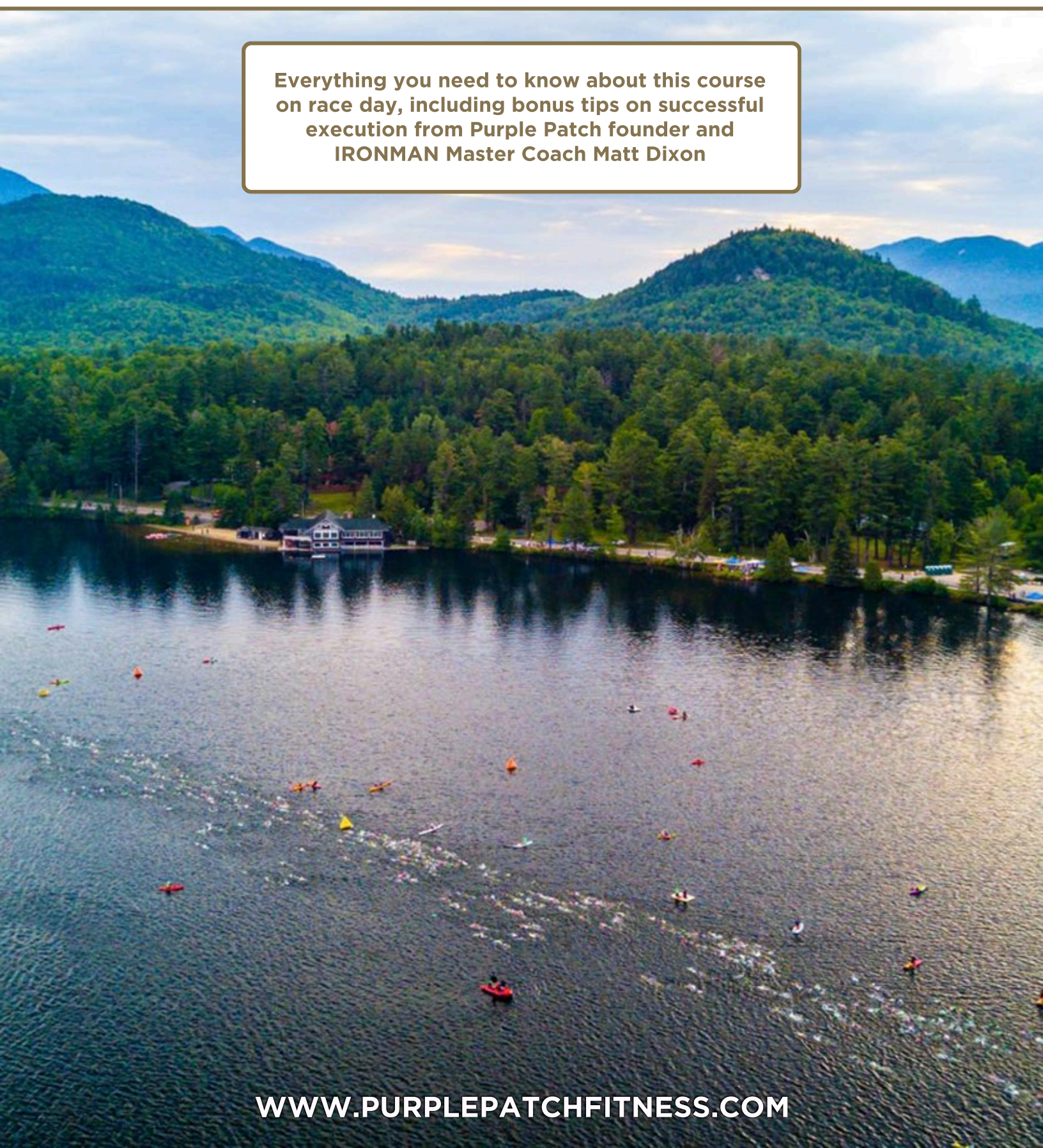




# PURPLE PATCH RACE COURSE PREVIEW



Everything you need to know about this course on race day, including bonus tips on successful execution from Purple Patch founder and IRONMAN Master Coach Matt Dixon

















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## RUN COURSE INFO

The two-loop course will challenge athletes with a tour through the city center. Runners head past the famed Olympic ski jumps, down to the turnaround on scenic River Road and end on Main Street for an epic finish line experience. Soak in the enthusiasm of the crowds in town to get you through the River Road solitude. Be ready for Mike Reilly to bring you home.

