

NEWSLETTER #3



NEWSLETTER #3 CONTENTS

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LETTER FROM SCOTT FLAVELLE AND KEVIN HODDER

Greetings once again Eco-Challengers!

We hope you have all digested the information from Newsletter #2 and are proceeding with your preparations toward a successful race. If anything is unclear, please know that Ashley and Mindy from Competitor Relations can forward any questions to us. We want to provide you with all the required information to have an efficient expedition while still preserving a serious sense of adventure. As you can imagine, we don't want to give so much away that there is nothing left for you to discover in Fiji!

For now, much respect to all of you and best of luck with your training!

Stay safe, Kev and Scott.



NOTE FROM MINDY ZEMRAK AND ASHLEY HOLT, COMPETITOR RELATIONS TEAM

Hi Everyone,

Hope you have been focusing on training and getting your Certificates of Ability signed off. Please be sure to take a look at the important upcoming dates. One of the biggest things to focus on right now, is your training. And like always let us know if you have any additional questions.


Best,

Mindy & Ashley

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A group of people are rappelling down a rock face. They are wearing helmets, harnesses, and ropes. The scene is overlaid with a blue tint. The text "FIJI DYK (DID YOU KNOW?!)" is centered over the image.

**FIJI DYK (DID YOU
KNOW?!)**

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

Did you know Rugby is the most important sport in Fiji? The residents of Fiji hold rugby in high regard as it is the national sport.



The British are credited with introducing rugby to Fiji during the period when Fiji was under their rule. The most popular form of rugby in Fiji is the seven-a-side version, and Fiji's national team is one of the most successful in the world.

Some of the achievements of the Fijian national rugby team include winning gold at the 2016 Summer Olympics. Fiji is one of the most successful nations to compete in the Hong Kong Sevens, having won the event 15 times. In the past, the rugby team of Fiji performed the Cibi war dance before the beginning of each match, but it was replaced in 2012 by the Bole war cry.



ECO-CHALLENGE FIJI GLOSSARY

ECO-CHALLENGE FIJI GLOSSARY

Checkpoint (CP)

Checkpoints are locations that teams must pass through along the course. Teams must go to all of the checkpoints in order. Upon arrival, the team must sign into the checkpoint and prior to departure, they must sign out.

Camp

Each team will reunite with its team assistant crew (TAC) and have access to its gear boxes at each of the camps. Each camp will have tent sites, generated power, potable water supply, toilet facilities, medical support and road access.

Competitor

The four members of the team that will actively race are called competitors. The fifth team member is the TAC.

Cutoff Point

Teams must arrive at certain locations on the course prior to specified times, otherwise they will be disqualified and their participation in the expedition will come to an end. These cutoff points, and the associated cutoff times, will be clearly stated in the Expedition Guidebook.

Discipline

The sport which the teams will be participating in during a specific section of the course. Examples are mountain biking and fixed ropes.

Eco-Challenge Passport

The booklet that must be signed at each CP. Each team will have one. It is usually carried by the team captain.

Expedition Guidebook

The document that describes the race course, directions and specific rules of the expedition. Teams do not receive the guidebook all at once but instead are given sections of the guidebook along the course.

ECO-CHALLENGE FIJI GLOSSARY CONT.

Gear Drop Off (GDO)

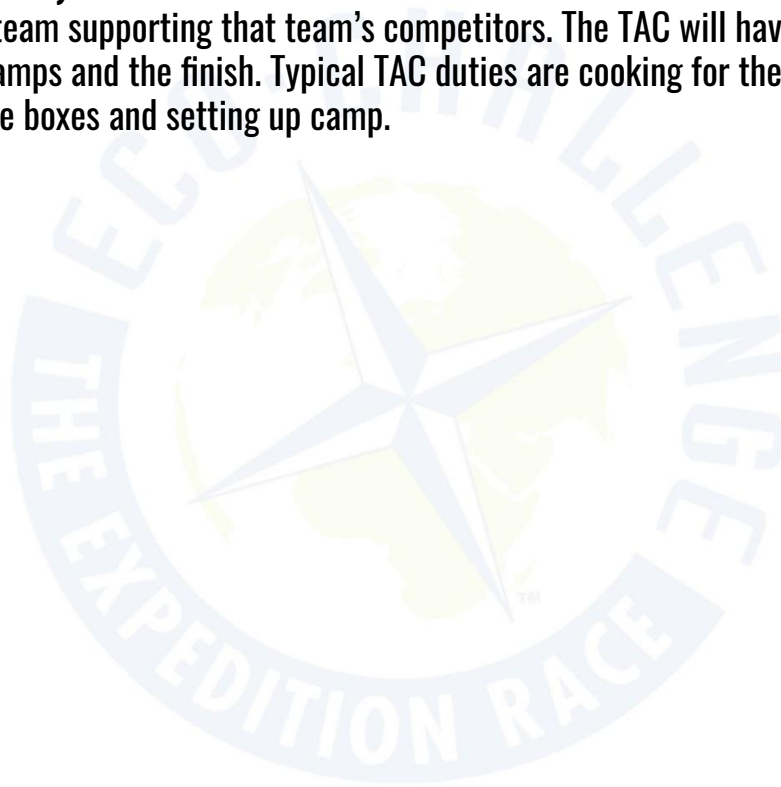
A location where competitors can drop off specified equipment. Race Management will transport this gear forward along the course from the GDOs if it is needed again on the expedition.

