



# NEWSLETTER RACERS

#2

JULY, 2010

## DEAR RACERS HERE IS SOME FRESH NEWS....

With only 4 weeks before the start of the 3rd edition of Raid in France, the organisation is working hard to ensure that all is ready. As the weather is now good the high altitude terrain is back to normal with the snow gradually melting, allowing us to set up equipment.

As regards inscriptions, the Raid is now more or less full. In order to keep the event to a reasonable size within the Raid in France family spirit, the number of participants is limited.

The Route: 250 kms and 11,500m positive climb for the ARWS route in an estimated 49 hours for the fastest team. 100 kms and a 2,700 positive climb for the ICDI route in an estimated time of 11 hours for the fastest team.

The Raid in France 2010 will be rythmed by many activity changes (16) in relation and suited to the terrain encountered. Walking on stoney wet ground will be predominant so practise beforehand in order for this factor not to be too long and laborious!

### **Moutains and High Mountains**

We are now able to specify the equipment required. No specific boots or crampons will be needed.

### **Mountain Bike**

Certain sections will follow one another without assistance team contact so you will have the choice of either carrying your trekking boots, doing the trek in your cycling shoes.....or bike in trekking boots – so think about this! When you drop off your bikes you can only leave the specific biking equipment (map holder, specific bike lights, front and rear, traction system, cycling shoes, repair kit attached to the bike). All the other equipment must be carried by yourself or your team (water flask, extra lighting and equipment...).

### **Waters sports**

Although we do not require a navigation certificate please do not neglect the safety aspect of this activity as with rope handling. Controls could be carried out during equipment inspection. Your assistants can prepare the boats for you before your arrival. You can put your sponsor's stickers on the spots provided on the boats and install the rowers place. Time allowed for this will be limited. The boats structure cannot be changed or modified in any way. Paddles and life jackets can be provided for teams who don't possess their own. A questionnaire regarding this and other matters will be published shortly – please fill it in and return it rapidly.

### **Caving**

The rope handling certificate corresponds with those skills required for this section and the required obligatory equipment is the same as for the mountain section (refer to list). You will have 2 markers to find and stamp using the map found in the cave.

All team members must cover the route. The passage is only slightly narrow and not very high. This section will be done in blocked time allowing teams to appreciate and also respect this underground environment.

Sleeves and full length leggings are highly recommended. You can have a caving suit (or similar clothing) taken directly to the site for you without having to carry it yourself. In order to do so this equipment plus specific caving equipment for your team should be given to the organisation before the start of the race in a bag marked with your team number on the outside.



### **Orientation and map reading**

The 1/50000 maps are IGN maps of the orange type. No tourist information is given on them. Only the maps provided by the organisation are allowed. You will also receive a roadbook along with the maps which gives extra route information such as forbidden roads, obligatory passages, unmarked tracks, the definition/description of control points and markers. Maps are handed out before and during the race.

### **Accommodation**

Information is on the website under the section 'informations pratiques' or you can contact the 'Serres' Tourist Office directly remembering to mention that you are race participants.

### **Assistance**

The assistants will need to undertake some uphill climbs (250m maximum) in order to pick up the mountain bikes so remember to take suitable footwear and something to carry the equipment in.

### **Obligatory documents**

The medical certificate must correspond and be phrased exactly as the one found on line on our website. No federal licence or multisport certificate can replace this certificate. Your doctor can sign the certificate found on our website. The organisation's doctors cannot sign your certificate.

In order to participate, remember to pay your subscription fees in time.  
In the event of a waiting list, those teams having paid up will have priority.

Good training and see you soon at Raid In France.  
The French event in the Adventure Racing World Series (ARWS)



The Organisation Team