



Dear Raiders of the Lowlands,

The **Adventure Race European Series** are organized for the third year in a row and what a great success this competition has turned out to be. With many **enthusiasts** in Europe more and more new races are added to the calendar and these adventure races are well attended. **Raid Lowlands** is a great example of this, with two memorable editions, this year we are going for the final chapter of the competition: the **European Championship**!

With your **great support** and **enthusiasm**, this third edition is going to be a **banger** of an Adventure Race! Many of you registered for the third or second time this year: **Woohaa!** and some teams will be experiencing the adventure racing virus for the first time. Either way, we are so proud and want to thank you for joining the adventure: **Raid Lowlands 2024!**

Here are some quick facts about you and the race:

- Raid Lowlands is the **Adventure Race European Championship**;
- It's a **200+ km** race with **4000+ altimeters**;
- **110 teams** have entered Raid Lowlands, **this is the biggest attendance in an international AR ever**;
- There are **18 nationalities** at the start of Raid Lowlands;
- **69%** of teams race within the **ARWS European Series**;
- **31%** of teams race within the **Challenger Series**;
- **100%** of teams are **Raiders of the Lowlands!**

NEWSLETTER 1

This is the first newsletter in which we share **important information** about Raid Lowlands 2024 with you. The different topics are described below. The information in the newsletters can also be read on our website raidlowlands.com.

We would like to take a brief moment to acknowledge that **Shimano** and the **municipality of Valkenburg** are actively contributing to the success of Raid Lowlands for the 3rd year in a row. We are extremely grateful to Shimano and Valkenburg for that. Shimano is known to all of you for its **high-quality bicycle parts**. And with their slogan "**Closer to Nature, Closer to People**", they fit perfectly into the adventure racing philosophy. The municipality of Valkenburg is a true sports municipality and with a mayor actively committed to **outdoor sports**, this year's Raid Lowlands with the RL60 is the start of the **Valkenburg sports summer** and the European Championships is the finale.

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



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DATE AND TIME OF ARRIVAL

All teams are expected to arrive **Friday, September 20th 2024**. Teams can start registration from **10.00h** at the **Shimano Experience Center**, the latest time to **start** registration is **14.00h**. The race starts in the night, there is no accommodation needed for the Friday night.

Shimano Experience Center
De Leeuwenhof 2
6301 KZ Valkenburg
The Netherlands

In case you arrive earlier due to an early flight or any other reason this is no problem at all. You are welcome to visit the Shimano Experience Center and/ or city of Valkenburg for a drink and walk around.

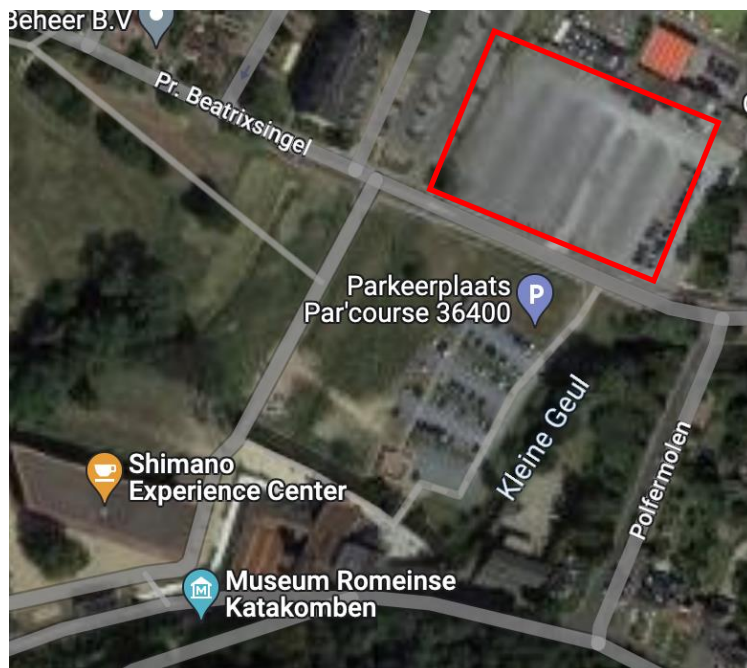
ADVENTURE RACE EUROPEAN CHAMPIONSHIP

We are proud to say that we are hosting this year's **Adventure Race European Championship**. We want to thank the **ARWS** (Adventure Race World Series) for their confidence in this great opportunity.

