

SPIRIT24

AR EUROPEAN SERIES

1st > 3rd OF APRIL 2022 - FRENCH ROUND - RACERS NEWSLETTER - JANUARY 2022 #01

Dears racers,

« For this first month of 2022, RIF SPIRIT24 organisation is definitely on our agenda. This French round of adventure races European Cup (part of ARWS organisation) is the 1st French edition, but also the 1st race of the European Cup!

We are very keen on the trust and enthusiasm we are seeing through enrolments and are 100% focused on making a successful event. It's already an amazing reward to have over fifty teams planning on taking the start and we are looking forward to seeing a nice diversity of teams with 10 international teams already enrolled.

As for the race itself, we are very happy to be back in Haute-Loire after the 2014 Raid in France race. The track will be colourful and very « Back to Nature ». As usual, a lot of efforts have been put in finding the secluded and ideal paths.

Regarding the covid crisis, the only thing we can say is that we will apply the recommendations of the government at the time of the event

We can't wait to meet up for a new Raid in France.

Have nice training and see you soon! ».

Pascal Bahuaud, race director of Raid in France

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WWW.RAIDINFRANCE.COM/RIFSPIRIT





Key figures

- Number of enrolled team on the 10th of January 2022: **50**
- *8 nations*
- *Start and finish lines: Lavalette lake, in Haute-Loire*
- *Authentic and wild territories*
- *A 151 km course*
- *An adventure designed by Raid in France*

Program

Friday, April 1st to Sunday, April 3rd 2022

- **Friday, April 1st from 10am**

Teams welcoming

Technical and administrative checks

Briefing and bib ceremony (6pm)

- **Saturday, April 2nd (6am)**

RifSpirit24 official departure

- **Sunday, April 3rd (in the morning)**

Winner and first teams arrival

- **Sunday, April 3rd**

Last arrivals (12pm)

Price giving and closing ceremony (12.30pm)

During all the morning, a brunch will be settled and shared between teams, volunteers and partners.

Track

**Total distance: 151km, with 9 different sections + a small prolog
That is to say, 79km of MTB, 39km of trek, 33km of kayak =
3000 mD+.**

The MTB sections will be very Raid in France influenced with some river crossing, forgotten paths and some very (too) steep hills, essential to the race's harmony...

During the treks and other activities, you will be facing all types of environments: some very reachable to some wilder where your progression might be slower!

Overall, the whole mix for a great adventure!



RACING INFORMATION

Timing

It is mandatory to be on site at least Friday 1st of April 2022 for the checking.

Every teammate must be here for the briefing and the bib ceremony. If you encounter any issue, please get in touch with the organisation rifspirit@raidinfrance.fr.

The departure will be given on Saturday 2nd of April 2022 at 6am. Teams will have until Saturday 2nd of April 2022 5.30am to get all their equipment ready and hand it to the organisation.

The latest arrival must be before Sunday 3rd of April 12pm, after what the race will be closed.

Price giving ceremony is scheduled at 12.30pm.

Brunch will be open from 7am to 1pm on Sunday.

Equipment

The equipment mandatory list is available on our website Rif Spirit24 / Edition 2022. Be careful to look at the last version.

Regarding **MTB**, they will be transported in our trucks, without any box nor disassembly. Therefore, no need for a bike box. We have decided to go like this to help you organise your race and lower down your budget. The equipment needed for the MTB will be kept in a box provided by the organisation. .

For **white water**, your kayaks are provided by the organisation, they will all be Tarka (brand Dag). They are unsinkable double kayaks.

The organisation can also provide for the teams some paddles and life jackets. If needed, teams must complete the booking sheet which is available on the website.

Teams won't carry paddles, life jackets or kayaks during the race (except eventually during white-water sections).

However, during white water sections teams will have to carry their MTB Helmets.



The white-water bag can be ARWS type or similar. For the teams willing to buy some, we are currently trying to get our hands on a bunch but the actual scarcity makes things uncertain and harder.

Therefore, any pliable and big enough bag will be tolerated this year. If your paddles don't fit in the bag, you need to anticipate a system to gather and tie them together, as well as mark your team's number on them. We do not tolerate single paddles for transportation.

If some white-water bags are available to buy before the race, they will be sold as cheap as possible. Do not forget to book them through the booking sheet, and we will get in touch with you as soon as possible with further information.

The booking sheets (on the website) must be complete and send back before March 1st.

Moreover, the organisation will provide the teams with 2 plastic boxes for their equipment.

Teams will only have access to those 2 boxes + their white-water bags to store their equipment during the race.

Any other bag will be forbidden and considered as some additional external help and will be condemned.

Various: for those using headlamps on batteries, few areas during the race will allow you to recharge batteries. Those places will be mentioned during the briefing.

You will have to carry your ropes equipment and eventually some running shoes during 2 MTB sections. Practice and try to find best size for your backpack.

Orienteering

Two sets of maps and one roadbook will be given to each team. Maps and Roadbooks are in a tearproof and water-resistant material. Maps will be on a 1/50000^e and 1/25000^e depending on the areas. They will be given just after the start.

Any support not given by the organisation is forbidden. The jury can operate some checks.



Knowledge, skills and certificates

The kayaking, ropes and orienteering knowledge and skills documents and the mandatory certificates (medical and swimming) are available on our website, section Rif Spirit24 /Edition 2022.

The kayaking, ropes and orienteering knowledge and skills documents and the mandatory certificates must be signed and hand in during the check-in before the race. If not, the team will not take the start.

For those holding an up-to-date competitive triathlon French federation licence, you don't need another medical certificate. You will have to show your licence during check-in.

Météo

The race will take place in April. In France we have an old saying that states that in April you mustn't clear up.

Haute-Loire is a mid-altitude and very wild area. You will be racing between 400m and 1400m altitude. You might find some snow on the course.

The mandatory equipment list is made to ensure security for the teams. However, for those without much experience of this kind of race, keep in mind that during the night, with some fatigue, it can get very cold, even if the weather is very good!

Do not try to optimise your equipment by not taking enough gear, and try to keep clothes as dry as possible.

Registrations

Registrations are open until January 31.

The maximum number of teams will be 75 on a first come first served basis.

The enrolment form is available on our website www.raidinfrance.com, section Rif Spirit24 / Edition 2022.

It must be sent back to rifspirit@raidinfrance.fr.

It does not have to be finalised; the team members must however be definitive on the 1st of March 2022.

**CAN'T WAIT FOR THIS NEW ADVENTURE...
AND... CAN'T WAIT TO SEE YOU!**

**MORE INFO
WWW.RAIDINFRANCE.COM**