



THIS FOLDER CONTAINS

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B1 - ROUTE PARIS-BREST-PARIS Randonneur (way out)

Total distance: 1219 km – Total up: 11616 m



Total (km)	Partial (km)	Location <i>Departments boundary</i>	Road	Total (km)	Partial (km)	Location <i>Departments boundary</i>	Road
0.0	0.0	RAMBOUILLET <i>Bergerie Nationale</i>	D936	386.0	6.0	QUEDILLAC <i>stage</i>	
10.0	10.0	SAINT-LEGER-en-YVELINES		389.5	3.5	La Prévostais	D166
18.0	8.0	CONDE-sur-VESGRE	D983	393.0	3.5	Junction D166 x D166bis	D166bis
26.0	8.0	<i>Boundary Yvelines – Eure-et-Loir</i>		393.0	0.0	Le Parson	
27.0	1.0	FAVEROLLES		395.0	2.0	SAINT-MEEN-le-GRAND	D220
33.5	6.5	NOGENT-le-ROI	D26	397.5	2.5	<i>Bound. Ille-et-Vilaine – Côtes-d'Armor</i>	D66
48.5	15.0	TREMBLAY-les-VILLAGES		399.0	1.5	LOSCOUET-sur-MEU	
60.0	11.5	CHATEAUNEUF-en-THYMERAIS	D140	408.0	9.0	ILLIFAUT	
64.0	4.0	SAINT-MAIXME-HAUTERIVE		410.0	2.0	<i>Boundary Côtes-d'Armor – Morbihan</i>	D305
68.0	4.0	JAUDRAIS		417.0	7.0	MENEAC	D793
74.0	6.0	SENONCHES	D20	425.0	8.0	LA TRINITE-PORHOET	D2
84.0	10.0	<i>Boundary Eure-et-Loir – Orne</i>	D8	425.5	0.5	<i>Boundary Morbihan – Côtes-d'Armor</i>	D66
86.0	2.0	NEUILLY-sur-EURE		428.5	3.0	PLUMIEUX	D14
99.0	13.0	LONGNY-au-PERCHE		435.0	6.5	LA CHEZE	D778
118.0	19.0	MORTAGNE-au-PERCHE <i>stage</i>	D931	445.0	10.0	LOUDEAC <i>Control</i>	D41
124.0	6.0	PARFONDEVAL		450.5	5.5	TREVE	
140.0	16.0	SURE		455.0	4.5	GRACE-UZEL	
141.0	1.0	<i>Boundary Orne – Sarthe</i>		459.0	4.0	Junction D41 x D7	D7
142.0	1.0	MAMERS (bypass)	D311	459.5	0.5	Junction D7 x RD	RD
144.0	2.0	Junction D311 x D300	D300	460.0	0.5	Junction RD x D35	D35
154.0	10.0	COURGAINS		461.5	1.5	Les Aunécades	D53
170.0	16.0	BEAUMONT-sur-SARTHE		465.0	3.5	MERLEAC	
178.0	8.0	SEGRIE	D21	471.0	6.0	SAINT-MARTIN-des-PRES	
190.0	12.0	FRESNAY-sur-SARTHE	D15	478.5	7.5	Junction D53 x D767	D767
196.0	6.0	SOUGE-le-GANELON		480.0	1.5	CORLAY	D790
202.0	6.0	SAINT-PAUL-le-GAULTIER		486.5	6.5	Junction D790 x D4	D4
210.0	8.0	<i>Boundary Sarthe – Mayenne</i>	D119	488.5	2.0	SAINT-NICOLAS-du-PELEM <i>stage</i>	
212.0	2.0	AVERTON		491.5	3.0	Junction D4 x D790	D790
217.0	5.0	VILLAINES-la-JUHEL <i>Control</i>		495.0	3.5	PLOUNEVEZ-QUINTIN	
223.0	6.0	LOUPFOUGERES		497.0	2.0	Junction D790 x D49	D49
227.0	4.0	La Croix Barbe turn right	D147	502.0	5.0	SAINT-LUBIN	
228.0	1.0	HARDANGES		506.0	4.0	Junction D49 x D23	D23
235.0	7.0	LE RIBAY		511.0	5.0	MAEL-CARHAIX	
239.0	4.0	CHARCHIGNE	D33	512.0	1.0	KERGUEMAREC	D49
247.0	8.0	LASSAY-les-CHATEAUX		519.5	7.5	<i>Boundary Côtes-d'Armor – Finistère</i>	D166
253.0	6.0	CHANTRIGNE		521.0	1.5	CARHAIX-PLOUGUER <i>Control</i>	D764
258.0	5.0	AMBRIERES-les-VALLEES		525.5	4.5	Junction D764 x D769	D769
272.0	14.0	GORRON		533.0	7.5	POULLAOUEN	
280.0	8.0	LEVARE		541.0	8.0	Junction D769 x D769A	D769A
291.0	11.0	<i>Boundary Mayenne – Ille-et-Vilaine</i>	D806	544.0	3.0	HUELGOAT	
291.0	0.0	LE LOROUX		550.0	6.0	Junction D769A x D764	D764
299.0	8.0	LAIGNELET		554.0	4.0	LA FEUILLEE	
302.0	3.0	Roundabout at town entry	N12	558.0	4.0	Roc Trévezel	
306.0	4.0	FOUGERES <i>Control</i>		574.0	16.0	SIZUN	
310.0	4.0	Boulevard Edmond Roussin		583.0	9.0	Junction D764 x D87 - Le Queff	D87
314.0	4.0	Roundabout N12 x D812	D812	584.5	1.5	Junction D87 x C14	C14
316.0	2.0	ROMAGNE	D18	585.0	0.5	Junction C14 x C15 turn right	C15
320.0	4.0	SAINT-SAUVEUR-des-LANDES		585.5	0.5	La Croix Neuve - Junction C15 x C1 ..	C1
331.0	11.0	SAINT-HILAIRE-des-LANDES	D20	589.5	4.0	Roundabout D770	
336.0	5.0	SENS-de-BRETAGNE		591.5	2.0	DIRINON	
344.0	8.0	FEINS		596.0	4.5	LOPERHET	D33
350.0	6.0	DINGE		600.5	4.5	PLOUGASTEL-DAOULAS	
360.0	10.0	TINTENIAC <i>Control</i>		603.0	2.5	Bridge Albert Louppe	
366.0	6.0	LA BAUSSAINE		605.5	2.5	BREST	
370.0	4.0	BECHEREL		606.5	1.0	Rue de Quimper	
372.0	2.0	Junction D20 x D220	D220	608.5	2.0	Place de Strasbourg	
380.0	8.0	MEDREAC		608.5	0.0	Rue Albert Louppe	
386.0	6.0	QUEDILLAC <i>stage</i>		610.0	1.5	Lycée Kerichen <i>Control</i>	

