



Paris Roubaix tips and hints

- Choose a bike you are familiar and comfortable with, Carbon bikes absorb the vibration well.
- The route is not very hilly so don't worry too much about your gear ratios.
- Check everything is tight including your headset.
- Double wrapping your handles bars will help reduce the vibration.
- Wear a good pair of gloves.
- Stick with the seat you normally ride with as you are used to this.
- Shoes, if possible add an extra set of inner soles.
- Cleats, ensure these clip into your pedals well and ensure they are screwed tightly to your shoes. (if you have a spare bolt may be worth taking one along for the ride)
- Wheels, stick with good wheels but no need to worry about them being aero. The toughness of your wheels will, we are sure surprise you.
- The wider the tyres the better 28mm are very popular. We would recommend pressures around 80psi for clinchers.
- Ensure your tyres are in good condition.
- Ensure your bottle cages are screwed to your frame tightly.
- Wrapping rubber bands round bottle cages works well. The rubber is a high friction material and you can use a number of them, this really helps to keep bottles in the cages. The bottles need to be a tight fit into the cages.
- Stick with 500ml bottles as you will be able to refill them at the food stops. You will see bottles flying out especially on the first few Pave sections.
- Have two bottles and perhaps use a cable tie on the one on the seat tube to ensure you don't lose it.
- If using clinchers carry two or three tubes, CO2 inflator with extra canisters if you normally use one or if not a standard pump. Don't try a CO2 inflator for the first time on this event.
- If you carry a saddle bag make sure it's secured to your bike well as these can come off.
- Take some food with you but the food stops are good.
- Put safety pins in your jersey pockets to make your pockets smaller so items can't jump out.
- Start about 08:00 as a lot of riders will have already left by then. This can also help in reducing the risk of punctures as perhaps 4000 people may have already passed through. It will still be busy and you will be riding with lots of others.
- You will need to decide if you want to ride the cobbles or the gutters, the gutters can be smoother but you are more likely to pick up a puncture.
- It's recommended to ride over the Pave on the tops of your handle bars, but try all types of hand positions.



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- Keep looking up when riding the Pave this may sound obvious but helped with the vibrations.
- High cadence can help on the Pave as most of the sections are short.
- Push and work hard on each Pave section and rest on the road sections. Praise yourself after each Pave section and tell yourself that's one less section to do. The first few are tough and a shock then you will get into a rhythm and before you realise you will be over half way. Once over half way you will know you can do it!
- Experience all that's on offer.
 - Hit the Pave as fast as you can on a few sections
 - Try to ride a few section the whole way on the Pave (crown) rather than the gutters
 - Have a go at an overtake on the Pave
 - Grab a waffle or two at the food stops
 - Ride with a grimace and a smile at the same time
 - Ride high and quickly on the banking at the velodrome



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