

POST RACE NEWSLETTER





NOTE FROM MINDY ZEMRAK AND ASHLEY HOLT, COMPETITOR RELATIONS TEAM

Bula everyone!

We can't believe that Eco-Challenge is over! It was truly amazing to meet you all in Fiji and share such an incredibly special experience together. Each and every one of you blew us away with your kindness, spirit and athleticism. You should be beyond proud of yourselves!

Hopefully you are starting to settle into being back home, getting caught up on some rest and we're sure some of you are already starting to train for your next adventure.

The attached newsletter includes a note from Kevin Hodder & Scott Flavelle, along with a letter from Amazon Social Media & PR, and Dr. Joe Rowles regarding possible post race health concerns.

Starting October 21st, we won't be available to answer questions. So for any social media or media inquiries, please contact the following people directly:

For Social Media Questions:

David Rosove: DRosove@amazon.com

For Media Inquiries:

Kristen.Hall@AmazonStudios.com

Lina@FrankPublicity.com

ClareAnne@FrankPublicity.com

Steve@FrankPublicity.com

Thank you all once again for being part of the comeback of Eco-Challenge. Please continue to share on the Facebook page. We will forever be an Eco-Challenge community! Hope you have a great weekend and please stay in touch!

Best,
Mindy & Ashley

Competitor Relations Director
Mindy Zemrak
Email: mzemrak@ecochallenge.com

Competitor Relations Manager
Ashley Holt
Email: aholt@ecochallenge.com



LETTER FROM SCOTT FLAVELLE AND KEVIN HODDER

Greetings Eco-Challengers,

Well, it has now been two weeks since the final teams crossed the finish line and we hope that you are either safely back home or on to your next adventure.

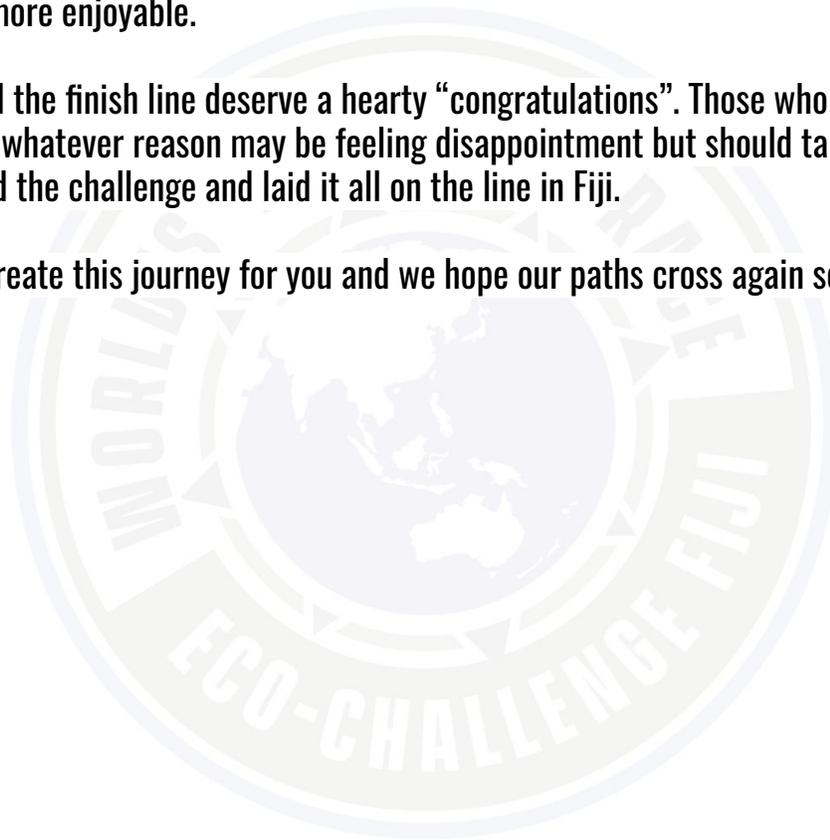
It was very exciting for us to finally “unleash” all 66 teams onto the course that was prepared for you. We were thoroughly impressed with the overall skill, endurance and determination that was demonstrated. It’s obvious that a high level of training and preparation was performed and this made our jobs much more enjoyable.

All of you who crossed the finish line deserve a hearty “congratulations”. Those who were stopped short of this point for whatever reason may be feeling disappointment but should take pride in the fact that you accepted the challenge and laid it all on the line in Fiji.

It was a privilege to create this journey for you and we hope our paths cross again soon.

Respectfully,

Scott and Kev



LETTER FROM DR. JOE ROWLES

We hope you enjoyed your time in Fiji and got home safely. Although Fiji is a relatively benign environment, I wanted to highlight a few potential health issues that could arise after an adventure in Fiji such as yours. As you continue your recovery from the race experience, please take note and keep an eye out, just in case, and take appropriate measures if you experience any of the noted symptoms.

