

ROAD BOOK



28/29/30
june
2024

Raid Cyclo
9000D+ / 450KM



Welcome to the 10th edition of the FOREST'CIME, managed and run by the FORESTIERE association.

We hope, through this event, to satisfy you in the vision of a cycling practice where conviviality and solidarity reign. These values that sport carries within it, must be encouraged and it is through them that individual effort must be expressed in the collective. It is in this spirit that we have designed this event. You will experience these days on routes rich in varied landscapes and remarkable sites.

You will be accompanied throughout this journey by a team of volunteers at your service and listening to you.

We wish to offer a cycling event that guarantees the values at the origin of the cycloportive spirit. It is with you that we will be able to continue this adventure and it is through your confidence in our organisation that this event will remain a valued and recognised event.

The human approach to the event must be reinforced and the contact between organiser and participant is the necessary link for the success of this sporting event. It is your comments and suggestions that will enable us to optimise our approach in order to respond as precisely as possible to your wishes.

We are proposing a sporting challenge where each and every one of us will be able to situate ourselves and share with everyone through the challenges

"Finisher" and "Performer" challenges.

It is on this course of more than 450 kilometres and 9000 metres of ascent that you will have the satisfaction of having accomplished an exceptional journey.

The event will take place without priority of passage and we ask you to respect, at all points of the course, the highway code.

We invite you to enjoy the landscapes and to discover the Ain and Jura departments, from vineyards to fir trees, from lakes to forests, from valleys to coombs, and from the small mountains of Haut Bugey to the Jura mountain range.



*Philippe GINDRE
President of the Forestière association*

I would like to thank all the volunteers who will ensure the smooth running of this adventure, as well as our donors, sponsors and partners who are providing invaluable help in the organisation.

Finally, I would like to wish you all a great FOREST'CIME, convinced that we will rediscover the values of sportsmanship present in previous editions.

RUNNERS INFORMATIONS

Logistic

WITHDRAWAL OF RACE NUMBER PACKS :

- Thursday 27 June between 5pm and 7pm
- Friday 28 June between 7.30am and 9.15am
 - Departure at 9:30 am

PLACE :

Espace Loisirs d'Arbent

Avenue du général Andréa - 01100 Arbent

For those who have not sent their FFC, UFOLEP or FSGT licence or their medical certificate for competitive cycling, please send us the documents as soon as possible to the following address:
coordinateur@la-forestiere.com

Any person not presenting a licence or a medical certificate will not be able to participate in the Challenge Performer chronomètre and will have to fill in a discharge.

YOUR NUMBERED RUNNER'S BAG (BUNDLE) INCLUDES

- The official FOREST'CIME ROSTI jersey
- Your ID bracelet
- 1 set of luggage identification tags
- 1 race number with pins
- 1 frame plate (with chip)
- 3 "rislan" necklaces

Plate exemple FOREST'CIME



WHY DO YOU NEED ID BRACELET ?

The ID bracelet is a single-use identification bracelet that you must keep throughout the event. It identifies you during the event and allows you to retrieve your luggage, your bikes and to access the various activities of the organisation. It also allows you to collect your drinks.

All the logistics are provided by the FORESTIERE organisation. Your luggage will be identified with labels with your number and your name (2 pieces of luggage maximum - 20kg - 90L bag maximum). It will be transported by our teams to the accommodation.

After the first stage, your luggage will be collected on arrival at the accommodation site from the luggage manager in a specific secure room. It will have to be taken down to the same place on the next morning to be taken to the next accommodation. Sheets are included in your booking. You must bring your own personal toiletries.

Don't forget your towel and swimming costume for the wellness facilities (swimming pool, sauna, etc.).



EMERGENCY CALL : +33 (0)7 54 35 95 02

TECHNICAL ASSISTANCE NUMBER : +33 (0)6 86 06 48 17

EVENT MANAGER : +33 (0)6 75 19 05 86

On arrival, your bikes will be taken to a secure bike park and stored according to your ID bracelet number. You can only collect your bike the next morning in Bellecin after it has been stored for practical reasons.

In case of mechanical need, put it aside before storing it in the bike park. Bikes can be collected on presentation of your ID bracelet on Saturday and Sunday mornings from 7am (foot pumps will be available). If you wish, you can reuse your bag as a change bag which will be available at the end of the timed sectors and/or refreshment.

LUGGAGE INFORMATION

Maximum number of luggage per person: 2

Weight: 20 kg (90 L bag max)

You must attach your frame plate on the front of the handlebars, on which the chip is stuck, as below (do not attach it to the back of the bike, or wrap it around the front of the frame).

In the event of incorrect positioning, the timekeeper will not be held responsible and the runner will not be ranked in the Performance Challenge.



TECHNICAL ASSISTANCE

You must have a repair kit for the day (tubes, pump, patches...) in order to be autonomous.

However, in case of major repairs (broken wheel, chain...), an assistance car is at your disposal along the route.

TECHNICAL ASSISTANCE NUMBER: +33 (0)6 86 06 48 17.

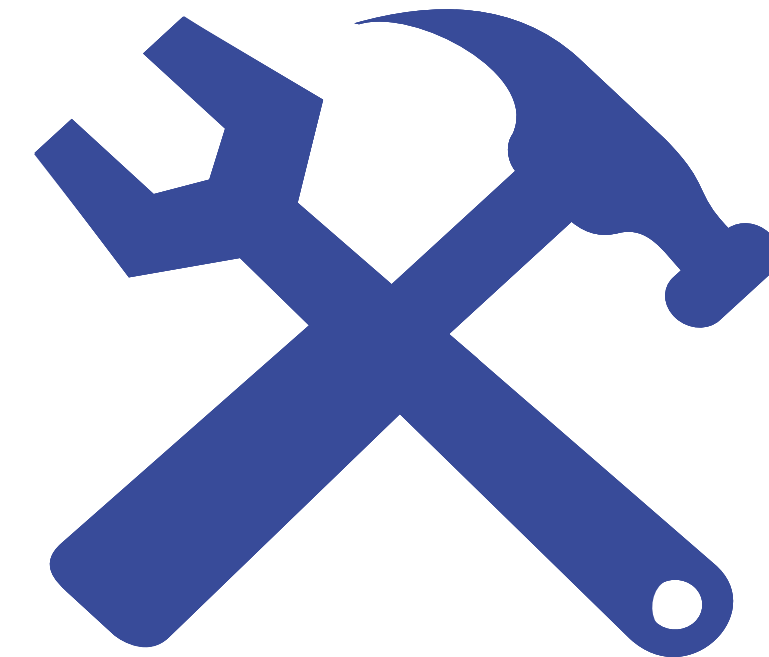
SUPPLY

There are three refreshment points on each stage (including food, Overstims energy drinks, syrup and water). Participants may be supplied by friends or family on foot along the route.

