



Purple Patch OLYMPIC CHALLENGE



THE OLYMPIC CHALLENGE

This Challenge is an opportunity to benchmark your fitness and have some fun. Enjoy it. At the final Challenge Series event next month, you'll get to race for Team Purple Patch and help us win the IRONMAN VR 70.3 Club Championships!

SHARE YOUR RACE DAY EXPERIENCE

- Post in our Facebook group and/or the Education Hub (Community > Athlete Stories)
- Tag @purplepatchfitness on Instagram and use the tags #PPFOlyChallenge and/or #WeArePurplePatch so we can find your posts and cheer you on!

RACE DETAILS

DIVISIONS

Participant: non-ranked; complete elements anytime during the weekend, in any order

Competitive: ranked by gender and age group; complete elements in entirety, back to back*, in order
**Yes, it's okay if "T1" is a 30-minute drive back from the pool. We aren't counting transition times.*

FORMATS

Triathlon: Swim-Bike-Run

Duathlon: Bike-Run

DISTANCES

Swim: 1500m (1650yd)

Bike: 40k (25mi)

Run: 10k (6.2mi)

LOCATION

Anywhere - pool or ocean, indoor or outdoor, road or trail - or a combination. **Note:** we'll have at least one race-format Zwift/Discord meetup on Saturday the 31st, for those wanting to race together!

RACE TO WIN

Every participant will be entered into a drawing to win a FREE VIP ticket to Performance Reset! Get the details on the event **HERE**.

SUBMIT RESULTS & VIEW THE LEADERBOARDS

Submit your results **HERE** once you're finished.

See the Leaderboards and Participant Lists **HERE**.

RECOMMENDED EQUIPMENT

CHAIR OR BENCH

Or whatever you want to use as a podium.

PPF TATTOO

Can't forget body marking! Grab yours **HERE**.

CAMERA

Be your own official race-day photographer.

RACE BIB

Download your digital Olympic bib **HERE**.

FOOD

Raid the kitchen and punch that post-race meal ticket!

TOILET PAPER

The perfect 2020 finish line tape.



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MINI DIGITAL RACE EXPO

Now is the time to nail the basics. You've got just two months left of 2020 - spend it banking performance gains, so that when your next race or life challenge appears on the horizon, you're ahead of the pack and equipped to thrive.



Performance Reset: Join Paralympians, corporate leaders, NFL players, athlete icons Mark Allen and Jesse Thomas, industry-leading brands like Strava and Roka, and more - *and* support the Challenged Athletes Foundation's incredible mission. This is your chance to show up to the start line of 2021 ready to give your best performances in sport and life. You don't want to miss this. Get your tickets **HERE**.

PRECISION[®] 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**. Head to precisionhydration.com to take their online sweat test and grab your electrolyte mix.



Have you struggled with race fueling, low daily energy, or maintaining a healthy diet? Nutrition partners Kyla Channel and Scott Tindal offer specialized guidance on both performance fueling and nutrition for general health. Learn more and reserve an appointment **HERE**.

Looking ahead to the 2021 race season? Check in with a coach to build your strategy and customize the Baseline around your performance goals.

These discussions help you improve technique, tailor your workouts around specific goals, or help you better balance sport and life. Book yours **HERE**.



MORE PARTNERS >



Purple Patch

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PARTNERS & DISCOUNTS

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