Gear Pick Up (GPU)

A location where Race Management has left equipment for competitors to pick up. Examples may be stand up paddleboards and bike boxes.

Team Assistant Crew (TAC)

The single member on a team supporting that team's competitors. The TAC will have access to their team at the race start, camps and the finish. Typical TAC duties are cooking for their team, "fixing" feet, packing bikes in bike boxes and setting up camp.





IMPORTANT UPCOMING DATES

IMPORTANT UPCOMING DATES

The race will take place entirely within the month of September 2019. Specific dates as of now are as follows (though these dates are subject to further change):

<u>Month</u>	<u>Date</u>	<u>Event</u>
September	5	Team Members Arrive in Nadi, Fiji
	6	Remaining Team Members Arrive in Nadi, Fiji. Competitor Registration and Ability Testing opens at 12 noon
	7	Competitor Registration and Ability Testing 8 AM – 6 PM
	8	Competitor Registration and Ability Testing, Competitor Registration and Ability Testing 8 AM – 5 PM Race Briefing Begins at 7 PM
	9	Eco Service Project & Traveling to the Start
	10	Race Start
	21	Race Cut Off: Noon 5 PM: Prize Giving and Awards Ceremony - Pullman Resort 6 PM: Closing Party – Pullman Resort
	22	Team Members Depart Nadi, Fiji

COMPETITOR NEWSLETTER SCHEDULE

All newsletters can be found on the competitor website. Like we've mentioned before, we trust that you will take the time to read each newsletter carefully and reply if/as requested, such as by filling out forms or answering questions.

As a reminder, the Eco-Challenge Fiji secure competitor website section can be found at: <https://www.ecochallenge.com/team-login/>
password: bula

This site is for registered Eco-Challenge Fiji competitors and team assistant crew members only and may not be shared with others.

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

Monday, June 3	Newsletter #4
Monday, July 1	Newsletter #5
Monday, August 5	Newsletter #6
Monday, August 19	Newsletter #7

CERTIFICATES OF ABILITY

Please remember that all certificates of ability are **due by August 9, 2019**. Teams who have not submitted their certificates by August 9, 2019 may not be allowed to race. We will be vigorous in enforcing this deadline. Safety is an important factor in this race and the certificates are an important component of our safety plan. Please take note of the following:

- Certificates from previous Eco-Challenge races do not apply. You must submit a new certificate for this year's race.
- If a team member's experience meets the qualifications listed on the certificate, then you may have them sign the certificates for your team. Please follow the directions on the certificate and attach proof of why they are qualified to sign.
- **Any team member missing a signed Certificate of Ability will NOT be allowed to race.**

Below is a reminder of the Certificates of Ability that must be turned in:

• **Fixed Ropes:**

o **Each competitor** must have a qualified climbing instructor or mountain guide verify that they have achieved the skills specified on the certificate and sign the document.

• **Navigation and Jungle Travel:**

o **At least two (2)** competitors per team need to have the Navigation and Jungle Travel Certificate of Ability signed by a qualified guide or instructor.

• **Whitewater Rafting and Swiftwater:**

o **Each competitor** must have a copy of the Whitewater Rafting and Swiftwater Certificate of Ability signed by a qualified river rescue instructor or river guide.

• **Wilderness First Aid and CPR Certification:**

o **At least two (2)** competitors per team must hold basic first aid certification from a registered training facility.

o A valid First Aid certificate that includes a minimum of 13 hours of Wilderness First Aid and CPR training.

If you have any questions on the deadline or on the certificates themselves please e-mail or call Ashley right away at: comprel@ecochallenge.com

TEAM NAME CHANGE

Teams are not allowed to have a brand or company included in their team name. If your team has a brand or company in your team name, please contact Ashley to change it.

The last day to change your team name is **June 1st, 2019**. You may change your team name at any time by emailing Ashley at: compred@ecochallenge.com

TEAM MEMBERS

We understand that things change and you might have to swap out a registered team member for someone new.

If that is the case, please email Ashley immediately letting her know who is getting replaced. She will send you a grid to fill out and a release for the new member to sign.

All team members must be confirmed no later than: **June 1st, 2019**.

UPDATED SPONSORSHIP INFORMATION

The Supplement to the Team Member Release

The Supplement to the Team Member Release Agreement that addresses the \$50,000 USD stipend was sent on Wednesday, May 8. All details regarding how the payments will work is included in this release.

On the form, you need to fill out your team name at the top and the individual's name who will be receiving the stipend on behalf of the team in the second paragraph. Please be sure to review carefully. This form must be signed by ALL five team members (including your team assistant crew) and emailed back to Ashley by **Wednesday May 15th**. No portion of the stipend will be issued until we receive your signed document.