Any refuelling by a vehicle on the way, at the door, is strictly forbidden and the refuelled cyclist will be immediately disqualified by the organisation. Depending on the weather conditions and the difficulty of the stage, refreshments may be added.

SECURITY

Wearing a helmet is compulsory, you must respect the rules of the road and not throw rubbish on the road or you will be excluded from the event.



PERFORMER CHALLENGE



AGE CATEGORIES :

- C - 18-29 years
- D - 30-39 years
- E - 40-49 years
- F - 50-59 years
- G - 60+ years
- Women

The Challenge Performer rewards the best climber in the FOREST'CIME in each category. At each stage, a time is taken on a segment during a climb. A daily ranking is drawn up for each category. The leader in each category will be awarded a distinctive bib, which is compulsory for the next stage.

An overall classification is drawn up at the end of each stage for the various categories. The general individual time classification is obtained by adding together the times recorded by the timekeepers during all the stages. In the event of a tie in the general individual time classification, the places obtained in each stage are added together and, as a last resort, the place obtained in the last stage contested is used.

FINISHER CHALLENGE

All participants who complete the stages within the time limit will be awarded a Finisher's Trophy medal (time barrier set at an average of 15 km/h) and a diploma.

STEP 1 : Including the famous Culoz ascent of the Grand-Colombier

143km / 3 573mD+

The route begins with an ascent of the Haut Bugey plateaux in the Ain department, heading towards the magnificent Lac Genin. The route then takes riders up to the Plateau du Retord, with its awesome views and stunning forests, valleys and picturesque villages. The route continues through the Ain mountains towards the Grand Colombier, the day's main challenge with its 17km climb and an average gradient of 7.2%. It is now an iconic climb and is the Challenge Performer timed section for this first stage. After crossing the Haut Valromey, riders will reach the Plateau d'Hauteville and our overnight accommodation via the Col de la Rochette.

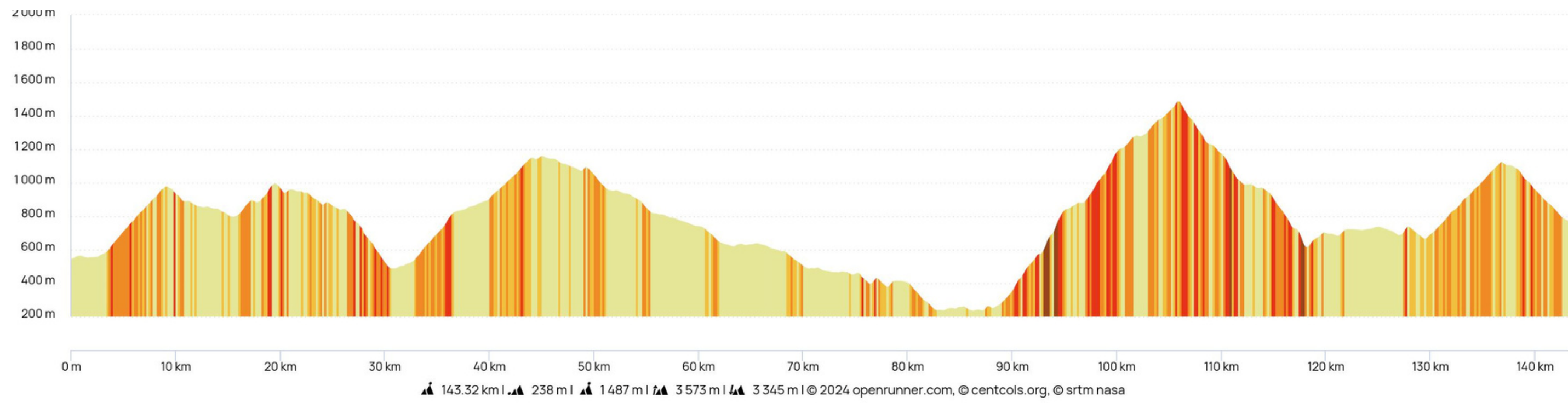
Main features of stage 1 :

- Departure from Arbent on Friday 28 June at 9.30 am
- 143km
- 3,573m of positive altitude difference and 3,345m of negative altitude difference
- 3 full refreshment points on the course:
 - Le Poizat km 38
 - Talissieu km 81
 - Grand Colombier km 120 / Lochieu km125