B2 - ROUTE PARIS-BREST-PARIS Randonneur (way back)

Total distance: 1219 km – Total up: 11616 m

Total (km)	Partial (km)	Location <i>Departments boundary</i>	Road	Total (km)	Partial (km)	Location <i>Departments boundary</i>	Road
610.0	0.0	BREST Control		913.5	4.0	SAINT-SAUVEUR-des-LANDES	
617.0	7.0	GUIPAVAS (centre)	D712	915.5	2.0	ROMAGNE	D812
629.0	12.0	LANDERNEAU	D764	919.5	4.0	Roundabout D812 x D12 turn right ...	D12
637.0	8.0	Le Queff		923.5	4.0	FOUGERES Control	
646.0	9.0	SIZUN		927.5	4.0	Roundabout at town exit	D806
662.0	16.0	Roc Trévezel		930.5	3.0	LAIGNELET	
666.0	4.0	LA FEUILLEE		938.5	8.0	LE LOROUX	
693.5	27.5	CARHAIX-PLOUGUER Control	D166	938.5	0.0	<i>Boundary Ille-et-Vilaine – Mayenne</i>	D33
694.5	1.0	Junction D166 x D787	D787	949.5	11.0	LEVARE	
695.0	0.5	Junction D787 x D2164	D2164	957.5	8.0	GORRON	
696.0	1.0	<i>Boundary Finistère – Côtes-d'Armor</i>		971.5	14.0	AMBRIERES-les-VALLEES	
698.0	2.0	Le MOUSTOIR turn left	CR	976.5	5.0	CHANTRIGNE	D147
702.0	4.0	Keroguioù	D11	982.5	6.0	LASSAY-les-CHATEAUX	
704.5	2.5	MAËL-CARHAIX	D23	990.5	8.0	CHARCHIGNE	
712.5	8.0	LANHELLEN - Junction D23 x CR	CR	994.5	4.0	LE RIBAY	
713.0	0.5	Rostrenen hippodrome - turn right	CR	1001.5	7.0	HARDANGES	
714.5	1.5	Junction CR x D31 turn right	D31	1002.5	1.0	Junction La Croix Barbe	D113
715.5	1.0	ROSTRENEN		1006.5	4.0	LOUPFOUGERES	
716.0	0.5	Junction D31 x D790 turn left	D790	1012.5	6.0	VILLAINES-la-JUHEL Control	D119
717.0	1.0	Roundabout rue x D31 turn left	D31	1017.5	5.0	AVERTON	
718.0	1.0	Roundabout D31 x D2164 turn left	D2164	1022.5	5.0	<i>Boundary Mayenne – Sarthe</i>	D15
721.0	3.0	PLOUGUERNEVEL	D2164	1026.5	4.0	SAINT-PAUL-le-GAULTIER	
727.0	6.0	GOUAREC	D5	1032.5	6.0	SOUGE-le-GANELON	
733.5	6.5	SAINTE-TREPHINE		1038.5	6.0	FRESNAY-sur-SARTHE (bypass)	D299
738.5	5.0	SAINT-NICOLAS-du-PELEM stage	D4	1040.5	2.0	Junction D299 x D310	D310
744.5	6.0	Lower part of Canihuel turn right	CR	1044.5	4.0	La HUTTE	
745.0	0.5	Junction CR x D69 turn right	D69	1054.5	10.0	Junction D310 x D19 turn right	D19
746.5	1.5	Le Petit Paris turn right	D767	1061.5	7.0	COURGAINS - Junction D19 x D300	D300
749.5	3.0	CORLAY		1072.5	11.0	MAMERS (centre)	D931
757.5	8.0	Junction D767 x D76	D76	1074.0	1.5	<i>Boundary Sarthe – Orne</i>	
758.5	1.0	SAINT-MAYEUX	D69	1075.0	1.0	SURE	
761.5	3.0	SAINT-GILLES-VIEUX-MARCHE		1087.0	12.0	SAINT-JOUIN-de-BLAVOU	
769.0	7.5	Le QUILLIO		1091.0	4.0	PARFONDEVAL	
772.5	3.5	SAINT-THELO		1097.0	6.0	MORTAGNE-au-PERCHE Control	D8
777.5	5.0	TREVE	D41	1115.0	18.0	LONGNY-au-PERCHE	
783.0	5.5	LOUDEAC Control	D778	1128.0	13.0	NEUILLY-sur-Eure	
793.0	10.0	LA CHEZE	D14	1130.0	2.0	<i>Boundary Orne – Eure-et-Loir</i>	D20
799.5	6.5	PLUMIEUX	D66	1139.0	9.0	SENONCHES	
802.5	3.0	<i>Boundary Côtes-d'Armor – Morbihan</i>		1152.5	13.5	MAILLEBOIS	
803.0	0.5	LA TRINITE-PORHOET (bypass)	D793	1163.0	10.5	CRECY-COUVE	
811.0	8.0	MENEAC	D305	1170.5	7.5	Junction D20 x D311	D311
818.0	7.0	<i>Boundary Morbihan – Côtes-d'Armor</i>		1172.5	2.0	Under bridge D828	
820.0	2.0	ILLIFAUT	D66	1174.5	2.0	DREUX Control	
829.0	9.0	LOSCOUET-sur-MEU		1175.5	1.0	Railway station - D34	D34
830.5	1.5	<i>Bound. Côtes-d'Armor – Ille-et-Vilaine</i>		1176.5	1.0	Junction D34 x D929	D929
833.0	2.5	SAINT-MEEN-le-GRAND	D664	1177.5	1.0	SAINTE-GEMME-MORONVAL	
835.0	2.0	Junction D664 x D166 turn left	D166	1178.5	1.0	Junction D929 x D152B turn left	D152B
840.0	5.0	La Prévostais	D220	1180.0	1.5	MEZIERES-en-DROUAIS	
843.0	3.0	QUEDILLAC stage		1181.5	1.5	MARSAUCEUX	D147.6
849.5	6.5	MEDREAC		1185.0	3.5	GERMAINVILLE	D147.8
857.5	8.0	Junction D220 x D20	D20	1188.5	3.5	BROUE	
859.5	2.0	BECHEREL		1190.5	2.0	BECHERET	D147
863.5	4.0	LA BAUSSAINE		1193.5	3.0	BOUTIGNY-PROUAIS	
869.5	6.0	TINTENIAC Control		1196.5	3.0	<i>Boundary Eure-et-Loir – Yvelines</i>	
879.5	10.0	DINGE		1199.5	3.0	Junction D147 x D983	D983
885.5	6.0	FEINS		1199.5	0.0	CONDE-sur-VESGRE	D63
893.5	8.0	SENS-de-BRETAGNE		1200.0	0.5	Junction D63 x D936	D936
898.5	5.0	VIEUX-VY-sur-COUESNON		1219.0	19.0	RAMBOUILLET Bergerie Nationale	
909.5	11.0	SAINT-HILAIRE-des-LANDES	D18				



