

# ROAD BOOK



FOREST'CIME - RAID CYCLO

2022  
24-25-26 JUIN  
2022

450KM / D+ 9000M



[WWW.FORESTCIME.COM](http://WWW.FORESTCIME.COM)

Welcome to the 8th edition of La FOREST'CIME managed and run by the association LA FORESTIERE.

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 cyclo sportive 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 will be able to

situate themselves and share with everyone through the «Finischer» and «Performer» challenges. It is on this course of more than 400 kilometres and 9000 metres of ascent that you will have the satisfaction of having accomplished an exceptional journey. The event takes place

The event takes place without priority of passage and we ask you to respect the highway code at all points of the route. We invite you to enjoy the landscapes and to discover the Ain and Jura regions, from the vineyards to the fir trees, from the lakes to the forests, from the valleys to the valleys, and from the small mountains of the Haut Bugey to the Jura mountain range.

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 provide valuable help in the organisation.

Finally, I would like to wish you all a great FOREST'CIME 2022, convinced that we will rediscover the values of sportsmanship present in previous editions.



**Philippe GINDRE**  
President of the Forestière Association

# RUNNER INFORMATION

---

## Logistics

### WITHDRAWAL OF RACE NUMBER PACKS :

Thursday 23 June between 5pm and 7pm  
Friday 24 June between 7:30 am and 9am

### LOCATIONS :

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 the documents to the following address :

[coordinateur@la-forestiere.com](mailto:coordinateur@la-forestiere.com)

Anyone not presenting a licence or a medical certificate will not be allowed to participate in the Timed Performer Challenge.

### YOUR NUMBERED RUNNER'S BAG (BUNDLE) INCLUDES :

- The FOREST'CIME technical 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
- Overstims tubes



# What is the purpose of the ID bracelet?

---

0001



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

**COORDINATOR : +33 (0)6 75 19 05 86**

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.

All logistics are handled by the LA 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 at the arrival.

Bed linen is provided in your reservation. Please bring your own towels and toiletries.

In the evening, your bikes will be taken to a secure bike park and stored according to the number on your ID bracelet. You can only collect your bike the next morning after it has been stored for practical reasons. In case of mechanical needs, put it aside before storing it in the bike park.

Bikes can be collected on presentation of your ID bracelet on Saturday morning from 7am and on Sunday 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.

You must attach your frame plate to the front of the bike (chip for timing).

## SUPPLY

---

There are three to four refreshment points on each stage (including food, Overtims 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.

## TECHNICAL ASSISTANCE

---

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

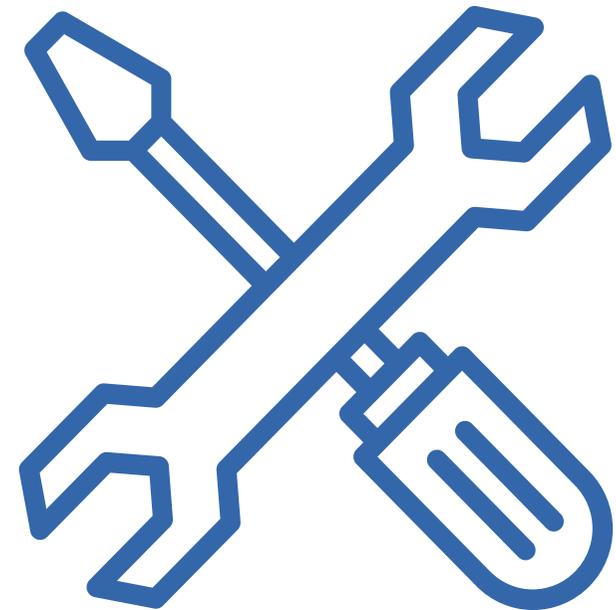
However, in case of major repairs (broken wheel, chain...), an assistance car is at your disposal along the route.

**MECHANICAL NUMBER : +33 (0)7 84 55 63 90**

## 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'S CHALLENGE



## AGE CATEGORIES :

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

The Challenge Performeur rewards the best climber of La FOREST'CIME in each category.

At each stage, a timing is done on a segment during a climb. A daily ranking is established in the different categories. The leader of each category will be given a distinctive number for the next stage.

