



## Episode Synopses for November 2020

Feed Date	Episode #	Synopsis
11.05.20	BL-110	<p><b>Thailand "Men of Iron"</b></p> <p>There is no global triathlon brand as renowned as the Ironman, and Simon and Turbo are heading to Phuket, Thailand to compete in a grueling 1.9km swim, 90.1km bike and 21.1km run. Falling ill with a stomach bug, Turbo fights to gain back his strength, while Simon prepares for the grand finale of their race season with the hope both friends can cross the finish line and end their race season on a high note.</p>
11.12.20	BL-111	<p><b>Salzkammergut Trophy - Austria</b></p> <p>221km single-day mountain bike race set amidst the "Sound of Music" backdrop. A gruelling week full of "eliminator", head-to-head competitions, training in the Alps with expert racers and locals. The course is considered the hardest MTB marathon in Europe. Stunning mountain vistas, terrifying descents and harrowing switchbacks in village and mountain tracks make this race a killer.</p>
11.19.20	BL-112	<p><b>Sunrise to Sunset - Mongolia</b></p> <p>100km single-day race in some the most scenic areas of northern Mongolia. Our friends from last year's Kenya return to compete with Simon and Turbo. The race itself is one of a kind and incredibly challenging. Epic in scope and the biggest, longest ultra we have tackled to date.</p>
11.26.20	BL-113	<p><b>Charlie Ramsay Round - Scotland</b></p> <p>An extreme competition to summit 24 of Scotland's highest peaks in under 24 hours, including navigating each of the 3,000 mountains day and night. Bringing in many local experts (including Charlie Ramsay himself), as well as some of UK's top fell runners to take on team Simon and Turbo. 28,500 feet of climbing across insane mountain ridges - with no sleep or support, it's going to take a ton of preparation, with no room for error.</p>
12.03.20	BL-114	<p><b>SUP 11-City Tour - Holland</b></p> <p>A butt-kicking five-day stand-up paddle stage race in northern Holland through 11 cities in active canals. Staying on boats, racing 6 to 8 hours a day in winding, picture-perfect canals against some of the world's best. This is the chance to redeem themselves after their upset in Hawaii, but it'll take iron will to push on every day and try to place in the top rankings.</p>