RaDicAssAnt 2018
ultra trail 114km
a RaDicAtrAil race

MANDATORY EQUIPMENT AT START:

- Water reserve, at least 1 liter
- 2 energy bars or equivalent
- Personal beaker 15cl.minimum (water-bottles with lids are not acceptable)
- Cellphone, number must strictly be the same as the one that you provided at registration
- Safety wristband delivered with your race number
- Whistle
- Headlamp
- Survival blanket

OPTIONAL BUT RECOMMANDED EQUIPMENT:

- Windproof jacket or light vest
- Map of the race downloadable on our site

No equipment check at the delivery of the race numbers but random backpack checks may be performed at start or

ULTRA TRAIL PRACTICAL INFORMATIONS:

- Dormitory on Friday evening and Saturday evening at the "salle Ostermeyer" within the limit of the number of available places and in order of registration, included breakfast 3€ for the dormitary users, served at the "salle des Aulnes" from 05.00 AM on Saturday morning and from 06.00 PM Sunday morning
- Race numbers delivery on Friday from 05.00 PM to 09.00 PM and on Saturday morning from 05.00 AM to 05.45 AM at the salle des Aulnes
- Change of clothes and shoes, for the mid-course bivouac, are to be delivered on Friday evening only
- Ultra trail start on Saturday at 06.00 AM
- Limit time to be classified: 21h00
- 4 time barriers at approx kilometer 40 (6 hours of racing), approx kilometer 58 (9 hours of racing), approx 79 (13 hours of racing) and approx kilometer 100 (19h of racing)
- Fooding: salty, sweet, liquid and solid provisionning on every approx 20th km, as appropriate for the layout of the race
- Mid-race bivouac: your bag with change clothes will be packing supplied by the organisation, classified by race number. This bag will also serve on the return to your clothes on arrival
- Mid-race bivouac: a physiotherapist will be present as far as possible
- Mid-race bivouac (km58) is the only authorized area accessible to accompanying persons and external assistance
- Accompanying persons and external assistance prohibited under penalty of disqualificatione at all other deed zonz and time bearrier
- The "salle des Aulnes" and the "salle Ostermeyer" are both located in "Parc des Aulnes" in Lillebonne, they are just a few meters of each other
- Full provisionning at finish. Saturday evening dinner included according to your finish hour
- Showers and dormitary in "salle Ostermeyer", physiotherapist and health care in "salle des Aulnes"
- Nearby car-parks
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