

H

AUDAX CLUB PARISIEN

PARIS-BREST-PARIS 2007

ADVICE and RECOMMENDATIONS

AT THE CONTROLS :

Clocking in :

Do not forget that your route card must be stamped and your badge registered at each control (except MORTAGNE AU PERCHE on the outward journey).

Meals :

Food plays an important part in PARIS BREST PARIS. At the controls, a good variety of food is available and is in principle adapted to your needs.

Sleeping facilities :

The control organizers have done their best to find you a place to sleep when you want to rest for a few hours. However overdemand may create saturation ; foresee a survival blanket – it is not heavy and could be useful whenever you feel sleepy

Be discreet in the dormitories. Respect others who are sleeping

First aid :

In all the controls a first aid post is available for small or not so small accidents. Have someone note on the route card any medical attention you may have had.

If you have a particular medicine, do not forget to take it with you.

In application of Code of Public Health creams and medicine can only be administered at a first aid post by a doctor. 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 post.**

Participant without accompanying vehicle :

Do not overload yourself down unnecessarily, all the controls can, on the whole, offer you what you may need.

ON THE ROAD :

RESPECT THE HIGHWAY CODE

The préfetures who have authorised us to use the route **all** insist on this point..

Do not leave a bad feeling behind you, or even worse a bad police report, as the continuation of the PARIS-BREST-PARIS depends on this, and if you want to take part in the 2011 one!

Infractions noted by the controllers will lead to time penalties (article 15 of the regulations).

Be CAREFUL and ATTENTIVE, especially at night. The surface of certain roads is not marked and for this reason a powerful lighting system is recommended.

Attention :

We would point out a few dangerous spots :

- Riding through villages **over the first 50k** is made potentially dangerous by the presence of **many road medians**.
- **300 metres after the departure at the** rond-point des Sangliers, narrowing of the road from 6 to 3 m.
- **TRAPPES (km 8.5)**, road narrows from 6 metres to 3 metres
- **Crossing la Hutte** (km 188.5 on the outward journey; 1035 on the return) : Crossing of the N138 (LE MANS /ALENÇON)
- **Crossing Le Ribay** (km 240 on the outward journey ; 984 on the return) : Crossing of the N 12.
- **Stop at BECHEREL** on the return (km 848) : **Downhill Stop** before crossing the D 27 (RENNES / DINAN)
- And of course, all the other stops and traffic lights.

Last recommendations :

The PARIS BREST PARIS roads are hilly ; the neophytes will realise this. Do not hesitate to use the gears and take the appropriate gear brackets with you.

Do not lose time at the controls ; a few minutes may well be precious later on.

Along the road, and in particular at the controls, **be correct at all times.**

The areas surrounding the controls must be kept clean from waste and urine. Think of those who are following you and the local inhabitants. The reputation of the cyclos must not be a synonym of :

SLOVENLINESS

NUISANCE

BAD SMELLS

Dustbins and toilets are available everywhere. In between controls, there is plenty of green space around !

RESPECT THE PLACE WHERE YOU ARE – THANK YOU

Time penalties will be applied for those creating a nuisance.