We also sent out a translation reminder that ALL teams should be able to read and understand the document fully. **If you cannot understand it, you should have the document translated.**

UPDATED SPONSORSHIP INFORMATION CONT.

W-9, W-8BEN, W-8BEN-E

To receive the stipend one of the following forms needs to be filled out by the ONE designated team member that is receiving the stipend on behalf of the team.

- If you're a team based in the USA - your team should send back the W-9 form.
- If you are a team based in another country - your team should send back the W-8BEN form.
- If you are a team based in another country and are planning on transferring the funds to a company – your team should send back a W-8BEN-E form. If you'd like this form please email Ashley at: comprel@ecochallenge.com.

Wire Transfer Information

Wire transfer information was also sent over via email. Please fill it out and send it back with everything else.

- If you're a team based in the USA - your team has the option for a wire transfer or check by mail.
- If you're a team based in another country - your team only has the wire transfer as an option.
- **Please note: with wire transfers, bank fees may apply depending on your bank. Eco-Challenge will not cover those fees.**

If you did not receive any of this information via email please email Ashley at: comprel@ecochallenge.com.

Important Sponsorship Reminders

- No sponsors will be allowed
- No teams will be allowed to be named after a sponsor and/or company. If you need to change your name email us ASAP.
- **Please Note:** All team names, new and old, still need to be approved. We will let you know when your team name has been approved.

Race Clothing

All teams are responsible for providing their own team jerseys. Eco-Challenge will be sending all teams patches to add to the jerseys prior to the race.

NO other logos are allowed on the jerseys besides the Eco-Challenge logo, team flag and team number. As of now team names aren't allowed on the jerseys, if that changes we will let you know.

The image features a solid blue background with a faint, semi-transparent silhouette of two hikers. One hiker is in the foreground, slightly to the left, wearing a large backpack and looking towards the right. The second hiker is slightly behind and to the right, also with a backpack. They appear to be on a mountain trail, with a rocky outcrop visible on the right side. The overall mood is adventurous and serene.

MAPS

MAPS

In Fiji you will receive a series of 1:50 000 scale topographic maps. Points on the course will be described by six-digit grid references. You will also be given nautical charts for some portions of the course.

At Competitor Registration your team will have the opportunity to examine maps from the same series as the race maps and practice locating grid references. There will **NOT** be a navigation exam at Competitor Registration.



A blue-tinted photograph of several people in climbing gear, including helmets and harnesses, standing on a rope bridge or zipline structure. The background shows a rocky, mountainous landscape. The text is overlaid in the center in a bold, white, sans-serif font.

COMPETITOR REGISTRATION AND ABILITY TESTING

COMPETITOR REGISTRATION AND ABILITY TESTING

Competitor Registration will take place in Nadi on September 6, 7 and 8. It will be an opportunity for you to familiarize yourselves with some of the event-supplied equipment and to ask pertinent questions of Race Management.

Registration will also be an opportunity for Race Management to check your mandatory gear. Please keep in mind that all team members and all of the mandatory gear must be in Nadi for Competitor Registration by **September 6.**





VOLUNTEER UPDATE

VOLUNTEER UPDATE

If you have family and friends that are interested in volunteering please let them know that volunteer applications will be opening soon.

Volunteers will be needed in Fiji on location from **September 5 to September 22, 2019**. We will be sending out an email when applications are open with more details. For those who are interested please let them know to sign up for the Eco-Challenge newsletter on our website [here](#).



The image features a solid blue background with a faint, semi-transparent silhouette of two hikers. One hiker is in the foreground, slightly to the left, wearing a large backpack and looking towards the right. Another hiker is visible behind them, also with a backpack. The overall scene suggests a mountainous or outdoor setting.

TEAM ASSISTANT CREW (TAC)

TEAM ASSISTANT CREW (TAC)

Hello to all the Team Assistant Crews! William Younce here, I am the Events Production Manager for Eco-Challenge, and I'm excited and honored to be working here at Eco HQ and be a part of this amazing team. I'm also looking forward to getting to know each of the TACs during our time together at the camps. Please read the below to get a good glimpse into what TAC life will look like once the race starts. See you in Fiji!!

It's not just the four racers who deserve the glory. It's the Team Assistant Crews too!!

Every good quarterback has an amazing offensive line doing the dirty work. And every superstar basketball player is only as good as his supporting teammates. These players might not get all the glory, but their contributions are vital to the success of the team. This holds true in adventure racing as well.

Whether it's re-assembling/breaking down a team's mountain bikes, cooking a warm meal at the camps, or simply providing encouragement to keep going and plow through the pain, the Team Assistant Crew is a vital component to the success – or failure – of a team. The following are some helpful hints and expectations for Team Assistant Crews to be prepared for.

The Doctor is "IN"

Get ready to be the doctor, psychiatrist, motivator, peacemaker and coach, all in one for your team.

Your team will enter each camp exhausted, hurting, hungry, angry and frustrated. It is your job to help your team leave the camp somewhat rested, recovered, fed, encouraged and re-motivated. You are a coach, a cook, and a healer. You need to know when to show tough-love and when to be a great listener.

