

ROAD BOOK



23/24/25
june
2023

Raid Cyclo
900D+ / 450KM



Welcome to the 9th 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 INFORMATION

Logistic

WITHDRAWAL OF RACE NUMBER PACKS :

- Thursday 22 June between 5pm and 7pm
- Friday 23 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: communication@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
- 3 stage profile stickers

Plate exemple FOREST'CIME



Plate exemple FOREST'CIME DAY



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 morning of the third stage to be brought back on arrival. 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.) at your Bellecin site.



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

TECHNICAL ASSISTANCE NUMBER : +33 (06) 30 02 86 21

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 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.

LUGGAGE INFORMATION

Maximum number of luggage per person: 2

Weight: 20 kg (90 L bag max)

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



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)6.30.02.86.21.

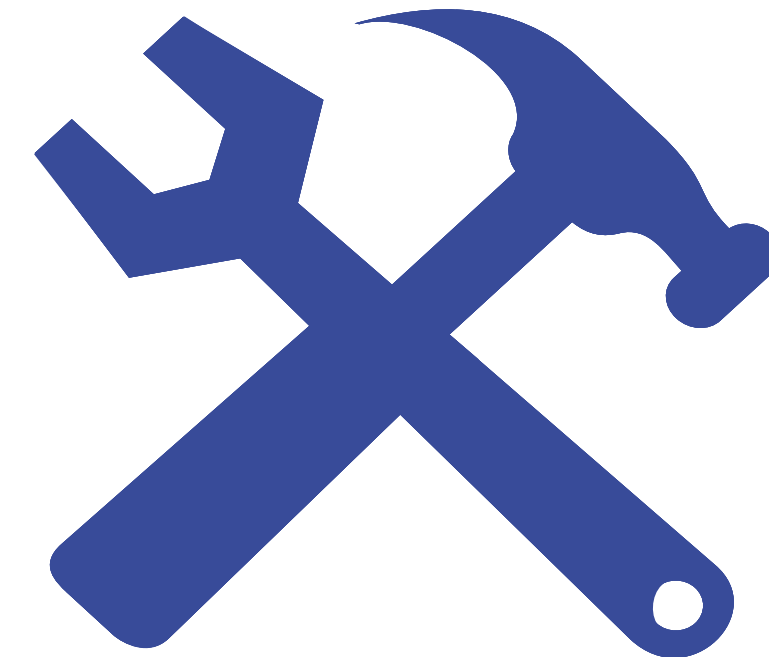
SUPPLY

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 : Walk on the Monts-Jura

160km / 3 389D+

After leaving the Plastics Valley from the Espace Loisirs d'Arbent (01), the route begins with a climb up the high Jura hills. The Haut Jura is an ideal area for cycling, with its magnificent forests, lakes and picturesque villages. The tour continues through the Ain Mountains towards the Col de Menthrières, before reaching the capital of the Haut-Jura, Saint Claude. We then continue on to the small mountain town of Moirans-en-Montagne, capital of the toy industry. This route winds its way through the Emerald Land, surrounded by lakes, mountains and rivers that are a delight to cycloportifs. The tour ends on the banks of Lac de Vouglans at the Bellecin water sports centre, "your base camp". A genuine seaside resort, Bellecin is a sports training centre and, more specifically, the national training centre for the French rowing team.

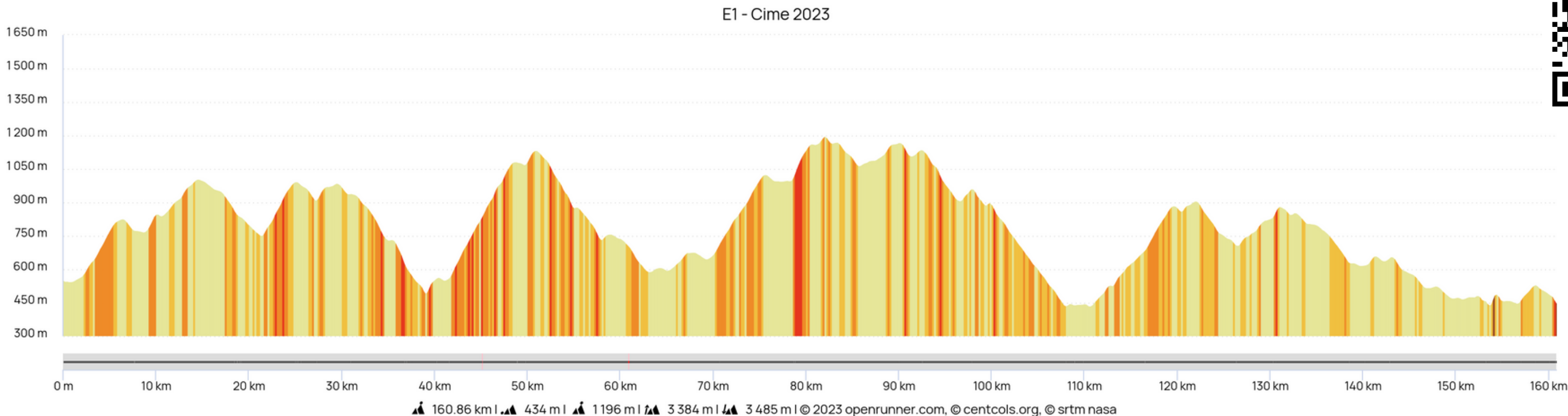
Main features of stage 1 :

