

ADIRONDACK FITNESS CHALLENGE



OVERVIEW

Set in the heart of the Adirondack Park, Lake Placid stands as a beacon of athletic excellence, a legacy we proudly continue with the Adirondack Fitness Challenge. Our commitment to excellence is unwavering, inspired by Lake Placid's storied history of hosting world-class sporting events. Central to our ethos is the value of community; we believe in uniting athletes from diverse backgrounds, fostering camaraderie and shared ambition. Beyond the competition, we offer an adventure, a unique fitness experience set against the breathtaking backdrop of Lake Placid's pristine forests, radiant lakes, and towering mountains. Together, we celebrate sport, fitness, and the indomitable spirit of the human body and mind.

MISSION

In the heart of the Adirondack Park, Lake Placid stands as a beacon of athletic excellence, having hosted two Olympic Games, the Lake Placid Ironman, and the 2023 World University Games. Building on this legacy, the Adirondack Fitness Challenge emerges as a distinctive event, offering unparalleled fitness tests that transcend the confines of a traditional gym setting. We harness the unparalleled beauty of Lake Placid's pristine forests, shimmering lakes, and towering mountains to create a unique fitness experience for athletes of all levels. Our mission is to provide a world-class competition that celebrates sport, fitness, and the spirit of community, all set against the breathtaking backdrop of the Adirondack wilderness and Lake Placid's rich Olympic heritage.

SEASON SCHEDULE

Event	Date
Online Qualifier	January 18th - January 29th, 2024
Adirondack Fitness Challenge	June 29th - 30th, 2024

2024 Online Qualifier

January 18th-29th, 2024

Overview

This year we will be having **ONE** online qualifier! The Adirondack Fitness Challenge Online Qualifier (AFCOQ) will help place athletes in appropriate divisions, while also making sure our venue can accommodate the number of athletes who compete at the in-person competition in Lake Placid, NY.

Format

ADIRONDACK FITNESS CHALLENGE ONLINE QUALIFIER	
Dates	January 18th - January 29th
In-Person Invites Available [TOTAL]	240 [TOTAL] 40 Rx Men & 40 Rx Women 40 Scaled Men & 40 Scaled Women 40 Masters Men & 40 Masters Women
# of Scored Workouts	5

Divisions

Rx Online Qualifier	Scaled Online Qualifier	Masters 40+ Online Qualifier
<i>Targets athletes proficient in all movements seen at CrossFit Quarterfinals, typically at a CrossFit Competition Level of 7 or higher.</i>	<i>Ideal for athletes who may excel in certain areas but have weaknesses in others, correlating with a CrossFit Competition Level of 6 or lower.</i>	<i>Accessible to all who have competed in the CrossFit Open as masters athletes, these workouts will be inclusive yet challenging for the experienced.</i>

Schedule & Deadlines

Monday, November 27th | **AFCOQ** Registration Opens at 8:00pm EST

Thursday, January 18th | **AFCOQ** Workouts Released at 8:00am EST

Monday, January 29th | **AFCOQ** Workouts Due at 11:59pm EST

Monday, February 12th | First Round of Invites Sent Out

Monday, February 26th | Invite Deadline at 11:59pm EST

Tuesday, February 27th | Backfill process begins

Saturday, June 29th | Adirondack Fitness Challenge Day 1

Sunday, June 30th | Adirondack Fitness Challenge Day 2

ADIRONDACK FITNESS CHALLENGE

June 29th - June 30th

OVERVIEW

The Adirondack Fitness Challenge is a two-day, in-person competition that tests the fitness community in one of the most breathtaking, rugged, and famed places in the country - Lake Placid, NY - an Olympic city nestled in the High Peaks of the Adirondack Mountains. The pristine forests, lakes, and 4000-foot mountains, combined with Lake Placid's legacy as a city driven by sport and fitness, make this the perfect gathering place to test the surrounding fitness community.

FORMAT

The Adirondack Fitness Challenge will take place over 2 days in Lake Placid, NY. To compete, athletes must compete in one of our two online qualifying events. Please see the breakdown below to see which athletes will be invited to Lake Placid, NY:

SEASON FORMAT	Online Qualifier	ADK Fitness Challenge
Dates	January 18th - January 29th	June 24th-June 25th
In-Person Invites Available		240 invites sent to Online Qualifier athletes
# of Scored Workouts	5	TBD
Prize Purse		\$2,500

DIVISIONS

Rx	Scaled	Masters (40+)
<i>Athletes in this division will have qualified through the Rx Division of our 2024 Online Qualifier.</i>	<i>Athletes in this division will have qualified through the Scaled Division of our 2024 Online Qualifier.</i>	<i>Athletes in this division will have qualified through the Masters 40+ Division of our 2024 Online Qualifier.</i>

SCHEDULE

TBD

PRIZE PURSE

The \$2500 prize purse will be awarded to the top 3 men and women in the Rx division with the following breakdown:

Cash Prize

- 1st Place: \$750 M/W
- 2nd Place: \$375 M/W
- 3rd Place: \$125 M/W

****Only athletes in the Rx divisions are eligible to win prize money.****

SWAG Bag

All athletes who compete at our in-person competition (Rx and Scaled) will receive an event t-shirt and swag bag.