

29 JUNE > 5 JULY 2024 - ARWS FRENCH LEG  
NEWSLETTER RACERS #2 - JUNE 24

**Dear Raiders,**

« In about twenty days, we will meet in Nouvelle-Aquitaine, in Bugeat, for this thirteenth event since 2007. With your support and commitment, you have all been key players of this adventure. Some having been beyond faithful, by racing every single edition.. I truly want to thank you all for the incredible motivation you have given us over these 17 years. As announced, this edition will be our last organisation of an ARWS world cup, and we intend to enjoy it with you, who have honoured and delighted us with your presence this year.

Raid in France might still be here for one last event, but that is another story...

The 2024 course is finalised and we are really proud of it. Raid in France has always aimed to showcase different territories, to explore new spaces, to meet new people, and to standardise adventure racing without taking the easy route, in order to offer interesting, technical, and challenging itineraries for the racers.

2024 will be an expedition that will force the team into management, sometimes choosing their mode of progression between trekking and packrafting, with sections that can be very short, but also very long, all in an authentic and immersive environment.

See you soon for this new adventure and happy training...»

**Pascal**

**Contact :**

Béatrice Lambert

concurrent@

raidinfrance.fr



**WWW.RAIDINFRACTANCE.COM**



## Rif Nouvelle-Aquitaine 2024 : 29 june - 5 july

- Teams: **28 from 10** countries
- Start and finish line: Bugeat in Corrèze Department
- A loop of **460 km** with 10,300 m of elevation gain
- *A genuine expedition...*

### Program

#### > Thursday, June 27 to Friday, June 28

Espace 1000 sources – Centre sportif Alain Mimoun : 11 rue de la Ganette, Bugeat

Teams welcoming

Equipment checkings and skill testing

#### > Friday, June 28 pm

Foyer rural, 27 place du Champ de Foire, Bugeat

5:00 pm: Team's briefing

6:00 pm: Opening ceremony, mandatory presence of all teams and all racers

#### > Saturday, June 29

Bugeat

8:00 am: Prologue and race start

#### > Wednesday, July 3

Espace 1000 sources – Centre sportif Alain Mimoun : 11 rue de la Ganette, Bugeat

Winning team arrival

#### > Friday, July 5

Espace 1000 sources – Centre sportif Alain Mimoun : 11 rue de la Ganette, Bugeat

Last team's arrival

27 place du Champ de Foire, Bugeat

6:30 pm: Closing ceremony, prize giving



## **The 2024 course**

### **A 463 km loop with 10,300 m of elevation gain**

This loop will include 13 sections.

The order of the sections and their characteristics are as follows:

- 😊 **Packraft/trek1** : 17km 130 m ascent, 320 m descent
- 😊 **Mountain Bike1** : 41km 1070m ascent 830m descent
- 😊 **Trek1** : 13km 610m ascent 510m descent
- 😊 **Packraft/trek2** : 14km 770m ascent 770m descent
- 😊 **Mountain Bike2** : 89km 1650m ascent 1460m descent
- 😊 **Packraft/trek3** : 25km 50m ascent 310m descent
- 😊 **Trek/ropes2** : 11km 340m ascent 480m descent
- 😊 **Packraft/trek4** : 64km 1050m ascent 870m descent
- 😊 **Mountain Bike3**: 31km 510m ascent 560m descent
- 😊 **Packraft/trek5** : 35km 700m ascent 1170m descent
- 😊 **Trek3** : 41km 1420m ascent 1160m descent
- 😊 **Packraft1** : 7km 0 ascent 0 descent
- 😊 **Mountain Bike4** : 75km 2000m ascent 1860m descent

For the packraft/trek sections, our estimates indicate approximately 50 km of trekking and 105 km of pack rafting.

Currently, river conditions are optimal, with water levels allowing navigation on very beautiful, accessible rivers. There is one month left before the start of the race...

We had indicated a whitewater skill level with potentially class 4 rapids, but this will not be the case due to local permission and constraints. The maximum average level will be class 3 if conditions remain the same. The latest information will be provided in real time based on the weather.



## **General organisation**

The general program is provided on the Raid in France website. It is mandatory to be on-site by Friday, June 28<sup>th</sup> at the latest for technical verification.

The team must be complete during the briefing and the bib distribution.

Teams will have until early Saturday, June 29<sup>th</sup> to prepare their equipment for the duration of the race. The race will start at 8:00 AM.

## **Accommodation**

If teams encounter difficulties with accommodation, please contact the organisation directly by email:

[concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)

## **Transportation**

The organisation offers a transport service between Lyon Airport (Saint Exupéry) and the start and finish location (Bugeat) on Wednesday, June 26<sup>th</sup> in the late afternoon and a return on the morning of July 6<sup>th</sup>. Foreign teams interested in this service should contact the organisation by email:

[concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)

## **Race logistics**

**Mountain bike** – We offer the sale of crates compliant with ARWS regulations and airline standards at the price of €165. These crates will be delivered at the start during verification or can be picked up in Lyon upon request. They are made of 5mm PPEA with a top opening and closed with 3 buckle straps.

