

# Raid Lowlands

POWERED BY TEAM XPD HOLLAND



## Dear Raiders of the Lowlands,

After the first edition we didn't have to think long about whether there would be a second edition. With your support and enthusiasm, this was an absolute no-brainer! Many of you registered for the second time this year: **Woohaa!** and some teams will be experiencing the adventure racing virus for the first time. Either way, we are proud and want to thank you for joining the adventure: **Raid Lowlands**.

Here are some quick facts about you and the race:

- Raid Lowlands is the **Adventure Race Dutch Championship**;
- It's a **200km** race with **4000+ altimeters**;
- **67** teams have **entered** Raid Lowlands, the race is **fully packed**;
- There are **15 nationalities** at the start of Raid Lowlands;
- **48%** of teams race within the **ARWS European Series**;
- **34%** of teams race within the **Dutch Championship**;
- **52%** of teams race within the **Challenger Series**;
- **4** teams consist of **multiple nationalities**;
- **100%** of teams are **Raiders of the Lowlands!**

### Newsletter 1

This is the first newsletter in which we share **important information** about Raid Lowlands with you. The different topics are described below. The information in the newsletters can also be read on our website [raidlowlans.com](http://raidlowlans.com).

We would like to take a brief moment to acknowledge that **Shimano** is actively contributing to the success of Raid Lowlands for the 2nd year in a row. We are extremely grateful to Shimano for that. Shimano is known to all of you for its **high-quality bicycle parts**. And with their slogan "**Closer to Nature, Closer to People**", they fit perfectly into the adventure racing philosophy.

If you have any questions as a result of this newsletter, feel free to contact us via email, Instagram or Facebook.



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## Date and time of arrival

All teams are expected to arrive **Friday, May 12<sup>th</sup> 2023**. Teams can start registration from **13.00h** at the **Shimano Experience Center**, the latest time to **start** registration is **15.00h**. At **18.00h** the welcome and race briefing starts.

## Shimano Experience Center

De Leeuwenhof 2  
6301 KZ Valkenburg  
The Netherlands

In case you arrive earlier due to an early flight or any other reason this is no problem at all. You are welcome to visit the Shimano Experience Center and/ or city of Valkenburg for a drink and walk around.

## Adventure Race Dutch Championship

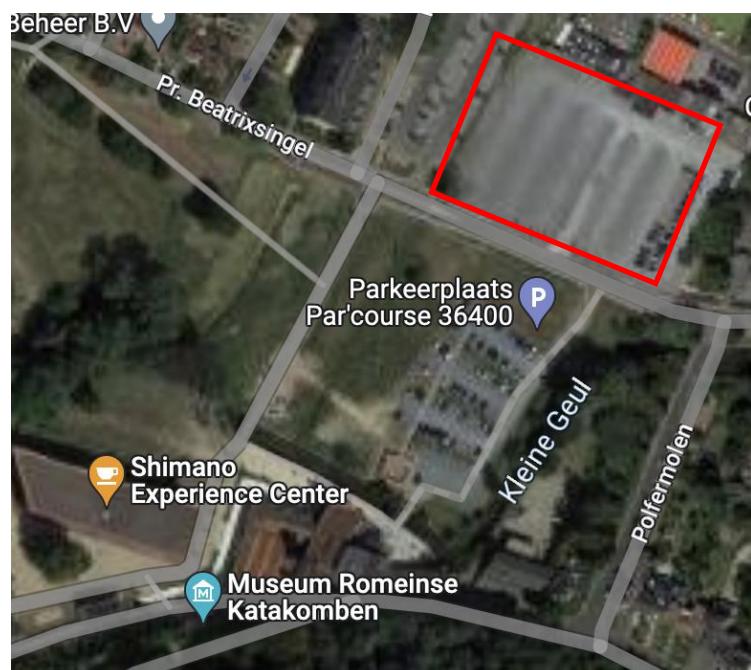
We are proud to say that we are hosting this year's **Adventure Race Dutch Championship**. We want to thank the **ARBN** (Adventure Race Association Netherlands) for their confidence en this great opportunity.

The Adventure Race Dutch Championship will take place within the existing 200km race and teams do not need to register specifically for it. Teams automatically participate in the Adventure Race Dutch Championship when they meet the criteria below:

- Mixed teams of 4, over the age of 18 years of age;
- Entire team has the Dutch nationality;
- The Dutch Championship only takes place within the 200km race of Raid Lowlands;
- The Rules of Competition of Raid Lowlands will apply for this championship.

## Parking

On the opposite side of the road to the Shimano Experience Center is a **big parking**. This parking is reserved for Raid Lowlands participants. An exit token can be bought at the Shimano Experience Center. You can park your car for a fee of **€8,00 euro for a day**. Of course, it is also possible to park your car at any booked accommodation. The parking adjacent (Par'course) to the Shimano Experience Center is only for 24hrs and therefore not suitable for Raid Lowlands.



## Accommodations

Should you wish to stay longer in Valkenburg before or after the race, this is of course possible. Below we have listed a number of suitable accommodations. In addition, there are B&Bs and other locations for rent. The exact program for Friday evening/ night will be shared with you in the second newsletter, but you can assume that there will be no room to sleep on the night of Friday to Saturday. **Accommodation for this night will not be necessary.**

**Note:** For Sunday afternoon/ post race, we **highly recommend** that you sleep in before getting in the car to go home or ask friends/ family to drive you home.

