

RANDONNEUR RULES...

1. Age restrictions: A rider must be at least 14 years old to ride with an adult who must also be entered in the event. A rider must be at least 17 years old to ride alone with signed parental approval. A rider must be at least 19 years old to ride without parental approval. (Note: The age restrictions are eased somewhat for the Populaires.)
2. Riders must obey all traffic laws.
3. In accordance with BC law all cyclists must wear approved helmets at all times during the ride. Riders observed riding without a helmet will be disqualified.
4. **Equipment...** Bicycles must be in safe working order. A bright front light (which clearly illuminates the road at least 5 meters in front of the bike) and a red rear light are mandatory, and both must be attached to the bike - no lights means no ride. Riding at night without proper lighting and reflective clothing will result in disqualification. Riders should have backup lighting systems and should carry spare batteries. There may be inspections before any event to ensure that the minimum equipment requirements are met. Organizers may refuse rider participation because of equipment violations, or may assess a time penalty. Lights are not required on rides shorter than 200 km. [Fenders were required for many years, but this has changed - fenders and mudflaps are now optional].
5. Personal ID must be carried at all times. This is especially important on rides which cross over into Washington state - bring your passport.
6. For rides over 200 km, a rider must qualify at a shorter distance before attempting the next longer ride. A rider who has completed a distance in a previous season may advance to the next one in the current season without doing the shorter qualifier (s). (Exceptions may be made to this rule, but only with the prior approval of the ride organizer and the regional route coordinator).
7. Each rider is provided with a 'control card' which must be

stamped or signed, with the time clearly printed, at 'controls' staffed by volunteers or at designated businesses throughout the ride. There may also be 'information controls' - unstaffed check points where riders write down the answer to a question appearing on the control card. Each control has an opening and closing time. These are printed on the control cards. Control cards must be signed by the rider and handed in at the finish, or for some rides mailed in later, as proof of completion. There may be 'secret controls' on any brevet to ensure that riders are riding on the prescribed route, and within the prescribed time window.

8. Each rider should be self sufficient. No following cars or personal support of any kind are permitted on the course. Personal support is only allowed at controls. Any violation of this requirement will result in immediate disqualification. Assistance such as receiving help in changing a tire or borrowing tools from a fellow participant, from a ride official or even from a passing motorist is not forbidden.

9. Riders who stray off course must get back on to the route where they left it.

10. There are minimum and maximum times for the completion of rides at each distance. These times include all stops (see chart). There are also corresponding opening and closing times at each of the controls along the route. The start control will remain open for one hour after the start. A late starting rider must make up the lost time - they must have pass through the first control by its closing time.

11. Ride organizers may at any time issue time penalties, or disqualify riders for violations of the BC Motor Vehicle Act, for violating BC Randonneurs rules, or for unsportsmanlike conduct.

12. To qualify as a BC Randonneurs brevet a route must start in BC.

Distance (km)	Min. Time (hr: min)	Max. Time (hr: min)
200	5:53	13:30
300	9:00	20:00
400	12:08	27:00
600	18:48	40:00
1,000	33:00	75:00
1,200	40:00	90:00

