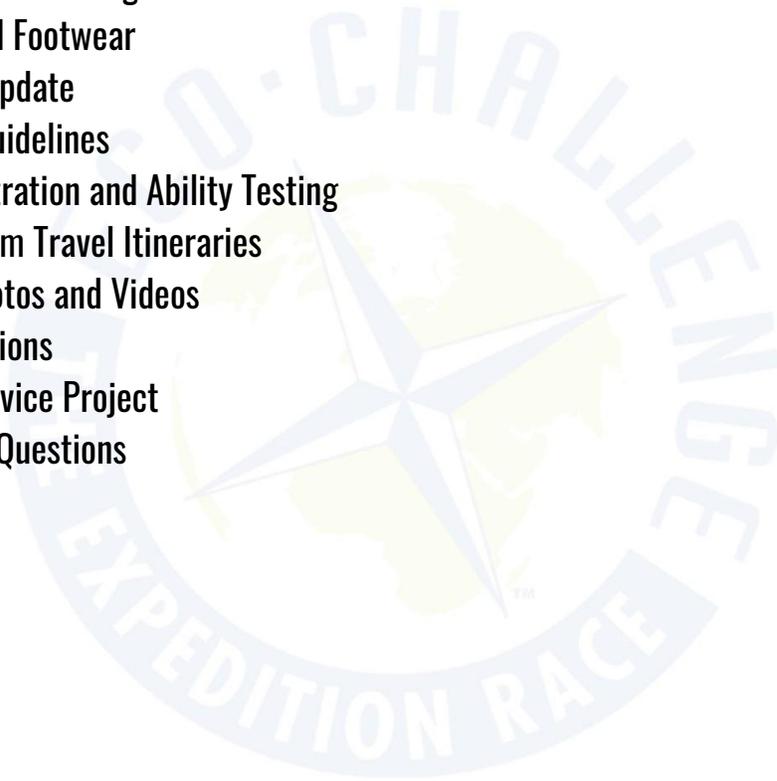


NEWSLETTER #4



NEWSLETTER #4 CONTENTS

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LETTER FROM BEAR GRYLLS

Hi Competitors,

It's July 1st, which means that we are even closer to the toughest challenge you will ever face.

You should be more focused than ever as you enter these last two months. And more importantly you should be working together as a team.

It's not just you out there, there are 3 other people working just as hard by your side, and in order to be successful you **MUST** come together as one.

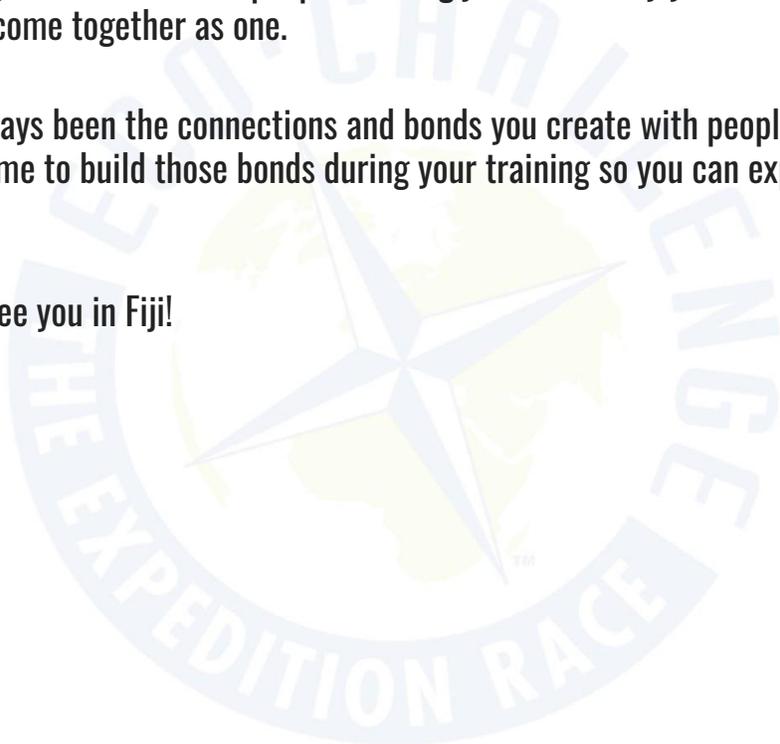
To me, adventure has always been the connections and bonds you create with people when you're out there. So, take this time to build those bonds during your training so you can experience an even greater adventure in Fiji.

