



THIS FOLDER CONTAINS :

- A** – Acknowledgement of your Registration
- B1** – Route Sheet Paris-Brest
- B2** – Route Sheet Brest-Paris
- C** – Check-in
- D** – Start
- E** – Parking in Saint-Quentin-en-Yvelines
- F** – Services Provided at the Host & Control Sites
- G** – Safety & Rider Charters
- H** - Advice and Recommendations
- I** – Road signage - Rider tracking - Information
- J1 or J2 or J3** (depending on your start time) – Control Timetables
- K1** – Information for Support vehicles
- K2** – Alternative Route for Support vehicles
- K3** - Identification Sheet for Support vehicles
- L** – Sticker for your Camper (if you have a reserved parking space)
- N1** – Information about the Riders' Insurance
- N2** – Cancellation Insurance



B1 - Way Out

Dep.	Total (km)	Leg (km)	Location	Road	Dep.	Total (km)	Leg (km)	Location	Road
	0.0	0.0	Vélodrome S^t QUENTIN-en-YVELINES			309.0		FOUGERES	
			MONTIGNY-le-BRETONNEUX					Boulevard Edmond Roussin	
	1.0	1.0	Avenue du Pas du Lac					Avenue Georges Pompidou	
			Place Georges Pompidou (Théâtre)					Boulevard Jacques Fauchoux	
	3.0	2.0	Avenue du Pas du Lac		I	310.0	1.0	Boulevard de Bliche	N12
			Avenue Nicolas (turn right)		L	313.0	3.0	Roundabout N12 / D812	D812
			Roundabout (turn right)		L	317.0	4.0	ROMAGNE	D18
			Avenue de la Source		E	319.0	2.0	SAINT-SAUVEUR-des-LANDES	
			Route de Trappes			323.0	4.0	SAINT-HILAIRE-des-LANDES	D20
Y			TRAPPES		et	338.5	15.5	SENS-de-BRETAGNE	
	4.5	1.5	Rue Gaston Monmousseau	D38		346.5	8.0	FEINS	
V	5.5	1.0	Junction de la Mare Savin	D36	V	353.5	7.0	DINGE	
			Rue de Port-Royal		I	363.0	9.5	TINTENIAC Control	D20
E	6.0	0.5	Pont Marcel Cachin		L	369.0	6.0	LA BAUSSAINE	
			Rue Maurice Thorez		A	373.0	4.0	BECHEREL	
L	7.0	1.0	Avenue Salvador Allende		I	375.0	2.0	Junction D20 / D220	D220
	9.5	2.5	Roundabout La Boissière	D23	N	383.0	8.0	MEDREAC	
			ELANCOURT		E	389.0	6.0	QUEDILLAC Food-Sleep	
			Boulevard André Malraux			392.0	3.0	La Prévostais	D166
			Route de Trappes			396.0	4.0	Junction D166 / D166bis	D166bis
	10.5	1.0	Place de l'Hermanderie					Le Parson	
E	11.0	0.5	Route de Montfort			398.0	2.0	SAINT-MEEN-le-GRAND	D66
	13.0	2.0	Saint-Quentin-en-Yvelines Exit		****	402.0	4.0	LOSCOUET-sur-MEU	
S	13.5	0.5	ERQUAL		22	411.0	9.0	ILLIFAUT	
	15.5	2.0	JOUARS	D15	****	420.0	9.0	MENEAC	D793
	16.5	1.0	Junction D15 / D23	D23	56	429.0	9.0	LA TRINITE-PORHOET	D66
	20.0	3.5	BAZOCHES-sur-GUYONNE	D13	****	431.5	2.5	PLUMIEUX	D14
	24.0	4.0	MONTFORT-L'AMAURY	D155		439.0	7.5	LA CHEZE	D778
			Junction D155 / D138	D138		448.0	9.0	LOUDEAC Control	D41
			Junction D138 / D112	D112		454.0	6.0	TREVE	
	25.5	1.5	Junction D138 / D112			458.0	4.0	GRACE-UZEL	
	31.0	5.5	GAMBAISEUIL			462.0	4.0	Junction D41/ D7	D7
	36.0	5.0	Junction D112 / D179	D179		462.5	0.5	Junction D7 / RD	RD
	36.5	0.5	GAMBAIS	D983	C	463.0	0.5	Junction RD / D35	D35
	41.0	4.5	CONDE-sur-VEGRE		O	465.0	2.0	Les Aunécades	D 53
****	50.0	9.0	FAVEROLLES		T	469.0	4.0	MERLEAC	
	58.0	8.0	NOGENT-le-ROI	D26	E	475.0	6.0	SAINT-MARTIN-des-PRES	D63
Eure	70.0	12.0	TREMBLAY-les-VILLAGES		S	477.5	2.5	Junction D63 / D44	D44
	81.0	11.0	CHATEAUNEUF-en-THYMERAIS	D939	D	482.0	4.5	Junction D44 / D767	D767
et	82.0	1.0	Junction D939 / D140	D140	'	484.0	2.0	CORLAY	D790
	86.0	4.0	SAINT-MAIXME-HAUTERIVE		A	491.0	7.0	Junction D790 / D4	D4
Loir	90.5	4.5	JAUDRAIS		R	493.0	2.0	S^t NICOLAS-du-PELEM Food-Sleep	
	98.0	7.5	SENONCHES	D20	M	496.5	3.5	Junction D4 / D790	D790
****	109.0	11.0	NEUILLY-sur-EURE	D8	O	500.0	3.5	PLOUNEVEZ-QUINTIN	
	121.0	12.0	LONGNY-au-PERCHE		R	501.5	1.5	Junction D790 / D49	D49
ORNE	140.0	19.0	MORTAGNE-au-PERCHE Food	D931				Lustruyen	
	146.0	6.0	PARFONDEVAL			507.0	5.5	SAINT-LUBIN	
E	161.0	15.0	SURE					Kerdourc'h	
****	163.5	2.5	Junction D931 / D311	D 311		511.0	4.0	Junction D49 / D23	D23
			MAMERS (bypass)			515.5	4.5	MAEL-CARHAIX	
S	171.5	8.0	Junction D311 / D310	D310	****	517.5	2.0	L'Enseigne	D49
A	187.5	16.0	LA HUTTE (safety hazard)			520.0	2.5	La Croix-Neuve	
R	192.5	5.0	FRESNAY-sur-SARTHE (bypass)	D15		526.0	6.0	CARHAIX-PLOUGUER Control	D764
T	199.0	6.5	SOUGE-le-GANELON			531.5	5.5	Junction D764 / D769	D769
H	205.0	6.0	SAINT-PAUL-le-GAULTIER		F	539.0	7.5	POULLAOUEN	
E	215.0	10.0	AVERTON	D119		546.0	7.0	Junction D769 / D769A	D769A
****	220.0	5.0	VILLAINES-la-JUHEL Control	D113	I	549.0	3.0	HUELGOAT	
	226.0	6.0	LOUPFOUGERES			555.0	6.0	Junction D769A / D764	D764
M	230.5	4.5	Croix-Barbe (turn right)	D147	N	559.0	4.0	LA FEUILLEE	
A	231.5	1.0	HARDANGES			563.0	4.0	ROC TREVEZEL	
Y	238.0	6.5	LE RIBAY (safety hazard)		I	569.5	6.5	Ty Douar	
E	242.0	4.0	CHARCHIGNE	D33		578.5	9.0	SIZUN	
N	249.5	7.5	LASSAY-les-CHATEAUX		S	587.5	9.0	Junction D764 / D87 - Le Queff	D87
N	255.5	6.0	CHANTRIGNE			592.5	5.0	Junction CD	CD
E	261.0	5.5	AMBRIERES-les-VALLEES		T	594.0	1.5	Roundabout D770	
	275.5	14.5	GORRON			597.0	3.0	DIRINON	
	283.5	8.0	LEVARE		E	601.0	4.0	LOPERHET	D33
****	295.0	11.5	LE LOROUX	D806		605.0	4.0	PLOUGASTEL-DAOULAS	
ILLE	302.0	7.0	LAIGNELET		R	608.0	3.0	Bridge Albert Louppe	
			FOUGERES		E			Boulevard Léopold Maissin	
V	305.0	3.0	Roundabout at town entry	N12				BREST	
I			Boulevard de Groslay			613.0	5.0	Rue de Quimper	
L			Rue du Commandant Pannier					Place de Strasbourg	
A			Place de la République					Rue Albert Louppe	
I			Boulevard de la Chesnardière					Rue Jules Lesven Control	
N			Boulevard Edmond Roussin			614.0	1.0		
E	309.0	4.0		Control					



