

# THE ROAD TO PBP 2023



A Presentation by: N. Raghu Vishal





**Audax Club  
Parisien** organises  
it's signature  
event  
**Paris Brest Paris**  
– a 1200 Km  
brevet in France  
which attracts  
6000+  
randonneurs  
from over 40  
countries!

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



Quadrennial - Held only once in 4y  
The first time India participated was  
in 2011  
The last one was in 2019

# PBP in Numbers



- ▶ Distance: 1200 Km
- ▶ Elevation Gain: 12,000 m
- ▶ Time Limit: 90h
  - ▶ Paris to Brest: 42h
  - ▶ Brest to Paris: 48h
  - ▶ Shorter limits: 80h & 84h
- ▶ Participation size: 8,000 in 2023
- ▶ Countries Represented: 40+

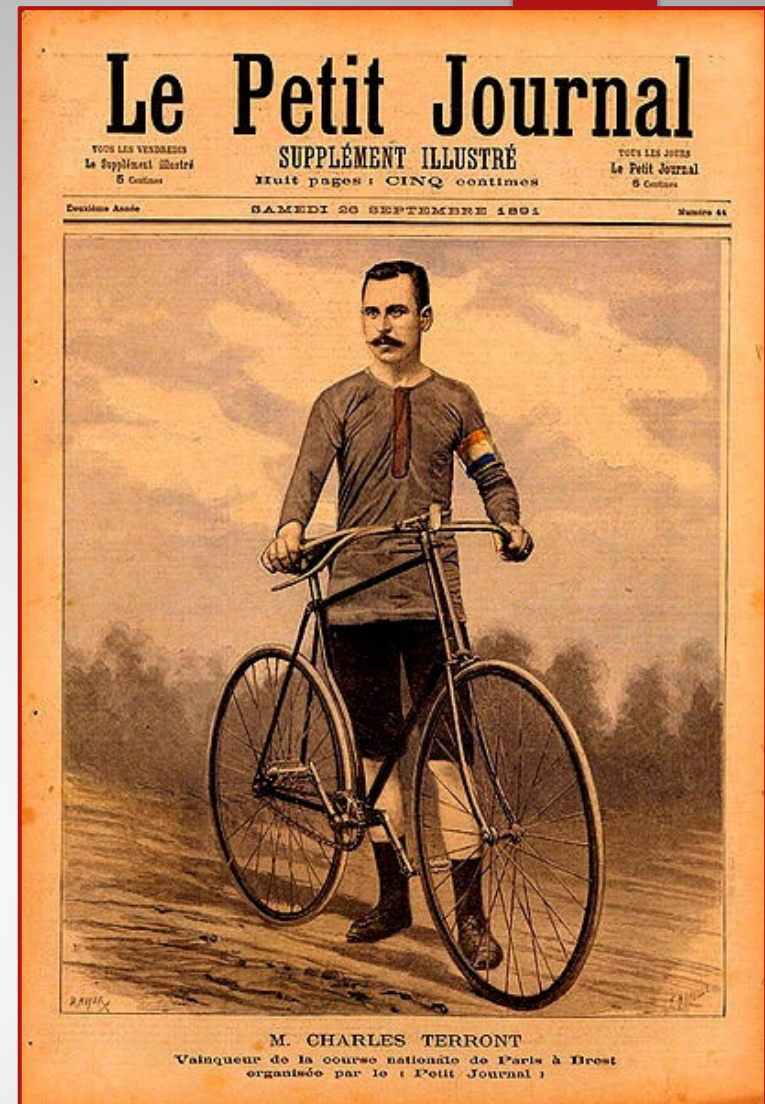
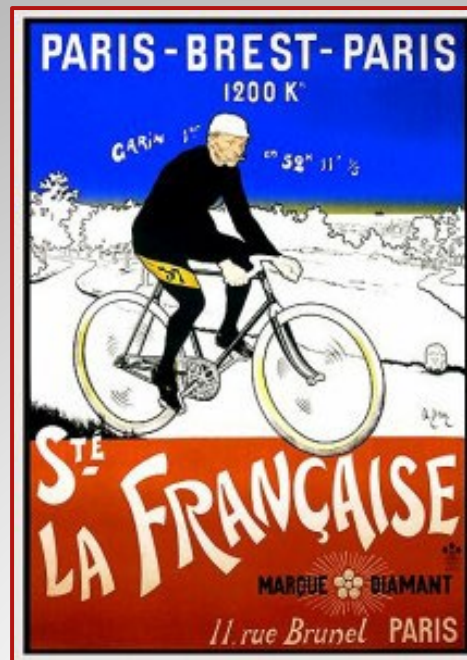
# PBP Brief History

