

# NEWSLETTER #1



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## **LETTER FROM LISA HENNESSY, EXECUTIVE PRODUCER, SCOTT FLAVELLE, RACE TECHNICAL DIRECTOR AND KEVIN HODDER, RACE MANAGER**

Dear competitors and team assistant crew members, allow us to extend an enthusiastic WELCOME TO ECO-CHALLENGE FIJI 2019! As some of you may know, the three of us first worked together on the race in British Columbia back in 1996. From that point forward, we managed each of the events and, although we're a few years older now, we remain just as excited to host your team this September in Fiji!

We are excited to announce that we have assembled an amazing roster of teams. The field is complete with some of the best squads in the world who will be racing for a coveted spot on the podium. Other teams will be looking to push themselves to the limit and finish with the best time possible, while the less-experienced teams may simply be hoping to cross the finish line before the final cut-off. These goals may seem quite different but they are all joined by a common bond - to come together in a quest for adventure and competition on Fijian soil.

As has always been the focus of Eco-Challenge, we want to give you an experience that will remain with you well beyond your time on the race course. Creativity, problem-solving and decision-making skills will be rewarded. At times, you will have choices about which route to take between two points. Other times, you may be required to build something to allow your team to progress. You will likely find it necessary to interact with the local people in order to find a checkpoint or determine the most efficient route. This is *expedition racing* in its truest form and physical prowess alone will not carry you across the finish line.

To some, the word "Fiji" conjures up visions of luxury resorts and tranquil beaches; however, we have come to know this place as something quite different. Fiji is a vast country with diverse terrain and unique topography. The numerous islands are linked by expansive ocean stretches and the terrains are veined with rivers and waterfalls draining from steep hills and narrow canyons. One thing that remains constant is the warm greetings that visitors receive in the remote villages that dot the landscape. These are places rarely visited by outsiders and you can rest assured that an incredible adventure awaits!

We will provide you with detailed information about the skills and gear that you must possess for the race in Newsletter #2. At this time, we encourage you to start refining your skills in map and compass navigation, both in dense forest and open ground. This is also the time to become proficient in the disciplines that will be essential for your success. Get to know your teammates on a level that will allow efficient travel and fluid decision-making. Also, begin to educate yourselves on what you can expect from Fiji as far as climate, topography and vegetation. This "homework" now will pay large dividends come September.

Once again, welcome (or in some cases, welcome back) to the Eco-Challenge family. Let's do this!

Sincerely,

Lisa, Scott and Kev

## **COMPETITOR RELATIONS DEPARTMENT INTROS**

Bula everyone! Mindy and Ashley here. We are the Competitor Relations Department and we'll be working with you every step of the way. We both are so excited to go on this once in a lifetime adventure with you!

You all have worked with Mindy during registration, and now Ashley will be taking the reins. She will be your main point of contact for the remaining months leading up to the race.

If you have ANY questions, please don't hesitate to email or call her. We are both looking forward to meeting you all in Fiji.

Best,

Mindy & Ashley

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## **FIJI D.Y.K (DID YOU KNOW?)**

- Fiji consists of approximately 330 islands, and about one-third of those are inhabited. The two major islands are Viti Levu & Vanua Levu.
- Fiji's total land mass is slightly smaller than the state of New Jersey.
- Fiji's highest point is Mt. Tomanivi topping out at 1324 meters / 4,344 feet.
- Fiji has over 4,000 square miles of coral reef, which includes the Great Astrolabe Reef. Its waters are home to over 1,500 species of sea life.
- Fiji is a rugged volcanic land with dense jungles surrounded by the Pacific Ocean. Much of the country is uninhabited and remote.
- Fiji's villages maintain an ancient South Pacific tribal value system governed by local chiefs; it is a land rich in culture and tradition.
- Your team will mountain bike remote trails to towering waterfalls, paddle down whitewater rivers, negotiate narrow gorges, navigate and trek over mountain ranges and highlands and bushwhack through intense jungles to remote villages.

And finally, did you know...the Fijian greeting is “bula!” Like the Hawaiian word “aloha”, bula actually has a variety of meanings and uses: its literal meaning is “life” and when used as a greeting it implies wishes for continued good health.

- The official formal greeting is “Ni sa bula vinaka”, meaning “wishing you happiness and good health,” but it is almost always shortened to just plain “bula”
- Bula is also used as a blessing when someone sneezes!



