

Raid Lowlands

POWERED BY TEAM XPD HOLLAND

Dear Adventure Racer,

First of all, thank you for your **enthusiastic participation** during the Team Captain Zoom Meeting. It was great to see and talk to all of you! In this newsletter you will find some of the information that came out of the Team Captains Zoom Meeting, supplemented with **new information**.

Newsletter 3

Attached to this newsletter you will find the 'Questions asked during Raid Lowlands Team Captains Zoom meeting' file with answers from the Dutch and English Team Captain Zoom Meeting. The recording of the Dutch Team Captain Zoom Meeting you will find via the link below. Unfortunately we did not succeed in recording the English version. The information in this newsletters can also be read on our website raidlowlands.com.

Link: <https://www.youtube.com/watch?v=oDPm7DBoKyg>

Resumé Timetable

Friday 20th of May

- 15.00u: Registration open
- 17.30u: Latest time to start registration
- 18.00u: Optional pasta meal
- 20.30u: Welcome and team presentation
- 21.00u: Race briefing (Dutch and ENG)
- 22.00u: Preparations prologue
- 23.15u: Start prologue
- 01.00u: End prologue
- 02.00u: Start Raid Lowlands

Saturday 21st of May

Race all day

Sunday 22nd of May

- 10.00u: Horeca Shimano open, pickup brunch
- 12.00u: All teams in/ end of race
- 13.00u: Price ceremony (as soon as result is known)
- 14.00u: Wrap up



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Prologue

The prologue is the warm-up round for the first edition of Raid Lowlands. In this stage, straight through the center of Valkenburg, you will come across the most beautiful places and highlights. The final classification of the prologue is to determine the starting order of the official start. The teams will be started away at a fixed time interval during the official start (according to the final classification of the prologue). The time difference between the different teams will be compensated at the end.

During the prologue, you are not obligated to bring any mandatory equipment. Your race backpacks can be left at the Shimano Experience Center during the prologue. **You only need equipment for navigation.**

Re-supply bags

We do not have specific re-supply boxes during Raid Lowlands that will be used. However, you will have the opportunity to replenish your reserves at two points during the race.

1. Within your bike box. Note that the bike box may have a **maximum weight of 25kg**.
2. Within your wetsuit bag. Note that the wetsuit bag has a **maximum volume of 60L* and 15kg**.

* The maximum volume of the wetsuit bag has been adjusted to 60L.

The places in the race where you will find these two re-supply boxes will be announced in the Road Book one week before race start.

Note: Each team is expected to label their wetsuit bag with their team number themselves. You can find your team number further on in this newsletter.

Bike box (Packing & MTB check)

The bike box is a **mandatory item** during Raid Lowlands. Before the start, all mountain bikes must be **packed in a bike box** and then handed in at the designated place at the Shimano Experience Center (exact location will be shared with you on Friday the 20th of May).

Those who have rented a mountain bike at the Shimano Experience Center must also have **arranged separately a bike box**. The bike box is **not included** in the rental of the mountain bike.

Those who have purchased a bike box (both cardboard and plastic) via our form will receive these bike boxes at the Shimano Experience Center on Friday 20th May. **Be at the Shimano Experience Center in time to pack your mountain bike.** We will contact you soon for payment for the purchased bike boxes. Our friendly request to settle this payment shortly. Thank you in advance!

You can hand in your mountain bike at the Shimano Experience Center **from 15.00h, until 20.00h at the latest**.

The **check of the mandatory mountain bike equipment** will take place with a **packed bike box**. Make sure the bike box is **not closed yet**, so we can still see the mandatory equipment and possibly take something out of the box (if necessary). If you have your **own bike box**, you can **pack your mountain bike at home**.

Resume

- If you have your own bike box, pack your mountain bike at home;
- If you have bought one via us, be on time to pack your mountain bike at the Shimano EC;
- Make sure the bike box is not closed when you hand it in;
- Bring tie-wraps (plastic bike box) and duct tape (cardboard bike box) to close your bike box on site.



Pasta meal & Brunch

To make sure you get the **right energy** just before the start of the prologue it is possible to make use of the **pasta meal** at the Shimano Experience Center. This meal will be provided between **18.00 - 20.00hrs** at the lounge area which is reserved for Raid Lowlands.

For Sunday Shimano is arranging **brunch boxes** to refuel your energy. These boxes can be collected at the Shimano Experience Center from **10.00hrs up until lunch** (around 14.00hrs).

Both the pasta meal and the brunch box are offered at **€12,50p.p.** Let us know via email if and how many of your teammates make use of either option. **Payment will be upon arrival.**

Tick season

Be aware of the tick season in the Lowlands. These small insects can lead to serious illness when they are not removed within 24hrs of your body. Make sure your medical bag has a tick removal tool and your medical team member has the knowledge of removing these insects. Anti-tick protection measures are often **available at local drugstores.**



Roadbook

The Roadbook, including the logistic diagram will be announced no earlier than one week before Raid Lowlands.

With the release of the roadbook you know, as a team, **the hard facts of the race ahead.** For example: how many stages; the exact distance; ratio between disciplines; calculated time by organisation, amount of checkpoints, any deadlines, etc.

Scoring Raid Lowlands

Teams must complete the race course as directed in the roadbook, from the start line, through race checkpoints (CP's) and transition areas (TA's), by the racing discipline specified and to the finish line. **The first team to complete the course within the ARWS European Series classification, with any penalties taken into consideration, will be considered the winning team.** Race organisers will specify the penalty for a missed TA or CP in the roadbook. Different penalties may apply to different TA's and CP's. The penalty may be disqualification, reduction to a lower ranked finish, short course or a time penalty.

Insurances

Once again, 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 traveling from abroad, make sure you have travel insurance as well.

Official list of team numbers

1. Asport Adventure Race Luxembourg
2. Devil Hunters
3. The Four Musketeers
4. Dutch Surventure
5. Non Terminis
6. Dutch Direction
7. Team Khayelitsha Adventure Racing
8. Team VandenNoordhuis
9. Antipanic RF
10. Chimaera II
11. Team AR Berlin
12. Zeehelden Adventure Team
13. 11 BVE
14. 3x Links is ook Rechts
15. Vjentastic 4
16. The Missing X
17. Powerbar Swiss Explorers
18. Zilverstad Chimera
19. Lowland Leopard
20. Team Scrotum
21. Klepperderkies
22. VAC Ultra Sports and American Forces
23. KSE 3
24. Thrill Seekers United
25. Team Puursterk.nl
26. Team Chaos



27. Team XPD Holland
28. Houtje-Touwtje
29. Rock Lizards
30. Team Rockrider
31. High Rock
32. Team Racing Denmark
33. XPD Holland Girls
34. DeepCreek
35. JENWAR
36. MEGA
37. Team Atlas Best
38. WIJland
39. Team LACO
40. De Valleistrijders
41. BULK
42. RaidRebels
43. Nirvana Adventure Team
44. Team Angels and Demons
45. Dutch Tiger Adventure
46. Buddies2thrive
47. 11 GN CIE 5 pel
48. Gemixt Enthousiast
49. Pyrénées Expérience
50. Adventureraceteam Drenthe
51. The Humdrum Sadhorns
52. Team Quingo
53. Team Thor
54. ValmoRaid



- 55. 11 Bevoorradings comp. luchtmobiele brigade
- 56. Verk 11 GN
- 57. FALCON STOTERS
- 58. 11 Herstel

Big Shout Out to our race partner: NGI / IGN



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

Cheers, Team XPD Holland – Race Director of Raid Lowlands



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