A general classification is drawn up at the end of each stage for the various categories. The general individual time classification is obtained by adding 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 shall be added together and, as a last resort, the place obtained in the last stage ridden.

# FINISHER'S 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.

## STAGE 1 : Stroll in Terre Aindinoise 155km / 2953D+ et 3045D

After a departure from the Plastic Vallée from the Espace Loisirs d'Arbent (01), the tour starts with a climb towards the high combes of the Retord plateau through the Haut-Bugey with its magnificent combes, its forests, its lakes and its picturesque villages. The tour continues in the Aindin region towards the Petite Montagne, with the magnificent river Ain at its heart, which has its source near the small Comtois town of Nozeroy in the Jura. Against the current, the cycle route crosses the Ain valley. The ascent ends at the edge of Lake Vouglans at the Bellecin water sports centre. A real seaside resort, Bellecin is a preparation centre for sportsmen and professional teams such as the French rowing team.

## Main features of stage 1

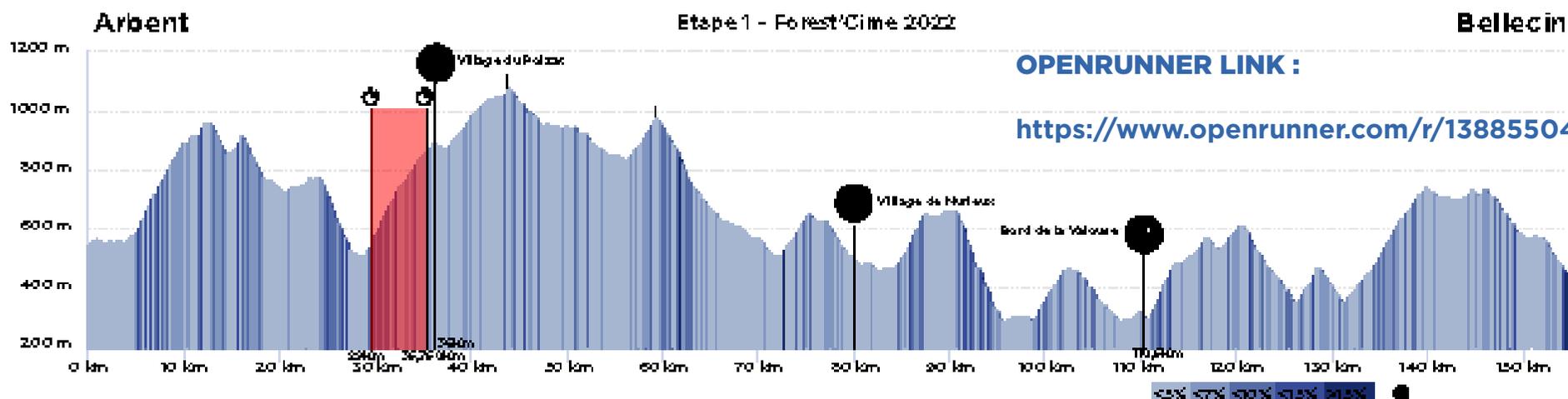
- Departure from Arbent on Friday 24 June at 9.30 am
- 155Km
- 2953m of positive altitude difference and 3045m of negative altitude difference
- 3 full refreshment points on the course :

