



RSO Team



Grand Raid Sahara

Facts

- 209 km in 5 stages
- 162 km in 5 stages
- Traditional Villages
- Cultural discovery
- Variety of the race

GRAND RAID SAHARA DOGON IN MALI

Raid Sahara Organisation (RSO) organize the Grand Raid Sahara, In the middle of the villages of a brotherly ethnic group.



8 days 100% nature.



A 210 km extreme race or a 162 km in 5 stages, The edition 2009 will follow the cliff of Bandiagara, in the heart of the Dogon villages. Between sports challenge and cultural discovery, this region of Mali will leave nobody indifferent: beauty of the cliff Bandiagara and the traditional villages.
Race opened to every regular sportsman, walker or runner, professional or amateur.



The Dogon country where is it?

The Dogon Country is situated in the oriental part of MALI. Native of Mountains Kouroula, Dogon (group Malinke of origin Keita) would have settled down in the XII, XIII, XIV, XVth centuries on the territory which they occupy at present

Mali identity card:

- **Time zone:** Gmt + 3
- **Area:** 309500 km²
- **Capital:** Bamako
- **Population :** 11,0 millions of inhabitants
- **Currency :** CFA franc
- **Langue :** french, Bambara





Grand Raid Sahara

The race:

Raid in 5 stages with night camp for a run of 209 km or of 162 km (departure from CP1)

209 km

- Stage1 : 42 km
- Stage2 : 42 km
- Stage3 : 47 km
- Stage4 : 35 km
- Stage: 43 km

162 km

- Etape 1 : 32 km
- Etape 2 : 30 km
- Etape 3 : 35 km
- Etape 4 : 35 km
- Etape 5 : 30 km

➤ Stage 1 : 42 km :

Departure : of Dogoma
Arrivale: Yawa

➤ Stage 2 : 42 km

Departure: Yawa
Arrival : Neni

➤ Stage 3 :47 km

Departure : Neni
Arrival : Mori

➤ Stage 4 : 35 km

Dparture : Mori
Arrival : Tintam

➤ Stage 5 : 43 km

Departure : Tintam
Arrival : Somé



➤ 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..

➤ **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.*

➤ **Check point** with food and water every 12 km and **signs** every 400 m depending the environment

➤ Advises :

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 2 cm, scissors, compresses double

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

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*

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

➤ **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.*





Grand Raid Sahara

Program:

Saturday: departure from Paris to Bamako

-Sunday: Transfer from Bamako to Mopti -Transfer from Mopti to the start

-Monday: Stage 1

-Tuesday: Stage 2

-Wednesday: Stage 3

-Thursday: Stage 4

-Friday: Stage 5

-Saturday: Transfer from Mopti to Bamako

-Sunday: Transfer airport and départure to Paris

(Planning pouvant être modifié en fonction des horaires d'avion)



➤ **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:**

Everyone take care of his own visa.

➤ **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/ addresses

➤ **Insurances:**

RSO get a civil insurance and repatriation insurance for all the runners, participants and supervision staff. The insurance start in Oman until Oman departure.

Repatriation insurance is obligatory, we can propose an Europ Assistance, 35 euros for one year.

➤ **Cancellation:** *we propose a cancellation insurance that grant you the total refund at 60 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*



Podium:

1^{er} Christophe Le Saux (au centre)

2^o Marco Olmo (à gauche)

3^o Checco Galanzino (à droite)



An extraordinary adventure by RSO