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PARISBRESTPARIS
R A N D O N N E U R

C - Check-in (the day before the start)

At Bergerie Nationale - Park of the castle - 78120 RAMBOUILLET

1) Bike check

- Go to the big tent close to the entrance of the Bergerie Nationale, in the time slot indicated on your registration acknowledgement, with:
 - . your **registration confirmation** (screen or paper)
 - . your **bicycle**
- Your bicycle must comply with article 8 of the PBP 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 will give you a ticket with your frame badge number that will enable you to obtain your ride items.
- Leave your bike at the bike park.
- Walk to the Bergerie Nationale yard.

2) Collection of items

- Go either to the left barn (without French licence) or to the right barn (with French licence).
- Go to a volunteer, preferably choosing one who speaks your language (indicated by a flag).
- Show him/her:
 - . an **official identity document** (national identity card, passport ...)
 - . the **ticket** you got at the bike check

He or she will verify with you the contents of your bag (compulsory identification wristband, brevet card, frame badge, handlebar badge, reflective vest, jersey(s) ...). Sign the sheet stating that you have received everything or go to the "Claims" stand with the unsigned sheet mentioning the reason of the claim.

3) Support vehicle

- If you have registered with a support vehicle, the driver and/or the responsible of the supported group must go to the stand "Vehicles" with the completed and jointly signed declaration form K3 to get the 2 stickers for the vehicle.

4) Stands

- Organization and partner stands will provide you useful information or goods to buy.

5) Exit

- You can drop a bag (now or before the start) and get it back upon arrival.
- Exit through the opposite gate and pick up your bike in the bike park.
- A volunteer will check that both numbers - bike sticker and wristband - match.

Please do not litter - Use the bins and the public toilets - Smoking is prohibited inside



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R A N D O N N E U R

D - Start

In the park of the castle - 78120 RAMBOUILLET

Access to facilities

- Go to the start control area about 45 minutes before the start time noted on your registration confirmation. 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 and your brevet card.

Start process

- Have your brevet card opened to the right page to get it 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 where the last safety instructions will be reminded.

- When the start is given, the chip on your **frame badge positioned vertically** will be automatically detected at the crossing of the line to register your precise start time.

- If you start earlier as foreseen, you will get a penalty of twice the time in advance.

- If you are late, you can start with a following wave, but your start time will be that of the wave in which you had to leave.

