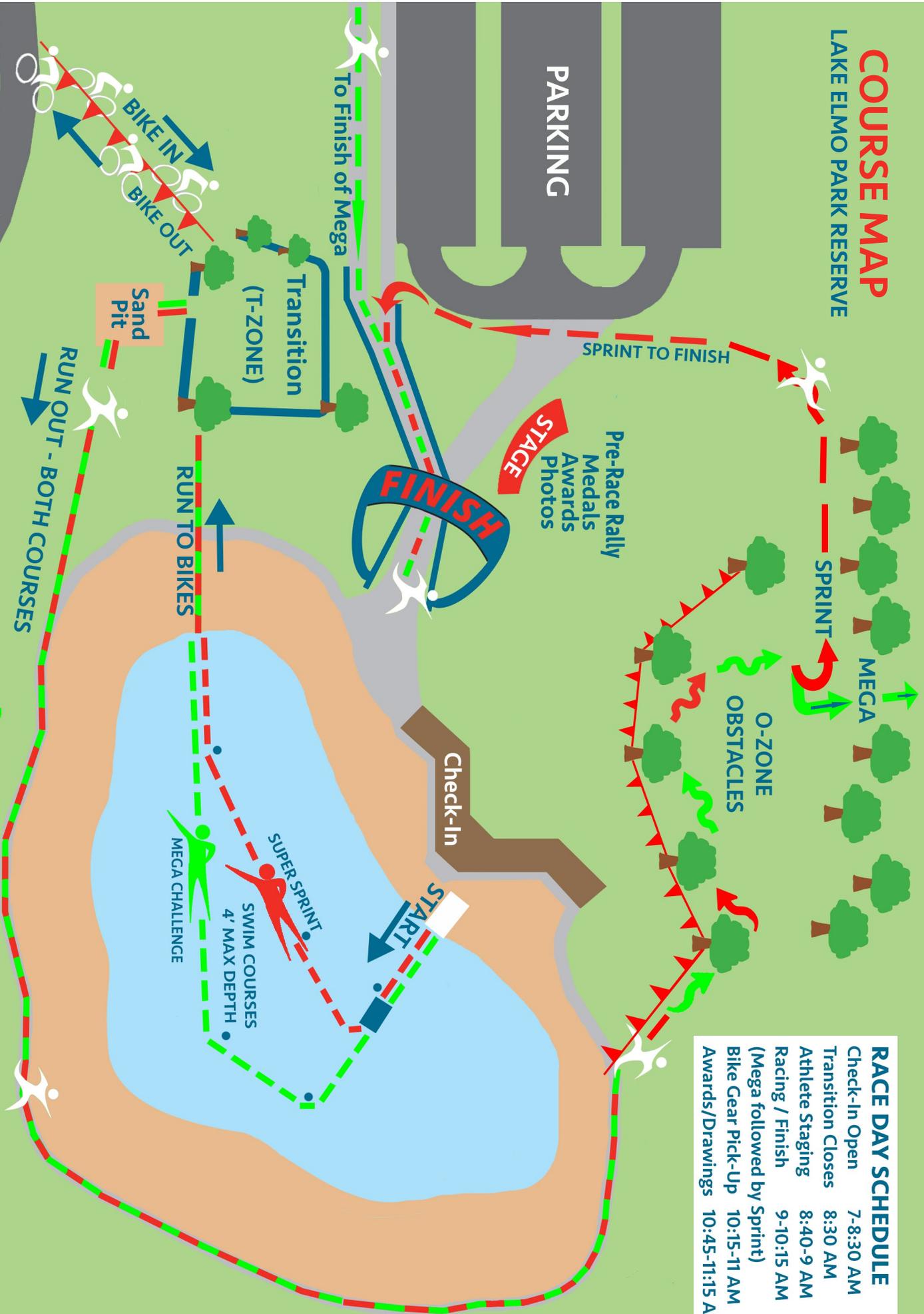
A: It's strongly encouraged. Racing for kids in need is life-changing. We call it going from Success to Significance and we recognize all kid racers in each family who raise \$300 with our custom **Flywheel Award** at the conclusion. [Raise donations online](#) or with the [Pledge Form](#).

Q: Are there any fun prizes for kids?

A: YES. All kids who turn in their Summer Training Challenge scorecard can win **Diamondback** bikes and other great prizes.

COURSE MAP

LAKE ELMO PARK RESERVE



Check-In Open	7-8:30 AM
Transition Closes	8:30 AM
Athlete Staging	8:40-9 AM
Racing / Finish	9-10:15 AM
(Mega followed by Sprint)	
Bike Gear Pick-Up	10:15-11 AM
Awards/Drawings	10:45-11:15 AM

BREAKAWAY TRI^{KIDS}

by CycleHealth