**2019  
RACE DISCIPLINES**

## **2019 RACE DISCIPLINES**

The following are the disciplines that you should expect during Eco-Challenge Fiji 2019. We will update you if any of these are to change, but for now plan on training for:

- Canyoneering
- Fixed Ropes
- Mountain Biking
- Ocean Paddling and Sailing
- Packrafting
- Skin Diving and Swimming
- Standup Paddleboarding
- Trekking
- Whitewater Rafting

## **COURSE PREVIEW**

The biggest surprise to many of you may be that Fiji is a very hilly place. There is almost no flat ground in the country. The course will include almost constant ascending and descending and the cumulative elevation gain will be immense.

**Navigation:** We will be providing you with 1:50,000 scale topographic maps for most of the course. As is standard in expedition racing, GPS devices and internet-capable devices are not permitted for navigation anywhere on the course. That means no smart phones, no smart watches and no other devices that are capable of connecting to satellite, cell or other similar service may be used for navigation. You will visit some of the most remote sections of Fiji and travel through some of the densest vegetation on the planet during your expedition. Because of this, you will enjoy a unique experience. It is, however, impossible to overstate how critical it will be to have expert map and compass navigation skills while on this course. It is essential that you prepare diligently.

**Canyoneering:** The route will take you through incredible narrow canyons bordered by towering walls and prohibitive vegetation. The canyon journeys may require swimming, scrambling, sliding and using handlines.

**Fixed Ropes:** Fixed ropes will be placed along the journey at several spectacular locations. Ascending, rappelling and crossing spans on Tyrolean traverses will all be part of the adventure.

**Mountain Biking:** The majority of the mountain biking will take place on vehicle-width roads with decent riding surfaces. There will be some hike-a-bike sections however. Depending on rainfall amounts around race dates the track may be muddy in places. Count on the mountain biking route being very hilly.

**Ocean Paddling / Sailing:** The ocean sections will be stunningly beautiful. They are, however, not to be taken lightly. You will travel across long sections of open ocean to remote islands. You will have to negotiate currents, rough seas, breaking waves, reefs and high winds. Tides will be a factor. We will provide more specifications the outrigger canoes that you will paddle and sail in Newsletter #2, but know that these are historical watercraft indigenous to Fiji that employ a shunting rig. They are all being made new for the race but they are not a modern design. This is part of the allure of racing in Eco-Challenge. (Please see the photos below).

We have paddled and sailed a prototype of this boat extensively. It takes some getting used to but it becomes more-efficient to use after some orientation. We have also performed a capsizing test on the canoe, flipping it both toward the outrigger and away from it. We were able to recover the boat in both directions.



**Packrafting:** Each competitor will be required to bring this/her own packraft. We will be testing the Supai Maktat packraft and neoprene hand paddles on our next survey in March and will report back on our findings in Newsletter #2. Please note that during the race you will be required to carry your packraft and paddles for long distances so weight should be a factor in your choice.

**Skin Diving and Swimming:** Since you will be travelling across a combination of flat water, whitewater and open seas, it is imperative that each competitor be a confident and competent swimmer in a variety of water conditions. At certain sections of the race, you will be required to swim / skin dive down to retrieve an object or information from the ocean floor. At other sections, you will be required to swim across a river in order to proceed along the course.



**Stand up Paddleboarding (SUP):** This is a new discipline for Eco-Challenge. We will be providing each competitor with an inflatable paddleboard and length-adjustable paddle for using during the race.

**Trekking:** The trekking sections will take you through dense jungles and across open grasslands. As previously noted, it is essential that you have solid map and compass navigational and route-finding skills within your team. Remember, no GPS or similar assistive devices are allowed.

**Whitewater Rafting:** The rafting section will be done on class 2+ whitewater. Each team will receive a self-bailing raft and paddles on this leg. At least one member of your team must be able to read whitewater and guide the team down the river. Every competitor must have paddling skills and be proficient in river rescue and swimming skills (as more detailed above).

