



AMERICAN RANDONNEUR

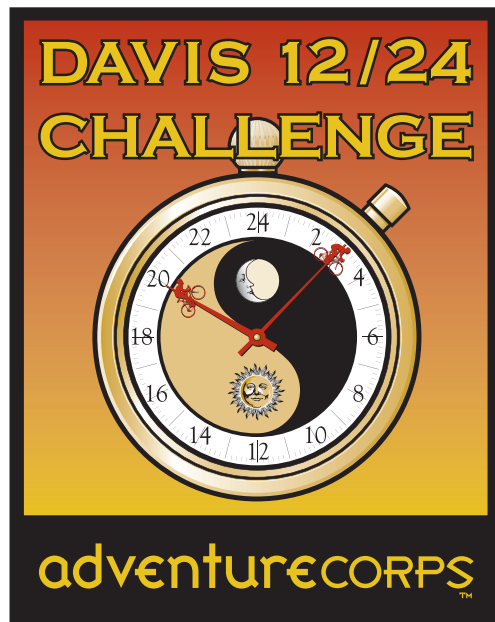
Volume Fifteen Issue #2

Summer 2012



adventureCORPS Presents

AMERICAN RANDONNEUR



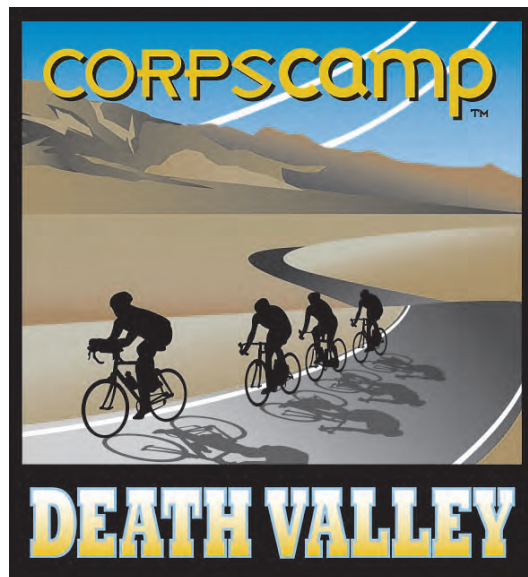
September 15-16, 2012

We are pleased to announce that we have taken over production and promotion of the venerable Davis 12 / 24 Challenge, previously hosted by the Davis Bike Club from 2003 through 2010. This classic Northern California event features most of the highly popular Davis Double Century route from Winters to Clear Lake on a 186-mile "day loop," along with an 18-mile "night loop" which is ridden successively. The event now takes place annually in September as an AdventureCORPS production. Solo, Tandem, Classic Bike, Fixed Gear, and Recumbent Divisions are offered. Please join us for the rebirth of this classic ultra cycling event!



October 27, 2012

Our Fall Death Valley ride offers one-of-a-kind, 108-, 144- and 197-mile cycling routes to Scotty's Castle, Ubehebe Crater, and Hell's Gate in Mother Nature's greatest sports arena, Death Valley National Park! With full rider support, roving SAG vehicles, and impossible-to-get-lost routes with very little traffic, there's no better place to ride a century, ultra century, or double century cycling event!



February 25-28, 2013

The original CORPScamp features four days of SAG-supported, one-of-a-kind cycling in and around Death Valley National Park, as well as daily yoga classes, two group dinners, and more. We've been producing events here since 1990 and we never tire of sharing one of the world's most dramatic, inspiring, and unusual landscapes. Held immediately before the Spring edition of our Death Valley Century, Ultra Century, and Double Century on March 2, so riders have the option of staying for additional miles and adventure during a fantastic kick-off-the-new-year cycling vacation!



RUSA Executive Committee

President.....Mark Thomas
 Vice-President.....Jennifer Wise
 Treasurer.....Eric Vigoren
 Secretary.....Mike Dayton
 Board Member.....Rob Hawks
 Board Member.....Lois Springsteen
 RBA Liaison.....John Lee Ellis
 Brevet Coordinator.....Lois Springsteen
 Medals & Awards Coordinator.....John Lee Ellis
 Membership.....Don Hamilton
 Newsletter Committee Chairs.....
 Jacqueline Campbell & Will deRosset
 Permanents Committee Chair.....Crista Borrás
 Routes Committee Chair.....John Kramer
 Rules Committee Chair.....John Lee Ellis
 Souvenirs.....Jennifer Wise
 Team Event Committee Chair.....Paul Johnson
 Webmaster.....Don Bennett

American Randonneur is published quarterly.

Submissions: editor@rusa.org
 Advertising: advertising@rusa.org

American Randonneur

Editor: William M. deRosset
 Layout and Design: Wendy Gardiner
 Advertising: Clayton Scott
 Production: Mike Dayton (Editor Emeritus)
 Contributing Editors: Paul Rozelle, Mike Dayton
 RUSA Board Liaison: Jennifer Wise (editor emeritus;
 RUSA board member)
 Editorial Committee: Jacqueline Campbell, Maggie
 Williams, Joshua Bryant

RANDONNEURS USA, INC.
 IS A TAX-EXEMPT 501(C)(3)
 NON-PROFIT CORPORATION

American Randonneur is a publication of
 Randonneurs USA Inc.
 13543 160th Ave NE | Redmond, WA 98052
 Website: www.rusa.org | e-mail: president2012@rusa.org
 Phone: (206) 612-4700
 ©2012 All rights reserved.

Volume Fifteen Issue #2

Summer 2012

What's Inside	Page
Mark Thomas, RUSA President's Message	4

RUSA News

RUSA Notes	6
Award Pages	7-11
New Members	12-15

American Randonneur Columns

RBA Directory.....	16-17
Upcoming RUSA Events.....	20-24
2011 American Randonneur Award Recipient.....	30-31
La Société Charly Miller for 2011.....	32
What We Ride/Paul Rozelle.....	34-35
It Takes a Village/Dr. Codfish.....	38-39

Features

Safety is No Accident/Miles Stoneman	36-37
Rando Acts of Kindness/Mark Thomas	40-44
An Interview with Gabi Nevin/ Bill Bryant, Lois Springsteen.....	46-47
Invasion of the Ohio Horde/Roy Burnham.....	48-49
Product Review: Wabi Woolens/Clayton Scott.....	50
Energy Drinks/Nicole Honda.....	52-53
Super Randonnee Permanents/John Lee Ellis.....	54-55

On the cover...

Rick Blacker (Seattle International Randonneurs) leaving the mountains on day four of the Southern Kiwi Hunt 1200k in February 2012. Photo courtesy of Mark Thomas.



Information and Registration: www.adventurecorps.com

Message from the President

RUSA: Quickly growing!

So far in 2012, over 400 new members have joined Randonneurs USA, our biggest early season growth in years. We welcome you to our American part of the international community of randonneurs. Our community has a lot to offer. You may participate in a full calendar of brevets, populaires, team events, and grand randonnees. A wealth of scenic and challenging routes are offered as permanents to be enjoyed at the member's convenience. Senior members stand ready and willing to offer advice and companionship to our freshmen.



Mark Thomas

A wide variety of awards can help provide motivation to participate more and more in our sport. The RUSA online store offers quite a collection of RUSA logo paraphernalia to show identification with the community. We look forward to riding with you.

As with any community, ours thrives when members give back.

I encourage all members to look for opportunities to help. Your local Regional Brevet Administrator may need assistance running events or managing the club. A route may need to be scouted in advance. Perhaps you know of a great route that you would like to make into a Permanent for others to enjoy. The national organization, which is all-volunteer, can always use more willing hands. And of course our events often provide chances to lend a helping hand to fellow riders.

We also have, I believe, a paramount obligation to the community to look out for safety – our own and that of our fellow riders. Our sport has inherent and inescapable

dangers, many the consequence of sharing the road with motor vehicles. As individual riders, we are responsible for our own safety, but we can help others as well. I hope riders will take advantage of our nascent accident reporting system mentioned elsewhere in this issue to help others learn from their experiences.

Perhaps because nearly everyone involved with RUSA is a participating randonneur as well as a volunteer, the organization has always made safety a priority. Although everyone's calculus is different, RBAs and permanent owners seek to provide routes that we, ourselves, would be feel reasonably secure in riding. Our RUSA store has always featured safety items, many of which are subsidized by the organization. (We are currently working on a higher quality version of the reflective vest we sold last year, and hope to have it available in the next few months.)

Most of all, we can simply look out for each other. Let's keep in mind that our actions as we ride can affect other riders. Let's share our own knowledge about road conditions and other hazards with our fellow riders (and with our volunteers). That's just what friends do. And what has always made this so much fun for me has been the chance to share the challenges and joys of randonneuring with friends from around the corner, around the country, and around the world.

See you on the road!-Mark

Mark Thomas (RUSA 64) is RBA for the Seattle International Randonneurs and 2012 RUSA Board President.



www.pactour.com

Lon Haldeman and Susan Notorangelo

Contact us... 262-736-2453 or

haldeman@pactour.com

Join us now for the Fall of 2012

Tour of the Eastern Mountains

Atlanta, Georgia to Portland, Maine

Arrive Atlanta, Georgia Saturday, September 9

17 riding days 1,752 miles 103 miles per day

Fly home Wednesday, September 26 **\$2,795**

Follow the Appalachian Trail north from Atlanta, Georgia to Portland, Maine. We ride for over 500 miles on the Blue Ridge Parkway and Skyline Drive. If you want to ride this tour...be ready for lots of mountains everyday.

2012 Late October

Pedal Across Peru

15 total days 8 cycling days **Late October**

We will visit the historic ruins at Machu Picchu. Then begin cycling from the mountains in Cusco to the Pacific Ocean while dropping 11,000 feet during 500 miles of riding. We will travel on a newly paved road perfect for road bikes. Our lodging is in hotels at quaint towns along the way.

Coming in 2013!

We are already planning our tour calendar for next year. We would like your opinion about which tour you would like participant during 2013. Please let us know which tours you could register for...

DESERT CAMP Spring of 2013

different weekly based in Tucson, Arizona February and March

Week #1 Cactus Classic Desert Tour

68-89 miles per day to Wickenburg and back

Week #2 Border to Border Tour

About 60-80 miles per day to Nogales & Douglas

Week #3 Tour of the Historic Hotels and Towns

50 miles per day between classic Arizona hotels

Week #4 Chiricahua Challenge

75-90 miles per day to the Chiricahua Mountains

Week #5 Nearly a Century Week

Based in Sierra Vista 60-100 miles per day

Week #6 Mountain Tour

80 -100 miles per day, to New Mexico and up Mt. Graham

Elite Transcontinental Tour - May

San Diego, California to Savannah, Georgia

17 days 2,850 miles 165 miles per day

This tour intended for the most serious riders who are looking for a very challenging ride across America.

Daily miles range from 140 to 200 miles per day.

Riders completing 100% of the tour will qualify for the Race Across America.

Grand Canyon Tour - May

Albuquerque to the Grand Canyon and Back

14 Days 1,065 Miles plus hiking

Riding 76 - 115 miles per day

Cycling through native lands, visiting historical towns on Route 66 and seeing Grand Canyon National Park

Wisconsin Tour - June

Milwaukee to Door County 80-90 miles per day

This route travels around beautiful Door County in

northeastern Wisconsin. We will cycle through southern Michigan on this loop tour beginning and ending near Green Bay, Wisconsin. This Wisconsin Tour travels to different towns and hotels each night. This is a fun tour suitable for intermediate to advanced riders.

Northern Transcontinental - July

NEW route change crossing Lake

Michigan on the slow ferry!

Everett, Washington to Williamsburg, Virginia

31 days, ~3,400 miles 115 miles per day

This is our classic transcontinental tour across the northern states. This route crosses the rugged Rocky Mountains in Montana, the Big Horn Mountains of Wyoming, The Back Hills of South Dakota and the steep Appalachian Mountains of West Virginia. A new route across the midwest includes a new route through Wisconsin, Michigan and Ohio.

Southern Transcontinental - September

San Diego, California to Savannah, Georgia

26 days, 2950 miles about 115 miles per day

If you ever dreamed of riding coast to coast this is the best tour to fulfill your goal. This route crosses the southern states with plenty of mountains and hills. We added some new roads and towns while exploring a different way across America. This is always a popular tour and a good way to extend your cycling season.

All tours include full technical support, rest stops, motels, lunches, commemorative clothing and many other nice things. Prices could vary depending on group size.

Visit the PAC Tour web site for full details and services offered for each tour. A minimum number of interested riders is required for a tour to be scheduled. So put your intent in today!

Ride with Lon Haldeman

www.pactour.com

RENEW

Renew Your Membership Online!

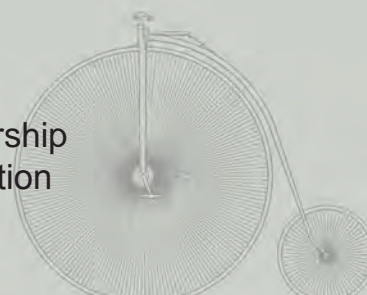
RUSA now offers online renewal for annual memberships.

Visit www.rusa.org and

Join - Join RUSA as a new member

Renew - Renew or extend your current or lapsed membership

Change - Change your name, contact info and club affiliation



RUSA Notes

By Lois Springsteen

RUSA Announces Voluntary Accident Reporting System

RUSA will soon be implementing an online voluntary accident reporting system in an effort to gather information about accidents requiring medical attention on our events. Participation is voluntary and we hope that by gathering information about accidents, we can periodically provide information to you that will enhance your safety.

If you decide to share your accident report with RUSA, we'll ask that you answer some questions about your accident (what happened, injuries sustained, contributing factors). We'll share your report with the RBA or Permanent Route Owner and give them an opportunity to add additional notes to the report. RUSA is not attempting to assign fault or responsibility for any reported accident, but we want to use your submission to generate data for the benefit of all our members.

RUSA's Safety Coordinator, the event organizer or route owner, and RUSA's Board of Directors pledge to respect your

privacy. If you decide to make a report, your identifying information will be kept confidential. RUSA does not have any plans to make individual reports available to the general public.

Once we gather enough information to share, we plan to publish summaries in our newsletter so that our members may make informed decisions about their safety and assess their own personal risk tolerance. Watch for more information online and in American Randonneur as we roll out this program in the near future.

Cecil Reniche-Smith resigns from RUSA board. Mike Dayton to serve remainder of term. Cecil Reniche-Smith has resigned from the Board due to personal time constraints. Mike Dayton has agreed to serve the remainder of her term. We are grateful to both of them for their service to our organization.

Renew or Update your RUSA membership online

Join RUSA, renew your membership, or update your membership information at your convenience. RUSA membership service is available online at: <http://www.rusa.org/memberservices.html>

Back Issues of American Randonneur available online at <http://www.rusa.org/nletter.html>

Contribute to the RUSA newsletter, American Randonneur

We all have a story. American Randonneur, the RUSA newsletter, seeks submissions for future issues. We're looking for pieces that illuminate our sport—non-competitive endurance cycling—and related activities. Ride reports; techniques and tips; book and equipment reviews; (family-friendly) humor; all are welcome.

Please contact us at: editor@rusa.org.

