



# RIDER BOOK 2024





- The rider book, You must read.
- Your bib, you will collect.
- The first briefing, you will assist.
- Sign in & out, you will not forget.
- Your gear, you must check.
- The safety rules, you must learn.
- A lot of fun, you will have.
- If needed, the other competitors, you will help.
- Ready for the party, you will be.
- The absents are always wrong. You'll understand

1

# How to Get to Gruissan ?

-Road Trip/ Air Trip

-Parkings &  
Accommodation

2

## On the spot

-The Village

-The Racing area

-Bibs Delivery

-Transponder Delivery

3

## Getting Ready

-Provisional Program

-Tips

4

## The Race

-First Briefing

-Security

5

## Let's Go !

-Check-in / Check-out

-Starting Line

6

## Night Life

-Concert / DJ



# 1/ Road Trip / Air Trip

Direction : **NARBONNE**  
 High way ASF 9  
 Exit "Narbonne Est"  
 then direction  
 "Les plages, Gruissan" 14km

Near by  
**MONTPELLIER 100KM**  
**TOULOUSE 150KM**  
**LYON 380KM**  
**CLERMONT-FERRAND 400KM**



**250 KM**  
**Aéroport**  
**Marignane - Marseille**

**110 KM**  
**Aéroport Montpellier-**  
**Méditerranée**

**70KM**  
**Aéroport**  
**Carcassonne**

**150KM**  
**Aéroport**  
**Toulouse-Blagnac**

**75KM**  
**Aéroport**  
**Perpignan-Rivesaltes**

**50KM**  
**Aéroport**  
**Béziers-Agde-Vias**



# 1/ Parkings & Accomodations



Camping Lvl

★★★



Hôtel Le Phoebus Garden &amp; Spa

★★★



Hôtel Port Beach

★★★



Camping Cévéo

★★★



Camping Le Hameau Des Canisses

★★★



Goélia – Les Jardins De Phoebus

★★★



Village Vacances Cévéo

★★★



Hôtel De La Plage

★★



Château Le Bouïs

★★★



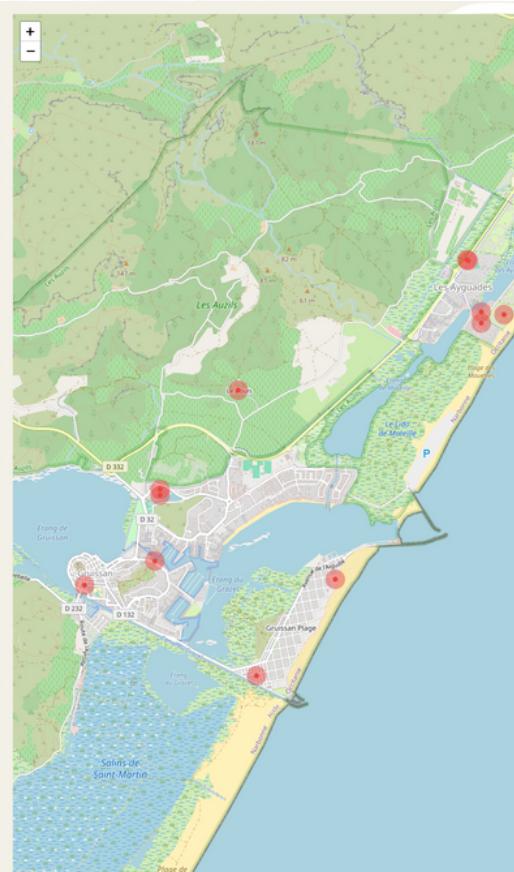
Hotel Le Grand Large



La Maison De Gruissan



Residence L'oustalet Des Mers



<https://www.gruissan-mediterranee.com/mon-sejour/ou-dormir/tous-les-hebergements/>



## 2/ The village



With such an influx of participants from the four corners of the globe, the Occitan village of Gruissan becomes the world's surfing capital for ten days or so. The entire industry is not mistaken.

Some **forty brands** exhibit in the event village, making the Defi an unmissable event:

The storage area is available for the duration of the event.

This area allows you to rig and store your equipment. We remind you that it is not advisable to leave your equipment exposed to the wind and sand for several days.

We advise you to personalize your equipment so that it can be easily identified.



## 2/ The Racing Area

An exceptional area. You must know how to manage the race as much as possible.

It extends from Plage des Chalets (main site of the event) to Port La Nouvelle, 10km away.

In general,  
you should know that the wind is always stronger (5-10 + knots) at Port la Nouvelle than Gruissan.

