

“Les Dentelles” Road Book

General rules :

All CP have a time value. If you're missing one, you will be penalized for the corresponding value. Nevertheless, this race is absolutely not strategic and the CP with very important value invite you to make the journey in its entirety.

There are some imposed time gates that will force you to shorten your race in order to arrive to Avignon the Sunday before 6 pm. Even if your team takes all the time gates, you will make a part of all the sections. Therefore, the general idea is to do the journey in its entirety while we regulate you in case of delay.

When the team checks a CP, the four members must be together at a maximum distance of 20 meters. For the round-trip CP, that will be verified by a referee. Respect this rule or you will be penalized.

You will be equipped with one electronic finger per team with a security lace. Be careful not to lose it.

All individual and collective material is mandatory during the whole race unless specified in this road book.

The red light and the reflective jacket are mandatory for the night mountain bike.

All the departmental roads are forbidden unless specified on the map. (Red parenthesis).

You must respect the Highway Code. You are not a priority. Generally, pay attention to your safety and look out for each other. You are responsible for your actions.

The maps will be given at the beginning of each section. Two per team. The definitions of the CP are indicated on the maps. Scale: 25,000 IGN (1 centimeter on the map corresponds to 250 meters) except on the two orienteering.

Mandatory material:

Individual:

All the time: Full flask or camel back. 1L minimum. Energy bars and food supplies. Headlamp. Breathable waterproof jacket with two layers minimum. Waterproof trousers. Survival blanket. Hat or buff.

Mountain Bike: Reparation kit. Hard shell helmet to EC standards. (Worn and attached on all the mountain bike sections). Red back lamp on the bike. Front lamp on the bike. Night fluorescent jacket.

Ropes: Harness with double lanyard without absorber. Two self-locking carabiners. One mountain helmet.

Collective: Two compasses. One working cellphone put in a waterproof pouch (sealed before departure). A pharmacy including: small and wide strapping band; compresses; 6 antihistamines; 6 anti-diarrhetic. Two straps to close the boxes.

For the arrival meal, you must have: a plate, a glass and cutlery.

Prohibits:

GPS watch except Garmin watch with the adventure racing mode. (Inform the referees if you own this watch).

Reception and Camping: The doors of the campsite close at 10pm so try to arrive everyone before, otherwise we will find a solution. We want all the teams to come to the reception on Friday evening and ideally before 11pm. We just check the rope gear and the waterproof jacket and pants.

Sunday Night: We party together. Music band, unlimited beer, buffet and ceremony. Hit the road Monday morning!

Emergency Phone numbers:

Sébastien: 0675468281 / Fabrice: 0643599301 / Karl: 0665598668 / Thomas: 0623144697 / Yann: 0687693323

Section 1: Ropes Trek 18km 1375+ 1265- «L'aventure sauvage»

Mandatory equipment: all including harnesses, lanyards, carabiners and mountain helmets, except mountain bike equipment.

Mountain helmet is mandatory during whole the section.

9 CP with a value of 2h each.

Difficult section, technically and for the orientation.

There are more or less easy passages off the trails.

It is forbidden to cross the cliffs. You must get around them (except the B5 where a safety rope allows you to secure yourself with your lanyards).

B5; you must attack it from the south, there are plenty of paths that lead to it. It's a staircase carved into the cliff by the Romans! It is not difficult but if you are afraid, you can use your harnesses and your lanyards.

B7; a small pile of stones at the edge of the path indicates a sharp passage that leads to the south est valley!

On arrival you store your ropes equipment and helmet in box A. You have to save space for that!

B1	Trails junction	B3	Re-entrant end	B5	Via Cordata	B7	Dells junction	B9	Foot cliff
B2	Elbow cliff above	B4	Foot cliff	B6	Dell	B8	Elbow trail		

Section 2: Mountain Bike 33km 1100+ 1140- «Les monts de Vaucluse»

Mandatory equipment: all except harness, carabiner, lanyards and mountain helmet.

6 CP with a value of 2h each.

Section alternating rolling parts on paths and road and very technical trails.

Respect authorized passages on roads.

B10	Trail	B12	Trail elbow	B14	Trails junction
B11	Trail elbow	B13	Dells junction	B15	Trail elbow

Section 3: Orienteering 16km 420+ 420-«Les ocres»

Mandatory equipment: all except harness, lanyards, carabiners, mountain helmet and bike equipment.

27 CP with a value of 20min each. IOF map (Scale : 10,000).

We will read your electronic finger after the orienteering. Follow the instructions of the volunteers.

Time gate A: At 9pm at CP10. If you take this time gate, you can no longer do CP 11 to 24 and you will have a penalty of 4h20.

Time gate B: At midnight you can no longer leave on the next section and we will transport you by car to the next one. 12 hours of penalty. You will leave 2 hours later at T4.

