

SEATTLE INTERNATIONAL RANDONNEURS *PRESENTS*

Paris Brest Paris Seminar

January 13, 2007



A collection of speakers and topics:

- **Training for PBP**
- **Packing your bike (what to take and how)**
- **Getting to Paris (travel and logistics)**
- **Rules for PBP (start times/lights/penalties, etc.)**
- **Riding the ride (controls/food/sleep etc)**
- **Effective equipment (bags, racks, lights, etc)**
- **Travel before and after PBP**

WHAT:

A seminar, by SIR specifically for riders planning to ride PBP in 2007

When :

Sat. January 13, 2007
12:30 to 5:30

Where:

Old Redmond Schoolhouse
Community Center Rm 207
16600 NE 80th St
Redmond, WA

Learn more at:

www.seattlerando.org



Seminar Agenda

About PBP:

- 12:30 Mark Thomas Introduction to SIR PBP Seminar 5 min
- 12:35 Jan Heine History of PBP 15 min
- 12:50 Mark Thomas American presence at PBP 15 min
- 1:05 ALL Questions 15 min

Getting There:

- 1:20 Terry Z Traveling with your bike 20 min
- 1:40 Peter McKay Travel with Des Peres Travel 20 min
- 2:00 Brian List Making your own arrangements 20 min
- 2:20 Bill Dussler Side Trips - before and after 20 min
- 2:40 ALL Questions 15 min

Riding The Event

- 2:55 Mark T Start Times 20 min
- 3:15 Peter Beeson At the Controles (time, food, etc) 20 min
- 3:35 Ron Himschoot Sleep stops 20 min
- 3:55 ALL Questions 15 min

Training and Preparation

- 4:10 Terry Z SIR Events Schedule 20 min
- 4:30 Susan F Orrando events 20 min
- 4:50 Peter Beeson Your personal Training Plan 20 min
- 5:10 ALL Questions 20 min
- 5:30 FINISH

Driving Directions to Old Redmond School house Community Center:

From Seattle: From I-5 north or southbound take 520 East to Bellevue across evergreen point floating bridge. Follow the signs to Redmond. Take the Redmond Way exit. Turn left at the light onto Redmond way (Redmond-Fall City Highway) go under the overpass. Turn right at the fifth light onto 166th Ave NE. Go through the four way stop at NE 80th St and turn right into the first driveway. Enter through the main entrance which is to the right on the NE 80th Street side.

From Lynnwood: Take I-405 south from Lynnwood to Totem Lake and take the NE 124th St. exit. Turn left at the light onto NE 124 and go approx 3 miles east to light at Redmond Woodinville Rd. Turn right Go approx 2.5 miles to fifth light at NE 80th St. Turn left onto 80th St. Go two blocks then turn left at the four way stop into the right hand lane on 166 ave NE. Follow remaining directions from Seattle.

From Renton: Take I-405 north from Renton to SR 520 to Redmond exit then follow direction above from Seattle