The full race = 40 km, which corresponds to 2 round trip. It is a real challenge that requires some physical preparation.



# 2/ Bibs Delivery

## ATTENTION > MINOR:

THE PRESENCE OF THE RESPONSIBLE ADULT OR THE SUPERVISOR IS COMPULSORY:  
DURING THE BIB DELIVERY & DURING THE WHOLE CONTEST LENGTH

Your **ID** is required to get your race number  
This year, the bib delivery will take place at:

**PALAIS DES CONGRES GRUISSAN**

13 Av. de Narbonne, 11430 Gruissan

**Wednesday, May 8th between 4pm and 7pm**  
**&**

**Thursday, May 9th between 7am and 11am**

We remind you that your race number is strictly personal  
and cannot be exchanged with other competitors...  
You may be held responsible.

If you can't be there on these dates, don't panic!  
You can still pick up your number later from the organization.  
Let us know !

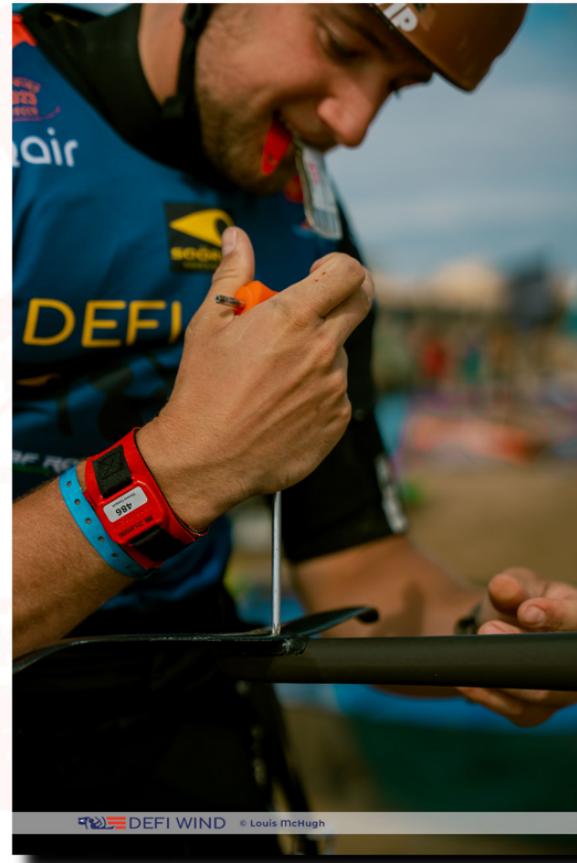


## 2/ Transponder delivery

### ATTENTION:

Your transponder, which is linked to your race number, is subject to a **deposit**. (a link will be sent to you by SMS and email 2 weeks before the event.)

**Without this deposit, your race number and transponder will not be returned!**



### WHAT'S IT FOR?

The transponder wristbands will be used to sign in during the races.

In addition to the registration function, the transponder allows us to automate the ranking!



# 3/ Provisional Program

Wednesday, May 8th

4.00pm - 7.00pm Dossards handed over at the "Palais des congrès".

Thursday, May 9th

7:00am - 11:00am: Dossards handed over at the "Palais des congrès"

1.00pm : 1st information meeting

2.00pm: 1st possible start

8.00pm : Opening ceremony

10.00pm: Musical entertainment

2.00am: End of entertainment

Friday, May 10th

9h30am : Information meeting

10:30 am: First possible start

6.00pm : End of races

7.00 pm: Musical entertainment

2.00 am: End of entertainment

Saturday May 11th

9:30am: Information meeting

10:30 am: First possible start

6.00pm : End of races

7.00pm: Musical entertainment

2.00am: End of entertainment

Sunday May 12th

9.30am : Information meeting

10:30 am: First possible start

5pm : Prize-giving ceremony



## 3/ Tips

### STOPWATCH

We don't talk about it enough: the stopwatch is not indispensable, but almost! When the countdown starts, you can use it to estimate your time. By the time you've assessed the wind strength, rigged your gear, gone for a drink, signed up, got to the start line, you've lost track of time ! With a stopwatch, you know exactly when the boat is going to open the starting line, so there's less stress... !

### CLAPOT

The further offshore you go, the deeper the chop, and the harder it is to go fast without tiring.  
It's better to make a counter tack to glide across the flat than to stubbornly stick to the open sea.  
The shortest route isn't always the fastest!



## WIND DIRECTION AND STRENGTH

The Tramontane is a predominantly northerly wind, generally blowing from the northwest, i.e. from 315° on land.