- Departure from Arbent on Friday 23 June at 9.30 am
- 160km
- 3,389m of positive altitude difference and 3,491m of negative altitude difference
- 3 full refreshment points on the course:
 - Menthrières km 49
 - La Pesse km 90
 - Les Crozets km 130

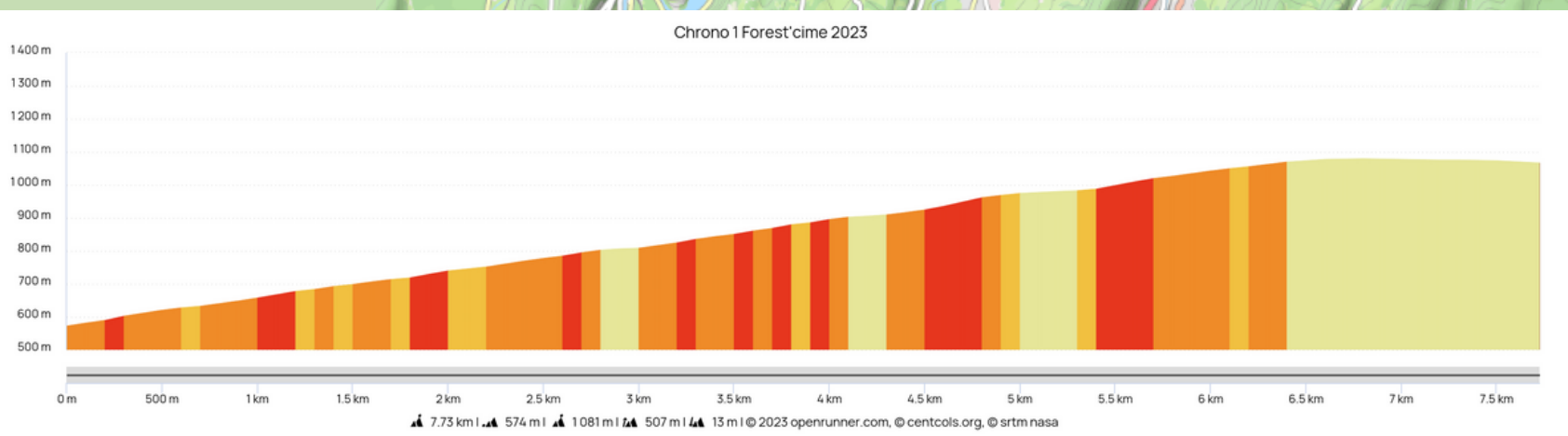
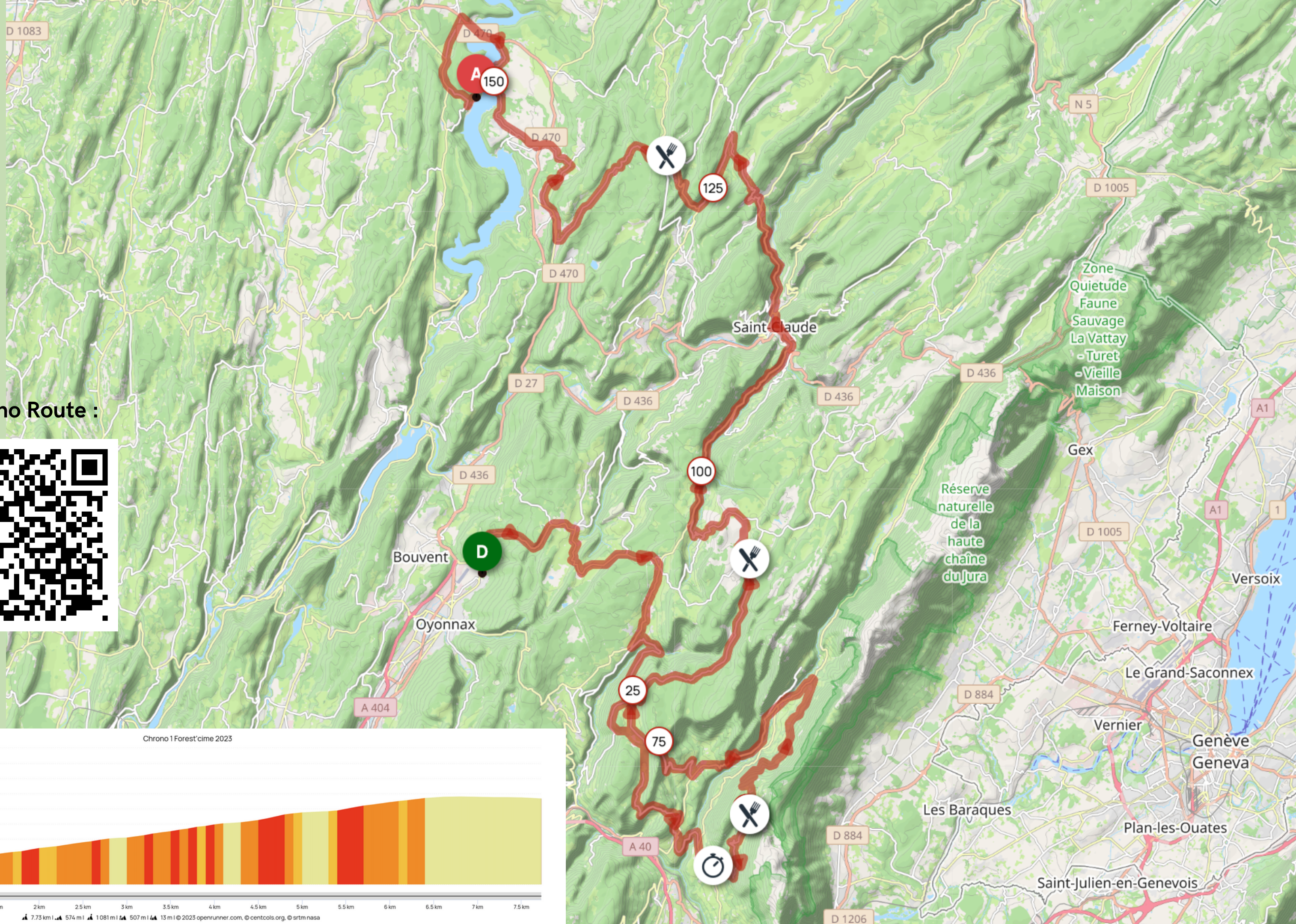
Timed sector of stage 1:

