



# NEWSLETTER RACERS

April 2016  
N°1

## Dear racers,

It is already the 8<sup>th</sup> edition of Raid in France. For this new adventure, we decided to come back to the place where everything began: the Pyrénées. We are delighted to go through these untouched and amazing landscapes once again, even if the finish line will this time be on the other side, on the shores of the Mediterranean sea.

This year, participants will return to the basics of Raid in France: a non-stop expedition from the mountains to the sea lasting between 4 to 6 days (between 100h for the best teams and 150h for the last ones). A substitute pathway will be set up in order to allow each participant to finish the race on time and to have the best experience possible.

For several months, we have been travelling across these mountains in order to offer you the best adventure possible. We are really looking forward to sharing this outstanding nature with you.

Since the beginning of the adventure, all local and regional actors show their support and implication in the organization of the race.

The maximum number of teams is set at 50. Among them, 30 spots are reserved to French teams and 15 to international ones on a first-come-first-served basis. The last 5 spots (wild cards) will be allocated by the organization if needed (see registration conditions on the website).

2016's Raid in France edition stays true to its commitments:

- A long progression across an authentic and untouched territory
- The exploration of territories as the first goal of the race
- An organization focused on participants (2 sets of plasticized maps, equipment loan, GPS tracking, opening and closing ceremonies, rewards...)
- Special attention paid to the respect of the environment
- Technical sports activities in total autonomy and orientation with a real choice regarding itinerary
- A desire to allow every motivated and prepared team to finish the race
- A motivated and devoted team of volunteers.

### GENERAL ORGANISATION

Team welcoming and pre-race checks will start on Thursday September 1<sup>st</sup>, 2pm, on the Esplanade des Comtes de Cerdagne (near the tourism office of Font-Romeu). Teams will have to be there at least on Saturday, September 3 early afternoon to attend the briefing and to obtain their race bids (full team is required).

On Saturday in the late afternoon, after the briefing and bid delivery, teams will have to prepare their equipments for the race. You will have around 5 hours to do so. The whole equipment will be given to the organization before 11:30pm, 30mn before starting the race.

The projected program is available on our website: <http://www.raidinfrance.com/en/program/>

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## Transport

The organization will set up a free equipment transport service from the starting point of the race to the place of arrival (see conditions in an upcoming newsletter). We will also set up a shuttle between the place of arrival and the starting point of the race for participants that left their vehicles at the place of departure, as well as a shuttle between Perpignan's airport and the places of departure and arrival. Conditions will be available in an upcoming newsletter.

In order to book, you will have to fill in the booking form that will soon be available on our website.

## Route

2016's Raid in France edition will be a 430 kilometer-long race, lasting 100h for teams that will make the whole journey; and almost half of the distance and 150h for the slowest teams (including mandatory stops). Finishing Raid in France is a real challenge, and all the teams crossing the finish line will have succeeded, no matter their rankings or the distance covered. They will enjoy the pleasure to have lived this amazing experience together.

The route includes 80km of navigation, 150km of trekking, 195km of mountain bike. Careful: this year, many sections will be above 2,500 meters in altitude. The territory is made of many watercourses, valleys, cliffs, and participants will maybe have to face adverse weather: a real adventure !

## Race Logistics

**Mountain Biking** - Your mountain bikes will be carried in rigid boxes you will have to provide, and the dimensions shall not exceed 140x80x30cm (ARWS standards). Boxes must be waterproof (cardboard boxes are forbidden).

Mountain bike boxes must be able to be stored outside in case of rain, so they must be water resistant. The weight of the box is limited (to about 30 kilos), which is why the weight of the empty box is important. You will be able to put everything you want inside. The lighter your case, the more equipment you will be able to put inside.

We offer to sell light and waterproof boxes that match the ARWS requirements.

You will be able to book using the booking form that will be soon available on our website.

**Wight water** - White water equipment will be carried in waterproof bags you will have to provide (maximum 2). Trash bags or anything similar are not accepted. The weight is regulated and must not exceed 30 kilos in total. You will be able to put everything you want inside.

The rest of your equipment will be carried in boxes provided by the organization in order to limit the costs for the teams.

The weight of each box will be limited and you will be able to put everything you want inside.