RANDONNEUR CYCLING

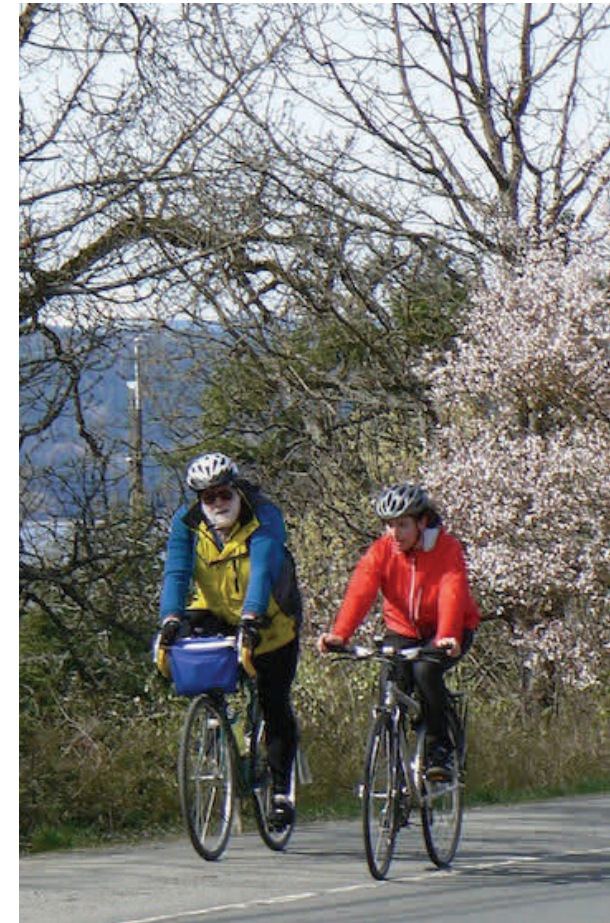


Photo: Mikael Jansson



RECOMMENDATIONS...

- Drink and eat regularly during the ride to avoid dehydration and the 'bonk'. Carry extra food and water.
- Do not rely on minimum lighting requirements. Consider carrying a second front light or a dynamo system in addition to a main front light. It is strongly recommended that riders use more than one rear red light. Wear reflective clothing (vest, leg bands, other bright garments etc.).
- Carry a tool kit, spare inner tubes (and patches), and perhaps a spare fold-up tire. Be sure your pump is working.

- Be prepared for BC weather. Make sure you take along clothes to protect you from cold and wet conditions. Fenders with mudflaps are strongly recommended.
- Ziploc bags are useful for keeping control cards, route sheets, and computers dry.
- Road surfaces will vary. Consider using wider tires for increased comfort and flat resistance. If riding a mountain bike, consider using slick tires.
- Use a sensible gear range. Late in a brevet those hills can be daunting if you don't have the right low gears.
- A broad map of the area can be helpful if you stray off course.

FEE STRUCTURE:

To ride in a BC Randonneur event (except 'Populaires') you must be a member of the BC Randonneur Cycling Club. All fees and membership dues can be paid during the sign-up before any ride.

- \$10 BC Randonneurs annual membership**
- \$15 Event Fee** (except Populaires & special events)

RANDONNEUR CYCLING

This Brochure was prepared by Eric Fergusson and updated by Bob Goodison & Ryan Kurz [2014].

For more information about randonneur cycling in BC, go to the BC Randonneur's website:
www.randonneurs.bc.ca



RANDONNEUR CYCLING



"Randonneur cycling," sometimes called marathon cycling, can mean something a little different to every rider. For some it is like long distance touring at a moderate pace while enjoying scenic roadways. For others the sport offers a challenge to pursue faster times and greater distances. The rides are non-competitive in nature often characterized by cooperation and camaraderie between riders.

Randonnée, a French word for ramble or tour, describes a long-distance cycling event where the participants follow a prescribed route within certain time limits as checked at control points along the way. Riders, called randonneurs, cannot receive support, except at the designated control points, so each rider must be prepared for mechanical mishaps, changes in weather, and so on.



Photo: Eric Fergusson

The rides (called both randonnées and brevets) are sanctioned by, and ridden according to the rules set out by the sport's governing body Audax Club Parisien (ACP) in France. Randonneur cycling in British Columbia is administered by the BC Randonneurs Cycling Club. A full schedule of events is organized in BC which includes all of the major types of internationally-recognized randonneur rides.

Is randonneur cycling for you? To help answer this question there are rides called '**populaires**' which allow people to sample randonneur cycling over shorter distances (typically 100km or less). The list of populaires in BC includes the Pacific Populaire (Vancouver), the Victoria Populaire and the Canada Day Populaire (Fort Langley).

