

Grand Raid BCVS

Technical guide

Verbier – Grimentz

2022 UCI MTB Marathon Series

20.08.2022

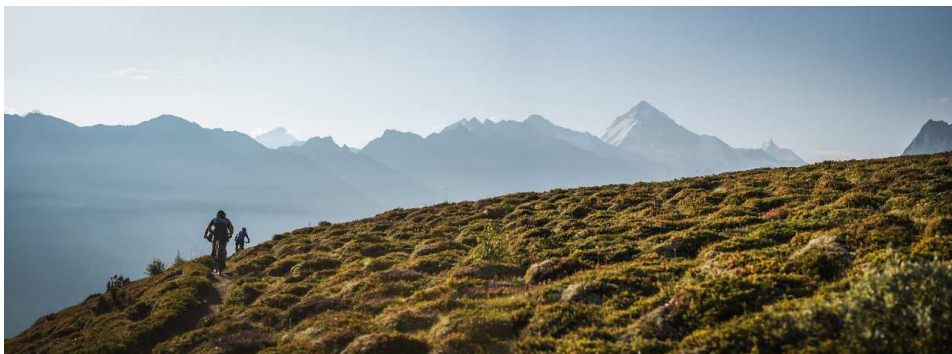


www.grand-raid-bcvs.ch



Content

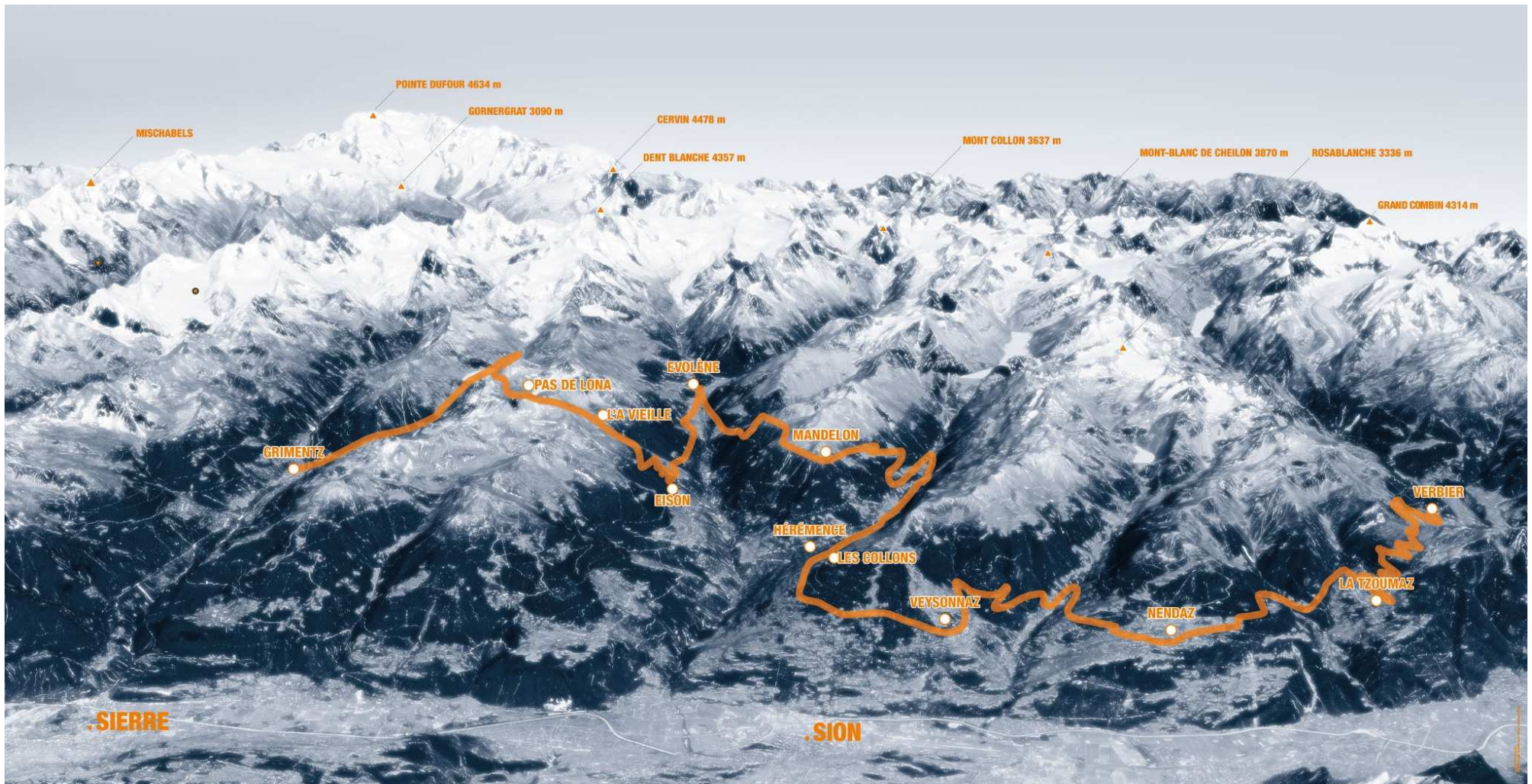
- 1. Race and profile*
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- 5. Route - access car km*
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Introduction

- *The Grand Raid BCVS is known to be one of the most challenging mountain bike races in the high mountains. Located in the heart of the Valais Alps, in an alpine playground, the race crosses different valleys with a climax at the Pas de Lona, at an altitude of more than 2'700m.*
- *The official trail is listed in the UCI Marathon Series 2022 and the official UCI MTB Marathon calendar.*
- *Verbier - Grimentz*
- *Kilometre: 125*
- *Height: 5'025*

Verbier - Nendaz - Hérémence - Evolène - Grimentz



Program

Friday 19.08.2022

- *Bibs: Bibs will be handed out in the centre of Sion - Place de la Planta*
- *Friday 19. August from 11am to 7pm.*
- *Technical inspection: It is mandatory to check your bike before taking the start. The bike must be checked according to the list in the appendix.*



Saturday 20.08.2022

- *Official UCI Marathon Series Race - Verbier to Grimentz*
- *Start time: 6:30 am - Verbier - Place Centrale*

Timetable

Running time – cut-off-time

125km Verbier	Running time	Cut-off-time
Start Verbier	06:30	
Nendaz	07:45	
Veysonnaz		11:00
Hérévence	08:55	
Mandelon	09:45	13:00
Evolène	10:25	14:00
Eison	10:55	15:00
L'A Vieille	11:35	16:00
Pas de Lona	12:00	
Grimentz	12:25	

