

SPIRIT 24

IAAR EUROPEAN SERIES

1st > 3rd OF APRIL 2022 - FRENCH ROUND - RACERS NEWSLETTER - MARCH 2022 #02

Dears racers,

« In half a month, we will gather to introduce the first European Cup of adventure races, here, in France. We are looking forward to it and can't wait to feel the racing spirit again.

Sixty-one teams will be taking the start of the race on the 2nd of April 6 a.m. in Haute-Loire, at Lac Lavalette Leisure Center for our 1st Rif Spirit.

12 foreign teams have enrolled, therefore offering a nice European line up!

Enjoy your last training and get ready to race! ».

Pascal Bahuaud, Raid in France race director

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Organisation general reminder

- Number of competing teams: **61**
- The event program can be found on our website : www.raidinfrance.com/rifspirit/



WWW.RAIDINFRANCE.COM/RIFSPIRIT





Further Information

Check ups (technical and administrative) will be open from 8:00 until 18:00 on Friday 1st of April.

They will take place at Lavalette leisure centre in Lapte. Please gather all your documents in advance to help the checkings. There will be a lot of teams.

At the end of this newsletter, you will find the mandatory equipment list. You will have to show this equipment during checkings, so please get everything ready in advance.

Be careful, the equipment that hasn't been checked before the race, however, stayed mandatory when specified on the sections. This equipment must be compliant with the race rules and can be checked by the organisation later, during the race. It is your responsibility to make sure this equipment is compliant with the rules.

After checkings, teams can get hold of their A and B boxes, provided by the organisation.

All team members must be attending the briefing and the bib-giving ceremony.

If one team member can't be here, please inform us beforehand.

The teams equipment hand in (Boxes A and B, White water bag « O » and paddles) will take place on Saturday, April 2nd from 4h30 to 5h40. It will take place on the car park just above (250m) the leisure centre.

If you have any doubts on your boxes or bags weight, you will be able to weight them there. Some controls on the boxes and bags weight can be made during the race. The maximum weight for the boxes A and B is 20 kg, and 20 kg for the white-water bag « Bag O » (can be separated in 2x10 kg if you have two bags).

- The star twill take place on Saturday, April 2nd at 6h00 in the morning.
- The race will be closed at 12h15 of Sunday, April 3rd.
- Price giving ceremony will be at 12h30.
- A free brunch will be at the teams disposal from 7h00 to 13h00.

From Friday morning, at the leisure centre, the restaurant "Les terrasses de Lavalette" will be greeting teams with two special menus and discount for lunch and dinner.



EQUIPMENT

[The mandatory equipment list is available on our Raid in France website, section RIF SPIRIT24/mandatory-equipment-list](#)

In order to reduce the amount of mandatory equipment, we have removed the bike boxes. We also decided to keep the MTB helmet as the only helmet on the race. It will be used for all other activities requiring helmets.

For MTB transportation, you will need to take off the bikes every accessory. Make sure you planned and prepared to take of the accessories because the organisation will not transport a bike with an accessory on. If you need tools, you must anticipate and store them in your equipment bags available at TA's. When leaving your bikes for transport and finding them back, you will be in hold of your bags O, where you can store your tools.

Reminder: MTB Lamps are mandatory. Any team without front and back lights won't be allowed to race or, during the race, will be stopped immediately, until sunrise. The front light can be a head lamp (Petzl for example), if and only if the lamp is attached to the bike with the appropriate system. We advise you, to have an additional small lamp on your bike to secure any issue during the race.

Regarding white waters:

Kayaks are provided by the organisation (Tarka, Dag brand).

For teams who asked for, the organisation also provide life jackets and paddles.

They will find this equipment on TA's at the beginning of white waters sections. For those teams, the allowed weight of bag O is 18 kg.

On the Kayak mandatory equipment, we've added: 2 high-power lamps and 12 glow sticks.

Indeed, when timing the race, we realised that some teams may be finishing some white water sections during night time. We therefore decided this addition in order to allow everyone to race with no dark zone neither cuts.

Garmin watch are allowed if and only if they have the Adventure mode and it's activated.

The organisation also provides 2 crates for the equipment: 110L and 85L. Teams will only be allowed those crates and the Bag O during the race. Any other bag or storage item is strictly forbidden.

Any violation of this rule will be considered as external assistance.



ACTIVITIES

Reminder We warmly encourage you to read the race rules. Being enrolled on the race implies a knowledge of those rules. During the race, the jury will be free to use any means to control the good and strict application of rules. For any intentional cheating or bypass of rules, a team won't get a penalty but will be immediately excluded from the race.

Orienteering

Two sets of maps and one roadbook will be given to each team. Maps will be on a scale 1/50000 or 1/25000 depending on the area. Maps and road books are made out of waterproof and unbearable paper. Maps will be handed in real time, that is to say just after the start of the race or during the race. Any other material is forbidden. The jury might proceed to some checkings during the race. Anticipate some material to underline and take notes on your maps during the race.

Autonomy

RIFSPIRIT24 is a race in total autonomy, that is to say, you won't find any supplies provided by the organisation on the track. You have to manage your rations in water and food. Any personal assistance is strictly forbidden, and will lead to an exclusion from the race. However, RIF SPIRIT is an expedition in the outside world and any accessible supply is authorized (shops, restaurants, coffee shops...

Mandatory equipment that must be shown during checkings: shell layer top (jacket), shell layer bottom (pants), mid layer top (fleece), base layer head, full finger gloves, survival blanket, MTB helmet, reflective vest, throw bag rope, illumination glow sticks, high power lamps, climbing harness with all accessories, first aid kit.

A deposit of 300€ will be asked during checking. It can be provided by bank check (to Sport nature promotion) or by credit card.

**ENJOY YOUR LAST TRAINING
WE CAN'T WAIT TO SEE YOU!**

**MORE INFO
WWW.RAIDINFRANCE.COM**