B2 - Way Back

Dep.	Total (km)	Leg (km)	Location	Road
	614.0		BREST Control	
			Rue de Choiseul	
			Rue Doujacq	
			Rue de Tourbian	D712
F	617.0	3.0	GUIPAVAS Centre	
I	621.0	4.0	LANDERNEAU	D764
N	633.0	12.0	Le Queff	
I	641.0	8.0	SIZUN	
S	650.0	9.0	Ty Douar	
T	659.0	9.0	ROC TREVEZEL	
E	665.5	6.5	LA FEUILLEE	
R	669.5	4.0	Junction D764 / D769A	
E	673.5	4.0	Junction D764 / D769	
	692.5	19.0	CARHAIX-PLOUGUER Control	D166
	698.0	5.5	La Croix-Neuve	D49
	704.0	6.0	L'Enseigne	D23
	706.5	2.5	MAEL-CARHAIX	
*****	708.5	2.0	Lanhellen	
	717.0	8.5	Junction D23 / CR turn left	CR
	717.0	0.0	Hippodrome de Rostrenen CR turn right	CR
	718.0	1.0	Junction CR / D31 turn left	D31
	719.0	1.0	Junction D31 / CR turn right	CR
	720.0	1.0	Junction CR / D790 turn left	D790
	721.0	1.0	PLOUNEVEZ-QUINTIN	
	727.0	6.0	Roundabout	D5
C	733.0	6.0	S' NICOLAS-du-PELEM Food-Sleep	D4
O	734.0	1.0	Lower part of Canihuel turn right	CR
T	739.0	5.0	Junction CR / D69	D69
E	740.0	1.0	Le Petit Paris	D767
S	742.0	2.0	CORLAY	
	745.0	3.0	Junction D767 / D44	D44
D	747.0	2.0	Junction D44 / D53	D53
A	750.0	3.0	SAINT-MARTIN-des-PRES	
R	753.0	3.0	LA PORTE-aux-MOINES	
M	755.0	2.0	MERLEAC	
O	759.0	4.0	Les Aunécades	D35
R	763.0	4.0	Junction D35 / RD	RD
	765.0	2.0	Junction RD / D7	D7
	765.5	0.5	Junction D7 / D41	D41
	766.0	0.5	GRACE-UZEL	
	770.0	4.0	TREVE	
	774.0	4.0	LOUDEAC Control	D778
	780.0	6.0	LA CHEZE	D14
	789.0	9.0	PLUMIEUX	D66
	796.5	7.5	LA TRINITE-PORHOET	D793
*****	799.0	2.5	MENEAC	D305
56	808.0	9.0	ILLIFAUT	D66
*****	817.0	9.0	LOSCOUET-sur-MEU	
22	826.0	9.0	SAINT-MEEN-le-GRAND	D166b
*****	830.0	4.0	Le Parson	
	832.0	2.0	Junction D166b / D166	D166
	836.0	4.0	La Prévostais	D220
	839.0	3.0	QUEDILLAC Food-Sleep	
	845.0	6.0	MEDREAC	
	853.0	8.0	Junction D220 / D20	D20
I	855.0	2.0	BECHEREL	
L	859.0	4.0	LA BAUSSAINE	
L	865.0	6.0	TINTENIAC Control	D20
E	874.5	9.5	DINGE	
	881.5	7.0	FEINS	
et	889.5	8.0	SENS-de-BRETAGNE	
	905.0	15.5	SAINT-HILAIRE-des-LANDES	D18
V	909.0	4.0	SAINT-SAUVEUR-des-LANDES	
I	911.0	2.0	ROMAGNE	D812
L			FOUGERES	
A	915.0	4.0	Bd de Bliche - Bd Jacques Faucheux	N12
I			Boulevard du Général Leclerc	
N			Place de la République	
E			Boulevard de la Chesnardière	
			Boulevard Edmond Roussin	
	919.0	4.0	Control	
			Boulevard Edmond Roussin	
			Route d'Ernée	
			Boulevard de Groslay	N12
	923.0	4.0	Roundabout at town exit	D806