Keep up the hard work. See you in Fiji!

Sincerely,



Bear Grylls



LETTER FROM SCOTT FLAVELLE AND KEVIN HODDER

Greetings Eco-Challengers!

With the expedition a little over two months away the excitement is definitely brewing! We're heading back to Fiji in a few short weeks to get things ready for your arrival in early September. We look forward to seeing you soon and starting this epic journey!

Allow us to remind you of the importance of reading all of the documentation that has been shared with you via email and posted on the competitor website. It is critical that you understand all of the details within these materials. As you have seen, a revised version of the Mandatory Gear List was posted on June 25. The items on the list that have been revised are highlighted in yellow shading to make them easy to recognize. Make sure all of your gear meets these specifications prior to arriving in Fiji.

It is essential that you read and understand the document on sailing the Camakau outrigger canoe and watch the video on the same topic. Remember, you will see the Camakaus on dry land at Competitor Registration and you will be shown how to raise the mast, raise the sail and shunt the sail. You will not have an opportunity to sail the outrigger prior to the expedition however. The time to practice sailing is now! Maximize your time over the next two months and come to Fiji ready to race!

With great respect and admiration, we wish you the best in your final phases of preparation.

Stay safe,

Scott and Kev

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 on - we are getting so close!!

Please be sure to make a note of all the important upcoming important dates on your calendars. The below are listed throughout the newsletter, but we've also broken them down for you below:

- **July 12:** All passports are due to Ashley
- **August 1:** All travel itineraries are due to Ashley
- **August 9:** All team certifications are due to Ashley

Please reach out if you have any additional questions. Looking forward to seeing you all in Fiji very soon!

Best,

Mindy & Ashley

Competitor Relations Director
Mindy Zemrak
Phone: 747-400-3747
Email: mzemrak@ecochallenge.com

Competitor Relations Manager
Ashley Holt
Phone: 747-400-3747
Email: aholt@ecochallenge.com

A group of people are rappelling down a rocky cliff 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?)



The most popular traditional Fijian dance is called the meke, which is a combination of dance and story-telling through song. The dance is viewed as a group collaboration between men & women. The men are expected to demonstrate strong, virile movements, while the women are expected to be graceful and feminine.



There are several versions of the meke, such as the war dance, the men's spear dance, the men's or women's fan dance and the sitting dance. Mekes are usually performed at special functions and at cultural nights. The dancing and chanting are accompanied by rhythmic clapping and beating of the lali (pictured below), a traditional Fijian drum.



Visitors who are viewing the dance are often invited at its culmination to join in and perform a simple dance movement called the taralala.



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, 8 AM – 5 PM Race Briefing Begins at 7 PM
	9	Traveling to the Start
	10	Race Start
	21	Race Cut Off: Noon 5 PM: 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, August 5	Newsletter #5
Monday, August 19	Newsletter #6

TEAM NAME CHANGE

All team names have now been approved. You should have received an email from Mindy letting you know what your approved name is. If you did NOT receive this email, please let Mindy and Ashley know ASAP.

The background of the image is a solid blue color. In the center, there are faint, dark silhouettes of several people standing on a beach, looking out towards the ocean. The sun is low on the horizon, creating a soft glow. The overall mood is serene and contemplative.

CERTIFICATES OF ABILITY

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

The image features a solid blue background with a faint, semi-transparent silhouette of two mountain bikers on a trail. The bikers are positioned in the center-left, facing right. The text 'LIGHTING FOR MOUNTAIN BIKING' is overlaid in the center in a bold, white, sans-serif font, arranged in two lines.

LIGHTING FOR MOUNTAIN BIKING

LIGHTING FOR MOUNTAIN BIKING

Brian Finestone – Eco-Challenge Mountain Bike Leg Coordinator

Let me start off by disclosing a little bit of information to you:

- You can count on there being more than one mountain bike leg on the Fiji course.
- You should be prepared to ride more than 200km in Fiji. That's a LOT of mountain biking!!

Due to these factors, there is little doubt that your team will be riding in the dark at times. Having a suitable lighting solution will be critical to your success. Please realize that you will need sufficient light for not only riding at night but also for navigating, reading maps, conducting minor bike repairs, crossing waterways and other eventualities. While a standard helmet mounted headlamp is a good idea, it must be augmented with a headlight mounted on your bike.