**LENGTH:** 26.2 miles (two loops)

**TERRAIN:** Hilly

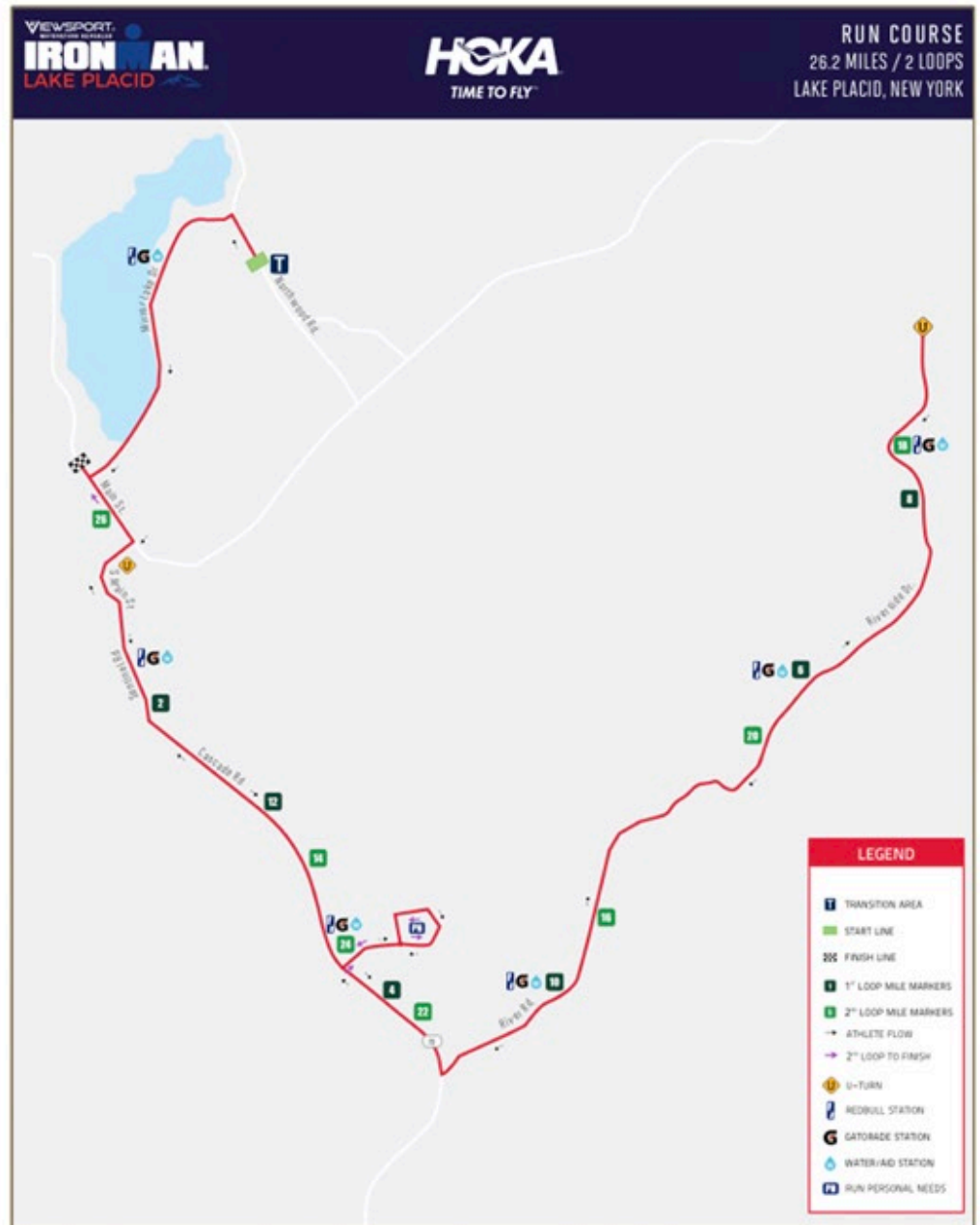
**TOTAL ELEVATION GAIN:** 1080ft

### AID STATIONS:

Approximately every 1-1.5 miles (athlete grab-and-go)

### AID STATION

**NUTRITION:** Water, Gatorade Endurance Formula (Flavor: Lemon Lime), Red Bull, Cola, Maurten Gel 100, Maurten Gel 100 CAF 100 Quantum Energy Squares, Fig Bars, Chips, Pretzels, Fruit - Bananas, ActivICE (Run Aid Station 1 Only)







## MATT DIXON'S RUN TIPS

Management.

This is the word for this course, with plenty of extended down and uphill running, as well as emotionally challenging out-and-back sections of running in which the highly supportive crowd thins to a trickle. This is a great run course, but one that is best tackled with a pragmatic mindset. A few important tips:

- The downhill sections are a great place to run light on the feet and allow speed to naturally carry, without running 'hard.' Any time the grade is down, you will want to be running.
- Uphill sections are generally extended and require management. Control your breathing and heart rate, integrating smart walk breaks to reset form and manage stress. In many sections of this course, the speed penalty for powerful walking over slogging through running is minimal. You are not weak if you strategically walk to manage the stress.
- Be prepared for each loop to include an out and back section with few spectators. Many athletes feel very alone in this section, and begin to struggle. This is the time to focus on the basics, retain your form and stay strong mentally. The support returns before you know it.
- At the other end of the spectrum, the fan-lined streets in town mean that you can enjoy a lift of support, but must stay process focused, not forgetting the basics. Fueling, hydration, and form.

One other note: don't bypass the magic experience of the finish line at this race. With the statue of Eric Heiden looking on, a run around the oval to the finish line is one of the best in the sport. Embrace it.