And to make this role even more challenging, you will need to know EACH member of your team inside and out, and know their differences from the other teammates, and be able to apply those doctor skills to each member both individually and collectively.

TEAM ASSISTANT CREW (TAC) CONT.

The Great Provider

One thing is guaranteed: your team will enter the camps in dire need of refueling. This refueling will come in the form of food, new gear, clean clothes and motivation. Time spent in each camp should be maximized to the fullest, so have your designated area ready and set well in advance of when your team arrives.

Have a chair set for each team member with their new gear and/or clothes within easy reach. Have food, drink and any other nourishment already prepared and ready. Your team area should be a relaxing and comfortable area, free of clutter, so that the team can stay focused, regroup and replenish.

You will be the busiest member of the team when the team is at the camps. Your team needs this time to get off their feet and recharge. It is your job to get them ready for the next leg of the race.

Team Chef

You should know the dietary requirements, as well as the likes and dislikes, of each team member. Have a plan already in place of what meals to serve at each camp and have it ready for the team once they arrive.

You will need to be fully self-sustainable in preparing your team meals. This includes cooking stoves for camping, stove fuel, serving tools and dishes, water and other drinks, etc. PLEASE NOTE: Due to strict Fijian environmental regulations, getting USED stoves in the country may be problematic. It is highly recommended to travel with a new camping stove (with tags and packaging STILL intact) to show the stoves are new and not bringing in any harmful residues.

There will also be representative from Fiji Gas at Competitor Registration selling stoves and gas canisters available to each team, if you desire to go this route.

An example of a recommended camping stove can be found [here](#).

Again remember, airline regulations do NOT allow for propane or gas canisters to fly in commercial airlines. A representative from Fijian Gas will be at Competitor Registration selling gas canisters for these types of stoves.

ALSO: Eco-Challenge is an eco-first event, so please no single-use plastics at the camps.

You will receive a list of stores in Fiji along the course to shop for food. We suggest as you transfer from one camp to the next you stop and resupply at these villages to ensure you have everything your team needs at the next camp.

TEAM ASSISTANT CREW (TAC) CONT.

Team Assistant Crew, M.D.

It's not a matter of 'if' but 'when' racers get injured in one way or another in an Eco-Challenge race....and it's your job to patch them up and get them back on the course! Therefore, you should have a solid understanding of basic First Aid care to fully support your team.

Attending to cuts, bruises, swelling, and rashes is common. Stabilizing minor aches, twisted ankles and bruises should also be expected. Trench Foot may be your biggest nemesis! As stated in newsletter #1, it is imperative that you have a foot care strategy that works for your team. 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.

Each camp will also have a medical tent prominently located onsite. Medical staff will be available at the medical tent but TACs should be prepared to attend to non-emergency situations such as fixing feet and dressing simple wounds for the competitors on their team.

A Day in the Life at a Camp

As a TAC, the experiences at each camp and the nearby village will stay with you for a lifetime! At a minimum, you will spend up to 36 hours at a particular camp. And you could spend as many as three or four DAYS at another camp. It's all determined by your team's progress.

You will be given a Transportation Book at the race start. This will be your map to get from one camp to the next. Signs along the route will also point you in the right direction.

Once you arrive at camp, please immediately check in with the Camp Coordinator. Their contact information will be given to you in the Transportation Book. The Camp Coordinator will direct you to the team camping area and designate your assigned team space.

Once you have your assigned space, camp volunteers will deliver your team gear boxes and bike boxes (if necessary) to your area. You will then start setting your area, pitching the team tents, placing chairs and getting your area ready to receive your team. Also, don't forget to locate the camp's fresh water supply.

TEAM ASSISTANT CREW (TAC) CONT.

A Day in the Life at a Camp Cont.

Once your area is all set, check in at the camp command Post and get any updates they might have on your team's ETA into camp. You will want to start your cooking prep appropriately so that the team meal is ready as soon as the team arrives into camp.

Each camp will have a power source in the form of a generator. Please plan on bringing necessary extension cords for you to reach a power source so that you can start recharging batteries for your team. Length should be between 15-25 feet.

There will be downtime at camps. This is a good thing! Enjoy the amazing beauty of what Fiji offers. Feel free to walk around the village, but please be sure to follow village protocol. You will be greeted with hundreds of "Bula's" along the way. The Fijian people are truly some of the most genuine people we've ever met.

Community Project

Eco-Challenge is so much more than one of the greatest adventure races in the world. It's also one big Community Project. And TACs will lead the way in 'giving back' to this great land and people of Fiji.

The race is working directly with each elementary school at each of the camp villages in creating time for you to give a presentation to the school children. Please prepare a 5-10 minute presentation on where your team is from, what your State or Country is known for, etc. This is your opportunity to tell the Future of Fiji who you are and where you came from. Be your hometown Tourism Director for a day!!

Each school will set aside time each day to have TACs give their presentations. The Camp Coordinator will let you know what time and which camp to give your presentation.

Each camp village has also requested from Eco-Challenge help in providing labor on various projects to improve basic village life. This could range from helping create a small community library inside an existing structure and adding shelving, assisting in repairing a community town hall roof, or install solar lighting throughout a village.

