



**KIDAROD EAST:**  
THOMPSON COUNTY PARK  
360 BUTLER AVENUE EAST  
WEST ST. PAUL

**KIDAROD WEST:**  
FISH LAKE REGIONAL PARK  
14900 BASS LAKE ROAD  
MAPLE GROVE

## FREQUENTLY ASKED QUESTIONS

### **Q: What is the Kidarod?**

It's just like the famous Alaska sled dog race, the Iditarod – only different. We'll have racers cover a beautiful winter adventure course with natural & human made obstacles, and all that mother nature has to offer mixed in. It's all about outdoor fun & finishing!

### **Q: How long is the race?**

The full course is almost 2 miles long and 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 your preferred 20-minute starting session and will receive a start ticket for that time slot. Please plan to arrive at the park about 15 minutes prior to your scheduled start to check in and get your starting instructions.

### **Q: Is there a mass start?**

No. We start 2-4 racers per minute to spread participants out over a full day of racing. Sessions are 20 minutes each, and our objective is to have you start in your 20-minute race session.

### **Q: What is the Kidarod age range?**

- Kids Ages 5-6: Racing with a registered partner age 13 and up
- Kids Ages 7-17: Racing solo, or with other registered kid(s) and/or adults
- Adults Racing w/ Kids ages 5-17

**Note:** All age racers must be registered

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

Yes. Friends and family groups may race the course together. **Note:** All groups should be signed up for the same session.

### **Q: What about inclement weather?**

We've seen it all: cold temps in the teens, record warm temps in the 60's, and a huge blizzard – and each race was awesome. So be Minnesota tough and ready to adapt for anything! Safety is our first concern – we've never cancelled the Kidarod due to cold weather, but may shorten the course if necessary.

### **Q: What should racers wear?**

It's always smart to dress in layers for extra warmth on a chilly day — especially before starting — and so you can peel off a layer once you warm-up during the race — especially on mild day. Most racers get warm during the event if they are overly bundled up. Footwear: we've had everything from a cold packed trail to deep snow to a melting track. So be prepared for wet, muddy, or fresh snow conditions. We'll give each racer our custom Kidarod swag at check-in. 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: Will there really be husky sled dogs?**

YES. We will have beautiful sled dog teams on hand for great photos and lots of hugs.

### **Q: Will you send out race week updates?**

Yes. Follow us on [Instagram](#) and [Facebook](#) for the most current updates and make sure to add YMCA of the North to your safe senders list to receive email updates. We'll never sell or share your email address.

**For more information about Registering or Volunteering, [CLICK HERE.](#)**