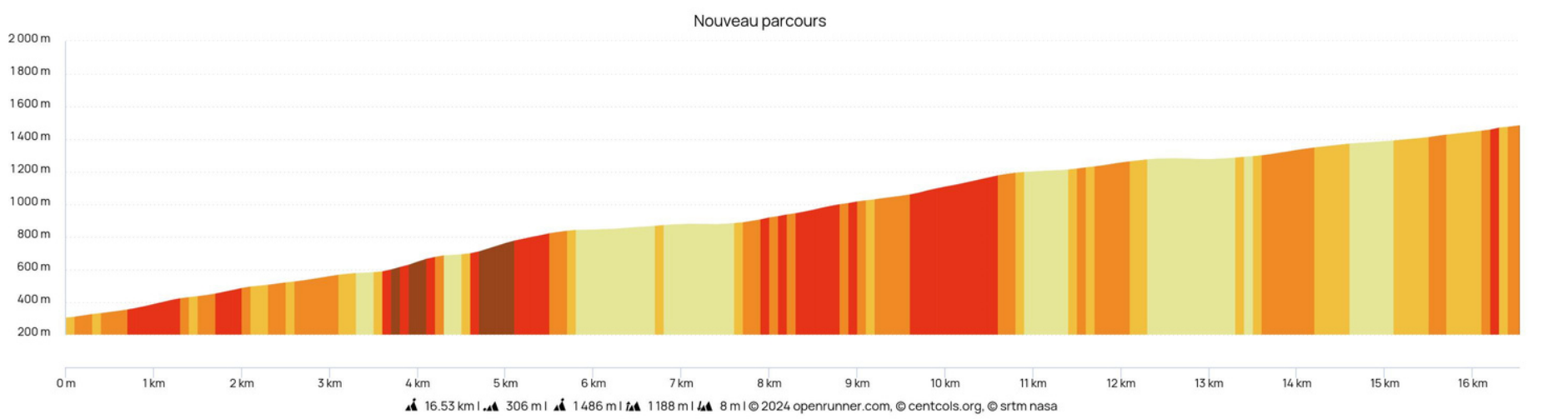
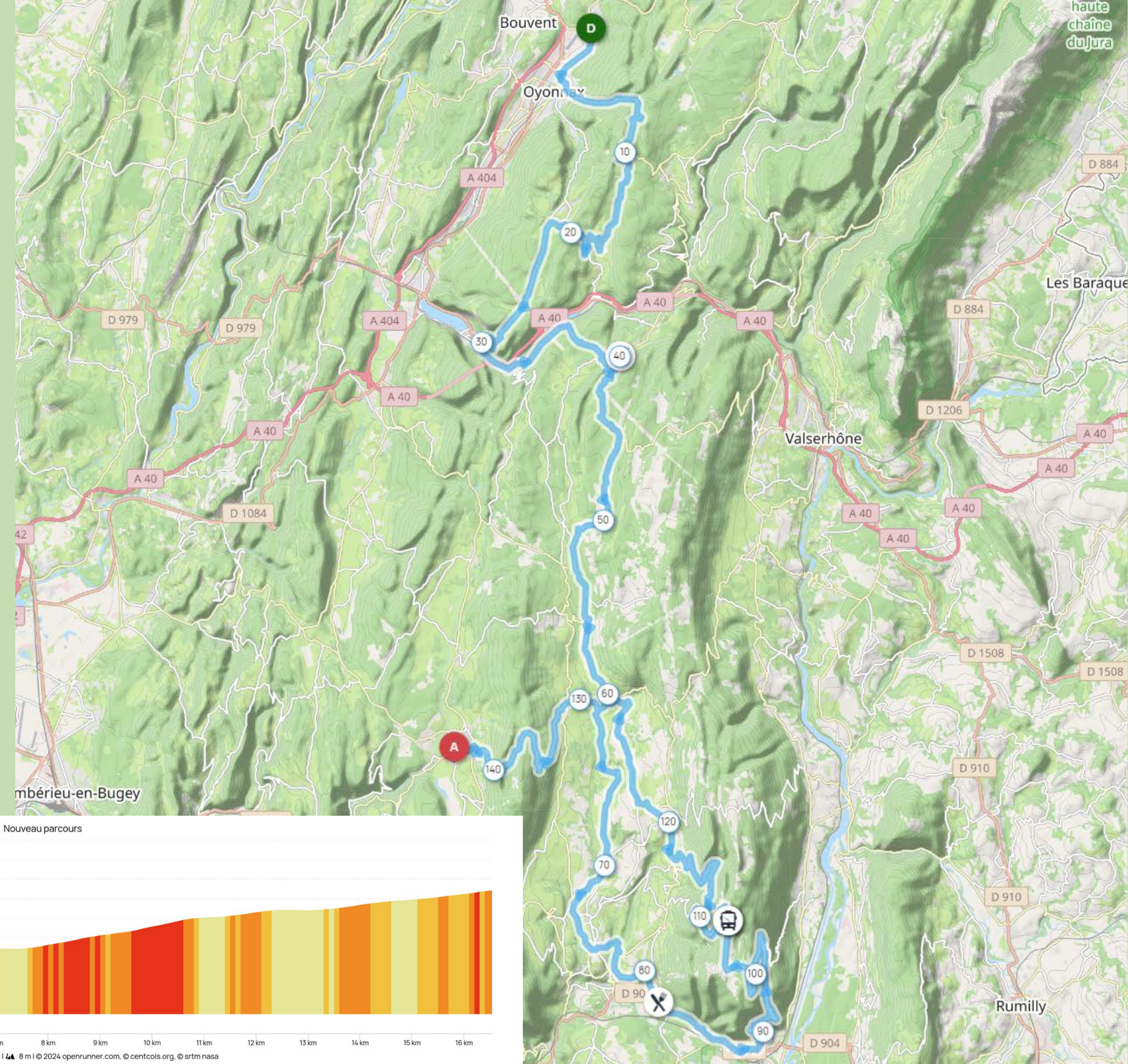
Timed sector of stage 1:

- Col du Grand Colombier
- Start: km 97
- Distance : 17km
- Difference in altitude: 1188m

General Route :



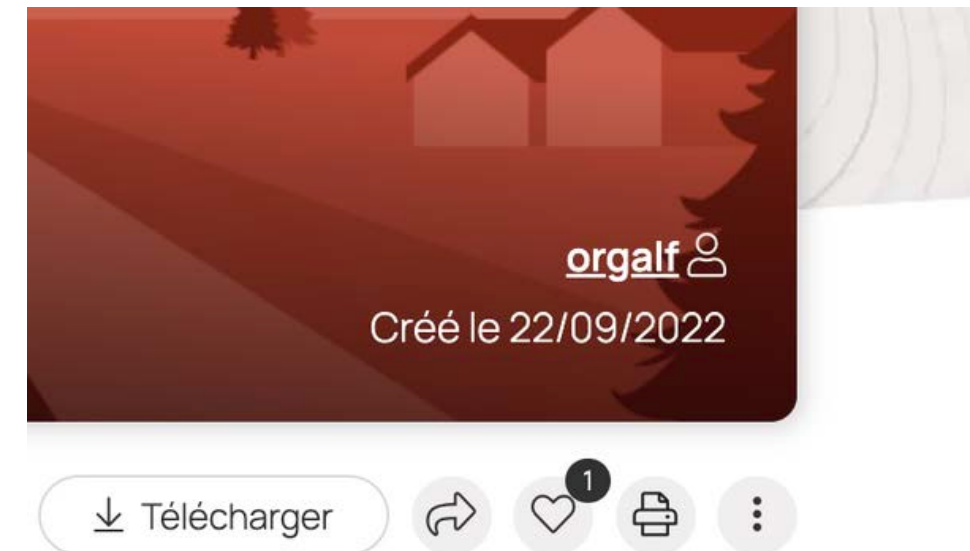
Chrono Route :



STEP 1 : Including the famous Culoz ascent of the Grand-Colombier

Link GPX

To get the GPX link, just scan the QR Code.
You will then arrive on the Open Runner page with the route.
You will then find a small 'Download' tab.
Choose "GPX" and your link will be obtained.