We'll send along detailed submissions guidelines and additional information. We're looking forward to hearing from you!

RUSA News

New R-12 Award Recipients Announced

The R-12 Award is earned by riding a 200km (or longer) randonneuring event in each of 12 consecutive months. The counting sequence can commence during any month of the year but must continue uninterrupted for another 11 months. Events that count toward the R-12 Award are:

- Any event on the RUSA calendar of 200 Km or longer.
- Foreign ACP-sanctioned brevets and team events (Flèches), Paris-Brest-Paris, and RM-sanctioned events of 1200 Km or longer.

- RUSA permanents—a particular permanent route may be ridden more than once during the twelve-month period for R-12 credit.

The applicant must be a RUSA member during each of the twelve months.

RUSA congratulates the latest honorees, listed below.

R-12 Award Recipients

Date	Name [number of awards]	City, State	Date	Name [number of awards]	City, State
2012/01/16	John Capriotti	Dillsburg, PA	2012/03/01	Corey Thompson	Olympia, WA
2012/01/16	Chris Willett	Ruston, WA	2012/03/01	Charles White [3]	Marysville, WA
2012/01/20	Catherine Shenk (F) [4]	Boulder, CO	2012/03/05	Steve LeGoff [3]	Boulder, CO
2012/01/25	Janis Ayers (F) [2]	Durham, NC	2012/03/05	Ian Shopland [4]	Olympia, WA
2012/01/26	Cressler Heasley	Dallas, TX	2012/03/09	Pamela Wright (F) [6]	Fort Worth, TX
2012/01/26	Bryan Rierson [2]	Garner, NC	2012/03/13	Patrick Chin-Hong	Forest Hills, NY
2012/01/30	Gintautas Budvytis [3]	Castro Valley, CA	2012/03/13	Andy Dingsor [3]	Durham, NC
2012/01/31	Vidas Placiakis [3]	Walnut Creek, CA	2012/03/13	Joe Phillip [2]	Swarthmore, PA
2012/02/03	Mike Myers [4]	Baxter Springs, KS	2012/03/15	Clare Murphy (F)	Midland, TX
2012/02/03	Nancy Myers (F) [4]	Baxter Springs, KS	2012/03/23	Nigel Greene [2]	Elkins Park, PA
2012/02/05	Narayan Krishnamoorthy [4]	Kirkland, WA	2012/03/23	Vincent Muoneke [4]	Federal Way, WA
2012/02/05	James McKee	Seattle, WA	2012/03/26	Tom Haggerty	San Francisco, CA
2012/02/06	Paul Calewarts [3]	Jacksonville, FL	2012/03/29	William Olsen [5]	Califon, NJ
2012/02/06	Jeff Sammons [5]	Brentwood, TN	2012/03/30	Jim Shanni [2]	Watkinsville, GA
2012/02/13	Kelly DeBoer [2]	San Marcos, CA	2012/04/02	Joe Kratovil [3]	Hillsborough, NJ
2012/02/14	John Pearch [2]	Olympia, WA	2012/04/03	Michael OConnor [3]	Durham, NC
2012/02/15	Richard G Carpenter [5]	Wilmington, NC	2012/04/07	William Beck [6]	Woodbine, MD
2012/02/15	Maile Neel (F) [5]	University Park, MD	2012/04/11	Sharon Stevens (F) [6]	Richardson, TX
2012/02/16	James Williams [2]	Clemmons, NC	2012/04/12	Jeff Loomis [3]	Seattle, WA
2012/02/16	Charles Witsman [2]	Pana, IL	2012/04/20	Barbara Solis Anderson [3]	Hamilton, NJ
2012/02/28	W David Thompson [3]	New Smyrna Beach, FL	2012/04/20	Ronald Anderson [3]	Hamilton, NJ
2012/03/01	Joe Llona [3]	Lynnwood, WA			
2012/03/01	Jerry Phelps [6]	Chapel Hill, NC			



R-12 award

RUSA P-12 Award



P12 patch

The P-12 Award is earned by riding a sub-200km randonneuring event in each of 12 consecutive months. The counting sequence can begin during any month of the year but must continue uninterrupted for another 11 months. Events that count toward the P-12 Award are:

- Any populaire (100 km – 199 km) on the RUSA calendar.
- Any dart of less than 200 km.
- Any RUSA permanent of 100 km – 199 km. A particular permanent route may be ridden more than once during the twelve-month period for P-12 credit.

The P-12 counts a series of months in which one or more sub-200 km rides were completed. Therefore, a given month can only be used towards one P-12 award and one may earn only one P-12 award during a twelve-month period. The applicant must be a RUSA member during each of the twelve months. Rides of 200 km or more cannot be substituted for shorter ones. RUSA congratulates the riders who earned and applied for the P-12 award.

P-12 Award Recipients

Date	Name [number of awards]	City, State
2012/01/24	Alan Bell	Seatac, WA
2012/01/24	Cindy Quenneville	Fort Worth, TX
2012/01/24	Donna Wilder	Seatac, WA
2012/02/03	Mike Myers	Baxter Springs, KS
2012/02/03	Nancy Myers	Baxter Springs, KS
2012/02/06	Raymond Ogilvie	North Plains, OR
2012/02/08	Jonathan Gray	Davis, CA
2012/02/08	Robert Millay	Dallas, TX
2012/02/08	Katie Raschdorf	Ho Ho Kus, NJ
2012/02/19	Spencer Klaassen	Saint Joseph, MO
2012/03/14	Peter Nagel	Georgetown, TX
2012/03/23	Vincent Muoneke	Federal Way, WA
2012/03/23	Vincent Muoneke [2]	Federal Way, WA
2012/04/06	Crista Borrás	Rockville, MD

Edelux Headlight
for hanging attachment
mounted on
Grand Bois M-13 Rack
www.compasscycle.com

RUSA Cup Award Recipients

Date Complet	Rider [number of awards]	Hometown
2003/03/01	Mark Thomas	Redmond, WA
2004/08/19	Paul A Foley	Golden, CO
2005/06/25	Mark Thomas [2]	Redmond, WA
2005/10/02	John Lee Ellis	Lafayette, CO
2007/06/15	Mark Thomas [3]	Redmond, WA
2007/09/28	Joe Llona	Lynnwood, WA
2008/06/05	Paul G Rozelle	St. Petersburg, FL
2008/06/28	Ward Beebe	Oak Harbor, WA
2008/09/13	Michael Wolfe	Seattle, WA
2009/06/11	Vickie Tyer (F)	Grandview, TX
2009/06/27	Vincent Muoneke	Federal Way, WA
2009/07/24	Michael Fox	Cedar Falls, IA
2009/09/09	Mark Thomas [4]	Redmond, WA
2009/09/19	John Lee Ellis [2]	Lafayette, CO
2010/04/16	Marcello Napolitano	Vedano al Lambro MB, ITALY
2010/06/26	Brenda Barnell	Torrance, CA
2010/07/10	Joseph Platzner	Bellevue, WA
2010/09/24	Ian Shopland	Olympia, WA
2011/04/10	Vickie Tyer [2]	Grandview, TX
2011/07/11	Tom Durkin	Portland, OR
2011/07/11	James McKee	Seattle, WA
2011/07/20	Thomas R Russell	Alamo, CA
2011/08/07	Dan Driscoll	Arlington, TX
2011/08/21	Richard Grant McCaw	San Jose, CA
2011/10/01	Roland Bevan	Ben Lomond, CA

RUSA Cup Award

The RUSA Cup is earned by completing all the types of RUSA events, and riding 5000km in total RUSA events, within two years.



RUSA cup

You must complete a 200k, 300k, 400k, 600k, and 1000k brevet, a 1200k-or-longer grand randonné, a RUSA team event (Flèche, Arrow, or Dart), and a Populaire. Permanents and foreign events (such as PBP) don't count. The award is retroactive; you may use past events.

Coaching Designed Specifically for Ultracyclists

- * Coaching * Crew Training * Strategy *
 - * Nutrition * Equipment *
- (805)-302-3343
info@ultracyclingcoaching.com
www.ultracyclingcoaching.com



ULTRA CYCLING COACHING



American Explorer Award Recipients

Name	Location	# of states to date	States visited
Tom Bardauskas	Florence, SC	16	AK, AL, AZ, DE, FL, GA, IL, MD, NC, NJ, NY, PA, SC, VA, WI, WV
Jeff Bauer	Nashville, TN	16	AL, CA, FL, GA, KY, MA, MS, NC, NH, NY, PA, SC, TN, VA, VT, WA
Crista Borrás	Rockville, MD	11	DC, DE, MA, MD, NH, NJ, NY, PA, VA, VT, WV
Andy Brenner	Basking Ridge, NJ	11	CT, MA, MD, NC, NJ, NY, PA, RI, VA, VT, WV
Richard G Carpenter	Wilmington, NC	12	AK, CA, DE, MD, NC, NJ, NV, NY, PA, SC, VA, WV
Tim Carroll	Cleveland Heights, OH	14	AL, KY, MA, MD, MS, NC, NH, NY, OH, PA, TN, VA, VT, WV
Dan Clinkinbeard	Columbia, MO	24	AL, CA, CO, FL, GA, IA, IL, KS, MA, MD, MO, NE, NH, NM, NV, NY, OK, PA, UT, VA, VT, WA, WV, WY
Phil Cohen	Augusta, GA	10	AL, CO, FL, GA, MA, NH, NY, SC, TX, VT
Greg Courtney	Ames, IA	21	AK, CO, FL, IA, ID, IL, KS, KY, MD, MN, MO, MT, NC, OR, PA, UT, VA, WA, WI, WV, WY
Michael J Dayton	Raleigh, NC	11	CA, FL, MA, MS, NC, SC, TN, TX, VA, WA, WV
John Lee Ellis	Lafayette, CO	1y	AZ, CA, CO, KS, MA, MD, NC, NH, NM, NY, PA, TX, VA, VT, WA, WV, WY
Joe Fillip	Swarthmore, PA	10	CT, DE, MA, MD, NH, NJ, NY, PA, RI, VT
William Fischer	Elmira, NY	10	DE, FL, MA, MD, NH, NJ, NY, PA, VA, WV
Ian Flitcroft	Williamson, GA	11	AL, CA, FL, GA, MD, NC, PA, SC, TN, VA, WV
Michael Fox	Cedar Falls, IA	14	IA, IL, MA, MD, MN, NC, NH, NY, PA, VA, VT, WA, WI, WV
Spencer Klaassen	Saint Joseph, MO	26	AR, CA, CO, IA, ID, IL, KS, LA, MA, MO, MT, NC, NE, NH, NM, NV, NY, OK, OR, SD, TX, UT, VT, WA, WI, WY
Joe Kratovil	Hillsborough, NJ	16	AL, DE, FL, MA, MD, MO, MS, NC, NH, NJ, NY, OH, PA, SC, TN, VT
Ken Knutson	Tracy, CA	10	AZ, CA, CO, ID, KS, MT, NM, NV, OR, WA
Joel Lawrence	High Point, NC	10	AL, CA, CO, FL, GA, KS, NC, SC, TX, VA
Rick Lentz	Vineland, NJ	13	DC, FL, GA, LA, MA, MD, MS, NC, NJ, NY, PA, VA, VT
David L Meridith	Laurel, MD	13	CO, IA, IL, MD, MO, NC, NV, OH, PA, TX, UT, VA, WV
Lawrence A Midura	East Syracuse, NY	22	AK, AL, CA, CO, CT, FL, GA, KS, MA, MD, ME, NC, NH, NJ, NY, OH, PA, RI, VA, VT, WA, WV
David W Miller	Columbus, OH	11	AL, CO, FL, GA, IN, KS, NC, NY, OH, SC, TX
Vincent Muoneke	Federal Way, WA	10	CA, CO, ID, KS, MT, NJ, NY, OR, PA, WA
Mike Myers	Baxter Springs, KS	10	AZ, CO, IA, IL, KS, MO, NE, OK, TX, WI

Name	Location	# of states to date	States visited
Nancy Myers	Baxter Springs, KS	10	AZ, CO, IA, IL, KS, MO, NE, OK, TX, WI
Maile Neel	University Park, MD	13	AL, AZ, DC, DE, GA, MD, NC, NJ, NY, PA, VA, WA, WV
Christine Newman	Skillman, NJ	12	AZ, DE, FL, MA, MD, NC, NH, NJ, NY, PA, VA, VT
William Olsen	Califon, NJ	24	AK, AL, CA, CO, FL, GA, IA, KS, MA, MD, MN, NC, NH, NJ, NY, PA, SC, TX, VA, VT, WA, WI, WV, WY
David Penegar	Knoxville, TN	13	AL, CA, CO, FL, GA, KS, KY, MA, NC, NH, NY, TN, VT
Jerry Phelps	Chapel Hill, NC	12	CO, FL, GA, IA, KS, MA, NC, NH, NY, TX, VA, VT
Steve Phillips	Kimberly, AL	11	AL, CA, FL, GA, KY, LA, MS, NC, OH, SC, TN
Joseph Platzner	Bellevue, WA	11	AZ, CA, CT, ID, MA, MT, NC, NJ, OR, PA, WA
John Preston	Plantation, FL	10	AK, FL, GA, MD, NC, PA, TX, VA, WA, WV
W Thomas Reeder	Alexandria, VA	19	AZ, DC, DE, FL, KS, KY, MA, MD, MO, NC, NH, NJ, NY, PA, TN, TX, VA, VT, WV
Steve Rice	Shelbyville, KY	12	AL, IN, KY, MA, MS, NH, NY, OH, TN, TX, VT, WA
Paul G Rozelle	St. Petersburg, FL	17	CA, CO, FL, GA, IL, KS, KY, MD, MI, MO, NC, OH, OR, PA, TN, VA, WV
Thomas R Russell	Alamo, CA	12	AZ, CA, CO, ID, KS, MT, NH, NY, OR, TX, VT, WA
Jeff Sammons	Brentwood, TN	10	AL, CA, FL, GA, KY, MS, NC, SC, TN, WA
John Shelso	Sioux Falls, SD	21	AL, AR, FL, GA, IL, KS, KY, LA, MD, MN, MO, MS, NC, NE, PA, SC, SD, TN, TX, VA, WV
Ian Shopland	Olympia, WA	10	CA, CO, IA, IL, KS, MO, OR, TX, WA, WY
Paul Smith	Charlotte, NC	17	AL, FL, GA, KY, MA, MD, MS, NC, NH, NY, OH, PA, SC, TN, TX, VA, VT
Sharon Stevens	Richardson, TX	15	AR, CA, CO, KS, LA, MD, MO, MS, NC, OK, PA, TX, VA, WA, WV
Michael R Sturgill	Phoenix, AZ	17	AZ, CA, CO, KS, MA, MD, NC, NH, NM, NY, PA, TX, VA, VT, WA, WV, WY
Timothy J Sullivan	Coronado, CA	10	CA, MA, MD, NH, NY, PA, VA, VT, WA, WV
Mark Thomas	Redmond, WA	19	AZ, CA, CO, ID, KS, MA, MD, MT, NC, NH, NY, OR, PA, SC, TX, VA, VT, WA, WV
W David Thompson	New Smyrna Beach, FL	12	FL, GA, MD, MI, MN, NC, NY, PA, TX, VA, WI, WV
George Winkert	Highland, MD	13	DC, DE, FL, MD, NC, NE, NJ, NY, OH, PA, SC, VA, WV
Chuck Wood	Rockville, MD	11	DC, DE, MA, MD, NH, NJ, NY, PA, VA, VT, WV
Dave Zion	Westford, MA	10	CA, CT, MA, MD, NH, NJ, NY, PA, VT, WA



RUSA Welcomes New Members!

