



DEAR RAIDERS OF THE LOWLANDS,

Within **4 weeks** we will meet each other at the **Shimano Experience Center** in Valkenburg. We are greatly looking forward to hosting the European Championship for you. In the third year of the **ARWS Europe Series**, we are going to put on one more banger of a race for you!

NEWSLETTER 3

In this newsletter, we bring the latest information to you which you need to know for Raid Lowlands! Including the ranking system and all your team numbers. 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.

TIMETABLE

Friday 20th of September

- 11.00h: Race Registration open
- 15.00h: Latest time to start Race Registration
- 17.00h: Flag Parade
- 18.00h: Dinner – for all teams included
- 19.00h: Welcome & Race Briefing
- 20.30h: Raid Lowlands Group photo
- 21.00h: Start of prologue
- 22.30h: End of prologue
- 23.00h: Bus departure
- 01.00h: Race start

Saturday 21st of September

Raceday

Sunday 22nd of September

- 09.00h: Horeca open Shimano Experience Center
- 09.00h: Family and kids area open
- 13.00h: All teams in & end of race
- 14.00h: Prize ceremony (as soon as result are known)
- 16.00h: Wrap up



SHIMANO

REGISTRATION

We have a large time bracket to register your team on race day to spread the amount of teams at a given time. If you arrive and register early, Valkenburg is a beautiful place to relax and go sight-seeing once you've registered and nothing to worry about.

FLAG PARADE

We would like to ask all teams to **bring the flag of your own nationality** to the flag parade. If a team consists of multiple nationalities, multiple flags may of course also be taken. Thank you in advance!

DINNER

It is **recommended** to bring a **warm top** during the flag parade for dinner and welcome & race briefing. In between you will not return to the Shimano Experience Center and at the dinner and race briefing location the temperature is moderate – cold.

PROLOGUE

Raid Lowlands is traditionally kicked off with a warm-up round downtown Valkenburg. This year will be no different. In this stage, straight through the center of Valkenburg, you will come across the highlights of this medieval city. Your time of the prologue will be added to your race time. During the prologue teams will be started away at a fixed time interval according to the team numbers later on in this newsletter.

During the prologue, you are not obligated to bring any mandatory equipment. Your race backpacks can be left at the Shimano Experience Center during the prologue. **You only need equipment for navigation and a headlight.**

MANDATORY EQUIPMENT

One item has been **added** to the list of **'mandatory equipment'**, namely the **'full finger gloves'** for rope climbing. These may also be full finger cycling gloves. The current 'mandatory equipment list' can be found on raidlowlands.com.

LIFE VESTS

During one or more stages there will be swimming, for which a **life jacket is mandatory**. The organisation will provide life jackets, but each team is free to bring their own. The life jackets must fall within the maximum weight of 15kg and maximum size of 60L for the wetsuitbag. These requirements remain in place for wetsuits, resupply and any other items you want to put in the wetsuit bag.

Note: during registration, you will hand in the following:

- 1x wetsuit bag with wetsuits, resupply and whatever else you want to bring a long (**max weight 15kg and 60L**).

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 bikebox. Note that the bikebox may have a **maximum weight of 25kg**.
2. Within your wetsuit bag. Note that the wetsuit bag has a **maximum volume of 60L and 15kg**.



The places in the race where you will find these two re-supply possibilities will be announced in the Road Book one week before race start.

Note: You will receive a sticker with your team number for your bikebox and wetsuit bag.

BIKEBOX

The bikebox is a **mandatory item** during Raid Lowlands. Before the start, all mountain bikes must be **packed in a bikebox** and then handed in at the designated place at the Shimano Experience Center (exact location will be shared with you on Friday the 20th of September).

Those who have rented a mountain bike at the Shimano Experience Center or Cycle Center Par'Course must also have **arranged separately a bikebox**. The bikebox is **not included** in the rental of the mountain bike.

Those who have purchased a bikebox via Raid Lowlands will receive these bike boxes at the Shimano Experience Center on Friday 20th September. **Be at the Shimano Experience Center in time to pack your mountain bike.**

You can hand in your mountain bike at the Shimano Experience Center **from 11.00h, until 16.00h at the latest.**

The **check of the mandatory mountain bike equipment** will take place with a **packed bike box**. Make sure the bike box is **not closed yet**, so we can still see the mandatory equipment and possibly take something out of the box (if necessary).

Resume

- If you have bought one via us, be on time to pack your mountain bike at the Shimano EC;
- Make sure the bikebox is not closed when you hand it in;
- Bring duct tape and/ or tie-rips to close your bikebox on site.