Dep.	Total (km)	Leg (km)	Location	Road
	926.0	3.0	LAIGNELET	
*****	933.0	7.0	LE LOROUX	D33
	944.5	11.5	LEVARE	
	952.5	8.0	GORRON	
M	967.0	14.5	AMBRIERES-les-VALLEES	
A	972.5	5.5	CHANTRIGNE	
Y	978.5	6.0	LASSAY-les-CHATEAUX	
E	986.0	7.5	CHARCHIGNE	D147
N	990.0	4.0	LE RIBAY (safety hazard)	
N	996.5	6.5	HARDANGES	
E	997.5	1.0	Croix-Barbe	D113
	1002.0	4.5	LOUPFOUGERES	
	1008.0	6.0	VILLAINES-la-JUHEL Control	D119
	1013.0	5.0	AVERTON	
*****	1023.0	10.0	SAINT-PAUL-le-GAULTIER	D15
S	1029.0	6.0	SOUGE-le-GANELON	
A	1035.5	6.5	FRESNAY-sur-SARTHE	D310
R	1041.5	6.0	LA HUTTE (safety hazard)	
T	1057.5	16.0	Junction D310 / D311	D311
H	1063.0	5.5	Junction D311 / D2	D2
E	1065.0	2.0	MAMERS town centre	D931
*****	1068.0	3.0	SURE	
O	1079.0	11.0	SAINT-JOUIN-de-BLAVOU	
R	1083.0	4.0	PARFONDEVAL	
N	1089.0	6.0	MORTAGNE-au-PERCHE Control	D8
E	1108.0	19.0	LONGNY-au-PERCHE	
	1119.0	11.0	NEUILLY-sur-EURE	
****	1122.5	3.5	Junction D8 / D20	D20
	1131.0	8.5	SENONCHES	
	1143.5	12.5	MAILLEBOIS	
	1155.5	12.0	CRECY-COUVE	
	1162.5	7.0	Junction D20 / D311	D311
E			Rue du Moulin Rouge (under bridge)	CR
			Rue Lucien Dupuis	
U	1166.0	3.5	DREUX Control	
R			Av. de Melsungen - Av. du G ^{al} Marceau	D954
E			Bd Jules Ferry - Rue Robert Schuman	
et	1168.5	2.5	Avenue du Président Kennedy	D929
	1169.0	0.5	SAINTE-GEMME - MORONVAL	
L	1170.0	1.0	LURAY	
O	1171.0	1.0	Junction D929 / D152B	D152B
I	1172.0	1.0	MEZIERES-en-DROUVAIS	
R	1173.5	1.5	MARSAUCEUX	D147.6
	1177.0	3.5	GERMAINVILLE	D147.8
	1180.0	3.0	BROUE	
	1181.5	1.5	BECHERET	D147
	1185.5	4.0	BOUTIGNY-PROUVAIS	
*****	1190.5	5.0	Junction D 147 / D983	D983
	1191.0	0.5	CONDE-sur-VEGRE	
	1195.0	4.0	GAMBAIS	D179
	1195.5	0.5	Junction D179 / D112	D112
Y	1200.5	5.0	GAMBAISEUIL	
	1206.0	5.5	Junction D112 / D138	D138
			MONTFORT-L'AMAURY	
V	1208.0	2.0	Junction D138 / D155	D155
			Junction D155 / D13	D13
E	1211.5	3.5	BAZOUCHES-sur-GUYONNE	D23
	1215.0	3.5	Junction D23 / D15	D15
L	1216.0	1.0	JOUARS	D 23
	1218.0	2.0	ERVAL	
I	1218.5	0.5	SAINT-QUENTIN-en-YVELINES	
N	1220.0	1.5	ELANCOURT	
			TRAPPES	
E	1222.5	2.5	Roundabout La Boissière	D36
			Avenue Salvador Allende	
S	1224.0	1.5	Roundabout François Mitterrand	
			Rue Paul Verlaine	
			Junction D912	D912
	1225.0	1.0	Roundabout Eric Tabarly	
	1225.0	0.0	Entrée Ile de Loisirs	
			MONTIGNY-le-BRETONNEUX	
	1230.0	5.0	Vélodrome S' QUENTIN-en-YVELINES	



National Velodrome of Saint-Quentin-en-Yvelines - place de la Paix Céleste - 78180 Montigny-le-Bretonneux

1) Access to the facilities

Required : your Identity Document (National ID, Passport ...) and the printed acknowledgement of your registration (it will be controlled by security officer).

- Go to Place de la Paix Céleste with your bicycle, in the time slot indicated on your registration acknowledgement. Volunteers and signs will lead you to the bike check area.

2) Bike Check

- Bicycle racks will facilitate last-minute adjustments.

- Your bike must comply with Article 8 of the PBP Randonneur Rules.

- The controller will check that your bike is in good condition and that all required (front & rear lighting) and optional (mudguards, bags, pump...) accessories are securely fixed to the bike.

. If a problem is detected, the controller will ask you to return after your visit with the bike mechanic.

. If everything is OK, the controller will paste a sticker with your frame badge number on your bike, and stamp the acknowledgement of your registration. The stamp will enable you to obtain your ride documents.

- Leave your bike at the bike park.

- Walk to the velodrome main entrance.

3) Collection of documents

- Upon presentation of your Identity Document and the printed acknowledgement of your registration, a security officer will let you enter the velodrome.

- When you enter the central area, a volunteer will give you a bag with non-personalized documents.

- Go to the delivery of personalized folders, preferably choosing a volunteer who speaks your language (indicated by a flag). He or she will verify with you the contents of your folder (brevet card, tracking chip, frame badge, handlebar badge and tickets for ordered items). Sign the sheet stating that you have received everything, or go to the Claims stand.

4) Collection of ordered items

- With your tickets, collect your items at the stands : « Super Randonneur Medal », « Car Park », « Jerseys », « Reflective vest », « Battery ».

- If you have a meal ticket, you can eat your lunch on Sunday afternoon in the velodrome.

5) Support vehicle

- If you have registered with a support vehicle : At the entry of the velodrome, the driver must show his or her Identity Document and the printed acknowledgement of the vehicle registration, with his or her name and forename in the box 'Driver'. Then you and/or the driver must go to the Vehicles stand, return the completed declaration form K3 and collect stickers for the vehicle.

6) Exit

- You can drop a small bag at the left-luggage office and get it back upon arrival.

- Exit through the main entrance and pick up your bike in the bike park.

- A volunteer will verify that the number on your brevet card corresponds to the one on the sticker pasted on your bike during the bike check.



Vélodrome National de Saint-Quentin-en-Yvelines - place de la Paix Céleste - 78180 Montigny-le-Bretonneux

Access to facilities

- Go to Place de la Paix Céleste about 45 minutes before the start time noted on your acknowledgement of registration. Volunteers and signs will lead you to the start control area (if you arrive too early, you will be asked to come back later, in order to avoid obstructing the upcoming starts).

