



Purple Patch

70.3

THE FINAL CHALLENGE

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Use this to celebrate the effort you've put into not just surviving, but thriving and building your performance with Purple Patch throughout an incredibly challenging year!

You can also participate in the IMVR33 70.3 Championships if you choose.

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 #PurplePatch703 and/or #WeArePurplePatch so we can find your posts and cheer you on!

RACE DETAILS

PPF OPTIONS

1-day: Swim, bike, and run in a single day, back-to-back (yes, it's okay if "T1" is your drive home from the pool)

3-day: complete elements in any order, in any number of sessions, by midnight PDT on Sunday, November 22

IMVR33 1-DAY & MULTI-DAY OPTIONS: Details [HERE](#)

(make sure to read ALL IMVR requirements if you're participating - they are extremely specific!)

FORMATS

Triathlon: Swim-Bike-Run

Duathlon: Run-Bike-Run

DISTANCES

Swim/Run: 1.93km (1.2mi) /

5 km (3.1mi)

Bike: 90k (56mi)

Run: 21k (13.1mi)

LOCATION (PPF OPTION)

Anywhere: pool, ocean, road, trail, trainer, or treadmill. (Note: IMVR requirements differ!)

SIGNING UP

Participating in the Purple Patch Challenge? You don't need to register anywhere! If you're doing the IMVR33 event, register [HERE](#).

PPF RESULTS AND LEADERBOARDS

Submit Purple Patch event results [HERE](#) by midnight on November 22.

Check out the Purple Patch leaderboards [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 70.3 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 a few weeks left of 2020. Spend it laying a strong foundation so you can show up at the start line of 2021 fit, fresh, and ready to rock.



IOG Returns to the San Francisco center in December! World-class bike fitters IOG are returning to the SF Center in just a few weeks. This is an ideal time to get a bike fit - you can make the most of winter indoor training and hone your form for the 2021 season. Not in SF? No worries! IOG also offers virtual fit sessions no matter where you are. Book an in-person session **HERE** or a virtual fit **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 >



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PARTNERS & DISCOUNTS

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

