



# NEWSLETTER RACERS

2014 June

# N°3

## Dear racers,

Please take the time to read this letter as there is a lot of important information given in order to prepare yourselves.

As regards all general questions and queries don't hesitate to use our forum.

### General Information

Don't forget that all teams must be present by Friday the 12th of September at the beginning of the afternoon.

The briefing is obligatory for all teams as are the bib distribution ceremony and the opening of Raid in France 2014. The timing and planning are on the website.

A 1000 euro deposit will be asked for to cover all equipment which will be at your disposal (kites, boats, lifejackets, paddles, storage boxes, horses...)

Make sure that you have the necessary to pay this deposit (only damage caused during transport by the organization will be accepted) and also all other financial payments (inscription fees, equipment, shuttles) when the administration checks take place, otherwise the team cannot participate. We accept credit cards.

### Transport

The organization will provide the following :

#### - A shuttle bus from Montpellier to Vals-près-le-Puy:

Departure from the aeroport Thursday 11/09 at 16h30

Estimated travel time: 4h30 to 5h

Arrival at about 21h30

**Cost per person = 43 euros**

#### - A return shuttle from Grau-du-Roi to Montpellier aeroport:

Leaving Sunday 21/09 at 7h

Estimated travel time = 1h

Arrival at about 8h

**Cost per person = 12 euros**

#### - An extra shuttle bus from Grau-du-Roi back to Vals-près-le-Puy:

Leaving Sunday 21/09 at 7h

Estimated travel time = 4 h

Arrival at Vals-près-le-Puy at about 11h

**Cost per person = 45 euros**

These prices include transport of one mountain bike case and 2 bags per person maximum.

The organization will transport your personal belongings from Vals-près-le-Puy to Grau-du-Roi. These must be dropped off by Saturday 13/09 at 15h before the start of the prologue at the place which will be communicated beforehand. 2 bags per person maximum.

Shuttle reservations can be booked on the reservation sheet on our website by the following link:

<http://www.raidinfrance.com/rif-2014/infos-course/>

and should be sent to [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr) before the 31st of July.

After this date only remaining places will be available.

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### Accommodation

The Haute-Loire tourist office has negotiated prices and you can find the reservation sheet on our site under "infos pratiques".

The star organization will be at Vals-près-le-Puy at the sports complex "André Reynaud, Ave Charles Massot, Vals-près-le-Puy. As regards Grau-du-Roi, you can contact "la central de reservation du Gard" or contact the campsite "Camping de l'Espiguette" (bungalows).

If you have problems then contact us directly on [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr).

### Organisation at start and finish

At Vals-près-le-Puy, at the verifications, only your mountain bike cases can be stocked, you must look after the rest of your equipment.

At the start line, there is a car park where you can leave your buses (if you have one) for the week and pick them up on the 21st September.

At Vals-près-le-Puy and Puy-en-Velay there are many sports shops etc where you can buy last minute requirements.

At the arrival in Grau-du-Roi at the campsite "Camping de l'Espiguette" there will be a stock area to store your equipment – this will be in open air except for your personal belongings.

### The race

Raid in France covers 595kms with 12 300m of vertical climb which takes 5 days for the first teams and 6.5 for the slowest, including obligatory stops.

The activities are as follows: water = 115km; trek = 118km; mountain bike = 330km; 32km the rest (horse back, canyon, ropes and caving).

### Race logistics

#### Race preparation

Sat. 13/09 at 7h in the morning – drum and case distribution. You have until 15h30 to pack these and hand them in.

**Mountain bikes** - transported in rigid cases which you should provide, (140x80x30cm, ARWS circuit standards). These must be waterproof (no cardboard boxes). Overall weight of 28kg and you can put anything else you want inside but within this total weight.

We have had cases made which weigh 6kg, these cost 125 euros and must be reserved now and will then be available mid August in Lyon or at the start of the race.

In order to book, use the reservation sheet on: <http://www.raidinfrance.com/en/2014-rif/racing-informations/> and sent to [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr) before 31st July.

