



# Adventure Racing European Championship + French Championships Tence, Haute-Loire, France

From  
29/9 to  
1<sup>er</sup> oct.

## NEWSLETTER RACERS # 1 - JULY 23

### Dear racers,

*« July 2023, organisation and preparations are well underway!*

*As you are all aware, RIF Spirit 2023 will be the European championship of adventure racing as well as the French Elite/Master National championships.*

*We have been getting loads of questions and enquiries for enrolments, so thank you for your support! This newsletter bring a lot of information, please read it carefully.*

*Enjoy your training, wishing you a nice summer.*

*We are looking forward to seeing you on RIF SPIRIT 2023 with full of energy and envy.*

**Pascal Bahuaud, race director**

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**WWW.RAIDINFRANCE.COM**





## **General organisation**

The program can be found on our website:

<https://www.raidinfrance.com/en/program/>

### **Please find below some details**

For the administrative, technical and equipment checking, you must be on site at least Friday 29<sup>th</sup> of September at 2p.m.

If the whole team can't be on site for the checkings, then the teammates must hand in the certificates and mandatory equipment for the entire team (the 4 racers).

For the briefing and the bib ceremony, the entire team members **MUST** be on site.

The start will be from Tence, at 6a.m., on Saturday 30<sup>th</sup> of September.

The teams will have until 5.30a.m. on the Saturday 30<sup>th</sup> to hand into the organisation all their equipment.

Race will be closed on the Sunday 1<sup>st</sup> of October at Noon (12a.m.)

Price giving ceremony is scheduled at 1p.m. on Sunday and a brunch will be open for teams from 7a.m. to 1p.m. that same day.



## **Enrolments**

Open to July 23, 2023.

It is limited to 75 teams overall for the European Championship, the national championships and the open race, on the first come first serve basis.

The enrolment form for foreign teams is available here:

<https://www.raidinfrance.com/en/registrations-2/>

The enrolment form for native French-speaking foreign teams is available here:

<https://www.raidinfrance.com/inscriptions-2/>

The enrolment form for the French teams is available here:

<https://www.raidinfrance.com/inscriptions-2/>

To be enrolled on the European or National Championships, a French team will have to be registered in the triathlon federation on the 20<sup>th</sup> of September at the latest, otherwise, the team will be signed up on the Open race.

The teams do not have to be full to register.

However, the team set up must be definitive on the September the 3<sup>rd</sup> the latest.

The note on the requirements for activities for RIF SPIRIT 2023 is available on the website (>Rif Spirit 2023) as well as the medical certificates (medical certificate: mandatory only for those not registered for competition at the triathlon federation must sign less than 1 year ago, and should mention all the activities planned for competition).

The originals of the note of requirements and the medical certificate must be handed in during checkings.

Without them, it won't be allowed for the team to participate in the race. If you are willing to keep the original, bring a copy with you, for us to keep (after having presented the original). No copy will be made onsite.

For all the teams, foreign and French, it is highly recommended to have a civil liability insurance policy as well as an individual insurance policy on the case of an accident. For the foreign teams, a repatriation insurance is mandatory and the certificate should be presented during checkings.

A 300 euros deposit will be asked to each team during checking (credit card print or cheque) to cover kayaks, trackers, orienteering equipment...



## **Equipment checking**

During equipment checking, we will ask you to provide: Waterproof jacket (2 layers mandatory), waterproof trousers, reflective vest MTB, helmets or the multisport helmet, the full harness gear.

The rest of the equipment stays mandatory but won't be asked during checkings. You are responsible for it being compliant. If you have a doubt, ask the organisation.

Equipment checking will be made during the race.

It is mandatory to notify the organisation if you are planning on using a GARMIN WATCH with the mode ADVENTURE RACE.

Any other watch, with GPS, pedometer, etc. are forbidden.

## **Equipment**

The mandatory equipment list is available on our website (>RIFSPRIT23/documents-newsletter)

The mandatory equipment represents the minimum equipment we judge necessary to have for the race. Regarding your experience or knowing your needs, each racer is free to add any kind of equipment he judges necessary for him.

Even if Haute-Loire is not a high mountain environment, the weather can shift very quickly, and be tough: thick fog, freezing wind, rain (it's a very wet environment all year long). Please, keep it in mind when you will pack your bags. During the night, the temperature can drop between 2 and 5 degrees, and with exhaustion and wet clothes it can feel way lower.

### **Bike**

The Bike boxes do not have a mandatory type (in order to control the cost of the event for the young teams who are not possessing this kind of equipment). However, during the transport, no equipment can be on your bike. We won't be checking during the transitions, however, knowing that you will always have your logistic box following you, there is no point in leaving equipment on your bike.

You will be fully responsible for any damage or loss of equipment if, for any reason, it was still on your bike during transport.



## White-water

As for ARWS, the white-water equipment will be transported in one bag big enough for the entire white-water equipment.

In 2023, for Rif Spirit, we require a specific type of white-water bag.

Some of those « O » bags can be purchased from the organisation for 100 euros. Those bags will be delivered during the checking or can be picked up in Lyon. The precise requirements will be detailed on the mandatory equipment list (as well as a photo of the « O » bags).