- Côte de Menthrières
- Start: km 42
- Distance : 7,73km
- Difference in altitude: 507m

General Route :



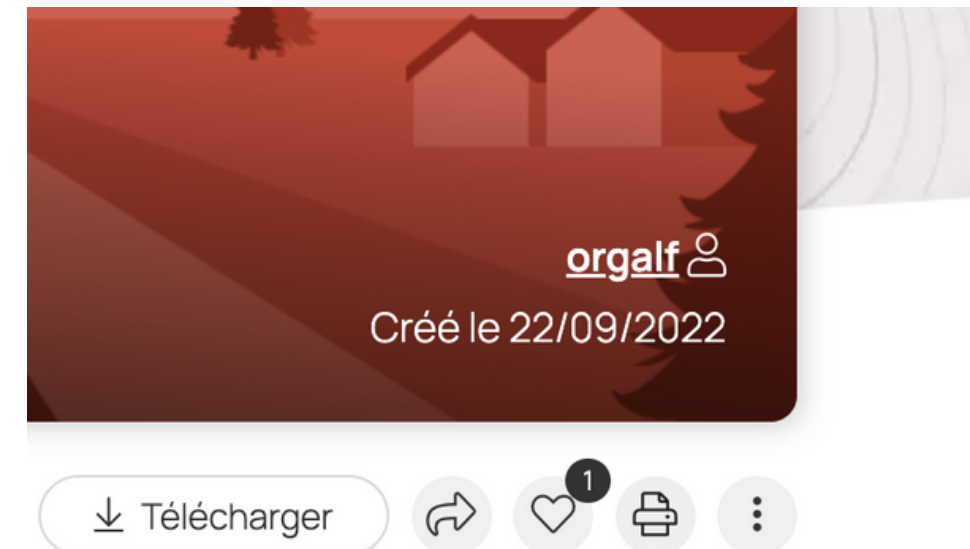
Chrono Route :



STEP 1 : Walk on the Monts-Jura

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: Journey to the land of Pasteur and yellow wine

165km / 2 444D+

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

Today's new route starts at the Bellecin water sports centre and winds its way up the River Ain and along the L'Heute coast towards Salins-les-Bains. This village is renowned for its UNESCO-listed Grande Saline and its magnificent Citadelle, built in 1670 by Vauban. We continue our journey towards Arbois, a charming village and gastronomic mecca where Louis Pasteur's house is also located. In the heart of the vineyards, where the vin jaune flows freely, we will discover the most beautiful villages in France, Baume-les-Messieurs and Château Chalon. The glacial retreats of Baume-les-Messieurs are deep, narrow valleys lined with cliffs, an ideal playground for puncheurs and climbers. We'll reach Bellecin on a real cycling road trip across the first plateau of the Jura.