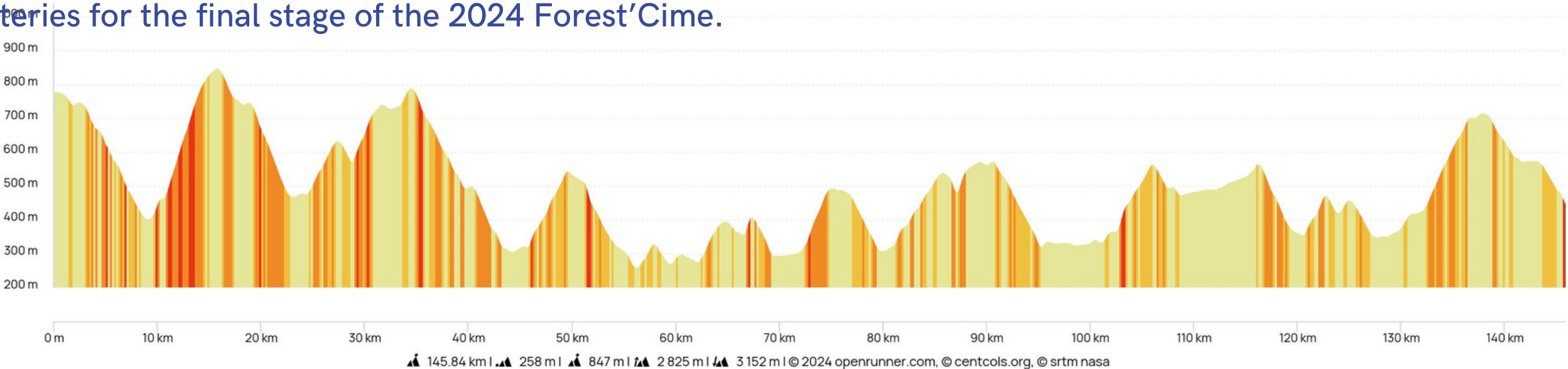


STEP 2: Cycling in the Ain valley and the Jura mountains

146km / 2 852mD+

ATTENTION MANDATORY WEARING OF THE FOREST'CIME JERSEY FOR THIS STAGE!!!

Today's stage starts at the BOOST ATHLETE's CENTER on the Plateau d'Hauteville and heads initially in the direction of the Lower Bugey and the gem of a village of Cerdon, which is well known for its sparkling wine and also as a hotbed of French Resistance for the Ain Maquis during the Second World War. But before stopping at the Cerdon feed station, riders will face the Chanay climb with its 13% gradient as from KM10. This first timed section is over a distance of 5.5km and counts towards the Challenge Performer classification. Riders then cross the magnificent Ain valley before taking to the small mountain roads to reach the Suran valley. At kilometre 105, riders will officially enter the Jura National Park via the village of Aromas to reach the village of Valzin en Petite Montagne, including the Montadroit (meaning vertical climb) ascent on the programme, which is the scene of the stage's second time section. The stage culminates at the magnificent Bellecin sports centre on the shores of Lake Vouglans and its emerald, green waters. Bellecin is a sports training centre and, more specifically, the national training centre for the French rowing team. It's the perfect place to relax, recuperate and recharge your batteries for the final stage of the 2024 Forest'Cime.



Main features of stage 2 :

