

# BECOME ULTRA ORDINARY

RACE ACROSS  SERIES

AN ULTRA CYCLING GUIDE



# MANIFESTO

## Dear adventurers,

As the founder of the Race Across Series, I extend a warm welcome to all of you. I invite you to dive into the heart of this extraordinary adventure with my team and me—an adventure that transcends the boundaries of ultra-cycling to become a true movement, an ode to human endurance and the indomitable spirit that resides within each of us.

The essence of the Race Across Series lies in its profound soul. It is a tale of achievements, self-transcendence, the tireless pursuit of the extraordinary, and above all, emotions that will leave a lasting mark on you. Our series originates from the bold and adventurous spirit, the shared passion for exploration, and the discovery of our own potential.

At the core of our philosophy is the concept of semi-autonomy. Our mission is to make ultra-cycling accessible to everyone by providing services that enable you to accomplish the incredible. We take care of transporting your belongings to the finish line, ensuring your safety on the road, coordinating with authorities, and establishing strategically located "life bases" along the route. These life bases provide everything you need to recharge: food, refreshments, showers, camp beds, equipment charging points, as we firmly believe that supporting you in this adventure does not diminish its extraordinary nature.

Amidst the solitude of the road and the grandeur of the landscapes, the Race Across Series is a celebration of community. Our life bases are not just mere stopping points but dynamic centers where stories are woven, friendships are born, and the collective spirit of resilience comes to life. Each encounter becomes a complete experience, etched forever in your memory.

The Race Across Series is more than just a competition, and you are more than a race number printed on a frame plate or a sticker. Whether you choose to compete for victory in Racing mode or explore leisurely in Touring mode, this series is a transformative adventure. It is an opportunity to embrace the unknown, savor the camaraderie of fellow cyclists, and ultimately discover a version of yourself that you never suspected.

Welcome to the Race Across Series. Your adventure begins now.

With passion, determination, and kindness.



**Arnaud Manzanini**

Founder,  
Race Across Series



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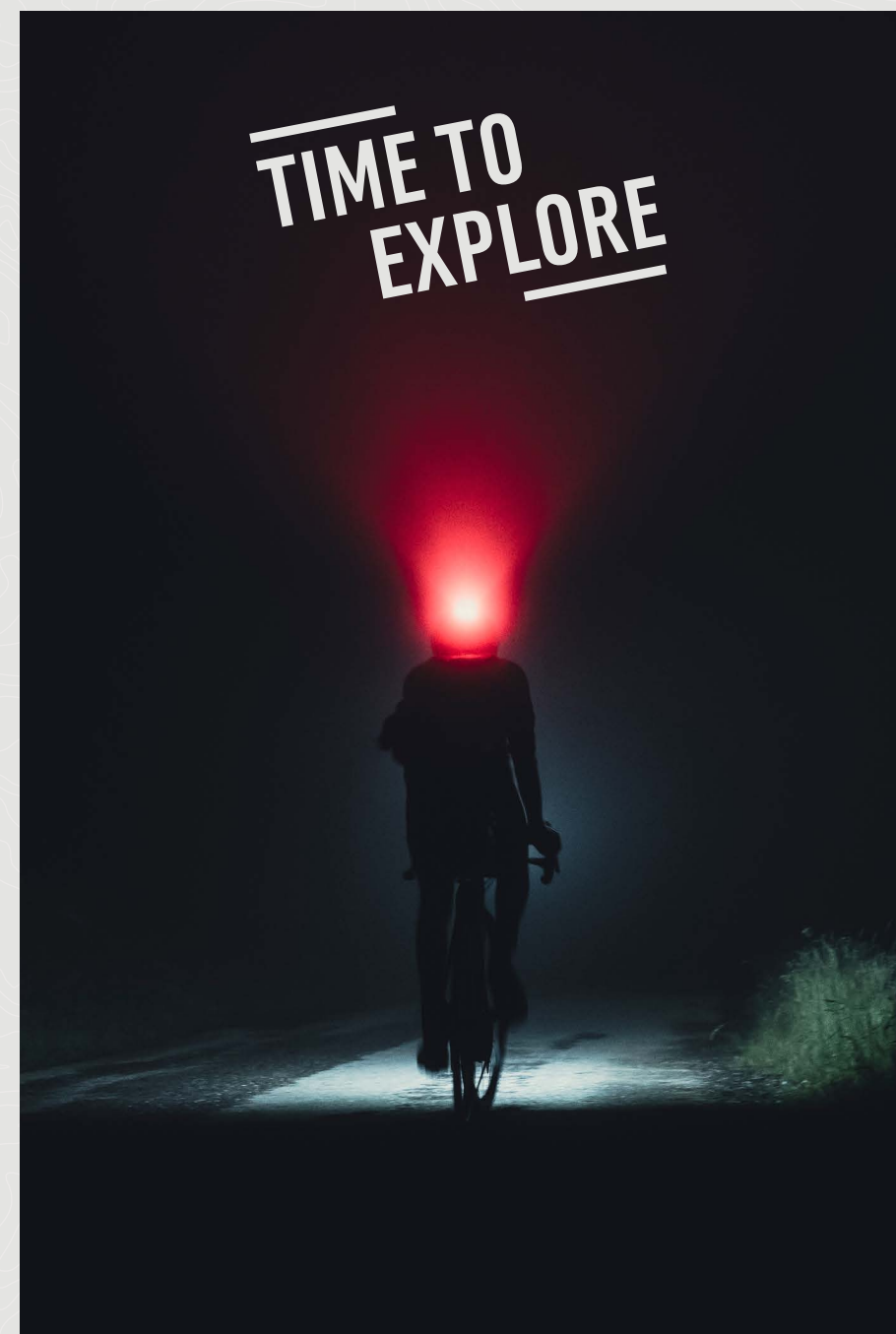
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# PRESENTING RACE ACROSS SERIES

