



Dear Raiders of the Lowlands,

The preparations for the **Adventure Racing European Championship** are in full swing and time goes fast: in **74 days** we will see you already at the **start** of Raid Lowlands. We assume that your training goes smoothly, that the roles within the teams are discussed and that you are looking forward to it as much as we do! We promise you a great adventure and **expect the unexpected**.

NEWSLETTER 2

In this newsletter, we want to take you through all the items that are going to make the Raid Lowlands event a lot more **comfortable** for you or **just make you look a lot more epic** 😊. In addition, we will take you through the weekend's timeline, re-supply possibilities and the Team captains online meeting is once again scheduled. 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.

TEAMCAPTAIN ONLINE MEETING

First things first. On **Thursday the 1st of August**, we are hosting a **Team Captains Online Meeting at 20.00h till 21.00h**. For this meeting we will invite all team captains. The meeting will be recorded and shared with you, so in case you unexpectedly cannot attend, you can always watch it back.

Team Captains Online Meeting Thursday 1st of August – 20.00h-21.00h

https://teams.microsoft.com/l/meetup-join/19%3ameeting_NDMYMDc4ZmUtMGE2Yi00M2I4LWJiYzEtMWUwNmZhYmEzMDQy%40thread.v2/0?context=%7b%22Tid%22%3a%221774c365-a092-489a-bc22-4f62ea0b1eda%22%2c%22Oid%22%3a%22d1d14e59-3760-44e4-960a-58ece55ea0c4%22%7d



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TIMETABLE

Friday 20th of September

11.00h: Race Registration open
15.00h: Latest time to start Race Registration
16.30h: End of race registration
17.00h: Flag parade
18.00h: Diner - all teams
19.00h: Welcome and race briefing
xx:xxh: Race start - expect the unexpected

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 results are known)
16.00h: Wrap up

RACE DINNER

To make sure you get the **right energy** just before the start of the prologue there will be a race dinner with all participating teams at a special location. The race dinner is included for all participants.

RE-SUPPLY POSSIBILITIES

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 during the race.

Within your bike box. Note that the bike box may have a **maximum weight of 25kg and maximum dimensions of 140cm x 80cm x 30cm.**

The locations in the race where you will find your bikeboxes will be announced in the Routebook **one week before race start.**

COMING SOON..

Within two weeks you will receive a new mailing from us, in which we will ask you to make choices regarding items you would like to purchase. We would like to ask you to think about this:



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BIKE BOXES

Your bikes will be transported by the organisation during the race. As we value the safe transportation of bikes, the use of bike boxes is mandatory. You are happy to bring your own bike box if you have one, **please keep in mind the maximum dimensions of the bikebox**. 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. **It is compulsory for all competitors to use a bikebox**.

Maximum dimensions of a bike box for Raid Lowlands are: **140cm x 80cm x 30cm**

MAPS

This year it is possible to purchase an additional set of maps for Raid Lowlands. Each team may purchase a maximum of **one** additional set. Purchasing an additional set of maps is voluntary and at your own expense.

APPAREL

We want you all to look **equally epic** at the Adventure Racing European Championship 2024! Therefore, we have some cool **ARWS Raid Lowlands apparel** to make you shine even more during the Raid Lowlands weekend for a friendly price. Don't hesitate and join the Raid Lowlands adventure with a hoody, cap, or tee! **Never Grow Up!**

BIKE RENTAL

In newsletter 1 we informed you that MTBs can be rented at the Shimano Experience Center. Their stock has reached the limit for the weekend so we found another partner that has enough MTBs for the event.

Cycle Center Par'Course

On the Par'Course terrain in Valkenburg opposite the Shimano Experience Center is a Cycle Center situated. It has MTB rental services as well as bike service and spare parts. The mechanics have a broad experience in MTBs and are able to make last minute fixes if your bike doesn't arrive in Valkenburg as planned.



The graphic features the 'CYCLE CENTER' logo at the top, with 'TWEEWIELER VERHUUR' underneath. Below the logo are three circular icons: a bicycle, a wrench and screwdriver, and a hand holding a gear. Each icon is accompanied by text: 'Bike Rental' (Explore the region by bike!), 'Service' (Quick setup or repairs can be done directly), and 'Sale' (Of Shimano parts and accessories). At the bottom, a blue box contains the contact information for Cycle Center Par'Course Terrein: De Leeuwhof 21, Valkenburg, Tel. +31 43-601 5338 - www.cyclecenter.nl.



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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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?

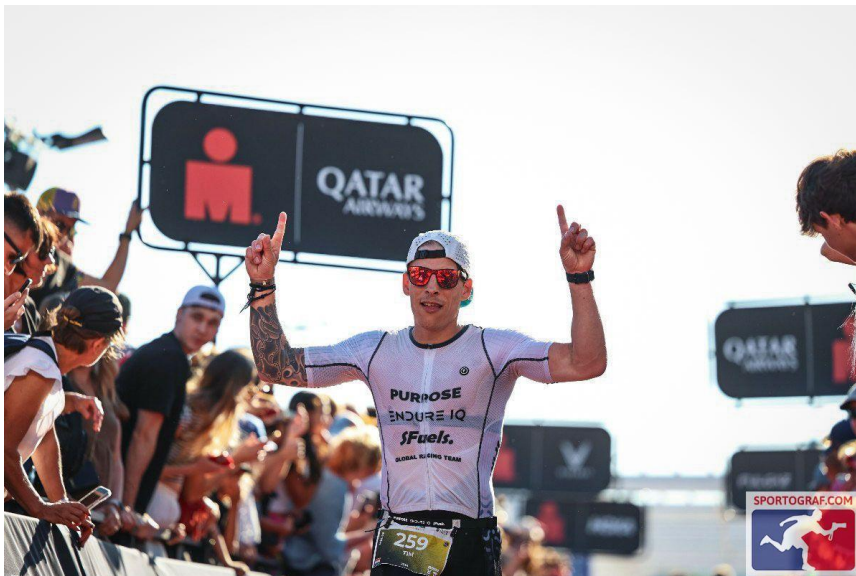
- High-Quality for Peak Performance: Our sunglasses are designed to enhance your performance, no matter the challenge.
- Stylish and Durable: Perfect for every outdoor enthusiast who values both style and functionality.
- Style with Purpose: Planting Trees, One Sunglass at a Time: Empower your style 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

30L



For more info:



@Outthereeurope



info@sr-adventure.com



~~From 195,00~~

~~From 230,00~~

For 165,50

For 195,50



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NGI – IGN



Go! Go! Go!

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Nationaal
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IGN
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National

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

Cheers, Team XPD Holland – Race Director of Raid Lowlands

