



April 2015

Bound for Paris-Brest-Paris 2015 Bulletin #5

Bonjour Randonneurs,

I'm not watching the Countdown clock on the PBP website, but I know it is getting closer, and my planning is ramping up.

In this Bulletin are some comments about what you should be thinking about and organizing over the coming months, as the time for entering draws near.

Latest news on hotel rooms and bag drop

Sorry to say that the Block Booking at the Kyriad Hotel will not be able to proceed - further information can be found below. This will also affect the bag drop so please read on.

Our Facebook page has been a little quiet, but it is a useful place to pose questions and elicit a range of responses. For example, if anyone has ever successfully sent a bike back unaccompanied, that would be useful information for those who want to travel after PBP and not drag their bike with them (or pedal it!).

Another issue which I would like to draw to your attention, is that it is possible to overtrain. The aim is to get to the "Depart" in St Quentin fit and healthy, body and mind, raring to go. If you have a busy job, and a big rush organizing to leave home, and get stressed about not spending enough time on the bike, there is a danger that you will be dog tired when you get to Paris.

Unless you are going for broke, much better to be slightly under trained, but rested and keen, than overtrained and out of sorts when you start.

Have confidence that if you have qualified for PBP, that means
you can do it!

Bonne Route,

Peter Moore
for the Audax Australia PBP 2015 Working Group

Planning

- Read the information on the official PBP site, particularly;

<http://www.paris-brest-paris.org/index2.php?lang=en&cat=preparation&page=introduction>

- Know when you are eligible to Pre Register
- Think about whether you want to use the Bag Drop - see below for more details
- Book your flights, check the baggage allowance for your bike
- Book your accommodation
- Prepare your bike, make sure it is A1 for the event of a lifetime
- Are there any special foods you need to bring with you?

Don't forget to check your passport!

You need to ensure that your passport has adequate validity to meet the entry requirements of the countries you intend to visit (or transit)

<https://www.passports.gov.au/web/faq.aspx#faq6>

A last minute renewal is an expensive process.

Remember to check visa requirements for the countries you intend to visit.



Group booking of hotel rooms for Australian entrants

Unfortunately, due to underwhelming demand, the block booking for the Kyriad hotel will not proceed. Those who had booked with Bikestyle will be offered alternative arrangements or refunds.

That means that the use of a room for storage at that Hotel, which was part of the Bikestyle arrangements, will not proceed - those who have booked direct with the hotel will need to discuss their needs with the hotel management.

Des Peres Travel, who do the bag drop, may still have rooms available: see below for further information.

Registration and pre-registration: before you go online

- Read all about it on the official event website
- Make sure that you have your membership number to hand
- Make sure that you have all the necessary brevet numbers to hand
- Think through the issues around which Start time you will choose

Registration and pre-registration: key dates

Pre-registration is available to anybody who has completed at least one calendared ride in the period 1 November 2013 - 31 October 2014 and this will allow you to reserve a place for PBP 2015, subject to availability and your completion of the qualifying rides. During the preregistration period, available places will be allocated on a first-come, first-served basis. The opening date for pre-registration depends on the longest ride completed.

For Australian members, pre-registration periods open on the following dates.

Longest brevet 2013 - 2014	Date
1000 KM or RM1200+	April 26, 2015
600 KM	May 03, 2015
400 KM	May 10, 2015

300 KM May 17, 2015

200 KM May 24, 2015

Event Clothing

Designs are underway for an Australian themed PBP jersey, musette, and cap, for riders only. A polo shirt will also be available for any Australians riding, attending or supporting the event.

Clothing will be available late May/early June.

Event Regulations

The official Event Regulations are available on the PBP website <http://tinyurl.com/PBP2015-regs>

These cover all aspects of the of the event including the entry fee, entitlements, how and when to enter, event rules and time penalties etc.

If you are considering using a private support vehicle, you should be aware that there is very restricted access to the route and that all support vehicles must comply to Article 17 of the PBP regulations.

Semaine Fédérale

Sunday 2 August to Saturday 8 August



A wonderful French tradition and an ideal way to fine-tune your fitness and experience the best of French cycling culture

Semaine Federale: english page

Other online resources

Facebook is a good place to get information about PBP.



See the official Facebook page

<https://www.facebook.com/ParisBrestParis>

Audax Australia has established a Facebook group for all Australian aspirant(e)s to use as a centralised location for PBP chat and queries. Benefit from the collective wisdom of the well-ridden and well-travelled!

<https://www.facebook.com/groups/PBP.Australia/%20>

...and of course, there is the official event website which is both comprehensive and easy to navigate

<http://www.paris-brest-paris.org/index2.php?lang=en&cat=accueil&page=edito>

Bag drop

You need to register with Des Peres Travel who are doing the Bag Drop. See their website for full details

[_http://www.desperestravel.com/pbp_bagdrop.htm](http://www.desperestravel.com/pbp_bagdrop.htm)

Due to the cancellation of the Block Booking at the Kyriad Hotel there is no centralised location for pickup and return of bags. Please contact Des Peres direct about how to get your bag to them.

Riders will be able to have bags transported to Loudéac and Villaines-La-Juhel. Charges will be based on the number of bags used, so those opting to have bags left at both locations will pay a charge for each bag.

For information about hotels on the route, and various tours before and after PBP, see the Des Peres PBP menu

http://www.desperestravel.com/pbp_introduction.htm



PBP committee
Audax Australia Cycling Club Inc
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