

INFORMATION LETTER RACERS

#1

DECEMBER, 2008

DEAR RACERS, SOME UP TO DATE NEWS

It's already two months since the opening date for inscriptions for this second edition of Raid in France 2009. Numerous teams are inscribed, others teams have shown their interest or are in the middle of putting their project together. We can also announce the participation of a 100% feminin team led by Myriam Muris (Team ATC in 2007)

For the last four months route inspection and set up has been underway. We have looked for and found, for you, many magnificent sites, reflecting the richness of the territories traversed, those of the "Hautes-Alpes", the "Alpes de Haute-Provence" and the "Var". The start, at the "Chapelle en Valgaudemar" in the heart of the "massif des Ecrins" and at the foot of the glaciers, will be an intense moment and a true meeting with nature. The whole route has been thought out and put together to allow the competitors to be totally surrounded by these wild regions but also to allow all the raiders to reach the arrival point irrespective of whether you are there to win or just to live out an intense moment of human adventure and discovery. Raid in France also offers for the assistants, by their investment in the race (drop off/pick up of material, etc...) the possibility to live out the event intensely.

The Route

Approx. 520 km long, the activities practiced will be numerous, technical and, as usual, in total autonomy. The cumulated sections of trekking represent approx. 120 km, mountain bike 230 km, rafting/canoeing 130 km, horseriding 30 km and 10 km of diverse progression. The race, non stop, will be punctuated by obligatory rest stops, 10 hours in total, taken in modules of 2 hours minimum (4 hours must be taken at the assistance points and 6 on the control points). The number of restricted assistance points will give the event the notion of an expedition.

Mountain and High Mountain

Snow should be present and you will be expected to progress for several hours at high altitude situated between 2500m and 2800m. Mountain/walking boots and crampons will be obligatory in the conditions which will be laid out in the race rules. The equipment characteristics will be given shortly. Train in the use of putting on and taking off crampons as this manipulation will be frequent during these stages of the event. A Arva system will also be necessary for avalanche security as will be a probe and shovel. We are presently negotiating the possibility of hiring this equipment at a low price.

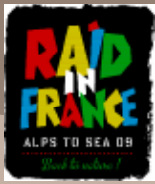
Mountain bike

This event will be very present in this 2009 edition. The routes are beautiful and most of them rolling, carrying and pushing will also exist... The diversity of the sites and the types of terrain crossed will be unforgettable moments: single track for more than a drop of 400m. Forest and mountain paths, technical tracks... all the ingredients of real mountain biking with orientation skills added in. An adventure!

Water events

The Raid in France 2009 allows one to navigate on several types of embarkations (raft and canoe) and in as many environments as possible: rivers, still water (without wind) and salt water. The skill level needed will be validated by the certificates held, identical to those in the 2007 edition: "pagaie bleue" for the experienced. The highest class of rapids is 3 (in normal conditions). But please note that due to the distance of certain sections training in boating skills is important in order to negotiate well and enjoy this part of the event. This year there will normally be a change as regards boat management: each team will be responsible for the transport and logistics of their boats, even if the boats have been lent by the organisation. Night navigation may also be authorised on certain sections of the event.

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Horseriding

We are at present working on this new activity which we feel is ideal in relation to the terrain crossed. We would like this moment to be one of pure pleasure for all the participants with 4 horses per team thus allowing everyone to mount. The route will be in blocked time with veterinary controls. Finding over 100 horses is proving to be a job in its own. The technical card regarding this event will be on line as soon as arrangements are finalised.

Canyoning, caving , rope handling

As in the 2007 edition this technical part of the event will be undertaken in total autonomy under the guidance of professionals from the organisation. As with the other activities, the skills need to be mastered in order for the event to be a pleasure and a success. We thus advise you, once the technical description cards are available, to train in the different rope handling skills. For the moment the caving has not been finalised as we are trying to find a cavity which corresponds with a logical event progression.

Accommodation

At the starting point, we will be able to offer you, at a negotiated price, both accommodation (flats) and meals. In the next news letter (early Jan. 2009) we will be able to give you more detailed information concerning accommodation at both the start and finish points.

Orientation

In this 2009 edition we once again have the fierce will of wishing to offer a route as open as possible in terms of the itinerary chosen and with the least possible number of obligatory passing points. The maps will be on a scale of 1/50 000. We have begun to work on the maps in order to give you a high quality support. This time there may be orientation sections with varied supports such as CO maps, satellite photos... Maps will be given out along the route so the choice of itinerary will be instant rather than planned.

Miscellaneous

Please don't hesitate in consulting our internet site in order to obtain up to date news, to consult the FAQ, to ask questions on the forum.

See you soon.

The French event in the Adventure Racing World Series (ARWS)



The Organisation Team