## **TEAM ASSISTANT CREW (TAC)**

It's so great to be back to our roots of allowing teams to include a team assistant crew member! Although you may not be trekking the race course, your role is essential to the success of your team. You will need to have a variety of skills and be sure that your team has everything it needs to transition efficiently and be able to keep going on the course. For example, make sure you know how to efficiently assemble and pack your team's mountain bikes back into their boxes. Better yet, know how to give the bikes a tune up before your team members arrive! Learn what types of food your team will need to recover quickly and get back out onto the course. Know the gear like the back of your hand. You will be a crucial part in whether your team crosses the finish line and will join them on the podium should they make the finish!

The background of the image is a solid blue color. In the center, there are faint, dark silhouettes of two people standing in a desert-like landscape. The person on the right is taller and appears to be wearing a long-sleeved shirt and pants. The person on the left is shorter and appears to be wearing a long-sleeved shirt and pants. In the background, there are faint silhouettes of mountains or hills. The overall mood is serene and adventurous.

# RACE GEAR

## **RACE GEAR**

Eco-Challenge will provide maps, whitewater rafts, rafting paddles, outriggers, SUPs, SUP paddles, handlines and fixed ropes. Competitors must provide their own mountain bikes, bike boxes, duffel bags, gear containers, outrigger canoe paddles, packrafts, packraft paddles (or handpaddles), clothing, helmets and all other gear and food for the entire event.

## **MANDATORY GEAR LIST**

Although this newsletter gives valuable insight into the gear that will be required in Fiji, the first version of the Mandatory Gear List will be provided in Newsletter #2.

## **WATER**

Water from natural sources in Fiji should NOT be considered safe-to-drink. It is essential that your team has a solution to treat and/or filter the water you collect on the course. Clean water will not be supplied at the vast majority of the checkpoints (CPs) so you must be self-sufficient. The race management team will be testing the SteriPEN Ultra water purifier on its next survey and will report back on their findings in the next newsletter.

## **FOOT CARE**

It's no secret that keeping your feet in good shape is critical to your success in expedition racing. In order to make it across the finish line in Fiji, it is imperative that you have a foot care strategy that works for you. There are many resources and you should do your research. As a place to start, we recommend reading the book *Fixing Your Feet* by John Vonhof. This book (and his blog of the same name) is an excellent source of information related to preventing, managing and treating foot issues. In the introduction of this book, Vonhof gives this short list of learnings from advising athletes on foot care for 20 years:

- First and foremost, you are responsible for your feet.
- You need to find what works for your feet.
- What works for you may not work for the next person.
- We are each an experiment-of-one when it comes to foot care.
- Anyone can learn to do high-quality foot care.
- Blisters are still the number-one foot care problem that athletes face.
- Toenail and skin care are two of the most important parts of foot care.
- Foot care is often the most overlooked part of preparing for a race.

Take the time to discover what works for you and rely on no one other than yourself to look after your feet!

## **MANDATORY GEAR CONTAINERS**

Each competitor and each team assistant crew member must have one durable container to transport race gear from one resupply area to another. Teams will pack their gear containers with food and gear they need for the duration of the race before the start.

## **GEAR CONTAINER RULES**

1. Each competitor and team assistant crew must have one (1) gear container. One additional container for food or team gear is allowed per team. Each team may have no more than six (6) gear containers total.
2. The gear containers will be inspected and labeled by Eco-Challenge crew at Race Registration. Each team must present their gear containers for inspection at this time.
3. Each container can be no larger than 50 gallons or 189 liters.
4. The container must be of box shape with six (6) sides.
5. A bag is not a gear container.
6. The container must be of a durable, waterproof, solid material (preferably plastic). The containers will be moved many times, stacked in trucks, transported and unloaded. Your gear container must be able to withstand sun, wind, rain and stacking without being cracked or damaged.
7. The container must have handles so it can be easily picked up/lifted.
8. All containers must be locked when checked in before the start of the race. Each container must also be locked when they are checked in after competitor use at the re-supply points.
9. Teams who fail to present gear containers in compliance with the above rules will have to find or make appropriate gear containers before they can start the race. We cannot promise that any such gear containers will be available where we hold Race Registration so please plan ahead.
10. Containers must be picked up after the race at the designated area.
11. Eco-Challenge is not responsible for damaged gear containers. There are many options but below are some of our recommendations (note that there lighter, smaller and less expensive alternatives that you may use, if you wish).

The Rubbermaid Action Packer Cargo Box Model # 1192.