OFFICIAL LIST OF TEAM NUMBERS RAID LOWLANDS – EUROPEAN CHAMPIONSHIP 2024

1. THE FOUR MUSKETEERS – ARWS European Championship
2. BDE – Challenger Series
3. KOMPAS MET KIJKEN – Challenger Series
4. FLOWRAID – ARWS European Championship
5. HIGH ROCK – ARWS European Championship
6. BE FIT – Challenger Series
7. OAK SPORT – ARWS European Championship
8. ALPHA ADVENTURE – ARWS European Championship
9. POWER TO THE PEPPER – Challenger Series
10. OOST, WEST, TWENTE BEST – ARWS European Championship
11. LES RAIDOUTABLES – ARWS European Championship
12. NON TERMINIS – Challenger Series
13. ROCK LIZARDS – ARWS European Championship
14. GEMIXT ENTHOUSAIST – ARWS European Championship
15. CRAFTY DIVILS AR – ARWS European Championship
16. FAR – ARWS European Championship
17. WAYWARD - ARWS European Championship
18. KOPPIG VOLHOUDEN – ARWS European Championship
19. AR DÜLKEN – Challenger Series
20. VOORTREKKERS – Challenger Series
22. KSE4 – ARWS European Championship
23. BEYOND SUMMIT – Challenger Series
24. LOWLANDS LEOPARD – ARWS European Championship
25. CASUAL CRUSADERS – Challenger Series
26. AVANTI ADVENTURE - ARWS European Championship
27. SPAR-REN – ARWS European Championship
28. TEAM FMR - ARWS European Championship
29. DEEP CREEK – Challenger Series
30. TRIATHLON FRENCH FEDERATION – Challenger Series
31. JETA BELGIUM – Challenger Series
32. TRIATHLON FRENCH FEDERATION – Challenger Series
33. VROEGE VOGELS – ARWS European Championship
34. TEAM CHAOS – Challenger Series
35. TEAM 071 – Challenger Series
36. DUTCHABLES - ARWS European Championship
37. ANY DIRECTION - ARWS European Championship
38. DE BUITENSPELERS – ARWS European Championship
39. BLUE BEAR - ARWS European Championship
40. ZEEHELDEN ADVENTURE TEAM – ARWS European Championship
41. FLUPKES KLUPKE – ARWS European Championship
42. TEAM BULK – ARWS European Championship
43. TEAM SLIM – Challenger Series
44. POWERBAR SWISS EXPLORERS - ARWS European Championship
45. BÊST GÊNOCH – ARWS European Championship
46. TEAM 360 – ARWS European Championship
47. THE POWER RANGERS – Challenger Series
48. DEUTER ADVENTURE TEAM - ARWS European Championship
49. VALMORAID 1 – ARWS European Championship
50. VAC ULTRA SPORTS – ARWS European Championship / Challenger Series
51. ATLAS SEEKERS UNITED – Challenger Series
52. DUTCH SURVENTURE – ARWS European Championship
53. KSE3 – ARWS European Championship
54. VALMORAID - ARWS European Championship & Dutch Championship
55. TEAM CHECKPOINTHUNTERS NL – ARWS European Championship



56. DUTCHABLES 2 - ARWS European Championship / Challenger Series
57. ASPORT ADVENTURE RACE LUXEMBOURG – ARWS European Championship
58. NORTHERN ADVENTURE TEAM – ARWS European Championship
59. 3X LINKS IS OOK RECHTS – ARWS European Championship
60. NATURAL BORN RACERS - ARWS European Championship
61. TEAM VIJVERBERG – Challenger Series
62. SOOS ON ASJU - ARWS European Championship
64. TEAM AR GERMANY - ARWS European Championship
65. GOING JUPITER– ARWS European Championship
66. 3X RECHTS IS OOK LINKS – Challenger Series
67. DUTCH DIRECTION 1 – ARWS European Championship
68. DUTCH DIRECTION 2 – ARWS European Championship
69. KIEVIT SPORT AR TEAM – ARWS European Championship
70. TEAM LAB'VENTURE - ARWS European Championship
71. NONSTOP ADVENTURE - ARWS European Championship
72. CELTS ENDURANCELIFE - ARWS European Championship
73. NOR AQUASTAR - ARWS European Championship
74. ALSACE NATURE TEAM - ARWS European Championship / Challenger Series
75. METSAPEATUS - ARWS European Championship
76. ORIENTEER EXPRESS - ARWS European Championship
77. FURAHA - ARWS European Championship
78. TRUE GRIT – Challenger Series
79. THE NOR CLOUB - ARWS European Championship
80. REJLERS ADVENTURE TEAM - ARWS European Championship / Challenger Series
81. ESTONIAN ACE LASPORTIVA - ARWS European Championship
82. VERKEERDE VRIENDEN - ARWS European Championship
83. VIS SCHNOKS - ARWS European Championship
84. EVOCATI – Challenger Series
85. ON-SIGHT NAVIGATORIA - ARWS European Championship
86. CHECKPOINT STUMPERS - ARWS European Championship
87. AD-FUN-TURE RACERS - ARWS European Championship
88. MASANGA RACING - ARWS European Championship
89. TEAM BDD-WOLFSAKKER – Challenger Series
90. LES BOULES FRITES – Challenger Series
91. ASPORT ADVENTURE RACE LUXEMBOURG CHALLENGER SERIES – Challenger Series
92. BIRD WATCHERS – Challenger Series
93. RAIDERMANIA - ARWS European Championship
94. VJENTASTIC 4 - ARWS European Championship / Challenger Series
95. BLACK PHOENIX - ARWS European Championship
96. RAT RACE REBELS – Challenger Series
97. ALSMAAR RECHTDOOR - ARWS European Championship
98. FMR CSO - ARWS European Championship
99. ARCHER ZONDER GRENZEN – Challenger Series
- 100.11 SUPPLY COY 1ST PLATOON – Challenger Series
- 101.11 SUPPLY COY 3RD PLATOON – Challenger Series
- 102.11 SUPPLY COY 2ND PLATOON – Challenger Series
103. TEAM SPIRIT – ARWS European Championship
104. EUSKALRAID ADVENTURE TEAM - ARWS European Championship
105. SALTAMONTES - ARWS European Championship
106. BULL AR TEAM - ARWS European Championship
107. TBD
108. NIAR ADVENTURE TEAM - ARWS European Championship
109. WINNER GRAM AR - ARWS European Championship
110. WINNER RAID TIERRA DE CAMEROS - ARWS European Championship