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

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

Water, public toilets, bins and drop bag will be available close to the start area.

Please do not litter - Use the bins and the public toilets

You are in a protected site



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R A N D O N N E U R

E1 - Parking in Rambouillet

1) Short stay parking: close to the park of the castle of Rambouillet.

Free outdoor parking for all types of vehicles (without reservation).

2) Parking for cars staying during PBP: inside the park of the castle of Rambouillet.

Outdoor parking to reserve at registration time (free from Friday 16 2 PM to Friday 23 9 AM)

3) Parking for camping-cars staying during PBP: inside the park of the castle of Rambouillet.

Outdoor parking to reserve at registration time (contract price 30€ from Friday 16 2 PM to Friday 23 9 AM)

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

- Access through road D906 towards Epernon (grille de Guéville) during the following hours:

- . Friday, August 16 from 14h00 to 20h00
- . Saturday, August 17 from 8h00 to 20h00
- . Sunday, August 18 from 8h00 to 14h00
- . Monday, August 19 from 3h00 to 6h00

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

- Canopies are forbidden.

- This area is not a campground. Only bins and public toilets 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 vehicle parks, neither the Audax Club Parisien nor the owner of the vehicle park can be held responsible for any theft or damage. Do not leave valuables in vehicles.

E4 - Camper Area Internal Regulation

1. Admission and Stay

Access to the camper area will only be granted to those who have booked a parking place when registering in the Paris-Brest-Paris Randonneur 2019. These people will receive from the Paris-Brest-Paris Randonneur organizer a document certifying this reservation, that they will have to present at the reception of the area (specific badge to be placed at the bottom left of the windshield).

The Audax Club Parisien, organizer of Paris-Brest-Paris Randonneur, will ensure order and upkeep of the area, and compliance with the application of these rules.

When booking your stay on the area, you accept the present rules, and you agree to comply with them.

No one can take up residence there.

2. Police Formalities

Pursuant to article R611-35 of the Code of Entry and Stay of Foreigners and the Right of Asylum, the organizer must have the foreign guest complete and sign, upon arrival, an individual police record. It must mention in particular:

1° Name and first names;

2° Date and place of birth;

3° Nationality;

4° Usual place of residence.

Children under the age of 15 may appear on the card of one of the parents.

3. Setup

Outdoor accommodation and related equipment must be installed on the indicated parking place, in accordance with the instructions given by the organizer or his/her representative.

The use of awnings is prohibited.

4. Reception Desk

Open Friday, August 16, 2019 from 14:00 to 20:00, Saturday, August 17, 2019 from 8:00 to 20:00, Sunday, August 18, 2019 from 8:00 to 14:00 and Monday, August 19, 2019 from 3:00 to 6:00.

The reception desk will provide information on the services available on the National Sheepfold and the tourist office in particular, as well as information on refueling opportunities, sports facilities, tourist sites in the surroundings, and various addresses that can be useful.

A system for collecting and processing complaints is available to the guests.

5. Display

This internal regulation is posted at the entrance of the organization headquarters. It is given to each guest who requests it.

6. Leaving the Area

Long-stay guests are requested to leave the area no later than Friday, August 23, 2019 at 9:00. The parking amount is a fixed price. There will be no check-out.

7. Noise and Silence

Everyone is urged to avoid any noises and discussions that might annoy their neighbours.

The sound devices must be adjusted accordingly. Closures of doors and chests should be as discreet as possible.

Dogs and other animals are prohibited.

8. Traffic and Parking of the Vehicles

Inside the area, vehicles must drive at a limited speed (10 km/h) and respect the direction of traffic. Parking must not impede traffic, nor prevent the installation of newcomers.

9. Upkeep of Facilities

Everyone is required to refrain from any action that could affect the cleanliness, hygiene and appearance of the area and its facilities, including health facilities.

It is forbidden to throw wastewater on the ground or in the gutters.

Wastewater must be emptied in the facilities provided for this purpose, if available.

Garbage, waste of any kind, papers, must be deposited in garbage cans.

Washing is forbidden on the site.

The hanging out of clothes will be tolerated up to 10 a.m. near the facilities, provided it is discreet and does not bother neighbours. It should never be done from trees.

Plantations and floral decorations must be respected. It is forbidden to plant nails in trees, to cut branches, to make plantations.

It is not permitted to delimit the parking place by personal means, nor to dig the ground.

Any damage to the vegetation, fences, ground or facilities of the area will be the responsibility of the author.

The parking place that has been used during the stay must be maintained in the state in which the guest found it when entering the area.

10. Safety

a) Fire

Open fires (wood, coal, etc.) are strictly forbidden. Stoves must be kept in good working order, and must not be used in hazardous conditions. Cooking outside the camper is forbidden.

In case of fire, immediately alert the fire brigade by dialling 18, and notify the organizer or the supervisory staff. Personal extinguishers can be used if necessary.

A first-aid kit is available at the Civil Protection booth, near the National Sheepfold.

b) Theft

The organizer managing board has a general obligation of surveillance of the area, but cannot be held responsible for theft or deterioration of campers and their contents. Guests keep the responsibility of their own installation, and must inform the person in charge of the area of the presence of any suspect person. Guests are advised to take the usual precautions for safeguarding their equipment.

11. Recreation

No violent or annoying game can be organized near the facilities, the area is not a campsite.

Children must always be under the supervision of their parents.