All of these projects would be scheduled well before your team's arrival into the camp, ensuring your primary duties as a TAC would NOT be compromised.

TEAM ASSISTANT CREW (TAC) CONT.

Transportation

Race Management is finalizing car rental agency options for you to call and secure transportation around Fiji. This information will be provided in the coming weeks via email. Please call one of these agencies and secure your TAC vehicle as soon as possible. We recommend a small SUV or truck for all the dirt roads you will be traversing, but basic cars are also used by locals on these same roads. You should arrange for the rental to begin on your first day of arrival into Fiji so that you can start shopping for food and any other various errands you might need to run.

TACs will also drive from Nadi on 9 September to the start in these rented vehicles. Team buses will also be provided for the remaining team members.

What To Bring

- Camping gear for entire team
- Camping chairs for entire team
- All tools and equipment required to cook and prepare meals at each camp
- A good book or two for camp downtime
- **Team Member Mementos:** Mementos for multiple members of the team or a memento to represent the team that visually designates something of meaning to that person or the entire team. This could be as simple as a personal memento or anything else that your team can look at as a motivational element. We would love to incorporate these items into the television broadcast.
- 2-3 country flags of your team (3 feet x 5 feet)

What NOT To Bring

- *Any device that is GPS-capable or internet-capable.* This means NO tablets, laptops or smartphones will be allowed. Consider this amazing life-changing event as a “digital detox” of sorts!! We will provide TACs with a communication device – most likely a basic cell phone – that will allow them to call Event Management for assistance should they need it while in Fiji.

Do's and Don'ts

- DO keep your race-issued communication device (phone or radio) available at all times.
- DO approach this as an opportunity of a lifetime!
- DON'T attempt to find or meet-up with your team along the route. This may result in the disqualification of your team. Once you leave Nadi on the morning of 9 September, your only interaction with your team will be at the start, the designated camps, and the finish.
- DON'T plan on having an additional assistant tagging along at the camps. Regardless if it's a relative or close friend, there simply isn't enough room or infrastructure to support a second TAC or assistant TAC for a team. **This is strictly prohibited.**



CROSSING RIVERS DO'S AND DON'TS

CROSSING RIVERS DO'S AND DON'TS

As was mentioned in the previous newsletter, competitors should expect to cross numerous, broad rivers on foot when in Fiji. This [video](#) will give an introduction to some of the accepted river crossing techniques.

Some of the river crossings will be on the mountain bike legs. Here are some tips for crossing rivers while holding bikes:

Do:

- Keep the bike out of the water.
- Keep the bike on your downstream side at all times.
- Present as small an area as possible to the current.
- Assist each other.
- PRACTICE, PRACTICE, PRACTICE!

Don't:

- Attach the bike to yourself or to your pack. (If you were to fall you may become entangled or dragged down by your bike.)
- Attempt to cross fast moving water deeper than 60cm.
- Attempt to use the bike as a balance aid (i.e. as a 'stick').
- Overload yourself. It is better to make two safe journeys with pack and bike separately than one potentially dangerous one carrying them together.
- Remove footwear.
- Attempt to use rope-assisted crossing techniques.
- Attempt to carry more than one bike at a time.
- Leave the area until all team members are safely across the river.

Note: keeping the bike dry and out of the water is not only important for your safety and efficiency but it will keep water from getting into the frame of your bike. Some bikes, in particular carbon fiber bikes may have small outlets that will allow water to get in. These same outlets may not drain water so avoidance is key!

CROSSING RIVERS DO'S AND DON'TS CONT.

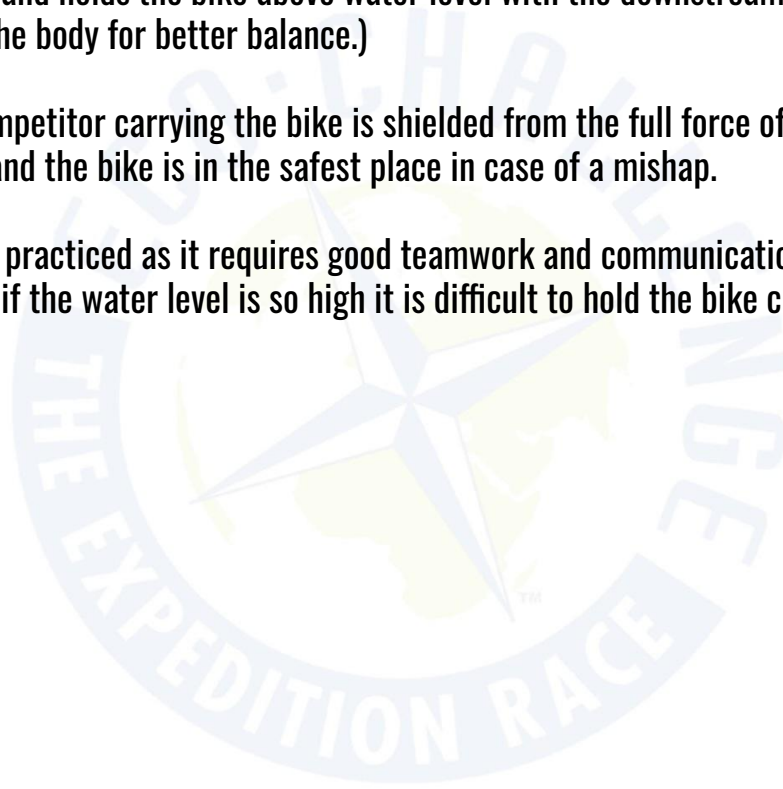
Suggested techniques for assisting each other:

The best method may be for two competitors to work together using the 'line abreast' technique where only one bike is transported at a time. Both competitors are facing the opposite bank and move together across the river in a line parallel to the current.

