



2020 Virtual Hy-Vee Pinky Swear Kids Triathlon F.A.Q.

Have questions? Please look below for common asked questions, if you do not see your question please feel free to email our team at events@pinkyswear.org. We look forward to virtually seeing you all summer long!

Q. What is the Virtual Hy-Vee Pinky Swear Kids Triathlon?

- A. Our triathlon is going Virtual this year! Join us for an unforgettable summer experience that will keep you active and continue our mission of Kids Helping Kids! Due to the pandemic, we made the decision to move our event from a one-day triathlon to a NATIONAL two-month fitness and overall wellness experience! This event is for all kids of all ages and abilities and can be completed anywhere! The event features weekly challenges and virtual training sessions to keep you and your family moving all summer long! As well as community service projects that you can do from home.

Q. My child has never done a triathlon. How do I know what to register them for?

- A. Each course will have weekly challenges that include two physical challenges and one "Pinky Promise" community-service challenge. We have suggested ages for each course for levels of difficulty: Blue Course ages 11-16, Orange Course ages 6-10, and Little Pinkies Course ages 5 & under. However, we have many different options to make this event accessible for all. This is not a traditional race and all the activities can be done at home! The activity log included with your registration will include the weekly challenges for all levels of difficulty (Blue, Orange, and Little Pinkies) for families with more than one participant, or for participants that want to move up or down for a certain challenge! So-if you want to change your course at any point you can, and it requires no additional actions on your part!

Q. How do I register and is there a registration fee?

- A. To register for the Virtual Pinky Swear Kids Triathlon, [click here](#). There is a \$15 registration fee. This includes a t-shirt that will be shipped to your home. Please order the correct size as we cannot exchange or send additional shirts.

Q. What do I do once I am registered?

- A. You will receive two separate emails: the first is a confirmation email that you are registered and after June 1st, it will include the activity log for you to begin your weekly challenges! The second email is the link to your fundraising page. Feel free to make edits to your page to make it your own. Then, start sharing this page with your family and friends!

Q. How do I fundraise and is there a fundraising minimum?

- A. There are all sorts of incentive prizes for fundraising such as wireless ear buds, fleece hoodies, duffle bags, and more! You must raise a minimum of \$50 to get your medal but we encourage you to set a goal of \$250! We will have weekly videos coming out with tips and tricks for fundraising that adhere to the CDC's social distancing recommendations, such as brainstorming 15-20 people that you think might donate and writing them letters to ask them to support you and giving your friends and family incentives to donate like saying you'll pie yourself in the face or do a silly dance if they donate \$25, and more! Be sure to follow our social pages and check your email for our weekly videos!

Q. Is there anywhere on social media to promote my fundraising page?

- A. Yes! You can post the link to your fundraising page on any social media platform: Facebook, Instagram, Twitter, even TikTok! We recommend putting the link in your bio for Instagram and TikTok as well.

Q. My child is too young for the Blue and Orange courses. Is there anything they can be involved in?

- A. We love having young kiddos join in on the fun! That's why we've included a "Little Pinkies" course for recommended ages 5 & under, or any child that may prefer a simpler course. This course will still include two physical weekly challenges and one community service challenge, it just may be a little easier! It is a great way for all siblings to be included on the fun and of course parents are welcome to help their little ones along!

Q. When will I get my t-shirt?

- A. T-shirts will be shipped in July. Please make sure your shipping address is correct on your registration form as this will be the address we ship too.

Q. Is there a registration deadline?

- A. There is no deadline to register, but we suggest you register prior to August 1. Once you register, you will be sent a downloadable information packet with more information about the weekly activities and how to access past activities.

Q. How do I track my weekly progress?

- A. We have included a fun way to showcase your progress this summer! In your activity log, there will be a coloring sheet for you to color one object in every week as you complete your weekly challenges. At the end of the summer, your coloring sheet will be all colored in showing your accomplishment! We recommend taking a picture and putting it on social media with #PSFkids @PinkySwearFoundation so we can share it on our social media as well!

Q. I have been given cash and checks. Where do I send them?

- A. If you are given cash through your fundraising efforts, it is preferred for you to then send us a check. Please be sure to write the name of the participant on your check. All Checks can be mailed to our office at:

Pinky Swear Foundation

Attn: Pinky Swear Triathlon

5555 W 78th ST

Edina, MN 55439

Q. I have volunteered in the past and want to stay involved. Are there ways to still be involved?

- A. YES! We would be honored for you to continue your work with Pinky Swear Foundation! Please contact Amy Gallagher at amy.gallagher@pinkyswear.org. We have many ways for you to help! Opportunities include being a virtual cheerleader for participants to volunteering to write hand-written notes to participants and much more!

Q. My company would like to sponsor this event. Who do I contact?

- A. Please contact Tim Hyde at tim.hyde@pinkyswear.org or Sue Ratcliff at sue.ratcliff@pinkyswear.org.

Q. Who do I contact if I have additional questions or comments?

- A. Please contact our Events Manager, Amy Gallagher, at amy.gallagher@pinkyswear.org and she will direct your inquiry to the correct person.

Q. What about participating for an All-Star or loved one with cancer?

- A. Great question! We are encouraging all participants to race in honor of an All-Star or kid with cancer by decorating their windows and driveway honoring them. An example of something the participant could write is "I am racing in the Pinky Swear Kids Triathlon in honor of *INSERT NAME HERE*." We encourage you to post pictures of your decoration, or "Virtual Marking Station," and post it on social media and include #PSFkids so we can share it out as well!

Q: Will there be anything to celebrate the participants on August 1?

- A. Yes! On August 1 we will be having a virtual recognition ceremony! More information to come soon.