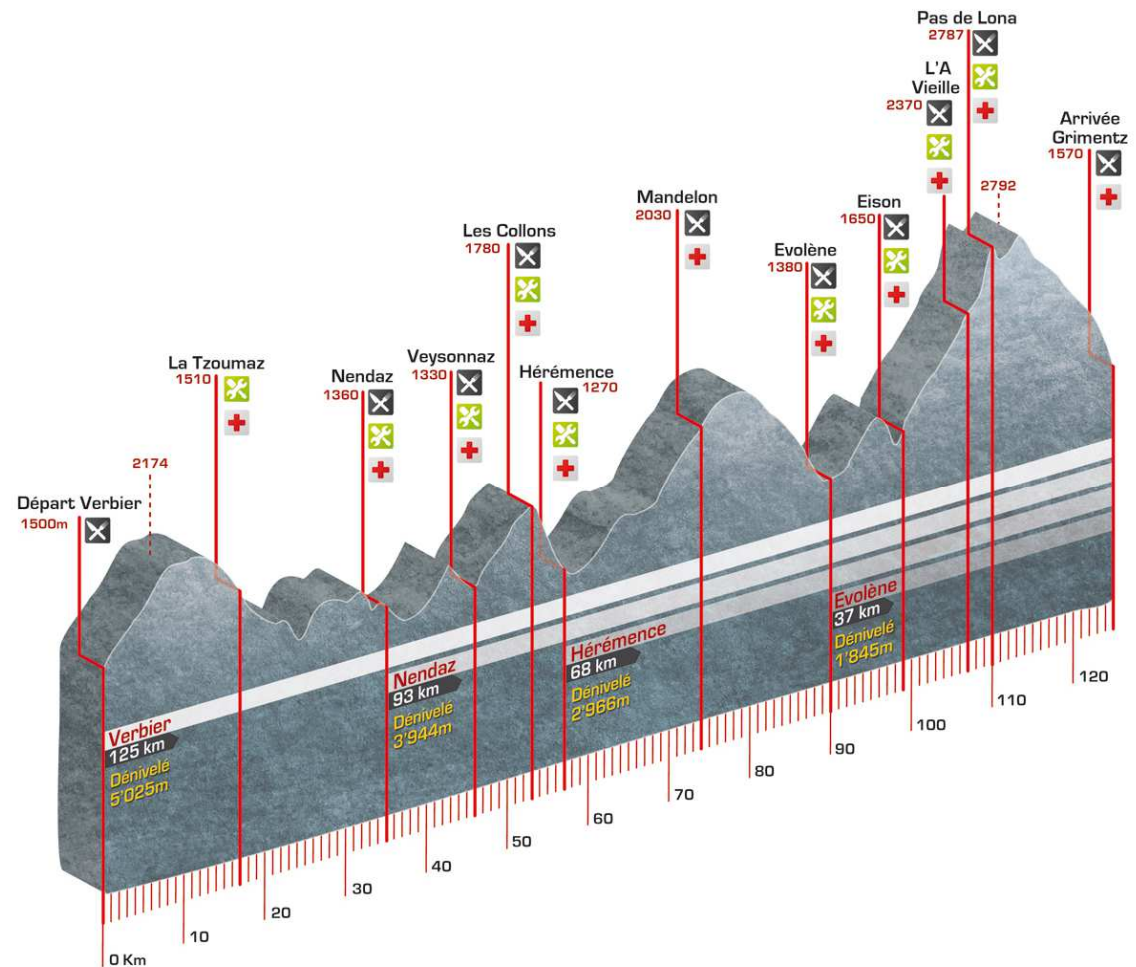
The organiser reserves the right to modify the neutralisation times, which will be communicated the day before the race.

Refuelling - Exemption

- *As the MTB marathon course is longer than all the official routes on the UCI calendar, the organisation of the Grand Raid BCVS is requesting an exemption from the UCI.*
- *The UCI, therefore, allows all teams to feed outside the riders' zones on the course.*
- *Please note that this only applies to food and not to any technical assistance.*

