

Hello and welcome to Pra-Loup, in the Southern French Alps!

We are excited to host the 2nd race of the Red Bull Ice Cross World Championship 2019/20 and we are looking forward to welcome you at this beautiful ski resort next to Barcelonnette, Jausiers and the border with Italy.

You will find some useful information in the welcome letter, if you have any questions regarding the race, please contact us.

REGISTRATION

Registration started on December, 11th 2019

Registration will end on January 9th, 2020 (category will close earlier should the maximum number of participants be reached before). Registration is confirmed only once paid.

Capacity per category:

Men: 80 Women: 24 Juniors: 24

ACCOMMODATION

The tourist office in Pra-Loup is the best point of contact for accommodation offers. The city of Barcelonnette and the charming village of Jausiers are also close by and pretty active during the winter season.

Please find below direct links to accommodation of various types:

https://www.praloup.com/hebergements/hotels.html

https://www.praloup.com/hebergements/agences immobilieres.html

https://www.praloup.com/hebergements/residences.html

https://www.praloup.com/hebergements/village-vacances.html

https://www.praloup.com/hebergements/chambres-d-hotes.html

ARRIVING TO PRA-LOUP

The two best solutions for landing or arriving by train are the Marseille-Marignane Airport (220 km from Pra-Loup) and the Aix-en-Provence TGV train station (200 km from Pra-Loup). Aix-en-Provence is reachable by the TGV train from Paris. At the train station you can find buses to your destination.

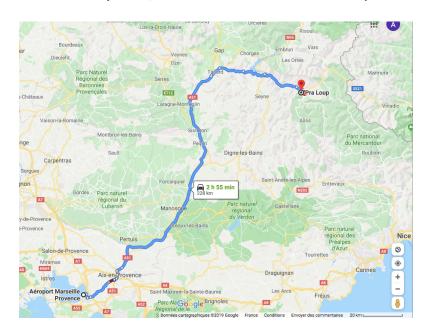
Airports Nice and Lyon may seem close but are not recommended in winter, they are far away should the snow be cutting/closing the roads and passes that are used in summer (for Lyon airport please check opening of the Col du Lautaret Mountain Pass, if closed, use the alternative road via Luce-la-Croix-Haute). The closest Italian airport is Torino (200 km away in the East), but Col de Larche (Colle de la Maddalena) could be closed for a few hours during the winter season, in case of heavy snowfall, and traffic is very bad in general.

Rental Car: You will require a car or sharing cars to get to the track (with winter tires and snow chains). Best rental opportunities will be at the airport or the train station.

Drive from Aix-en-Provence or Marseille to Pra-Loup is approximately 3 hours (200 km) in wintertime, but 130 km are on a clean highway (Approx 13 Euros Toll). Parking spots might be limited onsite but there are free shuttles all day within the resort, as well as from/to Barcelonnette.

Most recommended route from Marseille Airport: https://goo.gl/maps/7DosGMdhgrgVE7tm8

Take the A51 until Tallard > then follow "Barcelonette/ Vallée de l'Ubaye". Be aware that some GPS systems may trick you into following "Col de la Bonette, Col d'Allos or Col de la Cayolle", these are closed mountain passes in winter so watch out!



EVENT SCHEDULE

THURSDAY, January 9th, 2020

15:30 to 19:00 Athlete's Accreditation (with Lori Durand) @Locker room

FRIDAY, January 10th, 2020

7:30 to 9:00 Late Accreditation (with Lori Durand) @Locker room

NOTE: NO EXCEPTION WILL BE MADE AFTER 9:00 AS TRAINING IS ON/ IMPORTANT: WOMEN AND JUNIOR RECOMMENDED TO LEAVE THE LOCKER ROOM BY 8:30 TO ATTEND RESPECTIVE TRAINING

9:00-11:00 Free Training

JUNIORS AND WOMEN: 9:00-9:45 /SENIOR MEN: 9:45-11:00

(Juniors do only the junior training even if registered in both)

11:30-11:45 JUNIORS AND WOMEN Mandatory Riders Briefing @ top

12:30-13:45 JUNIOR AND WOMEN Time Trials @ Track (order TBC) Note: juniors racing in both categories must do 4 trial runs, 2 in each category and can't use their senior trial as reference for junior results and vice-versa).