Since Fiji is relatively close to the equator, you will experience about 12 hours of daylight and 12 hours of diminished light ... nine of which will be total darkness. There is very little fixed lighting on the remote sections of the mountain bike legs and once the sun sets, the night comes quickly!

Modern bike lighting systems have powerful LED lights with rechargeable battery packs and multiple lumen output settings. We have listed two systems below with relatively long battery life on the lower settings. We recommend at least two additional battery packs (per competitor) despite the manufacturer's claims of battery life. This will allow riders to swap out batteries when out on the course while their TAC is charging their other packs at the next camp. If you already have a bike lighting system, we would advise you to compare the specifications to the options listed below.

MTB Lighting Systems:

Niterider Pro 4200

- max lumens: 4200
- manufacturer's battery life claim: 16.5 hrs @ 600 lumens
- water and impact resistant
- rechargeable
- competitors opting for this unit will likely want at minimum two additional 8 cell Lithium Ion battery packs in order to carry a spare and swap out depleted units with their TAC for charging at camps.
- battery packs also can be used to charge other USB-compatible devices

LIGHTING FOR MOUNTAIN BIKING

Gemini Lights Duo 1500

- **max lumens: 1500**
- manufacturer's battery life claim: 13 hours @ 300 lumens
- 4 cell battery pack
- Rechargeable
- competitors opting for this unit will want at minimum two additional 4 cell Lithium Ion battery packs in order to carry a spare and swap out spent units for charging at checkpoints

The choice is up to you and your team! Do your research. Pick the right lights!

Regardless of your choice, it will be important to conserve the batteries on your lights. A key strategy will be to use only the amount of light you need by keeping the system on a lower power setting if possible. It may be very tempting to use the brighter settings in order to take in more of your surroundings, however it will deplete your battery at a much faster rate. Also consider having the lead rider(s) on your team using brighter settings than the trailing riders. This should allow for an overall conservation of battery power.

TACs are **STRONGLY** advised to have in-car charging capabilities for their team's USB Lithium Ion bike light batteries. Being able to charge batteries while travelling between camps is an efficient way to help your team have fresh battery packs ready upon arrival.

Remember, each bike must also have a rear-facing red light that must be switched on during the hours of darkness. Since these red lights often have a lower output, finding a workable solution may be easier.

Now, also remember that there are restrictions related to air travel with Lithium Ion batteries. Those restrictions are as follows:

Lithium Batteries in Personal Electronic Devices and Spare Batteries

Passengers are permitted in or as checked baggage any portable electronic devices (PED) containing lithium metal or lithium ion cells or batteries. These devices include consumer electronics such as cameras, mobile phones, laptops, tablets and power banks, when carried by passengers or crew for personal use. This does not include Lithium Battery-Powered Vehicles which are not permitted as stated below. The batteries which are in these portable electronic devices must not exceed 2g for lithium metal batteries and 100wh for lithium ion batteries.

Spare Batteries- Passengers are only permitted maximum of 2 spare batteries as part of their personal baggage but it may only be carried in or as cabin baggage. Each spare battery may exceed 100wh but not exceeding 160wh for consumer electronic devices and PED. As for PED only, lithium content may exceed 2g but not exceeding 8g.

LIGHTING FOR MOUNTAIN BIKING

For this reason, we **STRONGLY** recommend that each competitor brings a backup, handlebar mounted light that takes AA batteries along with some spare AAs. If you run out of charge on your Lithium Ion batteries, your only option to keep going will be to use your backup light. Planet Bike and Cateye make some economical, AA-powered lights that may be appropriate options as backups.





GEAR, CLOTHING AND FOOTWEAR

GEAR, CLOTHING AND FOOTWEAR

Kevin Hodder – Eco-Challenge Race Manager

As you all know, there's a lot of clothing and equipment that doesn't appear on the Mandatory Gear List but remains essential for your success on the expedition. Some of those items include:

Shoes – Nothing is more critical or more personal! You must make your own decisions on footwear and find what works for your feet and your preferences. It's hard to overstate, however, how important it will be to have shoes with soles that provide grip on slippery river rocks. Please realize that extended sections of the course will require you to trek in and beside rivers that are strewn with slimy, algae-covered rocks.

The grippiest trail running shoe that we found was the [Arc'teryx Norvan VT](#). Here is a photo of them next to those notoriously slimy Fijian rocks:



The Norvan VT uses a rubber sole that is similar to that of technical approach shoes and some climbing shoes. It made a big difference on the river rocks. The downside of these shoes is that they seem a bit clunky as far as trail runners go, and they get really hot when you're not getting them wet all the time.

