



March 5th 2009

## MARCH: LAST NEWS

Hello guys.

When there are only two and a half months left for the beginning of the competition, we want to send you some interesting information for your preparation to the raid.

### ROUTES

Routes will be very technical as well as undoubtedly beautiful. The full competition will be supported on 1:50.000 maps, with the exception of two trekking sections, of outstanding technical features, for which outdated maps of 1:25.000 will be delivered to competitors.

Taking into account the unusual amount of snow that has fallen this year in Spain, it is possible that in this occasion shall be compulsory the use of crampons and piolet for a high mountain section. This particular will be confirmed in the last communication to be sent on May 1<sup>st</sup>.

The caves section is to be aquatic, and for this reason it will be required a full length wet suit of at least 5 mm thickness and a carbide lamp or aquatic headlamp of high visibility for each team to light the cave.

Rafting paddles will be provided by the organization.

The two sections of in-line skating will take place uphill, therefore we recommend using ski poles.

Teams with their own assistance should reach the Barajas (Madrid) airport on Saturday before 15.00 pm, since buses for the Vegacervera bungalows (where they will be lodged during the 16 and 17 nights), will leave at 16.00. (Vegacervera is 4 to 5 hours far from the Barajas airport).

For teams that have inscription with assistance but travelling on their own to Vegacervera, it is informed that the welcome dinner will take place at 9.00 pm.

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OFFICIAL LODGING: **KAYAK PICO AZUL**



OFFICIAL CLOCK: **PRO TREK CASIO SPORT**



ORGANIZES: **Meridiano RAID**

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## COMPULSORY GEAR LIST

### COMPULSORY GEAR LIST PER TEAM

- ◇ 1 Altimeter.
- ◇ 1 Compass
- ◇ 1 Waterproof map holder.
- ◇ 1 Knife.
- ◇ 1 Whistler.
- ◇ 1 cellular phone.
- ◇ 1 First aid kit with:
  - 4 individual packets of sterile gauzes of 15 cm x 15 cm.
  - 1 roll of elastic bandage of 2 metre long for 5 cm wide.
  - 1 roll of non elastic bandage of 5 metre long for 10 cm wide.
  - 1 roll of adhesive tape of 2 metres long for 5 cm wide.
  - Antihistamine.
  - Antidiarrheal.
  - Anti-inflammatory.
  - A pair of disposable latex gloves.
- ◇ 5 envelopes of mineral salts.
- ◇ Solar screen.

### COMPULSORY GEAR LIST PER COMPETITOR

- ◇ Backpack.
- ◇ Front lamp.
- ◇ Alu-like emergency blanket.
- ◇ Water (2 liters minimum).
- ◇ Food enough for 12 hours.
- ◇ Cap, buff-like gear or similar.
- ◇ Long pants.
- ◇ Gore-tex (or similar) Jacket.
- ◇ Polar wear.
- ◇ Sunglasses.
- ◇ Sleeping bag or Vivi sac.
- ◇ Spanish or Portuguese Adventure Raid License or payment of the weekly licence (20-30 euros).
- ◇ CRAMPONS AND PIOLET? TO CONFIRM ON MAY 1<sup>st</sup>.

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#### MOUNTAIN BIKE (PER COMPETITOR)

- ◇ Officially approved mountain bike helmet.
- ◇ Rear led lamp.
- ◇ Front lamp.
- ◇ Mountain bike.
- ◇ Repair kit.

#### IN-LINE SKATING (PER COMPETITOR)

- ◇ In-line skates.
- ◇ Officially approved helmet (MTB all right).
- ◇ Ski poles (recommended).

#### CANYONING, CAVES, RAPPEL AND TYROLEAN TRAVERSE (PER COMPETITOR)

- ◇ UIAA approved harness.
- ◇ UIAA approved climbing helmet (MTB helmet NOT allowed).
- ◇ 2 Slings or Daisy Chains. Not knotted tape.
- ◇ Descending system: Figure eight, Petzl Stop, ATC, grigri.
- ◇ Self-insurance in rappel: Prussik or Shunt type.
- ◇ 4 Locking carabiners.
- ◇ 1 Full length (legs and arms) wet suit of at least 5 mm thickness.
- ◇ Leather gloves (must completely cover fingers).
- ◇ 1 Carbide lamp or aquatic headlamp of high visibility.

#### KAYAK

- ◇ 1 Kayak paddle per competitor.
- ◇ 1 dry bag or waterproof container (2 per team. Garbage bag are not acceptable).
- ◇ 2 aquatic lifeline (20 metres minimum).
- ◇ 1 life jacket per competitor.
- ◇ 8 glow sticks per team (chemical lights).

#### RAFTING (PER COMPETITOR)

- ◇ 1 Full length (legs) wet suit of at least 3 mm thickness.
- ◇ 1 Life jacket.
- ◇ Helmet (MTB Helmut is OK).
- ◇ 1 Aquatic lifeline per team.

