



RUNNERS GUIDE
12-13 MAY 2023



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INTRODUCTION

Dear Friend of the Runner,

After a successful 1st edition with more than 2900 runners of all ages, we are pleased to present you in this runner's guide all the information that will be useful on the day of this 2nd edition.

For more detailed information, please consult our website in the sections Rules and FAQ.

This will allow you to read it at your leisure and, if necessary, to submit your questions by email to info@rd-events.ch.

If you have any questions about registration, please write directly to support@mso-chrono.ch.

We wish you a good preparation and look forward to seeing you on the day. This will allow you to read it at your leisure and, if necessary, to submit your questions by email to info@rd-events.ch.

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CONTENTS

VILLAGE FINISHER	5-9	PODIUMS	24-25
ACCESS & TRANSPORT	10-14	FINISHER	27
MARATHON	15-17	GEULTH'ON	28
SEMI-MARATHON	18	SUSTAINABLE DEVELOPMENT	30
KIDS & FAMILY	19-20	VOLUNTEERS	31
5KM	21	OTHER EVENTS	32
10KM	22	CONTACT	33
		SPONSORS	34-35



FINISHER VILLAGE

GENERAL

Location

- CERM de Martigny
- Rue du Levant 91, 1920 Martigny

Opening hours

- Friday 12 mai : 16:00 – 20:00
- Saturday 13 mai : 06:30 – 02:00

Activities

- Information point
- Withdrawal of race numbers
- Exhibitors Food and drink stalls
- Entertainment for children
- Rest area for runners
- Gueul'thon meal
- Evening *Maratho'Night* with **Magic Men**
- Parkings



FINISHER VILLAGE

BIBS COLLECTION

Key facts

- You will be able to collect your race numbers at the times below by presenting your collection voucher, which will be sent to you two days before the race, and your ID.
- For children, the number must be collected by an adult with the collection voucher and the child's ID.
- You can also collect the number from a third person with their collection form and a copy of their ID.
- For relays, only one person is needed to collect the team number.

Hours

> CERM in Martigny

- Friday 12 mai : 16h00 – 20h00 *tous les parcours*
- Saturday 13 mai : 06h30 – 09h00 / 11h00 – 18h00
Alls races except the marathon

> Place de la Planta in Sion

- Samedi 13 mai : 06h30 – 08h00
- *Only the marathon*

Peak times	Friday 12 mai	Saturday 13 mai
06.30 – 9.00		●
11.00 – 12.00		●
12.00 – 13.00		●
13.00 – 14.00		●
14.00 – 15.00		●
15.00 – 16.00		●
16.00 – 17.00	●	●
17.00 – 18.00	●	●
18.00 – 19.00	●	
19.00 -20.00	●	



VILLAGE FINISHER

AFFAIRES PERSONNELLES & OBJETS TROUVÉS

Personnal affairs

For the marathon course, you can leave your bag with your personal belongings at the start of the race in Sion. You will then be able to pick up your belongings at the CERM in Martigny in the "Personal belongings" area. To do this, you must affix the organisation's label to your bag and present your race number to collect it.

For all other races starting in Martigny, you can leave your bag directly at the "Personal belongings" area in the CERM and pick it up at the same place after your race.

Found objects

We will collect all lost items at the personal belongings stand at the CERM in Martigny, which can be collected until 21:00 on Saturday evening, and then at the organisation's office in Sion, rue Pré-Fleuri 6, from Monday 15 May.



FINISHER VILLAGE

F&B

Food and drink stalls

Food and drink stands are set up at the CERM in Martigny by our partners to reward you for your efforts and to enjoy a convivial moment with family, friends or colleagues, including :

- Bun ham and raclette cheese
- Ciabatta dried meat
- Valaisan salad
- Valaisanne plate
- Raclette cheese platter "De la Région" (tomato or pesto sauce)
- Hamburger "De la Région"
- Veal sausage flavoured with Grand St-Bernard herbs
- Portion of fries
- Raclette
- Pancakes
- Ice cream
- Pastries



FINISHER VILLAGE

ANIMATIONS

The AfterMarathon

At the end of your race, we will meet you at the CERM in Martigny with entertainment for children, partner stands, a relaxation area for runners and food and drink stands.

The Maratho'Night

Organised at the CERM in Martigny for all runners and their companions, the musical atmosphere is guaranteed until the end of the night with the legendary group Magic Men. Sway to the rhythm of the music on the CERM dance floor until 2am. Admission is free.



ACCESS & TRANSPORT

GENERAL

Access in transport public

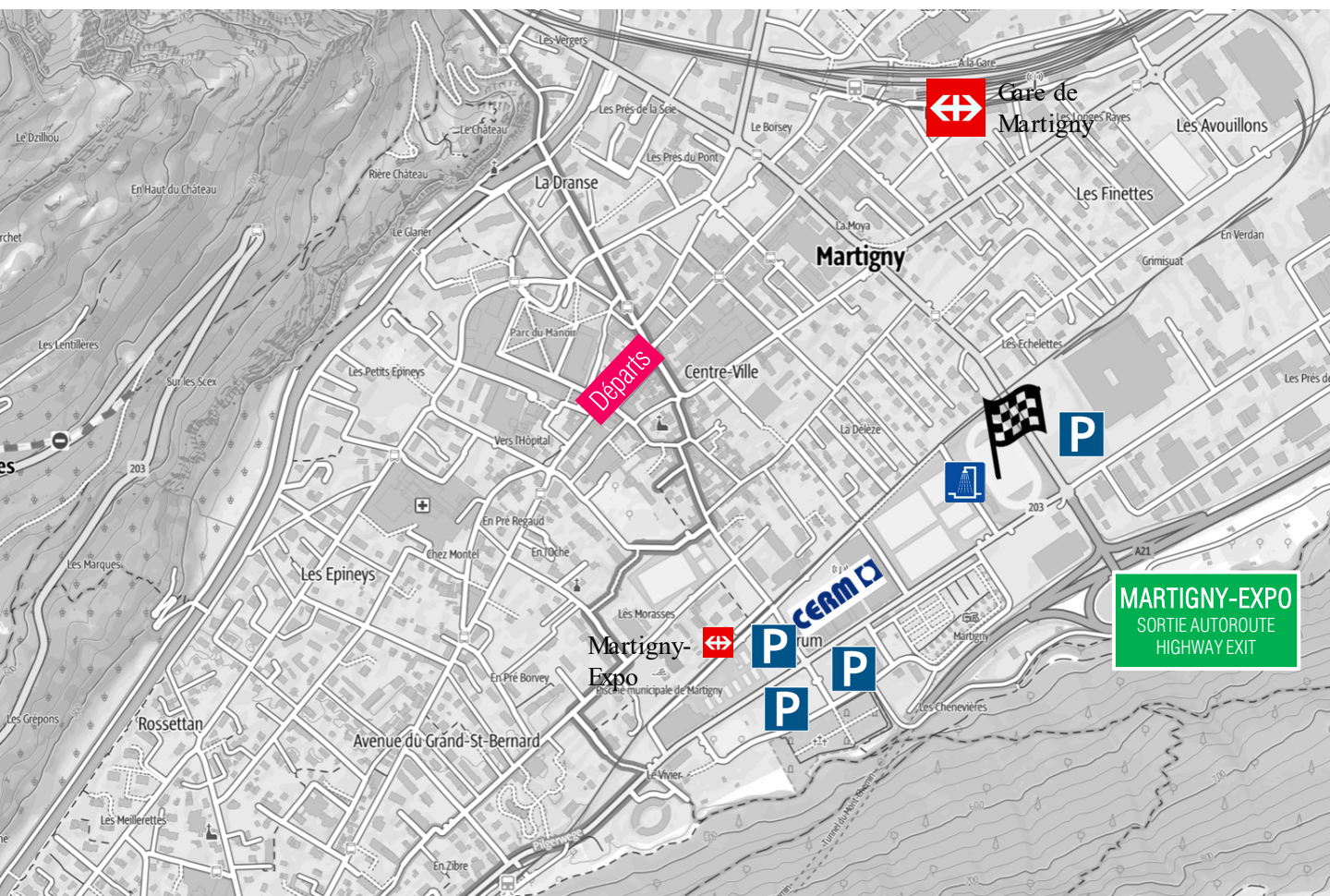
The Martigny train station is located at 10 minutes walking distance from the CERM (Finisher Village), from the Place centrale de Martigny (start of all races except marathon) and from the Stade d'Octodure (finish of all races) and is very well served by the SBB.

Moreover, the Martigny-Expo train station is only a few steps away from the CERM.

For the start of the marathon in Sion, a free shuttle bus (departures at 6.25 and 6.55) will take runners from the CERM to Martigny station to catch the train (departures at 6.40 and 7.11). The Place de la Planta, where the marathon starts, is also a 10-minute walk from Sion station.