- ▶ 1<sup>st</sup> Edition conducted by Le Petit Journal in 1891 from Paris to the port town of Brest and back as a test of the human body's endurance
- ▶ Conceived as a competitive RACE held every ten years – 1891, 1901, 1911, 1921, 1931, 1948 & 1951
- ▶ Race schedule disrupted by World War II
- ▶ Maurice Garin - Winner of 1901 PBP race was also winner of inaugural Tour de France in 1903
- ▶ Administration of PBP fell to randonneurs in the 50's following declining interest amongst the racers



## PARIS BREST PARIS (PBP)

The oldest  
cycling event  
in history



The only one to have a  
Dessert named after it....  
**“The Paris Brest”**

# India at PBP 2011

Participated 15 – Homologated 2



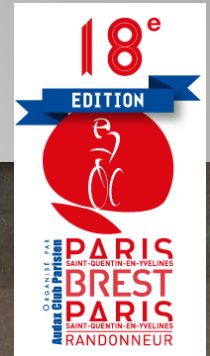
Du 21 au 25 août 2011



17<sup>ème</sup> ORGANISÉ PAR **Audax Club Parisien**  
**PARIS-BREST-PARIS**  
SAINT-QUENTIN-EN-YVELINES SAINT-QUENTIN-EN-YVELINES  
R A N D O N N E U R

# India at PBP 2015

Participated 55 – Homologated 22



IN INDIA THE ACTIVITY  
IS GROWING  
EXPONENTIALLY



The Indian national Representative (2011-2020) Divya Tate was awarded the 'Prix Coup de Coeur' in 2015 for overseeing the largest growth in any country



AND IT HAS  
GROWN EVEN MORE  
SINCE 2015



# India at PBP 2019

Participated 300 – Homologated 41



19<sup>th</sup> ÉDITION  
ORGANISÉ PAR Audax Club Parisien  
**PARIS-BREST-PARIS**  
RANDONNEUR

18-22  
A O U T  
2 0 1 9

**PARIS  
BREST  
PARIS**  
RANDONNEUR

Audax  
Club  
Parisien  
RANDONNEUR

FF  
vélo  
Fédération Française de Cyclotourisme

# PBP 2023: Schedule

- ▶ **Event Date: August 20<sup>th</sup> to 24<sup>th</sup>, 2023**
- ▶ Pre-registration opens: January 14<sup>th</sup>, 2023
- ▶ Registration opens: May 27<sup>th</sup>, 2023
- ▶ Registration closes: July 2<sup>nd</sup>, 2023
- ▶ Pre-qualifying Ride (longest): Nov 1<sup>st</sup>, 2021 to Oct 31<sup>st</sup>, 2022
- ▶ Qualification Rides (SR series): Nov 1<sup>st</sup>, 2022 to June 20<sup>th</sup>, 2023
- ▶ Typical 2-week travel plan: August 14<sup>th</sup> to 27<sup>th</sup>, 2023

ORGANISÉ PAR **Audax Club Parisien**

**PARISBRESTOPARIS**

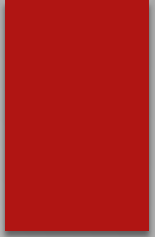
R A N D O N N E U R SE DÉPASSER. PARTAGER. RÊVER...



# PBP 2023: Pre-registration

- ▶ Pre-registration window will open in priority of longest ride completed during 2021-22 season
- ▶ You must provide the homologation number of your longest BRM during pre-registration
- ▶ **Non-refundable** pre-registration fee: **€50** (€30 in 2019)
- ▶ Pre-registration will “block” your starting spot only till you convert it to registration by completing qualification rides (SR series) and pay balance registration fees by July 2<sup>nd</sup>, 2023
- ▶ An earlier pre-registration window will give you preference of selecting your starting time
- ▶ Start timing – every 15 minutes for 300 riders (2019)
- ▶ TIP: Create your login account on PBP website BEFORE your pre-registration window opens.
- ▶ TIP: Participants from 2019 should be able to use the same login credentials (recover if forgotten).

