



We have a race for you, too: Luck of the Irish is going VIRTUAL!

A virtual triathlon, run-bike-run or run is a race that can be completed at any location, on your schedule. You can walk, use the treadmill, run outside or participate in another race. You can cycle on a static bike or cycle outside. You can swim in a pool, a lake or the sea! You can run your race at your pace anywhere!

Virtual event is also a great way for the rookie athlete to build up confidence to show up for the real thing.

Virtual races are a great way to stay fit and motivated, have the sense of participating and get a great t-shirt and medal for your participation! You can complete the required distance in each discipline during the week coming up to the actual race, in your pace, in your environment.

You can send the evidence of completing the race distances to virtual@playtri.com but it is not required. You can send a screenshot from an app, your watch, your laptop or even a photo of your treadmill results for your runs. You can use MayMyRun / MapMyRide, Strava, Garmin or any other digital fitness app.

Submitting evidence of your swim distance is harder, unless you have a swim compatible device so you will we believe you did it.

At the end of the day, if you don't do it, you would only be lying to yourself!

Your race t-shirt, finisher medal and finisher gift will be mailed to the week after the race.

Happy virtual racing!