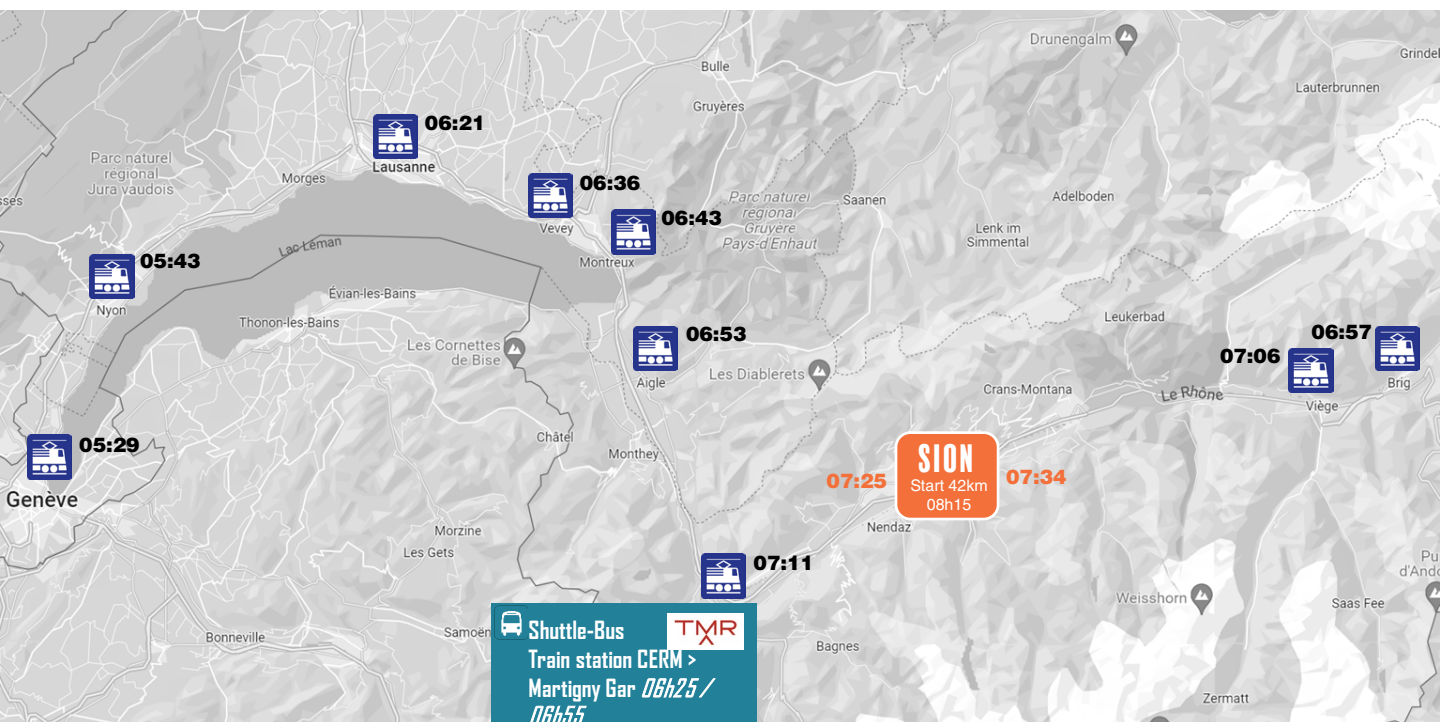
Access im Car

Access via the motorway and the Martigny-Expo exit is to be preferred on race day. The CERM and cemetery car parks will be free for runners and their companions.

