



Adventure Racing World Series France

RAID IN FRANCE NOUVELLE-AQUITAINE

NEWSLETTER RACERS #1 - MARCH 2024

Dear racers,

« Raid in France will be back in less than 5 months! After a shorter race in 2023, with the Rif Spirit, the 12th edition of Raid in France will take place over a week, from the 28th of June to July 5th in Nouvelle-Aquitaine. The route will be a loop crossing several iconic departments such as Corrèze to start and arrive in Bugeat.

We are very much looking forward to seeing you all racing on this new edition where this very promising adventure remains focused on allowing everyone to live their own expedition and cross the finish line on the 5th of July at the latest.

Raid in France DNA has always been to offer an adventure with challenging activities, atypical routes and exiled scenarios where each team can progress with their own capabilities and speed, eventually using cuts or route arrangement to cross the finish line no matter how the team is progressing. The volunteers all through the route help spread joyful wellbeing in this rustic environment.

We are, as usual, waiting for you all ».

Pascal

Contact :

Béatrice Lambert

concurrent@

raidinfrance.fr



WWW.RAIDINFRANCE.COM





Rif Nouvelle-Aquitaine 2024 : June 28th - July 5th

- Expected competitors: 50 teams / 12 nations
- Departure and Arrival from Bugeat in Corrèze
- 400 km loop for 10 000 m of elevation gain

Programme

- **Thursday June, 27th to Friday 28th**

Welcoming, Team Checkings

- **Friday June 28th (afternoon)**

Teams Briefing / Opening ceremony

- **Saturday June 29th**

Prolog and official start of Raid in France 2024

- **Wednesday July 3rd**

Winning team arrival

- **Friday July 5th**

Latest arrivals

Closing ceremony / Price giving / Gala dinner and Party

Territories

The environment of this new edition is genuinely authentic, unspoilt, with as lands of magical forests, many rivers, and steep canyons, making the progression sometimes hard and slow.

No high-altitude mountaineering but elevation will be as present as though making the area an outstanding playground for adventure.

This 2024 edition will be the highlight of packraft expedition on a territory constantly made of rivers and lacs.

Some sections will be a chain sequences of treks and packraft. You will also find some ropes, water trekking and canyoning.

A very challenging program!



General organisation

It is mandatory for each team to be on site the Friday 28th morning at the latest for the technical checking. All members of the team must be onsite for the team's briefing and the bib giving.

The teams will have up to Saturday 29th, early morning, to prepare all their equipment for the race.

Accommodation

To book your accommodation for before and after the race, we recommend you to not wait too much. Bugeat is a small town, with limited capacities in terms of accommodation.

In Bugeat, you will find two alternatives to stay: the campsite where you will find bungalows and camping spots for tents and campervans, and the Centre Sportif des 1000 Sources.

You can find all the information on our website in "Practical Information".

Transport

The organisation will organise some shuttles between the Lyon (Saint Exupéry) Airport and the Start and Arrival location (Bugeat), on the Wednesday 26th (end of the day) and on July 6th morning from Bugeat to the Airport.

A pack, with the Return shuttles and Accommodations will be available for the international teams only.

The shuttles spot needs to be reserved by the teams to the organisation. It will be charged with no possible refund.

Registration

The maximum number of teams is set to 50 teams, based on the first-come first-served basis. The last five spots are, if needed, reserved for the organisation.

The registration form is available on our website www.raidinfrance.com section [RIF2024/en/registration](http://www.raidinfrance.com/RIF2024/en/registration)

It must be sent back concurrent@raidinfrance.fr (does not need to be fully filled).



Race logistic

MTB: We are offering you a Bike Box deal for 165€. Those boxes are ARWS and aeroplanes compliant. The boxes will be delivered at the start in Bugeat or can be picked up in Lyon if required. They are made of 5 mm PPEA with an opening at the top and 3 buckle straps.

White-water: As it is more and more often on ARWS, the white-water equipment is transported in a specific bag, capable of containing all the white-water equipment. In 2024, this type of bag is mandatory on Raid in France. We are currently looking to offer you the opportunity to purchase these kinds of bags. We will come back to you very soon with an offer.

Packraft: Regarding the boat characteristics, we recommend double boats of 3.2 to 3.5 m, with two float tanks self-emptying.

It is possible to rent some detachable paddles from the CDCO of Corrèze for 125€ per boat per week. The contact will be at your disposal on our website in the "Practical information" section.

The other stack of equipment will be moved in two boxes, provided by the organisation.

Their characteristics are on the mandatory equipment list.

Certificates: it is mandatory to use the medical certificate template provided by the organisation (compliant with the French reglementation). No other medical certificate will be accepted by the organisation, and the medical staff of the race will not be able to hand you any.

