

HISTORY OF THE EVENT

Between 1979 and 2024, the Aéroports de Paris cycling sections, ASAP and ASADP, then the Wissous AAOC club organised 20 Paris-Nice Cyclo and two Paris-Bayonne. This was the sign of very positive feedback from participants who were satisfied with the organisation of this event, which has become a classic.

So the Organising Committee, with the benefit of its long-standing experience in upstream preparation and real-time management, surrounded by a team of efficient, available and dedicated volunteers, has decided to make cyclists dream once again with this Paris-Nice Cyclo 2024.

This 21st edition will undoubtedly be similar to the previous ones. The route will be different, but the stages will sometimes be the same, so you can enjoy the pleasure of discovery or refresh your memory as you criss-cross the beautiful regions of France.

How can such an event fail to express all the values of sport, such as a taste for effort, courage and surpassing oneself, as well as respect, discipline and solidarity? In this way, conviviality and friendship will take their rightful place in and around the peloton.

*Reading the brochure for this 21st Paris-Nice Cyclo will provide you with information, guidelines, advice and instructions - in short, a set of **RULES** that can only help you to succeed in this new challenge.*

THE MORNING.

Covering the maximum number of kilometres in the morning has always been the objective of the Organising Committee and will remain so in order to ensure optimum recovery for the peloton.

So, as a general rule:

- 05:45 Wake-up*
- 06:15 Breakfast*
- 07.05 Gathering – Registration*
- 07.30 Start*

For imperative reasons beyond the control of the organisers, such as adverse weather conditions or unforeseen work requiring a change of route, these times may be altered. They will be announced to the cyclists the day before and confirmed by display in the reception hall of each hotel.

REFRESHMENTS.

At the start of each stage, the assistance team will provide an energy drink. A refrigerated vehicle will carry soft drinks along the route, which will be served at pre-defined points announced to the cyclists.

A morning snack will be served on each stage, at a location determined and specified in the road book according to distance, altitude difference and weather conditions.

The Committee d'Organisation has provided this refreshment area with a content is adapted, hot drinks, fresh fruit, dried fruit, chocolate, 4 1/4, chocolate etc.

At mid-stage or even beyond, a full meal (starter, hot main course accompanied by slow sugars, cheese and dessert) will be served to you in self-service form, in a room made available to the Organisation by the municipality of the town hosting the event. A local wine, to be consumed in moderation, will be offered...

The Organising Committee strongly advises participants to respect the refreshment stops, as the repetition of the stages, the distances and the difficulties of the route mean that you need to preserve your body and manage your efforts.

The times of the refreshment points on each stage shown in the road book, although indicative, are generally precise. It is up to everyone to respect them.

THE EVENING.

At the finish of each stage town, a welcome committee made up of elected representatives will welcome the participants at an official reception.

In certain circumstances, the cyclists will have to arrive in a peloton to reach the assembly point, which is why they will be neutralised beforehand, as specified in the road book.

Elected representatives, local authorities and other personalities will be on hand to welcome the Paris-Nice Cyclo. The presence of a majority, if not all, of the cyclists and assistants at these receptions is therefore highly desirable, as a way of expressing the participants' gratitude and thanks to the representatives of the stage town.

If this reception has been scheduled for 6.00 p.m., it will be followed by dinner, generally served at around 7.30 p.m. in the respective hotels, unless otherwise indicated.

The meal times are displayed in the hotel lobby, as are the menus, and must be strictly adhered to.

GROUP DISCIPLINE, ADVICE AND GUIDANCE.

The start of each stage is given by an elected official of the stage town. Out of respect for the local councils who have invested so much in hosting this event, the start will be given to a grouped peloton.

In the event of an early start on a personal initiative, i.e. without supervision and assistance, the Organising Committee declines all responsibility in the event of an accident.

For reasons of safety and liability, the Organising Committee must be informed of any absence for a major reason, of one or more days, or of a withdrawal. If this is not the case, the participant may only take part in the event again with the approval of the Organising Committee.

At the morning and midday refreshment points, the Organising Committee asks participants to be tidy and disciplined when storing their bikes in the designated area. Surveillance of the enclosure by the organisers.

The Organising Committee has obtained the kind assistance and close cooperation of the local authorities to enable participants to eat in comfort by providing a room with sanitary facilities for the event.

The self-service system requires participants to take a tray, but also to return it at the end of the meal in order to limit the workload of the assistants, who are all volunteers.

Participants will also be asked to leave the tables clean (waste bins provided with selective sorting), the room and other areas, toilets and surroundings of the buildings, in an exemplary state of cleanliness.

RESPECT FOR THE ENVIRONMENT

The Organising Committee invites all cyclists to respect the environment when passing through towns, villages, hamlets, regional parks and other protected natural sites.

We hope that all the local authorities along the route, who often work in close collaboration with us, will ensure that the Paris-Nice Cyclo retains an excellent image as a benchmark for the sport of cycling.

Any failure to respect the environment that is duly noted will be subject to an exclusion identical to that provided for in terms of safety.

SAFETY, RESPECT FOR THE HIGHWAY CODE.

On the route, the organisers would like to remind you that it is imperative that you respect the highway code, as prefectural authorisations are issued subject to this condition.