The team member who is not carrying the bike is positioned upstream and breaks the current with their body. This member uses a stick for balance in the upstream hand and links arms with their partner (who is carrying the bike) using their downstream arm. The competitor with the bike links arms with their upstream arm and holds the bike above water level with the downstream hand. (The bike should be kept close to the body for better balance.)

With this method the competitor carrying the bike is shielded from the full force of the current by the assisting team member and the bike is in the safest place in case of a mishap.

This technique should be practiced as it requires good teamwork and communication between pairs. Do not attempt this method if the water level is so high it is difficult to hold the bike clearly above water.





MEDICAL BRIEFING WITH DR. JOE ROWLES, MEDICAL DIRECTOR

MEDICAL BRIEFING WITH DR. JOE ROWLES, MEDICAL DIRECTOR

Heat Related Illness

Most people will be familiar with sunburn. It is painful, can lead to skin infection and impairs the skin's ability to regulate temperature, increasing the risk of hypothermia for the next 5-7 days. Make sure you have SPF rated clothing and enough sunscreen for the race. Acclimatization to a hot environment takes 4-7 days. Moderate exercise will speed acclimatization and help you perform better during the race. Don't forget to plan some exercise into your pre-race phase.


Hydration and Dehydration

This will be vital for everyone during the race. With 2-3% dehydration (loss of 2-3% bodyweight) significant drops in physical and mental performance have been demonstrated. Unfortunately, thirst is an unreliable guide to hydration status. During the race you will be losing large volumes of water through sweat. Individual fluid requirement during exercise varies considerably, the only reliable guide to hydration status is urine output. Urine should be champagne-colored and you should be passing urine at least 4 times per day. If your urine looks the color of light beer you need to increase your fluid intake (if it looks like Guinness see a medic...). It's a good idea to have regular team checks to keep an eye on everyone's fluid intake and number of "nature stops".

It is important to be able to recognize the symptoms of heat illness, the earlier it is recognized and treated the better the chance of completing the race. Symptoms of heat exhaustion include fatigue, nausea, vomiting, dizziness, high heart rate, rapid breathing, headache and poor coordination. The patient will have normal mental status and will be aware of their surroundings and be able to answer questions. If heat exhaustion is not recognized and treated it may progress to heat stroke which is a life-threatening emergency characterized by a reduction in conscious level. The patient will have displayed the signs above but will also appear drowsy and confused. Treatment for heat exhaustion and heatstroke involves cooling the patient as rapidly as possible. The patient should be removed from the sun, clothes should be removed, water poured over the body and then ideally airflow should be directed over the skin using an improvised fan. Sips of water can be given if the patient is able to safely swallow. Summon medical assistance immediately if you suspect one of your teammates may be suffering from heat stroke or appears confused and disorientated at any time.

Hyponatremia (low sodium/water intoxication)

This is caused by drinking large amounts of water without replacing salts. Unfortunately, symptoms are similar to heat exhaustion; nausea, headache, fatigue and confusion. The key difference is that the patient will have been drinking large volumes of water and will be urinating frequently. If you are looking out for your teammates you should be able to spot this. Formal diagnosis is made with a blood test and treatment for severe hyponatremia is with concentrated IV sodium containing solution. Missing meals, drinking only water, use of anti-inflammatories, some antacid tablets and anti-depressant medicines may increase the risk of hyponatremia. Eating regularly and using isotonic drinks can help prevent hyponatremia.



EMERGENCY RACE SUPPLIED EQUIPMENT

EMERGENCY RACE SUPPLIED EQUIPMENT

Eco-Challenge will provide the following emergency items to each team to use during the race:

- Emergency Radio (1 per team)
- Sealed GPS Tracker (1 per team)
- Smoke Grenades (2 per team)
- Flares (2 per team on the ocean leg)

Each team will be required to provide a valid credit card at Competitor Registration in case items are lost or damaged during the race. In addition, each team will need to provide a valid credit card for equipment deposit (in case there is damage to the equipment we supply your team: outriggers, SUPs, etc.) You must bring credit card(s) to registration for these deposits.

Note: Credit cards will NOT be charged unless damage to the race-supplied equipment occurs. More information on this will be included in newsletter #4.

The flares will be placed in the outriggers for you and the smoke grenades will be picked up at registration. Remember, you may **NOT** bring your own smoke grenades or flares to the race! These items are not permitted on airplanes. Once again, Eco-Challenge will be provided them to all teams in Fiji.