An internationally renowned ultracycling event series dedicated to making ultracycling accessible to all, embodying the spirit of our tagline, **BECOME ULTRA-ORDINARY**. With five exceptional events spanning four countries, our series goes beyond the ordinary, offering diverse distances on both ROAD and GRAVEL terrains.

**More than just a challenge**, it's a transformative experience crafted to push boundaries and redefine ultracycling. Whether you're a beginner seeking a bold initiation or a seasoned expert hungry for the ultimate test, our series is designed for riders of every level.

**At RACE ACROSS SERIES**, we believe in breaking barriers and fostering a global community united by a passion for cycling. Our events provide a secure and semi-supported environment, welcoming cyclists from all walks of life.

**Join us on this extraordinary journey** as we pave the way for a new era in ultracycling. Elevate your cycling experience with RACE ACROSS SERIES, where the road to triumph is open to all—because everyone has the potential to **BECOME ULTRA-ORDINARY**





# CONCEPT & VALUES

Welcome to our world where we firmly believe that every individual has the power to become extraordinary. The Race Across Series was created with this conviction, offering a series of road and gravel events with various distances for all levels of cyclists. Whether you're a seasoned expert or a novice in the Ultra adventure, we have designed a platform where everyone can excel, evolving in a semi-autonomous and safe environment.

**BECOME ULTRA-ORDINARY.**

## 01 CHALLENGE

We strongly believe that every pedal stroke in our adventure should be a test that challenges your limits. The challenge creates an opportunity for personal growth, urging you to surpass your boundaries and discover the strength that resides within you.

## 02 LIFE CHANGING

The experience you undergo with us goes beyond a mere sports challenge; it is designed to be transformative. We aspire to be the catalyst for positive changes in your life, whether on a physical, mental, or emotional level. Through each kilometer traveled, you will discover the ability to overcome obstacles, forge lasting memories, and push the boundaries of your own achievements.

## 03 COMMUNITY

Our adventure stands on the pillar of community, a network woven by cycling enthusiasts who share a common love for challenge and exploration. At every turn of the wheel, you will be surrounded by a community of cyclists, dedicated volunteers, and passionate supporters.

## 04 SAFETY

Your safety is our top priority. We are committed to creating an environment where you can push your limits with confidence. From meticulously planned routes to road safety measures, we ensure that every participant feels supported and protected at every moment. We believe that achievement only holds meaning when attained in complete safety.



# SEMI-AUTONOMY IN RACE ACROSS

FREEING THE MIND,  
ACHIEVING  
THE EXTRAORDINARY

Welcome to the innovative concept of semi-autonomy within the Race Across Series, where we offer you the freedom to live your adventure while ensuring essential services for the success of your challenge. This revolutionary approach aims to lighten your mental load, optimize the organization of your expedition, and allow you to fully focus on achieving the extraordinary.