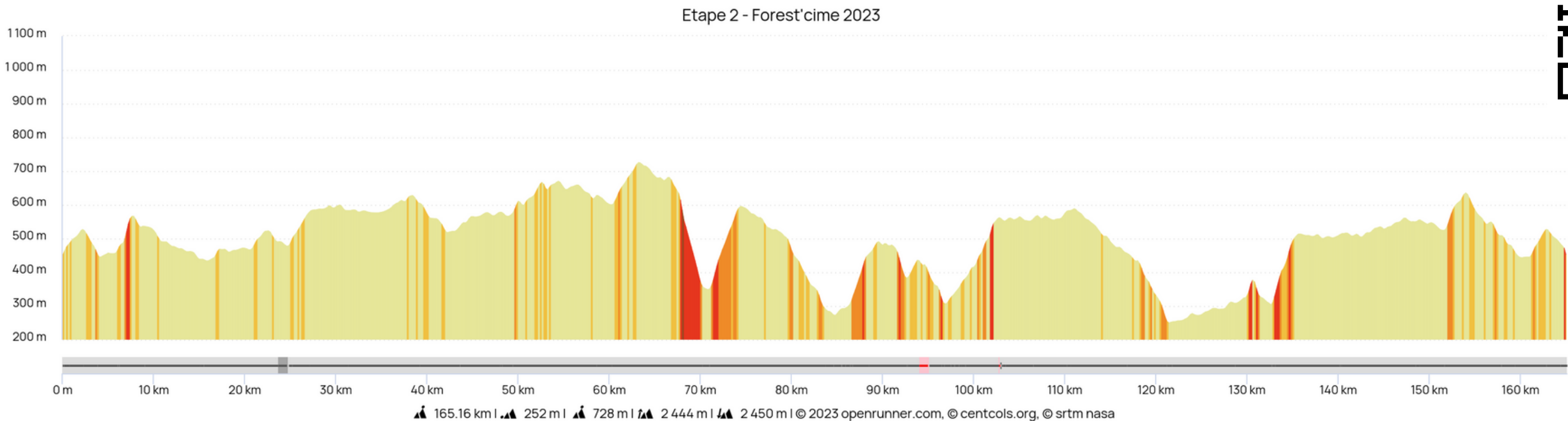
Main features of stage 2 :