12. Storage of Unoccupied Campers

Vehicles left on the area, unoccupied for the duration of the event, are the sole responsibility of their owners.

13. Violation of Internal Regulation

In the event that a guest disturbs the stay of other guests, or does not respect these rules, the organizer, or his/her representative, reserves the right to exclude him/her from the area. In the event of a criminal offense, the organizer may appeal to the police.



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PARIS-BREST-PARIS
R A N D O N N E U R

F - Services at the Host & Control Sites

- Addresses and phone numbers 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.
- Cycle parks and control areas are reserved for riders.

1) Services at the Bergerie before the start

- A drink and a snack stands 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 entrance of the big tent close to the Bergerie on Sunday, August 18 between 11:30 and 19:30.

2) Services in the host & control sites

- At each host & control site, you will find:
 - . drink stand (water, beer, orange juice, coke, coffee, tea, chocolate ...) generally from 1€ to 2€
 - . sandwiches from 2.50€ to 3€
 - . self-service (meal from 10.50€ to 13€ not including drinks)
 - . showers (from 1€ to 4€ with soap and towel) - only for riders
 - . 200 to 300 sleeping places (from 3€ to 5€) - only for riders
 - . mechanical support
- Prices are indicative.
- You can pay cash, or in some sites, by credit card (Dreux caterer, self Mortagne, Quédillac, self Loudéac, Carhaix, Brest).

3) Services at the Bergerie after the ride

- From Tuesday noon to Thursday evening, a meal will be offered to the finishers in the big tent.
- Showers will be available to the participants for free at Racinay gymnasium (at 3.4 km, free shuttle service).
- About 200 sleeping places will be available to the participants for free.
- A post-ride buffet will be offered to all present Thursday, August 22 around 18:30.

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.

Any incorrectness will be sanctioned by a penalty (article 18 of the PBP rules).

Any inappropriate behaviour will be sanctioned by penalty (Article 18 of the Rules).



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
- Bike inspecting the day before the start, to check if front and rear lights are in working order, as well the whole bicycle
- An identification wristband for riders and volunteers
- Mandating to wear a reflective vest at night and in other low-light conditions
- Strongly recommending wearing 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

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!

Be attentive!

Behave so that PARIS-BREST-PARIS may continue to exist!



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:**
 - . **crossroads in La Hutte** (km 1044 on the way back): You cross the busy road N138 (which connects Le Mans to Alençon)
 - . **crossroads in Le Ribay** (km 235 on the way out; km 994 on the way back): You cross the busy road N12
 - . **stop sign in Bécherel** on the way back (km 859): You must stop in a downhill, before crossing the busy road D27 (which connects Rennes to Dinan).
- The Paris-Brest-Paris Randonneur roads are hilly. Do not hesitate to use low gears.

IN THE HOST & CONTROL SITES:

Validation of your ride

Do not forget that your chip must be recorded by crossing the mat and your brevet card stamped 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's not heavy and can be useful whenever you feel sleepy. **Be silent in the dormitories. Please respect 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 **ACP 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.

- **Plan ahead for efficient use of your time at the controls, the minutes saved may be precious later on.**
- **Be courteous at all times**, especially in the host & control sites, and respect the environment.
- 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 grey tip
 - . arrows « PARIS »: orange background, main part of arrow blue with grey 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 frame badge number or by name.
- 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

- For any information visit our website www.paris-brest-paris.org particularly the detailed route in “THE RIDE” “The route”.



Start on Sunday, Aug. 18, 2019 (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	
RAMBOUILLET	0	18/8	16:00		
Mortagne-au-Perche (services only)	118	18/8	19:13	18/8	22:56
VILLAINES-LA-JUHEL	217	18/8	21:49	19/8	04:45
FOUGERES	306	19/8	00:18	19/8	10:00
TINTENIAC	360	19/8	01:48	19/8	13:10
Quédillac (services only)	386	19/8	02:34	19/8	14:48
LOUDEAC	445	19/8	04:18	19/8	18:29
Saint-Nicolas-du-Pélem (services only)	488	19/8	05:35	19/8	21:12
CARHAIX-PLOUGUER	521	19/8	06:32	19/8	23:14
BREST	610	19/8	09:19	20/8	04:48
CARHAIX-PLOUGUER	693	19/8	12:18	20/8	10:22
Saint-Nicolas-du-Pélem (services only)	738	19/8	14:02	20/8	13:22
LOUDEAC	783	19/8	15:44	20/8	16:20
Quédillac (services only)	843	19/8	18:14	20/8	20:20
TINTENIAC	869	19/8	19:20	20/8	22:06
FOUGERES	923	19/8	21:41	21/8	01:54
VILLAINES-LA-JUHEL	1012	20/8	01:34	21/8	08:16
MORTAGNE-AU-PERCHE	1097	20/8	05:25	21/8	14:36
DREUX	1174	20/8	09:17	21/8	20:34
RAMBOUILLET	1219	20/8	11:32	21/8	24:00

Opening times are free.