Skin infections:

There were a number of skin infections during the race. Most of these responded well to flucloxacillin tablets (a type of penicillin). Some of the more severe infections required more than 1 type of antibiotic. Unfortunately, the laboratories in Fiji have been unable to identify any particular type of bacteria that has been causing these infections.

Samples from one athlete have shown an infection caused by Staph aureus, a common bacteria. This particular infection can be treated by clindamycin, erythromycin or flucloxacillin but is resistant to penicillin.

Infections that don't improve with antibiotics may be caused by bacteria that produce a chemical (ESBL or extended spectrum beta-lactamase) that can prevent many antibiotics from working. These may require specialist treatment.

If you develop signs of a skin infection such as pain, fever, swelling, redness or heat make sure you see visit your doctor or emergency room and show them this letter.

Leptospirosis:

Leptospirosis is an infection caused by bacteria that are excreted in the urine of infected animals, including rodents, domestic pets, livestock and wildlife. Bacteria can survive in soil or water for weeks or longer, and humans can become infected through direct contact with infected animals, or through contact with soil or water contaminated by the urine of infected animals. Infections are contracted through skin abrasions and the mucosa of the nose, mouth and eyes.

The normal incubation period is 5 to 14 days. Early symptoms include rapid onset of fever (over 38C/100.4F), muscle pains and headache. Calf tenderness and red eyes are characteristic of leptospirosis, but are not always present. Other symptoms include poor appetite, nausea, vomiting, abdominal pain, dizziness, lethargy, joint pain and eye pain. Rashes can occur, mostly on the trunk or shin areas. Symptoms in the early phase are non-specific and often difficult to distinguish from other causes of fever.

LETTER FROM DR. JOE ROWLES, CONT

Dengue fever:

Dengue fever is present in Fiji and is spread by the bite of infected mosquitos. Dengue causes a high fever (40°C/104°F) and is accompanied by 2 of the following symptoms: severe headache, pain behind the eyes, muscle and joint pains, nausea, vomiting, swollen glands or rash. Symptoms usually last for 2–7 days, after an incubation period of 4–10 days from the bite of an infected mosquito. There is no cure for dengue but if you think you may be affected you should see a doctor for testing to make sure you aren't suffering from anything more serious.

Zika:

Zika is present in Fiji. The incubation period (the time from exposure to symptoms) of Zika virus disease is not clear, but is likely to be a few days. The symptoms are similar to other mosquito borne virus infections such as dengue, and include fever, skin rashes, conjunctivitis, muscle and joint pain, tiredness, and headache. These symptoms last for 2-7 days. Zika virus disease is usually relatively mild and requires no specific treatment. If you think you may have contracted Zika you should see your doctor. Zika can be transmitted by unprotected sex and can cause birth defects if a mother is infected while pregnant. On returning from Fiji, it is recommended to practice safe sex or abstinence for a period of three months to prevent Zika virus infection through sexual intercourse.

Sexual partners of pregnant women, living in or returning from areas where local transmission of Zika virus occurs should practice safer sex or abstain from sexual activity throughout the pregnancy.

Chikungunya:

Chikungunya is present in Fiji and is characterized by an abrupt onset of fever frequently accompanied by joint pain. Other common signs and symptoms include muscle pain, headache, nausea, fatigue and rash. The joint pain is often very debilitating and usually lasts for a few days but may last a number of weeks. There is no specific treatment for chikungunya but testing is useful to rule out anything more serious.

If you have any concerns or questions please do not hesitate to contact me at:

joe@extreme-medicine.com.

Sincerely,
Dr. Joe Rowles



LETTER FROM AMAZON SOCIAL MEDIA & PR TEAMS

Bula Racers!

I hope you've all returned home safely after your incredible journey. It was an amazing experience for all of us involved and we're sure it was for you too. Since the race is over and you have all made it back to your internet-connected devices, there are a couple things we want to remind you of.

Social Media

Remember, you all signed an NDA! That means you may not post anything on social media that gives away any details of the race or series. That includes photos of the race course, the finish line, your medallions, maps, special equipment given to you by the race coordinators, any photo when you are in a camp on the course, or anything that could be give away something that happened during filming. You may not mention where you finished among the other teams, what injuries you may have sustained, or how long you were on the course.

Essentially, unless it's a scenic photo of Fiji or a team photo that doesn't give any info away....don't post it! If you have any questions, please do not hesitate to ask.

PR

Please note, we are holding off on all print, online or broadcast interviews until closer to premiere in 2020 when you and your fellow teammates can share more approved details about the competition. Please refrain from reaching out to media until we give you the green light, or if you have incoming requests, you're welcome to flag them for us so that we can earmark to for completion in the next few months. If you have questions, feel free to reach out to us!

Thank you all for cooperating with us. Don't worry, once the show starts you will be able to post EVERYTHING!

All the best,
Amazon Social Media and PR Teams

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