



NEWSLETTER RACERS

#1

JUNE, 2010

DEAR RACERS HERE IS SOME FRESH NEWS....

« Raid in France » is back in 2010 with new dispositions for the ARWS trail. This year, the three day course will be slightly more than 50 hours duration.

This measure, unique for 2010, shows our willingness to permit access to a maximum of raideurs on the ARWS circuit, and to the non-stop long trail.

In keeping up the spirit we had from beginning, which is the discovery of new terrains, teams autonomy, orienteering with choice of itinerary, race strategies, however, not forgetting the « Back to Nature » charter committing each one of us to be fully of the natural environment, on track and on sites of assistance and in all our day to day activities.

A « discovery » raid similar to the Raid In France spirit, named ICDI for « I Can Do It » will also be proposed in parallel to the raid ARWS. It allows those whom may think the ARWS seems inaccessible, to attempt a section of the long trail discovering specificities of these kinds of disciplines, and why not taking part in the 2011 edition.

The course inspections are continuing, even though the weather conditions of the last few months are not making the preparations easy going. The snow is still present at higher altitudes upsetting quite a bit our preparations. You will discover during this 2010 edition, the « Buech Valley », located at the foot of the « Massif du Dévoluy » and opening up on the « Durance Valley ».

Also, you'll be going from plain country to medium and high mountainous terrains; a variety of landscapes, being as well as rich and amazing. The city of Serres will be the start and finishing point-base for this 2010 edition, at the sport and leisure center of Germanette, where we'll be welcomed by the town community of Serrois.

The trail

A length of about 260kms (estimation), numerous activities will be practiced, and as per usual on « Raid In France » in self-reliance and techniques. Each accumulated trekking sections representing about 60kms, 160kms on mountain bike, 35kms on boat (canoe) and finally 5kms of other progressions. The non-stop race, will be punctuated by compulsory rests. 4 hours in total. Taken by a duration of 2 hours minimum. They must be taken at the checkpoints (CP). The start should be confirmed for August 27th 2010 at 8am.

Moutains and High Mountains

This year, the snow could be present. We will inform you of the evolution of these progressions. You'll be reaching between altitudes of 2500 and 2700 meters high. Hiking boots and crampons may not be compulsory this year, even though, this possibility should not be rejected as things stand out at the moment. We'll try our best to avoid this option because of the provisions of equipment matters for many teams.

Mountain Bike

Mountain biking will mainly be present during this 2010 edition. The proposed courses are amazing, and by a majority in great condition. The carrying, pushing of the bikes will be used on the itinerary. The diversity of all the sites and types of terrain will make these sections, moments unforgettable on this Raid: single tracks with more than 600 meters of negative denivelation, forest tracks, mountain tracks, technical tracks. All the best ingredients for great mountain biking will be there in addition with long-distance orientations. True adventure. As for equipment, a good bike with a reliable power-brake system is absolutely necessary. Also, think about a lamp-light system, there will be sections where you'll be riding by night.

White-waters

For the navigation, you will be using Dag brand and Tarka type canoes (same as those used in the previous editions). The level required is the equivalent of the « Blue Paddle » for the more experienced competitors. The classification of the most important rapids is from 2+ to 3 (in normal conditions). There won't be a certificate asked for this activity. On the other hand, for all, the length of some sections obliges us to remind everyone that the boat training is important, ensuring everything goes as smoothly as planned in such a race and finishing-up with a thrilling experience.

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This year, you won't have to arrange transport and boat logistics for your team; identical boats will be provided by the organisation for everyone.
Night navigation won't be authorized.

Canyoning, speleology, rope-handling

These technical practices for the race will be similar to the previous editions, covered in autonomy but under vigilance of the professional organizers. As well as the other activities, a good control of all the different asked disciplines will be a guarantee for a successful race, full of intense pleasurable moments. A certificate will be required for this activity. So, I advise you, as soon as the worksheets are available, to start training on rope manipulations.
For the moment, speleology is not finalized (we have not yet found the corresponding cavity of preference for the pursuit of a logical progress).

Orientation

We still have this iron will to offer to you the most as possible numerous open tracks in terms of itinerary choices and a smaller number of compulsory passing points.
The race map will be mostly 1/50 000. We have started to work on the maps in order to provide you quality supports. There could also be orientation areas with various bases (CO maps, satellite photographs...).

Accommodation

This year, with the intention of reducing the price of registration, we won't be handling accommodation expenses on the start and finishing sites.
Very soon, we'll be proposing possibilities of accommodation with meals of which are being negotiated. In the next newsletter and on the race website, we'll give you all the needed information relative to this specific point.
During the race, and only during the race, it will be possible for the teams who are participating at the ARWS Raid to give their assistance on the Germanettes domain.
After the awards ceremony, a buffet and a closing party will be offered to all the participants of the ARWS and ICDI raids.

ICDI trail

The start will be given at the same time as the ARWS trail with an estimated time of around 12 hours.
It could happen that some teams arrive during the night, head-lamps will be compulsory, as well as the specific lamp-lights attached to mountain bikes.
The proposed activities on this raid are, mountain biking, trekking, canoeing.
The orientation supports are the same used on the ARWS trail.
A list of compulsory materials proper to the ICDI raid will be given to you shortly.
It will strictly contain elements for your own security and of regulations.
There won't be any specific information for the ICDI, because all the information are the same as the long trail ARWS.
Concerning Saturday 28th and Sunday 29th: in the morning, you will have the possibility to join from the organization, portion of the trail taken by the ARWS competitors the day before, then going onto the proposed itinerary. During these days, you will be under your full responsibility and not under the Raid In France 2010 organization. These trails won't include any technical areas with ropes or likewise.

Miscellaneous

Don't hesitate to visit our website in order to have live news, to use our forums asking questions taking advantage from other participants. Refer also to the FAQ, where you'll find answers to your questions.
On the raidinfrance.com website, video section, you'll find the full film of the 2007 edition, and extracts from the 2009 film. You can order from the organization, the DVD from the 2009 edition full film (52'), for the amount of 15 euros.
For more informations concerning the teams, please contact Béatrice : concurrent@raidinfrance.fr

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



The Organisation Team