I also used the [Salomon S/LAB XA Amphib](#) a lot while testing the course too. These shoes provided just enough protection for my feet and shed water really fast. They are light and work pretty well on muddy trails, which Fiji also has plenty of! If they were grippier on the river rocks I would have given them higher praise overall.

GEAR, CLOTHING AND FOOTWEAR

I often went to my old standby as well. The [Saloman Speedcross](#) offers a lot of protection and are good at climbing muddy trails. As with the Amphib however, they weren't exceptional on the slippery river rock.

Here's another tip about the course: there is a loop trail that exists in the middle of one of the mountain bike legs. Your team will have to drop your bikes and trek around this loop. It's short (about 5km) but way too long to walk in most bike shoes. I recommend bringing a really light pair of runners to carry in your pack on the ride and throw on your feet for trekking around the loop. I'll give you a head's up in the Expedition Guidebook when you'll need them. Something like the [New Balance Minimus 10v1 Trail](#).

So, in summary, we can't suggest one shoe that is perfect for the course in Fiji. As is true with so many pieces of gear out there, what works best in one situation may not work so well in another. It's all part of the puzzle of expedition racing!

Dry Bags – When testing the course in Fiji I used the [Lightweight Dry Sacks](#) from SeaToSummit. These bags kept my gear dry (and therefore light) and I had no issues with punctures even though they are constructed from a lightweight material.

Backpack – One of the most crucial pieces of gear! It's going to be with you for the whole expedition so choose wisely. Also, remember, you'll have to carry your PFD with you on sections of the mountain bike legs AND the trekking legs. It's important that you have a convenient system to secure your PFD to your pack so that it doesn't flop around with each peddle stroke or footfall! It should also be quick to remove from your pack when you need it. You'll have to carry your climbing helmet at times too. The good news is that you probably won't be required to carry your PFD and your climbing helmet at the same time, just know that you should have a secure and efficient system for carrying these items on your pack.

Clothing – We've mentioned it before a couple times but it's worth repeating. It can get cold in the jungle at night! If you're wet and depleted you are more susceptible to hypothermia. Make sure you have multiple clothing options. Ensure you have enough clothing to change into dry base layers at the camps. Some competitors have used neoprene tops or shorty wetsuits to stay warm when wet. When testing the course, I wore a shorty wetsuit under my clothes for a particularly wet section of the course and was glad I had it!

GEAR, CLOTHING AND FOOTWEAR

Hammocks – As mentioned in Newsletter #2, we used the Hyperlite Zip model by Hennessy Hammock when sleeping in the jungle. They worked well and provided much appreciated shelter off the ground. Since we want to allow the elite teams to keep their packs light and race fast, we have not made hammocks part of the Mandatory Gear List although they are certainly the most comfortable option for sleeping in the Fijian rainforest. (As a reminder, each team is required to carry one tarp, one single person emergency bivi sack and four survival blankets.)

OTHER GEAR NOTES

Contents of the Waterproof Duffel Bag – as you know, there is a large waterproof duffel bag listed on the Mandatory Gear List. This bag, filled with your personal supplies, will be placed by Eco-Challenge at a support tent on the course for you. You are allowed to fill this bag with any permitted items you think you may need after completing a long, wet, hard trek at higher elevations. We suggest dry clothing, food, dry footwear, body lube, footcare supplies, compact sports towels, even letters from a loved one. Anything allowed that you think might help you keep going after a long, physical hike. Please know, you will have to pack this bag and hand it off to us before the start of the expedition so we can get it out on the course in time for your arrival. Plan ahead! Make sure you have enough clothing and other items to place in this bag!

Headlamp – you will be using your headlamp a lot in Fiji. The nights are long and dark! Since charging batteries or having enough spare rechargeable batteries may be a challenge, consider a headlamp that takes AAA batteries. The Black Diamond Storm375 Headlamp is waterproof and compact with strobe and red-light capabilities.

(https://www.blackdiamondequipment.com/en_CA/storm-375-BD6206400002ALL1.html)

Mountain Bikes – please be advised that there are no requirements as to suspension on your mountain bikes however, gravel bikes or cyclo-cross bikes are NOT permitted. As per the Mandatory Gear List, each team must have four mountain bikes.