You must have your frame badge, your brevet card and your magnetic chip on the ankle.

Start process

- **Have your brevet card ready before passing under a control tent, where it will be stamped.**

- You will then be directed to the gate identified by the letter corresponding to the one on your frame badge.

- 15 minutes before your start, the opening of the gate will allow you to access the start area.

- When the start is given, your chip will be detected at the crossing of the line to register your precise start time.

- If you are late, you can start with the next wave, but your start time will be that of the wave in which you had to leave. Please stick to your start time to avoid this handicap.

- **An unstamped brevet card or unrecorded chip may result in disqualification.**

NB : At the Monday morning start, lighting and wearing of the reflective vest will be controlled.

Water supply will be available to fill your bottles before the start.



Parking on Place de la Paix Céleste and around the Velodrome is strictly forbidden - your vehicle will be towed away.

Parking for Cars

- If you have booked a parking space at registration, and if you have retrieved your parking ticket at the check-in in the Velodrome, you can freely enter and exit the car park of the Shopping Center « Carrefour » (located 900 meters from the Velodrome) between Saturday, Aug. 15 and Friday, Aug. 21. The height is limited to 1.90 m.

Parking for Campers (Camping-cars)

- If you have booked a parking space at registration, you can park your camper inside the leisure park « l'Île de Loisirs », either for short term (from Friday 14 to Monday 17) or long term (from Friday 14 to Thursday 20), according to the option you have selected.

- Before you enter the leisure park, the sticker (included in the riders' documents) must be visibly pasted in the lower left-hand corner of the windscreen.

- Access to the leisure park by the North Gate (place de la Paix Céleste) during opening hours :

- . Friday, Aug. 14 from 14h00 to 20h00
- . Saturday, Aug. 15 from 9h00 to 20h00
- . Sunday, Aug. 16 from 9h00 to 20h00
- . Monday, Aug. 17 : closing at 9h00

- Your camper must be parked in the direction of driving out forwards.

- Canopies are forbidden.

- This area is not a campground. Only a water line, a tank for draining and bins will be installed during the event. For everything else you need to be autonomous.

- Barbecues and all outdoor fires are prohibited.

- Respect the environment.

- Surveillance will be done by volunteers (during the day) and a dog-handler (at night).

Attention

- As in all car parks, neither the Audax Club Parisien nor the owner of the car park can be held responsible for any thefts or damage to the vehicle. Please ensure all valuables are removed from your vehicle.



F – Services at the Host & Control Sites

- The address and phone number of the host & control sites are indicated on the brevet card. Those numbers are only valid during the opening times of the sites. Please use them only in case of serious emergency.
- Please note that no information about rider progress can be obtained by calling the controls. You can only be tracked online via your frame badge number throughout the PBP Randonneur.

1) Services at the velodrome before the start

- On the esplanade, a drink and snack stand will be open to the public Saturday and Sunday.
- All those who have booked a meal on their registration form must present their meal ticket(s) at the velodrome back entrance on Sunday, Aug. 16 :
 - . from 12h00 to 13h30 : priority service for riders starting from 16h00 to 17h00
 - . from 13h30 to 17h00 : priority service for riders starting from 17h15 to 20h00
 - . between 12h00 and 17h00 : low-priority service for riders starting on Monday morning

2) Services in the host & control sites

- At each host & control site (during the opening times), you will find :
 - . drink stand (water, beer, orange juice, coke, coffee, tea, chocolate ...) generally from 1€ to 2€
 - . sandwiches (about 2,50€)
 - . self-service (meals from 10€ to 13€ not including drinks) - riders have priority
 - . showers (about 2€ or 3,50€ including soap and towel) – only for riders
 - . 200 to 300 sleeping places (about 4€) - only for riders
 - . mechanical support
- Prices are indicative.

3) Services at the velodrome after the ride

- From Tuesday noon to Thursday evening, a meal will be offered to the finishers in the central area of the National Velodrome of Saint-Quentin-en-Yvelines.
- Showers will be available to the participants for free.
- About 200 sleeping places will be available to the participants for free, in a big tent on the velodrome multipurpose area.
- A post-ride buffet will be offered to all present Thursday, Aug. 20 around 18:00.

More than 2,000 people will be at your service day and night.

All of them are volunteers, each having been persuaded by the control manager to join the party.

All of them will do their best to satisfy your needs.

Always remember that PARIS-BREST-PARIS Randonneur would not be possible without them !

PLEASE RESPECT THE PEOPLE AND THE ENVIRONMENT OF THE HOST SITES.



SAFETY CHARTER

The organiser is committed to assure the safety of the riders by :

- Offering a tried-and-tested, low traffic route
- Choosing a quiet time of the year
- Putting reflective arrow signs on the route
- Inspecting bikes the day before the start, to check if front and rear lights are in working order, as well the whole bicycle
- Mandating to wear a reflective vest at night and in other low-light conditions
- Strongly recommending to wear a helmet
- Recalling safety instructions and traffic laws at the start of every group of riders
- Working throughout the course with the safety controllers of the car & motorcycle escort team “ANEC” (*Association Normande d’Escorte Cycliste*)
- Setting checkpoints about every 80 km, where riders can rest and eat
- Working in every control town with a Previsional Emergency Response Force, who will watch over the riders
- Prohibiting support vehicles on the riders’ route (and penalizing riders whose support vehicle is detected by controllers on the official route)
- Enforcing time penalties in case of violations of Traffic Law

RIDER CHARTER

The rider is committed to respect :

- The Traffic Law : You are not the sole user of the roads!
- The Volunteers : Without them, you would not be there!
- The Host & Control Sites : We must leave the venues as clean as we found them!
- The Environment : Please place all paper and any other garbage in the bins provided!
- The Other Road-Users : Be courteous towards motorists!

**Traffic management increasingly involves measures which may present hazards to inattentive cyclists, like narrowing, speed cushions, median islands, chicanes, curb extensions etc.
Be attentive!**



IN THE HOST & CONTROL SITES :

Validation of your ride

Do not forget that your brevet card must be stamped and your chip recorded by crossing the mat in each control (except in Mortagne-au-Perche on the way out).

Meals

Refueling is a key to the success on Paris-Brest-Paris Randonneur. In each checkpoint a wide range of real food is available and should be adapted to your needs.