PRO DEALS

PRO DEALS

William Younce, the Events Production Manager for Eco-Challenge, sent out a list of Pro-Deals to everyone via email on **Friday, April 26.**

The Pro-Deal list is on the competitor login page. We are still waiting on the codes from Black Diamond and Mountain House; as soon as we have them, we will update you all with the information.





PUBLIC RELATIONS TEAM

PUBLIC RELATIONS TEAM

Just as a reminder, any PR questions your team might have should go to the PR team. If you do reach out to the PR team please also cc our email:

Their contact information was provided in the email introduction that was sent out a few weeks ago. We've also included their information below: comprel@ecochallenge.com

On behalf of Amazon Studios:

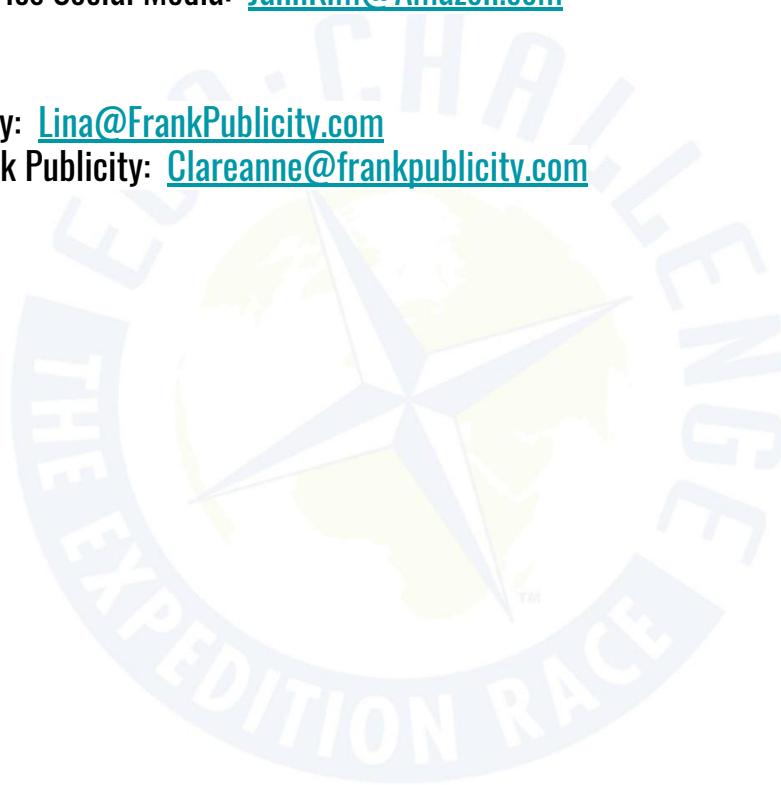
Kristen Hall, Original Series Publicity: Kristen.Hall@AmazonStudios.com

Jennifer Kim, Original Series Social Media: JannKim@Amazon.com

On behalf of MGM:

Lina Plath, Frank Publicity: Lina@FrankPublicity.com

Clare Anne Darragh, Frank Publicity: Clareanne@frankpublicity.com



A blue-tinted photograph of a team of people in climbing gear on a rope course. The image is overlaid with a semi-transparent blue filter. The text is centered in the middle of the image.

TEAM TRAINING PHOTOS AND VIDEOS

TEAM TRAINING PHOTOS AND VIDEOS

If you haven't started to do this already, please start documenting your team's training. Here are some guidelines:

- Take videos and photos of your team training.
- These can be solo videos/photos; you don't have to all be together.
- Start doing video diaries of the hard moments explaining why you are having a hard time, etc.
- These can be taken on an iPhone or camera – whatever device is easiest for you.

We will start collecting these over the next couple weeks. If you already have some of these please start sending to Ashley on the comprel@ecochallenge.com email.



A group of four people are rappelling down a steep, rocky cliff face. They are wearing helmets, harnesses, and ropes. The scene is overlaid with a solid blue color. The text "TRAVEL UPDATE" is centered in white, bold, sans-serif font.