RUSA#	Name	Location	RUSA#	Name	Location
7464	CHAMBERLAIN, David	Seattle, WA	7509	SHIELDS, Rick	Alachua, FL
7465	CHLOTE, Scott R	Cary, NC	7510	DAVIS, John	Forest Park, IL
7466	CARTER, Robert	Winnipeg, MB, CANADA	7511	DAVIS, Karen	Forest Park, IL
7467	CARTER, Colleen	Winnipeg, MB, CANADA	7512	WASHINGTON, Terrance	Cordova, TN
7468	DELNERO, Gary M	Leawood, KS	7513	TRUJILLO, Jorge A	McAllen, TX
7469	DOPULOS, Paul Vincent	San Diego, CA	7514	SMITH, Mark	Vacaville, CA
7470	MULLARKEY, Peter	Austin, TX	7515	HERMIDA, Ramon	Edinburg, TX
7471	RODRIGUES, Dave	Santa Cruz, CA	7516	BATHGATE, Ken L	Parma, OH
7472	MATTHYS, Chuck P	Lakewood, CO	7517	JONES, Matt	Fayetteville, NC
7473	SCHROER, Sarah	Santa Rosa, CA	7518	NORTH, Jamii	Cupertino, CA
7474	ERIE, William J	Brownsville, TX	7519	AMELLER, Elizabeth	Gainesville, FL
7475	RUMBAUGH, Glen	Kansas City, MO	7520	DENNING, Dick	Celina, OH
7476	MADEN, Chris	Edmonds, WA	7521	COPPA, James V	Portland, OR
7477	RIDDELL, Kim	Edmonds, WA	7522	VANDENBERG, Steven G	Omaha, NE
7478	BERGERON, Anthony Xavier	Seal Beach, CA	7523	SCHUTI, Bill	Torrance, CA
7479	HURLEY, Brian T	Satellite Beach, FL	7524	SCLAR, Gary M.	Harvard, MA
7480	TINTERA, Jerad	Chicago, IL	7525	TONER, Glenn	Palm City, FL
7481	ROSEVEAR, Joseph	Portland, OR	7526	TEIXEIRA, David	San Diego, CA
7482	POOLE, William D	Kansas City, MO	7527	ELLER, Michael	Sebastopol, CA
7483	TROYER, Jess	Greenacres, WA	7528	PUND, Keith	Seattle, WA
7484	HOPTON, Andrew	Bethlehem, PA	7529	GLASER, John R	Chicago, IL
7485	MICHAEL, Dennis O	Mountain View, CA	7530	KINGSBURY III, Paul I	Elmira, NY
7486	COLE, James	Edinburg, TX	7531	TOCCI, Wanda S	Elmira, NY
7487	TYMON, Greg	Frederick, MD	7532	FLEENER, Gary Brandon	Santa Rosa, CA
7488	HIGGINS, Maria	Frederick, MD	7533	SAPUNTZAKIS, Andrew P	Seattle, WA
7489	MCKEOWN, Nancy-Bee	Odenton, MD	7534	OGDEN, Leslie	Ventura, CA
7490	REEDER, Jeffrey T	Santa Rosa, CA	7535	NAKAGAWA, Brian Lance	Tahoe Vista, CA
7491	BAKKEN CLEMENS, Kara	Fritz Creek, AK	7536	SMITH, Jamie	Cincinnati, OH
7492	EYESTONE, Peter	Dallas, TX	7537	HELBIG, Russell	Summerville, SC
7493	ORTIZ JR, Ramon	Brownsville, TX	7538	VEGA, Lisa D	N. Richland Hills, TX
7494	BROWN, W. Stephen	Freeport, ME	7539	SIEGFRIED, Bruce R	St Louis Park, MN
7495	KEHLER, Mike	Longwood, FL	7540	LOVELESS, Scotty D	Camp Hill, PA
7496	HIPP, Laura	Santa Clara, CA	7541	HOOVER, George D	Pioneer, CA
7497	MACY, Kelly	Davis, CA	7542	HALVORSEN, Kristy J.	North Port, FL
7498	STULKEN, Scott L	Cedar Rapids, IA	7543	PALMERI, Ruth P	San Mateo, CA
7499	KOEHLER, Scot	Appleton, WI	7544	PALMERI, Marco G	San Mateo, CA
7500	EGGE, Eric C	Olympia, WA	7545	DRISCOLL, Tom	Mountain View, CA
7501	KING, James O	Olympia, WA	7546	DIETZ, David P	Healdsburg, CA
7502	UNDERWOOD, William D	Cincinnati, OH	7547	ZONTOVICIUS, Romanas	San Mateo, CA
7503	HILL, Andy	Brooklyn, NY	7548	LARSON, Andrew	Oakland, CA
7504	PHILLIPS, Bill R	Tualatin, OR	7549	BAILEY, Kathryn L.	Midland, TX
7505	KNIGHT, Christopher Anson	Newark, DE	7550	FLANIGAN, George A	Alexandria, VA
7506	HUFFMAN, Chris	West Palm Beach, FL	7551	BARRELL, Adam	Sequim, WA
7507	CURTIS, Josh	Lexington, KY	7552	GINGRICH, Martha	Chappaqua, NY
7508	BRAY, Larry	Bicknell, UT	7553	FOUNTAIN JR, Eldred F.	Tracy, CA

RUSA Welcomes New Members!

RUSA#	Name	Location	RUSA#	Name	Location
7554	JOHNSON, Cameron L	Berkeley, CA	7599	TOLDA, Bruce	Williamsburg, MA
7555	THOBER, Paul	Davis, CA	7600	DOUGHER, James N	Portland, OR
7556	TESKA, Tom	Verona, WI	7601	ENG, Carlin	San Francisco, CA
7557	BEN-DAVID, Gal	Miami, FL	7602	ROTH, David Evans	Issaquah, WA
7558	KAPLAN, Akhil	Waitsfield, VT	7603	WICKHAM, Jerry T	Benicia, CA
7559	ARNOLD, Terry J	Austin, TX	7604	TRAN, Duy P	Dallas, TX
7560	ADAMS, Charles J	Midland, TX	7605	JOHNSON-BROWN, Christopher	Erving, MA
7561	SMITH, Marisa L	El Cajon, CA	7606	NIAY, Mickael Camille	Norfolk, VA
7562	WASMUND, Stephen L	Bountiful, UT	7607	ARANA, Lisi	San Diego, CA
7563	LUDVIKSSON, Audunn	Seattle, WA	7608	PRIDDY, Lori	Naperville, IL
7564	MILSTEIN, David	Plantation, FL	7609	ALONSO, Jorge A	Miami Gardens, FL
7565	ABBEY, John	Tucson, AZ	7610	KERIN, Chris	Weston, CT
7566	SELDEN, Paul H	Portage, MI	7611	CROVELLA, Dennis	Fremont, CA
7567	BRAMMEIER, Jerome Leonard	San Antonio, TX	7612	KANNE, Ravi K	Hanover, MD
7568	NICHOLS, James E	Bishop, CA	7613	OVERLIEN, David	Black River Falls, WI
7569	SCOFIELD, Rock	Fort Lauderdale, FL	7614	SHELLOW, Jacqueline S	Hollywood, FL
7570	FLYNN, Brianna	Fort Lauderdale, FL	7615	ISHIKAWA, Brendon	Davis, CA
7571	SMITH, David W	Menlo Park, CA	7616	TALBOTT, Lauri S	Pflugerville, TX
7572	AUSTIN, Pamela	Seattle, WA	7617	HAYDEN, Michael	Seattle, WA
7573	SHEPPARD, Thomas L	Greenbrae, CA	7618	GROOM, James	Seattle, WA
7574	SMITH, Brooks H	Amherst, MA	7619	HOFFMAN, Ian W	Richland, WA
7575	BRUENING, Doug	St Peters, MO	7620	POET, Torka S	Richland, WA
7576	ARNDT, Christopher J	Columbus, OH	7621	KLUBERSPIES, Frank	North Brunswick, NJ
7577	KRAFT, Lauren E	Columbus, OH	7622	SEXTON, Robert B	San Jose, CA
7578	BEILER, Clair	Paradise, PA	7623	WEIDEMAN, Daniel	San Francisco, CA
7579	MORVANT, Zach	San Francisco, CA	7624	ZEH, Alex	San Francisco, CA
7580	HUTCHINSON, John A	Powell, OH	7625	BEESON, Jon M	Seattle, WA
7581	BAGGETT, William B	Memphis, TN	7626	CATHEY, Matt	Saint Joseph, MO
7582	WATT, Karen M	Laguna Vista, TX	7627	LEE, Jeff	College Station, TX
7583	WERT JR, Robert A.	Fayetteville, NC	7628	BYRUM, Charlie Wayne	Modesto, CA
7584	SENER, Sue Ann	Manheim, PA	7629	PREBLE, Laurence Daniel	La Grange, KY
7585	SHEN, Randy	Sunnyvale, CA	7630	COCKE, Bradford S	Birmingham, AL
7586	YU, Nancy	Martinez, CA	7631	VAN RYSELBERGE, Jeff	Birmingham, AL
7587	EDWARDS, Michael	Martinez, CA	7632	DOYLE, Jonathan P	Watertown, MA
7588	GREEN, Bill	Nevada City, CA	7633	MCCARTY, Timothy W.	Madison, WI
7589	BANGS, Shannon Clark	Fayetteville, NC	7634	BROWNE, Rebecca Lynn	Idaho Falls, ID
7590	TAYLOR, Mark W	San Francisco, CA	7635	POTTER, Russell D	Midland, TX
7591	COYLE, Michael	Chipley, FL	7636	ARMES, Jason William	Dublin, OH
7592	PURCELL, Dean R	Foxboro, MA	7637	SAARI, Kevin	Avon Lake, OH
7593	PIERCE II, Stephen G	Campbell, CA	7638	HAMILTON, John Wayne	Beaverton, OR
7594	TETIK, Halil Sahin	Atlanta, GA	7639	BRITTON, Max D	Prattville, AL
7595	TROYER, David M	Pittsburgh, PA	7640	GROSS, Hazel	Portland, OR
7596	LLOYD, Eileen M	Richmond, CA	7641	CAESAR, Joshua L	Long Island City, NY
7597	CROSS, Barry K	Bothell, WA	7642	TIFFANY, Greg	Seattle, WA
7598	GRANT, Melody	Bothell, WA			

RUSA Welcomes New Members!

RUSA#	Name	Location	RUSA#	Name	Location
7643	WEAVER, Bill	St. Paul, MN	7688	DUSKY, Thomas H	Huntington Woods, MI
7644	BLASDEL, Frederick	Seattle, WA	7689	ALTERMAN, Mark R	Alma, KS
7645	FUTCH, Michael	San Diego, CA	7690	YAMAMOTO, Shunsuke	Richland, WA
7646	MACKINNON, Emily L	Nantucket, MA	7691	BENSON, Barry F.	Ellicott City, MD
7647	BECKER, Cheryl L	San Francisco, CA	7692	RODOVSKY, Deanna B	Seattle, WA
7648	CARTER, John L.	Monahans, TX	7693	WAHLSTER, Michael	San Diego, CA
7649	PICKERING, Michael A	Drewsville, NH	7694	WAHLSTER, Marlene	San Diego, CA
7650	SUMMER, Ilyssa	Tempe, AZ	7695	AUSTIN, Shawn M	Thornton, CO
7651	JOHNSON, Mike L	Gibsonville, NC	7696	LYTER-ANTONNEAU, Penny	Racine, WI
7652	MARSHALL, Trapier	Raleigh, NC	7697	ROMAKER, John E	Bellingham, WA
7653	RALSTON, Shaun	Santa Rosa, CA	7698	ERICKSON, L R	Seattle, WA
7654	BELL, Larry	Saint Leonard, MD	7699	HUNTLEY, Gerald	Grass Lake, MI
7655	INDRADJAJA, Francisco	Milpitas, CA	7700	HOWARD, Bryant L.	Clackamas, OR
7656	GIVENS, David Michael	Greenbelt, MD	7701	CRAIGE, Ernest	Chapel Hill, NC
7657	SELLER, Joe	Denver, CO	7702	ANDERSON, Iva C	Raleigh, NC
7658	MEILSTRUP, Peter B	Seattle, WA	7703	HODGKINS, Sanborn	Redwood City, CA
7659	BIASIOLI, Tray	Davis, CA	7704	SCHLOSS, Peter M	Liberty, MO
7660	LIVENGOOD, Jimmy	Seattle, WA	7705	REBOLLEDO, Mauricio Javier	Glen Ellen, CA
7661	JOHN, Ed	Bellevue, WA	7706	MELLER, Milosz	Brooklyn, NY
7662	QUENTIN, Shane Cox	Los Angeles, CA	7707	SCHALLER, Jonathan D	Hamilton, NY
7663	WILTFONG, Rick L	Everett, WA	7708	CHIRAPONGSE, Kris	Merion Station, PA
7664	WEST, John M	Seattle, WA	7709	CHIRAPONGSE, Eva T	Merion Station, PA
7665	JURGIELEWICZ, Mariusz S	Mountain View, CA	7710	HALOJ, K.	Burlington, VT
7666	SHEA, Brian P	Berkeley, CA	7711	MUSTER, Steve	Coon Rapids, MN
7667	AHART, Paul T.	Friday Harbor, WA	7712	MUSTER, Anne	Coon Rapids, MN
7668	BECKHAM, Michael J.	Gainesville, FL	7713	ZANIKER, John T	Severna Park, MD
7669	ADAMS, David H	Liberty, MO	7714	TAYLOR, Vincent	Carlsborg, WA
7670	ROLDAN, Alberto Simon	Sacramento, CA	7715	JONES, Bryan Andrew	Raleigh, NC
7671	MONTOYA, Tim L.	Corrales, NM	7716	MALUNOW, Spencer A	Neptune, NJ
7672	QUDEEN, John	Redding, CT	7717	DEN BRABER, Richard Henry	Chilliwack, BC, CANADA
7673	RUSSELL, Neal Everett	Idaho Falls, ID	7718	CARVER, Dave E	London, ON, CANADA
7674	RUSSELL, Claudia LaRee	Idaho Falls, ID	7719	BLAIR, George A	Buffalo, NY
7675	PEARSON, Christopher	Littleton, MA	7720	LONSHEIN, Alison	New York, NY
7676	TSAO, Amy	Littleton, MA	7721	HARTER, Thomas	Davis, CA
7677	SIMMONS, Ben	Seattle, WA	7722	REICHBACH, Richard J	New York, NY
7678	CROWLEY, James A	Fort Worth, TX	7723	HENSLEE, Jeremy D	Fort Worth, TX
7679	KAPLAN, Jon M	Cupertino, CA	7724	MAURER, Thomas A	Renton, WA
7680	KENT, Andrew A	Simpsonville, SC	7725	BINGHAM JR, Jack F	Lititz, PA
7681	HAIRE, Karen	Leavenworth, WA	7726	SLUNGAARD, Rolv	St. Paul, MN
7682	MCCARTHY, William J	Bolton, MA	7727	MCDANIEL JR, Kenneth E	Millbrook, AL
7683	BORTOLOTTI, Leo T	Denver, CO	7728	HALLIKAINEN, David L	Livermore, CA
7684	MCCLENAHAN, Michelle R	Mills, WY	7729	LOIBNER, Dieter	Portland, OR
7685	PODBOY, David	Kennewick, WA	7730	CHRISTENSEN, Bracken	Boulder, CO
7686	BUMP, Tyler J	Portland, OR	7731	PIERCE, Art S	Gibsonia, PA
7687	WILLIS, Michael W	Granville, OH	7732	BAXTER, Steve	Louisville, AL

RUSA Welcomes New Members!