Sleeping facilities

The organisers will do their best to get you a bed or a mat if you need rest for a few hours. However, overcrowding may happen in the busiest hours. Make sure you take a survival blanket – it is not heavy and can be useful whenever you feel sleepy. **Be silent in the dormitories. Please respect those riders who are still sleeping.**

First aid

- In all controls, first-aiders are present in case of more or less serious illness or injury. Ask somebody to note on your brevet card the treatment you have received.
- If you take particular medicine, do not forget to keep it with you.
- In application of Code of Public Health, creams and drugs can only be delivered by a Doctor at a first-aid post. Therefore, if you think it necessary, carry these items with you, as the **A.C.P. cannot guarantee that a Doctor will be present at each control.**

If you ride without support vehicle

Do not overload yourself; the controls will supply what you need.

ON THE ROAD : RESPECT THE TRAFFIC LAW

- The Prefectures who grant the permission to run the event in their department all insist on this point.
- Do not leave behind poor memories of your behaviour, or even worse, a bad police report. The future of the PARIS-BREST-PARIS Randonneur depends on your behaviour.
- Offences noted by the controllers will lead to time penalties (article 18 of the PBP Rules).
- TAKE CARE and PAY ATTENTION, especially at night. The road surfaces are not always marked laterally. For this reason, a powerful lighting system is recommended.
- **Beware of the following particularly hazardous spots :**
 - . **during the first 50 km**, frequent median islands on the roads through towns
 - . **in Trappes** (km 6.5), the road narrows from 6 to 3 metres
 - . **crossroads in La Hutte** (km 187.5 on the way out ; km 1041.5 on the way back) : You cross the busy road N138 (which connects Le Mans to Alençon)
 - . **crossroads in Le Ribay** (km 238 on the way out; km 990 on the way back) : You cross the busy road N12
 - . **stop sign in Bécherel** on the way back (km 855) : You must stop in a downhill, before crossing the busy road D27 (which connects Rennes to Dinan).

LAST RECOMMENDATIONS :

- The PARIS BREST PARIS Randonneur roads are hilly. Do not hesitate to use low gears.
- **Plan ahead for efficient use of your time at the controls - a few minutes saved may be precious later on.**
- **Be courteous at all times – and especially in the host & control sites.**
- The areas surrounding the host & control sites must not be soiled with litter and urine. **Toilets and bins** for litter are available everywhere. Think of the riders still to come and keep in mind the local inhabitants!



ROAD SIGNAGE

- The Paris-Brest-Paris Randonneur is completely signposted with reflective arrow signs to ensure good visibility at night :
 - . arrows « BREST » : yellow background, main part of arrow pink with white tip
 - . arrows « PARIS » : orange background, main part of arrow blue with white tip
 - . error signs : green background with red X(error signs are posted soon after crossroads, to save you from taking the wrong direction)
- Road signage does not make it any the less necessary for you to pay attention to the route, especially at night. Strong front lights in perfect working order are required to light up the reflective arrow signs.

RIDER TRACKING

- Your family and friends can consult your progress on www.paris-brest-paris.org. Riders are identified by name, or by frame badge number.
- Technology is not infallible. We cannot guarantee real-time information throughout the course. Temporary data transmission failures will be reported on our website: www.paris-brest-paris.org.

INFORMATION

- The detailed route is available on www.openrunner.com with the keyword : pbpacp2015.
- For any information : www.paris-brest-paris.org



Start on Sunday, Aug. 16, 2015 (80 h time limit)

(calculated on the basis of a start at 16h00, to be adjusted to your real start time)

CONTROLS	Km	Opening	Closing
SAINT-QUENTIN-EN-YVELINES	0	16/8: 16 h 00	:
Mortagne-au-Perche (services only)	140	16/8: 19 h 50	17/8: 00 h 15
VILLAINES-LA-JUHEL	220	16/8: 21 h 57	17/8: 04 h 57
FOUGERES	309	17/8: 00 h 24	17/8: 10 h 09
TINTENIAC	363	17/8: 01 h 54	17/8: 13 h 20
Quédillac (services only)	389	17/8: 02 h 40	17/8: 14 h 57
LOUDEAC	448	17/8: 04 h 24	17/8: 18 h 39
Saint-Nicolas-du-Pélem (services only)	493	17/8: 05 h 44	17/8: 21 h 27
CARHAIX-PLOUGUER	526	17/8: 06 h 43	17/8: 23 h 33
BREST	614	17/8: 09 h 30	18/8: 05 h 07
CARHAIX-PLOUGUER	698	17/8: 12 h 28	18/8: 10 h 41
Saint-Nicolas-du-Pélem (services only)	734	17/8: 13 h 54	18/8: 13 h 09
LOUDEAC	780	17/8: 15 h 39	18/8: 16 h 11
Quédillac (services only)	839	17/8: 18 h 06	18/8: 20 h 07
TINTENIAC	865	17/8: 19 h 11	18/8: 21 h 51
FOUGERES	919	17/8: 21 h 28	19/8: 01 h 29
VILLAINES-LA-JUHEL	1008	18/8: 01 h 10	19/8: 07 h 50
MORTAGNE-AU-PERCHE	1089	18/8: 04 h 51	19/8: 13 h 37
DREUX	1166	18/8: 08 h 43	19/8: 19 h 10
SAINT-QUENTIN-EN-YVELINES	1230	18/8: 11 h 56	19/8: 24 h 00

Opening times are free (excepted in the finish control).

Closing times have to be respected or homologation will be denied. Plan ahead for efficient use of your time at the controls and whilst riding in order to arrive at each control well before closure.

Exceptional derogations are granted :

- If you have a serious mechanical issue
- If you have an accident, or if you are witness to an accident requiring a police report
- If you assist somebody who is sick or has an accident, and wait until the first-aiders arrive, or a controller (then the controller records the delay and notes it on your brevet card)

Depending on your delay, you must catch up within 2 or 3 controls.

If you abandon :

- Remove your **frame badge** (you can keep it) and the **chip**.
- Inform the nearest control or the next encountered course vehicle that you are abandoning ; a controller will note it on your **brevet card** (you can keep it) and report to the organisers.
- Please return the chip and the Velcro.
- Don't forget to inform your relatives and friends.