- Village of Poizat km 36
- Village of Nurieux km 80
- Village of Ceffiakm 115



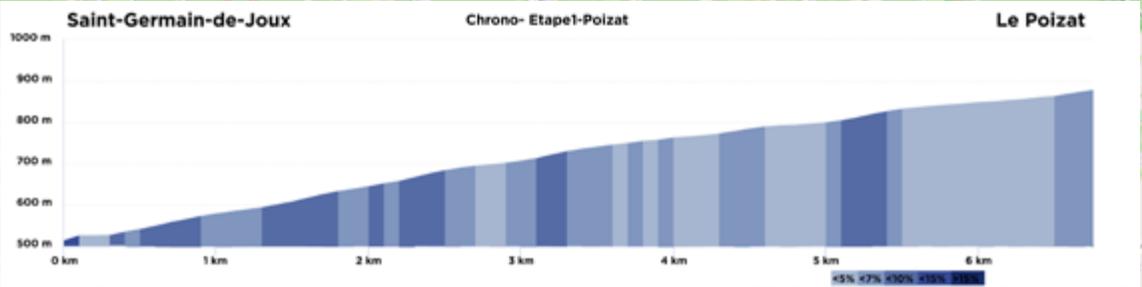
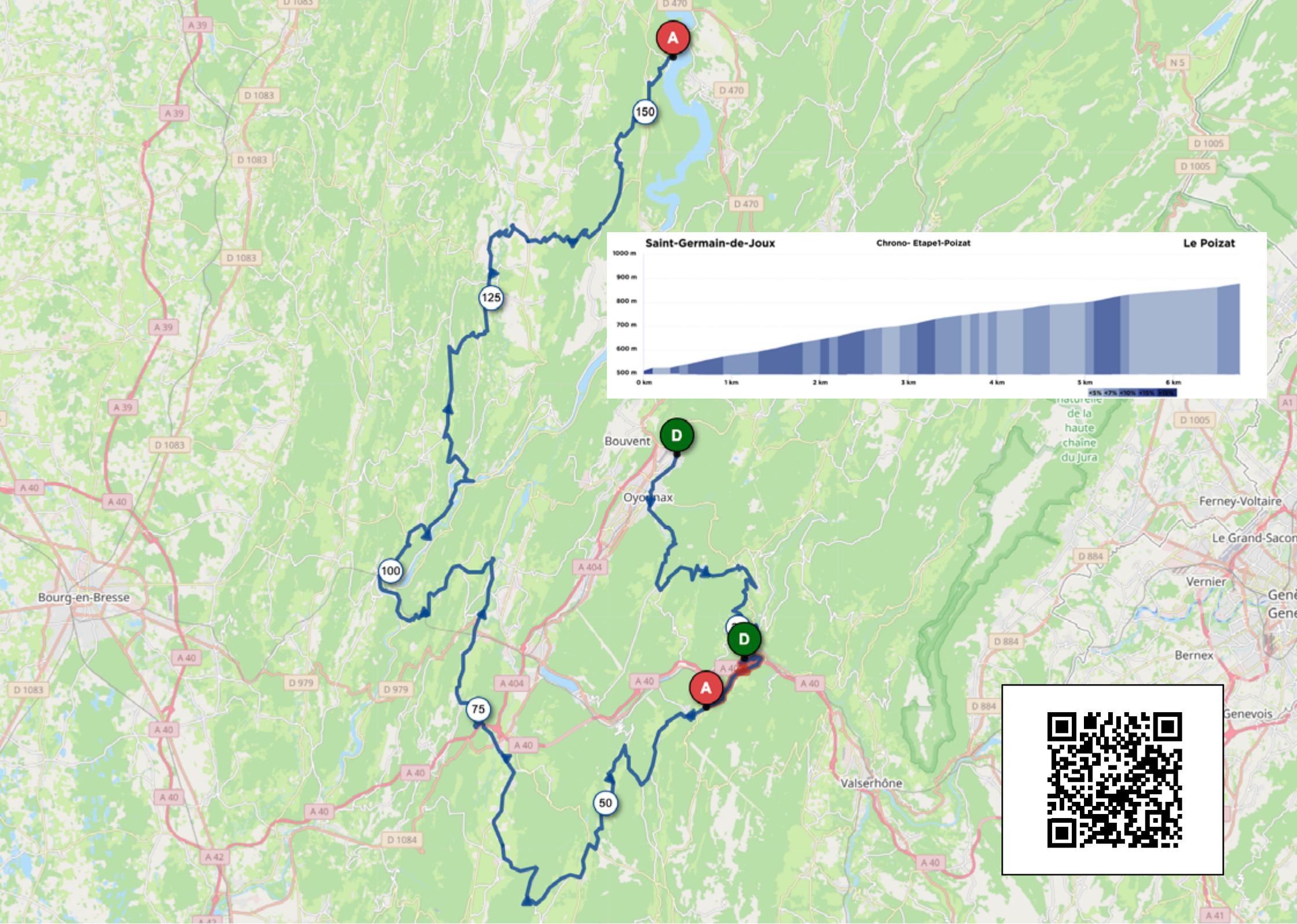
## Timed sector of stage 1 :

