



## Episode Synopses for September 2020

Air Week	Feed Date	Episode #	Synopsis
08.31.20	09.03.20	BL-101	<p><b>Iceland “Surface of the Moon”</b> Simon and Turbo’s season kicks off with the intense “Fire and Ice Ultra” – a 250km, seven-day stage race – camping and running through the volcanic ruggedness of the Icelandic Highlands. Much to everyone’s surprise, winter comes early, and all runners battle the plummeting temperatures as a large snowstorm closes in.</p>
09.07.20	09.10.20	BL-102	<p><b>Iceland “All Ice, No Fire”</b> The “Fire and Ice Ultra” foot race continues its way out of the Icelandic Highlands, north through ever-changing seasons towards the 250km finish line. But the cold and snow continue to be a risk factor for Simon, Turbo, and the rest of the competitors – and everyone has to stick together to overcome the challenges and safely complete the race.</p>
09.14.20	09.17.20	BL-103	<p><b>Hawaii “The Channel of Bones”</b> The “Molokai 2 Oahu Paddleboard World Championships” is considered one of the toughest and most elite paddling races on earth. Simon and Turbo have four days in Hawaii to train before competing against the world’s best – and stand-up paddling their way over 10-foot open ocean swells to cross the 32-mile Channel of Bones.</p>
09.22.20	09.24.20	BL-104	<p><b>Kenya “Born to Run”</b> The “Amazing Maasai Ultra” race pits a small field of international competitors against local Kenyans – considered some of the fastest runners on the planet – amid the heat and wilderness of the Laikipia Highlands. Simon is running this race without Turbo – he’s living in a small hut and learning all he can from the local Maasai Warriors – before pushing his physical and emotional extremes to complete the 75km single-day run.</p>
09.28.20	10.01.20	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>