



NEWSLETTER COMPETITORS

May 2015
N°1

Dear racers

For its seventh edition, Raid in France is exploring an astonishing and relatively unknown territory: the Ain department. Its mountains, which were covered by snow during months, are now opened to exploration and we have been looking for the best routes they can offer. Ain, resourceful and contrasted department, will provide you a real adventure territory. White water, canyons, mountains, waterfalls, caves ... key ingredients for a great, beautiful and unforgettable race.

2015, year to begin

This year's program: 3 days and 3 nights for the first finishing teams, which represents around 80 hours, and around 90 hours for the slowest ones. A race with the same starting and finishing area, the city of Hauteville-Lompnes, allowing us to deal efficiently with shunts (cutoffs) in order to offer the most interesting course possible.

We have densified the schedule to provide a race, added to the pre-race checks that will last 7 days max. As usual, all the local actors will provide us great hospitality as well as great involvement around the race. 2015, year to begin... In fact, the race configuration allows more flexibility in our organization but also less heavy organization for the teams. One same starting and finishing area, 3 days of racing for everyone, a shorter course for the slower teams, but always our historical engagement: all teams will make the most out of the course.

The maximum number of teams is 50. 30 spots will be reserved for French teams and 15 for international teams, under a first come first served basis. The 5 last spots (wildcards) will be given by the organization.

Raid In France 2015 is faithful to all the commitments that are his since the beginning.

- > A great journey through a wild and authentic territory .
- > A discovery of the territories as a primary objective of the course.
- > An organization focused on racers (plastic cards, equipment loans, GPS tracking, closing ceremony, awards ...)
- > Respect of the environment.
- > Technical sports activities, in total autonomy and orientation with a real choice of route.
- > The fierce desire to offer to each prepared and motivated team the certainty to cross the finish line.
- > A team of volunteers always highly motivated and at your disposal.

General organization

Team welcome and pre-race checks will start on Monday, September 14th at 2pm, on the square in front of the ceremony hall, area where the race organization will be centered. The square is in Hauteville-Lompnes city center.

The latest arrival time allowed is Tuesday, September 15th at noon, in order to be here for the briefing and the distribution of the race bibs (entire team).

On Tuesday late afternoon, teams will have to prepare their equipment for the race. You will have around 5 hours to do so. The whole equipment will be given to the organization before 11:30pm, 30 minutes before the race starts.

The complete schedule is available at www.raidinfrance.com/en/2015-rif/program

A booking form is downloadable on our website and to be sent, in case of need, to Béatrice at concurrent@raidinfrance.fr . It combines: booking of whitewater's equipment, mountain bikes boxes, airport shuttle and closing ceremony diner for people from your surroundings.

Reminder: the balance of the registration fee must be paid before July 1, an increase shall be applied beyond that date (see registration conditions).



Transport

The organization provides a shuttle from the Lyon Saint Exupéry airport and Hauteville-Lompnes. A financial contribution is requested for this service. Booking: «booking form» to download. In Hauteville-Lompnes, parking spots will be reserved for the competitor's vehicles. We will ask you to use those spots in priority.

Accommodation

We have designed, together with the tourism office of Hauteville-Lompnes, accommodation offers for the occasion. People from the tourism office are at your disposal to help you find the best accommodation in regard to your needs; bungalows, rooms, cottages... Do not hesitate to contact them.

Route

2015 Raid in France will be shorter in length but it will certainly not be a minor edition. Around 370km for the teams that will do the whole route for 80 hours of effort, while the slowest will race for 200km and 90 hours of effort including the compulsory stop. Finishing Raid In France remains a challenge and teams who will reach the finish line will all have achieved a real feat and will enjoy the happiness of having had an unforgettable adventure.

Distances per disciplines will be, approximatively, 90km on water, 90km of trek and 180km of mountain biking + 10km of other... Warning, the territory is full of valleys, mountains, rivers, cliffs ... and the weather can be bad: a real adventure territory.

