



## **DON'T FORGET!**

- Your bike in perfect condition (if you don't rent one of our bikes)
- Very efficient water bottle cages
- Your pedals (and saddle) if you rent one of our bikes
- Shoes, helmet, eyewear, gloves (long and short)
- We supply energetic food & drinks (Aptonia). Bring your own if you prefer.
- 2 Water bottles
- Chamoix cream
- 3 bibs shorts, 3 jerseys, legs warmers, arm warmers, thermic underwear, rain protection, shoe covers...  
(weather is uncertain... cold, wet, windy, sunny, hot. Everything is possible!)
- Toilet kit, after ride toilet kit
- 1 big towel, 1 small towel
- Be in good shape! ;)

**Alex : +33 6 81 24 44 47**

**William : +33 6 22 65 07 01**

## **TIPS!**

- Double handlebar tape
- Double insoles in your shoes
- Running socks work better on vibrations
  
- Ride on the middle of the cobbled sections
- Don't grip too firmly your handlebar (top or low position)
- Save energy between cobbles sections > full power on cobbles
- Respect timing. Schedule is tight!
  
- Worst sections :  
Tranchée d'Arenberg \*\*\*\*\*  
Mons en Pévèle \*\*\*\*\*  
Pavé de la Justice \*\*\*\*  
L'Arbre\*\*\*\*\*

# **ENJOY THE HELL!**