



DEAR RAIDERS OF THE RL60,

The **RL60** is back on our program in 2024 and even though the big race takes place in September, the RL60 is organized on the familiar Raid Lowlands race weekend in May, **May 11th** to be exact. After a great first edition, we have decided to bring the race concept of the RL60 closer to the big race concept, so be prepared for a day **full of adventure!** This year the RL60 is part of the **DARS** (Dutch Adventure Race Series). so there are points to be earned for the Dutch Championship Adventure Racing. Furthermore, of course, the RL60 is also the ideal **preparation** for the **Adventure Racing European Championship!** The number of participating teams almost doubled from last year, and we are **proud** of that 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**;
- **87** teams have **entered** RL60, we have still some **spots left**;
- There are **10 nationalities** at the start of RL60;
- **65%** of teams have the Dutch nationality;
- **35%** of teams come from abroad;
- **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 this 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 3rd 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 and Raid Lowlands 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 & TIME OF ARRIVAL

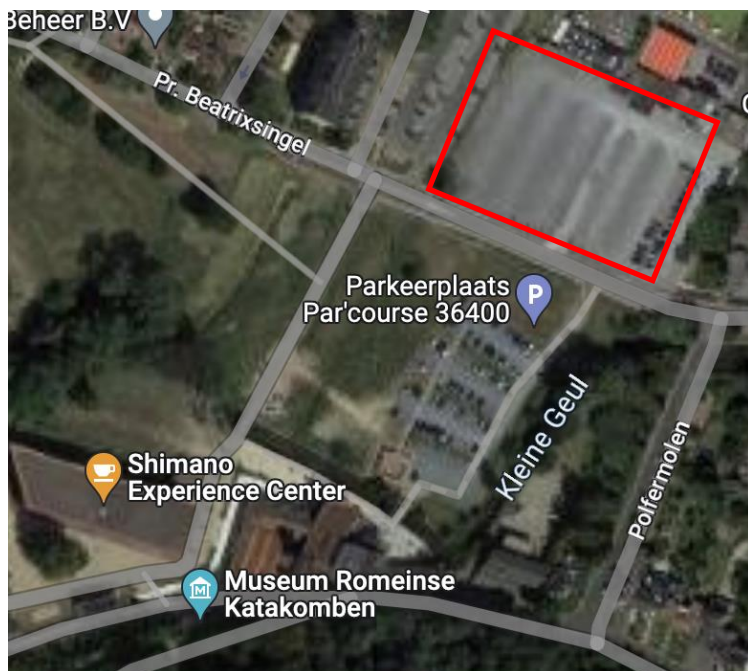
All teams are expected to arrive **Saturday, May 11th 2024**. Teams can start registration from **07.30 am** at the **Shimano Experience Center**, the latest time to **start** registration is **08.30 am**. At **09.00 am** the welcome and race briefing starts.

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 lot**. You can park your car for a fee of **€8,00 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 the course of an Adventure Racing is only announced shortly before the start and participants determine their own route, it is impossible to encourage alongside the way of the teams. Therefore we will make a **BIG family and friends cheering area**, which will make the finish of the RL60 a **unique experience** for the participants and for the family and friend as well! In this area 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.

TRIP TO VALKENBURG

Please let us know if you need help with your trip 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.

MOUNTAINBIKE RENTAL

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 must rent a mountainbike **directly** from the **Shimano experience center**. The organization of Raid Lowlands is not involved in this. You can rent a mountainbike via <https://www.shimano-ec.com/reservation/>.

Note: Only non-motorized **mountainbikes** 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:

<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 mandatory equipment list is **not 100% final yet**, due to route options still being open. For now, you can keep the list at our website raidlowlands.com/rl60 as a premise. If anything changes, we will let you know **immediately** and in a **timely manner**.

INSURANCES

Check your insurance policies well in time before the event RL60. 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.

In 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 & DRINKS

Prior and after the race it's possible to make use of the food and beverage facilities of the Shimano Experience Center.

VOLUNTEERS

The success of an event depends for a big part on the volunteers. If you have any enthusiastic people around you who would like to help out during the RL60, 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.visitzuidlimburg.com>



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TACTICAL FOODPACK

Tactical Foodpack is a new and much appreciated partner of the ARWS European Series. The idea for Tactical Foodpack came from a medic in the Estonian Special Operations Force who in his everyday work was faced with complicated conditions that put both physical and mental health to the test. The moments where one could take time out and enjoy a quick snack in the company of one's team mates became more and more valuable.

Especially having to spend long periods of time away from home. These are the moments that allow you to travel down memory lane, home once again, thinking of all your loved ones, drawing strength to keep going. Your team mates are an immense source of support. This is a very nice parallel to adventure racing!

Therefore, they have created a product line that offers a long shelf-life with no added preservatives or additives – it's all natural, honest, and has a home-made feel to it. Just pour hot water on the food, wait a beat, and enjoy delicious flavors straight from the pouch.

On behalf of **Tactical Foodpack** we may offer you a nice discount code (-20%) for products of this high quality brand, use the code **TacticalLOWLANDS** on the their website: www.tacticalfoodpack.com

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

Cheers, Team XPD Holland – Race Director of RL60

