



Team RSO

From march 12 to 28



Raid Sahara Organization (RSO) is organizing in South America: An ultra in 10 stages over 350 km in Argentina. Event opens to all regular sports, walker or runner, professional or amateur.

Attention management effort and the difficulty will be in the long run and not on slopes.

La Patagonia where is it....?



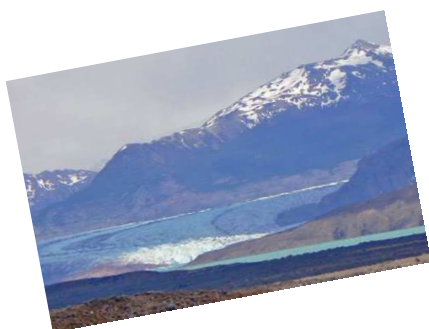
Patagonia is a very wide area as the Argentine. Countries over 5,000 km from north to south, Argentina is after Brazil, the largest country in South America ... Patagonia begins at the height of Bariloche and go until the end of... After more than 3000km of land ... Huge! It exceeds the boundaries of states, this huge region is as much Argentina as Chile.

The parties most visited and most famous are the Perito Moreno, El Chalten with the Fitz Roy and Cerro Torre and Ushuaia to the Argentine side. Park Torres del Paine in the Chilean part. All the rest is steppe, pampas and other beautiful mountains...

The weather :



The wind is permanent and abrupt climate changes are possible during a day. Temperatures are never extreme coldest around - 5 ° C with some snow possible and the warmer 25 ° C with the sun but the temperature still tolerable because of the wind.





A course 100 % Nature

- Le Fitz Roy
- El Cerro Torre
- Ushuaia
- El perito Moreno

Fitz Roy, Cerro Torre, Perito Moreno Glacier... so many legendary names which evoke the dream and Patagonia.

The Race RSO:



➤ **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 allows 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 reverse stopwatch., the last runners will go first.*

➤ **Advices :**

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

Feet: 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.*





➤ **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/ adresses

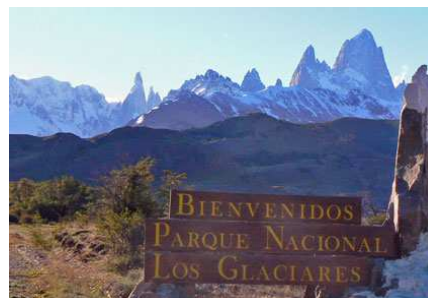


➤ **Insurances:**

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 (98€): 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 insure





The program from march 12 to 28

Day 1 Vol Paris Buenos Aires

Day 2 Vol 3h Buenos Aires Calafate Nuit at the Hotel Calafate

Day 3 Visit and Installation at the 1st camp

Day 4 Stage 1 Lago del Desierto / Candelario mancilla

Day 5 Stage 2 Candelario mancia/ Estancia el Condor

Day 6 Stage 3 Estancia el Condor /Presqu île Maipu

Day 7 Stage 4 Estancia el Condor /Pto San Jorge

Day 8 Stage 5 Pto San Jorge / Estancia

Day 9 Stage 6 Estancia 9 de Julio /Pto el podrido

Day 10 Stage 7 Pto el podrido/Estancia La Laurita

Day 11 Stage 8 Estancia La Laurita /Charles Fur

Day 12 Stage 9 Estancia Anita / Estancia Nipebo Aike

Day 13 Stage 10 El Chaten Méchoui et clôture

Day 14 visite **Glacier Perito Moreno**/glacier/camp et Retour à el Calafate - Transfer Nuit à l'hôtel

Day 15 Vol Calafate/Buenos Aires Vol Buenos Aires/France

