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Dear Trans-Savoie Competitor

ESSENTIAL PRE-EVENT JOINING INSTRUCTIONS

Congratulations - you are in for the ride of your life!!

As you may have seen on our facebook page, we have been out inspecting and fine-tuning various stages of the course - and have taken advice from several seasoned professionals, journalists and racers. With comments like 'that's the best stage I've ever raced in my career' - we're confident you are in for a treat!

Here are few important reminders that should help with your final preparations:

PLEASE TAKE THE TIME TO READ THESE INSTRUCTIONS CAREFULLY & IN THEIR ENTIRETY

This information is also available in pdf format [here](#)

What terrain to Expect?

Forget any event you ever did before. This event rewrites the rule book on Enduro racing: THIS IS 'BIG ALPINE' ENDURO.

The course has been selected and fine tuned over several years to provide the most varied yet technically challenging (and also fun!) route possible. You can expect VERY long special stages of up to 30 minutes or more, and terrain of all extremes.

What Bike Setup?

Forget obsessive weight saving. Forget ultra-peddalling efficiency. Forget expensive, shiny, trick components.

I assure you, you'll simply want the most reliable, comfortable bike you can put together. We are talking about nearly 25,000 metres of technical, challenging descent here - always remember that!

I'd personally recommend:

- 2.3 to 2.5" tyres (high volume for pinch and rim protection wins over weight & rolling efficiency) with a strong (ideally dual-wall) side-wall. Tubeless, or thick inner tubes.
- Slack Head angles (tired arms after 30 minutes on the brakes and over the front of the bike!)
- A seatpost that drops all the way down - absolutely essential for hundreds (if not thousands) of tight, exposed switchbacks and steep, rocky terrain.
- The most powerful brakes you can get your hands on. 203mm rotors most certainly preferred.

Full Face or Half Lid?

I'd like to issue some clearer guidance on this one. So lets make it crystal clear - I'd very strongly recommend a full-face over a half-lid. You are able to use your own discretion if you wish to remove your helmet during liaison stages (except on all sections open to public traffic where wearing a helmet in the intended manner is mandatory at all times).

Medical Cert and Insurance Details:

At registration, **you MUST provide a paper copy of your medical certificate and your medical / rescue insurance policy details** in order to receive your race number.

Unfortunately, for those who have not yet arranged suitable personal medical & rescue insurance cover - the Carte Neige option that we recommended is no longer available to buy for this season. You must therefore make your own provision for suitable cover.

Luggage & Spare Parts Allowance:

We will provide camp-to-camp transportation for one large sports holdall, bag, or rucksack per competitor. (This is an expedition-style event not a home-comforts trip! You can leave the full make up bag and hairdryer at home, OK? :-)

We do not have provision to transport large amounts of personal bike-spares on behalf of competitors in excess of your personal baggage allowance above. However all competitors are urged to bring as a minimum, a spare rear mech hangar, several pairs of brake pads, chain lube, tubes, tyre boot (in case of ripped sidewall). If you have trick components or wheels that are not commonly available (e.g. 11-speed gearing, exotic wheel sets or spokes) then pack your spares accordingly.

You should also bring a medium to large sized day-sack - big enough to carry spares, your lunch, trail tools, a pump, a waterproof jacket, a mobile phone, and 3L of fluids. Its currently 35 degC in Savoie and you should be drinking around 8-10 litres per day on the trails if you wish to remain hydrated!

Camping Equipment Provided

We are very pleased to confirm the support of VANGO equipment for this event. Each competitor will be provided with a 2-man tent (for individual use) a comfortable self-inflating mattress with integrated pillow, and a separate, comfortable mid-sized pillow - for the duration of the event.

Camping Equipment you must bring

Each competitor must bring their own sleeping bag (suggest 3-season - whilst it is usually warm in August, if an adverse weather front comes in it can sometimes drop to as low as 0 and 10 degC overnight). You must also bring your own pillow case for hygiene reasons (if you wish to use one of our pillows that is!). You will also need personal affects and toiletries, a travel-towel, bike clothing and evening (camp!) wear. A warm sweatshirt or jacket is strongly advised.

I'd personally recommend bringing some ear plugs too - a sound night's sleep is invaluable in order to fully recuperate each day.

Airport Pickups

Your bike must be suitably packed in a bag or box and will be transported as such from Geneva to base camp. You must unpack your bike immediately on arrival at camp and immediately return your box/bag for our safekeeping during the event. The next time you will see your bag/box and its remaining contents will be on the 23rd August, at the end of the event! (No access to bike bags will be possible during the race itself).

Specific pickup times for individual competitors will follow shortly.