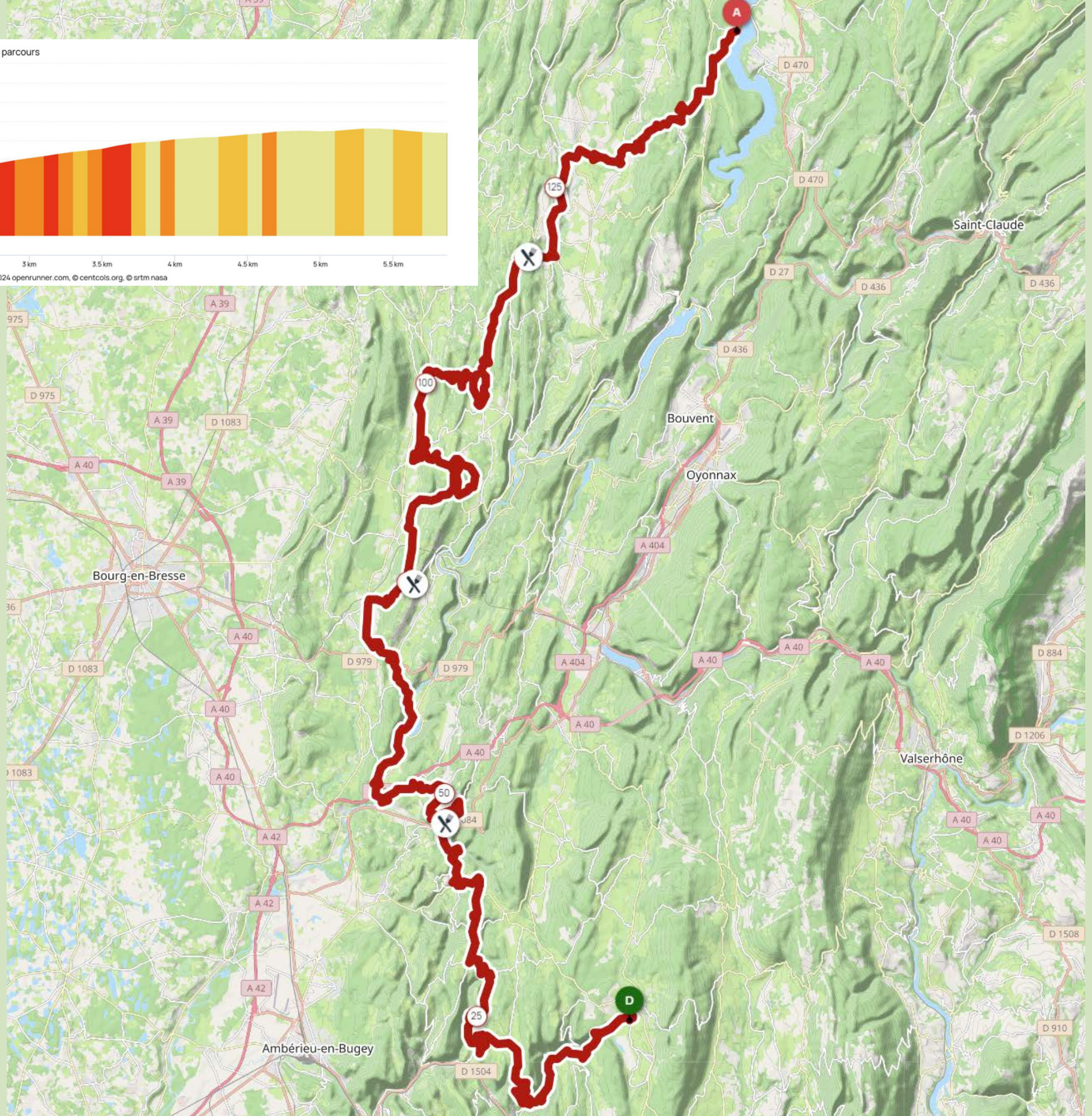
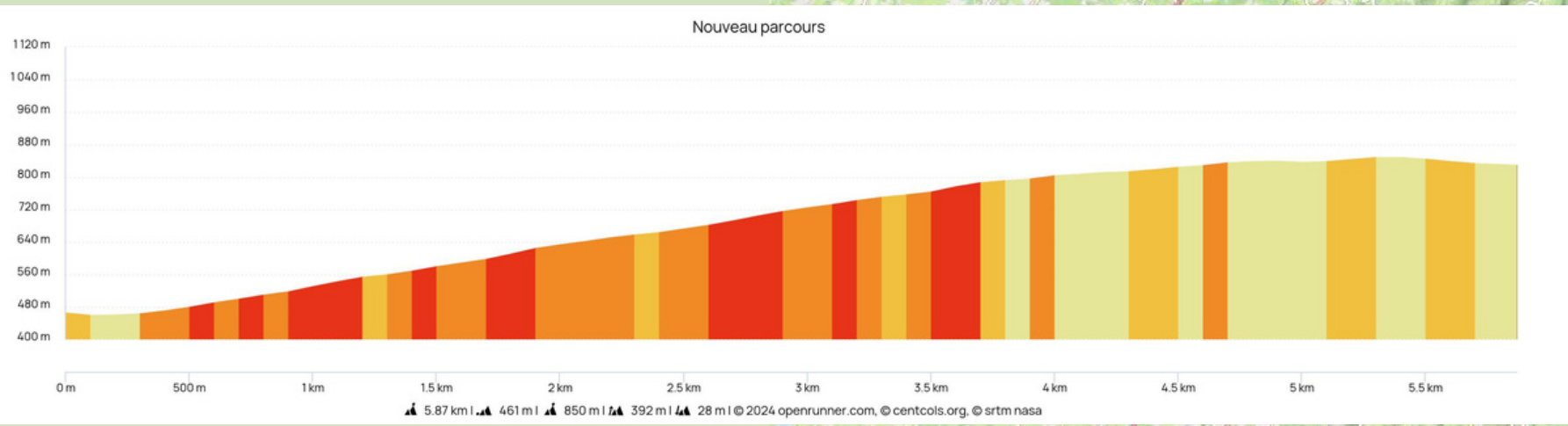
- Start from Plateau d'Hauteville on Saturday 29 June at 8am
- 146Km
- 2,852m of positive altitude difference and 3,199m of negative altitude difference
- 3 full refreshment points on the course:
 - Village de Cerdon km 45
 - Village de Banchin km 79
 - Village de Valfin sur Valouse km 120

Timed sector of stage 2 :

- | | |
|-------------------------------|-------------------------------|
| • Grimpée de Chanay | • Grimpée de Montadroit |
| • Start : Km 10,5 | • Start : Km 131,5 |
| • Distance : 5,5 km | • Distance : 6,2km |
| • Difference in height : 392m | • Difference in height : 293m |

General Route :





Chrono Route :



STEP 2: Cycling in the Ain valley and the Jura mountains

Link GPX

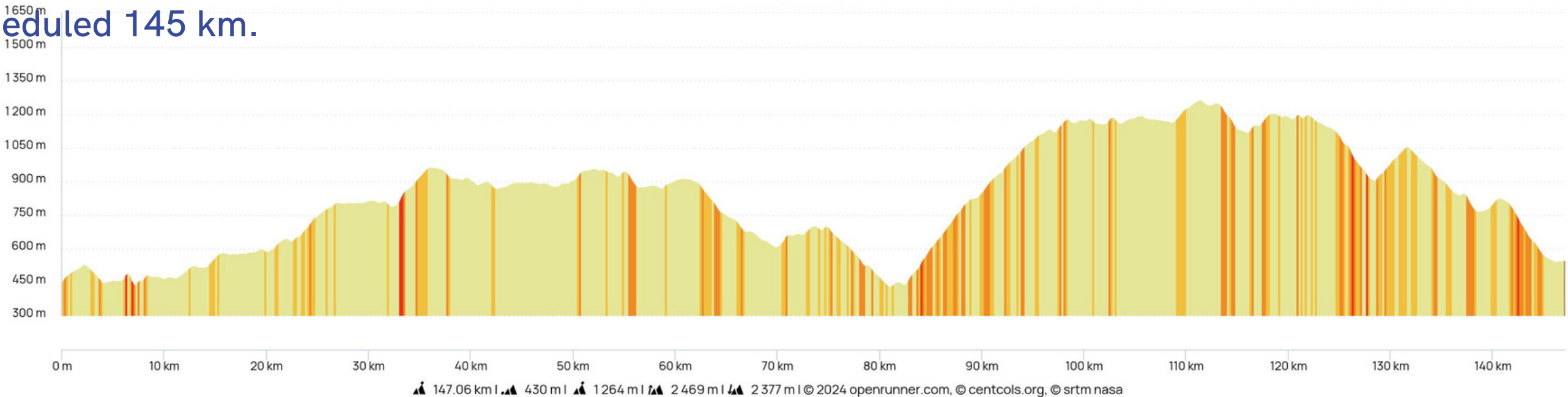
To get the GPX link, just scan the QR Code.
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STAGE 3: Welcome to the Upper-Jura Natural Park

