



Specialist Advice:

It is inadvisable to use a new bike for the Grand Raid BCVS- bring one that you have already ridden.

15 days before the race, visit one of our check point (partner shop) who will check if your safety is guaranteed for free :

- Brakes (cables or hydraulic system)
- Any kind of play on the bike (axes, screws and bolt tightening, etc.)

In order to optimize your chances of success, the specialist strongly recommend you to have a proper bike check up including the following points :

- Gears (operation and wear on transmission)
- Rubbers and brake pads (wear)
- Pedal axles (ensure there is no play)
- Steering (must turn freely and without any play)
- Handlebar / bracket (the unit must be tight)
- Saddle / saddle stem (tighten)
- Wheels (binding, tension of the spokes and alignment)
- Rims (wear on the side walls)
- Tyres (wear and tyres adapted to conditions)
- Fork and suspension (correct operation and pressure)
- Screws and bolts (check for tightening)
- Shoes / pedals (interlocking and release of the clips)
- Pedals (play in the axle)
- Helmet (good fit and well adjusted straps)

On your last ride before the Grand Raid BCVS, test your brake pads and do not hesitate to change them if necessary!

Experience tells us that brakes operating at 50% (even in dry weather...) will not make it to Grimentz.

Any service is payable