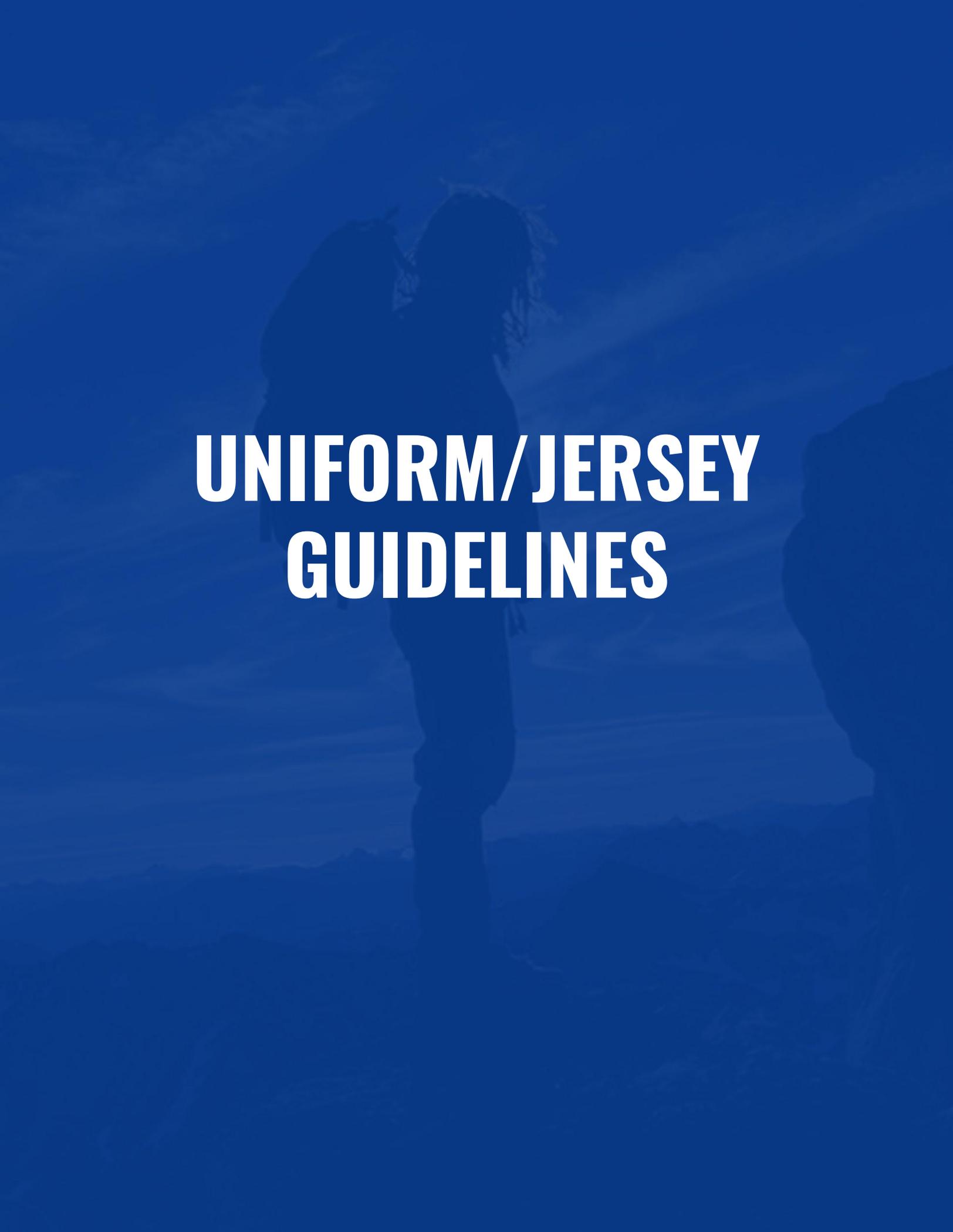
The background of the image is a solid blue color. In the center, there is a faint, semi-transparent silhouette of two hikers. They are wearing backpacks and appear to be walking on a trail. The hiker in the foreground is slightly ahead of the second hiker. The overall mood is adventurous and outdoorsy.

MANDATORY GEAR UPDATE

MANDATORY GEAR UPDATE

The gear list has been updated as of **June 25**. This was sent out to teams and is currently on the competitor login page. PLEASE be sure you've read this carefully and understand what you will need during the race.