# PBP 2023: Pre-registration



<b>Longest BRM homologated from Nov 01, 2021 to Oct 31, 2022</b>	Pre-registration starts on (at 12 PM French Standard Time or 3:30 PM Indian Standard Time)
<b>1000 Km or RM 1200 and +</b>	January 14, 2023
<b>600 Km</b>	January 28, 2023
<b>400 Km</b>	February 11, 2023
<b>300 Km</b>	February 25, 2023
<b>200 Km</b>	March 11, 2023

# PBP 2023: Registration

- ▶ Registration fee: € ?? (€135 in 2019)
- ▶ €50 pre-registration fee will be deductible
- ▶ Registration window opens on May 27<sup>th</sup>, 2023 for pre-registered riders
- ▶ You must submit homologation no's of your 4 qualifying rides – 200, 300, 400 & 600
- ▶ Registration can be done with 3 of the 4 qualifying rides but application will be processed only after you submit homologation no. for 4<sup>th</sup> ride
- ▶ **IMPORTANT:** Pre-registration will be cancelled by June 20<sup>th</sup>, 2023 if not converted to registration.

# PBP 2023: Registration

Registration fee will include:

- ▶ participation in Paris-Brest-Paris Randonneur® 2023
- ▶ official **water bottle**
- ▶ official **reflective vest** (conforming to French road laws)
- ▶ left luggage at the starting line only (to be collected after finish)
- ▶ **meal at the finish line only**
- ▶ official document pouch
- ▶ PBP 2023 **frame badge (included RFID tag with tracking app in 2019)**
- ▶ PBP 2023 **brevet card**
- ▶ PBP 2023 rider follow-up

# PBP 2023: Registration

Registration fee will include:

- ▶ **Medal** if you reach the arrival before the closure of the facilities (and time label mailed after homologation)
- ▶ arrow signs on the course
- ▶ supervision by official cars and motorcyclists
- ▶ access to the various checkpoints and food stops
- ▶ emergency support at the checkpoints
- ▶ the PBP movie available on official website
- ▶ Insurance: Third Party damage only

# PBP 2023: Registration

Registration fee will NOT include:

- ▶ **Official Jersey: €32** in 2019
- ▶ Meal on day of flag-off: €13 in 2019
- ▶ Sleep package at Rambouillet: €12 in 2019
- ▶ Car or motor-home parking at Rambouillet
- ▶ Food at controls (typically €10; paid in cash or card)
- ▶ Bottled water at controls (tap water is FREE)
- ▶ Sleeping beds at controls (€1-3)
- ▶ Transport back to Rambouillet in case of DNF
- ▶ **Drop bag** at controls (**€60** in 2019 by JFT Cycling)
- ▶ Insurance for rider, cycle and belongings



# PBP 2023: Start Timings

START	BIKES	TIME LIMIT
Aug 20 <sup>th</sup> Sunday 4:00PM – 5:00PM	Solo Bikes	80 h
Aug 20 <sup>th</sup> Sunday 5:15PM	Tandem, triplet, trike, special etc	90 h
Aug 20 <sup>th</sup> Sunday 5:30PM – 9:00PM	Solo Bikes	90 h
Aug 21 <sup>st</sup> Monday 4:50AM	Tandem, triplet, trike, special etc	84 h
Aug 21 <sup>st</sup> Monday 5:00AM – 6:00AM	Solo Bikes	84 h

Note: Participants will flag-off in a batch of 300 riders every 15 minutes (2019)  
Bulk of the participants will be in the solo bikes – 90 h time slot  
80 h & 84 h recommended only for PBP ancien

# Budget: How big a hole will it burn in my wallet?

- **About 2.0 – 2.5 lacs**
- Broad range for 2 weeks long trip
- Air travel
- Hotel stay (AirBnB)
- Equipment / bike upgrades (specific for PBP)
- Local travel
- Event participation / registration
- Food
- Sight seeing (Eiffel Tower, Louvre, Versailles Palace)
- Local shopping
- Visa fees
- Insurance
- Refer Budget excel sheet (to be posted on AIR site)

# PBP 2019: Challenges for Indians

## ▶ Too many damn hills!

- ▶ Under trained; didn't prepare adequately for climbs
- ▶ No drop bag facility by PBP organisers, arranged via 3<sup>rd</sup> party vendors
- ▶ Sleep deprivation > hallucinations / delirium
- ▶ Cramps, Back & knee pains
- ▶ Shermer's neck
- ▶ Mechanical issues
- ▶ Weather – cold & rain (isn't it summer?)
- ▶ Food & dietary issues for vegetarians, vegans, Jain
  - ▶ Does this have eggs? I can't eat onions! Any non-dairy options?

