



## Episode Synopses for January 2022

Feed Date	Episode #	Synopsis
01.06.22	BL-119	<p><b>Yukon Arctic Ultra - Yukon</b> The 100-mile section of the infamous Yukon Arctic Ultra can be run, skied, or ridden and is touted as the world's coldest ultra (as low as -50 degrees), as well as the toughest. Simon trudges through deep snow on cross-country skis while Turbo battles the cold on a fat-tire bike. Snow and wind conditions can cause navigation nightmares for racers as well as increase the risk of frostbite and hypothermia. A large European contingent comes yearly but the competition for the trophy is limited to the best of the best.</p>
01.13.22	BL-120	<p><b>Caballo Blanco (CB Ultra) – Mexico</b> A legendary 75km race, and one of the most special ultra-races in the planet. This race was featured in the book “Born to Run”, which is the ultra-runner’s bible. It takes place in the Copper Canyons in northern Mexico, a remote and wild terrain. The CB Ultra is a huge deal for local Tarahumara Indians, who are regarded as some of the top ultra runners in the world. As it turns out, Simon has attempted this race many years back as his first ultra, and became friends with Caballo Blanco himself. Unfortunately, that man passed away, and Simon was part of the search and rescue team that discovered his body. Tons of local and international competition, personal connections, paying respect to their fabled friend.</p>
01.20.22	BL-121	<p><b>Arizona: 24 Hour Mountain Bike Race</b> The “Burning Man” of the mountain biking world, this race attracts some of America’s most eccentric mix, as competitors pedal a 24-hour loop course through the wild and dangerous cacti forest of the Sonoran Desert. The team deals with equipment breakdowns, is rattled by a race-stopping emergency airlift, fights through the night time exhaustion, and push hard on their last laps to work their way onto the award podium.</p>
01.27.22	BL-122	<p><b>Greenland: Arctic Circle Race</b> This three-day cross-country ski race, set north of the Arctic Circle, is long considered one of the most challenging of its kind, due to ever-changing, unpredictable weather conditions. A harrowing first day out on the mountainous course proves to be full of learning curves, a white-out on day 2 challenges all racers with snow blindness, and a looming storm front on the final day turns the entire race plans upside down.</p>
02.03.22	BL-123	<p><b>Chile: Atacama Extreme 100 Mile Run</b> Team Boundless heads to the driest desert on Earth for the massive 100-mile foot race that could prove to be the mental and physical breaking point of the race season. Stakes are high, and the roads seem to be never-ending, but in the desert heat, it’ll take sheer determination and relentless pace to reach the finish line.</p>