RUSA#	Name	Location	RUSA#	Name	Location
7733	BAXTER, Wendy	Louisville, AL	7778	LINDBECK, Steve	Anchorage, AK
7734	EDISON, James	Temple Hills, MD	7779	GINSBURG, Patty	Anchorage, AK
7735	LAM, Kei Chi	Seattle, WA	7780	HILLIS, Jeff B	Lyons, CO
7736	DYCKMAN, Kenneth A	Lake Tapps, WA	7781	LARSON, Christopher E	Sunnyvale, CA
7737	FLOYD, John M.	Portland, OR	7782	BRIDGE, Jake	Lowell, MA
7738	HARRIS, Kevin L	Saint Paul, MN	7783	LEMON, Lyn	Anchorage, AK
7739	STALCUP, Stephen Sven	Mountain View, CA	7784	GARBER, Bart	Anchorage, AK
7740	ARGUST, Austin James	Surprise, AZ	7785	SOMMER, Ted	Davis, CA
7741	ARGUST JR, Eugene Lenard	Surprise, AZ	7786	KLANCHER, Jacki E	Lander, WY
7742	HENRY, Ben	San Francisco, CA	7787	HUGHES, Michelle L	Brooklyn, NY
7743	WOOD, Russell C.	Berkeley, CA	7788	ROLLINS, Jim	Moultonborough, NH
7744	TREASTER, Justin Linville	Dallas, TX	7789	GOODELL, Andrew Bailey	Ithaca, NY
7745	SUFLETA, Zbigniew	Milpitas, CA	7790	HANSON, Bill	Littleton, CO
7746	RUBY, Craig W	Portland, OR	7791	ZAMORA, Adam Paul	Park Ridge, IL
7747	ESPINOSA, Narciso H	Anchorage, AK	7792	HOWELL, Marcia L	Anchorage, AK
7748	FATZINGER, David Frank	Lawton, MI	7793	DESMOND, Bill	Waukesha, WI
7749	STRONG, Marisa	Piedmont, CA	7794	DROEGE, Thomas Lee	Durham, NC
7750	STRIBLING, Alice M	San Francisco, CA	7795	HORNBECK, Chip	Mansfield, TX
7751	GRIFFITH, Scott	Albuquerque, NM	7796	EDER, Mike T	Anchorage, AK
7752	MILNE, J L	Mountain View, CA			
7753	MUELLER, Rich	Mendota Heights, MN			
7754	OTTERSTROM, Rich	Salt Lake City, UT			
7755	LAMBERTON, David	St. Louis Park, MN			
7756	BLASKOWSKI, Stacie	St. Louis Park, MN			
7757	MONTAGUE, Jeffrey James	Anchorage, AK			
7758	MULLEN, Tom	Arlington, MA			
7759	STEFFEN, David Lloyd	Houston, TX			
7760	BAKER, Christopher L	Firestone, CO			
7761	PRINCE, Neil	Allenhurst, NJ			
7762	KAM, Kristen	Sunnyvale, CA			
7763	STEEN, Beth	Seattle, WA			
7764	KASZUBA, Patti	Chugiak, AK			
7765	STIEFEL, Baird	Hanscom AFB, MA			
7766	STIEFEL, Melissa	Hanscom AFB, MA			
7767	KEILER, Kenneth L	Elmhurst, IL			
7768	BRADLEY, Jeff	Palmer, AK			
7769	SCHILLER, Michael A	Carlsbad, CA			
7770	ROSBURG, Scot	Ft Lauderdale, FL			
7771	GARB, Micah W	Chicago, IL			
7772	PINNER, Dennis J	Gainesville, FL			
7773	SHAW, David	Midland, TX			
7774	STELZER, Scott R	Chicago, IL			
7775	ALDERMAN, Stephen	Salt Lake City, UT			
7776	GEORGESON, John W	Racine, WI			
7777	LESKO, Karen F	North Augusta, SC			

RBA Directory

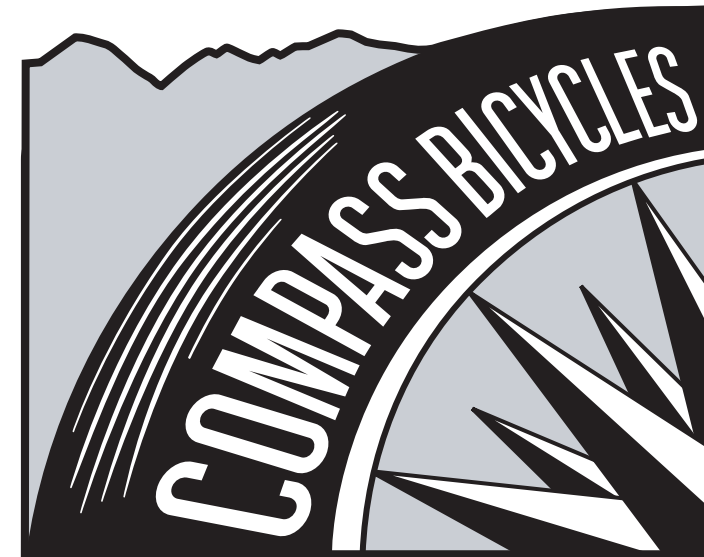
Name	Contact numbers	E-mail
William Beck RBA for Capital Region MD	Voice: 410-442-9946	william.a.beck@gmail.com
Paul Rozell RBA for Central FL	Voice: 727-498-8048 Voice/Cell: 614-565-3483	prozelle@gmail.com
Bob Burns RBA for Kansas City MO	Voice: 816-229-6071 FAX: 816-229-6444	bobgburns555@aol.com
John J. Ceceri Jr RBA for Saratoga NY	Voice: 518-583-3708	john@adkultracycling.com
Greg Courtney RBA for Central IA	Voice: 515-233-3280 Voice/Cell: 515-450-7901	gwcourt@gmail.com
Dan Driscoll RBA for Dallas TX	Voice/Cell: 817-925-0158 Voice: 817-460-5734 FAX: 817-461-5100	dansmark@flash.net
Wayne Dunlap RBA for Austin TX	Voice: 512-402-9953 Voice/Cell: 408-857-5458 FAX: 512-372-7139	wgdunlap@aol.com
Peter Dusel RBA for Central/Western NY	Voice: 315-524-8519	pdusel@sprintmail.com
John Lee Ellis RBA for Boulder CO	Voice: 303-604-1163	jellisx7@juno.com
Susan France Voice/Cell: 503-685-1337 RBA for Portland OR	Voice: 503-628-7324	oregon_randonneurs@earthlink.net
Robert Fry RBA for Cedar Valley IA	Voice: 319-226-5436	cvbrevet@mchsi.com
Nick Gerlich RBA for Amarillo TX	Voice: 806-499-3210	nickgerlich@gmail.com
Tony Goodnight RBA for High Point NC	Voice: 704-637-6289	RUSA.2012@bicycleforlife.org
Mark Hardwick RBA for West Texas TX	Voice: 432-683-3322 Voice/Cell: 432-553-8553	mark@mphardwick.com
Rob Hawks RBA for San Francisco CA	Voice: 510-526-2653	rob.hawks@gmail.com
Patrick Horchoff RBA for New Orleans LA	Voice: 504-738-1352 Voice/Cell: 504-957-1768	larba1955@aol.com
Bruce Ingle RBA for Boston MA	Voice: 508-877-1045	bruceingle@rcn.com
Joe Jamison RBA for Quad Cities IL	Voice: 309-235-4284	j-jamison@sbcglobal.net
Alan Johnson RBA for Raleigh NC	Voice: 919-467-8457	alanmj@mindspring.com
Greg Jones RBA for Los Angeles CA	Voice: 805-523-2774 FAX: 805-523-2774	gsjco@pacbell.net
John Jost RBA for St. Louis MO	Voice: 314-843-4486	stlbrevets@yahoo.com
Kevin Kaiser RBA for Atlanta GA	Voice: 706-860-8785	kkaiser23@comcast.net

RBA Directory

Name	Contact numbers	E-mail
Jason Karp RBA for Bozeman MT	Voice: 406-388-1099 Voice/Cell: 406-599-2897	belgradebobcat@msn.com
Jim Kreps RBA for Chicago IL	Voice: 773-862-9879	jimmyk22@aol.com
Jim Logan RBA for Pittsburgh PA	Voice: 412-822-7778	jimlogan@verizon.net
John Mazzola RBA for Cedar Crest NM	Voice: 505-263-7090	nmnightrider@comcast.net
William A. Medina RBA for San Juan PR	Voice: 939-745-0707 FAX: 787-283-2934	sanjuancyclingclub@gmail.com
Steve Phillips RBA for Birmingham AL	Voice: 205-914-1441	fixedgearsteve@gmail.com
Susan Plonsky RBA for Casa Grande AZ	Voice: 520-450-1335	susan@azbrevet.com
Don Podolski RBA for Westfield MA	Voice: 413-562-5237 FAX: 413-562-5237	don@newhorizonsbikes.com
John Preston RBA for Central/South FL	Voice: 954-444-0910	john@johnandjuliet.com
Katie Raschdorf RBA for NYC and Princeton NJ	Voice/Cell: 201-341-9024	katielarch31@hotmail.com
Robert Redmond RBA for Santa Rosa CA	Voice: 707-799-0764 Voice/Cell: 707-769-9678	redmond.bob@gmail.com
Steve Rice RBA for Louisville KY	Voice: 502-494-5288	sriceky@gmail.com
Robert Riggs RBA for Houston TX	Voice: 713-301-7093	elantier@hotmail.com
Edward Robinson RBA for Brownsville TX	Voice: 956-276-9171	edward.e.robinson@gmail.com
Tom Rosenbauer RBA for Eastern PA	Voice: 610-559-1145 FAX: 610-559-1145	trosenbauer@rcn.com
Jeff Sammons RBA for Nashville TN	Voice: 615-373-2458 FAX: 615-833-3407	jsammons@bellsouth.net
Matt Settle RBA for Northern VA	Voice: 540-335-4981	mattsettle.roma@gmail.com
Dan Shadoan RBA for Davis CA	Voice: 530-756-9266 FAX: 530-756-0187	djshadoan@ucdavis.edu
Lois Springsteen RBA for Santa Cruz CA	Voice/Cell: 831-227-6266 Voice: 831-227-6266	lois@bryant-springsteen.net FAX: 650-964-7037
Miles Stoneman RBA for Marion IL	Voice/Cell: 618-889-6560	milesstoneman2006@hotmail.com
Dennis Stryker RBA for San Diego CA	Voice: 619-977-9334	dstryker@cox.net
Richard Stum RBA for Salt Lake City UT	Voice: 435-462-2275 Voice/Cell: 435-851-9558	Richard@DistanceBiker.com
Mark Thomas RBA for Seattle WA	Voice: 206-612-4700 FAX: 425-527-6926	mark@muthomas.net

RBA Directory

Name	Contact numbers	E-mail
Kevin Turinsky RBA for Anchorage AK	Voice: 907-276-6299	kjturinsky@mac.com
Bob Waddell RBA for Columbus OH	Voice: 614-561-4914 FAX: 866-712-2207	RBA4914@ohiorand.org
Rob Welsh RBA for Twin Cities / Rochester MN	Voice: 612-801-4196 Voice/Cell: 612-801-4196	TCBCBrevet@aol.com
Paul Whitney RBA for Tri-Cities WA	Voice: 509-627-4951	pdwhitney@gmail.com
Michelle Williams RBA for Jackson MS	Voice: 601-573-2057 FAX: 601-932-3987	mwilliams_spmr@hotmail.com
Jim Wilson RBA for Gainesville FL	Voice: 352-373-0023	wilson@afn.org
Lonnie Wolff RBA for Cedar City UT	Voice: 435-559-0895 FAX: 435-586-0594	lonnie@oldairhead.com



Components for Randonneurs:

Grand Bois Tires

Fast • Supple • Comfortable

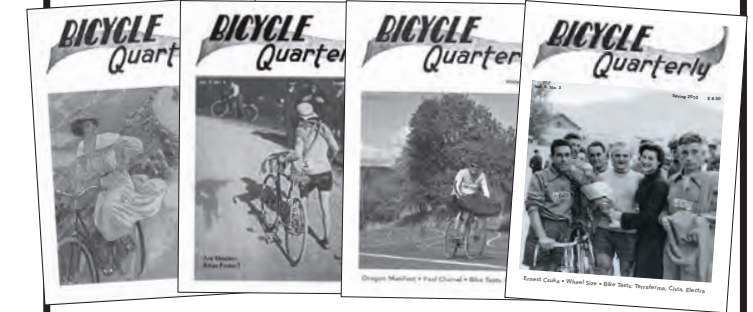
700C: 32, 29, 25, 23 mm

650B: 42, 38, 32 mm

Compass 26": 44 mm

www.compasscycle.com

The magazine
about the sport we love!



- Tests of randonneur bicycles.
- Randonneuring Basics series with advice from experienced randonneurs.
- Real-road testing of rolling resistance, aerodynamics, handling and performance.
- History of randonneuring.
- Just \$ 32/year.

www.bikequarterly.com

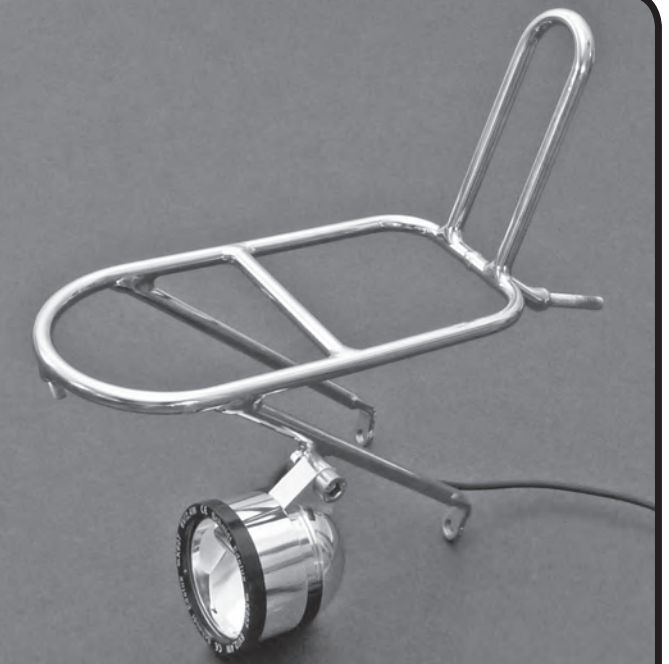
The new benchmark
from the world leader in bearings!



