

Go Karting: More Than a Thrill Ride! Why is it Great For You? | Andretti Indoor Karting and Games

Go-karting is a fun activity that not only provides an adrenaline rush but also improves confidence, reflexes, strength, and stamina



San Antonio, Texas Mar 22, 2024 ([Issuewire.com](https://www.issuewire.com)) - Andretti Indoor Karting and Games Go-karting is a fun activity that not only provides an adrenaline rush but also improves confidence, reflexes, strength, and stamina. It's a healthy and enjoyable activity that offers numerous health benefits, including calorie burning. A study found that just half an hour of go-karting burns 350+ calories per driver, which is 40% more calories burned than a typical treadmill jog. Continue reading to find out why [Go Karts San Antonio](#) is great for you.

Why is it Popular Today?

Go-karting, originating in Los Angeles in the 1950s, was created by Kurtis Kraft fabricator Art Ingels and his friend Lou Borelli. They combined discarded lawnmower engines with a custom steel-tubing chassis. Today, go-karting is the most popular motorsport worldwide, attracting thrill-seekers and family members alike. The thrill of driving around a racetrack at speeds ranging from 40 to 45 miles per hour is what drives go-karting. Here is an overview of what you can get with Go-Karting:

- **Experience the Thrills.**

Go-karting is a thrilling activity that boosts self-esteem, provides an adrenaline rush, and enhances the senses. Learning to drive **Andretti Go-Karts** well boosts self-esteem and provides a sense of

accomplishment, making it an enjoyable and rewarding experience.

- **You Have Fun**

Go-karting is a fun activity that boosts self-esteem and morale. It's a bonding experience with friends, family, or coworkers, allowing individuals to forget problems, relax, and improve serotonin levels, leading to better sleep and overall health.

- **It is Safe.**

Go-karting is now safe for both adults and children due to modern tracks and karts. Adults and children are assigned separate karts with seatbelts, roll bars, and 360-degree impact protection. Kids' engines run slower, and race tracks don't allow the same heat. Both must wear safety equipment like a race suit, gloves, and helmet.

- **Activates Endorphins**

Go-karting at 40 mph generates endorphins, neurotransmitters in the brain that induce euphoria and reduce pain perception, resulting in a post-workout elation or runner's high resulting from the physical exertion and thrill of the activity.

- **Refresh Yourself**

Gather friends and family at a local [Go Karting San Antonio](#) track to break up the daily grind and alleviate stress. Engaging in fun spins can lift spirits and provide a break from thoughts, making it an ideal place to relax and recharge.

- **Get an Adrenaline Rush**

Go-karting is a thrilling, competitive, and fast-paced group activity that provides a thrilling adrenaline rush. It not only increases alertness and sharpens senses but also improves concentration and memory. The thrill of competing with family members and friends is undeniable.

Conclusion

Overall, go-kart racing is a motorsport that combines physical activity, friendly competition, and health benefits into enjoyable hours of racing with friends, family, or colleagues. It's an excellent bonding and team-building activity, offering a sense of accomplishment, an endorphin rush, improved concentration, and a good night's sleep.

[Andretti Indoor Karting & Games](#) in San Antonio offers electric go-kart races on climate-controlled tracks, providing adrenaline rushes through hairpin turns, elevation changes, and long straightaways. Come start your engines and race at [Andretti Indoor Karting San Antonio](#).

Experience the track at Andretti Indoor Karting & Games San Antonio location in 360 Virtual Reality!

Watch Now: <https://youtu.be/Qh85MfG1Uss>



MEMBERSHIP HAS ITS BENEFITS

Would you like to get big discounts on karting, attractions, arcade play, and bowling? Become a member today! Memberships are valid for one year from the date of purchase and can be used at any of our locations!

Single Memberships are only \$99.95. Family Memberships are only \$299.95 and include up to five family members. Memberships are available for purchase in person.

ADULT RACE: 7 minutes. These Adult Races are for drivers at least 5'6" Tall and either 18+ yrs old or 15+ yrs old with State Issued Driver's License or "permit" (max Weight: 200 lbs).

*Must have physical driver's license or permit to purchase adult race experience.

INTERMEDIATE RACE: 7 minutes. These Intermediate Races are for drivers at least 5'6" tall. Recommended Ages: 12 yrs old. (max Weight: 200 lbs)

JUNIOR RACE: 7 minutes. These Junior Races are for drivers at least 4'8" Tall. Recommended Ages: 7 yrs old.

ADULT & ADULT RACE: 5 minutes. Meet on our other karting track. Minimum Height: 5'6" Tall. Maximum Weight: 200 lbs. Recommended Ages: 18 yrs old.

RACE TYPE	ADULT RACE	INTERMEDIATE RACE
Single Adult Race	\$27.95	\$29.95
Three Race Pack Adult	\$69.95	N/A
Five Race Pack Adult	\$99.95	N/A
Ten Race Pack Adult	\$169.95	N/A
Single Intermediate Race	\$27.95	\$29.95
Three Race Pack Intermediate	\$69.95	N/A
Single Junior Race	\$21.95	\$23.95
Three Race Pack Junior	\$59.95	N/A
Adult & Junior Race	\$12.95	\$13.95

ATTRACTION PACKAGES

Experience MORE Adult Karting fun with our discount bundled attraction packages!

VIP Experience Package June 21st

- 1 Race Experience (Requires **WAIVER** On-File)
- 1 Laser Tag Experience (Requires **WAIVER** On-File)
- 1 Hologram Experience
- 1 Hologram 360° Racing Simulator Experience
- 1 7-10 Experience
- \$10 Game Card

VIP DINNER & KARTING PACKAGE	
Race, 4 Attractions, & \$10 Game Card	\$79.95

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