Raid in France 2015 - © JJ Raynal

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Raid in France 2015 - © JJ Raynal



Raid in France 2011 - © JJ Raynal

**Support** - The organisation will provide you with a 225 litres container for your assistance equipment. Its weight will be limited and you will be able to put everything you want inside.

## ACTIVITIES

Certificates of technical skills will be soon available online, as well as the medical certificate to fill.

**It is mandatory to use that particular medical certificate (which complies with French regulations). No other medical certificate will be accepted, and doctors who are members of the organization team will not be able to provide you with a certificate.**

**International teams will have to provide repatriation insurance certificate. Credit card insurances are not accepted.**

For French teams as well as international ones, we recommend to have a civil liability insurance for those activities as well as a personal accident insurance.

**Trekking** - Like for previous races, you will find many types of routes. This edition is composed of many sections of high-mountain. You will find hiking trail (GR), off trail passages «right in the steep». Some sections will constitute a real challenge for some participants (it is important to manage your time and progression). The only things similar to other editions are landscapes and discovering.

**White water** - It will be a great part of this edition with night navigation allowed in some sections. This time, a skill certificate will be needed (soon available). Navigation includes kayaking and rafting. For rafting, the maximum level of navigation will be a class 4. You will be in total autonomy.

**Canyoneering** - As usual, there will be canyoneering sections. This activity requires a very good understanding of rope techniques. A proper training is required and highly recommended. Technical skills will be gathered in the 2016 certificate called «Rope Certificate».

**Speleology** - You will find some speleology sections this year. We will give you more details in an upcoming newsletter. Required skills are also gathered in the previously mentioned «Rope Certificate». For the record, this activity is always never timed (chronometer is off). The main purpose is for you to discover the underground resources in an enjoyable way.

**Mountain biking** - As usual in Raid in France, you will find every kind of ground, track, path, single, «sections where there is nothing», big climb (sometimes very technical...).

**Orienteering** - The maps distributed during the race are on a scale of 1/50 000<sup>th</sup>. However, you will have some on a scale of 1/25 000<sup>th</sup> on important orientation sections. The 2016 Orientation Certificate is required for all teams.

2 plasticized maps and a road book will be given to each team. Checkpoints will be pinpointed on the maps. Every check point have to be checked. If not, the team can face important penalties.

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## 2016 INNOVATION

Unlike in previous races, a team who does not check a beacon will not be disqualified, but will have an important penalty that will prevent them from defeating the teams who checked every marker.

This year, there are no mandatory assistance areas, but a mandatory rest period (currently not defined). Teams will have to rest on specific areas (Checkpoints and Transition Areas).

## MANDATORY EQUIPMENT

Some of your equipment, mostly clothes, will be marked during the pre-race checks. During the race, every piece of equipment that has not been marked will be considered as non-compliant, and will lead to a penalty.

You will need waterproof bags for your equipment, as well as your backpacks in the boats. You will need to attach your backpacks inside the boat. Containers will not be allowed.

**Kayak:** lifejackets must be adapted to your weight, as established by French regulations.

Table of correspondences:

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

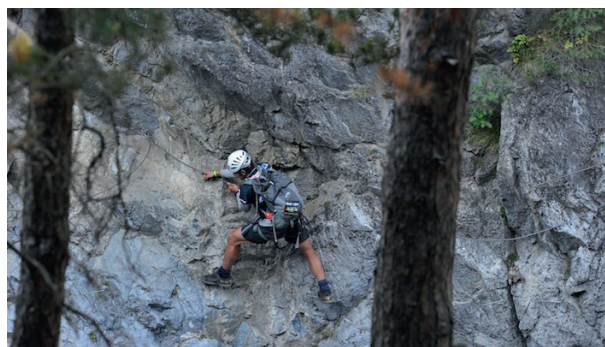
Paddles and life jackets for rafting will be provided by the organization. Kayak paddles and lifejackets can also be provided on demand, via the booking form that will soon be available. Using your own paddles and/or lifejacket is permitted.

For further information, please do not hesitate to contact us.

I wish you a great preparation.

We are looking forward to seeing you on Raid in France!

**Pascal Bahuaud**



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