ROUTEBOOK

The routebook, including the logistic diagram will be announced and sent to the team captains on the **13th of September**. Mark this day in your agenda!

With the release of the routebook you know, as a team, **the hard facts of the race ahead**. For example: how many stages; the exact distance; ratio between disciplines; calculated time by organisation, amount of checkpoints, any deadlines, etc.

INSURANCES

Once again, 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 traveling from abroad, make sure you have travel insurance as well.

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**



VENEDGE – EYEWEAR

Discover Venedge Eyewear: The Perfect Companion for Adventurers

Venedge Eyewear is a brand crafted by athletes, for athletes. Our sunglasses redefine performance eyewear by protecting your eyes, fueling your adventures, and keeping you stylish every step of the way.

Why Choose Venedge Eyewear?

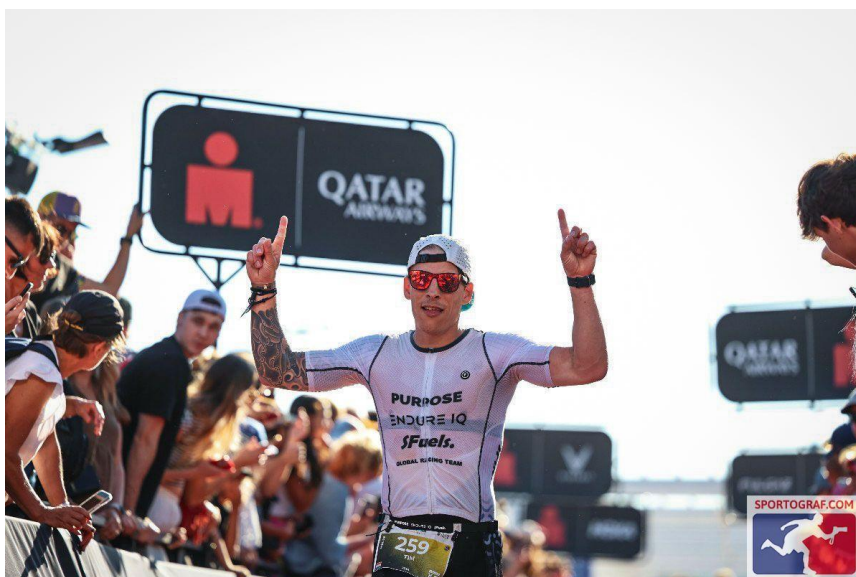
- High-Quality for Peak Performance: Our sunglasses are designed to enhance your performance, no matter the challenge.
- Stylish and Durable: Perfect for every outdoor enthusiast who values both style and functionality.
- Style with Purpose: Planting Trees, One Sunglass at a Time: Empower your style while making a positive impact on our planet – for every pair of sunglasses sold, we're committed to giving back by planting a tree. Join us in our mission to create a brighter, greener future.
- Experience Unmatched Clarity and Comfort
- Unmatched Clarity: Enjoy true colors and lasting comfort with our durable, easy-to-clean frames.
- Polarized Lenses: Provide full glare protection.
- Anti-Slip Temples: Ensure a secure fit during your most intense activities.
- HD Definition Visuals: For true color representation.