Travel to/from

If you have not yet supplied us with travel arrangements for flights, then we have assumed you will make your own way to base camp and have not made provision for you to get on to one of our transfers. There is ample free parking at base camp and cars can be left for the duration of the event. We will arrange return transfers to Val d'Isere from Chamonix at the end of the event - only if you have booked this with us in advance via a travel form.

Directions: Head to Bourg St Maurice via the N90. Follow the road up via Seez to Val d'Isere (note that in the village of Seez you must take the right fork to continue to Val d'Isere and Tignes).

Camping Les Richards is located outside the town of Val d'Isere - on your right as you are leaving the town heading towards the Col d'Iseran.

Arrival Day contacts for emergencies:

Serena (Camp): +33 779 82 56 03

Al (Airport): +33 779 82 94 14

Catering

Breakfast, packed lunch, and Evening meal with wine will be provided for the duration of the event. There will be one additional food station (late-morning each day). The route has been planned to pass through towns and villages between stages - an ideal chance to stop for a coffee, soft drink, and extra snack of you feel the need.

Dinner service and daily debrief will be arranged (for the most part at least) in rented local halls at locations close to each camp.

We will have ample supplies of HIGH5 energy products (gels, powders, bars etc) available for sale throughout the event at discounted prices - for sale only at specified times each day.

Navigation

In addition to a fully marked course, daily briefings and individual info-packs will be provided to each competitor at the event.

Massage service

We are pleased to announce the availability of onsite Sports Massage with event partners Massage-Me. Details on how to prebook this service will follow in a separate email.

Mechanic Service

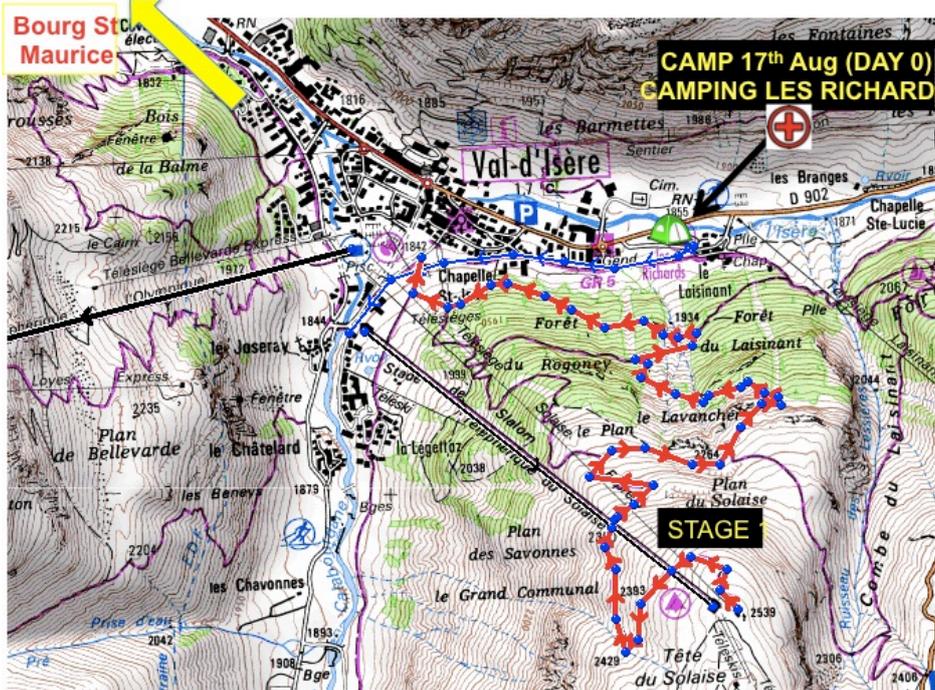
A limited workshop and mechanic advice service will be provided during the event, but you are expected to address any mechanical issues yourself as part of the spirit of this event. Outside assistance is not prohibited in the event rules and you are welcome to enlist the help of local bike shops, friends, or the Dalai Lama himself as far as we care! :-)

Wifi Access & Recharge stations

Limited wifi access is available at some campsites and at various points along the route - but do not expect reliable high-speed connections in this mountainous environment! We will provide adequate recharge stations at each campsite but with limited facilities, recharging of competitor's mobile phones (for safety reasons) will always be prioritised over all other electronic items.

In the run in to the event, as you might imagine, our focus must be on slick practical organisation and essential liaison with the local authorities and service providers. We would very much appreciate it if you could bear with us on any further, minor details - if it can wait until you arrive at camp to find out the answer - please don't ask before then!

On behalf of all of our 35-strong event team and additional event support-partners, we very much look forward to meeting you soon.



Regards

Ali

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