Race logistics

> **Mountain bike** / Your bikes will be transported in rigid boxes, you will need to provide for the required dimensions: 140x80x30cm, ARWS standards. The boxes must be waterproof (cardboard forbidden). They must be able to stay out in the rain. And thus be resistant to water. Their weight with equipment in it is limited (28kg), so the weight of the empty box is important. You will have the opportunity to put in what you want. The more light will be your box, the more equipment you will be able to carry in...

We offer to sell boxes that match with the ARWS requirements, waterproof and lightweight. Booking: «booking form» to download.

> **Whitewtarers** / Whitewater equipment will be transported in sealed bags (maximum 2), that you will need to provide. Trash bags or similar will not be accepted. The weight is regulated (30kg in total) and you will have the opportunity to put in what you want.

The rest of the material will be transported in boxes that the organization will provide to limit the costs for the teams. The weight of each box will be limited and you will have the opportunity to put in what you want.

> **Support** / The organization will provide 1 container with a capacity of for your assistance supplies. The weight of the container will be limited and you will have the opportunity to put in what you want to.

Activities

Certificates of technical skills as well as medical certificate are online. It is mandatory to use the medical certificate (compliant with French regulations) available online.

No not conform certificate will be accepted; our doctors will not deliver any.

Foreign teams must also provide insurance with repatriation. Credit cards insurances will not be tolerated.

Original certificates will be brought during the pre-race checks. We will keep the original medical certificates and a copy of all the other documents.

We recommend all competitors to have civil liability insurance for those activities as well as personal accident insurance.

> **Trek** / Like during the previous races, you will find many types of routes. From hiking trail (GR) to off-trail passages «right in the steep», to wet and slippery scree in rivers. Only constants, landscapes and discovering ... Thinking of Ain as a dreary plain would be a bad idea...

> **Whitewater** / It will be present and over long distances... with night navigation. We do not ask for a skills certificate, but we have posted online a note about the knowledge we think is needed to do this activity. Navigation might have to be done by other means that kayak. You will be informed as soon as we can.

During navigations, you will have to lift your equipment over long enough distances that we are requiring lifting systems as mandatory equipment. We will post soon about those systems characteristics.

For the international teams, it will be possible to buy them from the organization.



> **Canyoneering** / As usual, there will be canyoneering in 2015. This activity requires a very good understanding of rope techniques. As for the rest, proper training is required and more than recommended. Technical skills are gathered in the certificate «rope certificate».

> **Speleology** / You should have some this year. We will give you more details in the next newsletter. Required skills are also gathered in the form "rope certificate"
Reminder: this activity is always done without the chronometer on. The main purpose is for you to discover the underground resources, while staying accessible.

> **Mountaing biking** / Real mountain biking... as usual on Raid in France.
Every kind of ground, track, path, single, «where there is nothing», big climb (sometimes too steep ...), downhill (sometimes very technical) and lift sections. In short, mountain biking as found in Adventure races.

> **Orienteering** / The maps distributed during the race are 1/50 000th ones. However, you will have some 1/25 000th ones on sections with good orientation can be done...You will find soon a map and a road book in order for the new teams to get used to how Raid in France works.
The 2015 orienteering certificate is required.
2 plasticized maps and a road book will be given to every team. Checkpoints will be noted on the maps. Every check points have to be checked the team can face disqualification.

Support

This year, there will be one compulsory stop. It will be in the support area. The organization wants to make sure every team will at least make one real stop. This is a 3hours required stop, in a resting area, without any access to your equipment. You will only be allowed to bring food and drinks in the area. This area is a resting area, you can choose when you go into, but you will not be allowed to leave the zone before the required 3 hours....

Mandatory equipment

Some of your equipment, mostly clothes, will be marked during the pre-race checks. During the race, every equipment that doesn't have the mark will be considered as not conform. This 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 in the boat. Containers will not be allowed.

> **Kayak** / Life jackets must be adapted to your weight, as the French regulation says.

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 can be provided by the organization, if you mention it in the booking form to download

Using your own paddles and/or life jacket is permitted.

Warning, you will have to carry your individual and team mandatory whitewater equipment during a few lifting sections, and your canyoneering equipment during one trek.

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

Every info at www.raidinfrance.com