Start on Sunday, Aug. 16, 2015 (90 h time limit)

(calculated on the basis of a start at 17h15, to be adjusted to your real start time)

CONTROLS	Km	Opening	Closing
SAINT-QUENTIN-EN-YVELINES	0	16/8: 17 h 15	:
Mortagne-au-Perche (services only)	140	16/8: 21 h 42	17/8: 02 h 35
VILLAINES-LA-JUHEL	220	17/8: 00 h 12	17/8: 07 h 55
FOUGERES	309	17/8: 03 h 09	17/8: 13 h 49
TINTENIAC	363	17/8: 04 h 57	17/8: 17 h 41
Quédillac (services only)	389	17/8: 05 h 52	17/8: 19 h 32
LOUDEAC	448	17/8: 07 h 59	17/8: 23 h 45
Saint-Nicolas-du-Pélem (services only)	493	17/8: 09 h 35	18/8: 03 h 13
CARHAIX-PLOUGUER	526	17/8: 10 h 47	18/8: 05 h 48
BREST	614	17/8: 14 h 13	18/8: 12 h 38
CARHAIX-PLOUGUER	698	17/8: 17 h 25	18/8: 19 h 04
Saint-Nicolas-du-Pélem (services only)	734	17/8: 18 h 58	18/8: 21 h 54
LOUDEAC	780	17/8: 20 h 51	19/8: 01 h 24
Quédillac (services only)	839	17/8: 23 h 36	19/8: 05 h 57
TINTENIAC	865	18/8: 00 h 43	19/8: 07 h 57
FOUGERES	919	18/8: 03 h 12	19/8: 12 h 08
VILLAINES-LA-JUHEL	1008	18/8: 07 h 15	19/8: 18 h 59
MORTAGNE-AU-PERCHE	1089	18/8: 11 h 18	20/8: 00 h 53
DREUX	1166	18/8: 15 h 10	20/8: 06 h 29
SAINT-QUENTIN-EN-YVELINES	1230	18/8: 18 h 15	20/8: 11 h 15

Opening times have to be respected (except for the special bikes : they can check-in earlier in the intermediate controls, and from Tuesday, 13h11 in the finish control).

Closing times have to be respected or homologation will be denied. Plan ahead for efficient use of your time at the controls and whilst riding in order to arrive at each control well before closure.

Exceptional derogations are granted :

- If you have a serious mechanical issue
- If you have an accident, or if you are witness to an accident requiring a police report
- If you assist somebody who is sick or has an accident, and wait until the first-aiders arrive, or a controller (then the controller records the delay and notes it on your brevet card)

Depending on your delay, you must catch up within 2 or 3 controls.

If you abandon :

- Remove your **frame badge** (you can keep it) and the **chip**.
- Inform the nearest control or the next encountered course vehicle that you are abandoning ; a controller will note it on your **brevet card** (you can keep it) and report to the organisers.
- Please return the chip and the Velcro.
- Don't forget to inform your relatives and friends.



Start on Monday, Aug. 17, 2015 (84 h time limit)

(calculated on the basis of a start at 04h50, to be adjusted to your real start time)

CONTROLS	Km	Opening	Closing
SAINT-QUENTIN-EN-YVELINES	0	17/8: 04 h 50	
Mortagne-au-Perche (services only)	140	17/8: 08 h 50	17/8: 13 h 04
VILLAINES-LA-JUHEL	220	17/8: 11 h 03	17/8: 18 h 05
FOUGERES	309	17/8: 13 h 39	17/8: 23 h 36
TINTENIAC	363	17/8: 15 h 15	18/8: 02 h 59
Quédillac (services only)	389	17/8: 16 h 03	18/8: 04 h 36
LOUDEAC	448	17/8: 17 h 54	18/8: 08 h 18
Saint-Nicolas-du-Pélem (services only)	493	17/8: 19 h 18	18/8: 11 h 17
CARHAIX-PLOUGUER	526	17/8: 20 h 21	18/8: 13 h 32
BREST	614	17/8: 23 h 19	18/8: 19 h 28
CARHAIX-PLOUGUER	698	18/8: 02 h 18	19/8: 01 h 02
Saint-Nicolas-du-Pélem (services only)	734	18/8: 03 h 44	19/8: 03 h 31
LOUDEAC	780	18/8: 05 h 29	19/8: 06 h 47
Quédillac (services only)	839	18/8: 07 h 56	19/8: 10 h 59
TINTENIAC	865	18/8: 09 h 01	19/8: 12 h 51
FOUGERES	919	18/8: 11 h 17	19/8: 16 h 45
VILLAINES-LA-JUHEL	1008	18/8: 15 h 20	19/8: 23 h 06
MORTAGNE-AU-PERCHE	1089	18/8: 19 h 23	20/8: 05 h 20
DREUX	1166	18/8: 23 h 16	20/8: 11 h 47
SAINT-QUENTIN-EN-YVELINES	1230	19/8: 02 h 20	20/8: 16 h 50

Opening times have to be respected.

Closing times have to be respected or homologation will be denied. Plan ahead for efficient use of your time at the controls and whilst riding in order to arrive at each control well before closure.

Exceptional derogations are granted :

- If you have a serious mechanical issue
- If you have an accident, or if you are witness to an accident requiring a police report
- If you assist somebody who is sick or has an accident, and wait until the first-aiders arrive, or a controller (then the controller records the delay and notes it on your brevet card)

Depending on your delay, you must catch up within 2 or 3 controls.

If you abandon :

- Remove your **frame badge** (you can keep it) and the **chip**.
- Inform the nearest control or the next encountered course vehicle that you are abandoning ; a controller will note it on your **brevet card** (you can keep it) and report to the organisers.
- Please return the chip and the Velcro.
- Don't forget to inform your relatives and friends.



You have registered with a support vehicle, for you or for a group.

After collection of your ride documents

- You (and/or the driver) must go to the « **Vehicles** » stand with the completed identification sheet for the vehicle (sent at registration). You will receive two stickers.
 - . Paste the larger sticker (with the number) on the left of the back window. Do not remove it until the end of the event.
 - . Paste the smaller sticker on the left side of the windscreen.
- If you are unable to give the stickers to the driver of the vehicle before your start, you can designate a control which will hold the envelope with the stickers for your driver.

INSTRUCTIONS FOR THE CREW

On the road :

- Support vehicles are forbidden on the riders' route.

If this rule is not observed, a penalty of 2 hours will be given to the supported riders (article 18 of the PBP Rules). This penalty will be cumulated in case of repeated offense.

- The official route is patrolled night and day by controllers to ensure compliance with the regulation.
- Please follow the alternative route to reach each control (see sheet K2).

