

## DEAR RACERS,

In this newsletter, some information for your organization.

### Transport

An extra shuttle bus will be made available between Roquebrune and L'Argentière the 23<sup>rd</sup> September 2012. It will leave at 7am in the morning.

Price of shuttles:

Nice / L'Argentière-la-Bessée (Tues. 11 Sept. at 17h30): 40 euros  
Roquebrune-Cap Martin / Nice aéroport (Sun. 23 Sept. at 7am): 10 euros  
Roquebrune-Cap Martin / L'Argentière-la-Bessée (Sun. 23 Sept. at 7am): 44 euros

Please note that the closing date for the reservation of these buses is the 30<sup>th</sup> of June.  
General info regarding these buses is in information letter number 3.

You can reserve on the reservation slip on our site: <http://www.raidinfrance.com/finale-2012/infos-course/>.  
And should be sent to [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr) before 30<sup>th</sup> June.

These complementary charges: shuttle bus, mountain bike cases, have to be paid in advance by bank transfer or cheque (same bank details as when reserving the Raid).  
Remember: a free shuttle bus service is provided by our partner 'Le Pays des Ecrins' in L'Argentière-la-Bessée, one in the morning and another in the evening to allow teams to travel between their accommodation and our base camp in town.

### Accommodation

We advise you to reserve your accommodation now – the longer you wait, the less likely you are to find what you want. In Roquebrune, you can communicate in French or English at: [otroquebrunecm@live.fr](mailto:otroquebrunecm@live.fr) or by phone on ++ 33 (0)493 356 287.

Make sure you tell them that you are participating in Raid in France so that they can guide you towards something suitable. Remember that on the French Riviera it will still be high season so don't wait too long.

### Obligatory equipment

#### Mountain bike box

We have ordered 50 cases from a manufacturer. Once these have been sold, it will not be possible to place another order. If you wish to have one please reserve it now – there are 20 left. The price for a case is 65 euros – slightly more than expected due to a strong dollar and a smaller order than originally expected.  
The size is the same as on the ARWS circuit 140x80x30cm on the outside.

Please note: no other case outwith this size will be accepted. To be fair to all competitors this rule, as all others, will see no exceptions.

The price to send 4 cases within Europe is 200 euros. Outwith Europe we need to get a quote. Otherwise you can pick them up at the departure site of Raid in France.

The reservation of these Mountain bike cases is to be made on the reservation slip which is on our site : <http://www.raidinfrance.com/finale-2012/infos-course/> and sent to [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr) before the 30<sup>th</sup> of June.

## High mountain

Lots of questions regarding the equipment. On high mountain terrain you will need to cross several glaciers so your equipment must be adapted to this.  
Your boots must be able to take semi automatic crampons. Why? – because we need to make sure that all the boots correspond to the standard necessary. These boots have a rigid sole and a back lip to fit the crampon onto.

Here are some links in order to choose the right boots:

<http://www.sportiva.com/products/footwear/mountain/trango-s-evo>

<http://www.sportiva.com/products/footwear/mountain/glacier>

<http://www.millet.fr/fr/produits/catalogue-printemps-ete-2012/equipements-chaussures/charpoua-gtx>

<http://www.meindl.de/english/index.html> model: alpine trek GTX

Same thing for choosing crampons:

<http://camp-france.fr/shop/sport/xlc-470-lock-mixte.html>

<http://www.petzl.com/fr/outdoor/crampons-randonnee-glaciaire/irvis>

[http://www.grivel.com/products/ice/crampons/12-air\\_tech\\_light](http://www.grivel.com/products/ice/crampons/12-air_tech_light)

You can use strap crampons (10 points minimum) if you want in order not to have to buy new ones.  
Fleeces: in order to respect the rules are regards safety and equality we have decided that only ONE fleece will be accepted. It should have a gram weight of 200g/m<sup>2</sup> (Polartec200 type).

A pair of gaters per racer has been added to the obligatory mountain and rope equipment.  
Mini gaters are not accepted.

## Mountain

You will need TWO cases for the obligatory mountain and rope equipment: One case "HM" and the other "A".  
The organization will provide these two cases and they will be given, along with the two assistance drums during the verifications at l'Argentière-la-Bessée.

The "HM" case size is 79x40x34cm

This case must only contain your high mountain equipment: mountain boots, crampons, gaters, 20m rope, the 2 pick axes. It will go directly to the race finish area after the mountain section is finished.

The "A" case size is 71x42x47

This case will contain the rest of the obligatory team and racer equipment for mountain/ropes/canyon. It will follow you along the route.

## Activities

A reminder of the documents to be present by each racer at the administration verification check:  
A medical certificate conform with the example on our site; the different aptitude certificates; civil/third party insurance certificate; and for foreign teams your repatriation insurance certificate.

We underline the importance of taking out a personal accident insurance.

## Orientation

Reminder: the ARWC maps 2012 – Raid in France are 1/50000 with some passages at 1/25000.  
They are printed on plastic but it is preferable to protect and carry them in a map holder which is obligatory.

The different obligatory passage points such as (B) kites and CP's (CP) are already noted on the maps.  
The maps are given out during the race so you must prepare your track along the route so remember to bring a pen which writes on plastic.

### Race organization

Rappel : les cartes de l'ARWC 2012 – Raid In France sont au 1/50000<sup>ème</sup> avec quelques passages cartographiés au 1/25000<sup>ème</sup>.

Les cartes sont imprimées sur une matière plastique, vous n'avez pas à les plastifier ; néanmoins il est préférable de les protéger à l'aide du porte-carte obligatoire.

Les différents points de passage obligatoires (balise (B) et point de contrôle (CP)) sont présents sur les cartes de course. Vous n'avez pas à les reporter.

Les cartes vous sont données pendant le temps de course, vous avez donc à préparer votre tracé en temps réel. Pensez à vous munir de stylos pouvant écrire sur le plastique.

### Organisation course

There will be TWO obligatory stops: 2 x 4h at the two points of "assistance" where you will also find your 2251 drums containing your personal equipment. These points are not necessarily areas where you can benefit from facilities such as showers, restaurants, running water.

REMEMBER: the date and hour of the briefing has been changed.

In order to allow you time to prepare your equipment, the briefing is now on Thursday 13<sup>th</sup> Sept. at 17h00 until 18h30 before the official opening of the ARWC 2012 and the bib distribution.

All team members must be present – this is obligatory.

We would like to remind those teams who have not finalized their inscription of the following conditions:  
The balance should have been paid before the 1st of June 2012. So please do so as quickly as possible because your inscription will not be validated until the balance is paid. Any late payment will entail the transfer of your team onto the waiting list. Several teams are already waiting for a place on this list.

The team numbers as seen on our Internet site are now fixed and no changes will be made.

The provisional race rules will be published shortly on the site.

The site forum is presently open and operational.

Please ask your question via this forum so that everyone can benefit from the answers given.

See you soon on Raid in France  
Pascal Bahuaud - 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.