### List of accommodations:

- Black Label Hotel - [www.blacklabelhotels.nl](http://www.blacklabelhotels.nl)
- Hotel Voncken - [www.hotelvoncken.nl](http://www.hotelvoncken.nl)
- Landal Kasteeldomein De Cauberg - [www.landal.nl/parken/kasteeldomein-de-cauberg](http://www.landal.nl/parken/kasteeldomein-de-cauberg)
- Camping Valkenburg-Maastricht - [www.camping-valkenburg.com](http://www.camping-valkenburg.com)
- Camping Oriëntal - [www.campingoriental.nl](http://www.campingoriental.nl)
- Hotel Van der Valk Maastricht - [www.hotelvandervalkmaastricht.nl](http://www.hotelvandervalkmaastricht.nl)

## Support by family and friends

As you know Adventure Racing isn't the sport where family and friends motivate you along the route. DOT watchers (addicts who watch your GPS position at home) are your mental support. Therefore we will make a **BIG family and friends cheering area**, which will make the finish of Raid Lowlands a **unique experience** for both the participants, as family and friend as well. In this place family and friends are able to congratulate you, **so invite them already on Sunday morning in Valkenburg at the Shimano Experience Center**. There will be a DJ and a kid's playground!

## Pick up/ drop off - International teams only

Please let us know if you need help with the transfer from the airport to Valkenburg. We would like to get into the process of flight times as soon as possible so that we can offer appropriate solutions.

**Note:** If you have any doubts or questions regarding a flight to book or your journey in general, please contact us directly at [teamxpdholland@gmail.com](mailto:teamxpdholland@gmail.com) and we will assist you.

## Mountain bike rent

It is possible to rent a mountain bike from the Shimano Experience Center. The mountain bikes are top of the line with off course Shimano XTR components. Both hardtail and fully's are for rent, with or without clip pedals suited to your needs. The experienced Shimano team will adjust the mountain bike to your wishes on location.

If you would like to take advantage of this opportunity, please reserve your bike as soon as possible (limited availability) and be at the Shimano Experience Center on Friday May 12th in time to have your bike adjusted to your needs. You can rent a mountain bike directly from the Shimano Experience Center via <https://www.shimano-ec.com/reservation/>.

**Note:** Only non-motorized mountain bikes are allowed for Raid Lowlands. This means **no** e-mountainbikes and **no** gravel bikes.

## Rules of competition

When registering, you have already taken note of and agreed to the rules of competition. These are the rules in force during all nine adventure races of the AR European Series, including Raid Lowlands:

<https://secureservercdn.net/198.71.233.44/405.520.myftupload.com/wp-content/uploads/2021/08/ARWS-Rules-of-Competition-1.6.1.pdf>



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## Mandatory equipment list

The ARWS Regional Round Equipment List for Raid Lowlands 2023 is already on our website. As stated on our website the kayaks, paddles, and life jackets/ PFD are supplied by the organisation of Raid Lowlands.

<https://www.raidlowlands.com/raid-lowlands>

## Bike boxes

Your bikes will be transported by the organisation from the starting location to the first bike leg. As we value the safe transportation of bikes, the use of bike boxes is **mandatory**. Bring your own bike box if you have one. For teams entering the adventure race scene we understand that the transportation of the boxes and obtaining them can be a hassle. Therefore we facilitate bike boxes at the Shimano Experience Center for a small fee.

**Note:** More information on prices and registration for the use of this options will follow in the next newsletter, including maximum dimensions of the bike box.

## Insurances

Check your insurance policies well in time before the event Raid Lowlands. Make sure you have the necessary insurance for the event and if you are travelling from abroad, make sure you have travel insurance as well.

## Shimano Experience Center

The start and finish location of Raid Lowlands is the Shimano Experience Center. The Shimano Experience Center is a place that originated from their mission "Closer to Nature, Closer to People". It's a place where everyone can get in touch with cycling at the level that suits them. If you want to know more about equipment, you need a new outfit or you want to enjoy a cup of coffee in their coffee corner.. everything is possible. It's worth it to take time to visit the Shimano Experience Center before or after the race.

As an addition to renting out high end mountain bikes, Shimano offers a range of extra services you can enjoy at the Shimano Experience Center:

- Professional bike fitting, you can make an appointment by sending an email to [getafit@bikefitting.com](mailto:getafit@bikefitting.com)
- Advice on energy drinks and foods
- A shop with MTB apparel
- Bike check and advice
- Testing the newest bikes and components

<https://www.shimano-ec.com/private/about>

## Food and drinks

Prior and after the race it's possible to make use of the food and beverage facilities of the Shimano Experience Center. During the preparations on Friday the bar will be open until the start of the race. Prior to the race it is possible to enjoy a high energy meal. The enlistment for food will be included in the second newsletter.

## Volunteers

The success of an event depends on the volunteers as well. If you have any enthusiastic people around you who would like to help out during the Raid Lowlands weekend, we would like to get in touch with them (send an e-mail to [teamxpdholland@gmail.com](mailto:teamxpdholland@gmail.com)). This would help us enormously and we'll make sure they have an amazing time as well!



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## AR European Series

As you know, the AR European Series consists of nine races this year. The first race **Montane Kong Vinter** in Denmark has already been and a great success. An epic adventure race in snow & cold. You can still register for the other adventure races across Europe, via the link below you can go to the relevant race website and sign up:

<https://arworldseries.com/europe/>

## Valkenburg – A beating heart of the countryside

For our international travellers, it is worthy to add a few days to your visit in The Netherlands. Hidden between the moss-green hills, in the heart of the protected hills nature reserve, the marl town of Valkenburg glitters as the center, with its rich tourist attractions. The charming medieval city center is full of terraces and shops around the impressive castle ruins and above the centuries-old corridor systems. Surrounded by a 5-star landscape, peace and nature are never far away.

<https://www.visitzuidlimburg.com>

Good luck with the training and preparations and see you soon!

Cheers, Team XPD Holland – Race Director of Raid Lowlands

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