The first bottom bracket that lives up to its promise:

- **10-year warranty** includes bearings
- **100% maintenance-free**
- **Extra-large bearings** for higher load rating and durability
- **Roller bearing** on drive side for higher load rating, less wear
- Patented **seals** for protection against water and dirt
- Easy installation
- Available for **square taper** (ISO, JIS) and **ISIS** cranks
- BSC and Italian threading
- Spindle lengths from 107 to 126 mm

www.SKFbb.com



Grand Bois M-13 Rack

Two models, for wide and narrow tires.

Edelux headlight

for hanging attachment

www.compasscycle.com

Upcoming RUSA Events

For full searchable calendar and additional event details, visit http://www.rusa.org/cgi-bin/eventsearch_GF.pl.

Location	Type	Date	Distance (km)	Route	Contact
AK: Anchorage	RUSA populaire	7/21/12	100	Palmer 100	Kevin Turinsky
	RUSA arrow/dart	7/28/12	180		
	ACP brevet	8/4/12	200	23	
	ACP brevet	8/18/12	300	Chugiak: Talkeetna: Chugiak	
	ACP brevet	9/15/12	200	Glennallen/Chitna/Glennallen 200K	
	ACP brevet	9/22/12	200	712	
AZ: Casa Grande	RUSA brevet	8/18/12	200	High Country	Susan Plonsky
	RUSA brevet	11/3/12	200	Heart of Arizona	
	RUSA brevet	11/10/12	200	Mt Lemmon Hill Climb	
CA: Davis	ACP brevet	5/4/12	600	Davis-Oroville-Antelope Lake-Oroville-Davis	Dan Shadoan
	ACP brevet	9/15/12	200		
	RUSA populaire	9/15/12	100		
	RUSA arrow/dart	11/17/12	180		
	RUSA brevet	12/31/12	200		
CA: Los Angeles	RUSA populaire	7/4/12	100	Heritage Valley and Ojai 100K	Greg Jones
	ACP brevet	7/21/12	200		
	RUSA populaire	8/5/12	100	Casitas Pass Clockwise 100K	
	ACP brevet	8/11/12	200		
	ACP brevet	8/25/12	200		
	RUSA populaire	9/2/12	100	Lazy Acres 100K Populaire	
	ACP brevet	9/8/12	200		
	RUSA populaire	10/7/12	100	Heritage Valley and Ojai 100K	
	ACP brevet	10/12/12	1000		
	ACP brevet	10/13/12	600		
	RUSA brevet	10/28/12	200	Little Tujunga 200k	
RUSA populaire	11/11/12	100			
RUSA populaire	12/2/12	100			
CA: San Diego	ACP brevet	7/14/12	200	SF to Cloverdale 200	Rob Hawks
	ACP brevet	7/14/12	300	Boonville Lollipop	
	ACP brevet	7/15/12	200	Cloverdale to SF 200	
	ACP brevet	7/28/12	400		
	ACP brevet	8/25/12	300	Old Cazadero 300kl	
	RUSA brevet	9/8/12	230	Davis 200	
	ACP brevet	9/22/12	200		
	ACP brevet	10/6/12	200	Winters 200	
	RUSA populaire	10/27/12	114	Pt. Reyes Populaire	
RUSA brevet	11/3/12	200			

Location	Type	Date	Distance (km)	Route	Contact
CA: Santa Cruz	ACP brevet	7/7/12	200	Moss Beach 200	Lois Springsteen
	RUSA arrow/dart	8/4/12	180		
	RUSA arrow/dart	8/4/12	200		
	ACP brevet	8/11/12	300	Buena Vista 300k	
	ACP brevet	9/1/12	400	Monterey Bay 400	
	ACP brevet	9/29/12	600	Surf City 600 II	
CO: Boulder	ACP brevet	7/9/12	1000	Colorado High Country 1000k	John Lee Ellis
	RM randonnée	7/9/12	1200	Colorado High Country 1200	
	ACP brevet	7/21/12	200	Glen Haven Gallivant	
	ACP brevet	8/4/12	300	Peak-to-Peak	
	ACP brevet	8/18/12	200	Black Forest	
	ACP brevet	9/12/12	1000	Last Chance - Kensington	
	RM randonnée	9/12/12	1200	Last Chance Randonnee	
	ACP brevet	9/22/12	200	Stove Prairie Clockwise	
	ACP brevet	10/6/12	200	James Canyon Jaunt	
	RUSA populaire	10/14/12	129	Lyons - Mead	
FL: Central/South	RUSA brevet	9/8/12	216	Big Cypress - Immokalee Loop	John Preston
	RUSA brevet	10/20/12	312		
GA: Atlanta	ACP brevet	7/7/12	300	Solstice 300	Kevin Kaiser
	ACP brevet	8/3/12	200	Huddle Up 200k Brevet	
	ACP brevet	8/18/12	200		
	ACP brevet	9/15/12	200	100	
	RUSA brevet	10/27/12	200	Promised Land 200k Brevet	
	RUSA brevet	11/3/12	300		
IA: Central	RUSA brevet	12/8/12	200	Georgia Silk Sheets 200k Brevet	Greg Courtney
	RUSA brevet	9/8/12	214		
IL: Marion	ACP brevet	7/14/12	300	Mt Vernon-Metropolis Out and Back	Miles Stoneman
	ACP brevet	8/25/12	400	Freedom Weekend 400K	
	RUSA brevet	9/15/12	324		
	ACP brevet	10/6/12	600	Little Egypt 600	
	RUSA brevet	11/17/12	200	Log Cabin Brevet	
MA: Boston	ACP brevet	7/14/12	600	Petersburg Pass 600k	Bruce Ingle
	ACP brevet	8/4/12	600	North Country 600k	
	ACP brevet	9/30/12	200	Vermont 200k	
	RUSA populaire	9/30/12	114	Vermont 114K	
MA: Westfield	ACP brevet	8/18/12	300	331	Don Podolski
	RUSA populaire	10/7/12	100	Great River Ride 100	
MD: Capital Region	RUSA populaire	10/7/12	170	Great River Century	William Beck
	ACP brevet	9/8/12	200	Civil War Tour	
	ACP brevet	10/13/12	200	596	
	RUSA brevet	11/10/12	200	Eastern Shore 200	
	RUSA brevet	12/8/12	200	Woodbine-Dillsburg	

American Randonneur

Location	Type	Date	Distance (km)	Route	Contact
MN: Twin Cities / Rochester	ACP brevet	7/14/12	400	685	Rob Welsh
	ACP brevet	7/14/12	600	686	
	ACP brevet	8/11/12	400	685	
	ACP brevet	8/18/12	200	Cry Me A River	
	ACP brevet	8/18/12	300	Belle of theLong Winding Road	
	ACP brevet	8/25/12	600	Munger Bungo 600k	
	ACP brevet	9/15/12	200	Coulee Challenge Brevet	
	ACP brevet	9/16/12	200	Dairyland Dandy Brevet	
	ACP brevet	9/22/12	200	Nelson 200k	
	ACP brevet	9/29/12	200	Hills of Wisconsin	
MT: Bozeman	RUSA populaire	7/28/12	100		Jason Karp
	ACP brevet	8/18/12	200		
	ACP brevet	9/8/12	300		
NC: High Point	ACP brevet	7/28/12	200		Tony Goodnight
	ACP brevet	7/28/12	300		
	ACP brevet	7/28/12	400		
	ACP brevet	7/28/12	600		
	ACP brevet	8/29/12	200		
	ACP brevet	8/29/12	1000		
	RM randonnée	8/29/12	1200		
	ACP brevet	9/1/12	200		
	ACP brevet	9/1/12	300		
	ACP brevet	9/1/12	400		
	ACP brevet	9/1/12	600		
	ACP brevet	10/6/12	200		
	ACP brevet	10/6/12	400		
ACP brevet	10/6/12	600			
ACP brevet	10/6/12	1000			
NC: Raleigh	ACP brevet	8/11/12	200	227	Alan Johnson
	RUSA populaire	8/11/12	100	655	
NJ: NYC and Princeton	ACP brevet	7/21/12	200	506	Katie Raschdorf
	ACP brevet	9/8/12	200	343	
	ACP brevet	10/14/12	200	Central Jersey	
NM: Cedar Crest	RUSA brevet	9/22/12	300	Capulin Volcanic Classica	John Mazzola
	RUSA brevet	10/20/12	300	Black Mtn Side	
	RUSA brevet	12/1/12	200	Radium Springs	
NY: Central/Western	ACP brevet	7/11/12	1000	LOL (Lap Of the Lake)	Peter Dusel
	ACP brevet	7/25/12	200		
	ACP brevet	7/26/12	200		
	ACP brevet	7/27/12	200		
	ACP brevet	7/28/12	200		
	ACP brevet	9/15/12	200		
OH: Columbus	ACP brevet	10/13/12	200	40	Bob Waddell
	ACP brevet	9/8/12	200	Westgate-Chillicothe 200k	

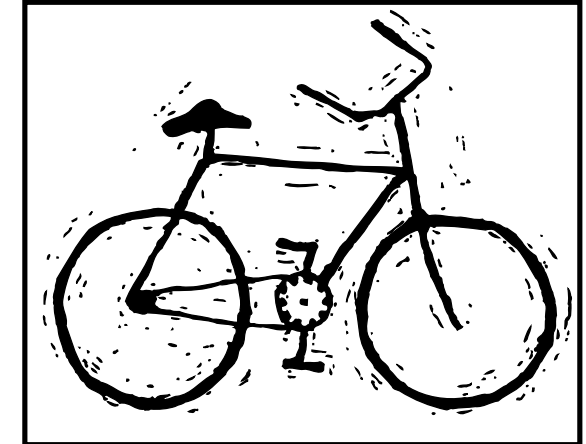
American Randonneur

Location	Type	Date	Distance (km)	Route	Contact
OR: Portland	ACP brevet	7/14/12	300		Susan France
	ACP brevet	8/4/12	400		
	ACP brevet	8/25/12	600		
	ACP brevet	9/8/12	200	Down the Drain	
	ACP brevet	9/22/12	600	The Big Lebowski	
	ACP brevet	10/6/12	200	Bikenfest 2009	
	RUSA populaire	11/3/12	100	Snoozeville/Verboort	
	PA: Eastern	RUSA brevet	7/14/12	200	
RUSA brevet		8/4/12	200	Hawks Nest 200	
ACP brevet		8/17/12	1000	651	
ACP brevet		9/8/12	200	Hawk Mountain 200k	
RUSA brevet		10/20/12	200	537	
RUSA populaire		10/20/12	150	536	
RUSA brevet		11/3/12	200	Stillwater 200	
RUSA brevet		12/1/12	200	Stillwater 200	
PA: Pittsburgh	RUSA brevet	7/14/12	200		Jim Logan
	RUSA brevet	7/15/12	200		
	RUSA brevet	8/3/12	1000		
TN: Nashville	RUSA brevet	9/29/12	250	500	Jeff Sammons
	RUSA brevet	10/20/12	200	Market Square 200k	
	RUSA brevet	11/24/12	200	104	
TX: Austin	RUSA brevet	12/1/12	200	550	Wayne Dunlap
TX: Dallas	ACP brevet	7/7/12	200	MW 200 - In conjunction W/ 600 (Out to Tolar & Back)	Dan Driscoll
	ACP brevet	7/7/12	600	MW 600 - 2008	
	RUSA brevet	7/7/12	362	Mineral Wells 360k	
	ACP brevet	9/1/12	1000	Two Flags 1000	
	RUSA brevet	9/1/12	214	Two Flags 214	
	RUSA brevet	9/1/12	301	Two Flags 300	
	RUSA brevet	9/1/12	400	Two Flags 400	
	RUSA brevet	9/1/12	600	Two Flags 600	
	ACP brevet	9/29/12	200	Rio Vista Rumble 200	
	ACP brevet	10/13/12	300	Willow Park 300 - Along 400 route (Finish in Lipan)	
	RUSA brevet	10/13/12	200	Willow Park 200	
	RUSA brevet	10/13/12	400	Willow Park 400	
	RUSA brevet	10/27/12	206	Goat Neck 206	
	RUSA brevet	10/27/12	317	Goat Neck 317	
	RUSA brevet	10/27/12	400	Goat Neck 400	
RUSA brevet	11/17/12	211	La Bella Rani Duecento 211		
RUSA brevet	11/17/12	308	La Bella Rani Trecento 308		
RUSA brevet	11/17/12	403	La Bella Rani Quattrocento 403		
RUSA brevet	11/17/12	600	La Bella Rani Seicento 600		

American Randonneur

Location	Type	Date	Distance (km)	Route	Contact
TX: Houston	RUSA brevet	7/14/12	200	690	Robert Riggs
	RUSA brevet	7/14/12	300	652	
	RUSA populaire	8/11/12	106	Chappell Hill Loop	
	RUSA populaire	9/1/12	165	New Waverly Century	
	RUSA brevet	9/15/12	200	289	
	RUSA brevet	9/15/12	610	Columbus Fayetteville 600K	
	RUSA brevet	10/6/12	200	434	
	RUSA brevet	11/3/12	200	289	
	RUSA brevet	11/3/12	300	270	
TX: West Texas	ACP brevet	9/14/12	200	Ft. Davis / Marathon	Mark Hardwick
VA: Northern	ACP brevet	8/4/12	200		Matt Settle
	ACP brevet	8/25/12	300		
	ACP brevet	9/15/12	400		
	ACP brevet	9/29/12	600		
	ACP brevet	10/6/12	1000		
WA: Seattle	RUSA populaire	7/7/12	100		Mark Thomas
	ACP brevet	7/21/12	200		
	ACP brevet	8/4/12	300	111	
	ACP brevet	8/16/12	1000		
	ACP brevet	8/18/12	400		
	RUSA populaire	8/26/12	110	107	
	ACP brevet	9/8/12	600		
	ACP brevet	9/21/12	1000	Seattle-Oregon Coast-Crater Lake-Klamath Falls	
	RUSA brevet	12/20/12	200		
WA: Tri-Cities	ACP brevet	9/15/12	200		Paul Whitney

**Fitting, Designing,
and Building Fine
Custom Bicycles for
Men and Women
since 1997**



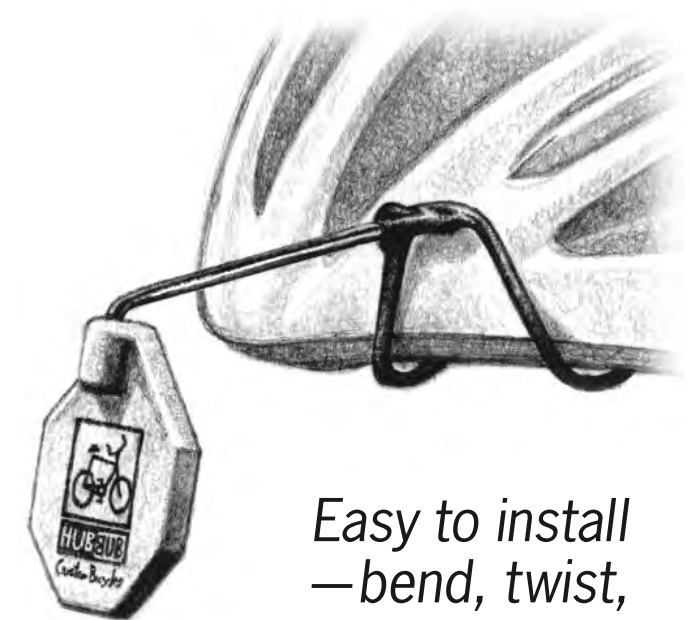
800-888-2027

**Long-distance
Specialists**

Handbuilt Wheels

HUBBUB
Custom Bicycles

HUBBUB
**HELMET
MIRROR**



- **Five-year Guarantee**
- **Fits Most Helmets**
- **Made in USA—100%**

*Easy to install
—bend, twist,
and tweak as
necessary*

www.hubbubcustom.com

It's time to vote!