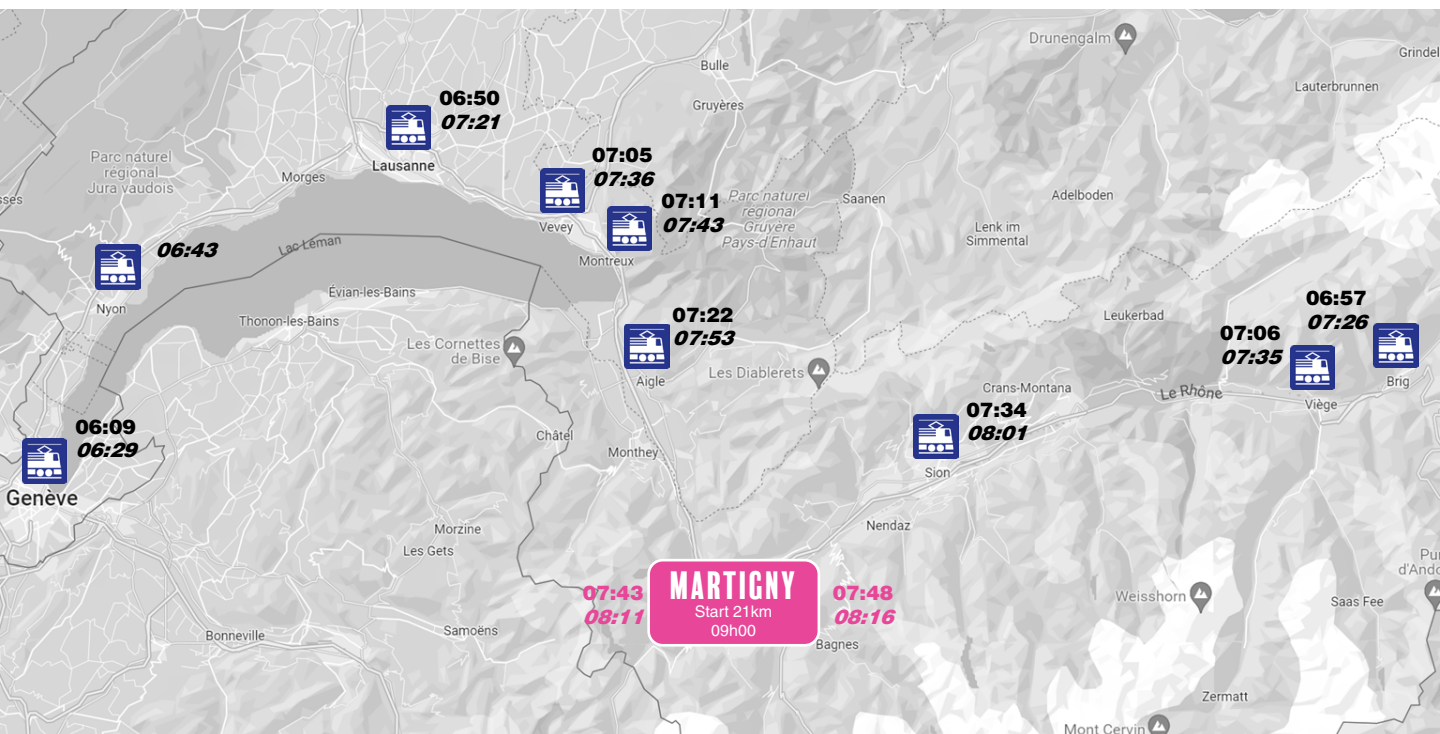


ACCESS & TRANSPORT

MARATHON

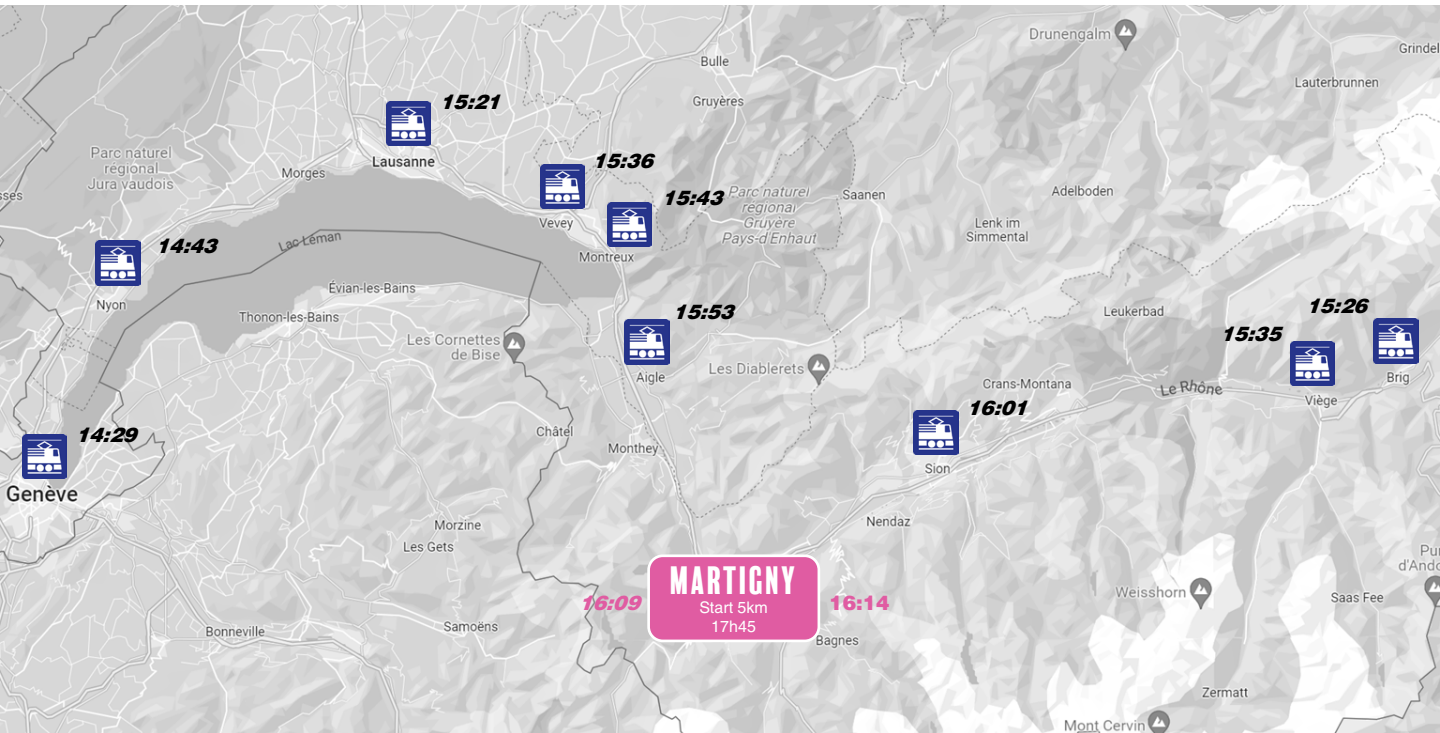


SEMI-MARATHON

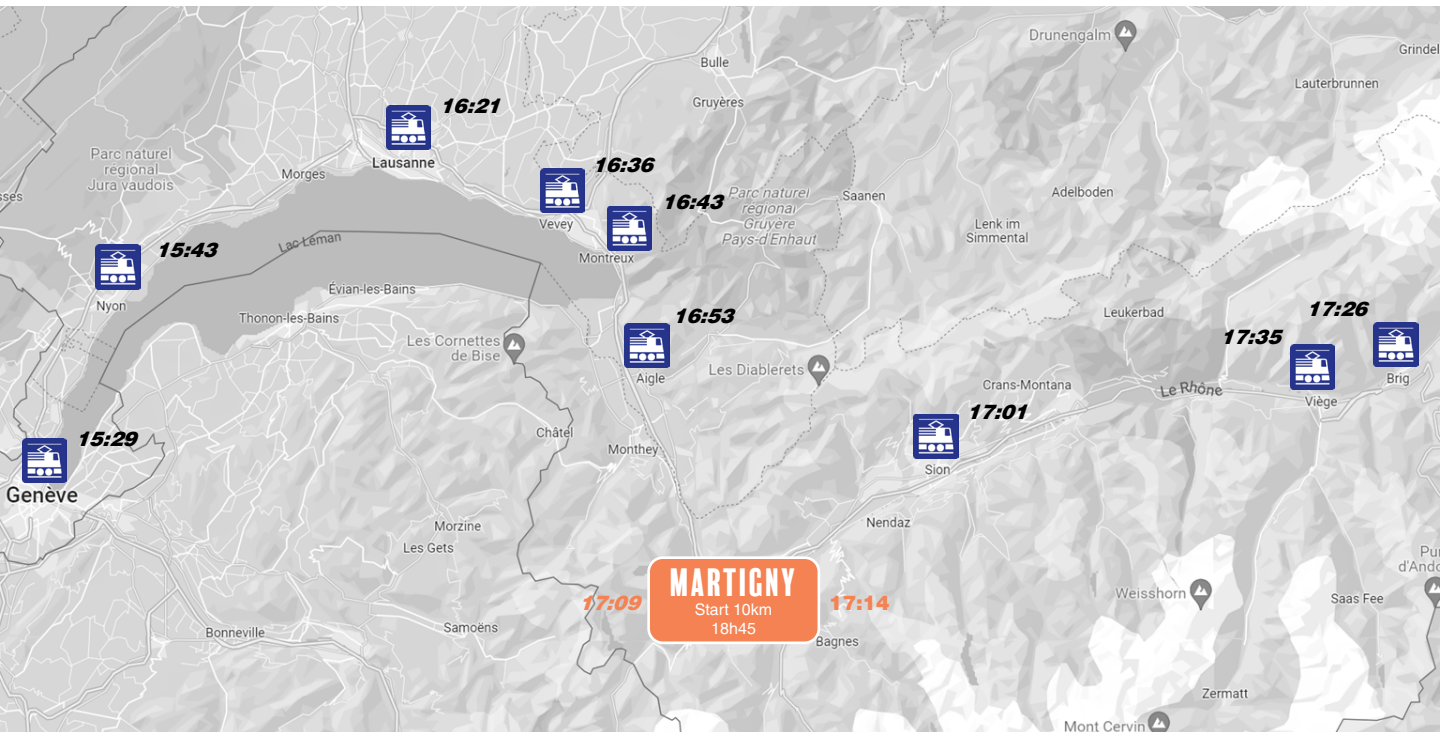


ACCESS & TRANSPORT

5KM

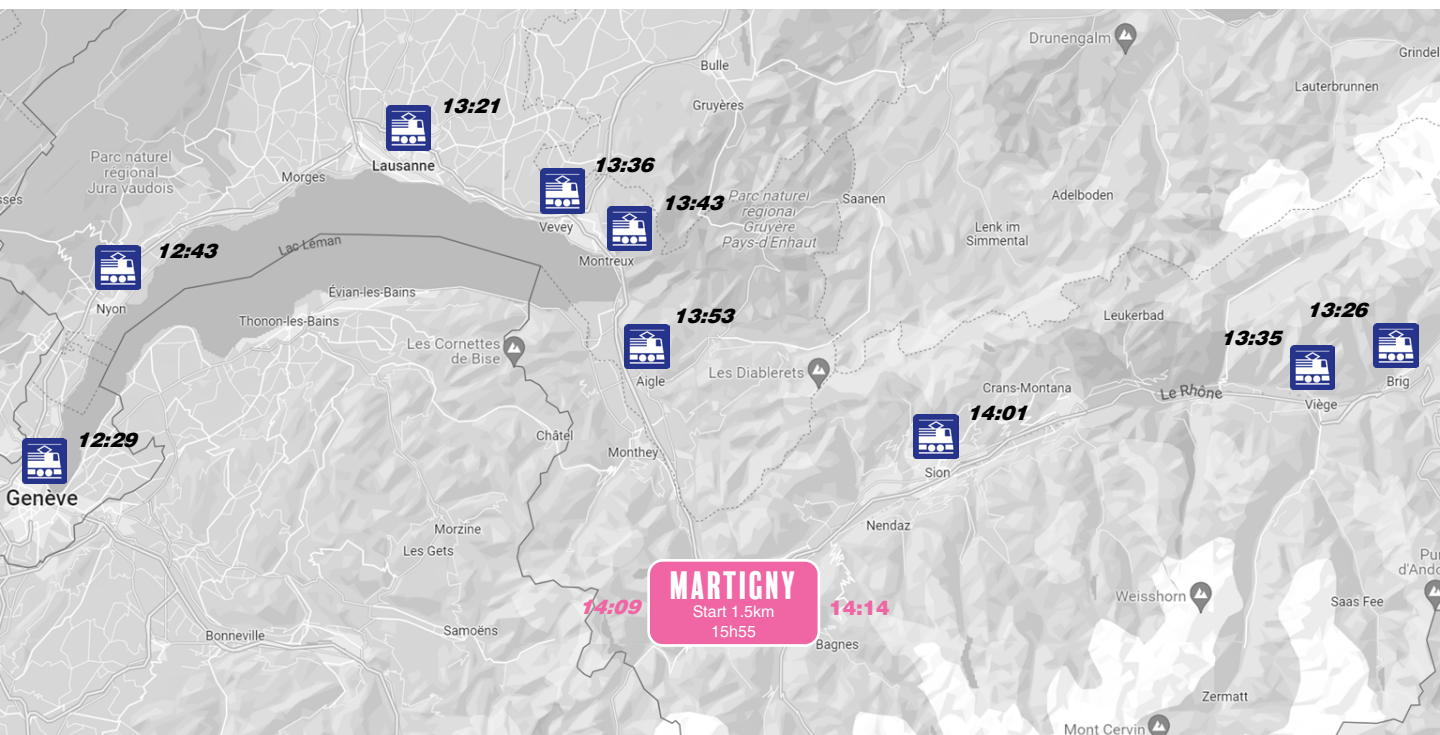


10KM

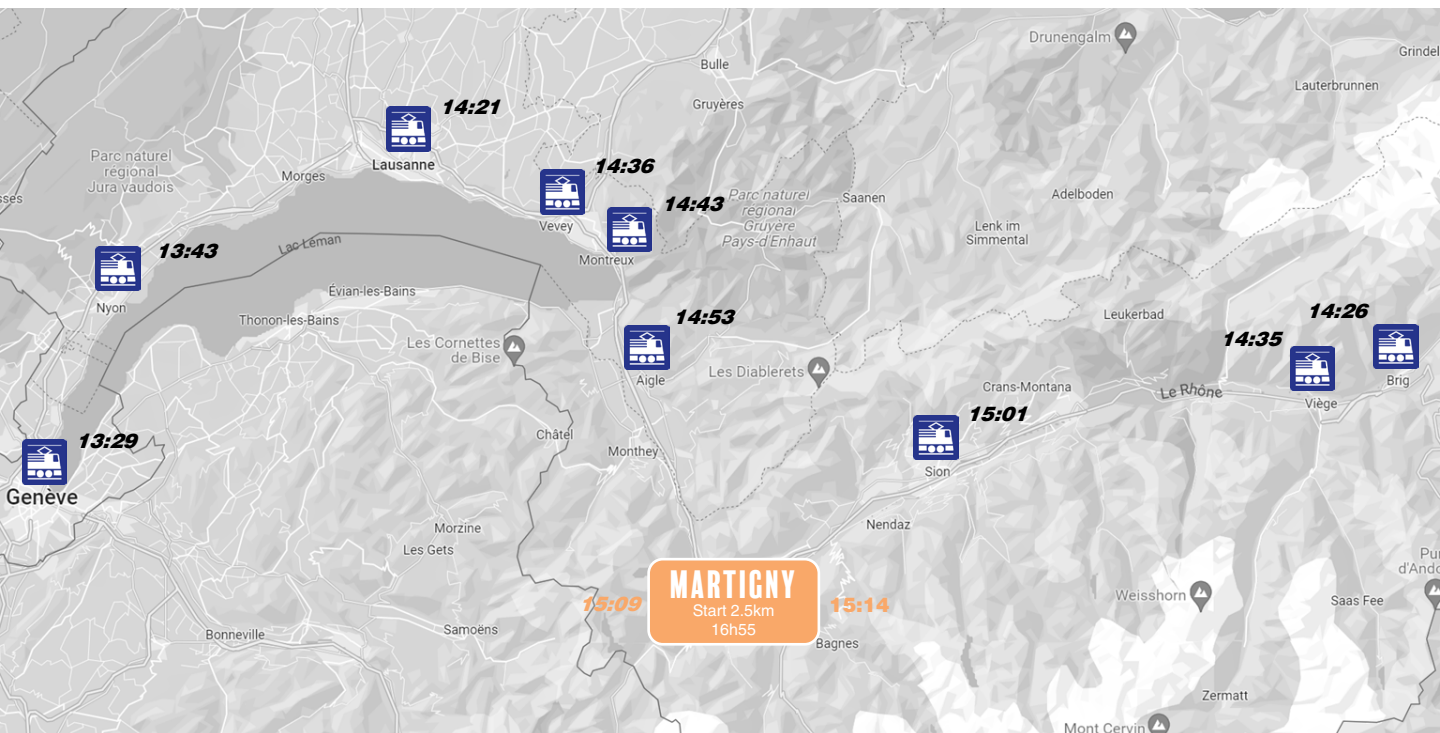


ACCES & TRANSPORT

SEMI-MINIRATHON 1.5KM



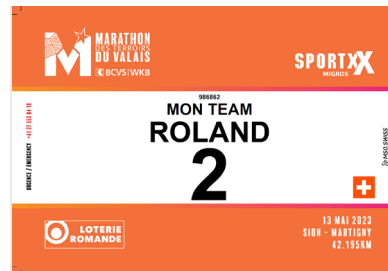
MINIRATHON 2.5KM



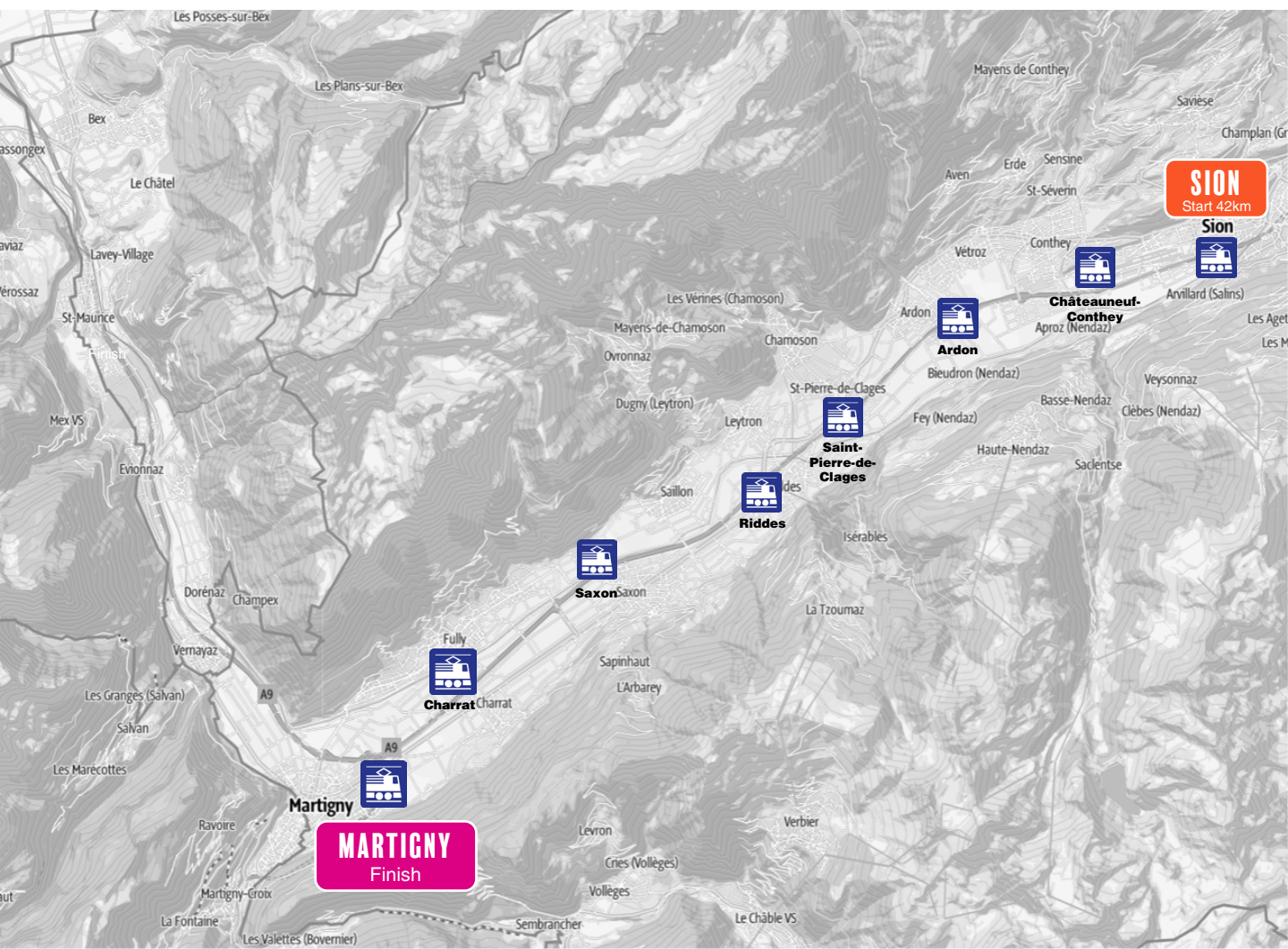
ACCESS & TRANSPORT

RAPATRIATION

If you abandon the race outside of a refreshment station and without having informed a member of the staff, please call the emergency number indicated on your race number: +41 27 552 04 10



 **RegionAlps**

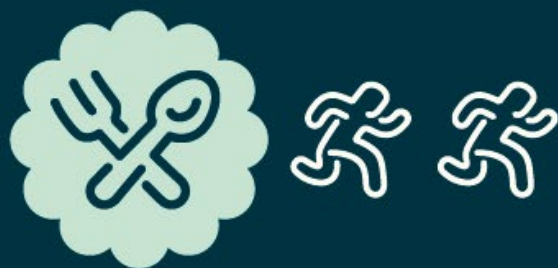


APPRENEZ COMMENT NE PLUS RECULER DEVANT RIEN.

NOUS Y CROYONS TRÈS
FERMEMENT: LA FORME
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IMPORTANTE QUE LA
FORME PHYSIQUE.