# PBP ROUTE: TERRAIN

- ▶ Rolling terrain with relentless short climbs
- ▶ NO FLAT STAGES!
- ▶ Avg grade: 6%
- ▶ Typical climb: 1 to 3 Km long
- ▶ Roc Trevezel: The only one long climb - 11Km with 2% grade
- ▶ Total climb: approx. 12,000 m (about 10m/Km)
- ▶ No steep hills and no big mountains to climb
- ▶ Road surface is good but coarser than Indian highways; a few cobblestone sections in towns & villages
- ▶ Road conditions are very good; no pot holes or broken tarmac
- ▶ Rural roadways with sparse motor vehicle traffic (unlike highways and expressways in Indian brevets)
- ▶ Motorists extremely respectful of space for cyclists

# PBP ROUTE: Navigation



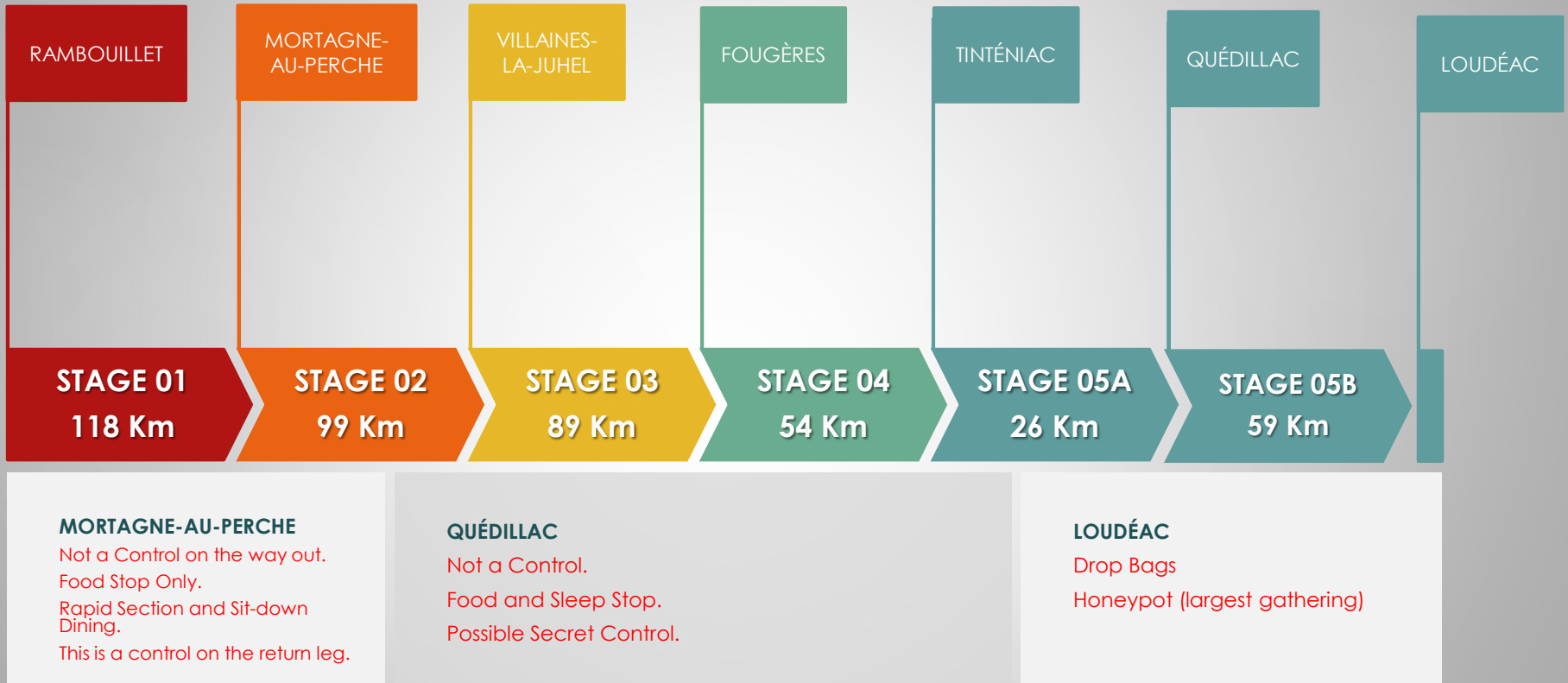
- ▶ Route markers at all turns (Arrows for Paris or Brest)
  - ▶ PBP is full of turns at roundabouts; easy to make a wrong turn in a town if you are not attentive for the route markers
- ▶ GPS tracks provided for each of the 15 stages for loading on your phone app or Garmin / Wahoo bike computer
- ▶ Route cue sheet available for download and print by the participant