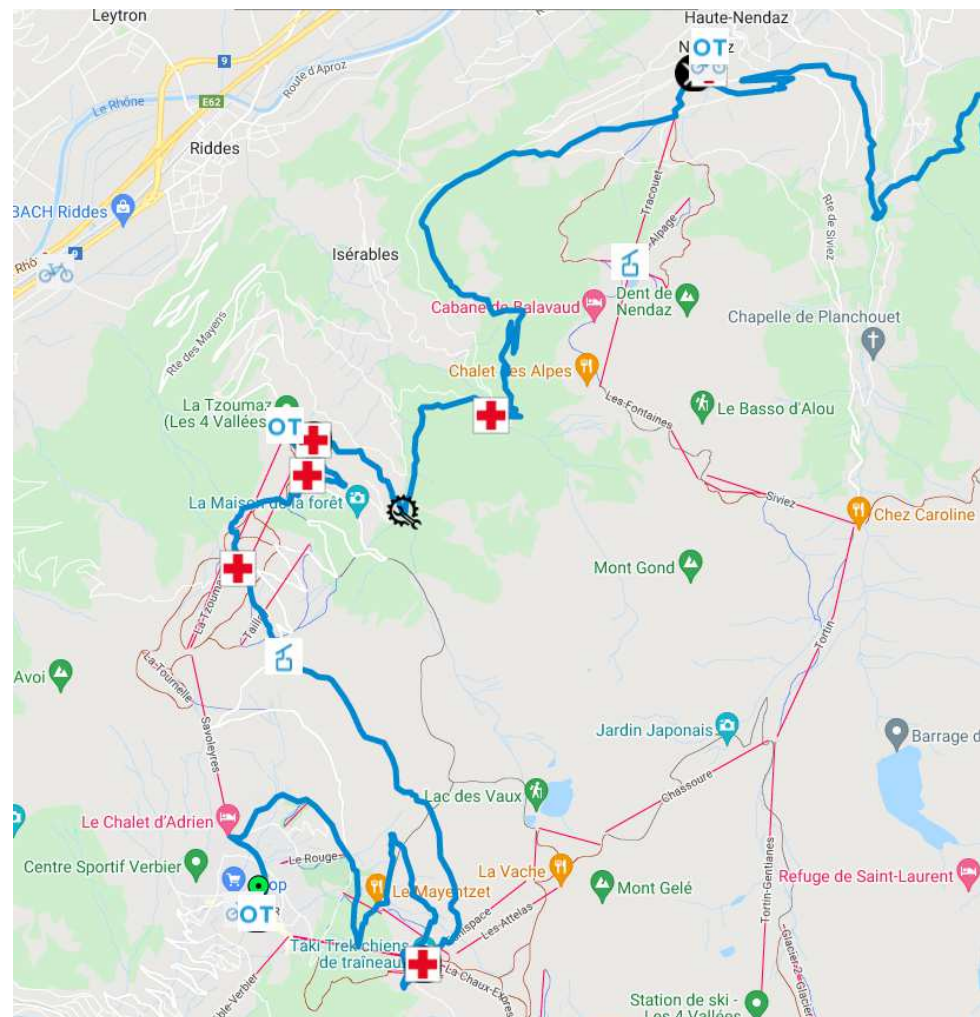


Race profile



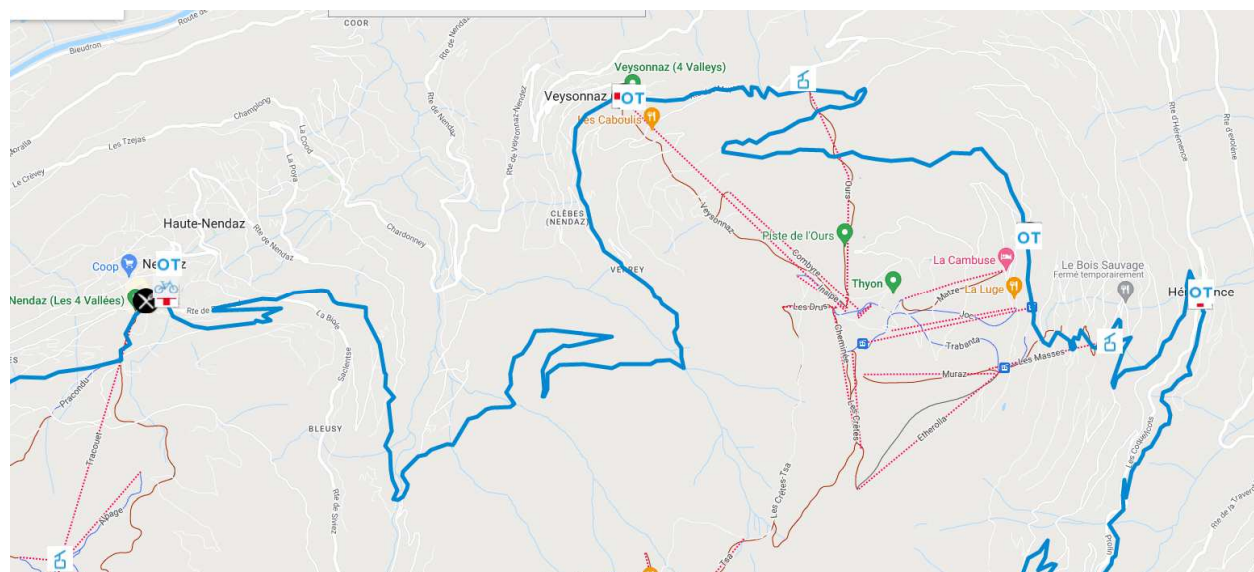
Verbier - Nendaz

Km marker	Distance (km)	Type of track	Coating	Localisation
0.0				Départ Verbier
3.2	3.2	Road	Asphalt	La Mayentzet
8.8	5.6	Road	Gravel	Les Attelas
13.5	4.7	Track	Gravel	Croix de Cœur
16.8	3.3	Single	Gravel	Etablons
20.1	3.3	Road	Asphalt	Pont de la Fara
28.3	8.2	Road	Gravel	Route des Crettaux
29.9	1.6	Road	Asphalt	Les Clèves
31.4	1.5	Single	Grass	Tracouet
32.0				Nendaz



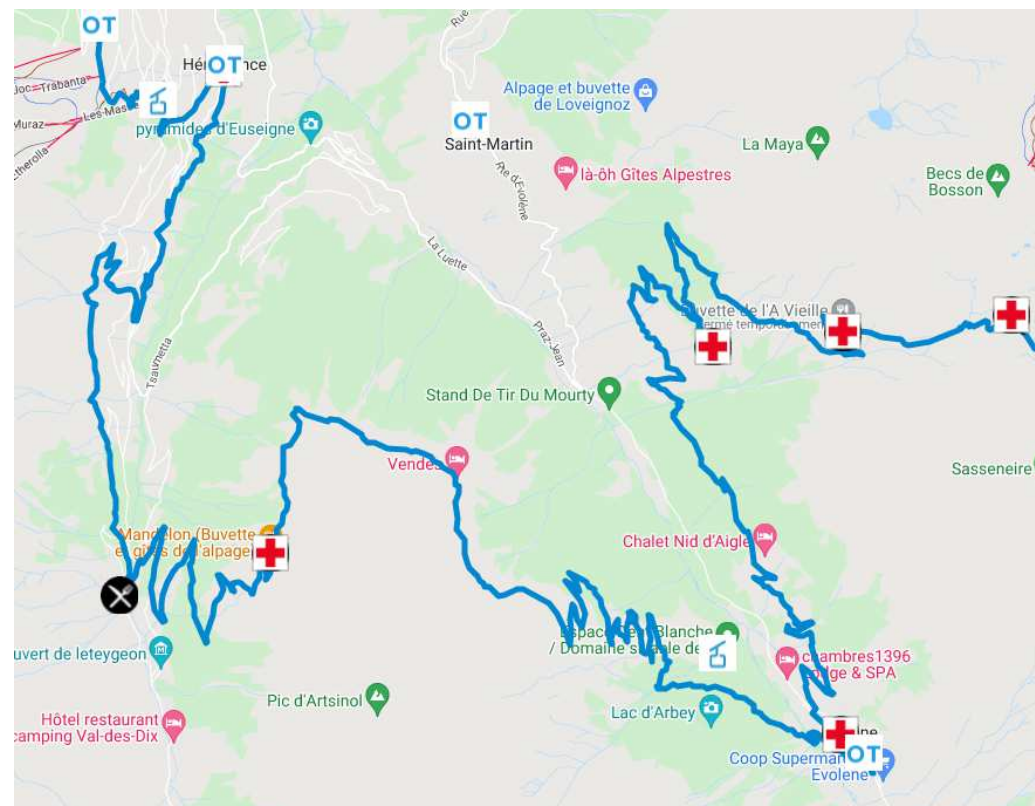
Nendaz - Hérémence

Km marker	Distance (km)	Type of track	Coating	Localisation
32.0				Start Nendaz
32.3	0.9	Road	Asphalt	Parcours Vita
33.4	1.1	Track	Gravel	Bisse du Milieu
36.0	2.6	Road	Asphalt	Saclentse
37.0	1.0	Road	Gravel	Pont de la Printse
37.3	0.3	Road	Asphalt	Plan Désert
43.6	6.3	Road	Gravel	Verrey
44.0	0.4	Single	Gravel	Chervire
46.7	2.7	Road	Asphalt	Mayens de l'Hôpital
51.1	4.4	Road	Gravel	Conduite Forcée
52.2	1.1	Single	Gravel	Tennis Thyon
53.3	1.1	Road	Asphalt	Mura
54.6	1.3	Single	Gravel	Les Masses
57.0				Hérémence