01

## Baggage Transport

A fundamental aspect of semi-autonomy is the efficient transport of your baggage from point A to point B. You no longer have to worry about the bulk of your belongings during the race. Our dedicated team takes care of transporting your baggage, allowing you to pedal with ease and focus on the essential – the road unfolding before you.

02

## Transport of Belongings to Life Bases

Strategically positioned along the route, the life bases are essential havens for riders seeking rest, replenishment, and support. In the realm of semi-autonomy, we handle the transport of your belongings to these rallying points, ensuring that everything you need is within reach without hindering your race.

03

## Connection with Authorities for Safety

Safety is paramount. Our connection with local authorities on the course ensures a swift deployment of safety protocols when needed. This establishes a secure environment, allowing riders to focus on their performance without compromising their well-being.

04

## Team available 24h/24

Notre équipe veille sur votre sécurité en temps réel grâce au suivi GPS. Alertes météo, réponses rapides à vos appels, et collaboration avec les autorités : tout est orchestré pour assurer votre protection. Vous pouvez vous concentrer pleinement sur votre aventure, en sachant qu'une équipe dévouée est prête à intervenir à tout moment, garantissant une expérience inoubliable en toute tranquillité d'esprit.

05

## Life Bases on the Route

The life bases are more than just replenishment points; they are oases of support, recovery, and community. Scattered along the route, they provide not only essential services but also an atmosphere where riders can share experiences, support one another, and create unforgettable memories.

06

## Sleep Protocol

Through in-depth research grounded in the experiences of previous participants, we have implemented an innovative sleep protocol. Recognizing the significance of rest in this demanding adventure, we advise participants to schedule 4-hour sleep periods every 36 hours. This thoughtful approach aims to optimize recovery while enabling cyclists to maintain a steady progress.

Semi-Autonomy in Race Across is much more than a logistical service. It's a way to free your mind from organizational constraints, provide the tranquility needed to explore your limits, and allow you to focus on the very essence of your cycling adventure. Let the road guide you; we take care of the rest.

**The SEMI-AUTONOMY CONCEPT offers you the chance to receive support from the organization solely at designated "Bases de vie." Any other form of assistance on the road, beyond these base locations, is strictly prohibited.**



# OUR RACES



by

**VAN RYSEL**

**DESTINATION MANDELIEU**



**RACE ACROSS FRANCE BY VAN RYSEL: THE PINNACLE OF ULTRA-CYCLING**

"The Race Across France by Van Rysel is the pinnacle of ultra-cycling, recognized as the flagship and highly anticipated event. It attracts the largest number of participants in Europe, bringing together individuals from diverse backgrounds and skill levels.

This event stands out with its unique crossing of the territory, offering four distances: 2500 km, 1000 km, 500 km, and 300 km, providing various options for different levels of intensity and endurance. Participants can choose to compete solo, in pairs, or as a team of four, adding a dimension of camaraderie to the individual effort.

This extraordinary event traverses the entirety of France from north to south, taking participants on an epic journey through diverse landscapes, including the challenging Pyrenees mountain range. The final destination is Mandelieu on the French Riviera, providing a breathtaking conclusion to this exceptional race.



**LEARN MORE >>>>**

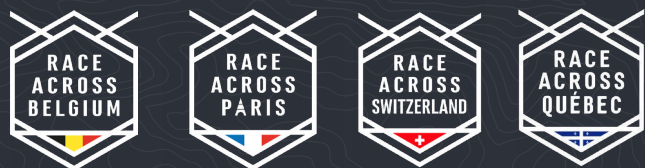




### THE 'COMPACT' EVENTS

These events are distinguished by two major characteristics: firstly, the absence of the 2500 km option (available only in the Race Across France), and secondly, the proposal of looped routes. This approach allows participants to always return to their starting point, the unique life base of the course.