- 48 U.S. Gallons/ 181 L
- 43.8 x 20 x 17 in. / 111 x 51 x 43 cm
- Weight 28.9 lbs. / 13.1 kg
- Lockable Latch

For more details see the Storage Containers section of the Rubbermaid web site: [rubbermaid.com](http://rubbermaid.com)

## **MANDATORY GEAR BAGS**

Each team also must bring two large waterproof duffel bags. These bags will be placed at remote re-supply areas. The bags will not be placed under any form of shelter and they will be exposed to the elements (sun, rain, etc.). The bags must be able to keep food and gear dry for days. If your bags are not capable of this, they may seriously hinder your ability to continue on the course.

We suggest bags with approximately 90-liter capacity, but they cannot exceed a 122-liter capacity. A weight limit will be provided at a later date.

## **MANDATORY BIKE BOXES / CASES**

Each competitor will be required to pack his/her mountain bikes into a bike box or bike case that is to be supplied by the competitor. In the vast majority of cases, competitors will use the box that they will have used to transport their bike to Fiji in. It is critical that you select a box or case that is sufficient for protecting your bike during your travels! There are no bike shops or bike mechanics in Fiji to come to your rescue!

You will pack your mountain bike in your bike box before the race begins. The boxes will then be loaded and stacked on trucks and driven over potentially rough roads to the start of the mountain bike legs. Once again, it is essential that your bike box of choice be sufficient for protecting your bike during these shuttles.

Once you arrive at the start of a mountain biking leg, you will unpack your bike, assemble it and ride that section of the course. When you finish the bike leg, you will disassemble your bike, pack it back in the box (that will be transported to the end of the leg) and continue on your journey. As mentioned above, in some instances, the team assistant crew members may be available to assist in assembling / disassembling the bikes and in other cases you will be required to do so without assistance.

There will be size and weight restrictions for your bike boxes once it is packed. On the course-testing survey, we will be using the Evoc Bike Travel Bag Pro. A report on the Evoc product will be included in Newsletter #2 along with the size and weight restrictions that your choice of bike box must fit within.



# PRELIMINARY SCHEDULE OF EVENTS

## **PRELIMINARY SCHEDULE OF EVENTS**

The race will take place entirely within the month of September 2019. Please note that these dates are subject to change. Specific dates as of now are as follows:

<b><u>MONTH</u></b>	<b><u>DATE</u></b>	<b><u>EVENT</u></b>
September	5	Team Members Arrive in Nadi, Fiji
	6	Remaining Team Members Arrive in Nadi, Fiji. Team Registration & Ability Testing opens at 12 noon
	7	Team Registration & Ability Testing
	8	Team Registration & Ability Testing, Race Briefing closes at 20:00
	9	Eco Service Project
	10	Race Start
	23	Race Cut Off: Noon Afternoon: Prize Giving and Awards Ceremony Evening: Closing Party
	24	Team Members Depart Nadi, Fiji

## **THE ROLE OF THE TEAM CAPTAIN**

The Team Captain is responsible for communicating with the Eco-Challenge Competitor Relations Department on behalf of the team. Team members should send all inquiries through the Team Captain. The Team Captain must notify Eco-Challenge immediately if there are changes to the team. Only a Team Captain can authorize changes in team members, team name and other important administrative items on behalf of the team.

## **TEAM NAMES:**

So long as your team name follows the team naming guidelines you may change your team name at any time via email; the last day to change your team name will be **August 1<sup>st</sup>, 2019.**

## **COMPETITOR NEWSLETTER SCHEDULE**

We will be emailing Team Captains newsletters regularly and have created a secure competitor website section where all newsletters will also be posted. We trust that you will take the time to read each newsletter carefully and reply when requested by filling out forms or answering questions.

The Fiji 2019 Secure Competitor website section can be found at:

<https://www.ecochallenge.com/team-login/>

password: bula

*This site is for registered Eco-Challenge Fiji 2019 competitors and team assistance crew members only and should not be shared with others.*

The following is a preliminary Competitor Newsletter calendar for Eco-Challenge Fiji (subject to change):

Monday, April 15	Newsletter #2
Monday, May 6	Newsletter #3
Monday, June 3	Newsletter #4
Monday, July 1	Newsletter #5
Monday, August 5	Newsletter #6
Monday, August 19	Newsletter #7





# **CERTIFICATION REQUIREMENTS**

## **CERTIFICATION REQUIREMENTS**

Eco-Challenge will provide blank certification forms that must be completed and signed by qualified experts in their field. These certifications serve to confirm that the competitors have certain skills that will allow them to competently participate in this event. Please note that competitors and teams without sufficient experience in these skills must plan to get sufficient instruction, training, and practice prior to arriving at the event.

