

The Ultimate Test

The ITERA Expedition Race is a test of will, strength, endurance and skill like no other. Patrick Gimenez, an operational excellence coordinator at our Fos Caban site, joined more than 100 participants in this year's five-day nonstop challenge in western Ireland.

Patrick served as captain for his team of four. They would run, hike, kayak and mountain bike on a course that stretched up to 600 kilometers of a rugged and treacherous terrain. A seasoned triathlete, Patrick is no amateur when it comes to these types of grueling competitions. He's competed in Costa Rica, Slovenia, Scotland and Ecuador; testing his mental toughness and physical stamina.

"For me, it's about pushing myself to the limit. When my muscles start to ache or I feel like I can't go one more step, I think about the incredible sense of accomplishment waiting for me at the end," said Patrick. "Often these types of races are pretty solitary because you're by yourself, I enjoy this one because we're in a team. We get energy and encouragement from each other so we can all cross the finish line."

To prepare for such a physically demanding and mentally taxing exercise, Patrick invests hours of training. The hard work paid off as Patrick led his team to a 10th place finish with a time of just under 130 hours.

Congratulations to Patrick and his team on this impressive achievement. For more race results, photos, and course information [click here](#).

