



# NEWSLETTER RACERS

Mars 2014  
N°2

## Dear racers,

France is magic... Most of you felt this way on the World Championships finish line in France. Get ready for a Raid in France 2014 as magic! On landscapes that we have never explored yet and that are some of the wilder of our country. Let's see our historical and famous Volcanoes in Auvergne, walk and ride in the high valleys of Ardeche and Cevenes, cross through an astonishing Camargue, hosting incredible flora. Passing from the brutality and sharpness of the center of France, to the calm and giant beaches of the Mediterranean sea. An amazing adventure for a striking "Back to Nature" .

2014 will be the welcome back of our race Raid in France, after a gap year, necessary for all the organisation and volunteer team.

After a particular 2012 year, due to the host of Adventure Racing World Championships – which was a successful experience for mostly everyone, in terms of highlights of our territories and our capacity of organisation – we are putting down all the efforts aiming for a 6<sup>th</sup> edition responding to your hopes and envies.

All the institutions of every crossed territory during the racing is supporting us to do the best race as we can. There welcoming and helps are a real motivation and drive. For this edition, maximum 50 teams will be enrolled to try and minimise the environmental impact of the race and deal closer with every teams during the race. We are keeping 20 places for foreign teams – if those are not full, they will be open to French teams in June.

Raid in France 2014 stays loyal to its initial values and aims.



- The track will be in total autonomy, from the volcanoes of Haute-Loire, to the Mediterranean and Camargue.
- From Vals-Près-le-Puy to Grau du Roi.
- The track will have for first goal a discovery of those territories and the respect of the environment.
- The activities will be technical, with a lot of orienteering and real choices of itinerary to make!
- We have this crazy envy of offering to every team well prepared and highly motivated the assurance of crossing the finish line and finish this race!
- The volunteers, of course, will still be hyper motivated and there for you!



## General Informations

Teams hosting and material equipment checkings will start on the **Wednesday 10<sup>th</sup> of September at 2pm**.

It is necessary to be on the starting place at least on **the 12<sup>th</sup> of September** for the Racers briefing and bibs giving (All your team must be here!)

Moreover, the prologue, on the 13<sup>th</sup> is actually part of the race and you must take part in this with all your team or you might be disqualified.

On **the 13<sup>th</sup>** in the evening – after prologue – teams will go to a camp place in order to take the start line of the **14<sup>th</sup>** very early...

The full calendar will be available on our website : (<http://www.raidinfrance.com/RIF-2014/calendrier/>) in March.

## Transport

The organisation will make a shuttle available for the teams and their equipment.

“Way in”: from Montpellier Airport to Vals-près-le-Puy.

“Way out”: from Grau du Roi to Montpellier Airport. Shuttles will also be available between Grau du Roi and Vals-près-le-Puy.

Dates, exact timings, and meeting points will be communicated as soon as possible.

A financial participation will be asked to every team using this service.

If you are interested, get in contact by email with Beatrice: [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)

## Accommodations

We are currently working with the Tourism center of Haute-Loire and Grau du Roi to find cheaper accommodations.

The settling point of our start village is in Vals-près-le-Puy: Complexe sportif et culturel.

For the foreign teams we make available an accommodation pack involving two nights on the start area and one in the finishing city.

You can find all relative informations on our website: <http://www.raidinfrance.com/RIF-2014/info-pratiques>

## Track

Rid in France 2014 will cover approximately 580km, for minimum 5 days racing for the first teams and 6 days and a half for the slowest teams. The distance relative to the activities are 110km for the activities related to water, 120km of trekking, 320km of MTB, and 30km of different activities.

## Race logistic

**MTB** – Your bikes will be transported in bike boxes - that you must get hold of - of the obligatory dimensions: 140x80x30cm (ARWS standard).

Your boxes must be waterproof (Card not authorized). They must be able to stay outside if it rains.

The weight of those boxes is limited (**not defined** yet, but not higher than 30kg), the weight of an empty box is important. Indeed, you will be able to put in your box whatever you want, so the less heavy it is the more things you can transport in it...

We will soon offer you a possibility of buying boxes. Light and waterproof.