134km / 2 454m D+

For the 3rd and final stage of the 2024 Forest'Cime, the peloton will follow the banks of Lac de Vouglans to the village of Meussia, the start of the stage's timed section. The 7.8km climb has a maximum gradient of 7%. Riders will then take in the Upper Nanchez comb before the first feed station on the shores of the mountain lake at Abbaye en Grandvaux. From there, riders will move on to Saint-Claude via a small forest road taking in the village de Cuttura. From the capital of the Upper Jura, riders will then climb the 15km-long Chaumons ascent to the village of Lamoura, the final feed station of the day, before the run to the finish in Arbent. Crossing the Upper Jura valleys via the villages of Lajoux, Les Moussières and Les Bouchoux, riders will then quit the Jura for the Ain at the summit of the Col de la Serra, before returning to the event start point 3-days earlier, the "Espace Loisirs" Leisue Centre in Arbent. For those who don't feel up to covering all 145 kms of the third and final stage, there's a short cut via the Col de la Serra from Saint-Claude for in total 111 km instead of the scheduled 145 km.



Main features of stage 2 :

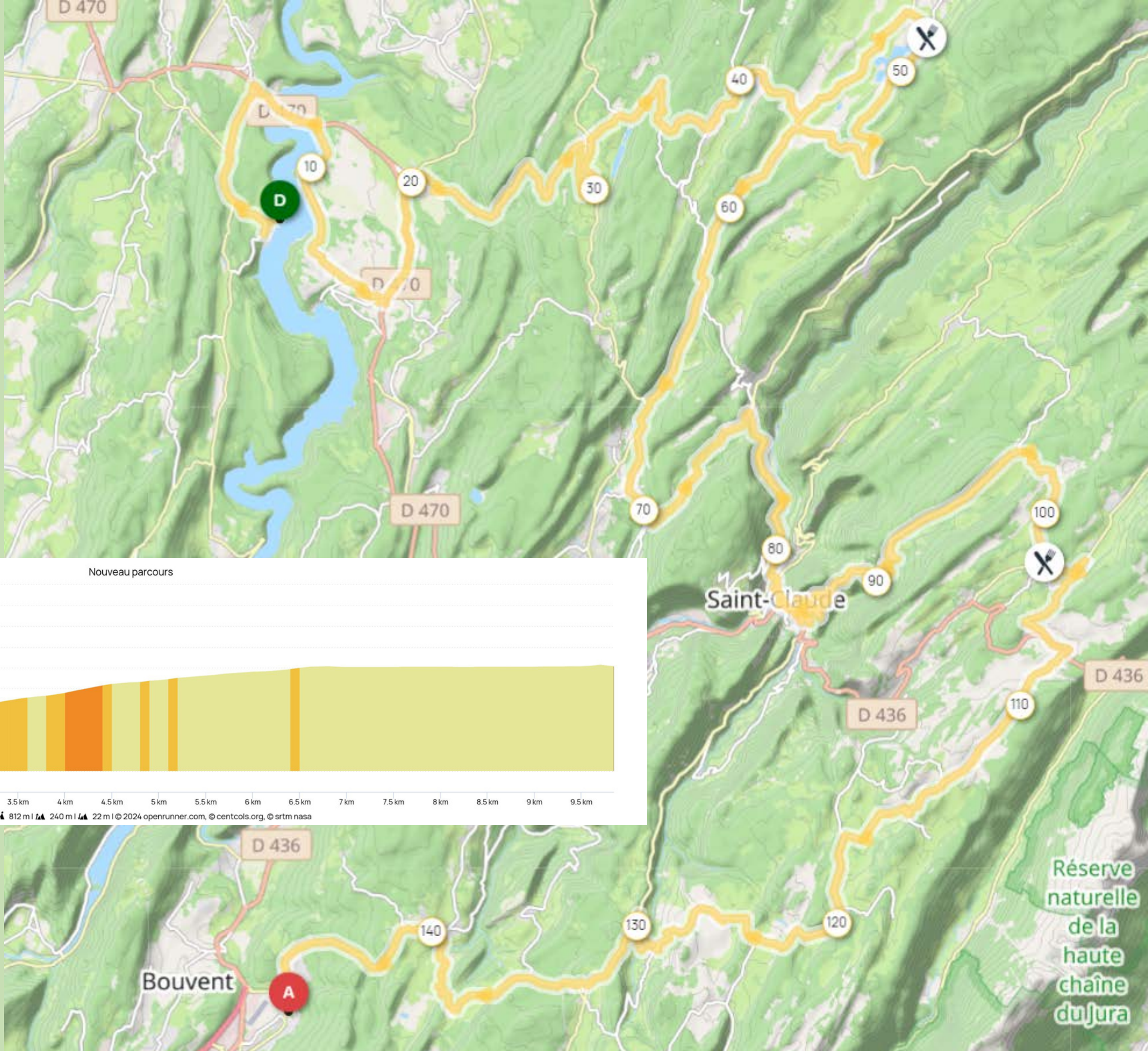
- Departure from Bellecin on Sunday 25 June at 8am
- 134km
- 2,454m of positive / 2,362m of negative altitude difference
- 3 full refreshment points on the course:
 - Lac de l'Abbaye en Grand Vaux km 49
 - Lamoura km 99

Timed sector of stage 2 :