# PBP ROUTE: CONTROLS

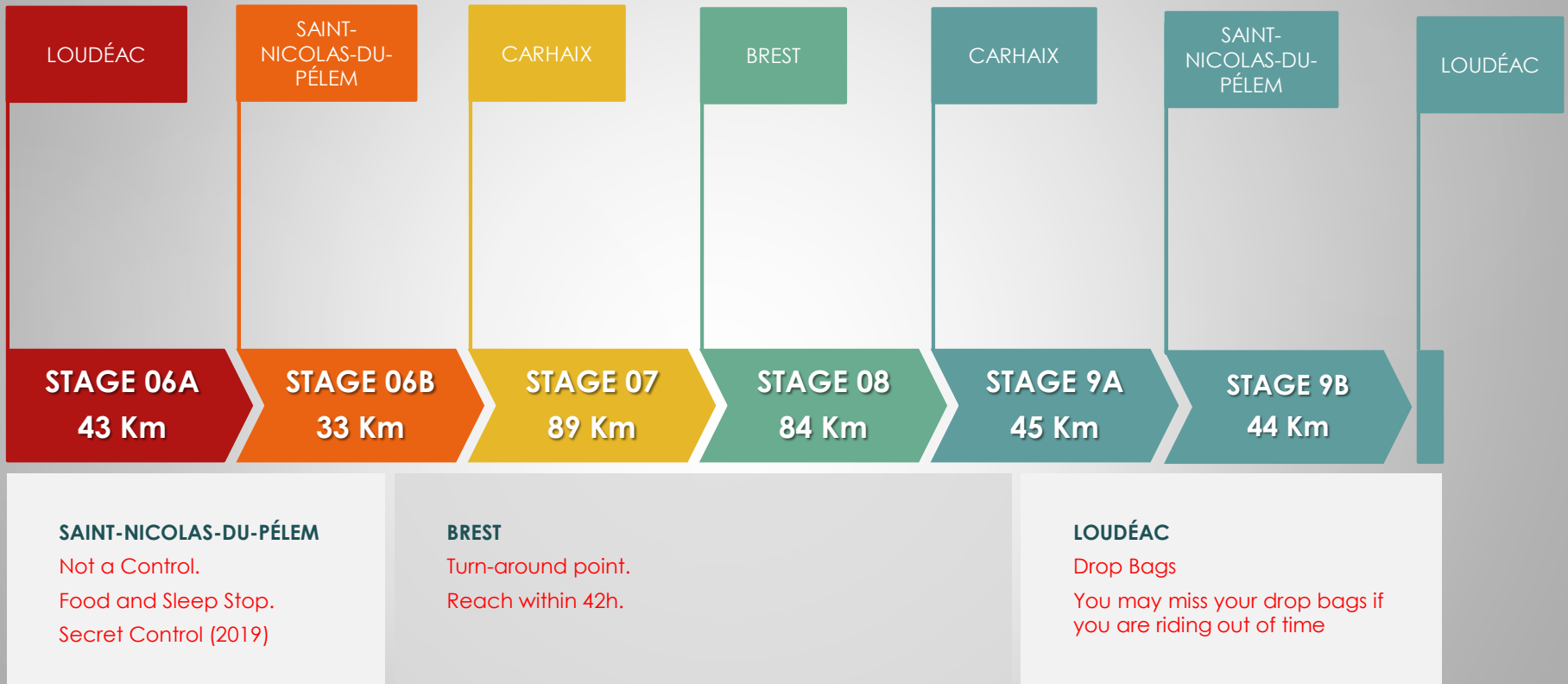


- ▶ Facilities:
  - ▶ Brevet card stamping
  - ▶ RFID receivers for tracking your bib
  - ▶ Food (Rapid and sit-down dining)
  - ▶ Sleeping beds with wake-up service
  - ▶ Dop bag (at Loudeac only)
  - ▶ Mechanical support, spares
  - ▶ Energy gels and bars
  - ▶ Designated cycle parking monitored by volunteers
  - ▶ Tap water
  - ▶ Medical station
- ▶ **Please be POLITE to all the volunteers**