Nominations to the Board

Two positions on the RUSA Board of Directors will become available at the end of the year — the terms of Eric Vigoren and Edward Robinson are expiring (both are eligible for re-election). Members may nominate two current RUSA members to run for those two positions. The General Membership List is available for viewing online at www.rusa.org. Please use this form to submit your nominations.

Nominee # 1 _____ RUSA # _____

Nominee # 2 _____ RUSA # _____

Your Name _____ RUSA # _____

Please send this form to:

Mark Thomas
13543 160th Ave NE
Redmond, WA 98052

or e-mail: mark@muthomas.net

All nomination forms must be received by August 15.

Nominations for RBA Representative to the RUSA Board

Under RUSA's Constitution the Regional Brevet Administrators appoint one of the current RBAs to serve as an elected Director on RUSA's board. The elected RBA may not already be serving on the board. Only RBAs can nominate other RBAs. The term of office for the Director is one year. Colorado RBA John Lee Ellis currently holds the office and is eligible for reelection.

The list of current RBAs is available for viewing online at www.rusa.org. Please use this form to submit your nominations for RBA representative on the RUSA Board.

Nominee _____ RUSA # _____

Please send this form to:

Mark Thomas
13543 160th Ave NE
Redmond, WA 98052

or e-mail: mark@muthomas.net

All nomination forms must be received by July 15.



Available now, the Grande Route from Tout Terrain. Chrome-moly frame and fork, integrated rear rack, clearance for 35mm tires and fenders, disc brakes, fittings for dynamo light wiring and "The Plug" charger, many component options, and wheels built by me. The bike pictured here is our medium size demo fitted with Ultegra 10 speed STI triple gearing, Berthoud fenders, Schmidt dynamo hub and lights, and Berthoud leather saddle on a Nitto NJS-P72 seatpost. I've left the steerer extra long for fitting many different test riders. Drop by and take it for a spin. Send me an email and I'll reply with a spreadsheet listing many component options and pricing. See the URL below for photos and info.

PETER WHITE Cycles

24 Hall Rd. Hillsborough, NH 03244
603 478 0900 Phone 603 478 0902 Phax

www.PeterWhiteCycles.com/ttgr.asp

You might be alone on the course . . .



**Fuel Right,
Feel Great!**



But you're always in good company with Hammer Nutrition!

As a randonneur you face lots of challenges, including long, lonesome stretches along your route. Bringing Hammer Nutrition along will ensure that you are well-fueled and always in good company! Hammer Nutrition's fuels provide superior energy and endurance, kilometer after kilometer.



HEED

- Rapid, reliable energy
- Buffers lactic acid
- Helps prevent cramps



RECOVERITE

- Minimizes post-exercise soreness
- Rebuilds muscle tissue
- Restores muscle glycogen



HAMMER GEL

- Rock-solid energy
- Made with real fruit and other wholesome ingredients
- Versatile and economical



ENDUROLYTES

- Now available in an effervescent tablet!
- Superior cramp prevention
- Full-spectrum electrolytes in a well-balanced formula
- Versatile dosing for a variety of conditions



PERPETUEM

- Now available in a solid chewable tablet!
- Consistent, stable energy
- Easy to digest
- Minimizes lean muscle tissue cannibalization



ORDER TODAY!

1800.336.1977 / www.hammernutrition.com

2011 American Randonneur Award Recipient... Mike Dayton



Mike Dayton at Paris-Brest-Paris in Villaines-la-Juhel.
Photo courtesy of John Ende.

Once a year, the RUSA Board of Directors and the RUSA Awards Committee present an award to a member of the organization who has made a significant and outstanding contribution to randonneuring in the United States.

This person is to be recognized for having gone above and beyond the call of duty to help our niche of cycling grow. It can be an RBA who has dramatically increased brevet participation, a hard-working RUSA volunteer, or someone who has helped randonneuring flourish by a selfless act, good sportsmanship, camaraderie, or by being a good Samaritan.

RUSA wishes to recognize that special volunteer and inspire others to do the same. It is the only award we have that names a single winner; all other awards can be earned each season by any of our members who qualify.

The RUSA Board awards the American Randonneur Award from nominations provided by any current RUSA member. This person must be a current RUSA member. Please note that the Board has decided to exempt itself from any active nominations for this award in order to avoid possible conflicts of interest.

If an American Randonneur Award nomination comes in for a sitting Board member, it is held over until that person's term of office has ended and then placed among the next batch of nominees.

You may nominate a member by email. To make a nomination by email, send your name and your RUSA membership number with your nominee's name and RUSA membership number to: Johnny Bertrand.

Or fill out the candidate submission form presented on our awards page (and mail it to the address on the form by December 15th).

The previous recipients of the American Randonneur Award were:

Johnny Bertrand (2001)
David Buzzee (2002)
Jennifer Wise (2003)
James Kuehn (2004)
Daryn Dodge (2005)
Bill Bryant (2006)
Robert Fry (2007)
Dan Driscoll (2008)
Mark Thomas (2009)
Don Hamilton (2010)

This year's American Randonneur Award has been presented to Mike Dayton. Mike Dayton, Esq., publisher, editor, journalist, bon vivant, flâneur. Mike has been awarded the 2011 American Randonneur award for his tireless efforts on our behalf, including his outstanding eight-year service as editor and publisher of *American Randonneur*, his update of the RUSA Handbook and other RUSA publications since 2004, and his recent interim service on the RUSA Board.

Jennifer Wise, RUSA #1, provided this appreciation.

Trick or Treat?

By Jennifer Wise

Mike Dayton called on Halloween night, 2003. In his low-key, easy-going style, he earnestly offered to take over the job of RUSA newsletter editor. I was caught off-guard. "Seriously? What prompted this?" I asked. "You helped my good friend, Adrian Hands, change his PBP start time," he said. "If you hadn't done that, he would not have finished officially."

Adrian had been assigned to the 80-hour start. He needed to be in the 90-hour start. I immediately contacted the ACP and pleaded that they bend the "you can't change your PBP start time" rule and fix this error. They did. Adrian went on to finish PBP in 88 hours 55 minutes. Mike claimed that this one gesture, was "above and beyond" the call of duty.

RUSA was looking for a newsletter editor, it seemed to Mike, to be a good way to repay the favor. Mike took over the job, from me, in February 2004 and stayed at the helm until December 2011.

He took a nice little newsletter and turned it into a high-quality publication. He improved the editorial content, increased the advertising revenue, printed it on good paper stock, added color covers and produced a classy quarterly magazine. Mike collected data for the annual RUSA Results Issue, updated and reissued the RUSA Handbook and also published a few of special PBP issues.

As editor-in-chief, his discretion when selecting material has been spot on. Each newsletter has had a balanced amount of educational and entertaining articles. Each issue was better than the one before. How did he do it? The true heart and soul of the organization is now represented in the pages of our enjoyable magazine. Mike has singlehandedly raised the bar, tastefully and effortlessly.

American Randonneur has matured under his supervision and each issue is a collector's item. Thank you Mike, for a good trick and a great treat.

Congratulations, Mike!

La Société Charly Miller for 2011

By Bill Bryant

Starting with the first Paris-Brest-Paris in 1891, determined cyclists have challenged themselves to see how quickly they could get themselves from Paris to the Atlantic Ocean and back. Whether racer or randonneur, this event has always drawn a field of fast riders, even after the final professional racing event ended in 1951.

The first American to ride PBP was racing star Charles W. Miller of Chicago, back in the second edition of the event in 1901. The champion long-distance track racer of his day, Miller ended up earning a fine 5th place in that year's race. When the next Americans returned to PBP in 1971, it was to ride the randonnée organized by the Audax Club Parisien. For most modern-day participants, doing Paris-Brest-Paris means seeing if they can finish inside the randonneurs' 90-hour time limit, but for some riders it still means seeing how fast they can finish the ride. In so doing, a few of them have matched or surpassed "Charly" Miller's time of 56 hours, 40 minutes. With this accomplishment, they join an unofficial fraternity of fast American randonneurs and randonneuses we call La Société Charly Miller. The most recent PBP saw 13 new names added to the roll of honor and two others put their name on it again. Well done, gentlemen!

At last year's PBP (2011), all the Charly Miller laureates were men, and on solo bikes, but in the past some have been women and some have done the ride on a tandem. It is also clear looking at this year's list that there was a strong effort in the Seattle International Randonneurs to get a number of their members into the Charly Miller fraternity. Hopefully, four years hence in 2015, there will be similar efforts around the country and more riders will add their names to the list.

More information and a full list of the members of La Société Charly Miller can be found at:
<http://www.rusa.org/societecharlymiller.html>

When not teaching elementary school, Bill Bryant, RUSA #7, is out on his bicycle, busy making frames and wheels, researching and writing about randonneuring, processing permanent rides, or volunteering for Randonneurs USA.

Bob Brudvik	Edmonds, WA
Greg Cox	Kent, WA
Bill Dussler	Burien, WA
Billy Edwards	Boulder, CO
Ryan Franz	Boulder, CO
Jan Heine*	Seattle, WA
Tom Knoblauch	Aurora, CO
James McKee	Seattle, WA
Robin Pieper	Renton, WA
Christopher Pile	Norwalk, CT
Chris Ragsdale	Seattle, WA
Bradford Tanner*	Concord, NH
Steve Thorne	Portland, OR
Ben Whiddon	Seattle, WA

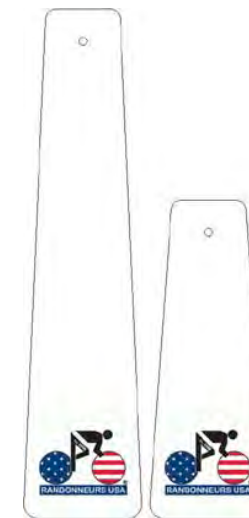
*repeat membership (Heine 3rd time, Tanner 4th time)

WHAT'S IN STORE?

GREAT NEW STUFF FOR RUSA MEMBERS ONLY



RUSA Cycling Gloves
Sizes: S-M-L-XL
\$29.95pr



RUSA Reflective Mudflaps
Hi visibility prismatic vinyl.
Includes 1 front & 1 rear flap,
& SS mounting hardware.
\$15.00 per set

RUSA Euro Decals

Weatherproof, removable vinyl. One size fits all. \$1.00 each



Visit the RUSA Store at www.rusa.org. Click "Online Store" Start your shopping.



Paul Rozelle with his IRO Jamie Roy Fixed Gear. Photo courtesy Michael C. Weimar.

What We Ride: The IRO Jamie Roy Fixed Gear

By Paul Rozelle

I began riding brevets on a fixed-gear in 2009, not just for the added challenge, but because I like the bicycle's mechanical simplicity and the mental freedom that accompanies it: I don't have to think about what gear I'm in or deal with finicky derailleurs late in a long ride. I especially appreciate the feedback the bicycle provides. For you skiers, riding a

fixed-gear is similar to telemark skiing. There's a more intimate connection between you, the bicycle, and the environment than you experience with a road bike (or alpine ski bindings).

You don't see a lot of aluminum fixed-gear bikes designed for urban riding on randonnées. However, the Jamie Roy's geometry, in particular its 130mm rear spacing and long wheel base, make it a surprisingly comfortable long-distance bicycle. Like

a lot of randonneurs, the Jamie Roy ended up doing long rides because it succeeded at shorter distances: "Well, the 200k was comfortable; let's try it on the 300k..." Four seasons and dozens of long rides later, we're still together.

Components. Phil Wood hubs are laced three-cross to Velocity Deep Vs with DT Swiss spokes. The chain ring and EAI cog alone cost more than the frame, which I paid \$189 for, new. The cranks are Sugino 75s. I use 1/8" BMX chains, not just for aesthetics, but because they lack lateral flex, minimizing the possibility of accidental derailment. I run both front and rear Cane Creek brakes for safety, especially a concern on big mountain descents where I alternate them to keep the rims from overheating. The Selle Italia Flite Trans Am saddle fits my derriere perfectly.

Gearing. "You Only Need One," is emblazoned on the drive-side chain stay, lest I forget my commitment to minimalism. But which one? "Middling gears," gears between about 65 and 75 gear-inches, are good all-purpose gears, which is what you want for randonneuring. You're looking for the "Goldilocks gear," a ratio that's ok most of the time and serviceable the rest of the time. 49x18 produces 16.5mph at 80rpm, which is fine for riding the flats and rollers, can be shoved up steep grades with pig-headed determination (though did walk about 100 meters of the Janesville Grade on the Gold Rush 1200k), and

permits descending in the low- to mid-30s before I have to get on the brakes. I once did a 200k in 49x15, and I did PBP in 48x18.

Lighting. I use battery-powered lights for simplicity and ease of transfer between bicycles. Currently, I'm running a Bike Ray, which is a mountain-bike light designed by a local Orange Park, Florida, company. I run a secondary "be seen" light – something that costs \$20 or less is my only criterion – should the main light fail or I want less light than it produces.

Baggage. A Carradice Super C Saddlepack gets me around anything from 400k to 1200k. I'm not adverse to drop bags, credit cards, and stuffing my jersey pockets. Although I did throw a chain whip and selection of bigger cogs in my Loudéac drop bag, I've never changed cogs on a brevet.

PBP and other 1200k's. My 1200k set-up and packing list tends to be the same as for 400k. For PBP, I learned a few extra French phrases to talk about the bicycle -- the French use "meters of development" rather than gear inches when discussing how much you're wrecking your knees on un vélo à pignon fixe.

Paul Rozelle (RUSA 2955) is the RUSA RBA for Central Florida.

- ◆ **New Format: 4 Days**
125 miles per day
Bag Sag to Motels
RUSA 200 km Brevets
- ◆ **Steep Climbing !!**
Over 30,000'
Elevation Gain
- ◆ **500 Miles of Crushing**
Climbs and Daredevil
Descents Around the
Finger Lakes Region of
NYS
- ◆ **July 25-28, 2012**
- ◆ **For all the details:**
www.quadzilla.us

Miles to Go: Safety Is No Accident

By Miles Stoneman



Miles Stoneman

Seen on a curling iron: For external use only!