Teams do not need to register specifically for the Adventure Race European Championship. Teams automatically participate in the European Champs when they meet this criteria: **Mixed team of 4, over the age of 18 years of age**.

PARKING

On the opposite side of the road to the Shimano Experience Center is a **big parking**. This parking is reserved for Raid Lowlands participants. You can park your car for a fee of **€8,00 euro for a day**. Of course, it is also possible to park your car at any booked accommodation. The parking adjacent (Par'course) to the Shimano Experience Center is only for 24hrs and therefore not suitable for Raid Lowlands.



ACCOMODATIONS

Should you wish to stay longer in Valkenburg before or after the race, this is of course possible. Below we have listed a number of suitable accommodations. In addition, there are B&Bs and other locations for rent. The exact program for Friday evening/ night will be shared with you in the second newsletter, but you can assume that there will be no room to sleep on the night of Friday to Saturday. **Accommodation for this night will not be necessary.**

Note: For Sunday afternoon/ post race, we **highly recommend** that you sleep in before getting in the car to go home or ask friends/ family to drive you home.

List of accommodations:

- Black Label Hotel - www.blacklabelhotels.nl
- Hotel Voncken - www.hotelvoncken.nl
- Landal Kasteeldomein De Cauberg - www.landal.nl/parken/kasteeldomein-de-cauberg
- Camping Valkenburg-Maastricht - www.campingvalkenburg.com
- Camping Oriëntal - www.campingoriental.nl
- Hotel Van der Valk Maastricht - www.hotelvandervalkmaastricht.nl

SUPPORT BY FAMILY AND FRIENDS

As you know Adventure Racing isn't the sport where family and friends motivate you along the route. DOT watchers (addicts who watch your GPS position at home) are your mental support. Therefore we will make a **BIG family and friends cheering area**, which will make the finish of Raid Lowlands a **unique experience** for both the participants, as family and friend as well. In this place family and friends are able to congratulate you, **so invite them already on Sunday morning in Valkenburg at the Shimano Experience Center**. There will be a DJ and a kid's playground!

PICK UP/ DROP OFF - International teams only

Please let us know if you need help with the transfer from the airport to Valkenburg. We would like to get into the process of flight times as soon as possible so that we can offer appropriate solutions. We offer shuttle service from Eindhoven airport and the Maastricht train station. When arriving at other airports such as located in Belgium we will take each request into account to see if and how we can support your transfer.

Note: If you have any doubts or questions regarding a flight to book or your journey in general, please contact us directly at teamxpdholland@gmail.com and we will assist you.

MOUNTAIN BIKE RENT

Shimano Experience Center

It is possible to rent a mountain bike from the Shimano Experience Center. The mountain bikes are top of the line with off course Shimano **XTR** components. Both hardtail and fully's are for rent, with or without clip pedals suited to your needs. The experienced Shimano team will adjust the mountain bike to your wishes on location.

If you would like to take advantage of this opportunity, please reserve your bike as soon as possible (limited availability) and be at the Shimano Experience Center on Friday September 20th in time to have your bike adjusted to your needs. You can rent a mountain bike directly from the Shimano Experience Center via <https://www.shimano-ec.com/reservation/>.

Cycle Center Par'Course

In case the Shimano Experience Center is sold out, we have made a new deal with Cycle Center Par'Course. On the Par'Course terrain in Valkenburg opposite the Shimano Experience Center is a Cycle Center situated. It has mountain bike rental services as well as bike service and spare parts. The mechanics have a broad experience in mountain bikes and are able to make last minute fixes if your bike doesn't arrive in Valkenburg as planned. <https://www.cyclecenter.nl/verhuur.html>

Note: Only non-motorized **mountain bikes** are allowed for Raid Lowlands. This means **no** e-mountainbikes and **no** gravel bikes.



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RULES OF COMPETITION

When registering, you have already taken note of and agreed to the rules of competition. These are the rules in force during all nine adventure races of the AR European Series, including the European Championship Raid Lowlands:

<https://seureservercdn.net/198.71.233.44/405.520.myftpupload.com/wp-content/uploads/2021/08/ARWS-Rules-of-Competition-1.6.1.pdf>

MANDATORY EQUIPMENT LIST

The **ARWS Regional Round Equipment List for Raid Lowlands 2024** is already on our website. As stated on our website the kayaks, paddles, and life jackets/ PFD are supplied by the organisation of Raid Lowlands.

