



Dear Raiders of the RL60,

The **RL60** is a new race on the Raid Lowlands calendar. After the success of the first edition in 2022, we felt we needed to make the sport even more accessible to a wider audience. Our **goal** is to **spread the adventure racing virus** to as many people as possible and with this motto, the RL60 was born. We hope that this year you get so excited about this epic sport that you sign up for the **big** race next year. We are **proud** and want to thank you for joining the RL60 adventure. **Woohaa!**

Here are some quick facts about you and the race:

- **RL60** is a Raid Lowlands race;
- It's a **60km** race with **±1000 altimeters**;
- **38** teams have **entered** RL60, we have still some **spots left**;
- There are **5 nationalities** at the start of RL60;
- **80%** of teams have the Dutch nationality;
- **20%** of teams come from abroad;
- **1** teams consist of **multiple nationalities**;
- **100%** of teams are **Raiders of the RL60!**

Newsletter 1

This is the first newsletter in which we share **important information** about RL60 with you. The different topics are described below. The information in the newsletters can also be read on our website raidlowlands.com.

We would like to take a brief moment to acknowledge that **Shimano** is actively contributing to the success of RL60 and Raid Lowlands in general 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

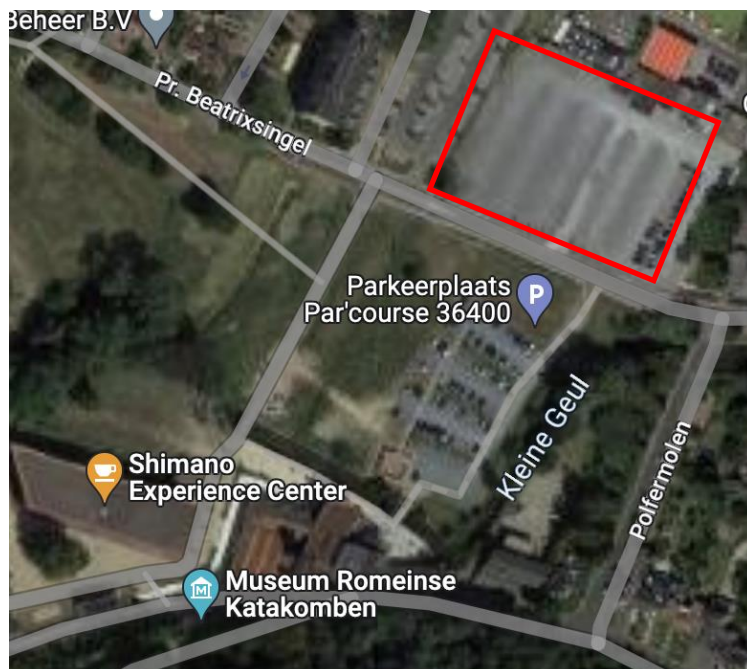
All teams are expected to arrive **Saturday, May 13th 2023**. Teams can start registration from **07.30 am** at the **Shimano Experience Center**, the latest time to **start** registration is **07.45 am**. At **09.00 am** the welcome and race briefing starts.

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.

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**.



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.

Note: For Saturday afternoon/ post race, we **highly recommend** that you take some rest 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
- Hotel Voncken - www.hotelvoncken.nl
- Landal Kasteeldomein De Cauberg - www.landal.nl/parken/kasteeldomein-de-cauberg
- Camping Valkenburg-Maastricht - www.camping-valkenburg.com
- Camping Oriëntal - www.campingoriental.nl
- Hotel Van der Valk Maastricht - www.hotelvandervalkmaastricht.nl



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Support by family and friends

As you may 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 Saturday afternoon in Valkenburg at the Shimano Experience Center.**

Later we will also inform you of another spot during the race from which the teams can be easily followed and cheered on for friends and family who came along. They will certainly not be bored during this day!

Trip to Valkenburg

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

Note: If you have any doubts or questions regarding your journey, please contact us directly at 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 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 RL60. 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 the RL60, which apply to the big race as well:

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

Mandatory equipment list

The **Equipment List for RL60** is already on our website. As stated on our website the kayaks, paddles, and life jackets/ PFD are supplied by the organisation of RL60.

<https://www.raidlowlands.com/rl60>

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.



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Shimano Experience Center

The start and finish location of RL60 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
- 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 Saturday the bar will be open. 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). This would help us enormously and we'll make sure they have an amazing time as well!

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 it's 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.visit Zuid-Limburg.com>

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

Cheers, Team XPD Holland – Race Director of RL60

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