



FREQUENTLY ASKED QUESTIONS

Q: WHAT IS THE RESILINATOR?

A: It's a 2.5-mile trail race for buddy pairs with obstacles/challenges along the way.

Q: WHAT MAKES UP A BUDDY PAIR?

A: Pairs can be either two kids ages 7-17, or a pair can include one adult (parent, grandparent, friend or mentor — must also be registered) racing with a kid from the age of 5 to 17.

Q: CAN 3 PEOPLE RACE TOGETHER?

A: As buddies carry one tether together and the obstacles are designed for two, it really works best in pairs. We suggest you invite a 4th racer to form a 2nd buddy pair — all racing together. If that's not possible, you can race as a trio.

Q: WHAT IS THE TETHER?

A: It's a 2-foot long rope with big knots on the ends that each buddy pair holds throughout the race, even while conquering the obstacles.

Q: WHAT KIND OF OBSTACLES WILL WE FACE?

A: Never scary, the obstacles are designed to be fun while challenging your teamwork. Expect balance and strength tests, things to climb over and under, games, riddles and so much more.

Q: WHAT ARE RESILI-ZAPPERS?

A: Watch for volunteers wearing masks and capes whose job it is to make your race a little tougher. They may stump you with a riddle or hold you back if you drop your tether or don't complete obstacles cleanly. It's all in good fun to teach the life lesson of perseverance.

Q: HOW MANY RACERS ARE EXPECTED?

A: We usually welcome about 1,000 racers.

Q: IS THERE A MASS START?

A: No. We start a new pair about every 30 seconds to spread out hundreds of pairs over several hours of racing. This allows us to have a big race without the crowding of a big event. Spreading out the racers creates a nice and easy flow from check-in to start, through the course/obstacles, all the way to the finish line and medals. You'll choose a start session at registration, and we'll guide it from there.

Q: CAN TWO PAIRS START TOGETHER?

A: Yes. Just have each buddy pair register for the same start session and check-in together in order to start one right after the other. Start sessions will fill up quickly, so register together.

Q: IS THE RACE TIMED?

A: No. None of our events are timed. Our purpose is to create a love for life-long outdoor adventure and challenging oneself in fun ways. Our races are tough but so much fun that everyone finishes.

Q: WHAT SHOULD WE WEAR DURING THE RACE?

A: Most racers tend to over dress. Unless it's unseasonably cold, a light pair of pants and 1-2 layers on top with running shoes is great.

Q: WHAT ABOUT INCLEMENT WEATHER?

A: Except for lightning or other extraordinary conditions, we'll race; it's all about Resilience!

Q: WILL YOU SEND OUT RACE WEEK UPDATES?

A: Yes. Watch and accept email from the YMCA and follow us on Facebook for current updates.

Q: WHAT DOES OUR REGISTRATION INCLUDE?

A: Besides a great course and fun obstacles, you'll get swag, a hand-crafted medal, & snacks.

Q: WHAT IS THE Y ADVENTURE LAB?

A: Think of us as a lab for the YMCA of the North. We're always cooking up adventures in the outdoors for the whole family.

Q: CAN I BRING MY DOG?

A: No, this is a pet-free event. Even though your dog may be friendly, not everyone loves animals.

RESILINATOR™
BY YMCA OF THE NORTH
Register or volunteer online at
ymcanorth.org/adventure_lab