



ROAD BOOK

ELITE

WELCOME TO THE RUNNERS OF LE TRAIL PACIFIC ENERGY - SAAMA 2023

CONGRATULATIONS ON THE CHALLENGE YOU ARE EMBARKING ON !

THIS YEAR, WE ALL FACED 2 CYCLONES A FEW MONTHS AGO. THESE 2 EVENTS HAVE SIGNIFICANTLY AFFECTED THE STATE OF OUR COURSES, REQUIRING MUCH MORE CLEANING WORK THAN WE EXPECTED AND AFFECTING OUR ABILITY TO MAKE THE COURSE MORE ACCESSIBLE. DESPITE THIS, WE HAVE SUCCEEDED IN MAKING IT POSSIBLE FOR THIS NEW EDITION TO LIVE UP TO THE STATE OF THE PREVIOUS YEAR.

WE ARE HAPPY TO COUNT YOU AMONG US FOR THIS NEW EDITION AND LOOK FORWARD TO SEEING YOU ON THE STARTING LINE !

HERE YOU WILL FIND ALL THE INFORMATION ABOUT THE ROUTE YOU ARE ABOUT TO TAKE.

**18KM / 1000M D+
ESTIMATE RACE TIME: 6 HOURS**

600 m
500 m
400 m
300 m
200 m
100 m
0 m

ELITE RACE



FOLLOW THE ORANGE MARKINGS THROUGHOUT THE RACE



START



"The Hill" 0 to 3 km

The start is given on the "The Rock" car park in Saama. 500 meters uphill on a large path that allows you to take your place. After crossing the road, enter the forest on a mono narrow track where overtaking will be almost impossible. 2 slightly steeper passages in this section, you will find ropes to help your progress, as well as assistants Rescue. Do not force the pace here, there is still a long way to go! 100 meters after the nabanga, follow the markings to the left.

You then leave the forest and progress uncovered for 1 km. The last part before the point of view is very steep, but what a sight! Attention, limited place at the top, do not linger.

THE HILL

Nabanga

Lookout

Gold 1 PC1

THE GOLD

"The Gold" - 3 to 4.7 km

This section owes its name to the drilling carried out to find the precious metal in the 80s.

The descent from the viewpoint is also steeper than the climb. You will enter in the forest to find PC1. The course continues lightly descent, half in the forest and half uncovered.

"The Mud" 4.7 to 5.7 km

In this fairly short section, you alternate clearings and plant cover, always on a downward false flat. In contrast, you will cross creeks (refueling in water possible) and the path is particularly muddy, in every season! Caution! You will find PC2 in a clearing. This is where the Social and Elite races separate.

"The Ridge" 5.7 to 6.9 km

As soon as you leave PC2, the path slopes into the forest canopy, along of a ridge line.

The end of the climb is special-steep and slippery: progression hard. Arrival at "Pineapple", you be at the highest point of the course (568m).

THE RIDGE

Pineapple
Race summit - 568m

If you wish, you can choose here to take the social route.
Time barrier = departure time + 2h30

