

DEAR ADVENTURE RACERS,

Raid In France, 2012 is a very special year, with the organisation of the world wide Raid's final – The Adventure Racing World Championship. It is a huge vote of confidence from the ARWS to entrust us with this event, so there is a challenge to all the members of the organisation as expectations are high. We are all working hard to make sure that the 5th edition of Raid In France and the ARWC 2012, is successful. Because of the tremendous demand for the 15 places on a "first come, first served" basis, these were allocated in less than a minute. We have therefore decided to select 6 more teams: 5 wild cards and a reserved place for the winner of the European circuit final (Corsica Raid Adventure). There will thus be 71 teams at the start in Argentière la Bessée.

General information

It is obligatory to arrive no later than Thursday 13th September for bib distribution (the complete team). As the prologue is considered as being part of the event, the presence of all team members is also obligatory under penalty of disqualification. Pre-race briefing is programed early on the morning of Friday 14th in order to leave you as much time as possible for the preparation of your race equipment that must be presented to the organisation before 8pm that evening. The complete calendar is available on the Internet site <http://www.raidinfrance.com/finale-2012/calendrier/>. The allocated team numbers, also available on the internet site will be finalized, after the Swiss APEX on June 10th. At Argentière la Bessée, you will be able to find shops selling everything to cover your daily and technical needs. For more technical purchases, that are not available on the spot, the nearest town is Briançon, 20 mins away by car.

Transports

The organisation will arrange shuttle transport for the teams and their equipment from Nice- Cote d'Azur airport and Argentière La Bessée (the start) on Tuesday 11th September and again from Roquebrune Cap Martin (the finish) and Nice – Cote d'Azur airport, on Sunday 23rd September. The time and place of the shuttle will be communicated to you asap. Transport costs will be charged to the teams using the service.

For teams interested in using this service, please reserve your place by contacting Beatrice by email at concurrent@raidinfrance.fr

At Argentière the Bessée, a shuttle bus service (about 2 to 3 a day), will be available to facilitate the movement between accommodation and the organization base. This service will be free. This service is part of the organizer's endeavour to reduce CO₂ omissions.

Hébergements

We are working with the Tourist Offices at Argentière La Bessée and Roquebrune Cap Martin to arrange cheap accommodation. This is taking time and we hope to be able to give you further information very shortly.

Race logistics

Mountain bikes - Your bicycles will be transported in containers supplied by yourselves. These will be the same as those required for the LARWC2011 in Tasmania. their size limited to 140x80x30cm. The containers must be waterproof (cardboard boxes not accepted). The maximum weight will be limited but you can put what you want inside, so the lighter the container is the more equipment you can store.

Mountains - Mountaineering equipment will be transported in rigid containers of regulated size, the organizers are looking to provide the teams with similar containers free of charge. Again the weight will be limited, you can use these containers for further equipment of your choosing.

Canoeing - Canoeing equipment will need to be transported in a maximum of two waterproof bags per team supplied by yourselves. Rubbish bags or similar will not be permitted. The weight will be regulated but again you can use these bags for additional equipment.

General assistance - The organizers will supply two 225 litres containers weighing 11Kgs. These can be used for general requirements, the weight will be limited however you may use them for whatever you need. One container will be available at each assistance point.

Activities

The technical competence certificates and our medical certificate form will soon be on line. It is obligatory to use this medical certificate form (in accordance with French regulations) Other forms of medical certificates will not be admissible. The organisation's doctors cannot supply racers with a medical certificate. Teams other than French will be required to produce insurance to cover repatriation. Insurance via credit cards are not acceptable. ALL teams will be required to produce a third party liability insurance certificate.

High mountains: this year the race will include high mountains with treks at over 3000m. These heights will require excessive effort and acclimatisation so training will be necessary. There will also be the presence of ice which will require the necessary equipment and training along with a good level of competence in the use of crampons. The ropes and mountain competence certificate gives a list of all skills which should be mastered. A 2012 certificate will be obligatory for all teams members.

Trekking: you will find all types of trekking in this 2012 edition. There will be long hikes on well known 'GR' paths, steep 'straight down' untracked sections, rubble sections and passages along slippery streams. The one constant will be the landscape. This year there will be long sections of trekking and will be the highlight of this 2012 race.