You will be able to find these forms on the website in the secure competitor section. Ashley will be alerting the Team Captains when they are available.

The following must be completed and submitted in advance of Eco-Challenge Fiji 2019:

- **Rappelling and Rope Ascending:**
  - Each competitor must have a qualified climbing instructor or mountain guide verify that she or he has achieved the skills specified on the certificate and sign the Rappelling and Rope Ascending Certificate of Ability.
- **Navigation and Jungle Travel:**
  - At least 2 members per team need to have the Navigation and Jungle Travel Certificate of Ability signed by a qualified guide or instructor.
- **Swiftwater:**
  - Each competitor must have a copy of the Swiftwater Certificate of Ability signed by a qualified river rescue instructor or river guide.
- **Wilderness First Aid and CPR Certification:**
  - At least two team members must hold basic first aid certification from a registered training facility.
  - At minimum, this certification must be from a two-day (minimum 16 hour) first aid course that includes CPR training.
- **Medical Assessment Certificate:**
  - More information will be presented in Newsletter #2.

Unless you are notified otherwise, all signed certificates must be submitted for every member of the team via email to Ashley & Mindy **no later than JULY 12<sup>TH</sup>, 2019**. Teams who have not submitted their certificates will not be allowed to race. If you have any questions about the deadline or on the certificates, please email Ashley right away: [comprel@ecochallenge.com](mailto:comprel@ecochallenge.com).

## **LETTER FROM DR. JOE ROWLES, RACE MEDICAL DIRECTOR**

We are looking forward to meeting everyone out there. We have a world-class medical team that will advise on health and safety both before and during your time in Fiji, and provide emergency medical and rescue services during the race.

We will be available to deal with emergencies 24/7 at the medical bases, but insertion onto the race course will always be logistics-dependent due a variety of factors some of which may include: darkness, lack of roads, lack of helicopter landing zones, and inclement weather. Therefore, you will be expected to deal with basic first aid and survival, minor illnesses and injuries yourselves. Each team will be required to carry a first aid kit that complies with the minimum requirements we establish (details to be provided) and at least two members per team must be certified in first aid and CPR.

Please make sure you are up to date with routine vaccinations such as measles, mumps, rubella, diphtheria, tetanus, chickenpox and polio. These are part of the standard childhood vaccination schedule in the US but this is not the case everywhere. In addition, hepatitis A and typhoid vaccinations are strongly recommended.

There are a number of illnesses in Fiji that you may be exposed to during the race. Dengue fever and Zika are both transmitted by mosquito bites. Bite avoidance is key to protecting yourself from these diseases – more information will be provided in future newsletters. Dengue fever is a mosquito borne virus, which causes fever, rash and joint pain. Although most cases resolve themselves, the pain can be quite severe and would prevent competing in the race. Zika is present in Fiji. This is a relatively mild viral illness transmitted by mosquitoes which usually resolves without treatment. However, it may cause problems for anyone who is pregnant or trying to conceive in the 6 months after returning from Fiji. For more information, please visit <https://www.cdc.gov/zika/index.html>.

Leptospirosis is a bacterial disease that is normally contracted by humans after coming into contact with the bacteria in fresh water. It is present in Fiji and can cause serious illness, although it is easily treated if recognized early. Any water collected from rivers in Fiji must be treated before drinking. Water treatment and information on how to recognize leptospirosis will be covered in more detail in future newsletters.

It is likely that some people will suffer with traveler's diarrhea (TD). Although this normally only lasts a few days and is not serious it could have a serious impact on your race performance. The best prevention method is good hand hygiene. If you do suffer from TD, oral rehydration solution and a product such as Pepto-Bismol will shorten the duration of the illness.

