



NEWSLETTER COMPETITORS

July 2015
N°2

Dear racers,

The 2015 Raid in France route is now finalized and as we said in the first newsletter, the Ain department is resourceful and a beautiful territory for outdoor activities.

Once again you will discover amazing places and the Raid in France technicality will be there. This newsletter will go through the activities in detail.

Today, more than 30 teams are ready to start and I would like to thank every competitor. Some are here since the beginning in 2007, and some are going to discover the intense sensations, the joys and sorrows, and the fact that once the race is over, a sensation of having achieved something human, huge and unique will replace every other feelings.

I also want to thank every partners, without whom the adventure would not exist. Organizing this kind of race takes important resources and they are essentials to Raid in France.

And again, because they deserve it, a thank you to every volunteer, former or actual, young, less young... Thanks to their attendance, motivation and enthusiasm, we keep looking forward.

Ain Xperience is race race to be done by tems of 2 athletes. It has been creates to let some teams to try the Raid in France adventure even if they cannot make the main race. The rules and equipement list lighter will soon be available. However, the technicality will be the same as Raid in France so the certificates are also compulsory. In case a technical section is crowded, priority will be given to teams of 4.



General organization

Registration for Raid in France and Ain Xperience are closing on July 26th at 12pm.

Reminder: There will be less time than usual for equipment and certificates check up, from Monday at 2pm to Tuesday afternoon. In order not to wait or stress too much and to have time to find a solution in case of problem, we recommend to teams to come to Hauteville as early as they can.

Everything will be held in the Salle des fêtes of Hauteville-Lompnes, place du Poncet, in the center of the village.

In the village, you will find every shop you might need : a nice bicycle shop with qualified sellers, a sports shop, a Carrefour supermarket and various shops (DIY...)

A booking form, « Booking ARWS RIF 2015 », 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 (limited number of spots)

Every registered team should have paid their registration fee before July 1st. If not, registration conditions are applied and the fee is 2015 euros.

If a team has any trouble with the registration, please contact us as soon as you can.

If a team has some problems to find a member, please contact Béatrice, she will give you a list of athletes who are looking for a team.

If a team has not sent their interview (with pictures), please send it as soon as you can.

Transport

Reminder: 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.

Hébergement

Reminder: 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.

Parcours

This year, although the race is shorter than the last edition, it will have the same number of sections. 19 sections for this seventh edition, 5 of trek, 6 of mountain bike, 4 of paddling and 4 of technical activities (Canyoneering, speleology, rope work...) Be careful with your organization when you change the activity, 10 minutes lost 18 times means 3h lost overall.

Logistique de course

> **VTT** / Reminder: Your bikes will be transported in rigid boxes, you will need to provide for the required dimensions: 140x80x30cm, ARWS standards. It can be smaller, but not one of this measure can be bigger. 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 are selling ARWS types boxes, lightweight (7kg max) and waterproofs. Booking: « booking form » to download. Boxes will be brought directly to Hauteville-Lompnes Monday, September 13th. Unit price: 135 euros.

> **White water** / Reminder: 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.

> **Canyons, ropes et speleology** : The material will be transported in boxes (2kg, 71x42x47cm) that the organization will provide to limit the costs for the teams. The weight of each box will be limited (20kg) and you will have the opportunity to put in what you want.

> **Support** / Reminder: The organization will provide 1 container with a capacity of 225l for your assistance supplies. The weight of the container will be limited (40kg) and you will have the opportunity to put in what you want to.

Activities

Reminder: 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. Not conform certificate will not be accepted; our doctors will not deliver any. FRMN certificates can be accepted only if every Raid in France 2015 activities are mentioned on it. Foreign teams must also provide insurance with repatriation.

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

Credit cards insurances will not be tolerated.



> **Trek:** Some orientations for the treks can be tough. Forests of the Ain department have always been managed by forest loggers. Even though maps are good, many paths are not on the map. During the night, you will need to be careful or it will be long nights...

> **Paddling:** This seventh edition have different types of paddling this year. Paddling during night is allowed.

kayak: same boats as last year, Tarkka types from the brand Dag. You can bring your own paddles, single or double. The wetsuit is not compulsory anymore.

stand up paddle: new this year, for a nice moment to live. We would recommend to practice at least a few hours in order to be able to enjoy the landscapes. 4 boards per team, and the organization provides for the equipment. Your own equipment is forbidden.

barge: also new this year. Ain and Rhône department have a strong tradition linked to the Rhône river activity. So you will do some traditional barges for one section. This activity is organized by the Fédération Française de Joute et Sauvetage Nautique. It will be 1 barge per team with two members paddling. All the equipment is provided by the organization. Your own equipment won't be tolerated.

Reminder: During navigations, you will have to lift your equipment over long enough distances that we are requiring lifting systems as mandatory equipment. You will have to carry all your equipment, nothing stays at the embarkation area.

As well, you will have to carry your lifting systems on your boats. If you only have one lifting system, please be sure that it can carry the weight of two boat (2x47kg = 94kg).

> **Canyoneering** / Reminder: 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 «ropes certificate».

> **Speleology:** This activity will be present again. The cave is simple, and the purpose is to discover and enjoy this mysterious environment.

Reminder: this activity is always done without the chronometer on. The main purpose is for you to discover the underground resources, while staying accessible.

> **Ropes:** Rope work this year are various and in amazing places. A good knowledge will allow you to enjoy those sections. We recommend to practice at climbing long distances with ropes, if possible, on 50m walls as we say in the ropes certificate.

A ropes, canyon and speleology professional, former Raid in France racer and now working with the organization can help you to prepare for those activities. If you don't have your certificate yet, you can contact him : Guy Jeantet – 06 32 80 23 17 – guy.jeantet@wanadoo.fr.

> **Mountain biking** / Reminder: team without all their lights on during the night will be forced to stop immediately. Be sure to bring a device that can last at least 10 to 12 hours.

> **Orienteering** / Reminder: The maps distributed during the race are 1/50 000th ones. Only a few maps will be 1/25 000th ones.

The 2015 orienteering certificate is required for every team.

2 plasticized maps (A3 and A4) and a road book (tear and water resistant) are given to teams. Checkpoints are on the maps. Every checkpoint and kites have to be checked or the team can be disqualified. Some checkpoints could have controllers, if there is a road to cross.

Support

Reminder: 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 3 hours 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... Bathrooms are close to the room.



Mandatory equipment

Reminder: 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.

> **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.

For any question about the equipment, please do not hesitate to contact us.

Good preparation for all.

We can't wait to see you at Raid in France

Pascal Bahuaud

Every info at www.raidinfrance.com

