



Newsletter Racers #2

Hi all,

Two weeks before GRAM 2024! We hope you're looking forward racing it, as we are looking forward welcoming you! 😊

You will find in this 2nd newsletter some last information to get ready.

Programme (reminder)

The race will start and finish at l'Alpe du Grand Serre ([45.0242, 5.8615](https://www.raid-gram.fr/communit/)).

- Friday 30th August, 12h-15h: registration and technical verifications and bikes deposit.
- Friday 30th August 15h: **briefing** for teams' captains.
- Friday 30th August 16h30: end of box and bags deposit
- Friday 30th August 16h40: last security briefing
- Friday 30th August 17h: START of adventure race GRAM 2024
- Saturday 31st August 10h: START of the adventure for all, the "FamilliGRAM" => for your friends or family!
- Saturday 31st August 13h-19h: Arrivals
- Saturday 31st August 19h-23: Diner and closing ceremony.

Logistic before and after the race

If you want to share cars: <https://www.raid-gram.fr/community/>.

You could take advantage of this event to end / hire / donate / buy sports equipment => "[le bon coin du raideur](#)".

Come with friends and family ! We have prepared a nice [raid for all](#) while you are on the adventure race. They will enjoy 2 to 3 hours of orienteering, MTB, trees climbing, shooting. And registration is free 😊 . More info on our web site

For Saturday evening, remind to bring your forks, spoon, knives and glass. The diner will be prepared by our volunteers, with maximum of local food. Miam !

Race logistic

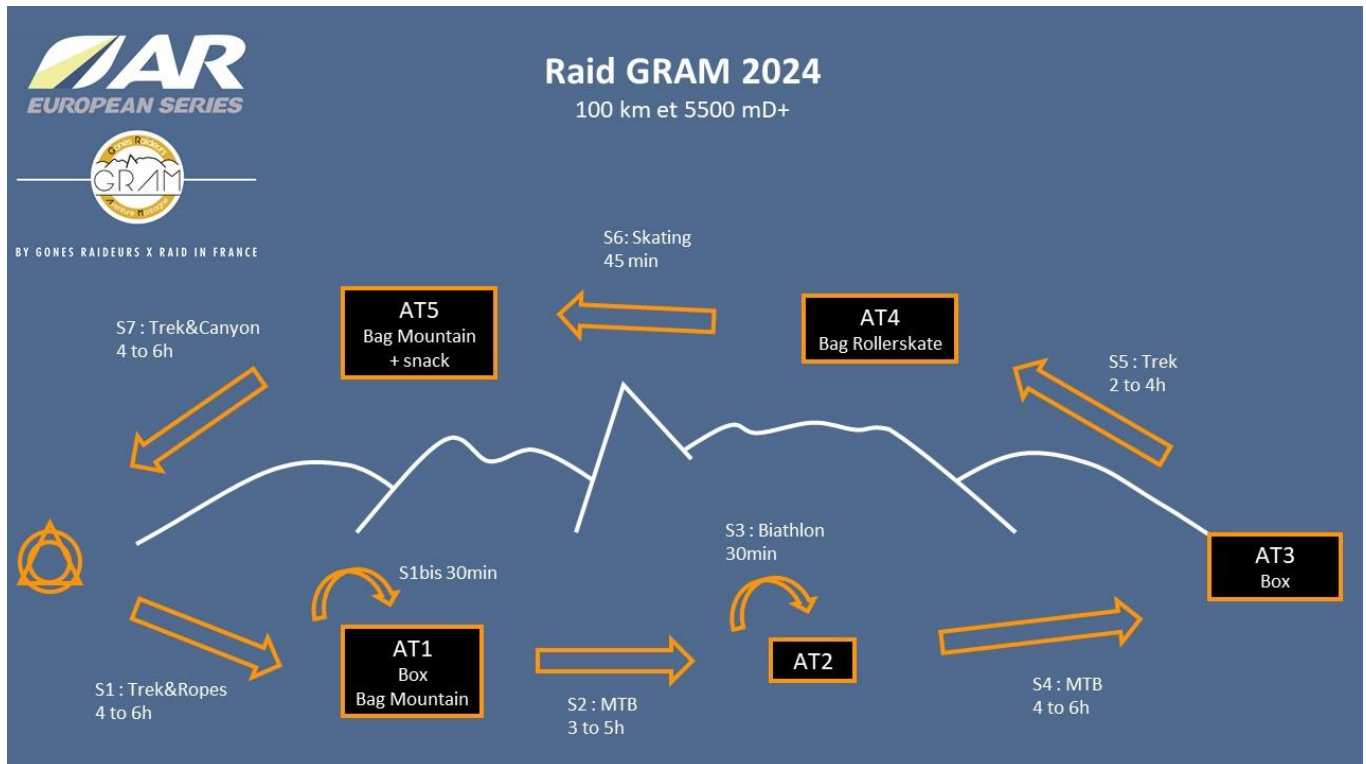
No change for mandatory equipment list: <https://www.raid-gram.fr/reglement/>.

Box: we will provide you with a box that you will find at the start of the first bike section and at the finish of the last bike section. You'll have to leave inside your cycling equipment (shoes, helmets, map holder, etc.), which should not be left on the bikes while they are being transported. There will still be space for food or clothes. Weight limited to 15kg.

TA5 will be next to a restaurant offering a snack. Prepare 5€ for a sandwich and 5€ for dessert and drink.

Water: there are numerous rivers and fountains along the race route, so you shouldn't be short of water. There are fountains next to every Transition Area.

Synoptic of the race



(AT = Aire de Transition / Transition Area)

Some words about the race...

RoadBook will be sent by email on Friday 30th, and paper version given at registration.

Treks are different, but all 3 are amazing. There will be some technical parts, such as walking on edges or in a slippery torrent bed.

Mountain bike sections are also varied, with technical and rolling sections. But some of the climbs will no doubt be too steep to pedal when you're tired, sorry for that. But you should nevertheless enjoy the tracks. You should also be prepared to find some very technical orienteering on one of these MTB sections.

2 short, more fun sections at AT1 and AT2 will cut and vary your effort. You'll discover them during the race!

Late August is full season for mountain pasturing in French Alps. Shepherds have been warned of our race, so sheep herds should not be on the path... But if ever you come across sheep and dogs, take care to avoid them as best you can!

Don't hesitate to contact us contact@raid-gram.fr.

Otherwise, see you on Friday 30th !

Thanks to our sponsors !

