



READY FOR A BREAKAWAY ADVENTURE?

WHAT IS THE BREAKAWAY SPLASH & DASH?

It's the perfect introduction to multi-sport for both kids and adults. Racers will participate in a 100-yard shallow swim and run a mile on a course filled with fun obstacles, including running through a cloud of bubbles and sliding down a giant slip-n-slide. The S&D takes place on the same course as the triathlon — minus the bike portion — and opens up the race weekend to younger kids ages 4–6 years old who may race alongside a registered older sibling, parent or guardian.

WHAT IS THE BREAKAWAY KIDS TRI?

It's Minnesota's favorite triathlon for kids of all athletic abilities, ages 7–17. The course includes: 100-yard shallow swim, 5-mile bike on paved trails, 1-mile run with obstacles.

HOW TO CHOOSE BETWEEN S & D AND TRI?

CHOOSE S&D IF	READY FOR THE TRI
Age 4–6	Age 7–17
Still riding training wheels	Is confident on 2-wheeler
Rides 2-wheeler but a little wobbly on hills and turns	Rides smoothly on hills and through turns
Prefers to stay w/ parents	Loves to race ahead
Needs extra help to finish	Is self-determined to finish
Is nervous to race	Is excited to race
If the parents want to have fun too	The parents want to cheer them on

WILL THE RACE BE TIMED?

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 adventure.

MY CHILD IS NOT A CONFIDENT SWIMMER. CAN THEY STILL DO THE RACE?

Yes. The swim course is in the Elm Creek swimming pond and will be lined by certified lifeguards. The swim has a maximum water depth of 48" so most kids can touch all the way across the pond.

IS THERE A MASS START?

No. The tri is staged so that kids race by age group. One age group at a time will be brought to the swim start where kids line up and start a few seconds apart to create a nice flow of racers spread out on the course.

WHAT KIND OF OBSTACLES ARE ON THE COURSE?

Bear crawl, climb-over, balance, slip-n-slide, bubble machine and more... all to make it more fun to run.


**REGISTER
TODAY**

ymcanorth.org/adventure_lab



WHAT IS THE TRANSITION ZONE (T-ZONE)?

The T-Zone is where kids stage their gear to make the changeover from swim to bike and bike to run. After check-in, kids get assigned their own spot in the T-Zone to rack their bike and helmet, put down a towel, race shirt, socks & shoes, and gear bag. Kids then take only what they are swimming with to the pond to start. After swimming, they'll run back to their spot in the T-Zone and dress for the run (Splash & Dash) or bike (Tri) and go. When finished with the bike (Tri), they'll re-rack in the same spot and start the run. After finishing, there's time for medals and pictures. Once all kids have finished riding, it's safe to head for home so the T-Zone re-opens for you to retrieve your gear.

CAN I HELP MY CHILD DURING THE RACE?

S&D: YES! Just register and you can race together. All participants must be registered. During the race, if kids are not racing with an older family member or friend, they are on their own to navigate and finish. The course is safe, clearly marked, and well staffed by our excellent volunteers who will direct kids and help those who need a hand in the T-Zone.

KIDS TRI: Parents may help kids set-up and retrieve gear in the T-Zone BEFORE and AFTER the tri. During the tri, kids are on their own to navigate and finish. The course is safe, clearly marked, and well staffed by our excellent volunteers who will direct kids and help those who need a hand in the T-Zone. We find most kids are determined to finish all on their own power and smarts and that's what makes the finisher's medal so meaningful to them.

IS IT EASY TO BE A SPECTATOR AT THE EVENTS?

Absolutely! The course covers lots of ground, so you'll log some steps for best vantage points. You can definitely cheer on your racer, but are not allowed to bike or run alongside your child. Plan to reunite at the finish line for finish and post race photos.

HOW SHOULD OUR KID/S TRAIN FOR THE TRI?

Just be active all summer. Get creative with the type of outdoor games and adventures we enjoyed as kids. Talk to your kids about what's safe for them to explore on their own. For the tri, try to complete at least one bike adventure every week all summer to be ready to BreakAway in August! Summer is the best time to learn to swim. Consider lessons at your local Y or with our friends at Foss Swim School.

CAN KIDS RACE IN BOTH THE S&D AND KIDS TRI?

Absolutely. A number of older kids (ages 7-17) race with parents and/or younger siblings in the S&D on Friday night, then double-up at the Kids tri on Saturday. Of course, to race in both, kids must be registered in both.

WHAT IS THE RACE LOCATION?

The S&D and Kids Tri are both held at the swimming pond inside beautiful Elm Creek Park Reserve in Maple Grove. Special thanks to Three Rivers Park District for being our amazing partner in adventure! [LINK TO MAP.](#)

All registrants receive:

- Race Shirt
- Swim Cap
- Finisher's Medal
- Refreshments at the finish line
- Bragging rights that you crossed summers best finish line

MY CHILD HAS A DISABILITY, CAN THEY STILL PARTICIPATE?

YES! We have a long track record of accommodating kids with a variety of individual needs. We will make accommodations to allow a parent, guardian, or family member to be your child's race buddy. If you have questions or would like to discuss it further, please email Ellie Clark at Ellen.Clark@ymcamn.org.

I CAN'T CURRENTLY AFFORD TO PAY THE FULL ENTRY FEE. DO YOU HAVE ANY SCHOLARSHIPS?

Yes. Although we keep 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.](#)

GEAR CHECKLIST

REQUIRED FOR BOTH EVENTS:

- Swim wear (ranging from 1-piece, 2-piece, trunks, bike shorts, sun-shirt, etc. Brightly colored suits are encouraged so you can identify your swimmer)
- Race Shirt (provided at check-in, or wear your own)
- Swim Cap (provided at check-in)
- Athletic Shoes for bike/run (no flip-flops)

REQUIRED FOR TRI ONLY:

- Bike (you'll need to bring your own well-maintained bike)
- Helmet (you'll need to bring your own) is required

OPTIONAL/SUGGESTED:

- Towel for T-Zone
- Socks, dry clothes for after race
- Goggles
- Nose / Ear plugs
- Water Bottle
- Shorts (for bike or run)
- Sunglasses
- Rash guard

**Thanks to our Park
Partner and Host!**