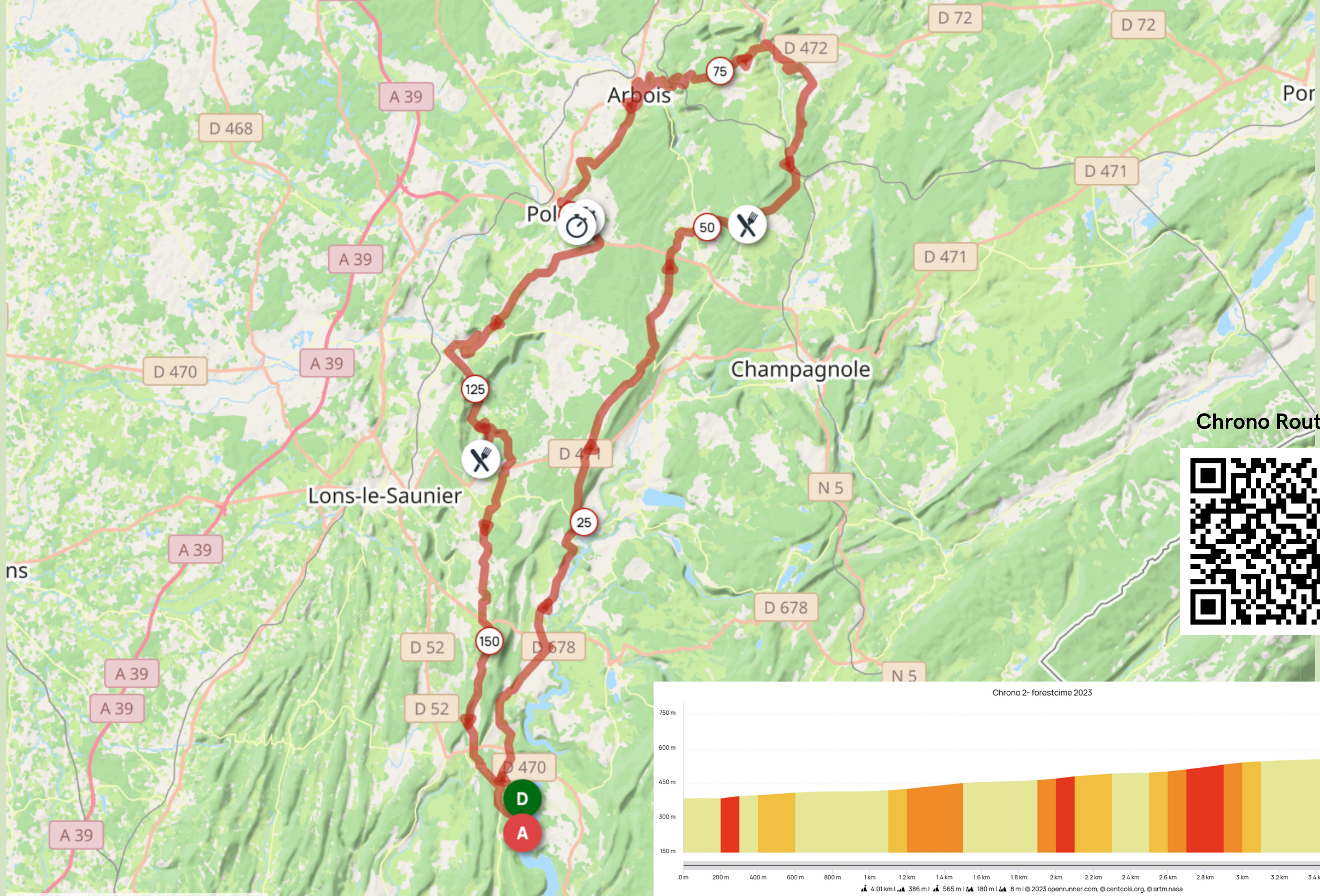
- Start from Bellecin on Saturday 24 June at 8am
- 165Km
- 2,444m of positive altitude difference and 2,450m of negative altitude difference
- 3 full refreshment points on the course:
 - Valempoulières km 54
 - Domaine Foret Arbois km 85 (Jura wine tasting)
 - Cascade des Tufts, Baume-les-Messieurs km 131

Timed sector of stage 2 :

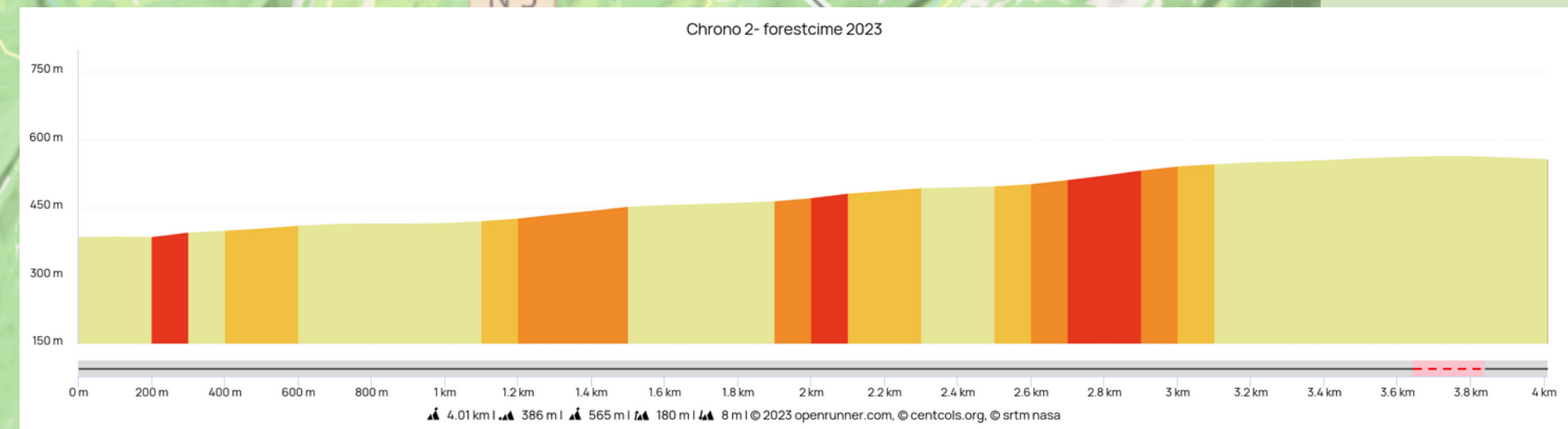
- Vaux-sur-Poligny - Climb of Chamole
- Start : Km 99
- Distance : 4,01km
- Difference in height : 180m