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



Start on Sunday, Aug. 18, 2019 (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	
RAMBOUILLET	0	18/8	17:15		
Mortagne-au-Perche (services only)	118	18/8	20:28	19/8	01:07
VILLAINES-LA-JUHEL	217	18/8	23:04	19/8	07:43
FOUGERES	306	19/8	01:33	19/8	13:39
TINTENIAC	360	19/8	03:03	19/8	17:30
Quédillac (services only)	386	19/8	03:49	19/8	19:21
LOUDEAC	445	19/8	05:33	19/8	23:34
Saint-Nicolas-du-Pélem (services only)	488	19/8	06:50	20/8	02:41
CARHAIX-PLOUGUER	521	19/8	07:47	20/8	05:00
BREST	610	19/8	10:34	20/8	11:21
CARHAIX-PLOUGUER	693	19/8	13:33	20/8	17:19
Saint-Nicolas-du-Pélem (services only)	738	19/8	15:17	20/8	20:42
LOUDEAC	783	19/8	16:59	21/8	00:08
Quédillac (services only)	843	19/8	19:29	21/8	04:44
TINTENIAC	869	19/8	20:35	21/8	06:47
FOUGERES	923	19/8	22:56	21/8	10:56
VILLAINES-LA-JUHEL	1012	20/8	02:49	21/8	18:01
MORTAGNE-AU-PERCHE	1097	20/8	06:40	22/8	01:03
DREUX	1174	20/8	10:32	22/8	07:31
RAMBOUILLET	1219	20/8	12:47	22/8	11:15

Opening times are free.

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



Start on Monday, Aug. 19, 2019 (84 h time limit)

(calculated on the basis of a start at 05h00, to be adjusted to your real start time)

CONTROLS	Km	Opening		Closing	
RAMBOUILLET	0	19/8	05:00		
Mortagne-au-Perche (services only)	118	19/8	08:13	19/8	11:56
VILLAINES-LA-JUHEL	217	19/8	10:49	19/8	18:07
FOUGERES	306	19/8	13:18	19/8	23:41
TINTENIAC	360	19/8	14:48	20/8	03:03
Quédillac (services only)	386	19/8	15:34	20/8	04:41
LOUDEAC	445	19/8	17:18	20/8	08:22
Saint-Nicolas-du-Pélem (services only)	488	19/8	18:35	20/8	11:16
CARHAIX-PLOUGUER	521	19/8	19:32	20/8	13:26
BREST	610	19/8	22:19	20/8	19:22
CARHAIX-PLOUGUER	693	20/8	01:18	21/8	00:56
Saint-Nicolas-du-Pélem (services only)	738	20/8	03:02	21/8	03:56
LOUDEAC	783	20/8	04:44	21/8	07:07
Quédillac (services only)	843	20/8	07:14	21/8	11:24
TINTENIAC	869	20/8	08:20	21/8	13:18
FOUGERES	923	20/8	10:41	21/8	17:17
VILLAINES-LA-JUHEL	1012	20/8	14:34	22/8	00:08
MORTAGNE-AU-PERCHE	1097	20/8	18:25	22/8	06:49
DREUX	1174	20/8	22:17	22/8	13:16
RAMBOUILLET	1219	21/8	00:32	22/8	17:00

Opening times are free.

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 or a controller arrive (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** (keep it).
- Inform the nearest control or the next encountered course vehicle that you are abandoning; a controller will note it on your **brevet card** (keep it) and report to the organisers.
- 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 rear 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:

- Self-services are mainly for riders but the crew members could be allowed to eat at some controls.
- Showers and sleeping facilities are reserved for riders.
- Showers and dormitories are for riders **only**. The crew is not allowed in these areas.

Support vehicles are forbidden on the riders' route

Suggested WAY OUT:

Location	Road	Location	Road
RAMBOUILLET Bergerie Nationale	D936	TINTENIAC <i>Control</i>	D20
ZA du Bel Air (Rambouillet south)	N10 tow. Paris	rue Ernest Renan (turn right)	> D795
interchange N10 x D191	D191	Hédé-Bazouges	< D80
Les Mesnuls		Saint-Gondran	
Mareil-le-Guyon		Langan	> D25
junction D191 x D912	< D912	Romillé	< D68 > D31
interchange D912 x N12	N12	Pleumeleuc	> D72
DREUX <i>Control way back</i>		after 1 km junction N12-E50	N12-E50
Verneuil-sur-Avre		after 11 km access to N164	< N164
junction N12 x D312 (5 km before Mortagne)	< D312 < D912	Saint-Méen-le-Grand	
MORTAGNE-AU-PERCHE <i>Control way back</i>		LOUDEAC <i>Control</i>	< N164
junction D912 x N12 (2 km after Mortagne)	< N12	Saint-Caradec	
Alençon		Gouarec	
Pré-en-Pail (exit)	< D20	junction N164 x D787	> D787
VILLAINES-LA-JUHEL <i>Control</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 x N165-E60	> N165-E60
Ernée		Daoulas	
FOUGERES <i>Control</i>	> D798 < D179	Bridge over river Iroise	
junction D179 x N12 (south ring)	> N12	Le Relecq-Kerhuon	
junction N12 x A84-E3	< A84-E3	roundabout E60 x N265	< E60
Rennes (north ring)	> D137	BREST	
Hédé-Bazouges (towards Saint-Malo)	> D20	boulevard Léon Blum	
junction D237 x D20 (2 km before Tinténia)	> D20	rue de Kerichen GPS 48.407420 -4.484965 <i>Control</i>	

Suggested WAY BACK: the same as way out from Brest to Dreux, then:

D929 to Nogent-le-Roi

D983 to Maintenon

D906 to Rambouillet



ORGANISED BY **Audax Club Parisien**
PARISBRESTPARIS
R A N D O N N E U R

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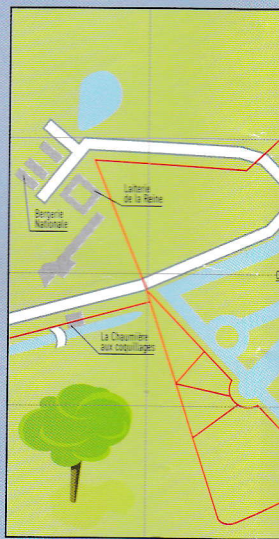
- Complete one sheet per vehicle. You will receive 2 numbered stickers to paste on this vehicle.
- Support vehicles are forbidden on the rider's official route. The driver is allowed to meet and support the rider only within 5 km from the control sites. If this rule is not observed, the supported riders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

Rider signature

Driver signature

Signature of the Responsible Rider

Signature of the Driver



RAMBOUILLET TERRITOIRES

OFFICE DE TOURISME

- École maternelle
- École maternelle + primaire
- Collège
- Lycée
- Aire de jeux / kids playground
- Parking autocars / coach park
- Parking extérieur / car park
- Parking souterrain / underground car park
- Piscine / swimming pool
- Aire pour camping cars / camper vans service area
- Location de vélos / bike rental
- Toilettes publiques / public toilet
- Places personnes à mobilité réduite / disabled parking
- QUARTIERS** Quartiers / districts
- Sens unique / one way
- Voie piétonne / pedestrian street
- GR



RAMBOUILLET





ORGANISÉ PAR **Audax Club Parisien**
PARISBRESTPARIS
R A N D O N N E U R

ACP le 04/04/219

PARIS-BREST-PARIS Randonneur

Bergerie Nationale de RAMBOUILLET

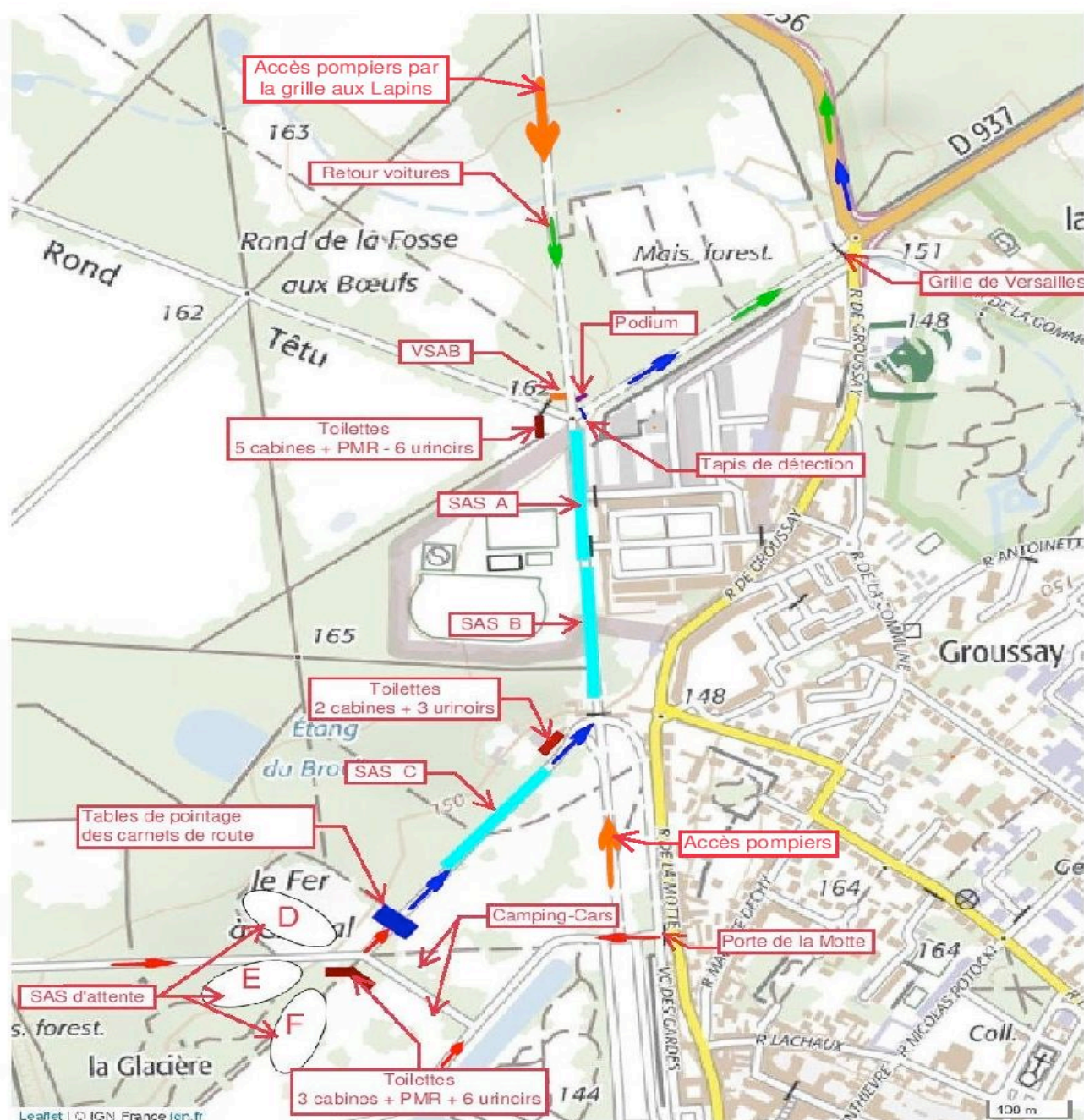
Plan de masse du samedi 17 et dimanche 18 août 2019