- Montée du Poizat
- Start : Km 29
- Distance : 6,750Km
- Ascent + : 365m



**OPENRUNNER LINK :**

<https://www.openrunner.com/r/13885504>



# STAGE 2 :

## In the heart of the yellow wine and the lakes

167km / 2719D+ et 2721D-



**ATTENTION: FOREST'CIME JERSEY MUST BE WORN FOR THIS STAGE**

The day's route, which is new, starts at the Bellecin water sports centre and heads towards Lons-le-Saunier, the prefecture of the Jura, to enter the heart of the Jura vineyards and its magnificent remote areas. Here the vin jaune and vin de paille flow freely in the most beautiful villages of France such as Baume-les-Messieurs and Château-Chalon. The route climbs back up to the first plateau to join the Jura lake route, with the lakes of Chalain, Vernois, Narlay and Ilay on the menu. Before returning to Bellecin, the route rises on the second plateau at the gateway to the Haut-Jura via the Col de Joux and reaches the village of Prénovel. Then it plunges over the Lac de Clairvaux, joining the Lac de Vouglans at its northern end.

## Main features of stage 2

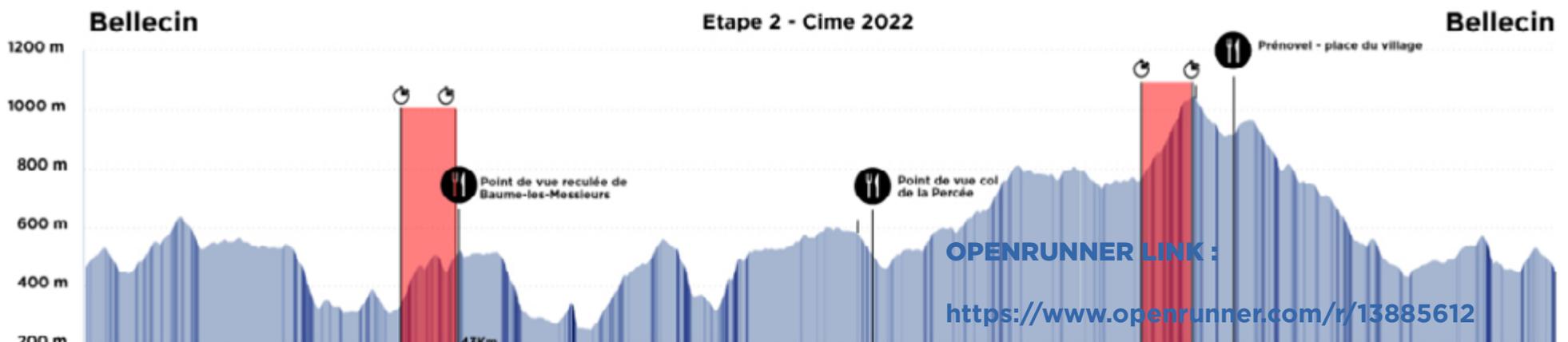
- Departure from Bellecin on Saturday 25 June at 8am
- 175Km
- 2719m of positive altitude difference and 2721m of negative altitude difference
- 3 full refreshment points on the course :
  - Viewpoint of Baume-les-Messieurs - Village of Crançot km 43
  - PViewpoint of col de la Percée (Châtillon) km 88
  - Village of Prénovel - place du village km 131