General Route :





Chrono Route :



STEP 2: Journey to the land of Pasteur and yellow wine

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STAGE 3: Attacking the Mountains and Castles

134km / 2 612D+

For this 3rd and final leg, we'll be exploring the châteaux of the Jura and Ain. We'll be taking the road to the small mountain in the extreme south of the Jura department, bordering the Ain department. We'll pass the foot of the Château de Cressia, before stopping for our first refreshment at the Convent of Châtel. We continue towards the château de Chevreux. Then on to the village of Vosbles for the last refreshment of the day. Finally, we finish this stage by passing the Château de Cornod, before reaching Arbent via the Col de Matafelon and then the Col d'Arfontaine.

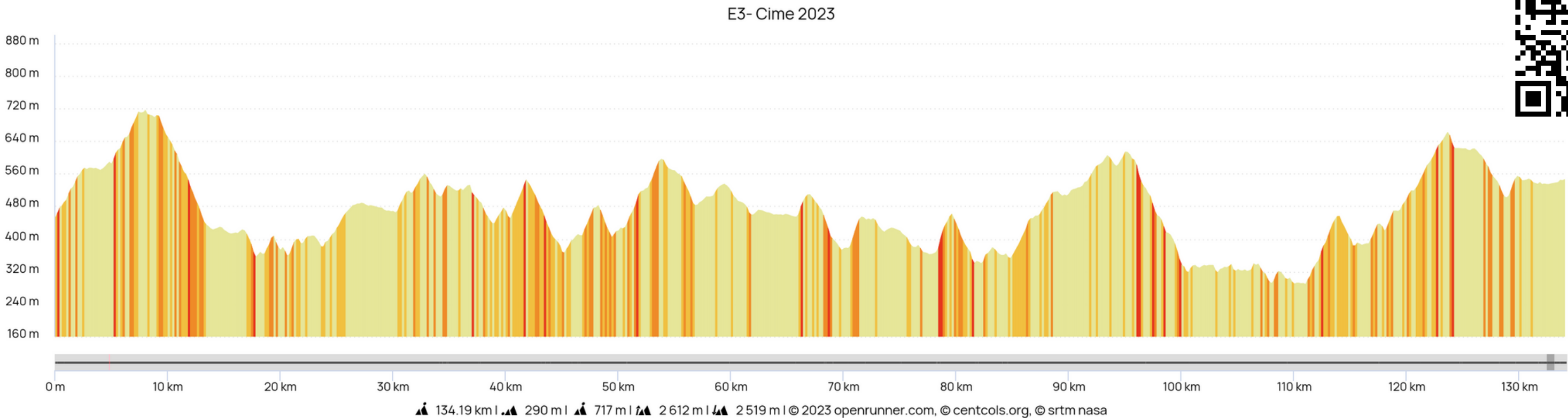
Main features of stage 2 :

- Departure from Bellecin on Sunday 25 June at 8am
- 134km
- 2,612m of positive / 2,519m of negative altitude difference
- 3 full refreshment points on the course:
 - Couvent de Châtel km 49
 - Vosbles km 96

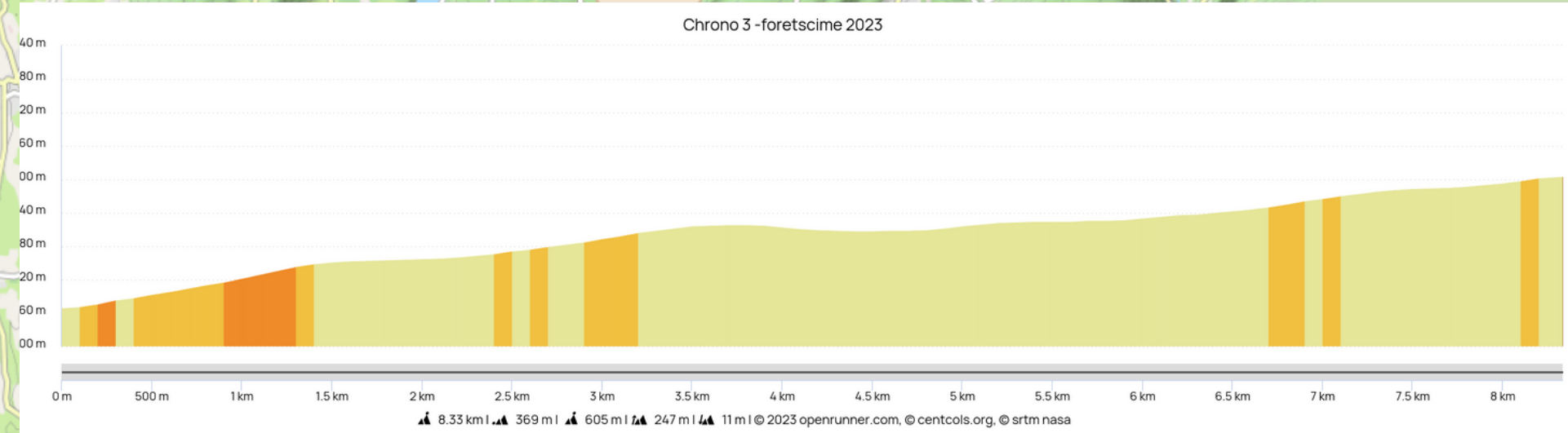
Timed sector of stage 2 :