Seen on a toilet at a public sports facility in Ann Arbor, Michigan: Recycled flush water unsafe for drinking.

LOL, as they say.

From the Accident Waiver and Release of Liability

(AWRL) used by RUSA: I acknowledge that this athletic event or activity . . . carries with it the potential for death, serious injury and property loss.

Not LOL. The risks we take riding our bicycles are no joke, and safety is no accident.

For a complete discussion of safe riding, read DISTANCE CYCLING by Coach John Hughes and Dan Kehlenbach. I'll limit myself here to three salient issues, taken from LES PAROLES DE L'HOMME DE PIERRE (Sayings of the Stone Man).

#38. Maybe you're not the sharpest knife in the drawer; but you can always be the brightest crayon in the box.

When I ordered Rain Legs I noticed that I could get black or camouflaged ones. Black? Camouflage? Really? Look at the pictures of any brevet and count how many riders you see wearing hi-viz jackets, jerseys, or vests. Now look at the pictures taken at your last brevet. Are you the brightest crayon in the box?

Got lights? I asked John Lee Ellis about backup lighting systems. He said,

Many of us have had "foolproof" lighting systems flake out. This happened a while back on the Last Chance 1200 to a sensible rider with a dynohub setup (and no backup): great light and generally robust, but they, too, can fail. So now on longer events (the 1000ks, High Country 1200, and Last Chance 1200), I require two independent headlight systems and two independent taillight systems. Up front, that could be a dynohub plus a battery light, or two battery lights. It's a simple redundancy solution, and need not be heavy or expensive.

Speaking of riding in the dark . . .

#40. Act your age after dark — slow down, spread out, and take a nap when you're tired.

It's safer to ride with others after dark, even if you have to ride more slowly than you had planned. Besides, you'll see that limb across the bicycle trail before you hit it if you're riding more slowly.

Riding with others after dark can be the best randonneuring you'll ever do. But even with the best lighting system, potholes and road debris can bring the good times to an abrupt end if you aren't leaving enough room around you for the necessary maneuvers. Spread out a little.

Early starts or all-night rides create another danger — fatigue. If you start to fade, pull over and take a 20-minute power nap. The sleep monster is always looking for riders to devour. On the longer rides, naptime is often built in. Make use of it.

Again, John Lee: "Like a number of organizers, I start my longer rides early in the morning (4am starts for 400k, 600k, High Country 1200), which, at the cost of some start-off miles in the dark, allows most riders to finish 400 km of riding in early or late evening . . . before the zombie hours. The 600k suggested sleep stop is at the 400 km mark, which takes advantage of this timing."

But what if the weather turns poor or the traffic seems too heavy? Should you press on or abandon?

#61. Don't ask me, I'm not your mother.

As the RBA, I can help by providing local information, but you will have to decide for yourself if the traffic volume, road surface, or weather is safe for completing this event.

Last year, the Little Egypt Randonneurs 300k brevet was held in June. Although a severe thunderstorm was predicted, the ride was not cancelled. Four riders started and then the storm blew in. Heavy rain fell like big, wet gumdrops and lightning flashed constantly. Three of the riders abandoned, believing that the weather conditions were unsafe. One rider finished the brevet. All the riders did exactly the right thing. Each made individual decisions.

Mark Thomas recently put it this way:

(1) Our basic principle is that riders are self-sufficient and responsible for their own safety.

(2) I believe that each rider potentially has a different risk calculus than other riders and that more information allows riders to make their own calculations and NOT rely on RUSA or their RBAs to do it for them.

(3) My personal example illustrates my goals: There is a lot of wonderful (and epic) randonneuring to be done in the winter months. I know of several SIR members who have, over the past decade, fallen on ice and sustained serious pelvic or upper leg injuries. That information causes me to be extremely cautious for myself about riding in conditions that might be icy. So I have, for example, chosen not to ride our recent winter solstice overnight ride. That was my personal decision as a rider. As RBA, I allowed the ride to be held and those who completed it were thrilled with a great rando adventure.

RUSA's AWRL clearly states who has the final responsibility for safety: If at any time I believe conditions to be unsafe I will immediately discontinue further participation in the activity.

In other words:

#1. Never let pride chair the steering committee. Mieux un chien vivant qu'un lion mort. (Better a live dog than a dead lion.) Choose wisely, grasshopper.

On your next brevet, put safety in practice. Dress like you want to be seen. Ride within your skill level. Bring reliable lights with back up. Rest if you need to. And if you see someone who seems a little unsafe to you, don't be afraid to offer helpful, friendly advice.

Enough from me. John Lee gets the last word: Of course every organizer will say above all it's important to set a tone for safety and set an example. . . . Making sure folks ride politely and alertly is the first step.

Safety is no accident.

Miles Stoneman (RUSA 5169) is the RUSA RBA for the Little Egypt Randonneurs (Marion, IL).



Visit our Website to view all our Cycling Clothing
www.boure.com

Clothing designed, tested, cut & sewn in Durango, Colorado for all-day comfort.

FREE Shipping for Web Orders

Online Catalogue with Detailed Product Specifications, Web Specials, Vintage Bikes & More.

For any and all info: info@boure.com

Little Egypt Randonneurs 1st Annual Double Century

September 15, 2012



www.lerandos.com

Roll with the Egyptian Dogs on Saturday
Camp for the weekend at the
Cave in Rock State Park

It takes a village...or a few more volunteers

By Dr. Codfish

It was with a surprise then that I noted the general discussion at our annual fall meeting of Seattle International Randonneurs turned not so much to PBP as to coming events.

There was a lively discussion about how best to recruit new members to our quirky sport. The subsequent chat on our club Google group discussion list was animated indeed, and raised many questions, many different opinions, and even a few facts. As a result, we decided to try to put on a monthly populaire to boost ridership.

As simple as that initiative sounds, anyone who has been around this sport for more than five minutes knows that this does not happen just because it seemed like a good idea at the time. Fortunately, a few of 'the usual suspects' raised their hands and volunteered to coordinate the first few of these rides.

Why a populaire once a month? Our thinking was that for many urban cyclists and commuters, a 100K route might seem 'big' but not crazy big. We also chose the populaire because it does not require riders to be members of RUSA or SIR or to pay a ride fee.

It incorporates just enough rando-specific jargon, rules, and procedure to allow some exposure, but not so much that it would overwhelm new riders. These rides also count toward the P-12 award and we thought that would be an incentive to get current RUSA members to come out and ride with the newbies. We thought this could also be a good introduction for those rando widows and widowers who hear about it but who shy away from the longer rides.

We decided that we would begin by keeping this series of rides close to major population centers. We wanted to avoid having the problem of just getting to the ride be a deal breaker. And given that we were launching this goofy idea in winter, less travel just seemed to be a sensible approach. We also noticed that over the last few years, our urban populaires had been very popular with younger riders, a demographic that we feel is underrepresented in our club membership.

In order to make it a little easier on volunteers, we have been using existing 100k permanent routes, and we have focused on rides that have a pleasant venue at the finish where riders can get a coffee or beverage of choice, and a donut or lunch. This allows for some post ride chat which is appreciated by riders new to the sport.

We also cooked up a one-page post-ride questionnaire that we ask new riders to complete. So far all have been willing and the responses have been generally positive. They appear to be interested in riding more populaires, and they express interest in riding longer events.

We got off to a rocky, or should I say slippery, start. The date we set for the inaugural monthly populaire in November dawned cold and icy. We postponed the start for an hour to let the ice melt. With a coffee shop nearby, most of the riders drifted back to the start an hour later. No one fell, no one was hurt, and everyone (except a tandem couple with a trashed tire) finished within the time limit. Out of a total of 35 riders, 7 were new to randonneuring. One of our intrepid permanent coordinators, Narayan, volunteered to help organize the November ride, and it would not have happened without his efforts.

December was a different story. Unseasonably warm and sunny weather helped generate great turnout. Again, long-time member Amy stepped up to organize the December offering. There were a total of 45(!) riders, and all finished, including all 10 of the new riders.

Our stalwart Winter Training Series coordinators, Ralph and Carol, have volunteered to modify a couple standard routes to make them eligible as permanents for January and February. March will be our usual spring populaire kickoff ride. We're still looking for volunteers for the remaining months of the year but I am confident that people will step up.

It is a little too soon to be making claims – we've only run the first two monthly Populaires to date – but there is a little raw data for you data geeks to munch on:

- Two events held so far (November and December)
- Both well attended, with 35 and 45 riders respectively
- Both had new riders attending, and finishing the event,

7 and 10 respectively. All of the new riders polled said they were interested in riding more populaires and longer randonneur events.

- Our club website, word of mouth, and announcements through other clubs have been the most common way that riders have learned of the populaires

We are not sure that this will become a permanent fixture on the SIR calendar, but we'll do it for a year and evaluate the results. If you're not doing something specifically to grow the sport in your area, give it some thought: More riders are good for cycling and good for randonneuring. I think it was Gandhi who said, "Be the change you wish to see in the world."



Yr Pal, Dr Codfish, ... aka Paul Johnson, RUSA #1168, lives and rides in the Pacific Northwest

New Products for the Randonneur or Randonneuse

Smaller choices to our popular Top Tube Brevet Bag

Original TTB Bag



NEW Top Tube Century Bag

NEW Larger Snack Box Insert

NEW Top Tube Tri Bag

New lightweight RandoBags™ (5 & 8 liter)

Roll-top opening—allows overstuffing

One large compartment with zippered brevet card pocket



Dual compression straps—bag shrinks or expands as needed

Removable tie downs—add clothing to the outside

Improvements to our 2011 Large Zippered Saddlebag

Lighter-weight saddle adapter

Rear & side reflective stripes



Easier-to-use web compression system

SSS — SOFTSIDE SADDLEBAG SYSTEM
Modular system—attaches to saddle rails & not the seatpost



For Endurance Outdoor Athletes
Purpose-built Bags for Randonneurs & Ultracyclists
Facebook.com/eogear



Your Online Roadie Source
Free Ground Shipping for RUSA Members*
DistanceBiker.com/bags

*Online orders totally \$50 or more. Distance Biker is exclusively selling the eoGEAR line of bicycle bags (previously sold under the Kinesis label).

Rando Acts of Kindness: My NZ 1200



Above: On the left! Heading for the mountains on the first day with Jan-Erik Jensen (Sweden, in the polka dot jersey) and Rus Hamilton (Australia, in the Swedish jersey).

By Mark Thomas

It came as no surprise to my randonneur friends that I would sign up for the first 1200 Km grand randonnee offered in New Zealand. Since I began riding brevets in 1998, I've been privileged to ride 1200 kilometer or longer events through 10 different countries. The draw of combining unfamiliar surroundings and a familiar activity proves irresistible time and again. So the Southern Kiwi Hunt 1200 called.

I expected a challenge. A 1200 Km event does not come easily to me under any circumstances. I've finished in fewer than 80 hours exactly twice and only because, "It's a great sport indeed, where you can make up for a lack of ability with a lack of sleep," as I was once told by Australian rider Peter Donnan. And I was fresh off my slowest 1200 Km ride ever at last year's Paris-Brest-Paris.

The unfamiliar always adds to the baseline challenge. I'd never been to New Zealand, much less biked there. Would the ride really have 14,000 meters (46,000 feet) of climbing, as advertised on the website via a RideWithGPS track of the preliminary route? Would there be hundreds of kilometers between open services? If so, how would I do with a no-support ride? Would I be ready for a 1200 in the middle of our winter (February), with my last long ride a receding memory? Would I remember to stay on the left, even when tired? Would wild Kiwis hunt me instead? Would the Earth move? (Fellow rider Julian Dyson would ask me whether I was on a mission to ride all the "seismically unstable 1200s").

Fear can be a powerful motivator. I should train, I thought. Past experience, however, has taught me that the only training plan I can follow is that famously attributed to Eddy Merckx: "Ride lots." So I rode 4,000 kilometers of permanents from the beginning of October to the end of January. In lieu of the structured training that could help me if had the discipline,

American Randonneur

I hoped to accelerate my training by riding most of those kilometers on my single-speed bike, which had been hanging forlornly in the garage for four years. My friend Joe Platzner suggested that if I couldn't be troubled to do intervals, I could at least try going all-out a few times on each ride. What about building in some rest? Well, the ice and snow of an ugly Seattle January gave me an unscheduled 2-1/2 week break.

In many ways, however, the real story about getting ready for this ride involves the oft-cited camaraderie of a community of randonneurs that spans the globe. I used to claim to be the Blanche Dubois of randonneuring, always relying on the kindness of strangers. More and more now, that kindness comes from old friends as well as strangers.

How grand it would be, I thought, if a fellow Seattle rider would sign up too. Wanted: Strong rider, steady disposition, highly tolerant, beer drinker, good sense of humor, likes long rambles in foreign lands. (Of course, Seattle is the Lake Wobegon of randonneuring -- all our riders are strong and good-looking). Rick Blacker answered the ad, tapping into his reservoir of frequent flyer miles, and now I had another rider with whom to plan the adventure.

Then it was time to tap into the kindness of Tarheels (and Dukies). Nervous about attempting a 1200 in February without a ride over 200 kilometers since September, I scanned the RUSA calendar for a long ride. Tony Goodnight had a 600 Km brevet scheduled in North Carolina for February 11. With barely 1,000 meters of climbing, it wouldn't do much to prepare me for New Zealand's southern alps, but it would refamiliarize my mind and body with a long ride. (With a crash, wicked winds, and subfreezing temperatures, the ride would test fortitude as well, but I didn't know that when I signed up). I could also try powdered bike food, which I had long ago abandoned, to see if it would be a partial solution to the long service-free stretches in NZ.

Mike Dayton offered to join me, put me up in Raleigh, and get me to the ride start. Branson Kimball offered me his bike. Ian Hands agreed to the long ride (which, I suppose, is like gravity agreeing to pull). Other NC folks joined in --

Joel Lawrence (whose Seattle brother Tom was an inspiration when I first started riding with SIR), Jimmy Williams, Tim Lucas, and Cap'n Ende, with all of whom I'd had the pleasure of riding previously. In a happy confluence of events, I could combine the trip with a surprise visit to my folks for my mom's birthday and with a chance to present RUSA's prestigious American Randonneur Award for 2011 to the extremely deserving Mike Dayton.

It took more kindness of randonneurs to complete the 600k. After a crash that toasted the front generator wheel of my



Otira Viaduct on the way to Arthur's Pass. Amazing road engineering still led to 2 kilometers at 16% to climb over the pass. It was a nice day for a walk!

(continued from previous page)

borrowed bike, RBA Tony brought me a wheel, Ohio rider Bob Rich loaned me a light much better than my spare, and all my riding companions waited with me at the sausage store for the wheel. Despite the crash and lack of hills, I finished the ride with a bit more confidence in the state of my preparation.