The route must be respected. Any personal initiative to take a different route will result in the absence of supervision. The person responsible will have to accept the consequences in the event of a serious problem. The Organising Committee accepts no liability in the event of an accident.

For justified reasons or reasons beyond its control, the Organising Committee reserves the right to modify the route or to provide an alternative route.

*In addition, for practical or safety reasons, the organisation's motorcyclists may be required to protect you when you cross a dangerous section of road or a **STOP** sign.*

You should not consider their presence as protection, and even less as authorisation, until the biker has clearly confirmed this protection or authorisation to you by gestures or verbal or audible indications.

*Your **SAFETY** and that of others is the main concern of the supervisors, who will intervene to prevent any deviation.*

In the event of a serious breach of safety regulations, the Organising Committee will draw the appropriate conclusions, up to and including immediate exclusion.

The Organising Committee will not be held responsible if you are found to have breached the Highway Code.

This Paris-Nice Cyclo, described as a cyclo sportive tour, is run at a free pace. However, in order to maintain the cohesion of the group and not to penalise the assistants, the organisers will not accept cyclists arriving after the most pessimistic time scheduled for each stage. If this is the case, you will be asked not to finish the stage on your bike but to board an organisation vehicle.

Anyone arriving at the hotel before the most optimistic timetable will have to show patience, courtesy, understanding and respect for the hotel and support staff.

Please be aware that unforeseen circumstances may cause delays to the lorries transporting the luggage, which unfortunately the organisers cannot always cope with.

By entering this event, you have unreservedly agreed to follow the safety instructions given by the Organising Committee during the briefings. Failure to do so will render you solely responsible for any resulting events.

The Organising Committee has authorised, on an exceptional basis, a few personal escort cars. As these are not part of the official car fleet, they must be positioned in such a way as not to hinder the smooth running of the event and the progress of the cyclists. The use of hazard warning lights, which is strictly regulated by the Highway Code, will not be authorised as it can cause accidents when overtaking or changing direction. These vehicles must use low beam headlights.

The Organising Committee accepts no liability in the event of an accident.

HOTELS.

Cyclists wishing to be accommodated on the night of 11 to 12 June 2024 in Fontainebleau must specify this on the entry form.

The organisers have made every effort to allocate cyclists and assistants to hotels taking into account :

- their wishes*
- the affinities of each rider*
- the clubs represented*
- the capacity and comfort of the hotels.*

These allocations cannot be changed at the initiative of the participants. The names of the hotels will be communicated to the participants before departure and this

definitive allocation cannot be called into question, unless otherwise indicated, for reasons beyond our control.

Please note that the Organising Committee will take all necessary steps to limit any inconvenience. In the same spirit, any difficulty encountered, any modification desired if justified, must be reported to the person in charge designated by the Organising Committee, the only person authorised to resolve problems of this nature. You will be given his contact details.

To allow the Organising Committee to check your identity, you must identify yourself at reception. In the event of a mass arrival, you must overcome your fatigue and show calm, patience, serenity and courtesy towards the organisers and hotel staff.

Bikes must be stored in the bicycle room.

Massages using scented products must not be carried out in the rooms, but only in the rooms provided or outside.

The hoteliers and organisers would appreciate it if you could arrive discreetly, shoes in hand, as parquet and carpets are "allergic" to wedges.

A medical service will be available every day in one of the hotels. The name of the hotel and the opening hours will be posted at reception in each hotel. At the doctor's sole request, the Red Cross vehicle will, if necessary, transfer patients to this duty station.

Telephone number: to be confirmed

Technical assistance will also be available every day in one of the hotels, and this information will be displayed at reception in each hotel.

If participants are inviting guests, they must inform the Organising Committee in advance and pay the cost of the meal to the Treasurer, Christine Pippo, or to the hotel or restaurant.

LUGGAGE :

Each participant must identify his or her luggage - 1 suitcase and 1 bag maximum - with the labels that will be given to him or her before departure containing the following information: Last name - First name - Club - Frame number - List of hotels.

Each morning, they will drop them off at the place corresponding to the hotel where they will be staying on the stage in the evening. Please note that proper identification will make the task of our assistants easier and avoid any disputes.

The places in each hotel where you can leave your luggage will be clearly marked and identified to avoid any confusion and therefore any search for luggage during the stage.

Be careful with the weight of your luggage, as this will lighten the workload of our drivers, who are also volunteers, as trunks and other canteens will not be accepted.

ATTENTION :

Loaded luggage will no longer be accessible during the stage as the lorries will be taking a different route. The organisers decline all responsibility for any lost objects or luggage

lost through no fault of its own. Please note that the bags carried in the lorries will not be accessible until the finish in Nice.

YOUR GENERAL BEHAVIOUR:

It is everyone's responsibility to leave an excellent impression of the PARIS - NICE Cyclo 2024. The reputation of the event and of the organising club, AAOCS, depends on it. Any failure to comply will be penalised by the event management, up to and including immediate exclusion.

For any IMPORTANT problems, please contact the Organising Committee:

André LEROUX 06 79 42 32 81

Bernard MALLEVILLE 06 10 01 82 65

Christine PIPPO 06 82 07 70 19