



# Newsletter Racers #1

Dear racers,

**GRAM adventure race is approaching**, and everyone in the organization team is working hard to propose a great experience. We hope you will enjoy the place (and its slopes!), the tracks, the maps, the closing ceremony and the professionalism and kindness of the volunteers etc.

In this first newsletter, you will find some information to prepare your stay.

## Registration

You will be 32 teams, coming from 5 different countries.

Please, fulfil your registration before the end of July!

## Agenda

The race will start and finish at l'Alpe du Grand Serre ([45.0242, 5.8615](tel:45.0242.5.8615)).

- 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" => You can come with friends or family !
- Saturday 31st August 13h-19h : **Arrivals**
- Saturday 31st August 19h-23h : Diner and closing ceremony

## Logistic before and after racing

Alpe du Grand Serre is 1h from Grenoble, going South-East. Race center will be in "**salle du Chardon Bleu**" (near tourism office).

There are parking places nearby.

Unfortunately, Alpe du Grand Serre is very badly served by public transports. If you need some help, let us know.

The event will end late Saturday evening. And you should be tired ;) So we count on you to delay your return journey until Sunday and enjoy the evening with us.

As GRAM participant, you will be allowed to camp (in your van or tent) at the bivouac / Camping-car parking for free.

However, if you want a roof or to stay longer, before or after the race, you can ask:

- Tourist office +334 76 56 24 72 <https://www.matheysine-tourisme.com/>
- Valbonheur camping (40 min from Alpe du Grand Serre) - 10% discount with "GRAM2024" code. <https://www.camping-valbonheur.com/> - Discount also valid before the race

## Race equipment and logistic

The mandatory list is here <https://www.raid-gram.fr/en/rules/>

We also offer you to take advantage of this event to end / hire / donate / buy sports equipment, just by filling [this file](#) !

Some details:

- Helmets: 2 kinds of helmets are needed, or multisport helmets with both certifications: **mountain** certification for ropes sections, **bike** certification for MTB and Roller sections.
- Clothes: note that all weather conditions are possible in the Alps at this period and altitude (700 to 2700 m). Please adapt your equipment. Night will be **cold**. Days also, as they could be **hot**.
- Logistic: Bikes will be transported by the organization (tucks and trailers). You will have to turn your handle bar to facilitate transport (but just only once during the race)
- Most of bike rides will be at night, and tracks could be (very) technical. Have a **good light system!**
- A **box** to carry food, spare equipment but also bike gears (helmets, shoes or map holder) will be **provided by the organization**. More information (dimension, weight, timing) will be given later.
- As mentioned in the list, **you will have to provide a bag** for rope and canyon gears, that will not be carried during the race.
- For roller-skates, you can use a bag or something else to link all the team rollers together. Note that you will have to carry it during the roller section. Poles could be linked separately to the rollers, but only 1 package by team.

## Few words about the track

**8 sections. Around 100 km and 5700 m of elevation gain.**

Orienteering on both IGN (get familiar here <https://www.geoportail.gouv.fr/>) and IOF maps. Sometimes you will have to be precise, or make choices, or simply follow the main tracks.

We hope you will enjoy amazing mountain tracks, wild trek itineraries, beautiful and various bike tracks, wild canyons...

Roller-skate will be a transition section where your arms will be useful (pushing on poles).

One section in the middle will be more recreative but you will have to stay focused.

If you have any questions regarding the race or the equipment, do not hesitate to get in touch [contact@raid-gram.fr](mailto:contact@raid-gram.fr) .

We look forward to welcoming you!