



Islands Marathon

RSO Team

Highlights

- 100 miles (162 km) in 5 stages
- Boavista island
- peaks and dune
- traditional meals
- beautiful beaches



A RAID IN THE HEART OF THE SEA: THE ISLANDS MARATHON BY RSO

Raid Sahara Organisation (RSO) organise in Cape Verde:

An ultra in 5 stages in 2 Islands of Cape Verde; The 2009 edition will be the sign of the desert: Boavista, a Sahara planted in the middle of the Atlantic sea with beaches with beautiful waters ... tortured coastline on a stone in the middle of the Atlantic. Race opened to any athlete regular walker or runner, professional or amator.

Where is the Cape Verde ...

As a handful of islands scattered off the coast of Senegal, is an archipelago Colonized by the Portuguese ... which is still wild for most of the islands. Although attached to the African continent, we are between Brazil and the Caribbean, Zouk and Samba...



Identity Card of Cape Verde:

- 10 islands in west Africa in front of Senegal s
- Area : 4033 km 2
- Capital : Praia (Santiago island)
- Population : 405.000
- Money : Escudo cap verdiano
- Language : Portuguese, Creole





RAID SAHARA

ORGANISATION

Islands Marathon

The Race:

100 miles (162 km) for a Raid in 5 stages in semi autosuffisancy

Stages:

- Stage 1 : 32 km
- Stage 2 : 23 km
- Stage 3 : 55 km
- Stage 4 : 28 km
- Stage OFF : 24 km

➤ Stage 1 :32 km :

Départure : Crossing the dunes

CP1, leaving the dunes

CP2 after Joao Gallego village,

change of direction in oasis of Fundo das Figueiras

Arrival : north East of the island. In Bahia das Gatas

➤ Stage 2 : 23 km

Départure : Bahia das gatas.

Lava desert

CP1 ascent of Morro Negro lighthouse

Arrival: on the beach with coconut palms of Ervatao, instead of breeding sea turtles.

➤ Stage 3 :55 km

Départure : crossing of des saline of Curral Velho ,

CP1 : desert of Fonte Vicente

CP2 : climbing of Santo Antao peak

CP3 : leaving stone desert and lava

CP4 : Santa monica beach

Arrival : Ponta Varandhina.

➤ Stage 4 : 28 km

Départure : Ponta Varandhina

CP1 : climbing of Morro de Areia ...

CP2 : down to Poblacao velha village

Arrival : Villa Sal Rei after a typical raod-block

➤ Off Stage

from Salinas crater to Sta Maria. Possibility to introduce you to the kite-surfing

Check point: each 12 km/ **marks** and arrows each 400 m

Time limit of run:

the limit time of passage check are calculated under the average of 4km/hour, it is 10 hours for a run of 40 km. This time limit allow everybody to manage his own run..

➤ **Mandatory material** : cover Blanket - mirror of signalisation-a whistle-a frontal lamp with spare battery - a lighter -a small case of emergency - a roller of elasto - a compass - a pocket knife - 2 Cyalum - 2 handkerchiefs in paper - system of hydration: tins or bag minimum 2 litres

➤ **advices** :

shoes : at least 1 size ½ bigger than your usual size.

feets : foot care(bath of betadine 10 days before,. thread, needles.

Bandages elasto skin 2cm ,scissors, compresses double

Frictions: elasto for all the parts (shoulders, thighs, toes)

➤ **Medical supervision:** on all the RSO raid, we have a French doctor + a nurse. The medical staff depend of the number of runners, with more than 20 runners we have kiné and osteopath.



Islands Marathon

Program:

Day 1: Départure from Paris CDG with TACV Company.
Arrival at 2 p.m. in Espargos (Sal island)

Day 2: Transfer by air (15 minutes) to Boavista island, Camp saharian in the dunes of désert of Viana.

Day 3: Stage 1

Day 4: Stage 2

Day 5: Stage 3

Day 6: Stage 4. Transfer to Sal Island

Day 7: on the morning Stage OFF 24 km Salinas to Sta Maria,

Day 8: transfer to the airport arrival in Paris in the Morning.



➤ **Departure:** early morning departure depending of temperature. It will be given all together,,except for the last day,it will be given in reverser stopwatch., the last runners will go first.

➤ **Briefing:** a briefing will be set every evening before the diner to explain the next stage.

➤ **Rewards:** they will be confirmed at the end of the registrations and are variable according to the numbers of runners.

➤ **Medical certificate:** it is part of the registration card, and no runners could take the departure without this formality. if the runner is a doctor, he should consult an other doctor and get the approval.

➤ **Meals:**
the schedule of the meals are set the day before according the duration of the stage et the departure time. .

breakfast : bread, coffee, tea

lunch :salad, vegetables, bread

diner : pastas, rice, meat or fish

➤ **Visa :**
we manage a visa for all runners (45 €)

➤ **Luggage:**
Cabin: take your camel back in cabin and your running shoes. Mind to follow the new restrictions for the cabin bags (no liquid + de 200 ml) solar lotion, food gel, put them in your hold luggage.

hold : mind to stick your luggage with name/ adresses

➤ **Insurances:**
RSO get a civil insurance and repatriation insurance for all the runners, participants and supervision staff. The insurance start in Cape Verde until Cape Verde departure.

➤ **Cancellation:** we propose a cancellation insurance that grant you the total refund at 30 days before departure. Then the amount is on our own conventions. If you do not take this insurance, the refund amount taken will be on your own insurer



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Photos:



An extraordinary adventure by RSO