



Press Release –

CHALLENGEREGENSBURG: Petr Vabrousek on his way to longdistance finish no.175

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15 OCTOBER 2015 - Finishing a triathlon long distance race. A dream of a lifetime for many. For Petr Vabrousek the 226 km, consisting of 3.8 kilometers swim, 180 km bike and 42.2 km run seems to be truly addictive. The Czech professional triathlete is about to write history in professional triathlon sports. In addition to hundreds of other endurance sports events, he has already completed over 170 long distance races throughout his career. The **CHALLENGEREGENSBURG** 2016 will be his 175th anniversary race.

A passion for sport

Since 1999 the 44-year-old is doing triathlon and does not seem to get tired of it. An average of 14 long distance races per year have been on his agenda for the last few years. But the Prague-born is not only convincing with quantity, but certainly also with quality. Each of his long distances he completed in less than ten hours. He can also look back at more than 30 victories and 15 consecutive years racing World Championships.

Petr Vabrousek's secret? Enjoying sports. Meeting the quiet, always friendly Czech, you can feel, for him it's not about winning, not about the spotlight and the hype. He likes to travel the world, to have an eye for culture and landscape.

Family man Vabrousek

Many races, hours and hours of training. While many professional athletes barely have time to take care of anything beside sports, Petr Vabrousek is different. Instead of a packed training schedule he takes time for his little family beside the races. Even traveling the world, his wife, his son Filip and daughter Vera are often joining him. His races are his long training hours. No huge training schedule needed. Vabrousek's training is said to be unconventional in the triathlon scene.

We talked to him.

You're planning to race your 175th long distance race at Regensburg. That's such an amount of races – do you even remember your first one?

Petr: Of course I do! My first long distance triathlon was Australia 1999 in Forster. I raced European short distance cup at that time and wanted to give the long distance a try after winter volume training before hitting the short distance season. The race was won by Peter Reid and I finished 6th just 17 minutes down and qualified for my first pro race in Hawaii right away. 4 or 5 of those minutes were lost in transition, where I completely changed to cycling shorts and jersey and running shirt and shorts.... My future was decided. I loved the huge logistics connected to racing such long and demanding event.

Der Challenge Regensburg online

Im Web: www.challenge-regensburg.com

Auf Facebook: www.facebook.com/ChallengeRegensburg

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You'll bring your family with you to Regensburg. As you're traveling a lot, you surely can't have them with you all the time. Why did you decide to travel with the whole family to Regensburg?

Petr: I take them everywhere they want to go. Regensburg is very easy to travel to and the perfect place with tons of activities for my wife and kids. They wanted to go immediately, when I asked about Regensburg.

Traveling the world as a Pro Athlete – Do you usually find the time to enjoy the surroundings, sights, places you visit, too?

Petr: I do my best every time. When I am travelling alone, I only have couple of days before the race and the day after the race before the evening awards to explore. I fly back to my family with the first available flight. When we are all travelling together, we always stay longer and do tons of sightseeing and activities. I definitely can't wait to bring them to Regensburg!

What has been your most memorable long distance race so far and what do you expect from Challenge Regensburg?

Petr: It would definitely be the first long distance I won (Cape Town, South Africa) or the first Challenge I won (Henley, UK), but there is plenty of other memorable races in my past. Hard to pick just a few.

In Regensburg, I expect fast and fair race with plenty of activities to do pre and post race.

226 Kilometers – a long and exciting journey! What advice would you give to our first timers?

Petr: Don't start the race with too tight expectations. Just go out there for the finish and enjoy every moment of the day and even try to have some fun along the way. Feed off the energy of your fellow competitors, spectators and volunteers. Smile through the finish line and enjoy the post race festivities. There will be plenty of other races to go a little bit harder and break your own PB!

For more information please visit www.challenge-regensburg.com.

For more information on Petr Vabrousek please visit www.petrvabrousek.cz or www.facebook.com/PetrVabrousek

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The Challenge Family series of triathlons features 47 full and half distance races in 23 countries around the world, including the world's largest long distance triathlon – Challenge Roth in Germany. The birthplace of the Challenge Family, Challenge Roth now features over 5,500 athletes and 250,000 spectators and home to both world records held by Andreas Raelert (GER) and Chrissie Wellington (GBR). Since 2002, races throughout Europe, UK, Australasia, Asia, North America and South America have joined Roth. Together they provide athletes with a new experience of long distance racing with a strong focus on athlete and spectator experience, giving back to the community while respecting the legacy of sport and being committed to its continued growth. For further information on Challenge Family visit www.challenge-family.com.

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