In the control sites :

- Only registered vehicles can park in the areas possibly provided by the organisers. Support vehicles are only allowed in the control sites, not in the other host sites.
- You are allowed to drive on the riders' route and to support any rider **within 5 km from the control place**.
- Please respect the instructions given by the officials. Do not cause any inconvenience by trying to get as close as possible to the control site.
- Traffic must move well in the town and especially in the area where the control is located. Please park correctly and do not block the road. Keep the local inhabitants in mind!
- Do not stay at the same place for a long time. Remember that other vehicles are coming. If you want to stop longer (e.g. if you need to sleep), please park in-between controls.
- The areas surrounding the controls must be kept clean (if the crew does not respect the environment, a penalty will be given to the rider).

Services :

- The crew members can eat at the controls. However, riders will be served first.



Support vehicles are forbidden on the riders' route

Suggested Route

(MICHELIN maps n^b 58 - 59 - 60 or 230 - 231 - 232 - 237)

WAY OUT :

Location	Road	Location	Road
Vélodrome de Saint-Quentin-en-Yvelines		TINTENIAC <i>Control</i>	D20
MONTIGNY-LE-BRETONNEUX		rue Ernest Renan (turn right)	> D795
place de la Paix Céleste	< D127	Hédé-Bazouges	< D80
rue Jean-Pierre Timbaud		Saint-Gondran	
avenue des Frères Lumière		Langan	> D25
Junction D127 / N12	N12	Romillé	< D68 > D31
Pontchartrain		Pleumeleuc	> D72
DREUX <i>Control on the way back</i>		(after 1 km) Junction N12-E50	N12-E50
Verneuil-sur-Avre		(after 11km) Access to N164	< N164
Junction N12 / D312 (5 km before Mortagne)	< D312 < D912	Saint-Méen-le-Grand	
MORTAGNE-AU-PERCHE <i>Control on the way back</i>		LOUDEAC <i>Control</i>	< N164
Junction D912 / N12 (2 km after Mortagne)	< N12	Saint-Caradec	
Alençon		Gouarec	
Pré-en-Pail (exit)	< D20	Junction N164 / D787	> D787
VILLAINES-LA-JUHEL <i>Control on the way back</i>	< D13	CARHAIX-PLOUGUER <i>Control</i>	> N164
Javron-les-Chapelles	< N12	towards Châteaulin	
Le Ribay (watch for riders)		Pleyben	
Mayenne		4 km before Châteaulin : Junction N164 / N165-E60	> N165-E60
Ernée		Daoulas	
FOUGERES <i>Control</i>	> D798 < D179	Bridge over river Iroise	
Junction D179 / N12 (South Ring)	> N12	Le Relecq-Kerhuon	
Junction N12 / A84-E3	< A84-E3	Roundabout E60 / N265	< E60
Rennes (North Ring)	> D137	BREST	
Hédé-Bazouges (towards Saint-Malo)	> D20	boulevard Léon Blum	
Junction D237 / D20 (2 km before Tinténiac)	> D20	 rue de Kerichen GPS 48.407420 -4.484965 <i>Control</i>	

The WAY BACK is the same as the WAY OUT



K3 – Identification sheet for support vehicles

Complete this sheet and hand it in to the Vehicle stand on the day before your start

License Plate N° :

Brand and Model : Colour :

Name and Forename of the Driver :

N° Given by the ACP

Address (N° and Road) :

Town: Country :

Supported Rider(s) (if you are a group, the first name on the list is responsible for the group)

N° PBP	Riders' NAME	Forename	Club Name
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- Complete one sheet per vehicle. You will receive 2 numbered stickers to paste on this vehicle.
- Support vehicles are forbidden on the rider's official route. The driver is allowed to meet and support the rider only within 5 km from the control sites. If this rule is not observed, the supported riders will be penalized.
- The driver acknowledges that he has read and accepts the Rules of the Paris-Brest-Paris Randonneur.

**PARIS → BREST → PARIS
2015
INSURANCE**



Your PBP Entry No

For your piece of mind, the organisers of PARIS → BREST → PARIS have made enquiries about our insurance cover during the event.

They have contacted the insurance companies on your behalf.

➤ **Member of F.F.C.T.**

Your are covered under the insurance taken out by your Federation (PETIT OR GRAND BRAQUET) or by your club.

➤ **Members of F.S.G.T. and U.F.O.L.E.P., other licensed participants**

You can take advantage of the cover provided under the terms of your membership

➤ **All those taking part**

- 1) Cover has been subscribed to (**contract n° V304148**),
For F.F.C.T., F.S.G.T., and U.F.O.L.E.P. licence holders, this cover supplements the insurance provided under your licence, or provides it where there is none.

In the case of an accident :

- **Emergency Transport and First Aid costs(non-refundable through the Welfare system) up to 400 € (euros)**
- **Hospital costs up to 4 000 € (euros)**
- **Repatriation costs (including those to Country of Origin) Reasonable Cost**

In the event of death :

- **Repatriation of body (including those to Country of Origin) Reasonable Cost**

In case of cancellation :

- **Registration fees refund Reasonable Cost**

2) **In the event of a claim**

- * Necessitating repatriation (following an accident during the PBP)
 - You must if you hold a licence,
 - ↳ telephone, or have someone telephone for you, your federation who will explain what to do to be repatriated
 - If you do not have repatriation cover with your licence or if you are not licensed
 - ↳ phone, or have someone phone for you, **MONDIAL ASSISTANCE (tel. n° +33 (0) 142 990 805)**
 - ↳ quoting code - N° **V304148**

For acceptance, repatriation must be authorised or carried out by MODIAL ASSISTANCE.

- * For a cancellation
 - You must declare any event forcing him to cancel his PBP registration. This declaration has to be made within 5 working days, except in the case of force majeure, after he has become aware of this fact :
 - ↳ either, directly on the website: www.mondial-assistance.fr
 - ↳ or by telephone Monday to Friday, between 9 am and 6 pm at 01 42 99 03 95

- * Other incidents
 - You must, for those taking part who hold FFCT, FSGT, UFOLEP or any other licence, take the steps recommended by the appropriate licencing authority,
 - If you are not licensed
 - ↳ Cabinet **GOMIS GARRIGUES Tel : +33(0)561 528 860 / 80 Allée des Demoiselles 31 400 TOULOUSE**

Please send full details of your claim : You should enclose any supporting documentation (your entry details to the event, accident declaration form, medical certificates, invoices, witnesses'reports)

YOU MUST ALWAYS GIVE YOUR PBP COMPETITOR'S NUMBER AND YOUR FULL ADDRESS.

