



May 6th 2009

MAY: LAST NEWS

Hello guys,

There are only two weeks left for the 7<sup>th</sup> edition *Bimbache Extrem Castilla y León*. We are sure that you will have an unforgettable recollection of this race.

WATERPROOF CONTAINERS AND FOOD BOXES



As innovation this year, in addition to the three 120 litres containers to keep the trekking material, mountain bike and kayak, that will be provided by the organization, a 4<sup>th</sup> one will be delivered to guard the food and the material for the camping site for the four hours of compulsory stop. This camping will be placed inside a sports covered pavilion. You must bring your own sleeping bag and insulator mattress.



In this container will only be allowed to put food or drink. You will find this food container only in four or five occasions during the whole raid. Remember that the bag for the roller-skates and protections must be brought by the teams.

We recommend to you to bring a plastic canvas of 2m x 2m to spread the material when you come to the transitions.

We remind to the teams that bring their own assistance that the cans will be sealed in every transition in order that the assistants can not accede to the interior of them.

CRAMPONS

Probably will be compulsory to bring crampons, piolet and a 20 meter rope for a mountain section. This week we will confirm it to you after a last night inspection of this trekking.

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### RACE PERCENTAGES

It will be a very dynamic race, with continuous changes of activity.

A whole of 17 sections and more than 60 control points that will test the physical force, capacity of orientation and strategy of some of the best teams of adventure of the world.



| SPORT             | Nº OF SECTIONS | PERCENTAGES IN TIME OF THE RACE |
|-------------------|----------------|---------------------------------|
| TREKING           | 6 SECTIONS     | 47%                             |
| MTB               | 3 SECTIONS     | 26%                             |
| KAYAK             | 3 SECTIONS     | 14%                             |
| RAFTING           | 1 SECTION      | 5%                              |
| IN-LINE SKATING   | 3 SECTIONS     | 4%                              |
| CAVES + CANYONING | 1 SECTION      | 4%                              |
| COMPULSORY STOP   | 4 HORAS        |                                 |

The total time estimated for the first teams will be 65 to 70 hours.

There will be two big loops that the more delayed teams will be able to avoid, so that all the competitors, independently of their level, will be able to cross the finish line before Friday 22nd at 5 p.m.

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

Teams not provided with the annual Spanish or Portuguese Adventure Raid License will be able to directly obtain the FEDO license for the race on May 17<sup>th</sup> in Vegacervera. The cost of this license for each competitor will be 25 euros.

Last day to make changes in the information of teams will be May 13th, since the raid licenses have to be proceeded on Thursday 14<sup>th</sup>. Remember to send also your numbers of ID card and / or passport.

### MADRID-BARAJAS AIRPORT

The meeting points at Baraja's airport will be:

- o For teams who arrive to T-1 or T-2: at gate 2, arrivals, of T-1.
- o For teams who arrive to T-4: at the bus stop which is outside, at the street.

In each point there will be people wearing Bimbache's clothes.

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## FAQs

- ✚ **For the roller stage, how will be the course, km, elevation, there will be downhill?**

The sections of skates will be all flat and uphill, no downhill, so are not mandatory but is recommended to bring ski poles.
- ✚ **For the kayaking, can we use our carbon paddles, there is not to much rock?**

Kayak sections are all in lakes.
- ✚ **Will we have to take our crampons?**

We will confirm it on day 7<sup>th</sup>, probably yes.
- ✚ **How much is the rent of carbide lamp?**

You can't rent Only the carbide lamp, it has to be the full equipment: 5mm wetsuit and the helmet with the light integrated, for about 25 euros. IMPORTANT: THOSE TEAMS THAT WANT TO RENT THIS EQUIPMENT, MUST SEND US AN E-MAIL TO CONFIRM IT WITH THE SIZES.
- ✚ **Can we buy food nearby Vegacervera?**

Vegacervera is a quite small village with 2 restaurants but without food shops. At 10 km. there are villages with supermarkets. We recommend that teams bring the race food.
- ✚ **Wetsuit for kayak and canyoning:**

The wetsuit for the canyoning and the cave must be mandatory of 5mm, or the total sum of thicknesses is 5mm. In the rafting you can row with that wetsuit of 5mm but it's likely to be very uncomfortable.
- ✚ **Will we be able to buy food during the race?**

This year the Bimbache Extrem Castilla y León goes through very remote places, with small villages and towns without shops. It will be difficult to find places to eat or buy food during the race.
- ✚ **How will the bikes be transported during the raid, for those teams with organization's assistance?**

During the raid the bikes will be transported assembled and without the bike box.
- ✚ **How is the rafting?**

The rafting is without guide but very simple, tipe II. Tourists descend it on plastic rafts.

Kind regards from all the staff of Meridiano Raid.

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