PARIS-BREST-PARIS Randonneur

Bergerie Nationale de RAMBOUILLET

Plan de masse des départs

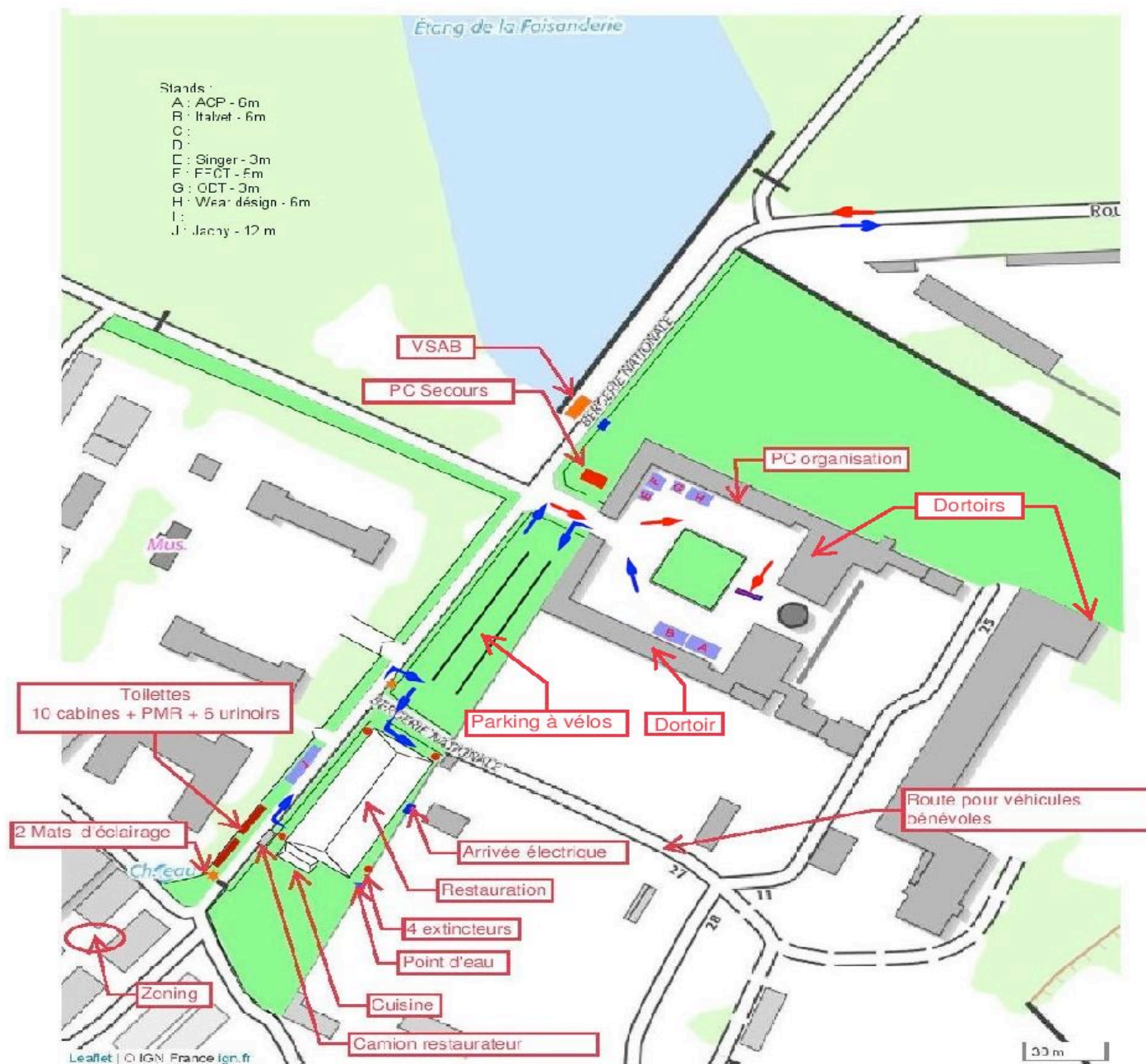


ORGANISÉ PAR **Audax Club Parisien**
PARISBRESTPARIS
 RANDONNEUR

PARIS-BREST-PARIS Randonneur

Bergerie Nationale de RAMBOUILLET

Plan de masse de l'arrivée



ORGANISÉ PAR **Audax Club Parisien**
PARISBRESTPARIS
 RANDONNEUR

PARIS → BREST → PARIS
2019
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.**

You 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° 60.108.360/921774**),

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) Reasonable Cost**
- **Hospital costs up to 3 000 € (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**

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

* Necessitating repatriation (following an accident during the PBP)

- You must if you hold a licence,
- If you do not have repatriation cover with your licence or if you are not licensed
 - ↳ phone, or have someone phone for you, **ALLIANZ ASSISTANCE (tel. n° + (331) 01.40.25.58.80**
 - ↳ quoting code - N° **60.108.360/921774**

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

* 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 ZARAGOZA Tel : +33(0)561 528 860 / 17 BOULEVARD DE LA GARE 31500 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