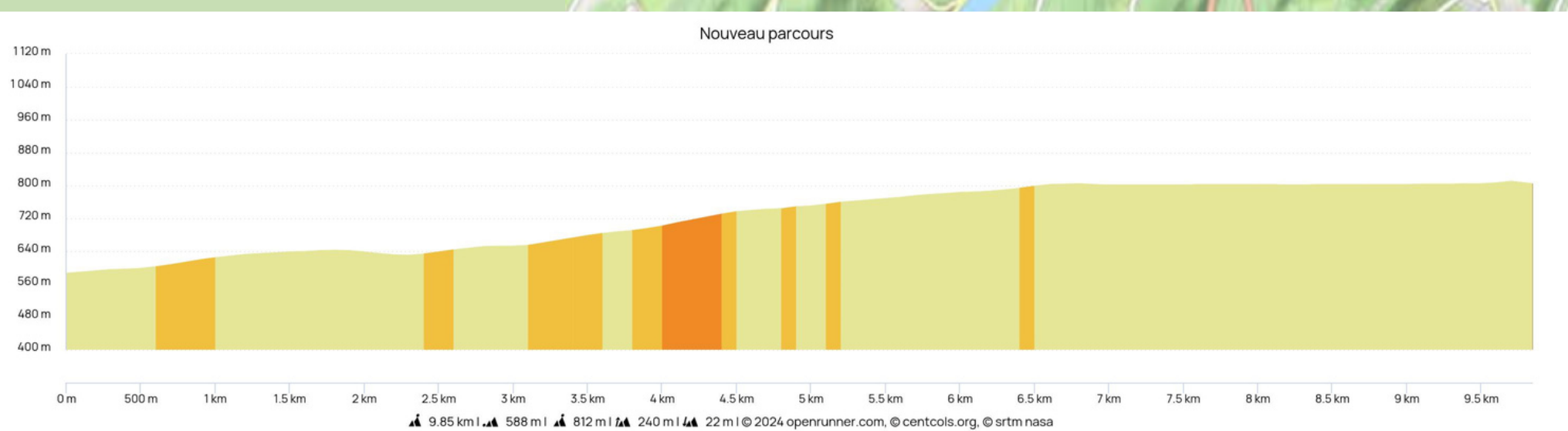
- Serge Vernier
- Start : Km 20
- Distance : 9,8 km
- Difference in altitude : 240m

General Route :





Chrono Route :



STAGE 3: Welcome to the Upper-Jura Natural Park

Link GPX

To get the GPX link, just scan the QR Code.
You will then arrive on the Open Runner page with the route.
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Choose "GPX" and your link will be obtained.



ACCOMMODATION - MEALS



The Bellecin sports centre welcomes us for the night from friday to Saturday on the Plateau d'Hauteville.
On site, you will have access to your rooms, to the secured bike park and to the relaxation area (indoor pool, recovery trail).
For this first night, massages are 25€ extra and must be booked before **16 June**.

SCHEDULES :

ADRESSE :

PAID MASSAGE OPTION
REGISTRATION REQUIRED



Meal :

From 7pm to 8:30pm

Complexe Sportif

d'Hauteville-Lompnes

185 Chemin des Lesines

01110 Plateau d'Hauteville

Tel : 04 74 40 00 54

Briefing and handing over
of the distinctive bibs:

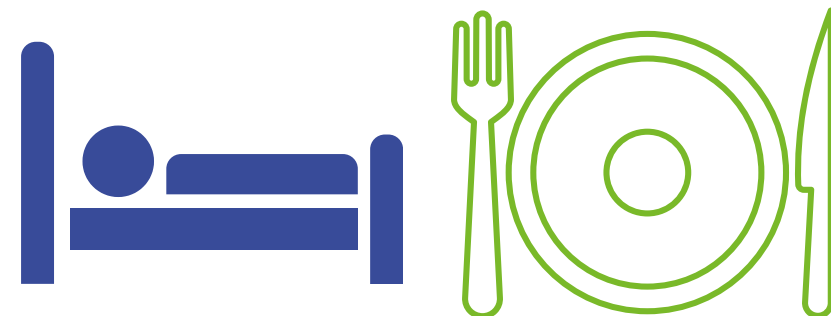
From 8:30pm

BreakFast :

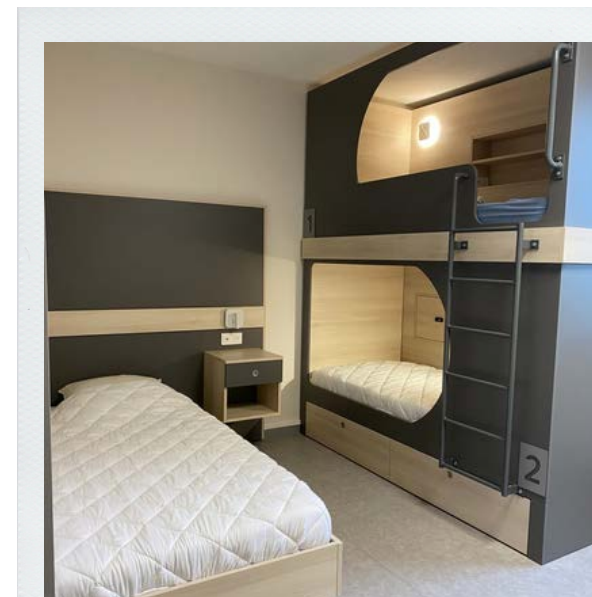
From **6am to 7am**

Collection of the bikes :

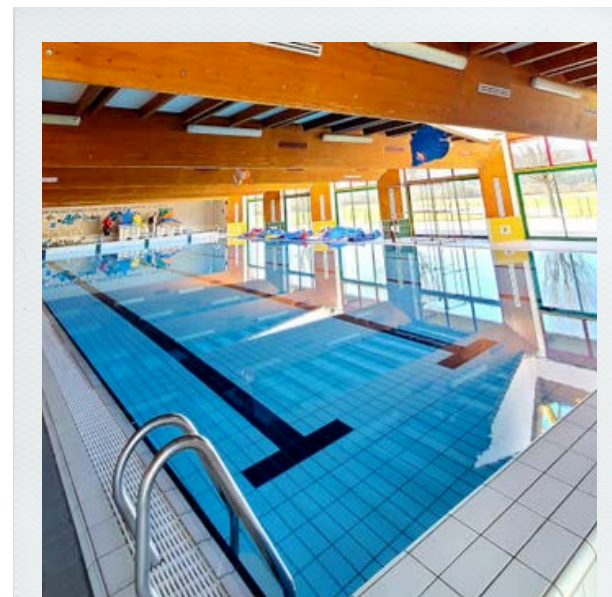
From 7am



BOOST CENTER



Rooms



Swimming Pool

ACCOMMODATION - MEALS



SATURDAY

The Bellecin sports centre welcomes us for the second night.