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SALOMON

MARATHON

Sion >> Martigny
42.195 km | 70mD+

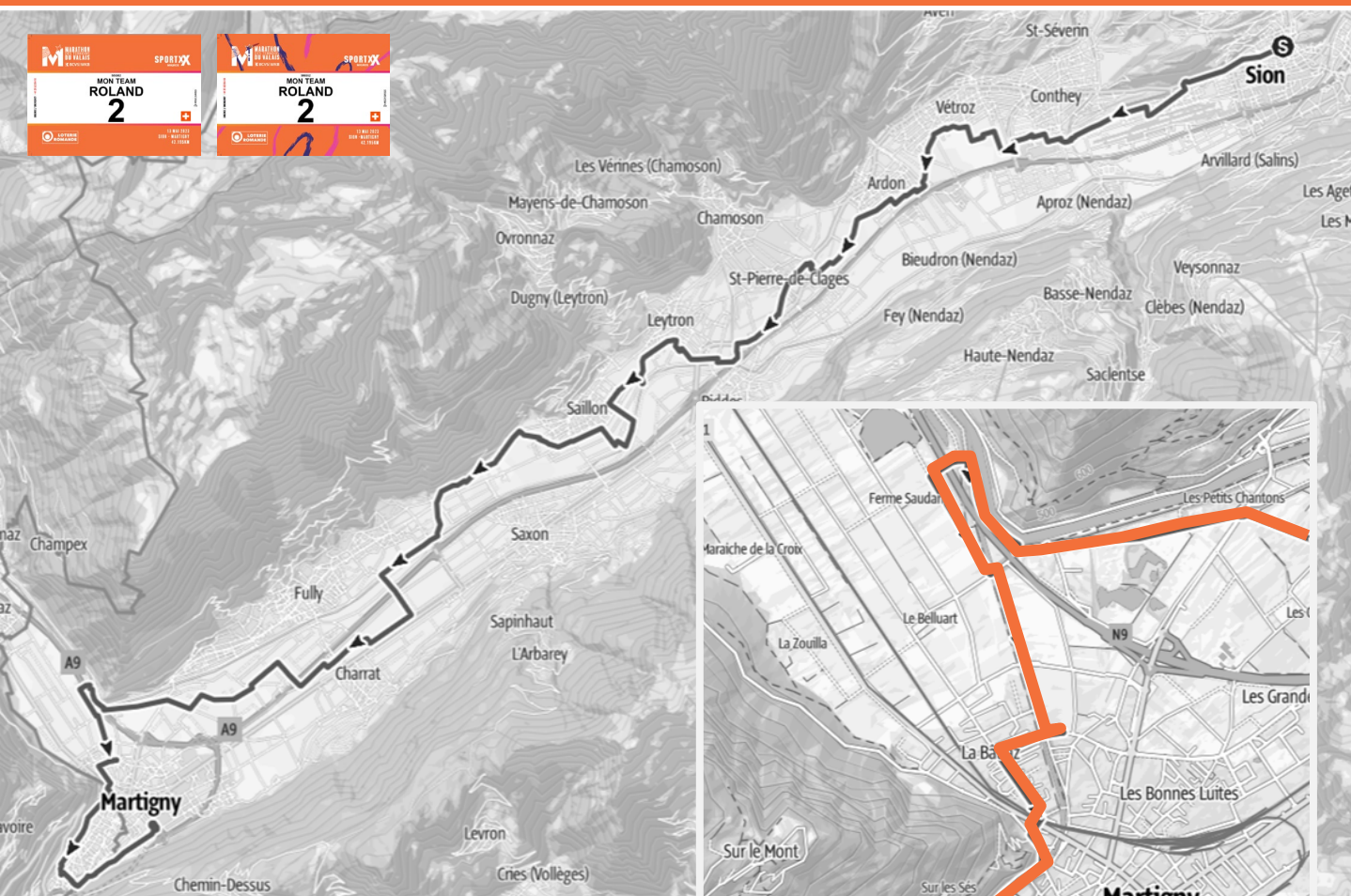
START
Place de la Planta

AGE
from 18 years old (2005)

HOURS
Sportives : 08h15
Festives : 08h20

TIME LIMIT
7h00

PARTICIPANTS
max 750



Refreshments

13 refreshments in km : 4.50, 7.00 (only festive), 10.20, 13.20, 17.30 (only festive), 18.70, 21.30, 25.20 (only water), 29.40, 32.70 (only water), 37.60, 40.10, 40.50 (only festive)

- Sports refreshments: water, Enervit products, fruit
- Festive refreshments: menus to be discovered on site

Cut-off times

- La Potagère, Chamoson : 10h30
- VS Fruits, Charrat : 13h15
- Stade d'Octodure, Martigny : 15h30



MARATHON RELAY EKIDEN

1 4.5km

Sion >> Châteauneuf (Ecole d'agriculture)

 Av. Maurice-Troillet 260, 1950 Sion

2 8.7km

Châteauneuf (Ecole d'agriculture) >> Chamoson (La Potagère)

 Rue de l'Eglise 3, 1955 Saint-Pierre-de-Clages

3 5.5km

Chamoson (La Potagère) >> Saillon (Bains de Saillon)

 Route du Centre Thermal 16, 1913 Saillon

4 10.7km

Saillon (Bains de Saillon) >> Charrat (Valais Fruits)

 Route de l'Indivis 15, 1906 Charrat

5 8.2km

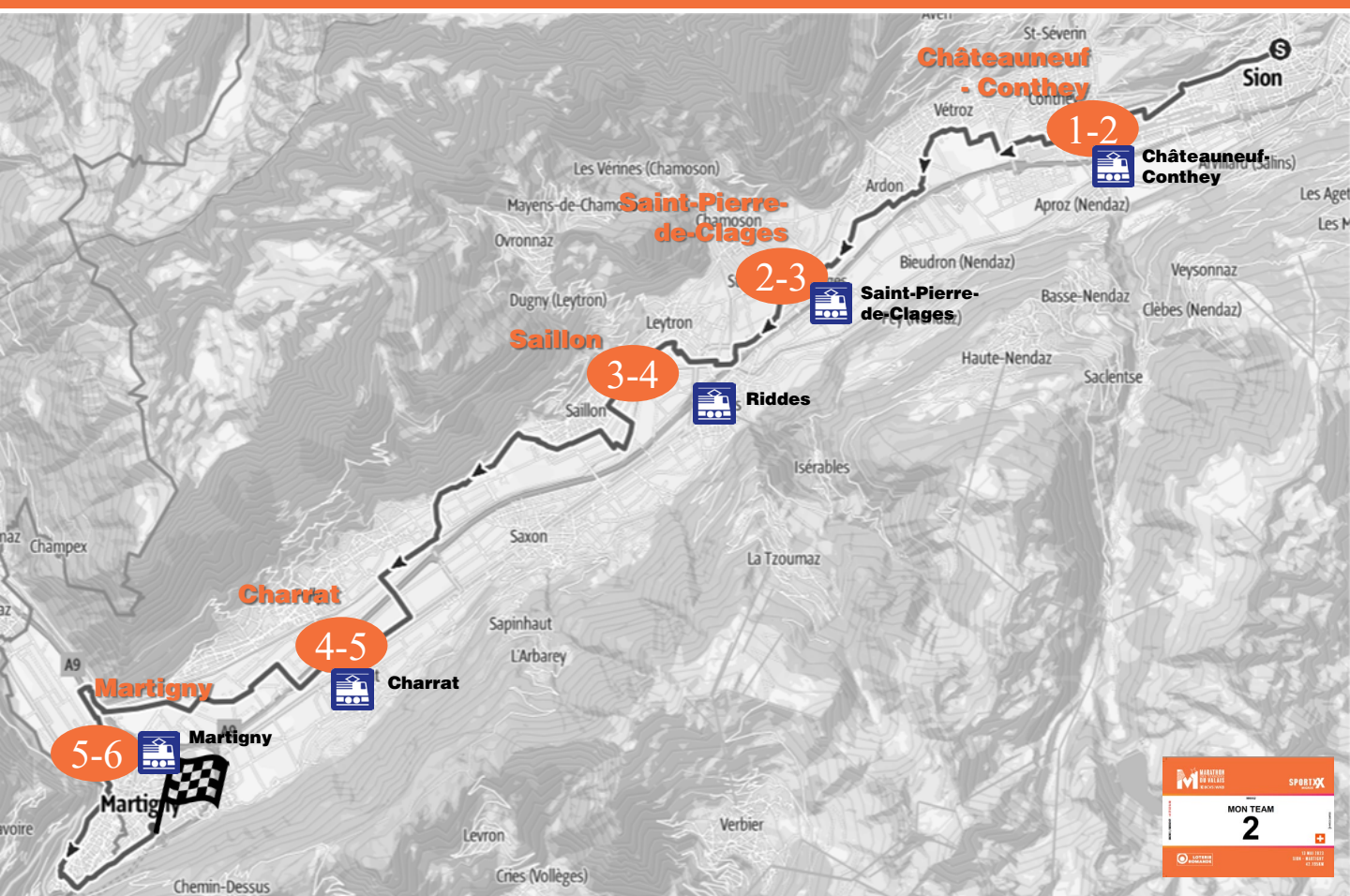
Charrat (Valais Fruits) >> Martigny (Ecole Chemin du Milieu)

 Chemin du Milieu 8, 1920 Martigny

6 4.6km

Martigny (Ecole Chemin du milieu) >>

 Martigny (Stade d'Octodure)



- Each team has a unique number with a belt that is passed between the runners.
- Each relay location is approximately 10-15 minutes from one of the above mentioned stations.
- The first runner leaves his bag at the start in Sion and can pick it up in Martigny. The second runner leaves the bag at the relay point and the first runner picks it up, and so on.