The option of loops provides a reassuring dimension, particularly appreciated by early participants. By returning regularly to the life base, participants can assess their progress, reassure themselves about their capabilities, and exchange with other competitors engaged in various distances. This atmosphere of exchange and sharing contributes to creating a supportive community, where everyone can draw inspiration and advice from the experiences of others throughout their adventure.



by VAN RYSEL



[LEARN MORE >>>>](#)



# MANDELIEU



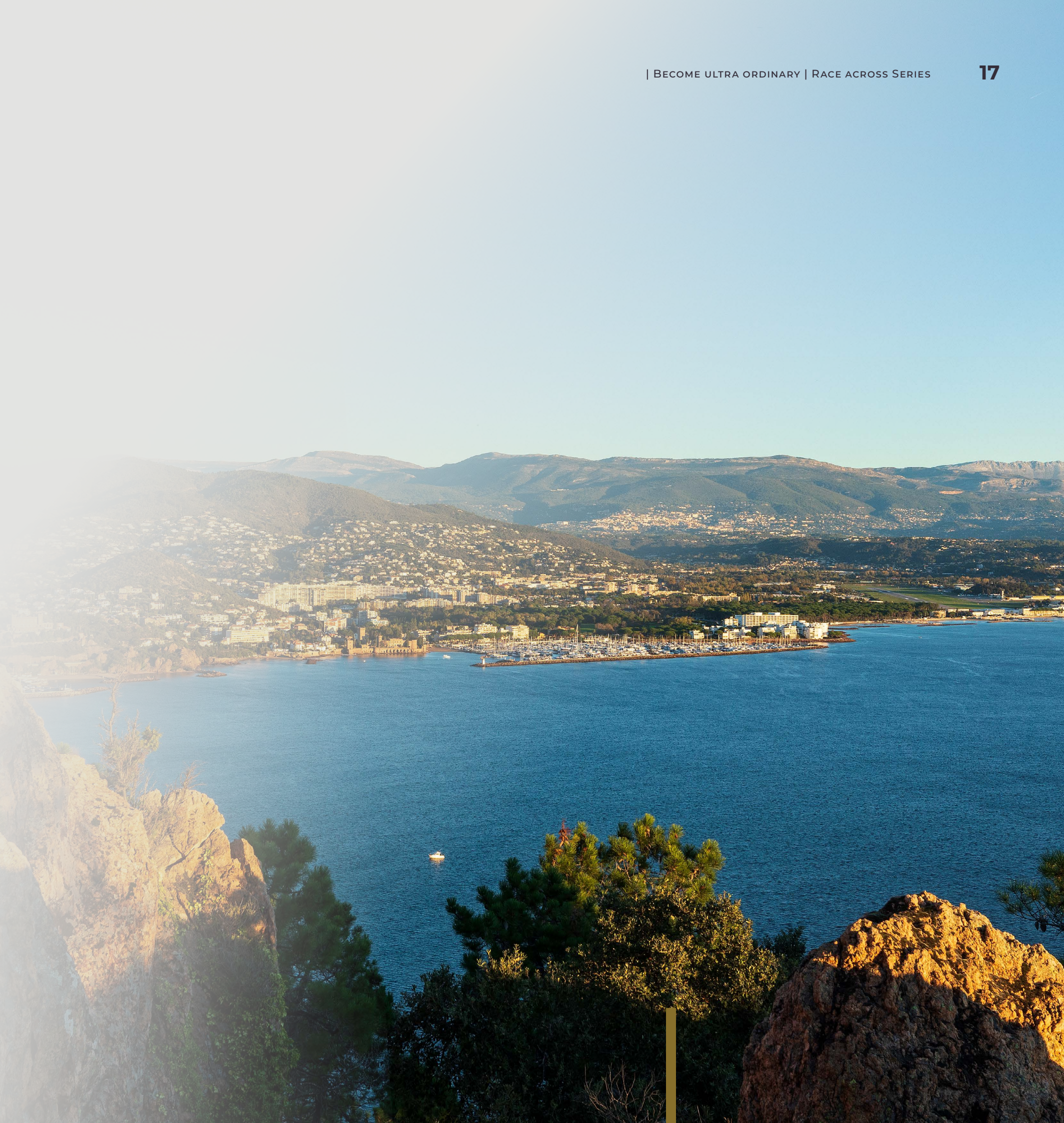
**Since the inception of the Race Across saga in 2018**, Mandelieu has been accompanying us as both the starting and finishing point of this extraordinary adventure. Race Across France By Van Rysel takes pride in being able to rely on Mandelieu to provide an unforgettable experience for riders, whether at the start or the finish.

**In 2024, Mandelieu will be the destination for Race Across France by Van Rysel.**

This year, regardless of the route – be it 2500, 1000, 500, or 300 km – all distances converge towards Mandelieu. It's the perfect place to conclude this journey, where ultramarathoners can savor the Mediterranean sun and explore the countless activities along the picturesque shores of the beautiful city of Mandelieu.

