

Raid Lowlands

POWERED BY TEAM XPD HOLLAND

Dear Raiders of the Lowlands,

Time goes fast, in **63 days** we will see you already at the **start** of Raid Lowlands. We assume that your training goes smoothly, that the roles within the teams are discussed and that you are looking forward to it as much as we do! We promise you, it's going to be a great adventure, as you may expect from us!

Newsletter 2

In this newsletter, we want to take you **all at once** through all the items that are going to make the event Raid Lowlands a lot more **comfortable** for you or **just make you look a lot more epic** 😊. In addition, we will take you through the weekend's timeline, re-supply possibilities and the Team captains online meeting is once again scheduled. The information in the newsletters can also be read on our website raidlowlands.com.

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

Teamcaptains Online Meeting

First things first. On **Thursday the 30th of March**, we are hosting a **Team Captains Online Meeting at 20.00h till 21.00h**. For this meeting we will invite all team captains. The meeting will be recorded and shared with you, so in case you unexpectedly cannot attend, you can always watch it back.

Team Captains Online Meeting
Thursday 30th of March – 20.00h-21.00h



SHIMANO

Timetable

Friday 12th of May

13.00h: Start Race Registration
15.00h: Latest time to start Race Registration
16.30h: Pasta meal
18.00h: Welcome & Race Briefing
19.45h: Raid Lowlands Group photo
20.00h: Start of prologue
21.30h: End of prologue
22.00h: Bus departures
00.00h: Race start

Saturday 13th of May

Race all day

Sunday 22nd of May

09.00h: Horeca Shimano Experience Center
09.00h: Family and kids area open
12.00h: All teams in/ end of race
13.00h: Prize ceremony (as soon as result is known)
15.00h: Wrap up

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 in two ways during the race.

1. Within your bike box. Note that the bike box may have a **maximum weight of 25kg and maximum dimensions of 140cm x 80cm x 30cm.**
2. Within your wetsuit bag. Note that the wetsuit bag has a **maximum volume of 60L and 15kg.**

The locations in the race where you will find your bikeboxes and your wetsuit bag will be announced in the Road Book **one week before race start.**



Food

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** (meat and vega) at the Shimano Experience Center. This meal will be provided between **16.30 - 18.00hrs** at the lounge area which is reserved for Raid Lowlands.

Pasta meal

Price: € 9,50



Bike boxes

Your bikes will be transported by the organization during the race. As we value the safe transportation of bikes, the use of bike boxes is mandatory. You are happy to bring your own bike box if you have one, **please keep in mind the maximum dimensions of the bikebox**. 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 **cardboard bike boxes** at the Shimano Experience Center for a small fee, which is suited for **one-time use**. If you choose to obtain a bike box for **long term usage**, we can offer you an **AR worthy bike box** of 5mm PP- twin wall panels, provided by **VAC Ultra Sports**. It is compulsory for all competitors to use an bikebox.

Maximum dimensions of a bike box for Raid Lowlands are: **140cm x 80cm x 30cm**

Option 1 – Fluted Plastic Bike box

Dimensions: 140x30x80cm

Grammage: 900 gr/m²

Weight: 4.3kg

Price: € 175,-



This bikebox is a stable and weatherproof box for your MTB. Easy to use thanks to the large opening and handles on the front sides. Secure transport box with Velcro cable ties, fastenings straps and welds. Folds flat for space saving storage. The dimensions correspond to the requirements of sports luggage in international air traffic and the rules of Adventure Race World Series (ARWS).

Option 2 – Cardboard Bike box

Dimension: 140x30x80cm

Usage: One time usage

Price: € 22,50



This is a standard bike box made of cardboard. It is a good option to have your bike safely transported for Raid Lowlands. Especially in wet weather, the bike box is only suitable for one-time use. You need to close up the box yourself with tape.

Apparel

Raid Lowlands is coming up within a few months and we want you all to look **equally epic!** Therefore, this year we have some cool **Raid Lowlands apparel** to make you shine even more during the Raid Lowlands weekend for a friendly price. Don't hesitate and join the Raid Lowlands adventure! **Never Grow Up!**

Raid Lowlands Hoody

Color: Adventure Blue

Size: S / M / L / XL

Price: € 29,95



Raid Lowlands Sports Tee

Color: Adventure Blue

Size: S / M / L / XL

Price: € 17,95



Raid Lowlands Cap

Color: Adventure Blue

Size: one size

Price: € 24,95



Maps

This year it is possible to purchase an additional set of maps for Raid Lowlands. Each team may purchase a maximum of one additional set. Purchasing an additional set of maps is voluntary and at your own expense.

Extra set of maps

Price: € 8,50



Fill-in sheet

Attached to this newsletter you will find the **fill-in sheet** for the food, bike boxes, apparel and extra set of maps. **Please return this form completed and signed by 20-03-2023** so that we can arrange everything for you in time. Thank you in advance for your cooperation.

Good luck with the training and preparations and see you soon!
Cheers, Team XPD Holland – Race Director of Raid Lowlands