Eco-Challenge has a strict stance on anti-doping. Competitors are prohibited from using banned substances or methods as specified in the World Anti-Doping Code for reasons of performance enhancement. For your reference, the 2019 Prohibited List as defined by the World Anti-Doping Association can be viewed at the following link: [www.wada-ama.org/sites/default/files/wada\\_2019\\_english\\_prohibited\\_list.pdf](http://www.wada-ama.org/sites/default/files/wada_2019_english_prohibited_list.pdf). Samples may be requested at any time during the race and positive testing will result in disqualification.

All of us on the medical team have competed in adventure races so we have some idea of what you are all undertaking. We hope you enjoy your training and look forward to seeing you out in Fiji!

Dr. Joe Rowles  
Race Medical Director

## **PRIZE MONEY**

A total of \$175,000 USD in Prize Money will be awarded to the top three officially finishing teams:

1 <sup>st</sup> place	\$100,000 USD
2 <sup>nd</sup> place	\$50,000 USD
3 <sup>rd</sup> place	\$25,000 USD

## **TEAM ENTRY FEES**

The Eco-Challenge Fiji 2019 Entry Fee is \$5,000 USD per team, payable per the following schedule (subject to change):

\$1000 USD	Due no later than March 8, 2019
\$3000 USD	Due no later than May 1, 2019
\$1000 USD	Due no later than July 1, 2019

Each team's entry fee covers:

- Hotel accommodations: 2 rooms per team
  - Up to 4 nights before the start of the race
  - Up to 3 nights after conclusion of the race. This begins September 21 and mandatory check out is September 24
  - If your team is disqualified or quits from the race before September 21 your team is responsible for securing and paying for your accommodation until September 21
- Limited repatriation insurance for 5 team members
- Certain medical assistance during race
- Invitation (for 5 team members) to the Opening Party
- Invitation (for 5 team members) to the Closing Party
- **GEAR:** Race maps (hard copy/paper maps for compass navigation), official race GPS tracking device, race passport, emergency radio (or similar device)
- Transfer to/from Nadi airport to hotel

All payments can be made through the secure competitor website section. Click team login at the bottom of [www.ecochallenge.com](http://www.ecochallenge.com) and you will be prompted. OR click the following link: <https://www.ecochallenge.com/team-login/>

## **WITHDRAWAL AND REFUND POLICY**

We have established a Withdrawal and Refund Policy for Eco-Challenge Fiji 2019 to ensure that teams who apply are committed to racing:

- **Late Payments**: if any payment of the Team Registration Fee is more than 20 days past due according to the Eco-Challenge Fiji Registration Fee Payment Schedule, Eco-Challenge reserves the right to remove the team from the racing roster and the applicable Withdrawal and Refund Policy amount will apply.
- **Withdrawal, Refund Amount**: in the case of team withdrawal for any reason, forced or otherwise, the Team Registration Fee paid to Eco-Challenge may be refunded to the Team Captain minus a cancellation fee pursuant to the following:
  - Withdrawal before April 1, 2019: refund of 100% of the Team Registration Fee paid to date less a US\$100 cancellation fee.
  - Withdrawal between April 1 and July 1, 2019:
    - If Eco-Challenge is able to replace the withdrawing team, refund of 50% of the Team Registration paid to date less a US\$300 cancellation fee; OR
    - If Eco-Challenge is unable to replace the withdrawing team, no refund.
  - Withdrawal after July 1, 2019: no refund.

All withdrawal and refund requests must be addressed to Eco-Challenge in writing via email to [comprel@ecochallenge.com](mailto:comprel@ecochallenge.com)

The selection of teams and all decisions regarding the Withdrawal and Refund Policy is in Eco-Challenge's sole and absolute discretion. Eco-Challenge reserves the right to change, amend and modify the foregoing policy (in whole or in part) in its sole and absolute discretion.

## **NATIONALITY RULE**

Each team must race under a single country flag; accordingly, 3 out of 4 members must have either:

- Citizenship of that country; OR Proof of 5 years continuous legal residency (not simply a work permit but the equivalent of a United States Green Card).
- The Team Assistant Crew may be any nationality

**NOTE:** Competitors who either have dual citizenship or hold legal residency for more than one country must choose to race for one. Once that country is chosen, in all future Eco-Challenges that person must race under that previously chosen country flag. These nationality rules were created after careful consideration and upon an in-depth review of the Olympic and Paralympic Nationality Rules. This rule is in keeping with the future direction of Eco-Challenge as an "Olympic-style" global competition.

