



## Episode Synopses for November 2021

Feed Date	Episode #	Synopsis
11.04.21	BL-127	<p><b>Colorado: Vail Mountain Games</b></p> <p>This large, multi-day festival in one of America's adventure playgrounds features a series of bite-sized races covering all sorts of disciplines for Team Boundless, who are accustomed to much longer distances and durations. Cheered on by friends and family - they complete in standup paddling, mountain biking, hill running and a road bike time trial.</p>
11.11.21	BL-128	<p><b>California: Spartan World Championship</b></p> <p>The Superbowl of Obstacle Course Racing, the Spartan Beast World Championship brings the world's top OCR athletes together for a highly publicized - and star-studded - 14 mile, 38-obstacle track in Squaw Valley, California.</p>
11.18.21	BL-129	<p><b>Sweden: Otillo Swim/Run World Championship</b></p> <p>The birthplace – and world championship – of the newest trend in ultra-racing, Ötillö is a unique race combining 10km of swimming and 65km of running across 26 islands in the Baltic Sea archipelago in Sweden. The wet, slippery conditions of the islands add difficulty, but nothing compares to the massive swimming distances and sea swells, which push all of our racers to the edge.</p>
11.25.21	BL-130	<p><b>Canada: 100 km Multi-Sport Race</b></p> <p>The Bruce Peninsula Multisport Race is a 100km competition that features a powerful 16km kayak, 62km of treacherous road and trail biking and 21km of challenging running along the beautiful Niagara Escarpment in Ontario, Canada. Breaking into teams of two, Simon and Rory are confident they will knock the wheels off Hunter and Turbo – but with Hunter's "American muscle" and Turbo's "Canadian hustle" they're confident they will give Simon and Rory a run for their money.</p>
12.02.21	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>