



# Unstoppable Communities At-Home Race

## Frequently Asked Questions (FAQs)

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An at-home race provides the opportunity for athletes to complete their bike and run distances from wherever is most convenient and safest for your family. Athletes are able to still be part of our race community by sharing their successes and will still be recognized for their achievements.

[What do I get with my registration fee?](#)

With your registration fee, children age 14 and under will receive an event t-shirt, finisher sticker, and an event medal. Participants 15 and older will receive an event t-shirt. As usual, your child's entire registration fee is donated back to your school for use on health and wellness initiatives. Thank you for supporting local schools during this challenging time!



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### Can my child participate even if we do not live in Dane County?

Yes! One of the exciting elements of the at-home race is that you can complete your race wherever you are – no travel required on race weekend!

### How do we figure out which course to do?

When you register for the event, you will select the Ultra, Long, Medium, or Short course based on your child's interest and abilities. The distances for these courses are:

Ultra: bike 8 miles, run 2 miles

Long: bike 4.5 miles, run 1 mile

Medium/Intermediate: bike 2.25 miles, run ½ mile

Short: bike ½ mile, run ¼ mile

### How do we measure our course distance?

You are welcome to use whatever method you like to measure your race distances. If you need some ideas on how to measure the distances, please see our How to Measure Course Distances document on our event website.

### How should we prepare for an at-home race?

To get ready for your race, you will need to map out your route based on your course distances. Next, you will need to assemble your gear. This includes your bike and helmet, closed-toe shoes that you would like to wear for biking and running, and weather-appropriate clothing. You may also want to have a water bottle ready to stay hydrated during and after your race. Prior to starting your race, warm-up with a few jumping jacks and stretches, or view the warm-up information from our friends at little om BIG OM (viewing details will be in the pre-race email).

### How should we plan for a safe race-day experience?

As you plan for your family's race, keep the following safety recommendations in mind:

- 1) You must wear a helmet while biking. The helmet must be buckled, and you should check the helmet fit prior to your race. We will send out information on proper helmet fitting in the pre-race email.
- 2) Athletes should complete their race with appropriate adult supervision. Make it a family event and bike/run along with your child if you like! If participants age 15 or older would like a race t-shirt, they will need to register for the event via our website.
- 3) Obey traffic laws and follow social distancing recommendations while completing your race.
- 4) Review conditions prior to your race and adjust your plan as needed; this may include weather and the conditions along your planned course. Make sure that you can see and be seen and consider wearing bright clothes so that any other pedestrians or vehicles are able to see you better.

**Note that this is not a comprehensive list, and it is your responsibility to use your judgement to ensure your family participates in a safe manner.**



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### When should we complete the race?

The Unstoppable Communities Race is scheduled for Saturday, August 22<sup>nd</sup> at 8am through Sunday, August 23<sup>rd</sup> at 6pm. We encourage you to complete your race during that time period.

### Can my child complete their race with another person?

Yes! Your athlete is welcome to do the course with a sibling, friend, or adult, just please be sure to follow appropriate social distancing recommendations. Parents or other adults are welcome to do the race along with their child; if adults would like an event shirt, they need to register for the event via our website.

### How do we let Tri 4 Schools know that our child completed the race?

Please share your successes with us by posting a picture or note to our Facebook event page, or by emailing [info@tri4schools.org](mailto:info@tri4schools.org). Use #t4sunstoppablecommunities if you share any photos or updates on social media.

### Do we need to submit times?

We encourage each athlete to do their personal best and will not be collecting times or tracking results for this event. Your child may find it fun to track their time to challenge themselves or to have a little friendly competition with a sibling or friend.

### Are there awards for the at-home race?

We are not recording results or awarding trophies for the at-home race. We encourage participants to do their best and have fun being active!

### What if we do not have access to a bike?

Even if you do not have access to a bike, you can still complete the Unstoppable Communities Race. In the pre-race email, we will provide ideas for activities that you could swap in for your bike portion of your race if you do not have a bike available.

### What if my child does not want to, or is not able to, complete their registered distance?

We get it; some days you need to alter your race plan to do your best bike or run for your day. If your child does not want to complete their race, or does not even want to start, that is okay. Celebrate the success of what they were able to accomplish that day, and we will still have their t-shirt and medal ready for them. You can always try again another time!

### What if there is inclement weather during the at-home race weekend?

Weather can be tricky! Although our in-person events are held rain or shine, for the at-home event, you will need to make your race decisions based on what is safe for your family given the current weather conditions. Since the at-home event is a race weekend, as opposed to our usual race morning, we hope that there will be a window of time where you can complete your race.

### Who can I contact with additional questions?

If you have additional questions or need more details, please contact our race director at [kbrasel@tri4schools.org](mailto:kbrasel@tri4schools.org) or 608.416.4051, ext. 1.