## **TEAM SPONSORSHIP KIT**

We are preparing the Specifications for Team Sponsor Recognition and the promotional materials for the 2019 race and will supply as soon as these are ready.

## **USE OF THE ECO-CHALLENGE® TRADEMARK, LOGO AND RELATED PROPERTY**

Eco-Challenge®, Eco-Challenge - Expedition Racing™ and all associated logos and service marks are all trademarks or registered trademarks of UAMG Content, LLC, in the United States and/or other countries and cannot be reproduced without express prior written permission in each instance.

Use of the Eco-Challenge trademark, logo and related marks is permitted only by registered team members in that year's event in the following materials:

- Team Sponsorship Kits
- Written team promotional or presentation materials
- Web Sites

Use in the foregoing materials must clearly indicate that the team is participating in that year's event and may not create the appearance (directly or indirectly) of any relationship with the Eco-Challenge event other than the team's participation.

No persons may create any items bearing any Eco-Challenge logo or place the logo on any promotional, advertising or revenue-generating materials or items without entering into a contractual licensing agreement with Eco-Challenge. This includes items such as:

- Clothing (any textiles whatsoever)
- Gear (any goods whatsoever)

Team Sponsors may not use the logo whatsoever. This includes creating any promotional items, materials or advertising where any version of the Eco-Challenge logo (General logo, Fiji logo, etc.) appears. Further, teams are not permitted to use the trademarks, logos or other intellectual property of any other party associated with the event, including but not necessarily limited to any exhibitors telecasting or distributing episodes featuring the event.

These rules are subject to change, modification and addition and are strictly monitored by the Eco-Challenge legal department. Non-compliance could result in legal action against that party.



# FREQUENTLY ASKED QUESTIONS

## **FREQUENTLY ASKED QUESTIONS**

Here is a list of the most common questions we receive. If your question is not answered in the newsletters, please always ask. We are always happy to hear from you and ensure that you are getting the information you require.

**Q: Is airfare included in our Team Entry Fee?**

*A: No. Each team is responsible for their own travel to and from the race. We will have more details for you in Newsletter #2.*

**Q: Will Eco-Challenge find sponsors for my team?**

*A: No. Eco-Challenge will, however, provide all Team Captains with a Sponsorship Kit containing information you need to approach potential sponsors.*

**Q: Does Eco-Challenge provide food for the competitors?**

*A: No. This is a true expedition race. It is important to realize that you will pack most of the food for your race in your gear containers prior to the start. More information about how your team assistant crew member may be able to refresh your food stores during the race will come in future newsletters.*

**Q: Does Eco-Challenge provide drinking water on the racecourse?**

*A: In most cases, no. You must be prepared to treat any water you find along the route prior to drinking.*

**Q: Does Eco-Challenge provide fuel for cooking food?**

*A: We do not provide fuel. Also, it probably goes without saying but please remember to not bring camp stove fuel with you on an airplane. This is forbidden for obvious reasons. We will give you the name and location of a store in the host city where you can purchase fuel for your cook stove once you arrive. We suggest using universal stoves, which can operate on several different types of fuel.*

**Q: When is the Mandatory Gear List given to us?**

*A: The first version will be published in Newsletter #2.*

**Q: When do we learn how long each discipline is and what discipline is first?**

*A: You have to wait for the Race Briefing in Fiji! A lot of important information on the course will be disclosed during the briefing, but some will not be given to you until the race is underway. Adventure comes from the unknown!*



## **FREQUENTLY ASKED QUESTIONS CONT.**

**Q: We know some journalists and photographers who want to come to Fiji and cover the race. How can they do this?**

*A: Members of the media (photographers, journalists, etc.) will have the opportunity to apply for accreditation to come to the event. We will have more details about this in future newsletters and on the main Eco-Challenge Website.*

**Q: How do we train for this race if we have never done an Eco-Challenge or an expedition race before?**

*A: If you are a less-experienced team, it is critical to get advice from the pros on training and racing. There are some good courses and clinics on adventure racing out there. Many of them will customize programs specific to the strengths and weaknesses of your team. As for physical training, find yourself an outdoor-specific coach or trainer that you trust and have them prepare a custom training plan for you and the other members of your team. We highly encourage you to hone your skills by participating in shorter adventure races prior to Eco-Challenge. Start your training and research today. There are no shortcuts to this process!*

