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Not a Typical Hawaiian Vacation

Submitted by Jamie Patrick



Photo provided

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Basic triathlons are not enough of a challenge for Lafayette resident Jamie Patrick. Patrick, 39, will compete in the Ultraman World Championship on the Big Island of Hawaii November 27-29. While the Ironman course is a total distance of 140.6 miles, the Ultraman extends the race to 320 miles over the course of three days: a 6.2 mile open ocean swim, a 261.4 mile cross-country bike ride and a 52.4 mile ultra-marathon run. Patrick's feats also include swimming the English Channel, finishing third in the Triple Ironman and 7th place in the 2003 Ultraman World Championships.