1	Bridge north west end	7	Small depression	13	Dry ditch north east end	19	Small knoll	25	Re-entrant above
2	Small knoll	8	Cave opening south east	14	Small knoll	20	Re-entrant flared	26	Wall inside corner south west
3	Re-entrant above	9	Re-entrant above	15	Re-entrant above	21	Hill north	27	Staircase west end
4	Cliff 1m	10	Ruin north west	16	Small knoll	22	Wall at the foot		
5	Hill east part	11	Lake point south east	17	Hill edge south west	23	Hill part east		
6	Re-entrant above	12	Small knoll	18	Wall inside corner east	24	Lake point south east		

Section 4: 22km Mountain Bike 1360+ 120-«Le Mental»

Mandatory equipment: all except harness, carabine, lanyards and mountain helmet.

3 CP with a value of 4h each.

Respect authorized passages on roads.

B16	Trail elbow	B18	Path elbow
B17	Path elbow		

Section 5: Trek 15km 1035+ 1035- «le Ventoux, géant de Provence»

Mandatory equipment: all except harness, lanyards, carabiners, mountain helmet and bike equipment.

6 CP with a value of 1h30 each except the 23 which is worth 3h00.

Difficult section technically and in orientation at night.

Passages more or less easy off trails.

It is forbidden to cross the cliffs.

Be careful you are in high mountains and it can be very cold even in May!

Time gate C: At 2h30am, you can no longer make the 4 first CP and you have a penalty of 6h.

Section 6: Mountain Bike 31km 650+ 1730- «Du fun mais pas que»

Mandatory equipment: all except harness, carabiner, lanyards and mountain helmet.

7 CP with a value of 1h30 each.

You start with an extraordinary descent with 4 CP.

The white markup on red background will allow you not to hesitate too much on the map and take a great pleasure.

Respect authorized passages on roads.

B25	Junction	B27	Trail elbow	B29	Junction dell trail	B31	Bridge east
B26	Trail elbow	B28	Trail elbow	B30	Crossing trail dell		

Section 7: Ropes Trek 20km 1200+ 1450-«Les Dentelles quelle splendeur»

Mandatory equipment: all including harnesses, lanyards, carabiners and mountain helmet and except mountain bike equipment.

7 CP with a value of 1h30 each plus 1 CP with a value of 2h in the via cordata.

Between B35 and B36 it is recommended to follow the marked trail in the south of the Dentelle.

To enjoy it, the via cordata will be blocked in time. When you will be equipped and ready, you will take the B37 to stop your time. A volunteer will announce you how much time you have to finish the via cordata (around 40 minutes). When that time will be up, another one will allow you to take the B39.

After the B39, you will have many choices to join the end of the section...

Time gate D: At 8am you can no longer make the 2 first beacons and you have a penalty of 3h.

Time gate E: At 9:30am you can no longer do the 6 first beacons and you have a penalty of 7h30. If you take this time gate, the section becomes a mountain bike-via cordata section. You go directly to the mountain bike shunt park with your via cordata equipment, your mountain helmet and your running shoes. You go up to the beginning of the via

cordata (B37), then you take B38 and B39 and you return to the mountain bike park to reach the arrival of the section.

B32	Trail Elbow	B34	Trail elbow	B36	Cliff breach	B38	Via cordata
B33	Cross	B35	Cliff breach	B37	Start via cordata	B39	End via cordata

Section 8: Mountain bike 20km 70+ 170- «Pour rejoindre la rivière»

Mandatory equipment: all except harness, carabiner, lanyards and mountain helmet.

No beacon.

Respect authorized passages on roads.

Section 9: Kayak 11km 10+ 20- «L'Ouveze mais pas le Rhône»

Mandatory equipment: all except harness, carabiner, lanyards and mountain helmet.

1 CP with a value of 3h in round-trip (following our administrative ban on navigate on the Rhône!).

Very easy navigation.

Be careful, you don't have your boxes at the start of the section. You keep your shoes and your bike helmet. We will carry your mountain bike with the map holder at the arrival of the section.

You will take a paddle at your height and a vest at your weight.

Time gate F: At 1.30pm, at the start of the section, the only CP is cancelled and you have only 5km to do, you have a penalty of 3h.

Section 10: Mountain bike 15km 20+ 20- «Longue vie à l'administration Française !»

Mandatory equipment: all except harness, carabiner, lanyards and mountain helmet.

No CP

You reach Avignon by neutralized mountain bike (1h) by the viaRhôna cyclable road which is really not fun...

You will have a precise road book for this route.

Be careful, it takes 45 minutes at normal speed so you have some margin.

A volunteer will make you take the time stop beacon when you will be ready to go.

Section 11: Orienteering 5km 60+ 60-«Sur Le Pont d'Avignon on y danse»

Mandatory equipment: just the tracker, we are nice!

12 CP with a value of 15min each in free order. IOF map. Scale : 4,000.

We got the permission to make you go on the Pont d'Avignon only if you walk among the tourists. So, you will have 7 minutes to enjoy the bridge and take the CP. A volunteer will be at the bridge entrance (CP 109) to make you stop your time.

Section 12: Mountain Bike 2km 10+ 10- «Pour être finisher»

Mandatory equipment: all except harness, carabiner, lanyards and mountain helmet.

No CP.

You reach the campsite following the Highway code and being careful.