**Whitewater** – Your «whitewater» bag must be able to contain, at minimum, all your mandatory equipment, including your paddles. No equipment attached to the outside of the bag will be accepted. For teams that wish, we sell bags with ARWS dimensions for the price of €100. Reservation can be made directly by email at [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr).



**Packraft** – Regarding the characteristics of packrafts, we recommend double boats with a length between 3.2m and 3.5m, ideally with two buoyancy chambers and self-bailing features.

It is possible to rent packrafts and collapsible paddles directly from the CDCO of Corrèze at a price of €125 per boat for the week. The contact details will be available on the organisation's website in the Practical Information section.

The rest of the equipment will be transported in two crates provided by the organisation. Their characteristics are listed in the mandatory equipment list. The rotation schedule for this equipment will be provided one week before the start of the race.

## **Activities**

Reminder : It is mandatory to use the standard medical certificate (compliant with French regulations) provided to you. No non-compliant certificates will be accepted, and the organisation's doctors will not be able to issue one for you.

Foreign teams must provide a repatriation insurance certificate. Insurance linked to credit cards is not accepted.

For all teams, both foreign and French, liability insurance for all activities as well as personal accident insurance are strongly recommended.

All French competitors licensed by FFTri and foreign competitors with a triathlon license from their country must send it to us as soon as possible by email to [concurrent@raidinfrance.fr](mailto:concurrent@raidinfrance.fr)

## **Assistance and Rest time**

The principle remains the same: 8 hours of mandatory rest to be taken only at CPs (Checkpoints) or ATs (Assistance Points) at the teams' convenience (in minimum blocks of 1/2 hour)..

This rest can only be taken at the exit of CPs or ATs (reminder: the equipment must have been handed over to the organisation and can no longer be touched).



## **Mandatory equipment**

Reminder : Some mandatory equipment, mainly clothing and safety gear, may be marked during equipment checks (it is possible to have several pieces of the same type marked). During the race, any equipment without this mark will be considered non-compliant. This absence will result in a penalty, and if cheating is detected, immediate disqualification will occur.

### **Equipment for all disciplines**

**Bib**: Provided by the organisation, it must remain free of any additions (stickers, etc.). It is offered at the end of the race.

**Jacket**: Two layers mean a membrane is bonded to the outer fabric; jackets with only one coating are not accepted. However, some ultralight 2-layer jackets are not reasonably suitable and may be too limited, especially in very bad weather. Teams must be fully autonomous in case of sudden weather deterioration and must be able to take shelter to wait for better weather. You may also be without shelter for very long hours..

**Pants and others peaces clothing**: same consideration.

#### **Whitewater: Individual Flotation Devices (Life Jackets)**

Raid in France is part of the French Triathlon Federation and is subject to the technical safety rules (RTS) of this federation. For life jackets in packraft (inflatable boat), a standard is imposed starting from Class III: CE 12402-5 with reinforced buoyancy of 70N. Practically, this means that the accepted jackets in the race must have a label indicating the CE 12402-5 standard and the jacket's buoyancy:

- 70N for jackets used by a team member weighing over 60kg (size L/XL).

- 55N for jackets used by a team member weighing between 40 and 60kg (size S/M).

50N jackets are not regulatory.

For foreign teams, an equivalent standard can be sought. Please check with us prior for any validation.

**Important** : This year, the organisation will not provide paddles, helmets, or life jackets.

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### **Partnership Go'Lum**

Our new partner, Go'Lum, has a special offer for your participation in Raid in France! To help you conquer your most extreme adventures, Go'Lum is here for you. With ultra-high-performance headlamps designed just for this purpose\*. Ideal for the challenges of Raid in France!

To celebrate our partnership, Go'Lum is offering you a bike helmet mount + a second battery with the purchase of any of their models before August 1, 2024\*<sup>2</sup>

Promo code\*: GORIF2024

Redeem here: [www.go-lum.fr](http://www.go-lum.fr)

\*Especially with the Piom+3 model which offers unmatched battery life: more than 3 nights in smart autonomy-priority mode. This mode, co-designed with ultra-trail runner Luca Papi, enabled him to last 37 hours during his traverse of the 7 Canary Islands!

\*<sup>2</sup>To validate this promo code, remember to add the helmet mount and the extra battery to your cart.

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**COME ALONG AND JOIN THE  
ADVENTURE IN BUGÉAT**

**HAPPY TRAINING...**



## EXPEDITION 2024 NOUVELLE AQUITAINE



**THANK-YOU TO ALL OUR PARTNERS**

**MORE INFORMATION**

**WWW.RAIDINFRANCE.COM**

**WWW.ARWORLD SERIES.COM**