On site, you will have access to your rooms, to the secured bike park and to the relaxation area (massages, sauna, jacuzzi, outdoor swimming pool, lake and cold bath).

SCHEDULES :

ADRESSE :

Meal :

From 7pm to 8:30pm

Lieu-dit Base de Bellecin

39270 Orgelet

Briefing and handing over
of the distinctive bibs:

From 8:30pm

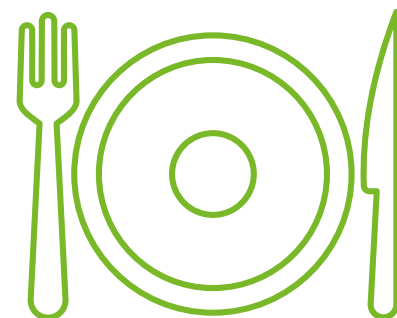
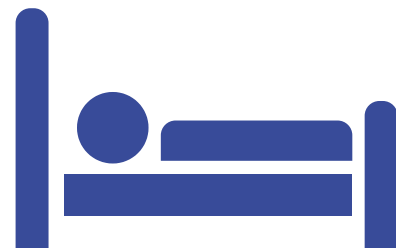
Tel : 03 84 25 41 37

BreakFast :

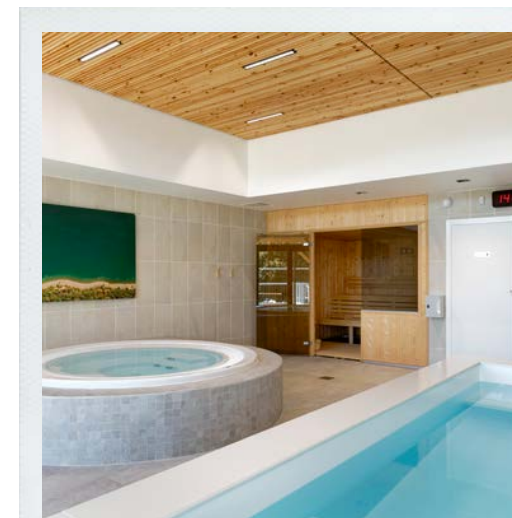
From 6am to 7am

Collection of the bikes :

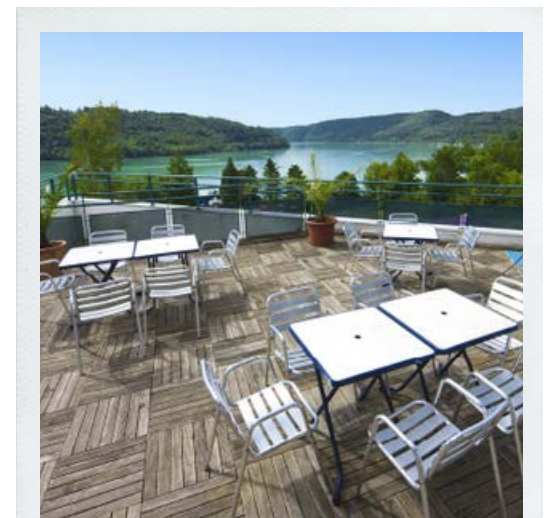
From 7am



CENTRE BELLECIN



Badge access: 30min/day



Lac de Vouglans

FOREST'CIME 2023 COLLECTOR'S JERSEY

Available to all participants and **mandatory** for STEP 2.

Shirt: 69€

Shorts: 79€

Find our collection on :

<https://boutique.la-forestiere.com/>

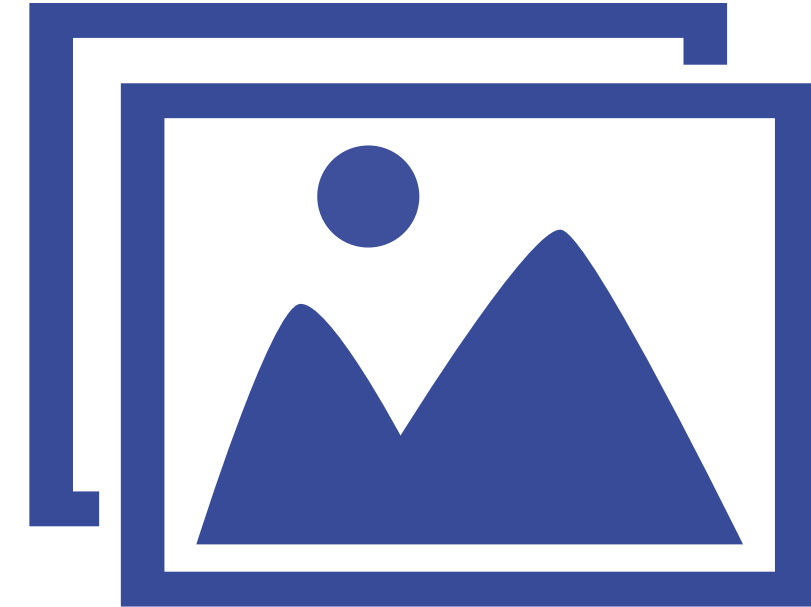


IMAGE RIGHTS

The organisation takes photos and videos during the stages and makes them available on the Facebook of the FORESTIÈRE

(more information on image rights in the rules, articles 10 and 11 of LA FOREST'CIME .

<https://www.la-forestiere.com/forestcime/>



RIDERS LISTS AND RESULT

LINK LIST OF RIDERS

LINK RESULT YAKACHRONO

LINK RIDER DIPLOMA



HAPPY FOREST'CIME TO ALL
THANK'S TO THE VOLUNTEERS