**Water sports** - equipment is transported in waterproof bags (2 max) that you provide. Bins bags etc are not accepted and the max. weight is 18kg in which you can put what you want.

You must carry these bags plus your system for transporting paddles during navigation and liaison sections. We can provide teams with life jackets, helmets and paddles for those who wish. These must be booked on the reservation sheet on our site.

The organization provide for all teams the life jackets and paddle in the obligatory rafting equipment. You must equip your life jackets with the obligatory equipment so you need to organize a system of putting on and removing these (Kayak and raft.)

**Other activities** - The rest of your equipment is transported in cases (71x42x47cm, 2kg) provide by us so please look after them. Overall weight of 28kg and you can put anything else you want inside but within this total weight.

**Assistances** - we provide 2 drums (60cm diam. 110cm high) containing 225l with a weight of 11kg. The total weight allowed for each drum is 40kg including the drum's weight. You can put what you want inside.

At each of the 2 assistance points you will find 1 drum at each and there is also electricity.



## Activities

**Reminder:** The technical competence and medical certificates are obligatory. Medical certificates must be conform and our doctors cannot provide you with one.

Those having already competed can get a copy of their previous competence certificates by contacting us on [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr) in advance.

Foreign teams must have proof of medical insurance cover in case of accident and credit card insurance is not accepted. All competitors must have 3rd party insurance for all activities. Individual accident insurance is highly recommended.

Water is present throughout the route but you should bring what is needed to purify it.

**Trek** – as you have to carry obligatory equipment in some sections from the section before think about having a ruck sac which is big enough to take extra equipment.

Make sure that your feet are well prepared, as wet feet can cause problems.

**Kayak** – 115km with long sections. Be well prepared and bring lighting as night navigation is permitted.

**Canyoning** – due to cold water a neoprene top is needed and you have the choice between a 3mm minimum, long sleeved wet suit or 2 pieces: the top long sleeved 1.5mm minimum and long Johns 3mm. We advise you to have neoprene socks also. This needs to be carried during the liaison treks which can last several hours.

**Caving** – a splendid moment which will be done in blocked time.

**Mountain bike** – 330km, technical with lots of surprises. All types of assistance is forbidden.

**Horse riding** – done in blocked time, on or beside the horse.

**Orientation** – 1/50 000<sup>ème</sup> maps provided. Some passages at 1/25 000<sup>ème</sup>

Please familiarize yourself with this size of map. 2 sets of plastified maps and a roadbook are provided for each team.

**Ropes** – executed in total autonomy. The workshops are equipped with ropes by the organisation's mountain guides. They are present along the course in order to survey. During the checks a rope system is installed in order to test your competence and the state of your equipment.

**Assistance** – 2 obligatory points identical for all teams. Here you must stay for a minimum of 3h30 in the zone set up without acces to your equipment. Only drink and food are allowed (no camping gas or other things). A real rest stop with quiet conditions. W.C. are close by.

**Shunt** – Subsitute routes are set up to allow everyone to finish by Saturday 20th at 16h. Some on mountain bike and others with the organisations transport.

Once a teams has done a shunt, they cannot be classed in front of another team undertaking the route without shunting.



### Obligatory equipment

Certain equipment, mainly clothing, will be marked during the checks and must be present throughout the whole race, otherwise penalties will be applied.

A camera go pro or equivalent is acceptable as obligatory camera.

**Rafting** – the helmet (CE norme or equivalent) is obligatory as the rivers are classed level 3. The life jacket and paddle are supplied by us.

You must provide waterproof bags to put your equipment in as well as your race ruck sac and think of taking the necessary to attach these to the raft. Water proof drums are not allowed.

**Kayak** – The life jacket must be adapted to your body weight as laid down in the French rules.

#### «Le tableau des correspondances»

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

Life jackets and paddles for kayak can be booked through Beatrice on [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr) but you can bring your own if you prefer.

Reminder – during one trek you need to carry your team and racer obligatory equipment.

Please use our forum for your questions concerning the race and equipment.

Have a nice summer and enjoy your training.

See you soon,

Pascal Bahuau

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