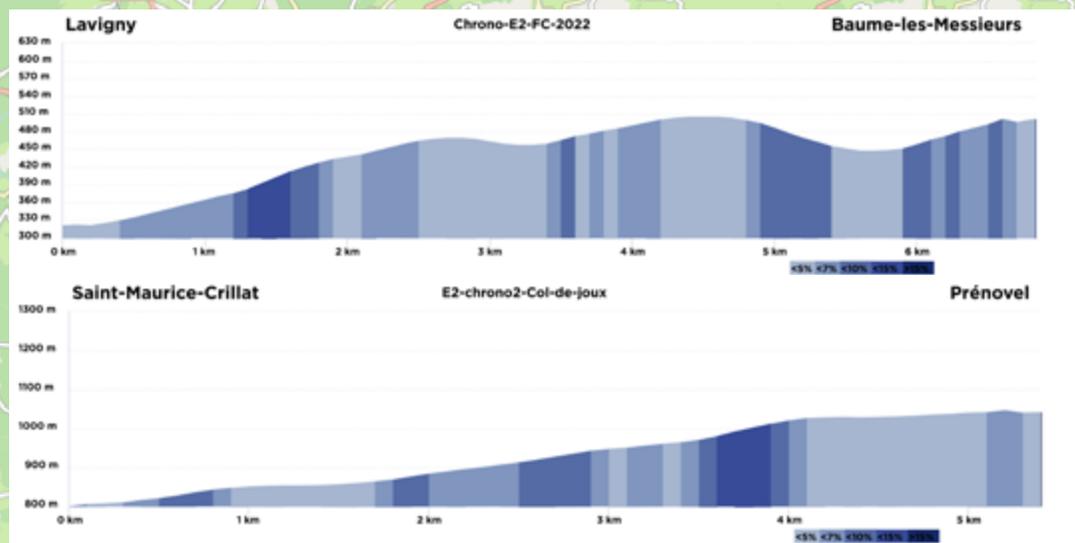
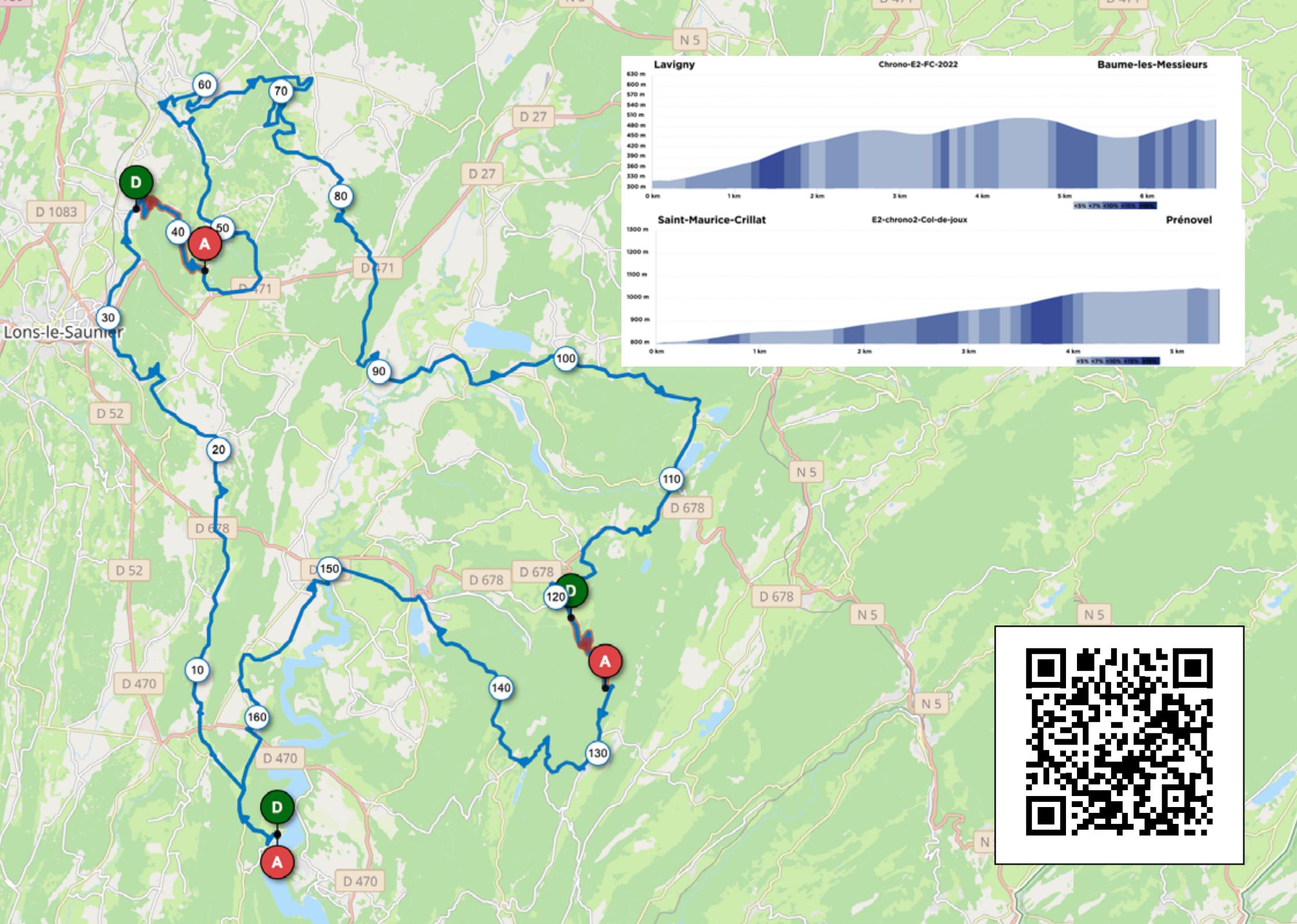
### 1st timed sector :