Kava
PC3

THE WILD

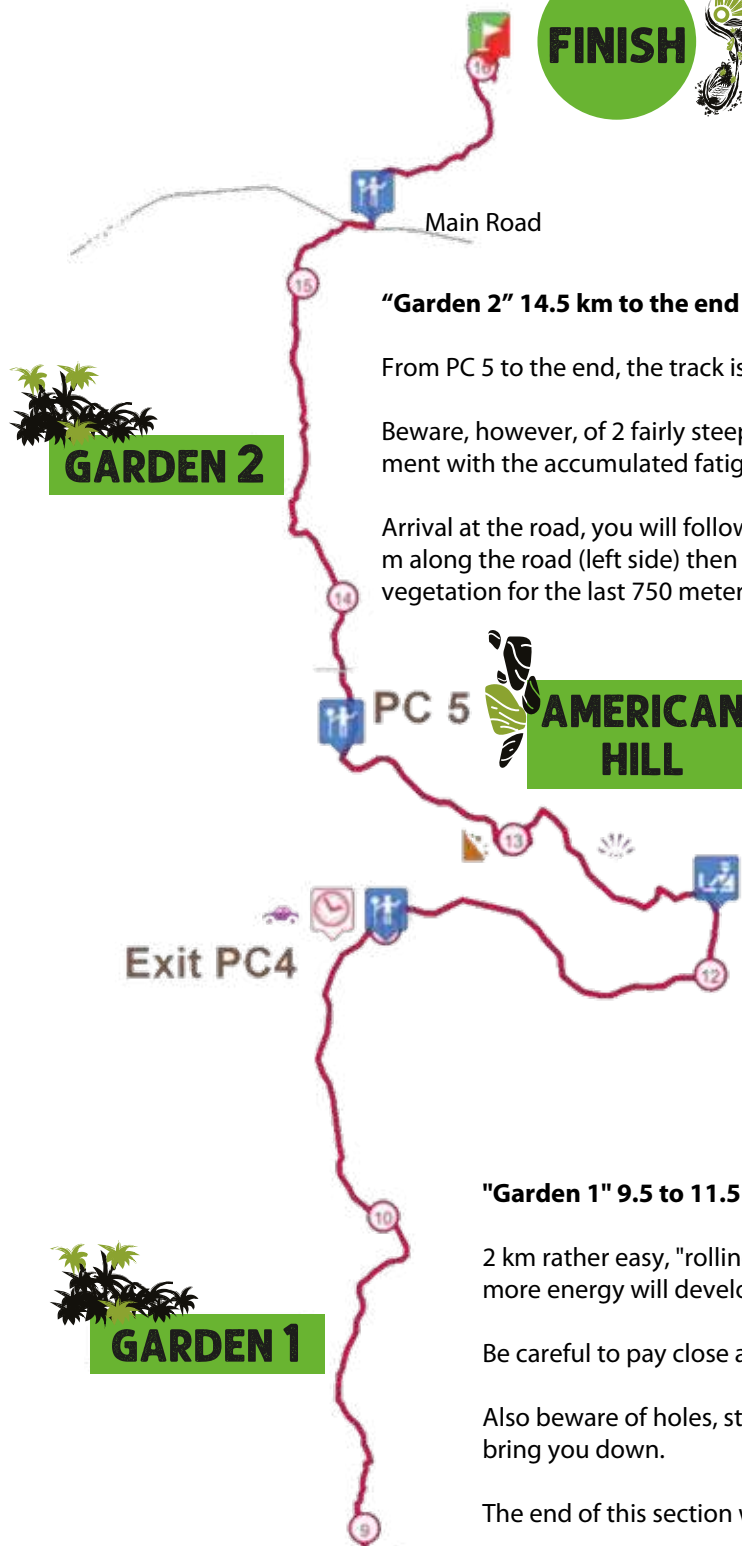
"The Wild" 6.9 to 9.5 km

After the summit, you will begin the descent in the most off course. Can be the most difficult section of the course due to tricky terrain (roots, vines, rocks).

Very quickly, the markings will take you along a shallow creek, but which will make the path particularly muddy, therefore slippery.

Short descents and ascents will follow one another up to an area particularly steep downhill where you will have to be careful.

The end of this portion will take you to the PC3 and you will find there a "cleaner" path because it is regularly used.



"Garden 2" 14.5 km to the end (17 km)

From PC 5 to the end, the track is more and more "rolling".

Beware, however, of 2 fairly steep descents that will have to be negotiated carefully. Be careful with the accumulated fatigue (roots and pebbles).

Arrival at the road, you will follow the markings on the ground to the right for 200 m along the road (left side) then re-enter under cover vegetation for the last 750 meters before the finish.

GARDEN 2



"American Hill" 11.5 to 14.5 km

From PC4, you leave the main track for you engage in a 3 km loop to reach der to the second view of the race.

Another steep climb and descent this section. Watch out for the creepers that hook the feet downhill.

The return to the main track is materialized by the PC3/5, last PC before arrival.

"Garden 1" 9.5 to 11.5 km

2 km rather easy, "rolling" in dry conditions; runners who have more energy will develop their stride.

Be careful to pay close attention to the signage.

Also beware of holes, stones and roots which can still-bring you down.

The end of this section will take you to PC4.

Time barrier to respect: Departure time + 5:00 a.m.

Car available 500 m from PC4, if needed.

Promedical support.

GARDEN 1

**FOLLOW THE ORANGE MARKINGS
THROUGHOUT THE RACE**