UNIFORM/JERSEY GUIDELINES

UNIFORM/JERSEY GUIDELINES

You will be getting the schematics for the uniforms very soon, but in the meantime below are the team uniform guidelines:

- We encourage 3-4 sets of uniforms per team member.
- All teams will be given enough patches for FOUR sets of uniforms per 5-person team. More information on patch location will be coming soon.
- We suggest teams get the patches professionally attached or use a commercial grade sewing machine so they remain intact/attached throughout the race.
 - Patches that come off cannot be left on the course.
- You will be required to match the patch placement example that will be sent to you soon.
- **All teams must attach the patches to your team uniform before you get to Fiji.**
- **All five team members must have matching uniforms.**
 - We encourage originality with the color of your uniforms. Do something that identifies your team.
 - Patterns may be allowed, but must be pre-approved by MGM/Amazon.
 - However, no logos, artwork or graphics are allowed. This includes any personal and third-party intellectual property. If you are unsure about whether something may be not be allowed, please ask in advance!
- All team uniforms must be approved by MGM/Amazon. Please submit your team uniform mock up to Ashley no later than **JULY 19.**

Please note: if your team uniform isn't approved you will not be able to wear it during the race.

THIRD PARTY CLOTHING/GEAR ACCESSORIES:

- Logos or other third-party IP on clothing, accessories, gear, etc. should be avoided as much as possible or kept to a minimum. We are okay with small incidental logos as long as the use is not defamatory and the product is being used as intended.
- If we get any clothing or gear sponsor for the race, then restrictions may change depending on the deal that is worked out. Teams will be informed of any such restrictions.

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.

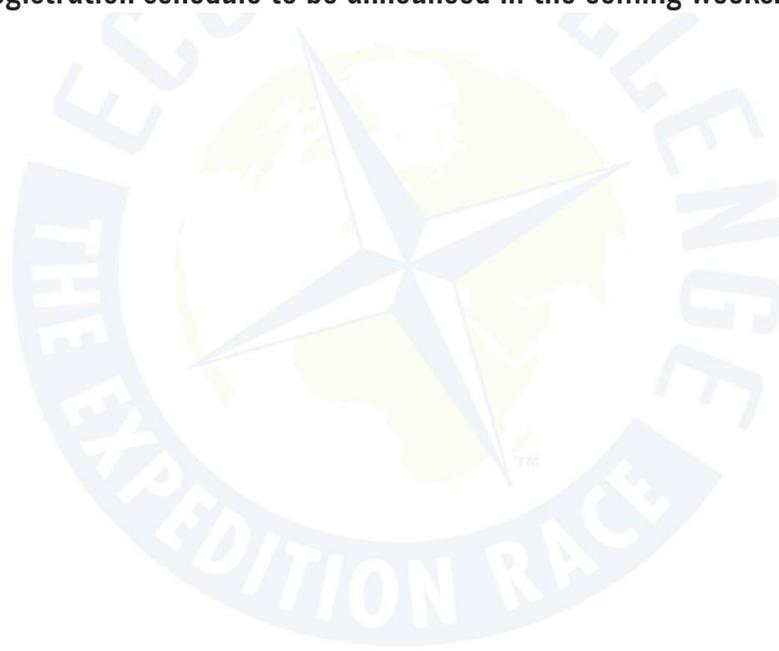
COMPETITOR REGISTRATION AND ABILITY TESTING

COMPETITOR REGISTRATION AND ABILITY TESTING

Competitor Registration will take place in Nadi on September 6, 7 and 8 at the Pullman Resort. 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 and to go thru the required climbing/ropes ability tests. Please keep in mind that all team members and all of the mandatory gear must be in Nadi for Registration by September 6.

Once all teams supply their travel itineraries, the Competitor Relations Department will designate a specific time for your team to go through Competitor Registration and Ability Testing. During this time, there will also be a designated time for team interviews. Stay tuned for your assigned times and a complete competitor registration schedule to be announced in the coming weeks.





PASSPORTS AND TEAM TRAVEL ITINERARIES

PASSPORTS

As FAQ Friday #3 stated we need ALL passports by **JULY 12**. This information is needed for the Fiji Immigration and Custom Departments. Please email these to Ashley ASAP.

TRAVEL UPDATE

As FAQ Friday #3 stated we will also need to collect travel itineraries from all teams. **Please note: Ashley will be sending all team captains a grid on Tuesday, July 2 for each team to fill in its travel information.**

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.