13:45-14:00 SENIOR MEN Mandatory Riders Briefing @ top

14:00 -15:45 MEN Time Trials @ Track (Run 1 then Run 2, same order)

SATURDAY, January 11th, 2020

08:00-08:15	Mandatory Riders Briefing for Last Chance Qualifier @ locker room
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9:00-11:00 Last Chance Qualifier (LCQ) @ track

11:30-11:45 Mandatory Riders Briefing @ Top for all (location may be adapted)

12:30-15:30 Main Races @ track at top of "Télémix de La Clappe"

20:00-01:00 After Party @ "La Dalle en Pente", at top of "Télémix de La Clappe" (lift will be open for this purpose)

NOTE: local organizer reserves the right to make amendments to the schedule based on conditions to perform as planned. Should this be the case, the athletes will be informed accordingly and in the shortest delay possible.

FACILITIES ACCESS and ORIENTATION

ACCREDITATION

@Locker room inside Office du Tourisme de Pra-Loup

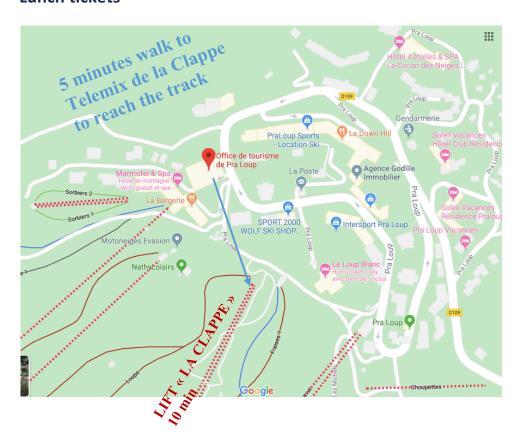
Address: 31 Pra Loup, 04400 Uvernet-Fours, FRANCE

GPS Coordinates: 9JC2+29 Uvernet-Fours

Phone Number: 04 92 84 10 04 (ask for Lori DURAND)



This is where you will be given your participant pack including info, Lift passes and Lunch tickets



THE TRACK

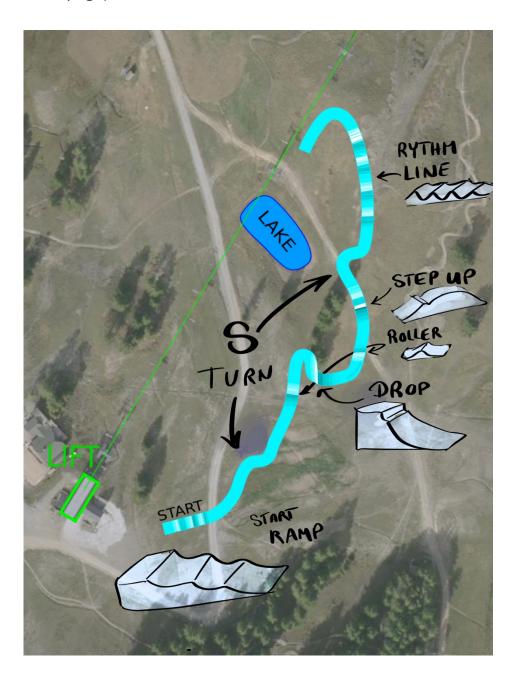
@ top left of "Télémix de La Clappe" (La Clappe lift)

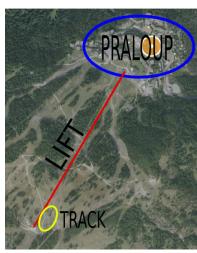
about 10 minutes to go up and then the start of the track is less than 50 meters away.

BUT please account for 25 minutes from locker room to staging area to be on time at the top.

Lift passes provided for registered athletes @ athlete's accreditation.

For accompanying persons: 7,50€ passes for 1 full day available onsite (as many back and forth as you like), walking only (for ski passes please refer to ski lift passes webpage).





TRACK SPECS: Length:330m Width: 4 m Start Altitude: 2006 m

"Where do I change?" VS "What do I bring up?"

At the top of LA CLAPPE Télémix, you will have a small room to leave your shoes only and put on your skates. You will change at the bottom of the lift in the locker room of the Tourism office, same place as Accreditation.

You should bring your lift pass, meal ticket (catering at the top) and carry your skates by hand while walking in your sneakers. You won't necessarily have time to go back and forth between race activities. Plan carefully as we will not wait for late athletes.

If you don't want to ruin your blades, please **bring your own blade guards** as they won't be provided by the organisation. Also, for those who want to, please **carry an extra pair of blades** as sharpening is not provided.

Bring money if you want to have anything else than what is included in the athlete catering meal ticket. Cash machine at the bottom or in Barcelonnette. Only Euros accepted. Average meal price at a restaurant: between 15 and 20 Euros for normal restaurant without drinks.

