

# NEWSLETTER RACERS JUNE 20

## DEAR RACERS,

In this newsletter, some information for your organization.

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Provence-Alpes-Côte d'Agur

#### Transport

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

Nice / L'Argentière-la-Bessée (Tues. 11 Sept. at 17h30): 40 euross 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/. These complementary charges: shuttle bus, mountain bike cases, have to be paid in advance by bank transfer

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

#### Accomodation

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 or by phone on 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,

The price to send 4 cases within Europe is 200 euros. Outwith Europe we need to get a quote. The reservation of these Mountain bike cases is to be made on the reservation slip which is on our site : http://www. Otherwise you can pick them up at the departure site of Raid in France. raidinfrance.com/finale-2012/infos-course/ and sent to concurrent@raidinfrance.fr before the 30<sup>th</sup> of June.



Lots of questions regarding the equipment. On high mountain terrain you will need to cross several glaciers so your 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.millet.fr/fr/produits/catalogue-printemps-ete-2012/equipements-chaussures/charpoua-gtx http://www.sportiva.com/products/footwear/mountain/glacier 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 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. 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. This case must only contain your high mountain equipment: mountain boots, crampons, gaters, 20m rope, the The "HM" case size is 79x40x34cm 2 pick axes. It will go directly to the race finish area after the mountain section is finished. This case will contain the rest of the obligatory team and racer equipment for mountain/ropes/canyon. It will follow The "A" case size is 71x42x47 you along the route. 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 Activities 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.

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 **Race Organization** such as showers, restaurants, running water. In order to allow you time to prepare your equipment, the briefing is now on Thursday 13<sup>th</sup> Sept. at 17h00 until REMEMBER: the date and hour of the briefing has been changed.

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 finialised 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.

Please ask your question via this forum so that everyone can benefit from the answers given. The site forum is presently open and operational.

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.

MARWORLD CHAMPIONSHIP