You can rent some life jackets and paddles from the organisation. This equipment will be used only during the kayaking sections and won't be carried on other sections. Teams need to fill in the reservation form with their needs.

During the kayaking sections, racers will, however, be carrying their MTB Helmet.

This year, depending on your pace, you might have to swim to gain time. In this matter, we have added, on the mandatory equipment list, a buoy and a floating system. We won't be too regarding on this gear, nether the less, it must be enough to keep you and your waterproof bag in your backpack floating. It can be a round buoy, a life jacket, a neoprene suit, an inflatable mattress ....

The reservation forms must be handed in on the 3rd of September at the latest (they can be downloaded on our website).

The order can be paid: via transfer, when placing the order (our bank information is in the registration condition sheet) or by credit card, cheques, or cash during checkings.

The organisation will give to each team 2 plastic crates for their equipment.

The teams will be using ONLY these two crates and the « O » bag for all their equipment during the entire race.

No other bags or crates will be allowed on the race. Any misconduct will be considered as external assistance.



### **Helmets**

Some teams will be using multi-activity helmets. For this race, the helmets must be certified for MTB, Mountain, Caving. Some helmets, previously meeting the requirement (as the Meteor IV) aren't certified for those activities anymore (but Meteor III is).

As we know, of the following list of multi-activity helmets are certified: Meteor III (and only III), Caso Gams, Bios Instinct, Kong Scarab...

Maybe some other reference will be suitable, but please check with the organisation before buying.

If you do not have a helmet approved for different activities, you will have to equip yourself with a helmet for each activity.

### **Bib**

It's provided by the organisation, and must stay free of any add-on (sticker, ...). It's for you to keep at the end of the race.

### **Protection jacket**

2 layers implies that a lining is glued to the outside material. Jackets with a coating only aren't admitted. However, some ultralight jackets with 2 layers do exist!

Please keep in mind that any racer should be totally self-sufficient if the weather gets rough and therefore, you should be able to cover yourself enough to wait until better conditions. You can stay several hours out there with no shelter.

### **Protection trousers and other clothing gear**

Same reasoning.



## **Track RIF SPIRIT 23**

### **11 stages (4 VTT - 4 Trek - 1 Rope/aqua-trekking - 2 Kayak)**

As usual, the organisation of Raid in France has been trying to build up the track we would have enjoyed discovering.... Various ways of progress will be faced on this wild and authentic environment that Haute-Loire offers. Forest, rocks, canyons, rivers, lakes...

**Orienteering** Two sets of maps, one road-book and a passport will be given to each team. Maps will be on a scale of 1/50000 and 1/25000 depending on the area. Maps, roadbook and passport are in a water-proof and untearable paper. The set of maps will be given in real time, that is to say just before the start of the race or at the beginning of specific sections. Any material not provided by the organisation is banned. Some check scan is conducted by the jury.

**MTB** A lot of wide tracks, however, in the spirit of Raid in France, still plenty of wild paths, some technical, other physical...

**Trek** The forest in the highlands can be thick and hard to orientate and progress in. You will also go through magnificent valley bottom areas, promising a good overview of the diversity of the region assets.

**White water** Haute-Loire owns some very nice rivers and canyons. You will discover some. .

**Rope activity and others (via cordata, abseiling...)** Some recreative activities that should allow you to rest physically. To do so, a good training is very helpful.

**Swimming** On a trek section, you can have the dilemma of either bypassing or swimming. Distances will stand between 150 m and 300 m. For those swimming passages, you will have to inflate your buoy (1 per person) and wear a glowstick on your backpack strap (if its night-time).

To approve your route, you will have the passport and an electronic finger.

Both means are mandatory to use, otherwise the team can be disqualified.



### **Safety and live tracking**

During the race, as a matter of security, you will have a GPS beacon. This device also allows the race to be followed on the internet.

### **Shuttle transfer for foreign teams**

For the foreign teams, a shuttle transfer will be provided from Saint-Exupéry airport (Lyon) to Tence on the Thursday 28th of September at 6p.m. The way back to Lyon is scheduled on Sunday 1st of October at 3p.m. Transfer registration closes on September 3rd. Price: 30 euros/person, round trip.

### **Accommodation**

In Tence, you will find several lodges and a campsite (Les Murmures du Lignon). At the campsite the spot for a tent is 30 euros ish per night for one team. You will also find there several permanent accommodations.

For any further information, please get in touch directly with the campsite: Tel: +33 (0)4 71 59 83 10 et [info@lesmurmuresdulignon.com](mailto:info@lesmurmuresdulignon.com). Be aware that you will need a car to reach the village from the campsite. The race headquarters will be located in the heart of the village, at the sports facility « la Liongière ».

### **Tactical Foodpack, new partner**

This Estonian brand specializing in freeze-dried food will offer 1 200 meals to racers and volunteers of Raid in France 2023.

100% natural and with an authentic taste of homemade food, these freeze-dried meals are ideal for hikers and extreme sports.

More information on <https://tacticalfoodpack.com/>

**ENJOY YOUR TRAINING  
WE ARE LOOKING FORWARD TO SEEING  
YOU ON RIF SPIRIT 2023**

**MORE INFO  
WWW.RAIDINFRANCE.COM**