

INFORMATION LETTER RACERS

N°2
APRIL 2009

DEAR RACERS,

In less than 6 weeks time, Raid in France – Alps to Sea 2009 will begin. At present, some of you are in full preparation while others are still trying to finalise their budget. 2009 is proving to be difficult in terms of financement but due to the support and confidence of all our partners, the Raid in France will live up to its reputation with the organisation expected of any event on the ARWS circuit.

Course setting has been taking place throughout the winter in order to insure good transition and some sublime passages. The vast quantity of snow has made things difficult and we must wait a couple of more weeks in order to return and check out some of the high mountain passages. The decision to allow competitors to undertake some of these itineraries will be taken at the last minute in relation to the snow cover still remaining.

The Route

Will be approx. 520 kms, including numerous activities to be carried out in total autonomy. The trekking + ropes + canyoning sections will represent 108 kms, mountain bike 241 kms, boats (canoe + raft) 133 kms, horse riding 27 kms.

Caving will not be part of the programme as the logical route progression does not lend itself to this activity. As with the first edition you will progress in the wild often far from marked civilisation. Even though we are in France the areas we pass through are wild and isolated so don't expect to be able to pop into a restaurant en route!

The expected time for the first teams will be about 120 hours and the maximal time will be 147 hours.

Some 'catch up' sections will be proposed to slower teams thus avoiding the more labourous sections and allowing such teams to get back into the race. These shunts will allow the teams to experience the more playful events (cords, boat, horse...). Only one final placing list will be made and those teams having opted for the 'catch up' sections will be penalised time wise (e.g. teams using the first shunt = 20h penalty).

Obligatory rest stops

During the race, 11 hours of rest will be obligatory. 3 consecutive hours must be taken on the UN assistance points and only on one of these, the remaining 8 hours must be taken at the CP control points (outwith assistance points) with a minimum of 2 hours each time and one hour can be added on if desired.

Mountain and High Mountain sections

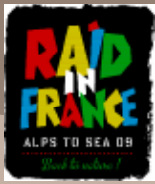
As announced in the Information Letter number 1, Arvas, shovel and probe can be hired through the organisation, the price will be 40€ for 4 kits – please reserve these in advance through our organisation team. A 250€ deposit will be required for each kit (1 Arva/shovel/probe). Train yourself in the use of this equipment as there is no point in having it without knowing the rescue procedure.

The mountain boots needed should be able to take crampons (semi-automatic), some boots which take strapped crampons can be accepted but lateral ligidity is obligatory. If you are uncertain, please ask the organisation.

Here are some types of boots which are acceptable: Millet Radical Lite, Scarpa Triolet GTX, La Sportiva Trango S Evo GTX, Garmont Vetta Plus, Asolo Expert GV, MacKinley Rockmaster AQX.

Crampons – remember the 'antibots' that go with them (will be part of the obligatory equipment). The nights can be very cold even though in June with negative temperatures (wind, fog, snow) keep this in mind as regards the weight of your rucksac.

The progression on snow will be decided nearer the time in relation to conditions which at present are constantly changing.



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Mountain Bike

This activity was talked about in the first information letter. It will be very much present in this 2009 edition with everything from tar paths to superb single mountain tracks.

Remember: a sturdy mountain bike with breaks which are in good working condition is vital and don't forget your lighting system as, due to the length of certain sections, night riding will be on the cards!

Water activities

As concerns the rafting, although the river level is not technically very high the amount of water may be fast flowing and turbulent.

As the activity is undertaken in autonomy some pre race practice may well be profitable. The rafting section will not be particularly long.

This year you will be responsible with your assistance back up for the transportation of your boats. The kayaks will be the make DAG type TARKA and will be the same for all teams.

On certain portions night navigation will be permitted so remember a good lamp for each boat.

Horse riding

This is a new activity for the Raid in France and has been thought out so that this moment will be one of leisure. There will be 4 horses per team.

You will have between 5 to 6 hours to complete the route which should be done easily in the time permitted. Orientation will be present and you should take great care as regards this point with the utmost vigilance! (see the video on our site).

You can choose your horse within a pool so it may be helpful to have some knowledge as to which horse will suit your level of competence.

Canyoning and rope handling

There will be one canyon this year, as it is aquatic we hope that the water level by June will allow us to do it. The rope workshops which you will encounter will be in the logical progression of the route with abseils (max 60m), a rope climb (60m), a route on handrails and fixed ropes and a via corda.

For some of you the rope climb may be new so we suggest that you train remembering that tiredness, rucksac carrying and the race atmosphere are extra factors to take into mind. Training will allow the activity to be more of a pleasure rather than a bind!

Accommodation

At the start and finish points we will be able to offer you sleeping accommodation and meals at a very reasonable price. Each team will receive an accommodation proposal with a reservation sheet attached. As in 2007, the teams, organisation and volunteers will all be lodged in the same place.

Orientation

Most of the race maps will be 1/50 000. Some orientation sections will have 1/25 000 maps. 2 sections will be score routes.

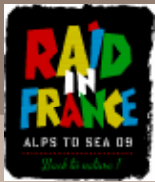
Team tracking

Each team will be equipped with a GPS satellite which will give the teams position every 15 minutes of the person wearing the transmitter.

This year the transmitters must be recharged every 24 hours.

This year you must also, when arriving at the Control Points and markers, transmit your position through the use of these markers. This procedure will be explained to you pre race.

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In order to insure more safety and to be more reactive, we will be providing you with a SIM card from our partners Futur Telecom, SFR, which can then be inserted into a telephone but you will receive an e mail very shortly giving more information on this subject.

Notice for all teams

For this next Raid in France 2009, the organisation is working on the set up of a 'departure village' in the village of the Chapelle en Valgaudemar and an 'arrival village' in the port of Fréjus. These sites are to be the so called window of the event and can be used by your partners and sponsors as a real means of communication. As concerns this possibility, we are at your disposal for further information.

Contact:

Etienne Derain/ 06 12 19 06 33 / etienne@raidinfrance.fr

Partners

Futur Telecom are joining Raid in France for the GSM communication during the event.
ATC Eco Attitude are also joining us for the second time.

Miscellaneous

Please don't hesitate in consulting our site for all up to date News and also to use the forum to ask and find answers to your different questions. You can also consult our FAQ to find answers to your different queries. On the site www.raidinfrance.com you can see the 2007 Raid video and also smaller clips of this years route discovery.

Another information letter will be published before the departure of this great adventure which will be the Raid in France – Alps to Sea 2009.

Enjoy your race preparation.
The French event in the Adventure Racing World Series (ARWS)



Pascal Bahaud
Event Director.

The official partners.



The official suppliers.