## FINAL THOUGHTS

**MENTAL GAME:** Triathlons can elicit 'monkey brain.' You may start asking yourself a lot of questions during the race, and lose focus on the immediate task at hand. Controlling that attention and focus is part of the challenge and the fun. Many athletes start evaluating their performances before they finish the race, and leave some potential strewn across the course. Save your race evaluation for the recovery tent.

**FUELING:** Check in with yourself throughout the race and continually assess calories and hydration intake. It may be hot, so think about that when you are planning your hydration and remember calories every 10-15 minutes. If your mood starts to drop, it is likely calories.

**HYDRATION:** Don't be fooled on the bike. A breeze or rain might help you feel cooler, but you still have to hydrate, take in electrolytes, and even add salt. Don't forget to manage your core temperature -- it is going to be even more key when you are on the run.

**FORM:** Stay supple on the bike with good tension on the chain, and run tall on the run with great foot-speed. Stay relaxed on the bike descents, too.

**COURSE MANAGEMENT:** Don't leave your great run potential on the side-lines due to a series of hard and short efforts on this variable bike terrain. Manage the terrain and set yourself up for a great overall race. Patience and smart terrain management, as well as proper fueling and hydration, are your keys to success.

**WEATHER:** This is a wonderful race that can offer some fast times on an honest course. However, if the weather turns then an equally good performance may result in 45 to 60 minutes slower than that of a fast day.

**Manage myself, manage the terrain, stay committed to the process. The mission never changes: stay focused on what you can control and optimizing speed return.**

# IMPRESS ME, DON'T DEPRESS ME.

- Matt

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**We want to know how your race went - and what you thought of this course preview! Send us a note at [info@purplepatchfitness.com](mailto:info@purplepatchfitness.com) and share your thoughts.**