It's also the strongest wind in the world!

Before setting off, find out what the day's Tram is like. If the Tram is more northerly (around 370°), watch out: the outward journey will be very rough and the return will be very tight. Tacks may be necessary!

If you're tired, don't hesitate to tack on starboard tack for an easy return to the beach.

If the streetcar' is more westerly (towards 270°), it's all good (and that's the majority of cases): you can go and come back 10m from the beach, cleated.

### SANDBANKS

If the water is turning brown, sand is close by...Hhh !!!

Beware, the wind can change during the day.

Note that the Tram is always weaker in front of Plage des Chalets (departure beach).

A strong gust at Plage des Chalets corresponds to the average wind at sea on the Port La Nouvelle side.



# 4/ First Briefing

The first Briefing will take place  
**Thursday May 9th at 1pm**

It's an important moment, not to be missed and  
with essential information

On the following days, a daily briefing will take place at  
**9:30 am.**

You'll be given information on the day's conditions  
(wind direction, strength, possible evolution...).

It is also during these briefings that the countdown can be  
launched, xx' at the end of which the hare boat will open the  
starting line.



# 4/ Security

## AT SEA

Never abandon your equipment. Under any circumstances.

Never " drop " your rig either...

Your board will be your best raft and your rig will limit your drift.

Don't swim next to your gear - you'll be less visible to the rescue team.

Sitting on your float, make slow, repeated up-and-down arm movements.

Be sure that a safety boat or competitor can spot you.

Be vigilant and observant. You are the most effective safety device for the competitors around you, and vice versa.



THERE ARE RISKS ON THE WATER...  
IT'S IMPORTANT TO UNDERSTAND THEM AND ADOPT THE  
RIGHT REFLEXES.

## FOUR CARDINAL BUOYS

off Gruissan and Les Ayguades.

Delimitation of a no-go zone. They are offshore (1 mile for the first ones).

If you come across them, beware: you're not on the right track!

## DANGER ZONES

As you head south towards Vieille Nouvelle, you'll come across a "cardinal west" buoy, which you should leave on the landward side (leave it on your right!).

It indicates the presence of a water intake. We've already left a few fins and motors there.

Beware, at the mouth of the Etang de l'Ayrolle you'll find a sandbank and lots of seaweed. Clearly, not much water here.

## /!\ Beware of variations in water level!

There are no tides in Gruissan, but depending on the wind and atmospheric pressure, the water height varies by a few tens of centimeters...

Enough so that from one day to the next, the fins no longer passes over a sandbank... Even less a Foil !



AT DEFI, THE RULES OF PRIORITY ARE THE SINEWS OF WAR.  
WHEREVER YOU ARE ON THE WATER, YOU'RE BOUND TO RUN  
INTO EACH OTHER.  
ANTICIPATION IS KEY, SO BE VIGILANT!

### PRIORITY RULES

Beyond priority rules, a rider must do everything possible to avoid a collision.

Note that :

On the same tack, the one "overtaking" must move away from the one being "overtaken".

On different tack, the one on "port tack" (left hand ahead) must move away from the one on "starboard tack" (right hand ahead).

### THE BUOYS

We set up a curtain of buoys offshore. They mark the limits of the race zone. Under no circumstances may you exceed this limit, failing which you will be disqualified.

### BASIC RULES

There will be no "official" start in winds of less than 15 knots.  
In Foil, wearing a wetsuit, helmet and lifejacket is compulsory. It is also strongly **RECOMMENDED** on any support.  
Identification is by numbered bib and Transponder supplied by the organization.  
Equipment is free.



## 5/ Check-in / Check-out

**CHECK-IN IS COMPULSORY BEFORE AND AFTER EACH RACE.**

The transponder will be used as a scan for registration.

It's how we know who's in, or out of the water.

Anyone who forgets to sign in will automatically be  
**DISQUALIFIED.**

Above all, it's a question of **SAFETY**, so think about it!

Once the countdown has started at the briefing:

You **MUST** pass through the check-in gate **BEFORE** getting in the water.

And also when you return to the beach at the end of the run.

Each transponder is **NOMINAL**. It cannot be exchanged with another participant.

And if you **ABANDON** the run, for whatever reason...

You **MUST** also pass through the gantry.

Then you can go and have a drink... ! ;-)



## 5/ Starting Line

THE START IS A 7-METER BOAT AT 40 KNOTS ON THE STARTING LINE.

