



# Purple Patch

## SPRINT CHALLENGE

### THE PURPLE PATCH FALL RACE SERIES KICKS OFF

2020 is no match for the power of a unified Purple Patch community. We're excited to add a little fun and spice, and see our athletes "race" together. Click **HERE** for full series details!

#### SHARE YOUR RACE DAY EXPERIENCE

- Post in our Facebook group and/or the Education Hub (Community > Athlete Stories)
- Tag @purplepatchfitness and #PPFchallenge in your race-day social media post. **One lucky athlete that tags us on Instagram will win a free live bike class entry!**

#### CHOOSE YOUR RACE

##### DISTANCES

Swim: 450yd / 400m  
Bike: 10mi / 16k  
Run: 3.1mi / 5k

##### FORMATS

Triathlon: Swim-Bike-Run  
Duathlon: Bike-Run  
Aquabike: Swim-Bike

##### LOCATIONS

Participate outdoors or indoors, or a combination of both. Swim in a pool or open water. Bike on a trainer (using Zwift, Rouvy, etc if you wish) or outside. Run on a treadmill, road, or trail. We just ask that you be honest when submitting your race results.

##### DIVISIONS

Competitive: Your results will be visible and ranked on our leaderboards. You must minimize transition time and perform the sports in order. Community: Only your name and race format will be displayed. You have no limitations on transitions or order.

##### AGE GROUPS

Puppy M/F: 39 & under  
Adult M/F: 40-55  
AARP Anarchist M/F: 56 & Over

#### DON'T MISS MATT'S PRE-RACE BRIEFING

Matt Dixon has a special message for Challenge participants. Catch it **HERE**.

#### SUBMIT & VIEW RESULTS

Submit your challenge results via **THIS FORM**.

Check our live, real-time Leaderboard and Community Participant List **HERE**.

#### RECOMMENDED RACE EQUIPMENT

##### TATTOO & SHARPIE

Get body marked! Grab your PPF Tattoo **HERE** and apply it next to your race number!

##### RACE BIB

Download a PPF Challenge bib **HERE**.

##### TOILET PAPER

The only appropriate material to use for finish line tape in a 2020 race.

##### MEDAL

The kids needed an art project anyway.

##### SIDEWALK CHALK

Excellent for marking start/finish and transition (and for motivational on-course notes from family and friends).

##### CAMERA

Free race day photos! Grab a friend to play photographer - or go wild with selfies.



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### THE MINI DIGITAL RACE EXPO

With no major events on the calendar and simply a few virtual events to benchmark with, you've been given a perfect opportunity to strengthen any weak points in your race strategy. Now is the time to nail the basics. Spend the rest of 2020 banking performance gains, so that when your next race appears on the horizon, you're ahead of the pack.

## PRECISION<sup>®</sup> HYDRATION

Proper hydration status is critical for executing athletic performances at your fullest potential. Precision Hydration leverages science and advanced sweat-testing technology to develop products that can sustain athletes in extreme endurance events. We've partnered with PH to offer Purple Patch athletes **15% off all Precision Hydration products with the code: purplepatch\_SQ93**. Visit [precisionhydration.com](https://precisionhydration.com) to take their online sweat test and grab your electrolyte mix.



**Nutrition doesn't just affect your athletic performance - it also has an enormous impact on your daily life.** Nutrition partners Kyla Channel and Scott Tindal offer specialized guidance on performance fueling and nutrition for general health. Learn more about their specialties and reserve an appointment **HERE**.

### Coaching Consults are the key to fully customizing your Purple Patch training plan to fit your lifestyle and performance goals.

These one-on-one discussions can help you improve technique, tailor your workouts around endurance and power goals, or adjust your training cycle for a better balance between sport and life. Book your consult **HERE**.



iOG provides world-class bike fitting services using precision measurement and cutting-edge technology - including to our own pro athlete Sarah Piampiano. Trade pain and inefficiency for comfort and watts with a professional fit at our San Francisco center, or do a virtual fit from anywhere in the world. **Head HERE to reserve one of the exclusive bike fit slots available October 1-3 at the San Francisco Center, or to [ivanogorman.com](https://ivanogorman.com) to schedule a virtual fit.**



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### PARTNERS & DISCOUNTS

For full details on activating discounts for these partners, click [HERE](#).