- Montagna-le-Templier
- Start : Km 85
- Distance : 8,33km
- Difference in altitude : 247m

General Route :



Chrono Route :



STAGE 3: Attacking the Mountains and Castles

Link GPX

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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.



ACCOMMODATION - MEALS

The Bellecin sports centre welcomes us for the two nights of the event.

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

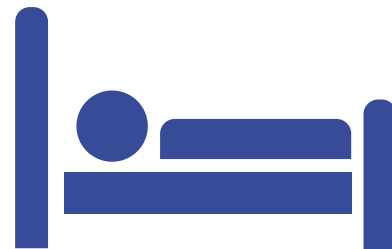
SCHEDULES :

Meal :

From 7pm to 8:30pm

Place called Base de Bellecin
39270 Orgelet

Number : 03 84 25 41 37



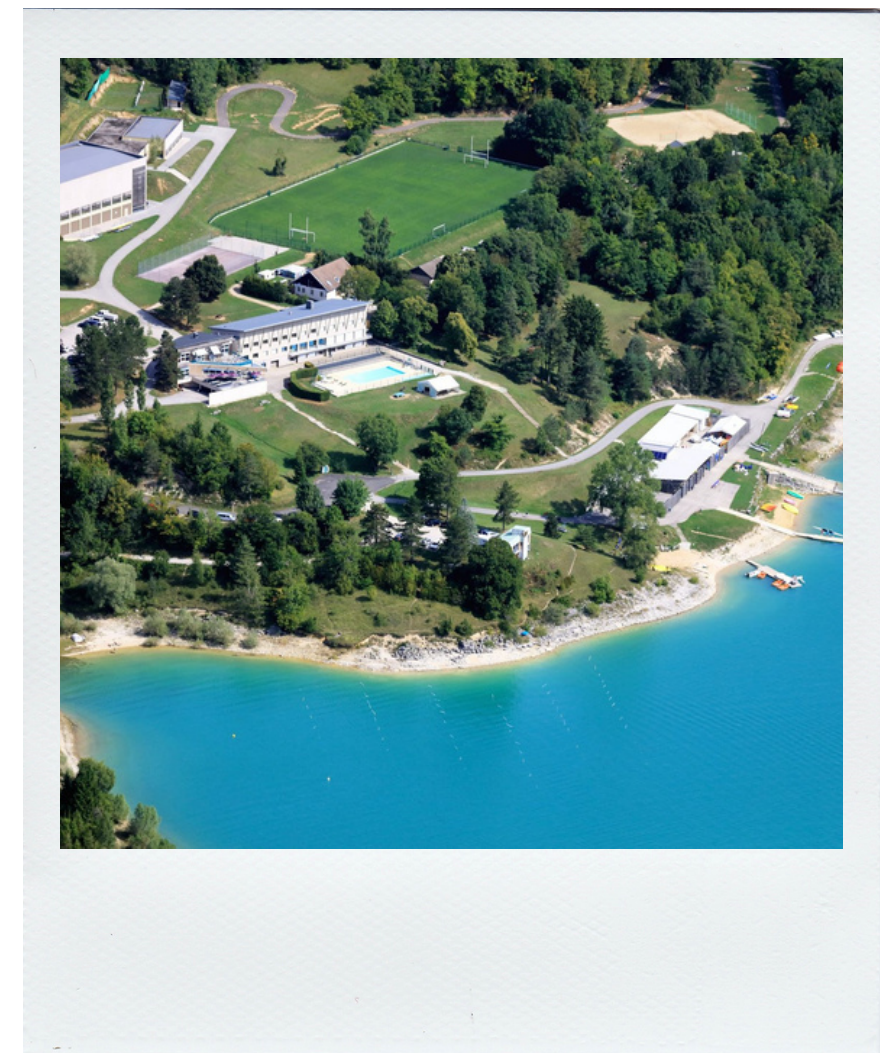
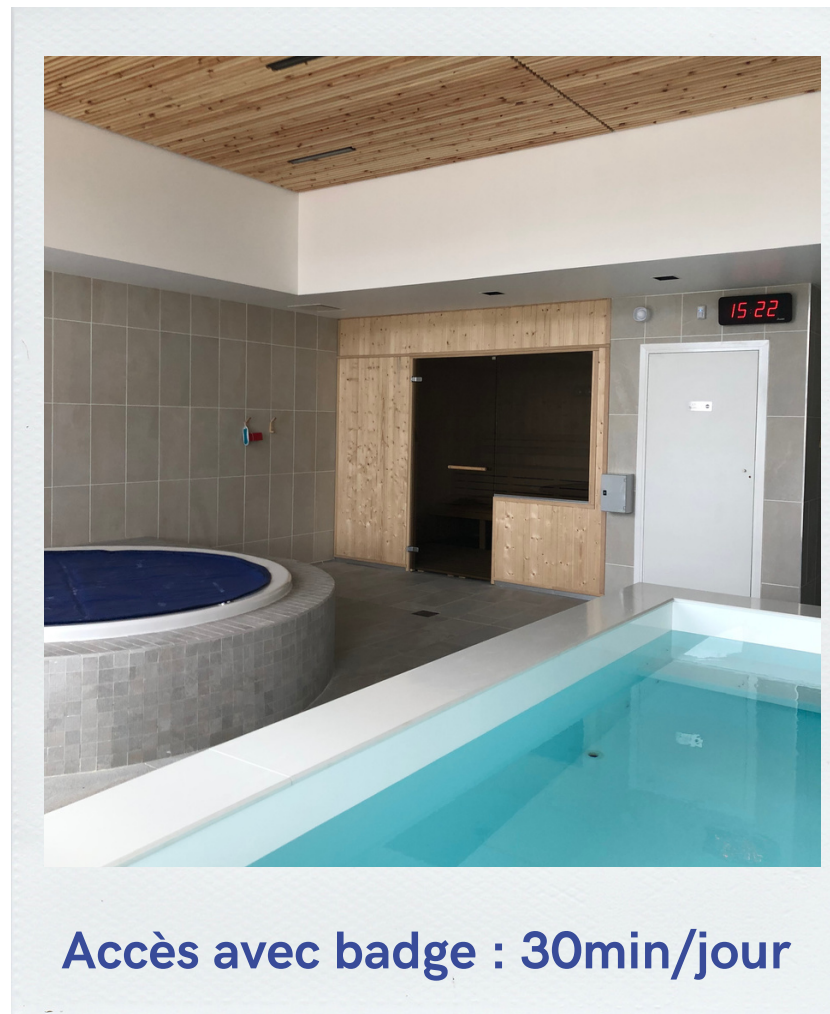
BreakFast :