IT WILL ONLY TAKE ONE SECOND TO \*\*\*\*\* YOU IF YOU GET TO THE LINE TOO EARLY!!!  
PACE YOURSELF...

### Rabbit Start

The "opener" boat starts from the lower line ("downwind") and works its way up to the upper line ("upwind", closest to the beach).

It's launched at full speed, with the Bur at the helm ... so don't get in its way!

The "plan" is to pass the line **BEHIND** this boat.

### Tips > 3 identified starting zones:

- 1/ the bottom of the line, the preferred zone for top riders, where you start at full speed.
- 2/ middle of the line, safety zone, you can start off in the middle of the line and easily reach the beach for a flatter stretch of water.
- 3/ top of the line, closer to the beach. The advantage is that you'll be closer to the shore if you opt for a trajectory along the beach. "Sticky" area... To know.

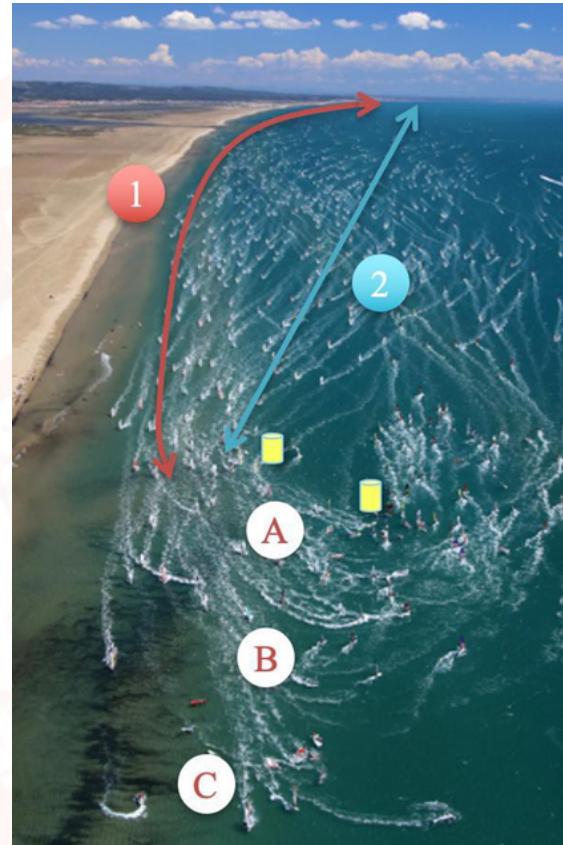


## 5/ Jibes

Please note: The beach forms a curve, which means there are several routes to the buoy in Port la Nouvelle:

**1 / Along the beach:** more distance but easier as the water is flat. But beware of sandbanks.

**2 / The direct route:** further offshore from the beach (approx. 1km), more chop and therefore more tiring.



Passing the buoy in Port la Nouvelle is always a tricky stage, as there are people everywhere, whether stationary or jibing. So you need to be aware of what's going on around you, for your own safety and that of others.

Don't arrive at full speed in the pack, completely out of control. Anticipate this step, as there are several options open to you.

### OPTION A

Challengers! When you arrive, take time to observe and visualize your trajectory, as you'll have to slalom between all those who are stopped. The passage zone is tight and crowded. Be vigilant and don't tempt the devil.

### OPTION B

You're motivated to keep going without taking a break, and you'd like to find a calmer passage. Once past the buoys, continue for several meters and jibe. There will be fewer people and more room to manoeuvre.

### OPTION C

Want to get some rest before the next round? Stay close to the shore until you reach the jibe buoys. Continue until you reach the beach, where you'll be able to stop and take a breather before setting off again.



## 6/ Night Life

From 8:30pm onwards, the village transforms to entertain you with local artists, artists riders... until the end of the night!

Concerts and DJs will set the dance floor alight, so don't miss out!

There'll be plenty of fun to be had!  
An essential part of the Defi Wind experience  
**"Night and Day!"**



**SNSM Doctor**

Stephanie Tibi  
06 64 73 79 31

**Contact Orga**  
06 31 59 65 32

**EMERGENCIES**

Pompiers : 18

Samu : 15

Urgences : 112

Forces de l'ordre : 17

- i** - Office de Tourisme
- P** - Parkings Visiteurs
- H** - Hébergements
- C** - Camping
- AC** - Aire Camping Cars
- PC** - Protection Civile
- 18** - Pompiers
- M** - Médecins  
- Cabinet Infirmier
- DZ** - Drop Zone



 @defiwind

 @ledefi

hello@defiwind.fr

[www.defiwind.fr](http://www.defiwind.fr)

