



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

From
29/9 to
1^{er} oct.

NEWSLETTER RACERS # 2 - SEPTEMBER 23

Dear racers,

«Two weeks until, we are all gathered in Tence, for the European and French National championships of adventure races.

Our staff, as such as the city of Tence and all our sponsors are looking forward to the event.

We are very proud of having such a wild range of competitors, with 80 teams and 10 different countries.

Enjoy your last few days left before the start, and let's meet in Haut-Loire, well rested and full of energy».

Pascal Bahuaud, race director

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WWW.RAIDINFRANCE.COM





General organisation

The timetable for the entire week-end is available on Raid in France website, Rif Spirit > 2023 edition.

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

Some details on the schedule

- > The deadline to end the race has been pushed to Sunday 1st of October at 12h30.
- > The start of the race will take place in Tence, on Saturday 30th of September at 6h00 in the morning, every 5 minutes, by groups of events: European Championship + French championships Mixed, Men, Female + Open.
- > You must hand into the organisation your Box A, Box B, Bag O, on Saturday 30th of September between 04h00 and 05h15. Any teams, who haven't shown up by 05h15, will not be allowed to take the start of the race.
- > You will need to drop your bikes in a Bike Park before the race; this park will be open from 20h00 to 22h30 on Friday 29th of September and from 04h00 to 05h00 on the Saturday 30th.
- > The prize-giving ceremony will take place at 13h00 on Sunday 1st of October.

Teams organisation in the various races

Following our enquiries towards the teams willing to compete on the French National Championships, the list of enrolments per category is now available on our website and will be considered as final (except for licence issues highlighted by the federation).



Equipment checkings

Remender

- > A 300€ deposit will be asked to all teams (Check or CB blueprint) - for the equipment put at your disposal by the organisation.
- > Your certificates and knowledge & skills information sheets must be given to the organisation during the equipment checks. Without them, you won't be able to race. If you want to keep the original version, please bring a copy. **We won't make copies onsite.**
- > During the checkings, we will go over: waterproof jacket (Laminated minimum two layers), waterproof trousers, reflective vest, helmets or helmet (multi-activity) and your entire harness.

Equipment

- > The mandatory equipment list, update on the 12 of September, is available on Raid in France website > RIF SPIRIT Edition 2023 > Documents and Newsletter
- > The equipment will be transported in Box A, Box B, and Bag O.
Weights: Box A (115L): 25kg / Box B (85L): 20kg / Bag O with paddles: 25kg.
- Some checks will be made when loading the crates or/and during the race. If any team is overweighted, the team members will have to carry the excess with them. The Box are provided and will be available during the checkings.
- > Your bikes will be transported in the organisation vehicles, without boxes. You mustn't leave any equipment on the bikes for transportation; if by any means, there still is, it is your responsibility...
- > The equipment rented by the teams will be available on Friday for all the race duration.
- > An extra floating system with a flotation of 50N is asked. It means that if you tie a 5kg weight to your system, it should float.



Parcours

Loop of 172 km and 3600m of elevation gain.

Estimated time for the first teams: 21h00

Prolog 3km

MTB 79km

Trek 60km (Including ropes and caving)

Kayak 30km

As usual on Raid in France, we aim for every team to stay on course as long as possible, and reach the finish line, by his own means - before Sunday 1st October, 12h30! Therefore, five CUTS/shunts, are displayed on the course.

Trekking

Please, bear in mind that it is forbidden to step on crops and fields, you must stay on the side. It is also forbidden to cross over private properties.

White water

There is no neoprene wetsuit in the mandatory equipment list because white water will happen during the daytime. However, depending on the weather in which can be very cold and wet, even during day light! You will also have a kayaking section, on flat waters, but it should take place, for most teams, at night.

Regarding this information, it's your choice to bring a wetsuit or not.

Natation

On a trekking section (during nighttime for most teams) you will have the opportunity of swimming in a stretch of water to cross over.

> You will have to use your floating system and your glow stick. It is mandatory.

> The temperature of water is currently around 20 degrees, but in the upcoming 15 days in can lower a lot. In this matter, you might consider using a neoprene vest.

> As for kayaking, nothing is imposed by the organisation, if you don't want to swim, you don't have to. You will then have to find another solution to deal with those aquatic stretches of 100m ish.



Partners and providers

Tactical Foodpack

This Estonian brand specialised in lyophilised food, will offer 1 200 meals to the racers and volunteers on Raid in France 2023. Those lyophilised dishes are ideal for adventure sports and hiking lovers, they are 100% made of natural ingredients and have no additives or preservatives. A real taste of home-made in your backpack! .

TACTICAL FOODPACK®

Squirt Cycling Products

This South African manufacturer specialised in bikes maintenance will provide various products and samples.



**ADVENTURE IS CALLING...
WE CAN'T WAIT TO SEE YOU!**

**MORE INFO
WWW.RAIDINFRANCE.COM**