The foreign teams will need to provide a repatriation insurance certificate. The insurance bundled with the credit cards are not tolerated. For every team, French and foreign, we advise you to get a civil liability insurance certificate for all the activities and an individual accident insurance.

Resting hours and assistance: As usual on Raid in France, the rules are 8h of mandatory rest, necessarily taken on a CP or TA, whenever decided by the team (taken by blocks of 1/2h minimum).

This time must be taken when leaving the CP or TA (reminder: the equipment must have been handed in to the organisation and can't be accessed during the resting period).



Equipment

Mandatory equipment: The mandatory equipment, mainly security gears and clothing, will be marked during the checking before the race (you can have several pieces of the same equipment marked).

During the race, any equipment without this mark will be considered as not compliant. This will lead to a penalty, and if some cheating is witnessed, the team will be disqualified.

The mandatory equipment list is standard for all ARWS races. Due to the race specificities, some additional equipment may be requested by the organisation. However it is each team's responsibility to check the environment and areas of the race to adapt its equipment to it.

Helmets: some teams are using multisport helmets. This year, helmets must be compliant for MTB, white-water, mountaineering, caving.

Be careful, some helmets that used to be compliant, aren't any more (e.g., Meteor IV isn't but Météor III is). That we know of, this is a list of compliant helmets: Météor III (and only the III), Caso Gams, Bios Instinct, Kong Scarab... Some other helmets may be certified.

We strongly advise you to check that your helmet is certified by checking the activities details and the technical characteristics.

The activity or activities must be clearly mentioned.

If you don't have a multisport approved helmet, you will need to have one helmet for each activity (that is to say, 2 or 3 different helmets).

Bibs: provided by the organisation, it must stay free of any addition (stickers...). It is yours to keep after the race.

Protection jacket: 2 layers jacket means that a lining is glued to the outside fabric, jackets with coating only aren't tolerated. Moreover, you can find some ultralight jackets with 2 layers; in case of very harsh weather, those jackets aren't enough. Please keep in mind that in case of a sudden drop of temperature or weather breakdown, teams must be completely autonomous awaiting for better conditions - you might find shelter easily but also could stay several hours without anything to shelter.

Protection trousers and other clothing equipment: same requirements.

Important: if the organisation state that the clothing equipment is not appropriate for the race, and though even if this equipment is regulation and/or rule compliant, the organisation keeps the right to reject the equipment for security matters.



MTB: the bike characteristics are available in the race rules. Even if not mandatory, a repairing kit is necessary. Anticipating spare brake pads is smart.

White waters: Information regarding individual floating equipment (water jackets)

In 2024, you will be navigating on class 3 rivers with packrafts. Currently, the technical and security standard for floatable individual equipment in the French national Federation allows, for racing, a floating barometer at 70N. This type of jacket is mandatory on Raid in France.

Paddles must be dismountable to be carried and are not part of the mandatory equipment to eventually cope with deterioration or loss during the race.

Important: this year, the organisation will not be providing paddles, helmets nor jackets.

Track

13 stages

4 MTB - 5 packraft/trek - 2 trek - 1 packraft/canyon - 1 trek/ropes

MTB: MTB on this edition will be very diverse (singles, tracks, small "end of the world" paths, nothing ...) and will allow you to cover great distances. You will find many kinds of environments (forest, lands, river-banks, ...) and the elevation will be important.

Trek: long sections of walking allowing getting the best of the wilderness and beautiful landscapes of Corrèze and its neighbourhoods.

White-waters: the race environments are covered of both worldwide known, rivers as well as more intimate stretches. Please do not underestimate the necessity of practice for this kind of section. Some section will be a mixed with trek, with canyons.

Rope activities (caving, canyoning, via ferrata...): some recreative stages that should allow you to rest physically. To do so, specific training is important..

If you have any question regarding the race or the equipment, do not hesitate to get in touch.



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1. The banner published in Endurance Book 2024

The French bible for outdoor sports, showcasing all the races calendar.
Thanks to our media partner: Outdoor Edition.

2. 1000 Sources Sport (Centre sportif 1000 Sources)

Located in Bugeat, 720m high, it has been constructed in honour of Alain Mimoun, marathon Olympic champion. At the heart Millevache plateau, surrounded by forests, lakes, togs, it is referenced as official training centre for Paris Olympic games. The RIF family will settle there.

3. To start dreaming and visualising, Vassivières lake...

Real treasure of Millevaches and hyphen between Creuse and Haute-Vienne, it is also described as very Canadian like!

COME ALONG AND JOIN THE ADVENTURE!
MORE INFORMATION
WWW.RAIDINFRANCE.COM
WWW.ARWORLDSERIES.COM