**In Mandelieu**, you will enjoy a stunning environment: whether it's the district of La Napoule with its castle and classified garden, or the Coastal Trail for a seaside experience. Explore the Siagne, the river that meets the sea, offering an incredible 6-kilometer stroll. Don't forget the vibrant ports where you can relax on a terrace and savor a well-deserved drink after your journey. With a plethora of activities and breathtaking views, your adventure will conclude successfully.

**LEARN MORE >>>>**





# YOUR JOURNEY IN ULTRA-CYCLING

A TYPICAL DAY FOR  
THE PARTICIPANT

01

## Before the Event

After weeks of physical and mental preparation following a training plan for some, participants arrive at the starting location with confidence and determination.

03

## Preparing Your Belongings

Participants entrust their belongings to the organization. The Bike Box or luggage will be transported to the finishing location, freeing cyclists from any logistical constraints. Meanwhile, the Race Bag will be delivered to the selected life base. Following this, the meticulous preparation of the bike begins, accompanied by a thorough inspection at the bike check to ensure that everything necessary is in place.

06

## At the Finish

Upon arrival, expect a warm atmosphere. The closing ceremony will highlight certain participants based on their category or age, emphasizing the individual achievements that enrich the Race Across Series. Finally, the day concludes with an animated Finisher Party in the village, celebrating accomplishments and the bonds forged throughout this unique adventure.

02

## Race Bib Pickup

Heading to the event village is more than just an administrative formality. It's an opportunity to immerse oneself in the electric atmosphere of the race, meet fellow participants who share the same passion, engage with dedicated volunteers, and explore various exhibitors.

04

## Briefing and Pasta Party

The day concludes with the briefing, a crucial session to grasp logistical details and receive the latest recommendations. Following this is the pasta party, where participants share a nourishing meal in a camaraderie-filled atmosphere.

05

## Individual Starts

The day reaches its climax with individual starts, spaced every 30 seconds. This is the moment when each participant sets out alone on the road, embarking on a personal adventure shared with equally intrepid spirits.

07

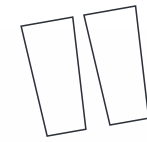
## Last Day of the Week

The final day of the week holds an incredible invitation with Gravel starts for the Paris, Belgium, and Switzerland races. It's an opportunity to extend the adventure, discover new horizons, and push the limits of ultra-endurance cycling even further.



# THEY TELL IT BETTER THAN WE DO...

HERE ARE SOME FEEDBACK FROM PARTICIPANTS ABOUT THEIR RACE ACROSS EXPERIENCE.



The seriousness, reality, and consistency of its monitoring and security organization.

**@sebplyon**

The atmosphere at the base camps. The diversity of the route every year. A universally recognized challenge. The interactions with participants, from virtual discussions on the forum to real-life meetings during the pasta party.

**@stephan\_cycling**

It was my first experience in ultra cycling. But compared to ultra trail running, the Race Across is gentle. Tiring but peaceful. The spirit of autonomy remains unchanged, all while being observed with discretion and humility.

**JB Be Trail**

The reassurance provided to loved ones by the operational control center.

**@thibalut**

The incredible atmosphere at the start and the mutual assistance during the race make this event something unique.

**@cyrielle**





# MANDATORY EQUIPMENT



## ON YOUR BIKE

- Front bicycle light device \*
- Two rear bicycle light devices \*
- GPS counter with downloaded route in one or multiple segments
- Repair kits \*\*
- Bandes réfléchissantes \*\*\*