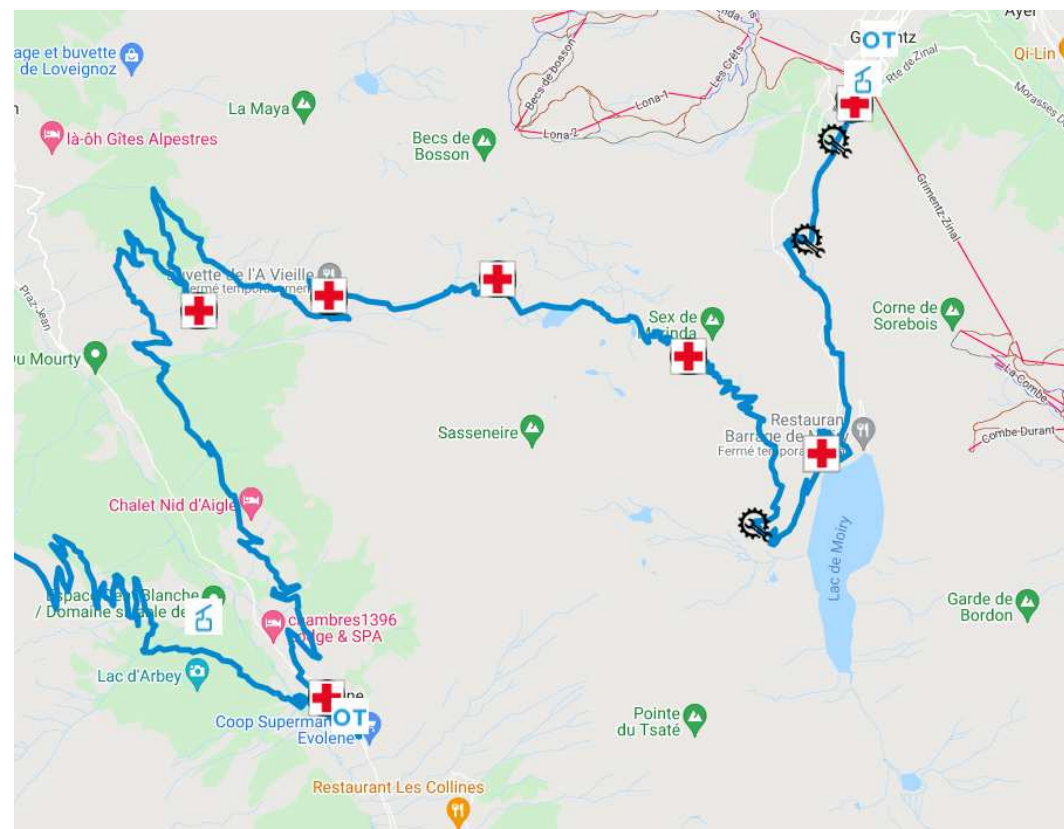
Hérémence - Evolène

Km marker	Distance (km)	Type of track	Coating	Localisation
57.0				Start Hérémence
57.3	2.7	Road	Asphalt	Dayer Transports
59.1	1.8	Road	Gravel	Prolin
61.5	2.4	Road	Asphalt	Riod
66.7	5.2	Road	Gravel	La Dixence
72.4	5.7	Road	Asphalt	Alpage Mandelon
73.0	0.6	Road	Gravel	Mandelon
78.5	5.5	Single	Gravel	Chemeuille
86.6	8.1	Road	Gravel	Lannaz
87.4	0.8	Single	Gravel	STEP
88.0				Evolène



Evolène - Grimentz

<i>Km marker</i>	<i>Distance (km)</i>	<i>Type of track</i>	<i>Coating</i>	<i>Localisation</i>
88.0				Start Evolène
91.5	4.1	Road	Asphalt	Pont Martémo
94.0	2.5	Road	Gravel	Nid d'Aigle
95.9	1.9	Single	Gravel	Sandulin
97.2	1.3	Road	Gravel	Piacretta
98.2	1.0	Single	Gravel	Crettaz d'Eison
98.6	0.4	Road	Asphalte	Eison
99.5	0.9	Single	Gravel	Route de l'A Vieille
106.6	7.1	Road	Gravel	Alpage de l'A Vieille
111.0	4.4	Single	Gravel	Lac de Lona
118.7	7.7	Road	Gravel	Barrage Moiry
125.0	6.3	Single	Gravel	Finish line Grimentz



Technical data

<i>Type of track</i>	<i>km</i>	<i>%</i>
Road	90.8	72.6%
Track	5.8	4.6%
Single	28.4	22.7%
Total	125.0	100%
<i>Coating</i>	<i>km</i>	<i>%</i>
Asphalte	31.0	24.8%
Gravel	92.5	74.0%
Grass	1.5	1.2%
Total	125.0	100.0%



