



## Episode Synopses for August 2021

Feed Date	Episode #	Synopsis
08.05.21	BL-105	<p><b>South Africa “Up-Downstream”</b>            The two-day, 82km “Hansa Fish River Marathon” paddle race on a river in rural South Africa boasts nearly two thousand kayakers rowing down man-made weirs and waterfalls, on class 3+ rapids. Simon and Turbo find themselves in way over their head, and fearing for their safety, have to decide between pulling from the race or finding a way to persevere and reach the finish line intact.</p>
08.12.21	BL-106	<p><b>Utah “Spinning Wheels”</b>            Taking their love of climbing, canyoneering and mountain biking to the extreme, Simon and Turbo head to Hurricane, Utah, to compete in the annual “Six Hours of Frog Hollow” bike race. The 12.8-mile looping course winds perilously through gaping canyons, alongside sheer cliff drops and over large boulders – presenting huge challenges for both guys, and a near catastrophic accident for Turbo.</p>
08.19.21	BL-107	<p><b>Egypt “The Ancient Sea”</b>            There are few events in the ultra-racing community that hold as much prestige as the Four Deserts “Sahara Race” – a 250km foot race in Egypt over five days, through searing heat and sand, where day-time temperatures reach well into the 40’s. Simon is determined to place in the top rankings among the world’s best, while Turbo battles ailments and near-exhaustion to hang onto his third-place position.</p>
08.26.21	BL-108	<p><b>Egypt “Castles Made of Sand”</b>            The 250km “Sahara Race” continues across the Faiyum region of the Egyptian Sahara Desert, and as the days press on, all the racers become more worn down by the heat and long miles they are putting in. Turbo is forced into a major decision, while Simon pushes himself to the point of near-collapse, chasing down competitors and working his way up the ranks.</p>
09.02.21	BL-109	<p><b>Cambodia “Spider Bites”</b>            The “Ancient Khmer Path” is the first of its kind in Cambodia – leading runners 230km over six days through flooded jungles, ancient temples and rural villages in scorching heat and humidity. All the racers push themselves to their extremes – and when a good friend of Simon and Turbo suffers a life-threatening condition, they must find the courage to keep moving on and complete the race.</p>