  - ▶ Volunteers won't necessarily be cyclists or be able to answer any event related queries

# PBP Route: CONTROLS

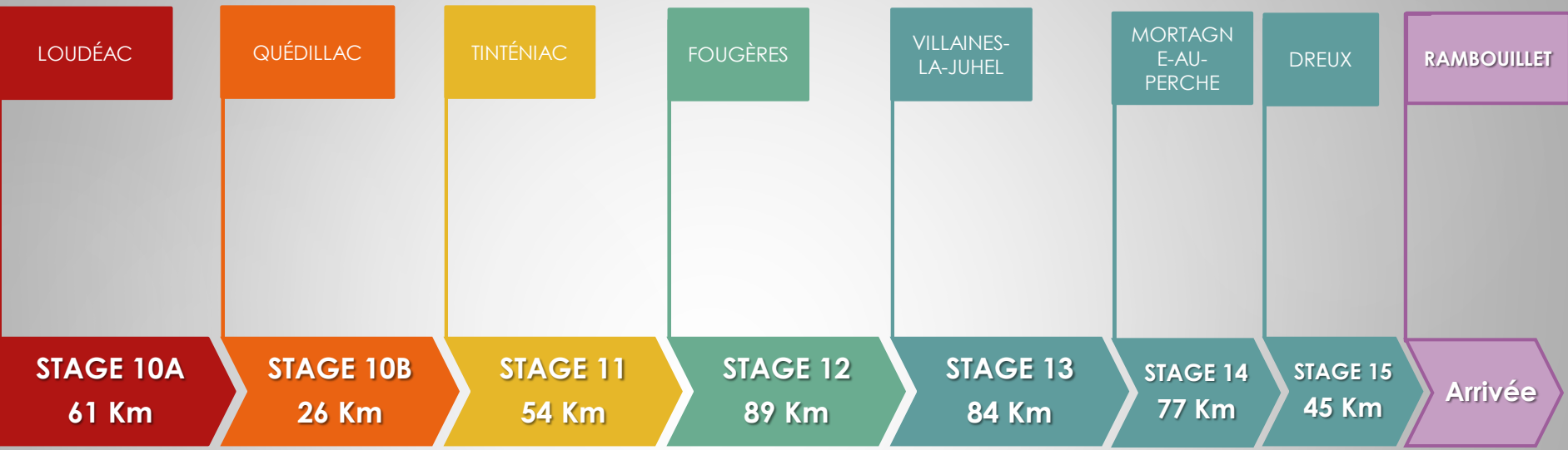
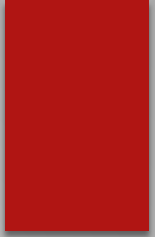


# PBP Route: CONTROLS





# PBP Route: CONTROLS



**LOUDÉAC**  
Drop Bags

**QUEDILLAC**  
Not a Control.  
Food and Sleep Stop.  
Possible secret control.

**RAMBOUILLET**  
Finish Point will wind up within 12-18 hours of final cut off.  
Late finishers should be careful about collection of drop bags and left luggage.