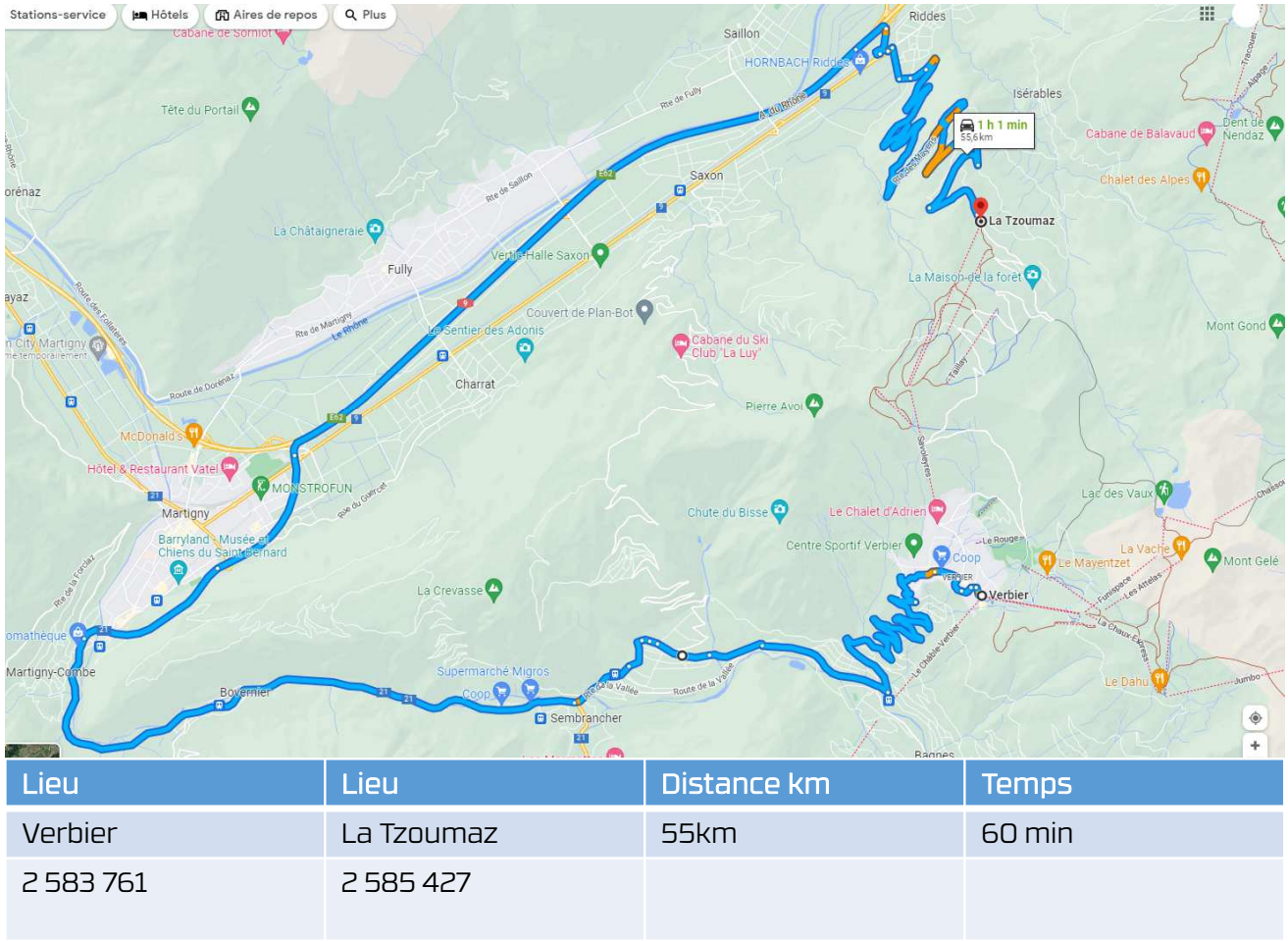
Points GPS Points

Technical stations - supplies

<i>Location</i>	<i>Number km</i>	<i>Running time</i>	<i>GPS Point</i>	<i>GPS Point</i>	<i>Km by car between each post</i>	<i>Time</i>	<i>Km by car from Verbier</i>	<i>Time</i>
Verbier	0	06:30	2 583 761	1 104 951	0 km	0	0 km	0
La Tzoumaz - Pont de la Scie	20		2 585 427	1 109 455	55 km	1 h	55 km	1h
Nendaz	32	07:45	2 588 869	1 114 413	36 km	45 min	60 km	1h10
Veysonnaz	43		2 592 628	1 116 040	11 km	15 min	64 km	1h15
Thyon les Collons	52		2 595 954	1 114 905	15 km	25 min	77 km	1h15
Hérémente	57	08:55	2 597 358	1 114 387	14 km	20 min	67 km	1h00
Mandelon	73	09:45	2 597 885	1 108 917	-			
Evolène	88	10:25	2 604 348	1 106 869	20 km	20 min	80 km	2h20
Eison	98	10:55	2 602 897	1 111 246	12 km	15 min	76 km	1h15
L'A Vieille	106	11:35	2 604 371	1 111 416	-			
Pas de Lona	110	12:00	2 606 280	1 111 587	-			
Grimentz	125	12:25	2 610 326	1 113 596	60 km	1 h	91 km	1h20