**Water** – Your equipment for these activities must be carried in waterproof bags (Maximum 2). You must provide those bags. Bean bags or similar bags will not be tolerated. The maximum weight will be given and you will be allowed to put in the bags what ever you want. All other equipment will be carried in boxes provided by the organisation. There will be a limit for the weight of the boxes and here again you will be able to put in them what ever you want.

**Assistance** – The organisation will provide two containers of 225l, weighting 11kg for you equipment. On every assistance area you will find ONE containers. The containers will have a maximum weight and you will put in them what ever you want.





## Activities

Certificates regarding your technical abilities will be online very soon. A medical certificate will be online too. **You must use the basis certificate online (responding to the French regulation). No other certificate will be tolerated, and the doctors' part of the organisation will not provide you one.** Foreign teams must hand in a certificate assuring their repatriation. **Insurances on credit cards are not tolerated.** Every team, french and foreign, will have to provide a certificate of civil responsibility insurance. The individual insurance for accidents is advised.

**Trekking** – As the previous editions, you will be going through different progressions. Passing from trekking paths highly used (GR) to “straight in the bushes”, out of paths, in slippery and humid rivers.

**Rafting** – A Rafting session for this Raid in France 2014. A very nice section in total autonomy. No outside coxes, only the 4 for you! For a well prepared team it will be very fun and entertaining! If you haven't trained for it ...

**Kayaking** – You will have a lot of water activities this time ! Navigation by night might be tolerated. Certificate regarding your abilities in water must be provided. A 2012 certificate is fine.

**Cannoning** – As usual, you will have a cannoning part in 2014. This activity requires very good knowledge's regarding the use and techniques of ropes. For this activity we advise you on a special training! The required abilities are summed up in 2014 ropes and caving certificate.

**Caving** – You might find this activity in 2014. More details will be given soon in an information letter. The required abilities are summed up in 2014 ropes and caving certificate.

**MTB** – Real MTB... ! As usual on Raid in France. The track, slightly less « high mountain » than usual, will however still be as demanding. It will be technical, entertaining, and not too much portage (yes...). Different types of tracks are predicated: paths, roads, single tracks, “middle of no where”, up hills (too deep...), down hills (very technical...), portages... To sum up, real MTB, like we want them on adventure races.

**Horse riding** – Big welcome back on Raid in France. This activity will be a time to appreciate the track and the landscapes.

**Orienteering** – The maps given will be 1/50 000. Some small areas will be given in 1/25 000. You will soon find online a map and a road book in order to allow new teams to get used to them. Attestation 2014 regarding orienteering must be provided for every team. TWO sets of maps and ONE road book will be given by team.

## Assistance

You will find 2 mandatory stops. They will be on the same area for all the teams. We are currently thinking of a different organization on these stops to give you an actual rest time. Every thing will be done, as every year, for all the teams to cross the finish line before **Saturday 20<sup>th</sup> of September, 4pm.**





## Mandatory equipment

Some of the mandatory equipment –especially clothes – will be mark during the check up. During the race, every piece of equipment without the mark wont be tolerated and you will have a penalty.

**Rafting** : A helmet (Normes CE or equivalent) is mandatory because the technical level of the rivers is 3 minimum. A jacket and rafting paddles are provided by the organisation.

You must have waterproof bags for your equipment and your race backpacks for the rafting session. You must provide something to fix those bags to the rafts. Waterproof containers are not allowed.

**Kayaking** : Jackets must be related to your weight – following the french reglementation.

## Maching tables

Weight	30-40	40-50	50-60	60-70	70-80	>80
Breast diameter	60-78	78-85	85-100	100-120	120-130	>130
Buoyancy	40	55	55	70	70	70

Paddles and jackets can be provided by the organisation if you ask for it. You can contact Béatrice. Paddles and jackets of your own are accepted.

Attention, you will have to carry your personal and team water equipment during several treks and you canyoning equipment during a MTB session.

For any question regarding your equipment or the race, you can contact us.

Have nice trainings and preparation.

We are looking forward seeing you on Raid in France

Pascal Bahuaud