- Montée de Sermu
- Start : Km 35,5
- Distance : 6.800km
- Elevation gain + : 256m

### 2nd timed sector :

- Montée du col de la Joux
- Start : Km 121
- Distance : 5.400km
- Elevation gain+ : 249m





# STAGE 3 : In the heart of the Haut-Jura natural park

129km / 2870D+ et 2762D-

After a loop around the Vouglans lake dam, the route reaches the toy town of Moirans-en-Montagne via the Col du Cerisier. It then reaches the high Jura valleys of Prénovel and Chaux-des-Prés before descending to the pipe and diamond capital, Saint-Claude. The latter is the starting point for the Cinquétral climb to the village of Longchaumois in the Haut-Jura. It will be necessary to pass the col de la Croix de la Serra, the last big difficulty of the day to reach the finish in Arbent.

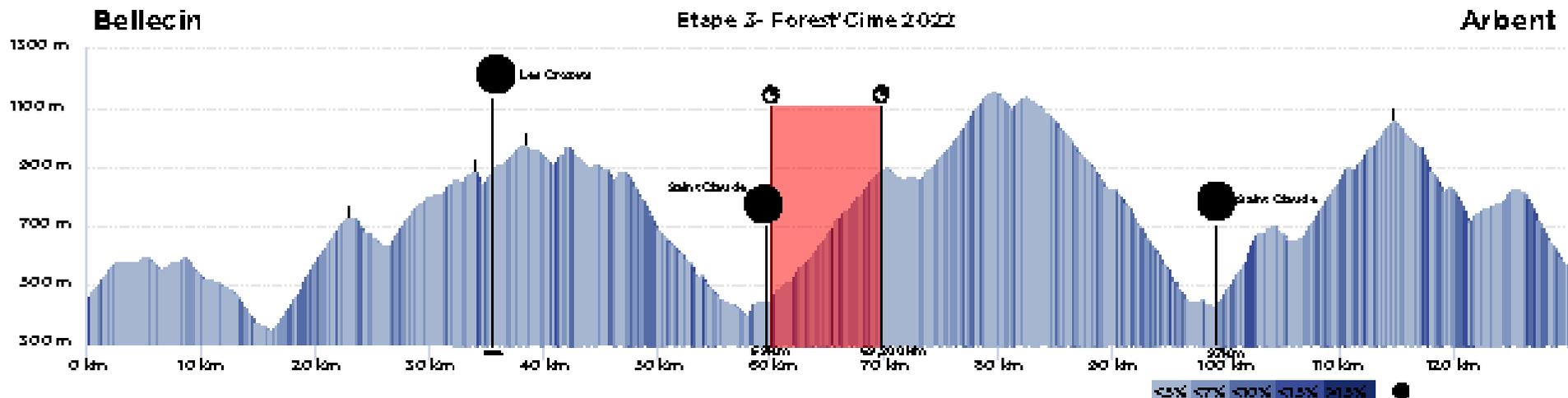


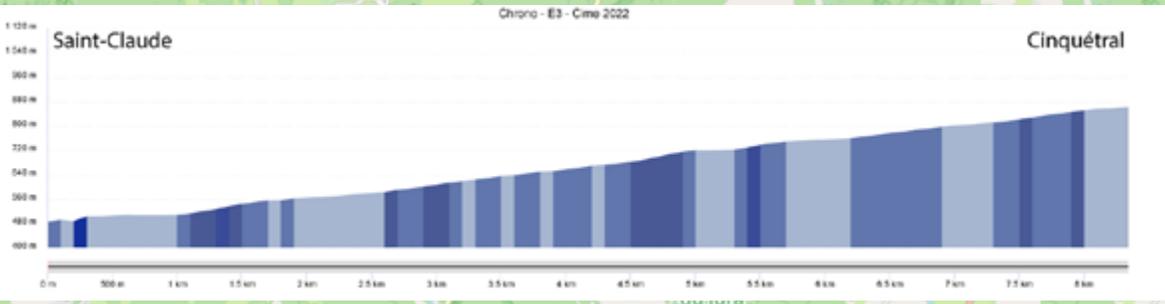
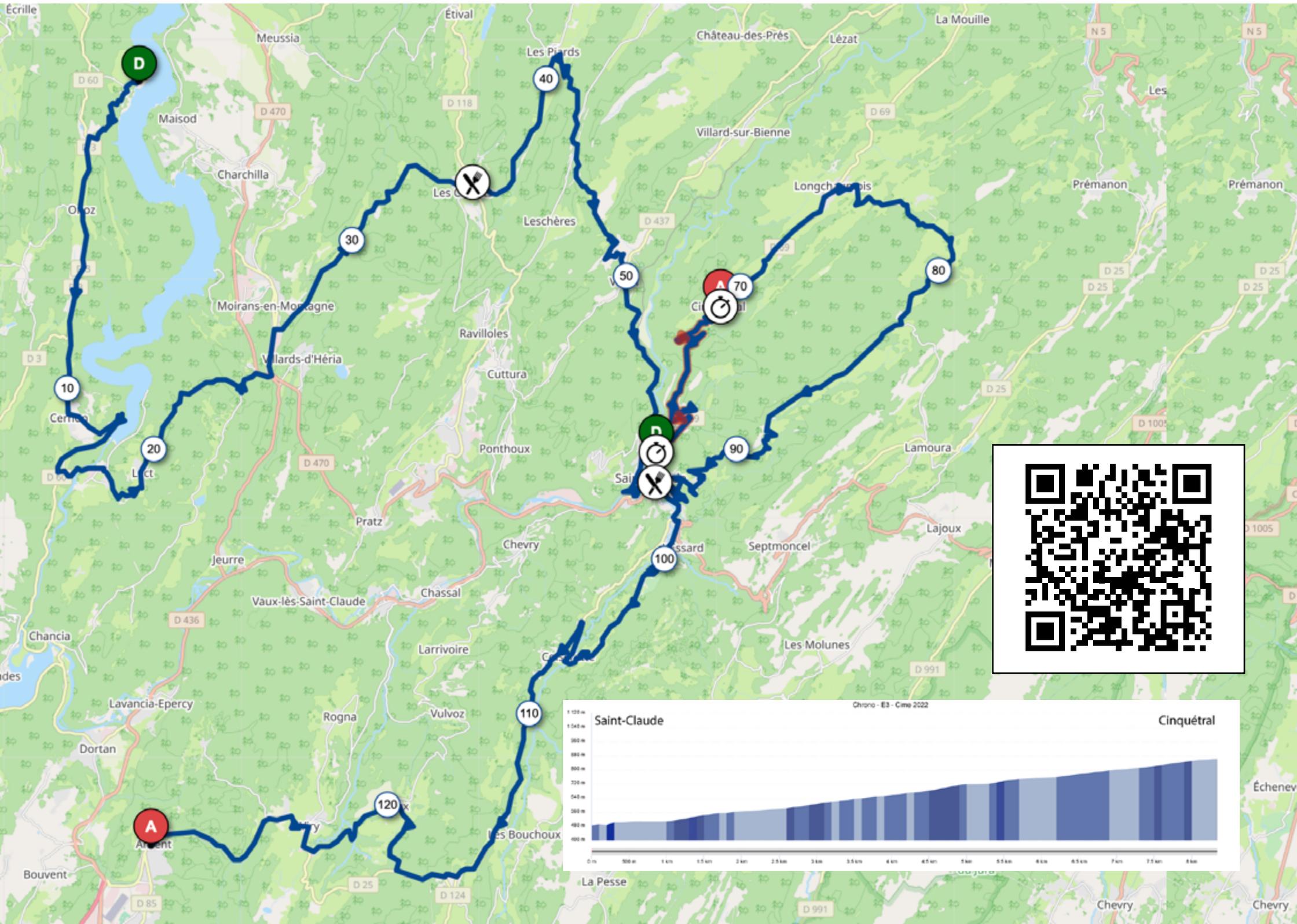
## Main features of stage 3 :