Please remember depending on where you are coming from you might lose 2 days. For example, if you leave California on the 4th, you will arrive in Fiji on the 6th. **PLEASE be aware of this.**



TEAM TRAINING PHOTOS AND VIDEOS

TEAM TRAINING PHOTOS AND VIDEOS

Please continue 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.

Please continue sending these to Ashley on the comprel@ecochallenge.com email.

General guidelines for submitting photos & videos:

- **Please submit photos/videos that you or someone on your team owns.**
 - This means that you or someone on your team took the photo/video.
 - If someone on your team did NOT take the photo/video, please only submit photos/videos that someone who you are in close contact with took (the person who took the photo will need them to sign a release).
 - Please do not submit any photos/videos taken by a third party professional photographer (these can be difficult to get permission to use).
 - When sending photos/videos, please let us know who took each photo/video.
- **Please submit photos/videos of only you and your teammates.**
 - Please try to avoid photos/videos with other individuals unless they can easily be cropped out or you are in close contact with those individual(s) and they would need to sign a release.
- **Please try to avoid sending photos/videos with any third party intellectual property.**
 - This means no logos, artwork, graphics, designs, music, videos, etc., unless they can easily be cropped, edited out or digitally removed or any of those materials are owned 100% by someone on your team.



RULES AND REGULATIONS

RULES AND REGULATIONS

The Eco-Challenge Fiji Rules and Regulations will be posted on the competitor login page in the relatively near future. Please read the Rules and Regulations carefully as they will be **STRICTLY** enforced. Each team will receive the final version of the Rules and Regulations at Competitor Registration and will be required to sign it as part of the registration process.





ECO-CHALLENGE SERVICE PROJECT

ECO-CHALLENGE SERVICE PROJECT

Eco-Challenge has always placed an importance on improving the host country in some way and this year's race is no different. We are proud to outline the following projects that are being implemented in Fiji:

Book Drive & Library Improvement Project – We are asking each of your team members – and ALL Eco-Challenge staff and volunteers - to bring 2-to-4 children books to donate to the Fijian elementary school system. Books should be focused on the reading level of preschool to Grade 8 and in English. These books will be collected at Competitor Registration. Also, TACs will be required to sign-up to help improve the village libraries located next to the Eco-Challenge camps. This will include such tasks as helping build or assemble simple book shelves and creating library areas in designated town hall structures. We are asking all TACs to commit to at least ONE village library improvement project during the race. Sign-up sheets for each specific camp village will be available at Competitor Registration.

Just think, if each member of the 70 teams brought 3 books to donate that would be more than 1,000 books!

Teach-A-Child Project – We are asking each TAC to prepare a 5-to-10 minute presentation for children in Grades 1-8 on where you are from. This could be full of fun facts about your country or state's wildlife, geography or culture. Get creative and have fun with this opportunity to share with the Fijian children where you are from and what it's like living in your country.

For example, Fijian kids LOVE music and learning songs. So being from Alabama, I am going to teach them the song "Sweet Home Alabama!" With my iPod and portable speakers, along with some poster board of where Alabama is in relation to the United States, the Fijian children will have Lynyrd Skynyrd's famous song memorized in no time!!

Make-A-Wish Village Project – Instead of one massive Eco Project before previous Eco-Challenges, the thought was to spread the goodwill throughout the great land of Fiji. Through the above initiatives, as well as the Make-A-Wish Village Project, we are impacting far more Fijians. Each camp village has been asked to provide Eco-Challenge a Wish List of village improvements they vitally need to continue their livelihoods in the backcountry of Fiji. These expected tasks will range from helping improve the village's riverbank to ward of further erosion to repairing a village roof. More details will come on exact projects, but please be aware that TACs will be expected to sign up for at least ONE of these village projects.



FREQUENTLY ASKED QUESTIONS

FREQUENTLY ASKED QUESTIONS

Since we have been doing FAQ Fridays there will not be any frequently asked questions in this newsletter. Since July 5 is part of the Independence Day July 4 holiday in the United States, FAQ Friday #7 will be sent out on **July 12**.

Please note: All questions that are asked before Wednesday will be included in the FAQ Friday that same week. If your team asks a question after Wednesday it will be included in the following week's FAQ Friday.

FAQ FRIDAY #6 UPDATE:

It was brought to our attention that there was a small error in FAQ Friday #6. It has been updated below. Family and friends ARE NOT allowed to be with the TAC's during the race.

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 and friends will NOT be allowed to be with the TAC's during the race.