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**New AWARDS for this year**

After reaching agreements with some organizers of different events, we have increased the prizes for the first classified competitors, reaching a total value superior to 35.000 euros:

- 1º 9.000 euros + free enrolment to "ARWChampionship Portugal 2009"\* + enrolment and air fees for four competitors to "7 cerros Medellín Colombia"\*\*\* + enrolment to "CAT Costa Rica 2010" \*\*\*.
- 2º 5.000 euros + enrolment to "7 cerros Medellín Colombia"\*\*\*\* + enrolment to "CAT Costa Rica 2010" \*\*\*.
- 3º 3.000 euros + enrolment to "CAT Costa Rica 2010" \*\*\*.
- 4º 2.000 euros.
- 5º 1.000 euros.

\* Approximate value 3.500 euros.

\*\* Approximate value 5.000 euros.

\*\*\* Approximate value 2.000 euros.

\*\*\*\* Approximate value 1.000 euros.

All money prizes include taxes.

**INSCRIPTIONS WITH AND WITHOUT ASSISTENCE**

**Inscriptions with assistance includes:**

- ◇ Transfers for teams by bus from Madrid-Barajas airport to Pico Azul bungalows in Vegacervera on May 16th.
- ◇ Full board lodging in bungalows on May 16th and 17th (16<sup>th</sup> dinner, 17<sup>th</sup> breakfast, lunch and dinner, and 18<sup>th</sup> breakfast). Although there are beds in the bungalows you should bring along your sleeping bag.

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- ◇ Camping site for the 4 hours of compulsory stop during the competition.
- ◇ General road assistance.
- ◇ Lodging and breakfast in Hotel Valentin\*\*\* for teams reaching the finish line on 21st and 22nd of May.
- ◇ Closing dinner in Hotel Valentin on the 22nd.
- ◇ Closing ceremony with snacks and Spanish wine.
- ◇ Maps and logistics of the competition.
- ◇ Live broadcast of the competition through the internet.
- ◇ Official buff and official technical t-shirt from Trangoworld.
- ◇ One photographic CD for each team, to be delivered on 23rd of May.
- ◇ One DVD with the video of the raid for each team, to be delivered on 23rd of May.
- ◇ Transfer to Madrid airport on Saturday 23rd. First bus reaching Madrid at 14.00 pm.

#### Inscription without assistance includes:

- ◇ Maps and logistics of the competition.
- ◇ Camping site for the 4 hours of compulsory stop during the competition.
- ◇ Closing ceremony with snacks and Spanish wine.
- ◇ Live broadcast of the competition through the internet.
- ◇ Official buff and official technical t-shirt from Trangoworld.
- ◇ One photographic CD for each team, to be delivered on 23rd of May.
- ◇ One DVD with the video of the raid for each team, to be delivered on 23rd of May.

### FLIGHTS AND TRANSPORTS

Please mail to [info@meridianoraid.com](mailto:info@meridianoraid.com) your arrival and departure times to and from the Madrid airport, specifying the name of your team and every significant detail. Don't forget informing us about

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the arrival terminal, since Madrid terminals are placed in different places. We remind you that you should be in Madrid not later than 15.00 h. of May 16th.

### WEATHER

During the competition average temperatures are expected to range between 5 and 18 degrees, although during the night and in high mountain, in places near to 2.000 metres they may descend below zero. Please be aware of this.

### ASSISTANCE

The Organization will provide all teams with waterproof containers for the material used during the competition.

Three containers will be delivered to each team for mountain biking, trekking and kayak. The bag for roller-skates should be brought by the teams.

The full material used in the competition should be able to be kept inside these containers, except for the kayak paddles.

- **Container 1: Material for mountain biking.**
- **Container 2: Trekking and ropes.**
- **Container 3: Kayak and water activities.**
- **Container 4: The bag for roller-skates should be brought by the teams.**



CAPACITY	MOUTH DIAMETER	MAIN BODY DIAMETER	HEIGHT
150 litre	390 mm	488 mm	968 mm

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These containers will be provided with a key lock in order to avoid that anybody except the staff of the Organization can open them. This measure is intended to prevent that teams with their own assistance may gain access to the material, food, dry the clothes, and so on.

Teams with their own assistance will not be able of gaining access to the containers, which shall be placed in a secure area during the transitions, and only will be able to have an access to the containers once the team has left and the Organization has locked them.

Drinking water shall be available in every transition. Competition food must be brought by the competitors.

As it happened in previous editions, there will be an intermediate camp for the compulsory stop of four hours for all the teams, with tents provided by the Organization or sport premises, where you can take a rest. You must bring your own sleeping bag and insulator mattress.

### STEPS TO BE TAKEN FOR OBTAINING THE F.E.D.O. LICENSE

Teams not provided with the Spanish or Portuguese Adventure Raid License may obtain such competition license from FEDO on May 17th in Vegacervera. Fees for each competitor will amount from 20 to 30 euros.

The last information release will be sent on May 1st specifying the competition percentages, differences in height and last news.

Kind regards from all the staff of Meridiano Raid.



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