# PBP: Event Conditions

- ▶ European Summer – longer days (daylight till 9pm)
- ▶ August is vacation season in France
- ▶ Local support along the whole route
  - ▶ Towns & villages decorated for PBP
  - ▶ Warm reception by locals
  - ▶ Tables/chairs outside homes
  - ▶ Home brewed coffee, home baked cakes, cookies
  - ▶ Water jugs
- ▶ Temperature Range: **4°C to 35°C** (2019)
- ▶ RAIN - most likely, so be prepared!
  - ▶ 2019: Light drizzle on day 2 evening for maybe 1-2 h
  - ▶ 2015: Light to medium rain; riders drenched
  - ▶ 2007 & 2011: Heavy to Very heavy rains; high abandon rate
- ▶ Heavy crosswinds & headwinds in 2019

# Training for PBP 2023

- Climbs, climbs and more climbs (1Km to 3Km; avg 6% grade)
  - Learn to shift gears and pedal efficiently
  - Hill climb repeats once a week (focus only on elevation gain)
- Power based indoor training (improve your FTP)
  - Online / indoor training resources - Wahoo X, Trainer Road, Zwift
- HR based training
- Cadence drills (high/low)
- Base training
- Polarised training vs threshold training
- Unstructured vs structured training
- Non-linear progression (set tangible goals)

# Training for PBP 2023

- Weight loss, body re-composition
- Bike fit
- Core Training – Yoga, Pilates, Plank
- Strength Training with heavy weight & lesser reps
- Recovery
  - Stretching
  - Sleep

# Gear & Equipment: What do I need to cross the finish?

- Type of cycle
  - most popular choice - road bike with drop bars
  - Geared vs fixed or single speed
  - Shoes & pedals - Clipless vs regular
  - Cassette: 32t or 28t? 11s or 12s?
  - Road tyre width: 23 or 25 or 28?
  - Can I finish on my MTB or Hybrid?
  - What is this Randonneuring cycle?
- Lighting: Battery vs dyno hub
  - Tail light (steady mode, AAA batteries)

# Gear & Equipment: What do I need to cross the finish?

- GPS computer (Wahoo, Garmin)
  - Leverage technology for better training and navigation
  - Look for sales & deals
- What to carry? How to carry?
  - Handle bar bag, frame bag, saddle bag
  - Ride your qualifiers with loaded bags
  - Hydration: 2 X 1 L water bottles
  - Nutrition: Snacks, energy bars, energy gels, electrolytes
  - Essential spares

# Gear & Equipment: What do I need to cross the finish?

- ▶ Drop bag and what goes in it
  - ▶ Change of clothes
  - ▶ Spares – lights, battery, tyres/tubes
- Bike boxes - Buy, rent or borrow
  - How to pack a bike? Mark your seat post and handle bar
- Bike boxes - hard vs soft vs cardboard
  - Hard: offers best protection and organised packing for premium price
  - Soft: Cheaper than hard boxes but make sure to use bubble wrap and dismantle rear derailleur for protection
  - Cardboard: Get it free from your local bike shop

# Gear & Equipment: What do I need to cross the finish?

- Technical clothing:
  - Foul weather jacket: rain/wind-proof/insulation, Gore-Tex, Polar-Tec, Merino wool
  - Soft shell vs Hard shell
  - Popular brands: Gore, Castelli, Endura, Patagonia
  - Shoe covers
  - Full fingered winter gloves



# Travel Hacks

- Air travel with bike box
  - Book excess luggage in advance on airline website (20% cheaper)
  - Intimate airline of bike box 48h in advance of travel
- Local apps for train booking (Loco2), taxi (Uber), food delivery
- Visa rules & application tips (list of documents to be submitted)
  - First time international travellers should seek professional help
  - Get a “net worth certificate” issued by your CA
  - Consider submitting your credit card statements
  - Schengen visa requires copies of air tickets and hotel bookings
  - Book in a group for savings, discounts
- Credit card vs Cash vs Forex card
- Travel insurance (luggage, cycle, medical emergency, repatriation)
  - Standard insurance through airline site is inadequate

# Travel Hacks

- Card protection plan (CPP) for fraud protection, identity theft
- Chargers / plugs for EU travel
  - Carry your existing power strip (extension board) with EU adapter
- Rambouillet is 60km away from Paris - Book hotel/AirBNB in advance, preferably close to train station (Versailles, Montparnasse)
- Check with hotels if they allow bikes inside the room
- Use Nannybag (BagBnB) to store your luggage while riding PBP if you don't reserve your hotel stay for the 5 days of PBP
  - Check if your hotel has left luggage service
  - Put an AirTag in your bike box / luggage to trace your bags

# Enjoy the Festival!

- ▶ Take pictures
- ▶ Create memories
- ▶ Make new friends in France!
- ▶ Meet fellow international randonneurs
- ▶ Share mementos, club trinkets or badges
- ▶ Enjoy the countryside