



CORSICA RAID AVENTURE

INFORMATION NOTE

RACE SECTIONS

In the genes of the Corsica Raid Adventure there is our determination to build each year a race where the word multi-activity has its meaning. Corsica Raid is indeed one of the few races in the world where you can enjoy about ten different adventure sports disciplines.

On the Corsica Raid Adventure, adventure is without moderation. A Canyoning section is a real canyon with jumps, real abseiling, slides, never a small part of river and a piece of ropes. A mountain Trail approaches of mountaineering, with progress on fixed ropes on top of the snowy summit. An orienteering section is not a C.O on a grassy plateau. VTT sections offer all the diversity of the discipline and are not a 50% carrying bicycles.

The Corsica Raid Adventure renewing its race every year, each edition of the Corsican race has a unique profile, but still takes some or all of the following disciplines :

Trail.
Canyoning.
Mountain Biking.
Sea Kayaking.
Sea Swimming section.
Identity Discovery section.
Environnement section.

Snow section.
Coastering.
Adventure Itinerary.
Ropes sections.
Via ferrata, adventure park.
Orienteering.
Mountain trail

1. HIKING SECTIONS

Hiking sections of the Corsica Raid Adventure are divided into the following:

Trail for itineraries generally on marked trails with a pretty clear progression.
Coastering, for itineraries using the coastal tracks or not, with or without portions of sea along the beach.
Mountain Trail, for itinerary which leads to the height summit with or without trail.
Snow section for passages on portions of snowed itineraries.
Adventure itinerary, for courses where there is not necessarily a trail. Passages in river can be plan during this sections.
Orienteering itinerary on any area above.

In hiking stage, it can be fixed ropes with ropes during timing section. The purpose of these fixed ropes is to secure the race. They haven't characteristics of Via ferrata which are not timed section.

Concerning the required sport level : each participant must be capable to run at a minimum average speed of 8 km/h on the ground and run uphill at a minimum average speed of 450 m/h.

2. MOUNTAIN BIKE SECTIONS

Mountain bike tracks of the Corsica Raid Aventure take place on tracks, on single-tracks, and sometimes areas where you will need to carry your bike, or some very technical sections like downhill single tracks for example.

Concerning the Required sports level: each competitor must be capable to progress at a minimal average speed of 20 km/h on the flat, and going uphill at a minimal average speed of 600 m/h, and control some very steep downhill sections with some very technical passages.

3. SEA KAYAKING SECTIONS

The sea kayaking section must be done by following the seashore within a 300 meters zone, unless specified indication given by the organization.

In case of abandonment of a racer, a two-seater kayak will take the start with two teammates. It is forbidden to one racer to make a stage with a two-seater kayak.

Concerning the required sport level: it is asked to each participant to control its progression and safety in kayak in rough seas, to be able to progress to the minimum average speed of 6 km/h.

4. CANYONING SECTIONS

The canyons sections of the Corsica Raid Aventure is the descent from the top of rivers, by using traditional techniques of this activity: fixed rope, abseiling and/or zip-line, climbing down, jumps, swimming...

Concerning the required sports level: competitors must be capable to assume the descent safely, using and controlling the various canyoning techniques.

5. ROPES PASSAGE SECTION,

These sections are composed of progression using fixed rope and/or rope ascents, abseil and/or zip-lines; and all types of specific techniques of this kind of activities.

Concerning the required sports level : each participants must be able to assume its progress safely, mastering the different techniques used on such disciplines.

CANYONING, ROPES COURSE

Section of canyoning, via ferrata and ropes portion are not timed. On all these sections, the purpose of not-timing, in the proper sense of term, is to remove any pressure that may lead to error by the racers.

Each passage requiring the use of a rope is previously equipped by the technical team of the Organization. Competitors don't have to carry with them the material for rope equipment, or any length of rope. So they don't have either to take care of all the attaching part of the ropes, requiring particular technique.

Teams are required to use the set up ropes which are mandatory points of passages, unless exceptions specified during the briefing or contrary directive of race given by a technician of the Organization on the field.

6. VIA FERRATA SECTION , ADVENTURE PARK

Via ferrata section and adventure park taking place in existing and operated sites. This sections will be under the instruction and responsibility of the operator that sets the monitoring or supervision as it seems necessary.

7. MARINES AND UNDERWATER SNORKELLING SECTIONS

Marine and underwater snorkeling sections take place at sea, on the edge and/or near the coastline ; and not beyond 300 meters from the coast.

These sections can take many forms: progression itinerary between two points, orienteering, or on a mapped or defined area ; potential immersion points less than 5 meters deep. (One of the concurrent must be stay on the surface to provide security of the other one.)

These sections may be associated to a Corsica Raid Environment section or not.

One of the competitors must always remain on the surface to ensure the safety of the others competitors.

Concerning the required level: each participant must be able to progress to a minimum average speed of 20 minutes per km with flippers, mask and tuba and 35 minutes per km without this equipment.

8. CORSICA RAID ENVIRONNEMENT SECTIONS

Corsica Raid Environment sections will be made on the sea/or on the ground, in an area defined by the organization.

These sections can be associated or not to one or more sport section on the program of the Corsica Raid Aventure.

During a coastering, a Trail, a bike section, a mountain Trail, a canyon, a passage or a ropes section, or on the sea on a swimming and/or underwater or sea kayak section, for example, teams must demonstrate acuity to identify a number of vegetal or animals species or minerals or understand through observation the phenomena of a given environment for example.

The operating mode regarding the ranking is unique to each section.

9. DISCOVER SECTIONS

Identity discovery sections can be on the taste sensations of Corsican products, on culture, history, heritage and the Corsican language.

These sections can be autonomous (tastings, questionnaire, workshops, etc.) or associate to one or several sports sections in the program of the race.

The operating mode for the classification is specific to each section.