<https://www.raidlowlands.com/raid-lowlands>

BIKE BOXES

Your bikes will be transported by the organisation from the starting location to the first bike leg. As we value the safe transportation of bikes, the use of bike boxes is **mandatory**. Bring your own bike box if you have one. 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 bike boxes at the Shimano Experience Center for a small fee.

Maximum dimensions of the bike box are: **140 x 80 x 30 cm**

Note: More information on prices and bikebox types will follow in the next newsletter.

INSURANCES

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 travelling from abroad, make sure you have travel insurance as well.

SHIMANO EXPERIENCE CENTER

The start and finish location of Raid Lowlands is the Shimano Experience Center. The Shimano Experience Center is a place that originated from their mission "Closer to Nature, Closer to People". It's a place where everyone can get in touch with cycling at the level that suits them. If you want to know more about equipment, you need a new outfit or you want to enjoy a cup of coffee in their coffee corner.. everything is possible. It's worth it to take time to visit the Shimano Experience Center before or after the race.

As an addition to renting out high end mountain bikes, Shimano offers a range of extra services you can enjoy at the Shimano Experience Center:

- Professional bike fitting, you can make an appointment by sending an email to getafit@bikefitting.com
- Advice on energy drinks and foods
- A shop with MTB apparel
- Bike check and advice
- Testing the newest bikes and components

<https://www.shimano-ec.com/private/about>

FOOD AND DRINKS

Prior and after the race it's possible to make use of the food and beverage facilities of the Shimano Experience Center. During the preparations on Friday the bar will be open until the start of the race. Prior to the race a meal is provided by the organization.



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VOLUNTEERS

The success of an event depends on the volunteers as well. If you have any enthusiastic people around you who would like to help out during the Raid Lowlands weekend, we would like to get in touch with them (send an e-mail to teamxpdholland@gmail.com). This would help us enormously and we'll make sure they have an amazing time as well!

AR EUROPEAN SERIES

As you know, the AR European Series consists of nine races this year. The first race **Montane Kong Vinter** in Denmark has already been and a great success. An epic adventure race in snow & cold. You can still register for the other adventure races across Europe, via the link below you can go to the relevant race website and sign up:

<https://arworldseries.com/series/europe-series>

VALKENBURG – A beating heart of the countryside

For our international travellers, it is worthy to add a few days to your visit in The Netherlands. Hidden between the moss-green hills, in the heart of the protected hills nature reserve, the marl town of Valkenburg glitters as the center, with its rich tourist attractions. The charming medieval city center is full of terraces and shops around the impressive castle ruins and above the centuries-old corridor systems. Surrounded by a 5-star landscape, peace and nature are never far away.

<https://www.visitzuidlimburg.com>

TACTICAL FOODPACK

Tactical Foodpack is a new and much appreciated partner of the ARWS European Series. The idea for Tactical Foodpack came from a medic in the Estonian Special Operations Force who in his everyday work was faced with complicated conditions that put both physical and mental health to the test. The moments where one could take time out and enjoy a quick snack in the company of one's team mates became more and more valuable. Especially having to spend long periods of time away from home. These are the moments that allow you to travel down memory lane, home once again, thinking of all your loved ones, drawing strength to keep going. Your team mates are an immense source of support. This is a very nice parallel to adventure racing!

Therefore, they have created a product line that offers a long shelf-life with no added preservatives or additives – it's all natural, honest, and has a home-made feel to it. Just pour hot water on the food, wait a beat, and enjoy delicious flavors straight from the pouch.

On behalf of **Tactical Foodpack** we may offer you a nice discount code (-20%) for products of this high quality brand, use the code **TacticalLOWLANDS** on the their website: www.tacticalfoodpack.com

LAB'VENTURE

The company LAB'VENTURE is both a digital store : www.labventure.fr specializing in 4 outdoor worlds : Orienteering / Trail - Adventure race / Trekking - Mountain / Cycling and also a short-lived store traveling to sporting events. It is a family business of enthusiasts/practitioners, competitors, and engineers for more than 15 years established in France in the Compiégnoise countryside (Oise). Specially for Raid Lowlands they offer a discount of 10% valid on the entire website valid from this moment until September 24. **Discount code:**

LOWRL24



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OUTHERE EUROPE – Discount coupon



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

Cheers, Team XPD Holland – Race Director of Raid Lowlands



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