SEMI-MARATHON

Martigny >> Martigny
21.097 km | 15mD+

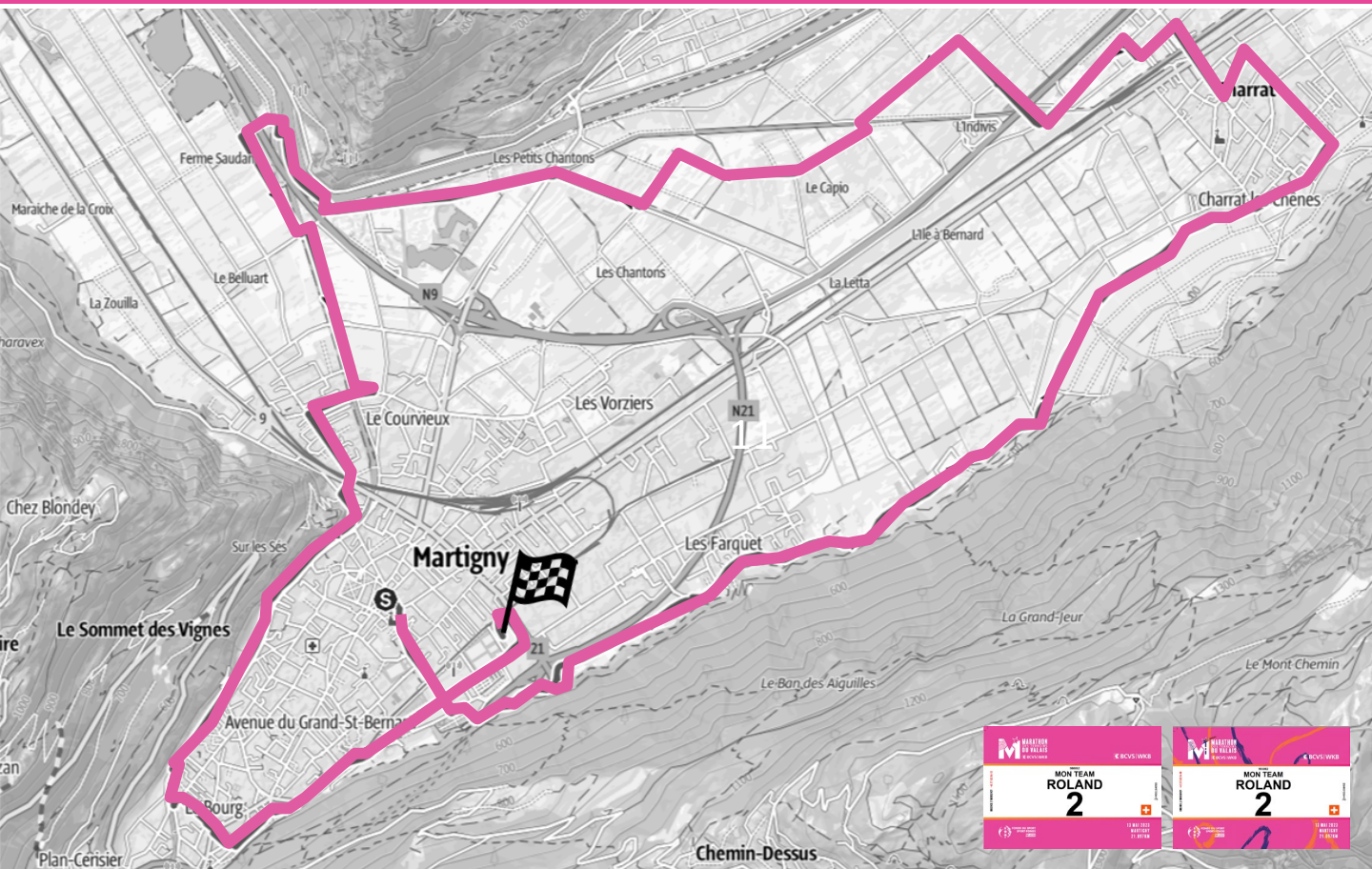
START
Place centrale

AGE
from 16 years old (2007)

HOURS
Sportives : 08h53 | 08h55
Festives : 09h20

TIME LIMIT
5h00

PARTICIPANTS
max 1500



Refreshments

7 refreshments in km : 3.90, 6.50 (only festive), 9.90, 13.30 (only water), 16.07, 19.30, 19.60 (only festive) :

- Sports refreshments: water, Enervit products, fruit
- Festive refreshments: menus to be discovered on site

Cut-off times

- VS Fruits, Charrat : 11h45
- Stade d'Octodure, Martigny : 14h15

SEMI-MINIRATHON

Martigny >> Martigny
1.5 km

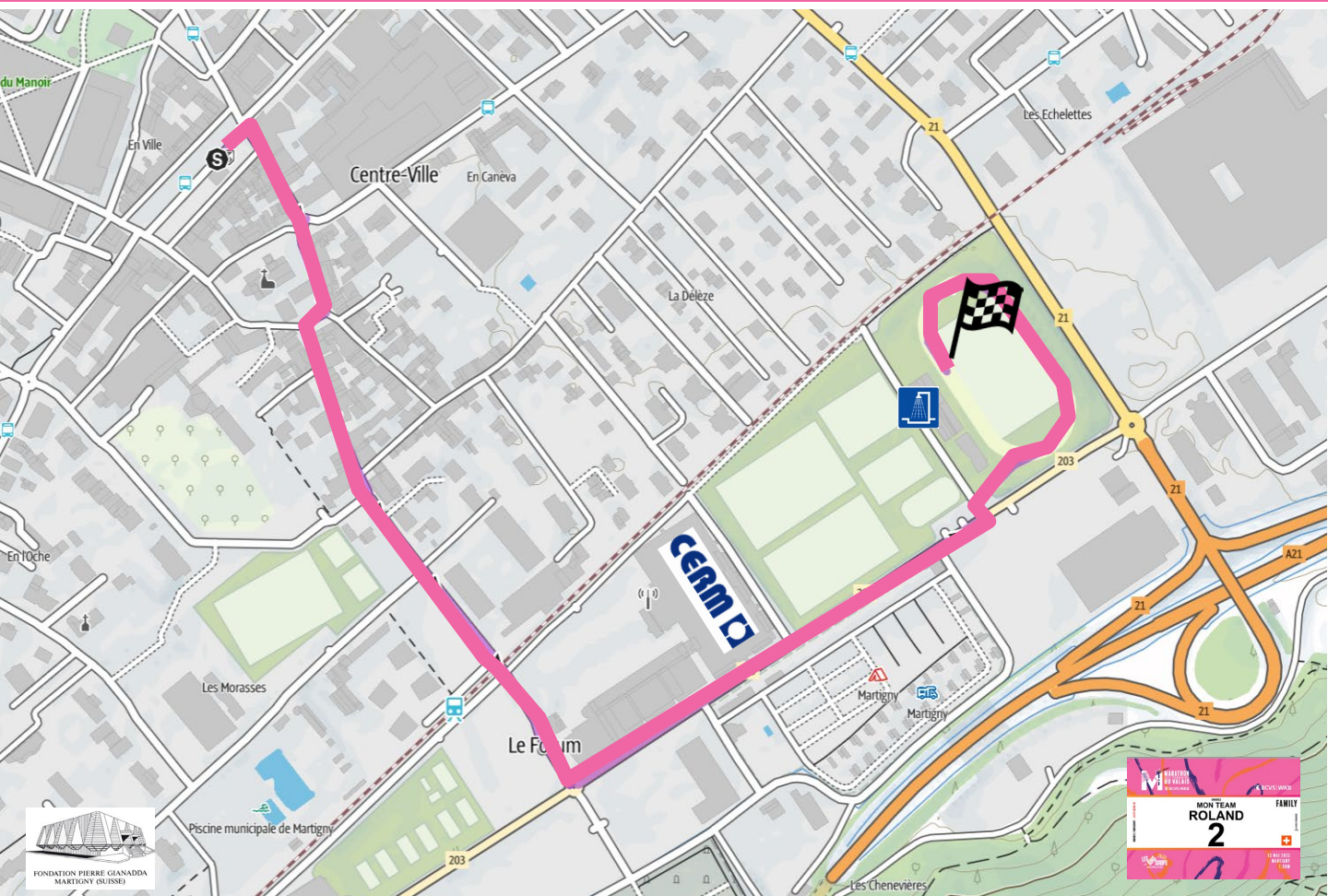
START
Place centrale

AGE
2015-2017

HOURS
U8 at 15h55
U7 at 15h57
U6 at 16h20
Family at 16h25

TIME LIMIT
30 minutes

PARTICIPANTS
max 500



- Parents of participants in the Kids races are not allowed to accompany their children on the race course.
 - Start: Only one parent will be allowed to drop off their child at the start. Volunteers will welcome your children in this dedicated area.
 - Finish: there will be a dedicated area for "child recovery". Please bring your pick-up voucher to access the area. Only one parent can access the pick-up area.
- Translated with www.DeepL.com/Translator (free version)