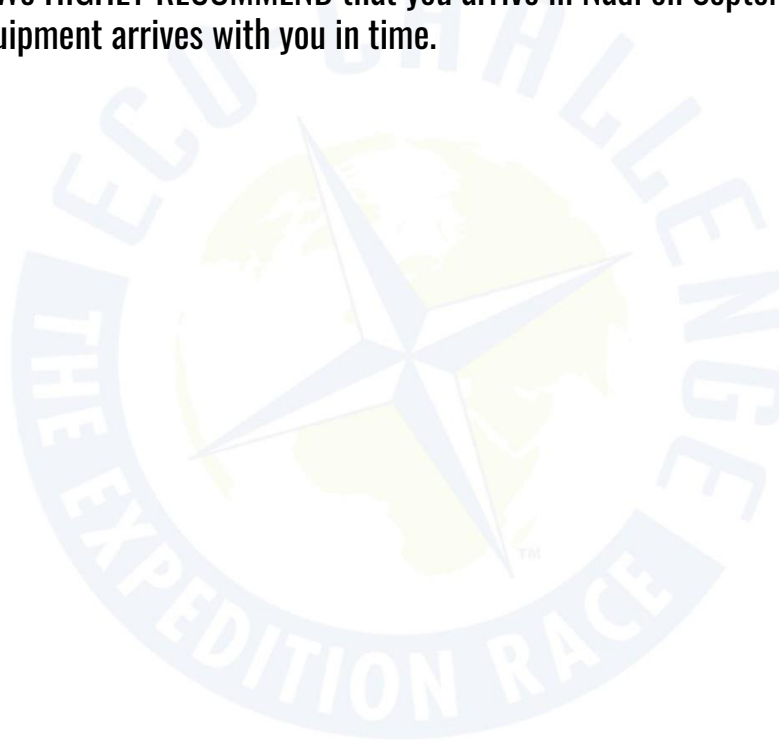
TRAVEL UPDATE

TRAVEL UPDATE

We hope that you have started to book your travel to Fiji! One thing that hasn't been mentioned yet is we will need to collect travel itineraries from all teams.

That being said once you have started to book your flights, please send a copy of your team's travel itinerary. We must have this information from every competitor in order to arrange airport transfers, as well as for the Fiji Immigration and Custom departments. **ALL travel itineraries are due by August 1.**

As stated in newsletter #1 and newsletter #2, all members of your team should arrive in Nadi, Fiji no later than September 6. We HIGHLY RECOMMEND that you arrive in Nadi on September 5 or 6 to ensure that your race equipment arrives with you in time.





FREQUENTLY ASKED QUESTIONS

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Q: What is the deadline for changing my team's name?

*A: The last day to change your team name is **June 1st, 2019**. You may change your team name at any time by emailing the updated name to Ashley on the comprel@ecochallenge.com email.*

Q: Can my family and friends come watch the race in person and join my team along the course?

A: Family and friends are not allowed with teams on the course. Friends and family will have access to the finish line area and are encouraged to cheer their team on at the finish line. Information and driving directions to the finish line will be posted at the host hotel after the start of the race.

Q: Can my family and friends come to the closing party with me?

A: Each team may bring two guests to the closing party (i.e., you may receive up to 7 total tickets to the closing party). Additional tickets will be available for purchase at Competitor Registration.

Q: Where can family and friends watch the race? Will they be able to come to camps?

A: Family and friends will only be able to watch the race from the finish line. Family and friends are not allowed at the camps.

Q: Can a family member or friend accompany our Team Assistant Crew (TAC) during the race, but obviously not help them with any TAC duties.

A: No family members or friends will be allowed to be with the TAC's during the race.

Q: With the new sponsorship change do we still need to change our team name if we are currently named after a previous sponsor?

A: As mentioned in the original sponsorship kit, teams cannot be named after a sponsor. If your team name includes a sponsor, please discuss with your team, figure out the new team name and send it to Ashley & Mindy. As previously mentioned, team names will be reviewed and confirmed on a first come, first served basis.

Q: Why isn't it required that I get a dengue fever vaccine, even though there is a chance I could get it? Is there even a dengue fever vaccine?

A: There is a dengue vaccine now available. Trials have shown that it is safe and effective in those who have had dengue before. Unfortunately, if you have never had dengue fever prior to vaccination then you are more likely to have a more severe infection if you do then contract it after vaccination. There is no 100% accurate test to prove if an individual has had dengue fever in the past. Dengue vaccine is not currently recommended for travelers to Fiji. If you want to receive the vaccine you should discuss this with your doctor and be fully aware of the potential risks this may involve.

FREQUENTLY ASKED QUESTIONS

Q: Can we use kayak paddles on the outrigger canoes?

A: As was disclosed in newsletter #2, your team will be paddling two different kinds of outrigger canoes. Because of the design and configuration of these boats, our Ocean Leg Coordinator, Colin Philp is not recommending using kayak paddles for either outrigger.

Q: What type of SUP paddleboards will we be using? What are the dimensions of the SUP paddleboards?

A: Each competitor will receive the same inflatable paddleboard. All paddleboards will be new for the expedition and will be high quality. The exact brand and dimensions will not be released.

Q: What is the size and weight of the tracking device that one competitor per team will have to wear?

A: The dimensions will be approximately 144 x 76 x 36mm and the weight will be about 305g. One competitor per team must wear one on the shoulder strap of their backpack.

Q: How many jerseys per person should we bring?

A: All teams are responsible for bringing their own jerseys. The idea is to look like a team, so please make sure they all match (color, design, etc.). They should be durable enough to last the entire race, but you're welcome to bring an extra jersey if you like.

Q: We understood from newsletter #2 that we won't be using kayaks or kayak paddles and that there will be two different types of outriggers that each team will paddle. You gave photos of the traditional wooden, outrigger canoe with the sail. Can you give us any more information on the modern fiberglass outrigger?

A: All four members of your team will be paddling together within the modern outrigger. The same canoe paddles that you use for the wooden outrigger are used for this canoe. The modern canoes have a single outrigger.