



## At-Home Race

### Frequently Asked Questions (FAQs)

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[What is an at-home race?](#)

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 (if registered by t-shirt order date) and an event medal. 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?](#)

You are able to select which course distance you would like to complete. See below for the course distances that correspond to our in-person event. Feel free to select one of these options or to challenge yourself to whatever course distance makes sense for you!

Long: bike 4.5 miles, run 1 mile

Medium: 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 distance. 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 complete your favorite warm-up activity.

[How should we plan for a safe race-day experience?](#)

As you plan for your 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. Helmet fit information is available on our event website.
- 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!
- 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 Sun Prairie Bike + Run is scheduled for Saturday, June 19<sup>th</sup>. We encourage you to complete your race on that day, but with the at-home race you do have the flexibility to complete your race whenever is most convenient for you!

#### 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.

#### 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 #T4SSunPrairie2021 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 at-home racers. 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 at-home race. Feel free to swap in another physical activity for the 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. With the flexibility of an at-home race, you can choose when to 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.