The various series of official brevets begin at 200km and proceed to rides of 300, 400, and finally 600km. First-time randonneurs are encouraged to complete a 200 before moving on to a 300, a 300 before moving on to a 400, and so on. Riders looking for bigger challenges can then, if they wish,



Photo: Harold Bridge

move on to the "ultra-marathon" distances: 1,000 and 1,200km.

In any given year there are six or seven series of brevets in BC operating under the umbrella of BC Randonneurs: a spring series and a summer series for Greater Vancouver, a couple of Vancouver Island series, a Southern Interior series and a Peace Region/Fort St. John series. There are also the various "Hell Week" series where brevets are run in short succession, including Vancouver Island "Hell Week" in April where riders do all four distances over seven days.

The **Rocky Mountain 1200**, which traverses some of BC and Alberta's most scenic road ways, attracts riders from around the world. The RM1200 ride is held every 4 years.

In 2006 a new ultra marathon event was introduced - the **Van Isle 1200** - a route based on a popular Vancouver 1,000km ride. The Van Isle 1200 was held again in July 2010.

A different sort of randonneur event is the **Flèche Pacifique**. Teams of three to five bikes compete against other teams to cover the most distance in 24 hours on routes designed by each team. Flèche routes must be at least 360km.

In 2008 **permanents** were introduced to offer more riding flexibility, and to encourage "off season" participation. A BC randonneurs permanent brevet can be ridden at any time anywhere on the planet. The rules are the same as for ACP recognized brevets but permanents do not count as ACP brevets. Routes must be at least 200km.

And then, of course, there's PBP...

WHAT IS PBP? **Paris-Brest-Paris** is randonneuring's most prestigious ride. Every four years randonneurs from around the world converge on Paris for this remarkable event organized by randonneur cycling's central body, Audax Club Parisien

(ACP). The 1,200km distance from Paris to Brest on the Britany coast and back to Paris must be completed within 90 hours.

To qualify for PBP a rider must complete a 200 - 600km series by early June of the PBP year. In 2011 there were 5,000 riders - 39 riders from BC participated. The PBP ride is held every 4 years.

Achievement in Randonneur Cycling is often measured by a rider's 'event distance' results. The *Super Randonneur* and *Randonneur 5000* pins are international distinctions awarded by Audax Club Parisien. The *John Hathaway Trophy* is a made in BC distance achievement award.

SUPER RANDONNEUR A Super Randonneur is a rider who completes a brevet at each of the distances in a basic series (200, 300, 400, and 600km) in one season. Rides may be done in any region.

BREVET DE RANDONNEUR 5000 To receive this pin a rider must complete 5,000km in official randonneur events within four years. This 5,000km must include one ride at each distance in a basic series (200, 300, 400, and 600km), a 1,000km, a Flèche Pacifique (or equivalent, 360+km), and a PBP (1,200km). You will notice that this adds up to 4,060km. Riders can choose any combination of brevets (200 to 1,000km) to bring the total up to 5,000km.

JOHN HATHAWAY MEMORIAL TROPHY More commonly referred to as the *Iron Butt Award*, this trophy is given to the BC resident who covers the most distance in successfully completed official distance (over 200kms) ACP recognized brevets and flèches ridden anywhere in the world in a particular calendar year. (The award is open to non-residents who finish a Super Randonneur series, or four brevets of equal or greater distance within BC - example: 200, 400, 400, 1,000.) The winning total is typically over 10,000km. The award is named after the former cross-Canada record holder and cycling legend John Hathaway, who was one of the original BC Randonneurs in 1979.

40,000KM & 100,000KM LIFE-TIME EVENT DISTANCE AWARDS Many members have ridden 40,000km in ACP/RM sanctioned brevets and flèches, and have been awarded the 40,000km medal. A handful of members have received the 100,000km trophy.

BC12 A rider who completes at least one brevet or permanent brevet in every month for 12 months earns a BC12 pin.



Photo: Jim Runkel