



# 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.