Cycle Carefully – Don't forget the highway Code

REFUND OF PARIS- BREST- PARIS REGISTRATION FEES FOLLOWING CANCELLATION
Coverage taken with AGA INTERNATIONAL SA (contract no. V304148)

EVENTS COVERED

Under the scope of this coverage, the insurer shall cover the following:

1) Serious ailments, accidents (as defined below), death:

- of the covered member, his spouse or common-law spouse.
- parents, descendants of the member. For these people, serious ailments or accidents shall be taken into consideration in cases where the member's presence by their side proves to be necessary for family or economic reasons.
- death of a brother, sister, brother-in-law, sister-in-law.

The following shall have the meaning given hereunder:

- **serious ailment:** a change in health duly noted by a competent medical authority, formally forbidding the patient from leaving the room for a minimum of 8 days and requiring complete cessation of professional or any other activity.
- **accident:** bodily harm, unintentional on the victim's part, arising from a sudden action of an external cause which forbids him from movement on his own.

In this respect, accidents arising from sports leisure activities leading to the members' inability to carry out their trip by bicycle shall be taken into account.

2) Pregnancy and all related complications, provided the insured person:

- is not pregnant or is not aware of her condition at the time of travel registration,
- is less than 6 months pregnant at the time of departure.

3) Nervous breakdown leading to hospitalisation at an institution of 7 days or more.

4) Destruction following fire, accident or natural elements, burglary of professional or private premises that the member occupies as an owner or a tenant, provided that the premises have suffered more than 50% destruction or that the burglary has taken place less than 7 days prior to the departure date.

5) Economic lay-off of the member and/or his spouse or common-law spouse provided, on the one hand, that at the time of travel registration, they were not aware of this decision and, on the other hand, that the travel registration took place 3 months prior to notification of the lay-off.

6) Change or cancellation of paid leave exclusively owing to the employer.

EXCLUSION OR EVENTS NOT LEADING TO THE APPLICATION OF THE COVERAGE

The insurer will only take charge of cancellation requests subsequent to the events or causes mentioned above which are of an unpredictable nature for the insured person, i.e. the occurrence of which the insured person could not have reasonably foreseen at the time of registering for the travel or the trip.

The following events are excluded:

- **alcoholism, drunkenness, use of medicines, drugs or narcotic drugs not prescribed medically.**
- **therapy, beauty, psychological or psychotherapeutic treatment.**
- **accident, ailment or death which results from a chronic health condition or affecting insured persons above 80 years of age.**
- **civil or foreign war, revolution, military mutiny.**
- **cyclone, earthquake, volcanic eruption or other calamities.**
- **disintegration of nucleus.**

MAXIMUM COVERAGE AMOUNT:

ACTUAL COSTS

This insurance covers the insured person for reimbursement of the registration amount effectively paid and justified by the insured person at the time of occurrence of the covered events.

COVERAGE PERIOD

The coverage shall come into effect at the latest during registration to **PARIS-BREST-PARIS** after receipt of confirmation by the organiser of registration and payment.

CONTRIBUTION AMOUNT

The contribution amount indicated on the registration form is €2 **including tax** (non-refundable amount).

“OBLIGATIONS OF THE INSURED PERSON” IN CASE OF REQUEST FOR APPLICATION OF THE “REFUND OF PBP REGISTRATION FEES FOLLOWING CANCELLATION” COVERAGE

The insured person must declare any event forcing him to cancel his PBP registration.

This declaration has to be made within 5 working days, except in the case of force majeure, after he has become aware of this fact :

- either, directly on the website:

www.mondial-assistance.fr

- or by telephone Monday to Friday, between 9 am and 6 pm at 01 42 99 03 95

If this time limit is not complied with, the member's claim might not be covered.

The insured person's declaration must be accompanied by the following documents:

- In case of serious ailment or accident, a medical certificate (if required in an envelope marked "Confidential" addressed to the insurer's consulting physician) specifying:
 - the date of onset of the ailment or the accident, their foreseeable consequences with regard to the definitions mentioned above,
 - the absence or existence of a former condition. In the latter case, the medical certificate must specify that the way the ailment or the accident progressed was of an unpredictable nature for the insured person.
- in case of pregnancy, a photocopy of the first page of the pregnancy record,
- in case of death, a death certificate and a civil status record,
- an expert's report certifying the extent of damages to his personal property or real estate (the date of the claim must be specified).
- an attestation from the employer notifying either the insured person's lay-off, or change or cancellation of paid leave.

SPECIFICITIES WITH REGARD TO INSURED PERSONS NOT RESIDING IN FRANCE

The declaration and supporting documents must be written in French or in English.

The insured person's compensation will be paid in Euros.

Bonjour

Dans le cadre d'une étude menée sur le retentissement éventuel d'épreuves sportives intenses sur le cœur (sous la responsabilité du Pr François Carré, cardiologue du sport, Inserm U1099, Rennes) nous souhaitons recruter des hommes âgés de 50 à 70 ans volontaires pour réaliser 3 échographies du cœur au repos : une avant le départ (valeurs de base), une deuxième au passage à Brest (valeurs intermédiaires), et une dernière après l'arrivée à Paris (valeurs finales). Les 3 échographies du cœur auront lieu à proximité des lieux de départ, de passage et d'arrivée.

L'échographie du cœur est un examen indolore et non-invasif. Il est fréquemment utilisé pour le suivi des sportifs, ne présente aucun danger, et dure environ 20 minutes. La durée de la deuxième échocardiographie ne sera pas décomptée de votre temps de parcours. Un compte rendu médical pourra vous être envoyé, avec copie si vous le souhaitez à votre médecin traitant.

Si vous êtes intéressé, merci de me contacter au 06.76.87.15.19 ou à cette adresse email : david.matelot@ens-cachan.org

Bien cordialement
David Matelot

Dear Sir,

Our research team (Inserm U1099) is currently working in a study focusing on cardiovascular adaptations during intense and prolonged endurance events such as running or cycling. We would like to evaluate the cardiac adaptations during the famous long distance cycling event "Paris-Brest-Paris Randonneur". For this purpose, we are looking for males, between 50 and 70 years old, to undergo three cardiac echography procedures: one before the start in Paris (resting data), the second in Brest (half running data), and a last one after the finish in Paris (final data).

Cardiac echography is a non-invasive and non-painful exam, usually realized for routine cardiac screening in endurance athletes. This exam does not present any risk. It takes around 20 minutes during which you lie on a bed. The time of the second cardiac echography won't be deducted from your total time. If you wish, a medical report could be send to you after analysis.

If you are interested to be involved in this study, please email me at:
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Hoping to see you around the Paris-Brest-Paris 2015,
Best,
David Matelot