USEFUL LINKS AND INFO

LINKS

Praloup Website (English version): https://www.praloup.com/GB/Barcelonnette Website, in the valley (English version): https://www.barcelonnette.com/GB/

Praloup Event on Facebook: https://www.facebook.com/events/424351274927599/

Getting there: including, buses and shuttles schedules, Mountain Passes opening/closing map https://www.praloup.com/GB/getting-to-praloup/by-road-winter.html

Road info: http://inforoute.hautes-alpes.fr/www/index.html / http://www.inforoute04.fr/

Webcams, Ski passes and weather forecast: https://www.praloup.ski/en/

VOCABULARY TO SURVIVE IN THE FRENCH MOUNTAINS

The most common ways to greet someone in French are:

- Salut. (Hello; Hi. [Informal]) /Bonjour. (Hello; Good morning.)
- Bonsoir. (Good evening.)

Basic courtesies:

- oui (yes) / non (no)
- S'il te plaît. (Please. [informal]) / S'il vous plaît. (Please. [formal])
- Merci. (Thank you.) / Merci beaucoup. (Thank you very much.)
- Excusez-moi. (Excuse me.)
- Je t'en prie. (You're [informal] welcome.) / Je vous en prie. (You're [formal] welcome.)

Travel useful sentences:

- Je ne comprends pas. (I don't understand.)
- Pouvez-vous répéter? (Can you repeat that?) / Répétez, s'il vous plaît. (Please repeat.)
- Pouvez-vous parler plus lentement? (Could you speak slower?)
- Je ne parle pas bien français. (I don't speak French very well.)
- Pouvez-vous traduire pour moi? (Can you translate for me?)
- Parlez-vous anglais? (Do you speak English?) /Oui, je parle anglais. (Yes, I speak English.)
- Pouvez-vous m' aider? (Could you help me?)
- J'ai besoin d'informations. (I need some information.)
- Je suis perdu. (I'm lost.)
- Où est l'hôtel? (Where is the hotel?)
- Je ne sais pas. (I don't know.)
- Je voudrais du café/ une bière/ un Génépi. (I would like some coffee/ a beer / some Genepi.)
- Avec plaisir. (With pleasure.)
- Quel temps fait-il? (What's the weather like?)
- Il fait froid/chaud. (It's cold/hot.)
- **Je rentre**. (I'm going home.)
- Où sont les toilettes? (Where is the restroom?)
- A quelle heure est-ce que vous fermez? (At what time do you close?)
- LOUP (in Pra-Loup) means WOLF so if you see some around don't be surprised!

And if you want to look deeper and sound like an actual French:

EMERGENCY NUMBERS in FRANCE:

There will be event medical aid for all the track related activities but for any other emergency during your stay or while getting there please contact:

The national emergency numbers are:

15 - medical emergency.

17 - police.

18 - fire brigade.

112 – European wide emergency number.

THINGS YOU NEED TO TRY/SEE:

F&B

Cheese and Saucisson from the French alps for the Apéro

Traditional mountain dishes: Tartiflette, Raclette, Pierrade, Boîte chaude or Oreilles d'Âne, Tourtons

Genepi for digestion (only for SENIORS, legal age limit regarding alcohol consumption applies)

NATURE LOVERS

Enjoy the beautiful mountains, several ski resorts around and typical mountain villages for sight-seeing.

Fact: discover how Barcelonnette and Ubaye valley are linked to Mexico https://m.barcelonnette.com/GB/the-town/barcelonnette-mexico.html

CONTACT

Pra-Loup Area and Accommodation:

Office du Tourisme de Pra-Loup / Ubaye Tourisme

Christine LAMBERT - Pôle accueil, évènements, animations

& Lori DURAND (speaks fluent English)

Maison du tourisme - Pra Loup - Landline: +33 (0) 492 841 004

E-mails: clambert@ubaye.com & ldurand@ubaye.com

Event information:

Daniel ORTELLI, ATSX Delegate for France

Email: dortelli@orange.fr

Mobile: +33 (0) 607 675 250

You can always contact Anaelle PONCET, International Athletes manager, (anaelle.poncet@icecross.com) however be aware that she may not be easily reachable.

Payment and license issues:

ATSX LICENCE: Caroline Felder – ATSX General Secretary: caroline.felder@atsx.org

Race registration fee: David Reinisch: david.reinisch@atsx.org

We wish you successful training, see you in France to start the new year's icy action!

Joyeux Noël et Bonne Année!

A très bientôt!

The Pra-Loup ATSX 500 Organizing Team.