- Departure from Bellecin on Sunday 26 June at 8am
- 129km
- 2870m of positive altitude difference / 2762m of negative altitude difference
- 3 full refreshment points on the course :
  - Les Crozets km 35
  - Saint Claude km 59
  - Saint Claude km 97

## Timed sector

- Côte de Cinquétral
- Start : Km 60
- Distance : 8,340 km
- Elevation gain + : 380 m





# **ACCOMMODATION - MEALS**

---

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

**On site, you will have access to your rooms, the secure bike park and the relaxation area (massages, swimming pool and lake).**

## **TIMETABLE :**

**Meal: 7pm - 8.30pm**

**Briefing and handing over of race numbers: 8.30 pm**

**Breakfast: 6am to 7am**

## **ADRESS :**

**Lieu-dit Base de Bellecin  
39270 Orgelet**



# FOREST'CIME JERSEY

---

Additional shirts available through our partner Rosti France.

Shirt : 69€

Shorts : 79€



[www.boutique.la-forestiere.com](http://www.boutique.la-forestiere.com)



# CRYOTHERAPY SESSION

---

Provision of a recovery course with a mobile cryotherapy unit that works with nitrogen thanks to our service provider Cryospace.

Sessions are possible on Friday 24th and Saturday 25th afternoon between 3pm - 7pm



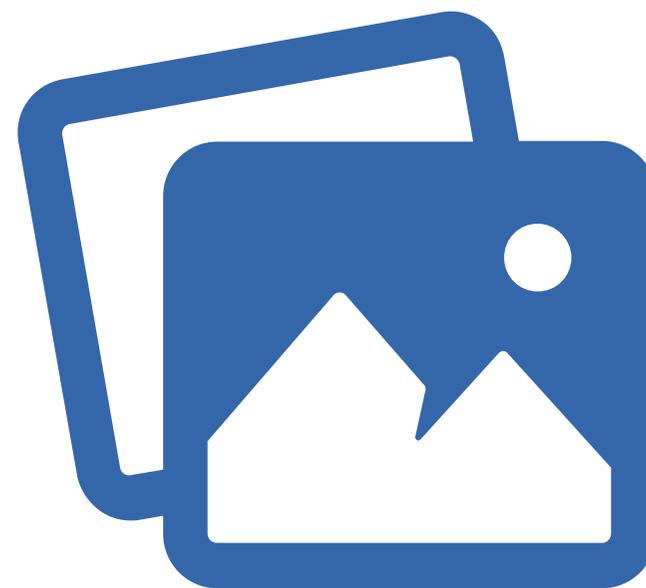
## **RIGHT TO IMAGE**

---

**The organisation takes photos and videos during the stages and makes them available on the facebook page of LA FORESTIERE.**

**Participants expressly authorise the organisers to use the photos, videos and images taken by remote-controlled DRONE aircraft, without time or geographical limits (more information on image rights in the regulations, articles 10 and 11 of LA FOREST'CIME.**

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



## **LISTE COUREURS ET RÉSULTATS**

---

**Lien liste des coureurs au 17/06/2022**

**Lien résultats yakachrono**

**Lien diplôme coureurs**

**HAPPY FOREST'CIME TO ALL  
THANKS TO THE VOLUNTEERS!**

*Bellecin* *Jura*

**AIN**<sup>01</sup>  
le Département

**ju  
ra**  
LE DÉPARTEMENT

**OVERSTIM-S**<sup>®</sup>  
Nutrition sportive saine et performante