Rafting: this year, ARWC2012 sees the return of some beautiful rafting --- you will be completely alone on the raft just the 4 of you. For a competent team this will be a time of enjoyment but for those who have chosen not to train -- you have been warned!

Kayaking: This year there will be a long section of kayaking. At the moment we have not decided whether to have a night section. We will give further information as soon as possible. An up to date (2012) certificate of competence is obligatory for all teams.

Canyoning: as usual there will be canyoning in 2012. This will require a very good knowledge of rope techniques. We would remind you of the fitness and training necessary for this section of the race. An up to date (2012) certificate of competence is required for ropes and mountaineering and the skills required are noted on the competence form.

Abseiling: this activity is still being worked out but further information will be announced in the next newsletter. The required skills are noted in the ropes competence certificate.

Mountain biking: mountain biking in mountain terrain will be on the cards once again this year with sections at over 2500m of altitude, covering all types of terrain, tracks, paths, singles, climbs (sometimes too steep...), flat sections (few...), descents (sometimes very technical...). Basically the type of mountain biking found on a mountain race. For teams unfamiliar with the Raid in France and perhaps those who are, your training should concentrate on 'single' mountain side tracks, rocky or rough terrain and technical descents -- this will be the best way to make the most of this event.

Orientation: maps will be distributed during the race and are a scale of 1/50000th. Certain sections of the route will, however, be at a scale of 1/25000th. We will post maps and corresponding road books on line to allow new teams to be get better acquainted. A certificate of competence (2012) is obligatory for all teams.

Race organization

This year, theoretically, there will be no obligatory rest periods. Nevertheless, if we have to impose rest periods, they will be at assistance points identical for all teams. There will be closing times on certain activities such as rafting and canoeing. These blocked times cannot be made up later. Very few blocked times and secondary routes will be set up during the early stages of the race in order to allow a better reading of the race progression. Nevertheless everyone will cross the finish line by Saturday 22nd September... before the prize giving ceremony and party.

Equipment requirements

Some parts of obligatory equipment, mainly clothing must be labeled at the time of inspection. During the race any equipment not labeled will be considered as "non conform" and be subject to a penalty.

Mountaineering: it is an obligation to use mountaineering footwear. This authorised footwear must have a sole to which can be fitted semi automatic crampons, no other footwear will be accepted. There will be no exceptions, if you have any doubt please send a photo, with the name, the brand or a link to the product so that the organisation can verify it. Nevertheless the use of crampons with straps will be authorized. At least one ice pick will be needed and perhaps one per team member depending on conditions: we will do all we can to notify all teams as quickly as possible as regards this requirement. A 20m glacier walking rope of 8mm minimum will be required to attach team members on the glaciers. (no thin ropes will be accepted).

Rafting: water sports helmet (CE norm or equivalent) is obligatory as the river technical level is higher than class 3. Lift jackets, to French regulations, and paddles will be supplied by the organisation. You must have waterproof bags to put your equipment and your race backpacks in the raft. You need to provide whatever is needed to attach this bag to the raft. You will need to carry your obligatory water sports equipment for a 2 hour trek (approx.).

Kayak: the lift jackets must be adapted to your weight in accordance with French regulations.

The regulation table

	30-40	40-50	50-60	60-70	70-80	80+
Weight (kg)						
Chest size (cm)	60-78	78-85	85-100	100-120	120-130	130+
Floatability	40	55	55	70	70	70

Paddles and life jackets can be supplied by the organizers only by contacting, Beatrice of the Raid in France organisation. Personal paddles and life jackets are authorised.

Mountain bike: the mountain bike containers must be waterproof as they will remain outside. Their weight will be limited (still to be decided but not more than 30kg) the weight of the empty container is important and shortly the organisation will be able to offer the sale of authorised, waterproof, lightweight containers.

For all questions concerning the race or the equipment, do not hesitate to contact us.

We wish you all good training and preparation
Pascal Bahaud - race director

The Adventure Racing World Series is an international circuit of adventure races creating a 12 month calendar of professional events around the world. The series events in 2012 are Huairasinchi-Ecuador, Tierra-Viva-Argentina, GodZone-New Zeland, Costa Rica Adventure Race, Apex-Switzerland, Untamed New England-USA, Adidas Terrex-England, Gold Rush Mother Lode-UDA. Adventure Racing World Series events are qualifiers for the Adventure Race World Championship : Raid in France