From 6am to 7am



Collection of the bikes :
From 7am

ADRESS :



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/>

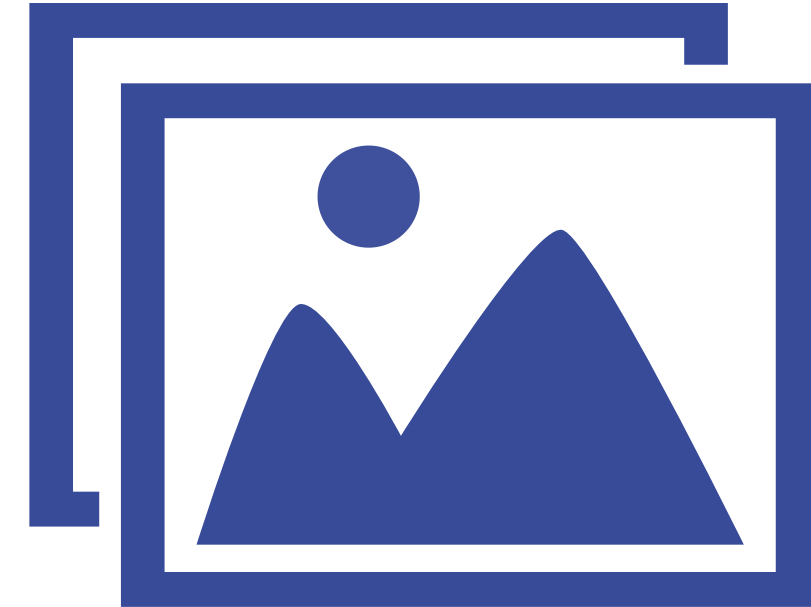


IMAGE RIGHTS

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