MINIRATHON

Martigny >> Martigny
2.5 km

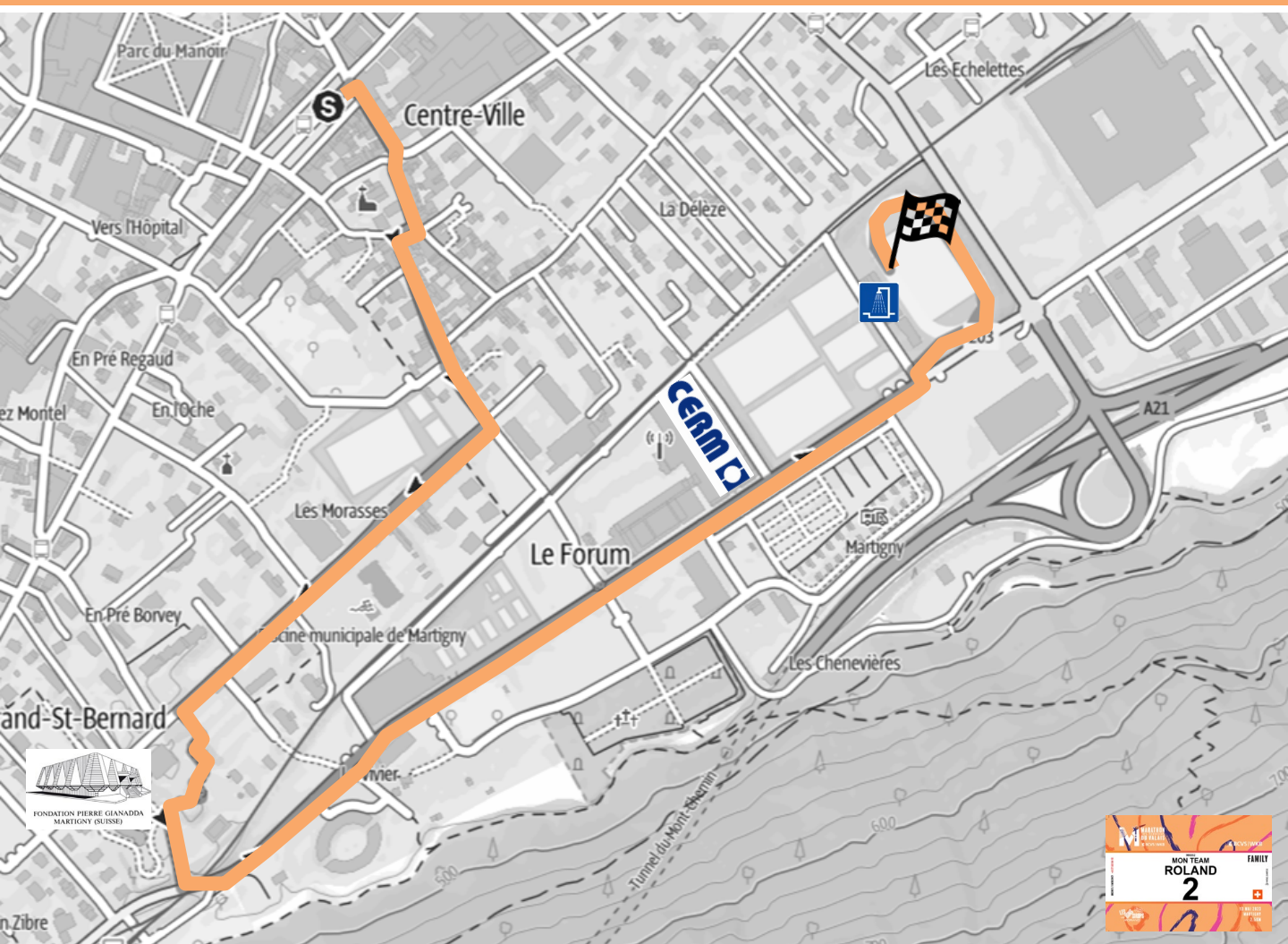
START
Place centrale

AGE
2012-2014

HOURS
U11 at 16h50
U10 at 17h00
U9 at 17h10
Family at 17h20

TIME LIMIT
30 minutes

PARTICIPANTS
max 500



- Les parents des participants des courses *Kids* ne sont pas autorisés à accompagner les enfants sur le parcours de course.
- Départ : un seul parent devra déposer son enfant au départ. Des bénévoles s'occuperont d'accueillir vos enfants dans cette zone dédiée.
- Arrivée : une zone sera dédiée à la « récupération des enfants ». Veuillez vous munir du bon de récupération pour accéder à la zone. Un seul parent peut accéder à la zone de récupération.



5KM

Martigny >> Martigny
5.00 km

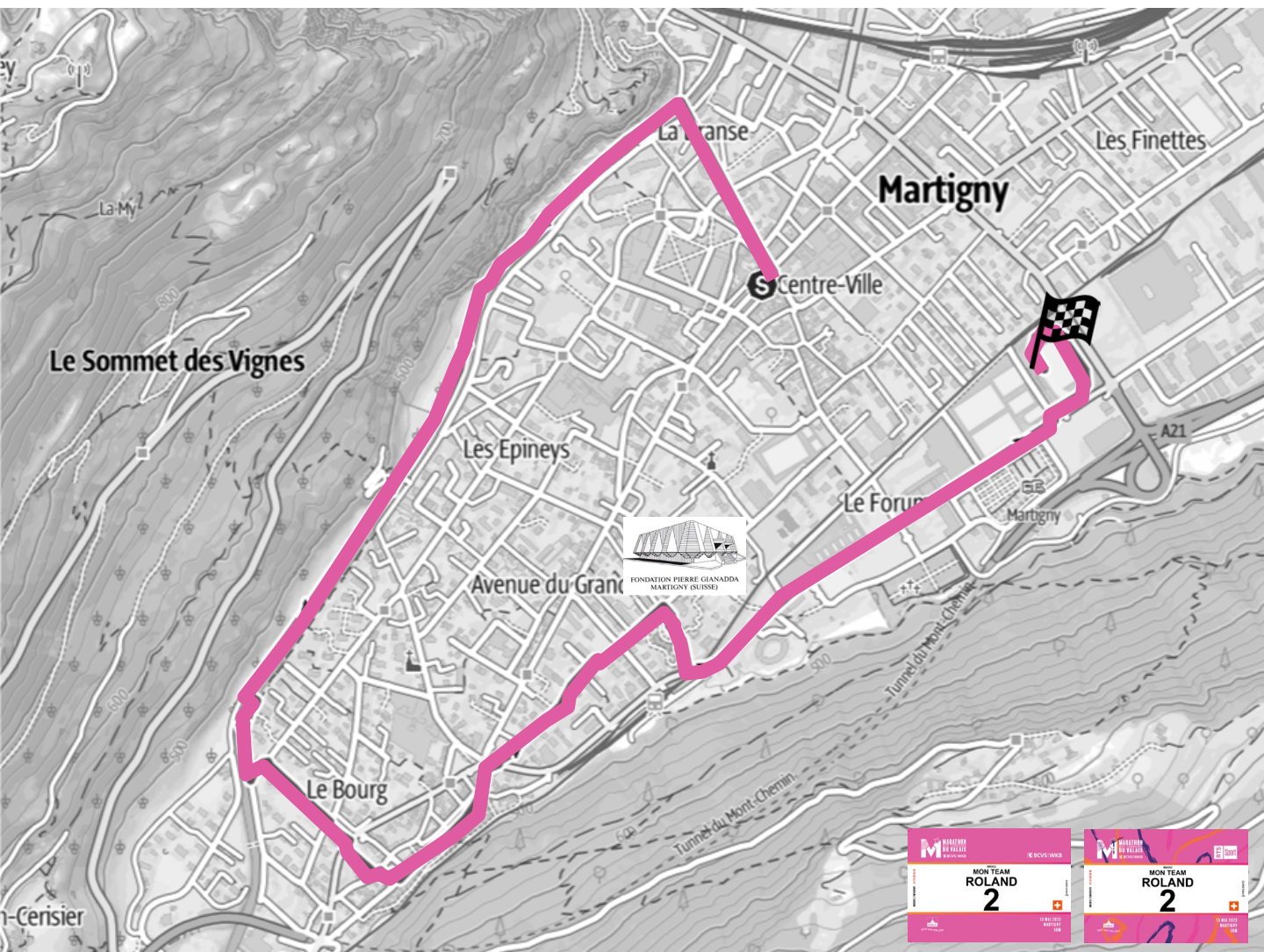
START
Place centrale

AGE
from 12 years old (2011)

HOURS
Sportives : 17h45 | 17h50 | 18h05
Festives : 18h10

TIME LIMIT
1h30

PARTICIPANTS
max 750



Refreshments

2 refreshments in km : 2.70 et 3 (only festive)

- Sports refreshments: water, Enervit products, fruit
- Festive refreshments: menus to be discovered on site

Cut-off times

- Semblanet, Martigny : 19h15
- Stade d'Octodure, Martigny : 19h45



10KM

Martigny >> Martigny
10.00 km

HOURS

Sportives : 18h45 | 18h50
Festives : 19h00
10km walking : 19h05

START

Place centrale

TIME LIMIT

2h00

AGE

from 14 years old (2009)

PARTICIPANTS

max 1000



Refreshments

3 refreshments in km : 3.70, 7.60 et 7.90 (only festive)

- Sports refreshments: water, Enervit products, fruit
- Festive refreshments: menus to be discovered on site

Time

- Semblanet, Martigny : 20h15
- Stade d'Octodure, Martigny : 21h45

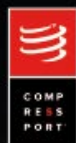
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PODIUMS

- Podiums (CERM – Martigny)