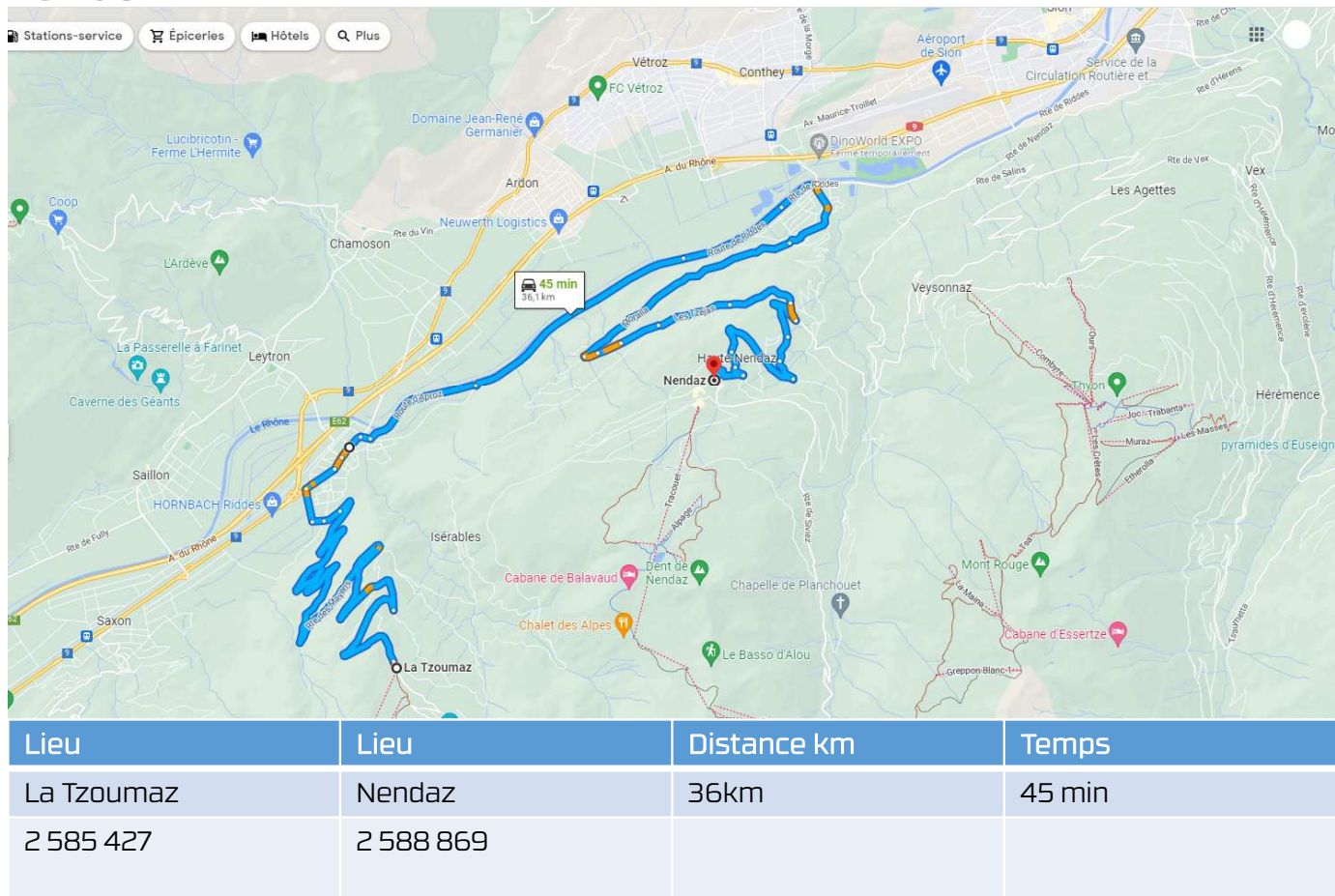
Itinerary by car

Verbier – La Tzoumaz



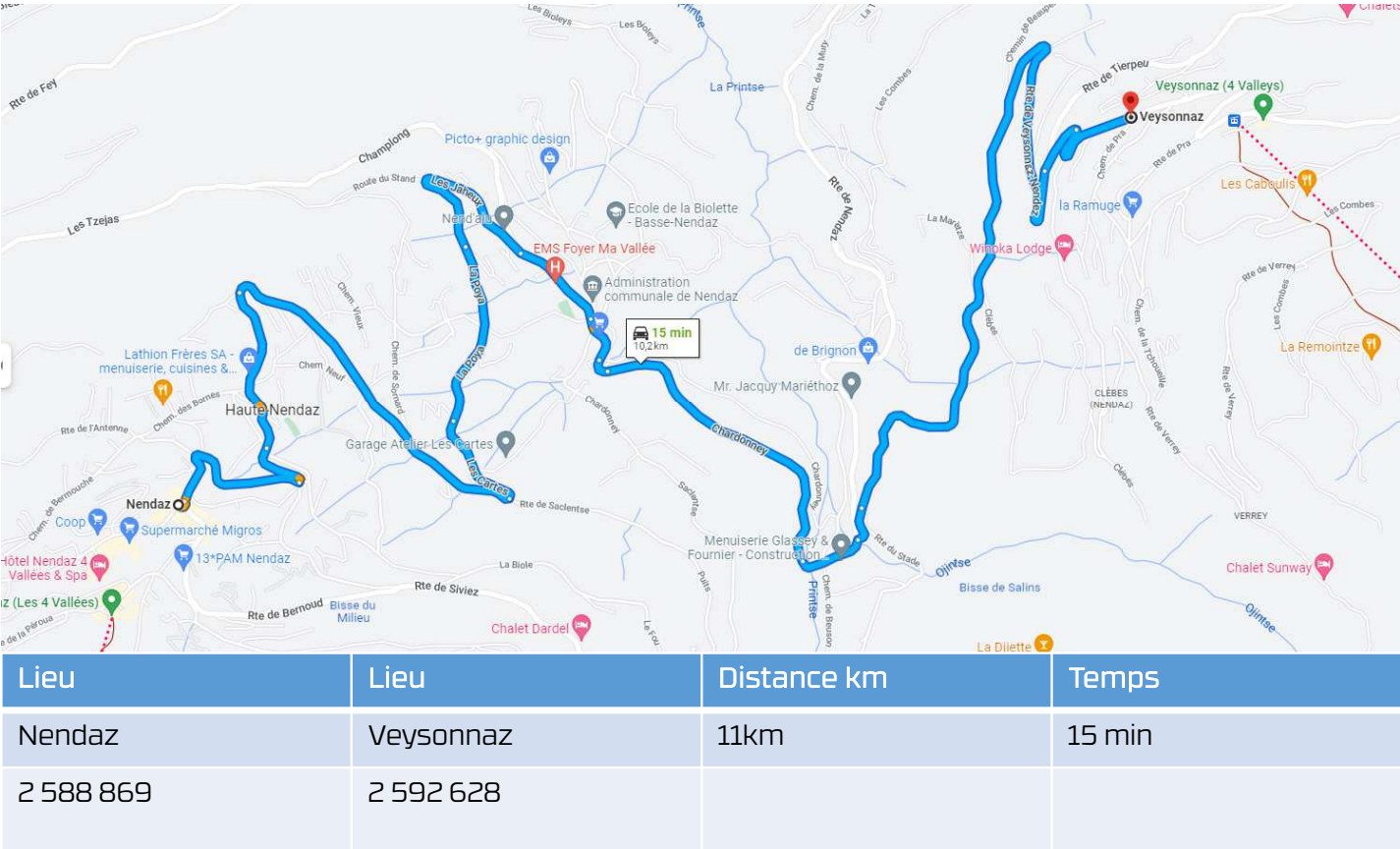
Itinerary by car

La Tzoumaz - Nendaz



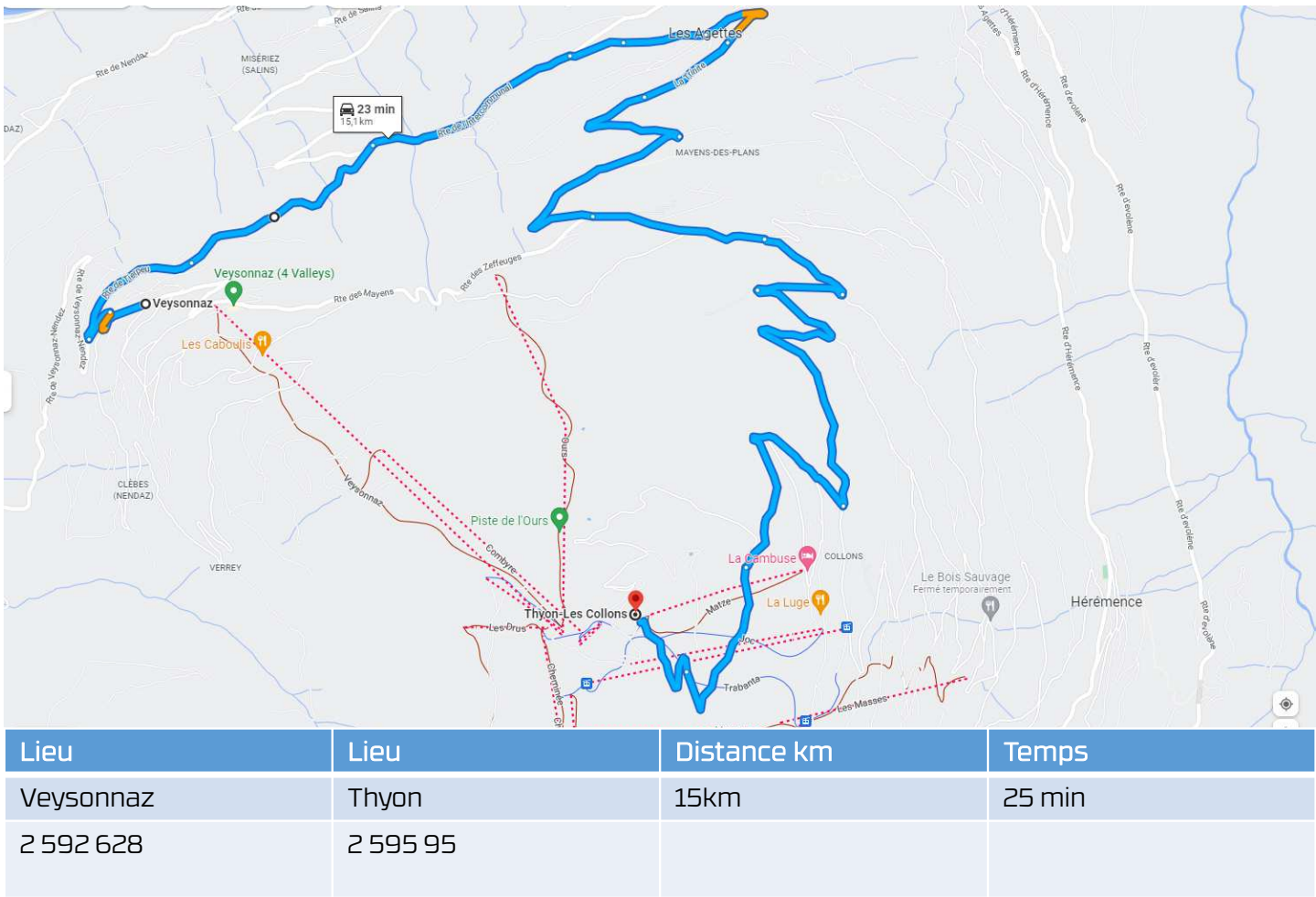
Itinerary by car

Nendaz - Veysonnaz



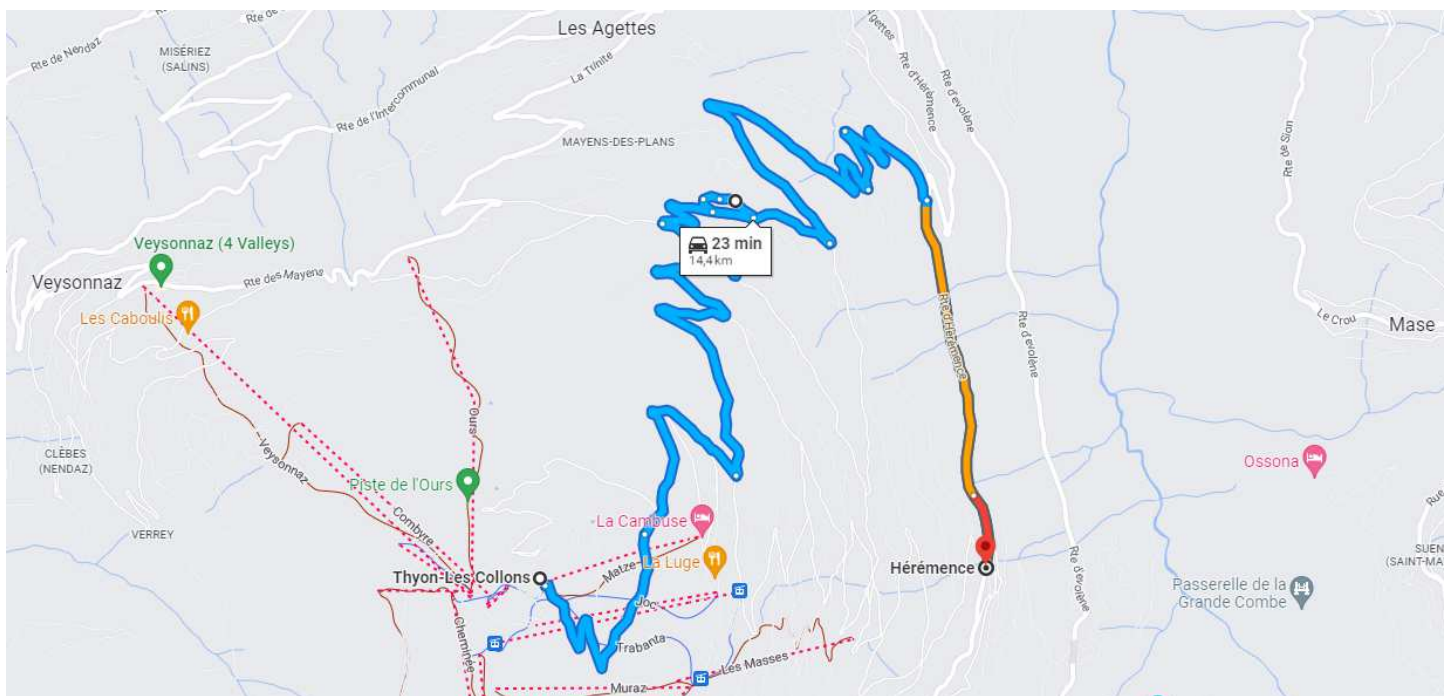
Itinerary by car

Veysonnaz – Thyon



Itinerary by car

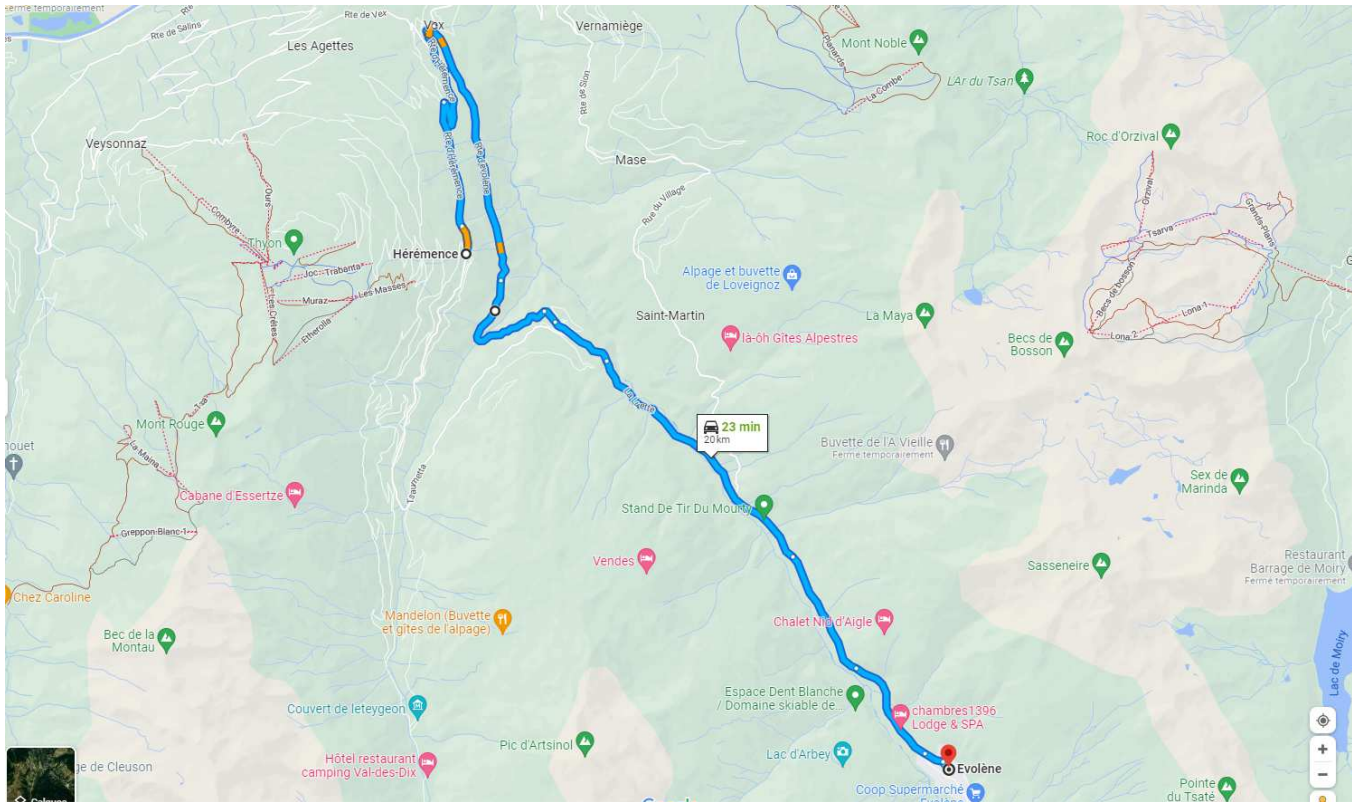
Thyon - Hérémente



Lieu	Lieu	Distance km	Temps
Thyon	Hérémente	14km	20 min
2 595 954	2 597 358		

Itinerary by car

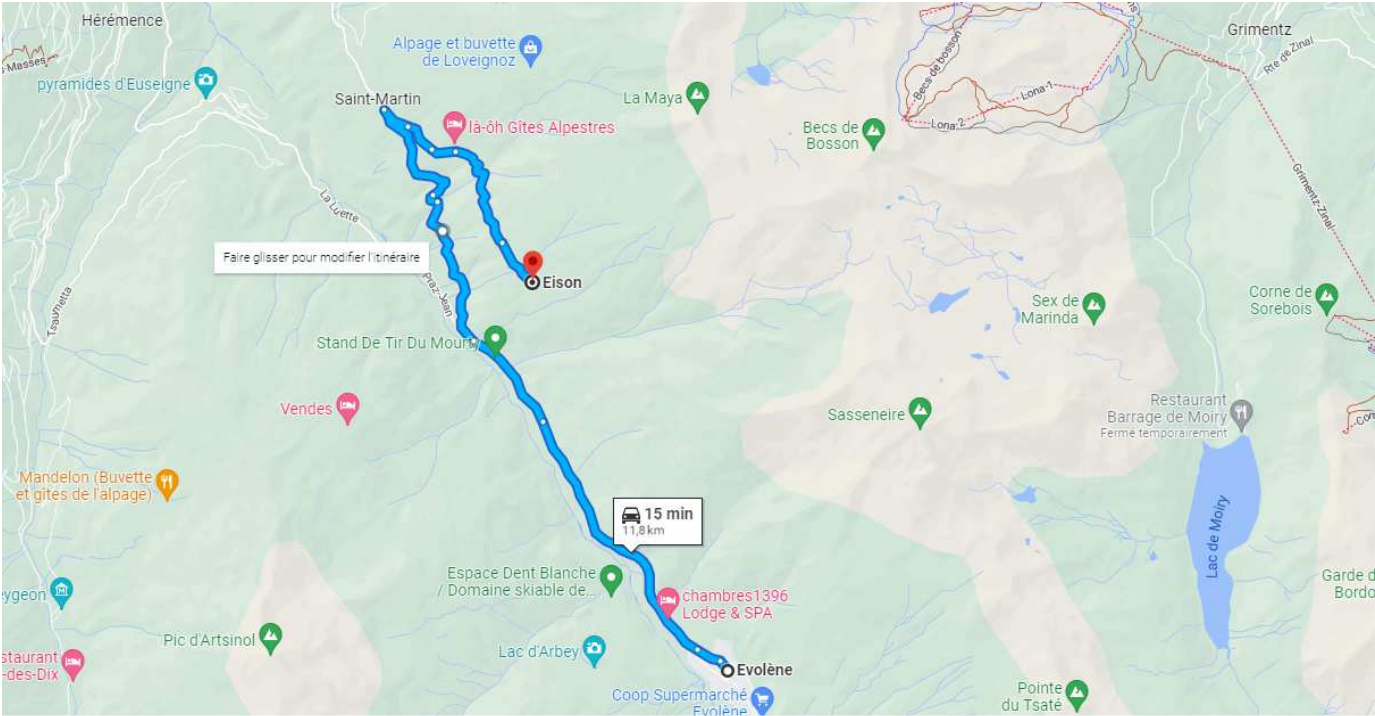
Hérémence - Evolène



Lieu	Lieu	Distance km	Temps
Hérémence	Evolène	20km	20 min
2 597 358	2 604 348		

Itinerary by car

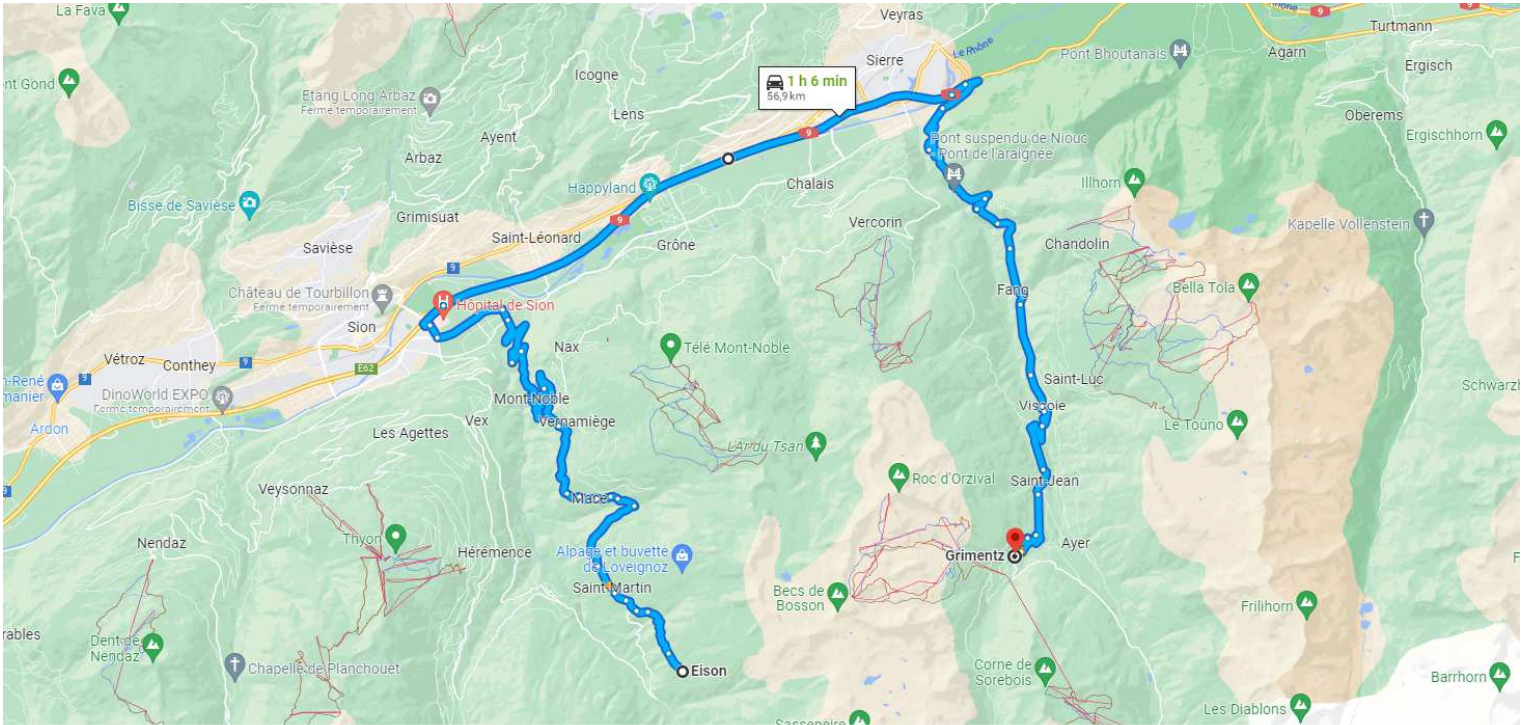
Evolène - Eison



