



PRESS RELEASE
For immediate release

FOURTH EDITION OF THE RAID INTERNATIONAL GASPÉSIE 160 ATHLETES, 80 TEAMS, 300 KM OR 150 KM IN 3 DAYS!

Carleton-sur-Mer, August 29, 2017. From September 7 to 10, for a fourth consecutive year, the coastal town of Carleton-sur-Mer, located in the beautiful Gaspésie region in Quebec (Canada), will once again be the background of a sports event hosting international and national passionate extreme sports outstanding athletes.

The Raid international Gaspésie (RIG) is an intense multi-sports adventure race taking place in a breathtaking natural setting. In addition to being located in a sea and mountain area, the raid is an environmentally friendly sporting event where nature in addition to the beautiful Gaspésie landscapes and a healthy and active lifestyle are featured.

Those intrepid racers take part in an adventure race in which they must surpass themselves as they have to cover, by teams of two, with minimum gear, a distance of 300 km or 150 km on a three-day period in a series of non-motorized natural-sport disciplines while progressing through an environment where sky, earth and sea are one. Each edition brings its share of surprises since the race course changes completely to always offer new challenges and allow racers to discover the exceptional beauty of the Gaspésie region. On the other hand, the exceptional welcome of the Gaspésie population never changes: the runners are always pleasantly surprised at the warm welcome they receive since the very first edition.

For this kind of race, the athletes need an unbreakable team spirit as the hardest challenge in this kind of journey is to overpass psychological challenges more than physical ones, even though this latter is not to minimize. To get through, they have to show an incredible adaptation capacity, and the experienced adventure racers know that: they have to expect anything but what was predicted. The teams will have to rely on their expertise, their judgment, on the trust in their teammates, and to do with the nature and the conditions and not against them. A good racing strategy notably has to take into account the selection of the gear, the itineraries, and to skilfully manage the resting periods and the food.

To go through this, trust between the team members, sharing and humility is essential. The teams doing the RIG live extreme emotions, huge joys, anxious moments, adrenaline rushes, and they cross the finish line with a huge feeling of pride that they will share with others for a very long time.

The International Raid Gaspésie is also remarkable for the diversity of teams that will be on the start line since several teams come from abroad. The craze and interest for this growing sport are undeniable.

The kick off will be September 7 at 1:00 pm with the Desjardins Youth Prologue.


Are you wild enough? Discover the RIG by watching the promotional video [right here](#) >
Or watch RIG 2016 TV Show [right here](#) >

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DU 7 AU 10 SEPTEMBRE 2017
300 KM - 4 JOURS - MULTISPORTS