- From 13h00

- Marathon sportif Femme Scratch
- Marathon sportif Homme Scratch
- Marathon sportif Homme 18-29 ans
- Marathon sportif Femme 18-29 ans
- Marathon sportif Homme 30-39 ans
- Marathon sportif Femme 30-39 ans
- Marathon sportif Homme 40-49 ans
- Marathon sportif Femme 40-49 ans
- Marathon sportif Homme 50-59 ans
- Marathon sportif Femme 50-59 ans
- Marathon sportif Homme 60 ans et +
- Marathon sportif Femme 60 ans et +

- Marathon handisport
- Relais Ekiden Marathon sportif
- Marathon sportif mixte
- Championnat valaisan marathon hommes -40ans
- Championnat valaisan marathon hommes +40ans
- Championnat valaisan marathon femmes -40ans
- Championnat valaisan marathon femmes +40ans

- From 13h30

- Semi-marathon sportif Femme Scratch
- Semi-marathon sportif Homme Scratch
- Semi-marathon sportif Homme 16-29 ans
- Semi-marathon sportif Femme 16-29 ans
- Semi-marathon sportif Homme 30-39 ans
- Semi-marathon sportif Femme 30-39 ans
- Semi-marathon sportif Homme 40-49 ans
- Semi-marathon sportif Femme 40-49 ans
- Semi-marathon sportif Homme 50-59 ans
- Semi-marathon sportif Femme 50-59 ans
- Semi-marathon sportif Homme 60 ans et +
- Semi-marathon sportif Femme 60 ans et +

- Semi-marathon handisport
- Semi-marathon sportif mixte
- Championnat valaisan semi-marathon hommes -40ans
- Championnat valaisan semi-marathon hommes +40ans
- Championnat valaisan semi-marathon femmes -40ans
- Championnat valaisan semi-marathon femmes +40ans



PODIUMS

• Podiums (CERM – Martigny)

• From 18h00

- Semi-Minirathon 1,5 km U6
- Semi-Minirathon 1,5 km U7
- Semi-Minirathon 1,5 km U8
- Semi-Minirathon Family
- Minirathon 2,5 km U9
- Minirathon 2,5 km U10
- Minirathon 2,5 km U11
- Minirathon Family

• From 20h00

- 5km sportif Femme Scratch
- 5km sportif Homme Scratch
- 5km sportif Homme 12-29 ans
- 5km sportif Femme 12-29 ans
- 5km sportif Homme 30-39 ans
- 5km sportif Femme 30-39 ans
- 5km sportif Homme 40-49 ans
- 5km sportif Femme 40-49 ans
- 5km sportif Homme 50-59 ans
- 5km sportif Femme 50-59 ans
- 5km sportif Homme 60 ans et +
- 5km sportif Femme 60 ans et +

• From 21h00

- 10km sportif Femme Scratch
- 10km sportif Homme Scratch
- 10km sportif Homme 14-29 ans
- 10km sportif Femme 14-29 ans
- 10km sportif Homme 30-39 ans
- 10km sportif Femme 30-39 ans
- 10km sportif Homme 40-49 ans
- 10km sportif Femme 40-49 ans
- 10km sportif Homme 50-59 ans
- 10km sportif Femme 50-59 ans
- 10km sportif Homme 60 ans et +
- 10km sportif Femme 60 ans et +
- Marathon festif en équipe
- Semi-marathon festif en équipe
- 10km festif en équipe
- 5km festif en équipe



LA RÉPONSE LOCALE POUR VOS QUESTIONS FISCALES ET COMPTABLES

FISCALITÉ - COMPTABILITÉ - CONSEILS

Succursale de Montagnier
Rue des Fontaines 46 B
1934 Montagnier
Tél. +41 27 776 15 38
info@fxvs.ch

Siège
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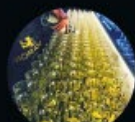
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FINISHER

To be a finisher of the Marathon des terroirs du Valais BCVS is to



A refreshment point at the end of the race



Musical entertainment for the last 500 metres of the race with DJ Jesus



An area with showers, massages and changing rooms near the finish



A runner's bag with a finisher's t-shirt



Prize giving with a finisher medal for each participant



The AfterMarathon at the CERM Finisher Village in Martigny with food and drink stands, children's entertainment, etc., the Gueul'thon (on registration) and the Maratho'Night (concert by Magic Men until 02h00)



Collection of your personal belongings on arrival



You can check your results on the website of the Marathon des terroirs du Valais:
www.marathonvalais.ch/resultats



GUEUL'THON

Saturday 13 of May 2023 from 20h00 at Finisher Village

Sign up for the Gueul'thon and enjoy a gourmet post-race meal with Valaisan flavours. Reserve a table for 4, 8 or 12 people for a price of CHF 100 per person. Please note that places are limited.

MEAL

- Gratin of asparagus from the region
- Beef fondue marinated with Grand Saint-Bernard herbs
- Grilled potatoes
- Green salad & house vinaigrette
- Assortment of bread balls
- Tiramisu with local strawberries

DRINKS (for 4 people)

- 1 bottle of still water 1.5 litres
- 1 bottle of sparkling water 1.5 litres
- 4 welcome cocktails Valaisan Spritz
- 1 bottle of white wine 75cl + 1 bottle of red wine 75cl
- 4 coffees + 4 digestif mignonettes

To register, sign up directly when you register for the race or send us an email at info@rd-events.ch with the [form](#).



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Garden-Production

SUSTAINABLE DEVELOPMENT

MINIMISING THE CARBON FOOTPRINT

- Food: The choice of products is important to us in order to guarantee the satisfaction of the participants. Local products from the Valais are favoured and ensure the quality of a short and environmentally friendly circuit.
- Energy: In the heart of the Alpine Arc mountains, our partner "Sinergy" supplies 100% renewable hydraulic energy.
- Marketing: The digital promotion and communication of the event allows a considerable reduction of CO2 emissions compared to traditional communication. In addition, all branding is reused or recycled, there is no single use production.

MAXIMISING THE IMPACT OF THE EVENT

- Inclusivity: We value local producers and clubs who are actively involved in the various races. The courses are accessible to people with reduced mobility.
- Sport: Courses for all levels are proposed and allow the promotion of sport and its health benefits to as many people as possible.
- Heritage: From vineyards to historic centers, the courses of the Valais Terroir Marathon will dazzle you with their splendid and atypical landscapes.

DEFENCE OF THE ECOLOGY

- Waste : The "zero waste" concept is feasible even for the largest sporting events. Cleanliness and efficient sorting islands are placed in the Villages to keep the areas clean.
- Tableware and packaging: Compostable tableware and recycled glasses are distributed throughout the event, significantly minimizing the final production of waste.
- Valais water: No PET water bottles are used for refreshments and the supply of spring water ensures optimal refreshment and empty bins.



VOLUNTEERS

Nearly 400 volunteers will be present at the Marathon des terroirs BCVS to make sure you experience an exceptional event.

Without them, nothing would be possible. They are essential to the smooth running of the event. They will welcome you at the number collection, at the start and finish of the race and at the Maratho'Night.

Would you like to participate in the BCVS Marathon des terroirs without any physical effort? Register as a volunteer by sending an email to info@rd-cycling.com.



AUTRES ÉVÉNEMENTS



RACE RIDE RELAX

THE BEAUTY OF NATURE AND THE THRILL OF CONQUEST

L'Eroica

NOVAEROICA.IT



Slow UP

Valais

Dimanche
04.06.2023
 10h-17h | 38 km
 Sion - Bramois - Pramagnon
 Grône - Réchy - Chalais
 Chippis - Granges - Sierre




MIGROS



SWICA



suva



rivella



BIKE WORLD



RENT A BIKE






SWISS CYCLING TOP TOUR

Presenting Sponsor





RAIFFEISEN

COOP

MICROVIBRO

COOP

MAR MOTTÉ

COOP

SUPERVIBRO

COOP

ULTIMATE

COOP

TEAM ULTRA

COOP

555

COOP

ULTIMATE 1000

COOP

WWW.TOURDESSTATIONS.CH

DU 1 AU 6 AOÛT 2023

RAIFFEISEN



Santini



ENERVIT



COOP



COOP



COOP



COOP



COOP



COOP



COOP



COOP



COOP



COOP



COOP






COLS FERMÉS À LA CIRCULATION POUR FANS DE VÉLO.



CRANS-MONTANA

20 MAI 2023

1125mD+
17,4km

THONY 2000

10 JUIN 2023

1625mD+
24km

TSEUZIER

11 JUIN 2023

1275mD+
24km

SANETSCH

23 JUIN 2023

1800mD+
28km

NUFENEN

24 SEPTEMBRE 2023

1110mD+
13km

WWW.RIDETHEALPS.CH

CONTACT

/ Site internet

www.marathonvalais.ch

/ Réseaux sociaux



Marathon des terroirs du Valais BCVS



#marathonvalais

/ CONTACT



R&D Events

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info@rd-events.ch



Merci!!

FOURNISSEURS RAVITO



PARTENAIRES ANIMATIONS & ENFANTS



Merci!!

SPONSOR TITRE



MAIN PARTENAIRES



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OFFICIAL FOURNISSEURS



MEDIAS PARTENAIRES



Bienvenue Chez Vous



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On se fait confiance
au quotidien.

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