Lieu	Lieu	Distance km	Temps
Evolène	Eison	12km	15 min
2 604 348	2 602 897		

Itinerary by car

Eison - Grimentz



Lieu	Lieu	Distance km	Temps
Eison	Grimentz	60 km	60 min
2 602 897	2 610 326		

Safety - Doctors

- *All accidents and incidents should be reported to the safety office - via the telephone number on the sticker.*
- *Security Office Grimentz +41 27 565 87 07*
- *Helicoptere - Air Zermatt 144*
- *Valais Hospital - Sion +41 27 603 40 00*



Appendix: Inspection checklist for the mountain bike

Before taking the start of the Grand Raid BCVS, the following points must be checked on the bike and validated by the organization. A validation paper of the execution of these controls must be presented to the technical control in order to collect the bib.

- Brake system - pads - cables - hydraulics
- Any play on the bike - axles - bolts - tightening
- Gear changes - operation and wear of the transmission
- Bottom bracket axle - no play should appear
- Steering - must turn freely and without play
- Handlebars - stem
- Saddle - seat post - tightening
- Wheels - mounting - spoke tension - warping
- Rims - sidewall wear
- Tyres - wear and tyres suitable for conditions
- Forks and suspension - operation - pressure
- Screws - check tightening
- Shoes - pedals - engagement and release of clips
- Pedals - play on axle
- Fitted Helmet - straps adjusted

Contact

GRAND RAID BCVS

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