Specifications:

- Polarized sunglasses with UV400 PC lens for high impact resistance.
- Weight: 26.1 grams.
- Texture: TR90 Flexible frame, made from environmentally friendly material.
- Soft rubber nose guard for added comfort.
- Durable and easy to clean.
- Our mission: Clearer vision, brighter lives. Our vision: Sustainable style meets athletic excellence.

As a **participant of Raid Lowlands**, you now get an **exclusive 20% discount** on all Venedge Eyewear products. Use the discount code **raidlowlands20** at checkout on **venedge-eyewear.com**.

Visit our website, explore our collection, and get ready for your next adventure with Venedge Eyewear!



OUTTHERE EUROPE – Discount coupon



WC-15

Now available in Europe!

WC-30

15L

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For more info:



@Outthereeurope



info@sr-adventure.com



~~From 195,00~~

~~From 230,00~~

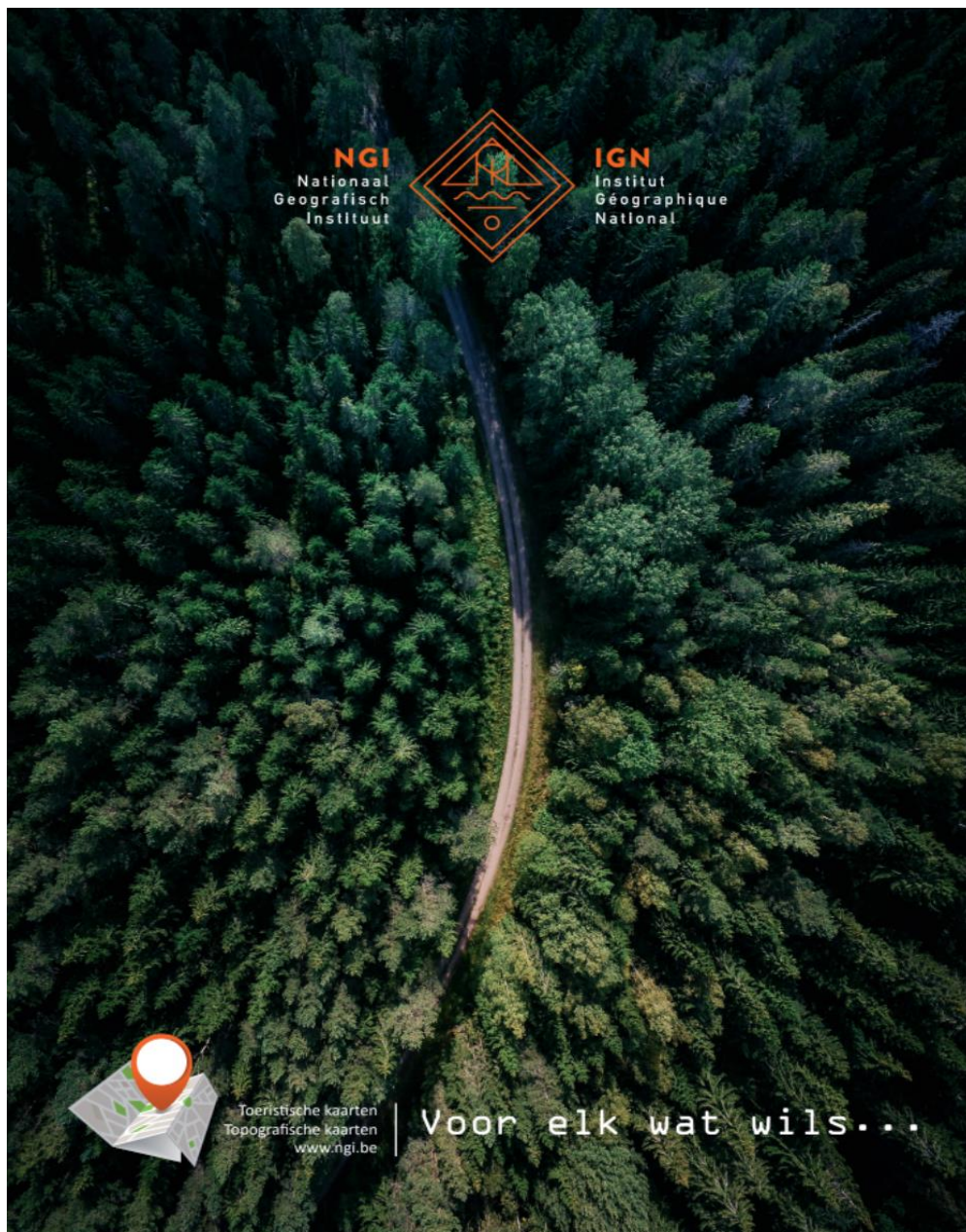
For 165,50

For 195,50



SHIMANO

NGI – IGN



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

Cheers, Team XPD Holland – Race Director of Raid Lowlands