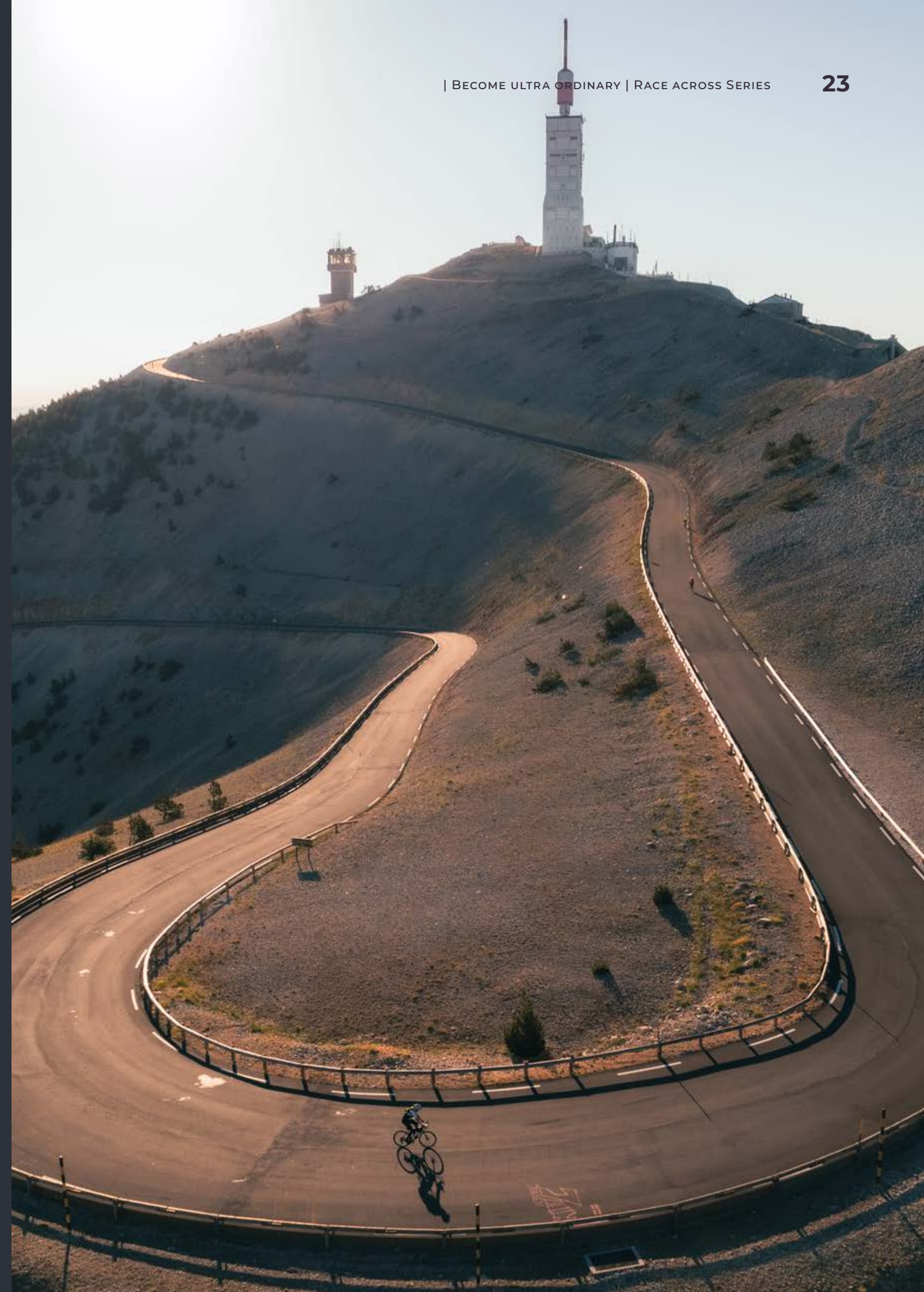


## ON YOU

- Approved helmet (CE standards)
- Helmet light device (frontal)
- High visibility vest or harness
- Reflective bands \*\*\*
- Mobile phone containing the security PC number \*\*\*\*
- 2 Survival blankets (1.40m x 2m)
- Minimum 1-liter water reserve
- Food reserve (Recommendation: 400 kcal)
- A whistle

## OBLIGATOIRE SUPPLÉMENTAIRE POUR LES 2500K ET LE 1000K

- Down jacket
- Rain jacket
- Leg warmers
- Gloves
- Neck gaiter / beanie
- Bivy Bag





# OUR PARTNERS

VAN RYSEL



VELOMANIA

*Holyfat*



FULGAZ®

ASS  
SAVERS





**RACE  
ACROSS**

The logo for the Race Across Series is a white-outlined hexagon. Inside the hexagon, the word "SERIES" is written in a bold, white, sans-serif font. On either side of the word "SERIES", there are two vertical bars. Each bar is composed of four colored segments: yellow, pink, purple, and blue.

**SERIES**

[raceacrossseries.com](http://raceacrossseries.com)