The biggest NZ-related benefit of my North Carolina trip, however, came from running into John Morris, who was riding a shorter event that weekend. I had met John in 2010 riding the Perth-Albany-Perth 1200 in Western Australia. At the time, John and his family were living temporarily in New Zealand. John told me that he had done some riding and touring in the area of the Kiwi Hunt and suggested that we get together on Monday after the 600 so he could offer some advice. Apparently unwilling to rely only on his memory but willing to give generously of his free time, John researched the route in some detail. When we met, he had maps, a spreadsheet of towns and their cafes and stores complete with likely closing times, and a number of invaluable suggestions about how to approach the ride that could only come from a fellow randonneur. Rick and I would plan our overnight stops based on that approach and would refer to the spreadsheet of support services often on the ride.

Meanwhile, in another hemisphere, ride organizer Duncan MacDonald was cheerfully and tolerantly responding to a stream of e-mails from me about the ride. One of those e-mails brought the welcome news that we would have bag drop support for the ride. Logistics were becoming less of an issue. Another e-mail contained a list of the likely riders. Three riders from Australia, two riders from the UK, two riders from the U.S., one rider from Sweden, and one local were expected to start the event. To my amazement, there were only two riders that I hadn't met on previous rides.

So, with another 1000 Km of randonneur rides in February, I was as ready as I was going to be. Loaded the duffel with powders, potions, wool, and lycra. Loaded the bike case with my new fancy-pants carbon randonneur bike that had yet to cover more than 200 Km at one go, but seemed eager to try. Loaded the GPS with the route. Recreating the route using BikeRouteToaster, the online routing tool with which I am most familiar, brought the welcome suggestion that the ride might have 10,000 meters (not RideWithGPS's 14,000 meters) of climbing.

I headed to the Seattle airport for the 42-hour travelathon that would take me to Christchurch. Although I had dreaded the thought of an 11-hour layover in Sydney, it proved to be a delight. Not only was I able to meet another randonneur

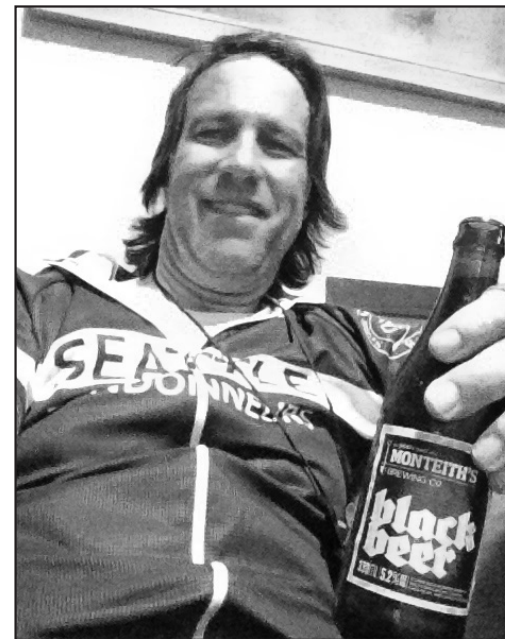


Julian Dyson (UK) climbing past a hill sign.

friend (Garry Armsworth, past president of Audax Australia) for a morning coffee, wander around the harbor and the Opera House, and enjoy a harborside lunch, I also encountered a revolutionary (to me) coffee shop where the pastries arrived with a dipping bowl of liquid Belgian chocolate. Now that's a good idea.

Three more air hours (and one hilarious Air New Zealand flight safety video) later, I met up with Rick at the Christchurch airport to head to our motel. Our late arrival (after midnight) would be no problem, the motel proprietress had assured me. "We'll just leave the light on in your room, the key inside, and the door unlocked." Similar responses had come from all our other planned lodging.

With a busy schedule of building up our bikes, touring the earthquake damage (we had arrived on the first anniversary of the deadly quake), meeting organizer Duncan, catching up with old friends (Julian from the UK, Jan-Erik from Sweden, and Rus from Australia), and drinking beer, the two days before the ride



Mark Thomas, the author, celebrating with a beer at the finish in Christchurch, NZ.

passed quickly. On the evening before the ride, all but one of the riders, the two volunteers, and various friends enjoyed a nice, social dinner during a wicked storm featuring heavy rain and crazy winds. In one of the many strokes of good luck that accompanied the ride, this weather would not reappear until the day we left New Zealand.

On Saturday morning, Duncan led us out of Christchurch at the civilized hour of 7 a.m. on the first day, with 75 Km to cover to the first control at the Hororata Cafe (wonderful coffee, filling bacon and cheese pie, charming staff). On the elevation profile, the first 200 Km of the route looked amiable. Some flat land leaving Christchurch, followed by 90 Km gently uphill and 90 Km back down. The detailed profile from RideWithGPS appeared to be missing a data point at around 100 Km, but I assumed it to be an artifact contributing to that website's overestimate of the climbing. A plunge into the scenic Rakaia Gorge revealed the error of that assumption. After the obligatory photographs, we headed up the double digit gradient climb out the other side -- our first introduction to the steep hills of the ride.

Ninety kilometers of uphill trend (to 700 meters) brought us to dinner on the shores of scenic Lake Tekapo with Mount Cook in the background. Our planned exploits attracted the attention of other tourists, one of whom was quite insistent that we should use a "much flatter" route over the next stretch. We declined and rode another 90 kilometers into the evening and night to our planned sleep stop in Omarama at 360 Km.

As promised, the proprietors of the Top 10 Holiday Park had left the lights on and the keys in a comfortable little cabin. Rick and I were pleased with the day. We had averaged 25 kph and been reasonably efficient with our stops. But our ride plan called for a longer Day 2. John Morris had advised that making Fox Glacier (735 Km) in good shape would be key to a successful ride. So we agreed on a five-hour sleep stop and a pre-dawn departure.

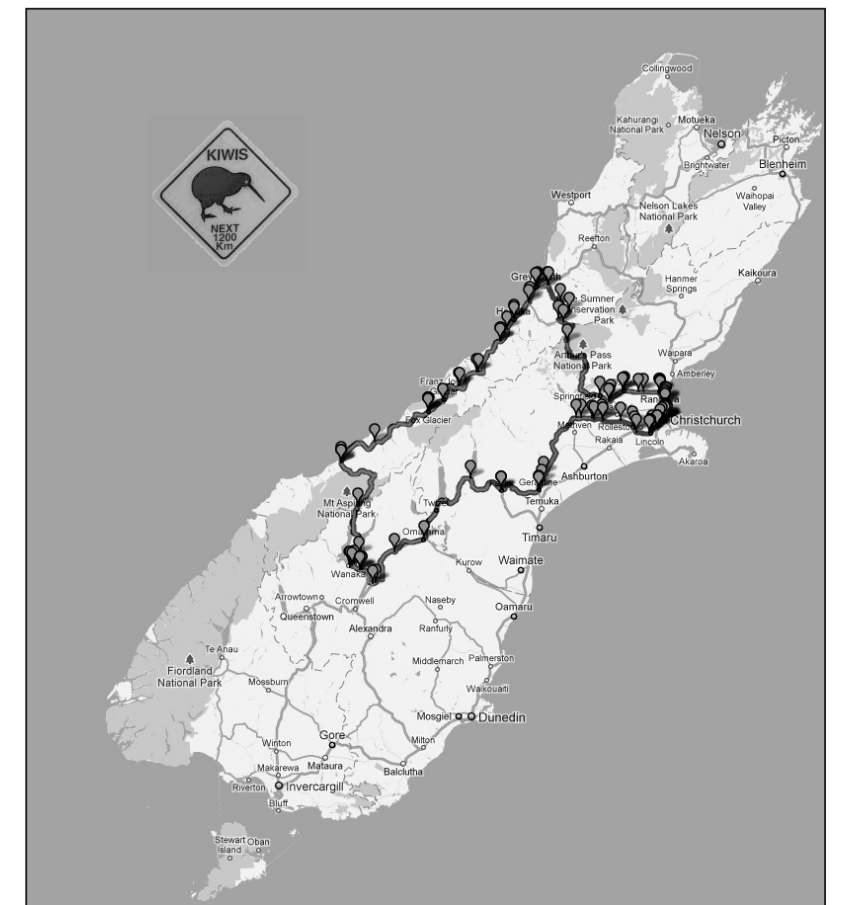
Welcome surprises in the roadside services department punctuated the long second day. It was 110 Km to the first control in Wanaka over Lindis Pass, the highest point of the ride at 965 meters, but as we descended into Tarras after 75 Km, the welcome sight of Jan-Erik in front of a just-opened coffee shop greeted us. The giant brunch in Wanaka was no less welcome for being expected.

As far as we knew, it would be 145 Km before the next services (at Haast on the west coast). A seemingly endless series of steep rollers along Lake Wanaka and Lake Hawea

sowed some healthy seeds of doubt about the feasibility of that. About halfway along, however, Makarora appeared. With ice cream. Another happy surprise.

After cresting Haast Pass, the lowest pass over the Southern Alps at 565 meters, and white-knuckling the steep twisty descent, I struggled to keep up with Rick, riding like a man possessed. I couldn't figure it out; we had a long run-out along the Haast River to reach the coast and there was no way we could make the Haast Store before it closed at 7:00 p.m. Rick, on the other hand, had in mind that the store closed at 7:30 p.m. and we'd be in time if we killed ourselves. We arrived to the happy discovery that the store/restaurant stayed open until 8 p.m. (or later, if they felt like it). The full menu was available to us, allowing us to avoid the fate of a couple of later customers. After rejecting their first few attempts to order, the lady behind the counter finally informed them that they could have whatever they wanted. As long as it was the fish & chips. And as long as it was take-away.

We still had 120 Km to our planned overnight stop. Spurred on by fear of the dreaded sand flies and encouraged by the occasional sight of tireless volunteer Bruce, we rolled in well after midnight (I think it was nearly 3 a.m.) to find the key to our cabin taped to the window of the office, as promised.



The route on New Zealand's South Island. Two crossings of the Southern Alps and a beautiful trip up the west coast were highlights.

Hoping that John was right and our ride was now in good shape, we indulged in another 5+ hour stop. Monday started with spectacular views of the glaciers and another great breakfast. The ride up the coast to Greymouth at 930 Km featured (mostly) gentle terrain and benign winds. Later we found out that the soul-sucking exception, the steep and multiple-false-summited climb after Whataroa, was aptly known as Mt. Hercules.

A delicious and spicy Indian dinner in Greymouth settled our stomachs for the long haul up to Otira, where we planned to spend the night at the Otira Hotel in the town that was for sale. For the last two years, Christine and Bill Hennah have been seeking a buyer for the 150-year-old town, complete with hotel, fire station, houses, and historic train station. Although not likely buyers, we were keen to test out the late arrival plan from Christine's e-mail: "Yes, we would just need you to go to the back door (which is our bedroom) and knock loudly! The dog will bark which will wake my husband to let you in and you can pay in the morning."

The plan worked flawlessly and Rick and I got another good night's sleep. We would earn our breakfast by climbing the rest of the way up the Otira Gorge (in part on the impressive Otira Viaduct) and over Arthur's Pass. Forewarned that walking would be likely with over 2 Km at over 16%, I was appropriately apprehensive. Especially at 1020 Km into the ride. I needn't have worried. Tuesday was a lovely, if cool, morning for a ride. Then a walk. Then a ride. Then a walk. Then a ride.

Enjoying breakfast in the town of Arthur's Pass, but somewhat addled by the accumulated miles, Rick and I could not make sense of the exclamations of "Kea!" directed to us by various

kindly employees and patrons. Eventually we learn that a kea is a giant local parrot and that one in particular was attacking our bikes. He had opened Rick's handlebar bag and mastered the zipper on Rick's saddle bag in a (successful) search of food. Apparently also fond of ripping rubber, the kea also tore up Rick's brake hoods and the rubber ring around my water bottle. The kea's battle to separate the ring from the bottle included pulling my bike over onto the ground. We went out a couple of times to repair the damage, right our bikes, and scare the bird off before realizing that the kea is the "honey badger" of birds and wasn't going anywhere. We wouldn't finish breakfast until we brought the bikes inside.

The rest of the ride went well. With confidence generated by a few hours of "time in the bank," we walked again on unheralded Flock Hill, met up with Rus, pattered over Porter's Pass, screamed downhill to the plain, ate well, and cruised into Christchurch for a happy finish in the last light of the day. All but one rider finished, one just barely out of time, on New Zealand's undeniably successful first 1200 Km grand randonnee. Kudos to Duncan McDonald and friends for putting it together. I hope they do it again. Challenging and scenic, the Southern Kiwi Hunt 1200 makes a nice addition to any 120 Km collection.

I'll remember the many small and large kindnesses that contributed to an "anti-Murphy's law" ride. Everything that could go right did. In addition to the generally favorable weather, Rick and I were lucky to experience no mechanical issues (not so much as a flat tire), no navigational challenges, and no physical issues. Instead we found spectacular scenery, challenging terrain, just-enough kind volunteer support, and warm hospitality.



Rakaia Gorge, NZ

Fit Function

Mary Rezny



Style

Custom handcrafted steel framesets designed and engineered to your needs by a master craftsman and fellow cyclist.

RUSA 1681
La Société Charly Miller 2007



www.alexmeade.com 859 . 351 . 8443 Lexington, KY

Gabi and Willy Nevin on their P-12 effort. Photo courtesy Willy Nevin.



An interview with Gabi Nevin

By Bill Bryant & Lois Springsteen

Gabi Nevin is RUSA member #6547 and lives in Pacifica, California. Gabi and her father Willy ride with the San Francisco Randonneurs. Gabi, 11, is one of the first randonneuses to earn the P-12 award and we thought it would be fun to chat with her and find out what it was like to do a permanent populaire each month for a year.

Q: Gabi, there are a lot of ways to have fun on a bike and we know you do all sorts of rides. Tell us a little bit about your interest in randonneuring and why you set out to earn the P-12.

A: I like randonneuring because it's just a great sport, good exercise, I get to spend time with my dad, and I have a blast doing it. I wanted to ride a P-12 because it's only 100km, so you don't have too far to ride. It teaches me to be consistent and not forget to do the ride of the month. You might not think it's hard, but it's really easy to forget. Like the month after we started, we forgot to do the ride! We lost two months and finished the next December instead of October.

Q: You spent a lot of hours in the saddle doing those long

rides, what did you think about to make the time pass?

A: I usually start a conversation with my dad or think about what's happening in the following days. But what distracts me the most, and passes time, is I usually hum one of my favorite songs. Also, we ride on the coast so there are lots of beaches. On our rides we saw a sea elephant and a pregnant blue whale (the biggest living thing on the earth) washed up on the shore! Every month we watched them decompose. We also found a turtle on one of the up-hills, a cell-phone, and two dead baby deer that my dad and I always have a discussion about if there is one deer or two deer. I think there were two deer. We find a lot of things on our rides.

Q: What was the hardest part about earning your P-12?

A: There wasn't really a hard part about it. I guess the only hard part was remembering to do the ride and to be sure to have fun!

Q: When you started out with your first few rides, did you think you could keep the string of 12 rides going an entire

year? Did anything happen during the year that made you worry that the string would be broken?

A: When we started out, I was confident that we could do it. Then, on our 2nd month in December, we forgot to do the ride and had to start all over. Luckily, it was only two months, but it could have been much worse.

Q: Do your classmates and teachers know about your cycling adventures? What do they say at school when they hear you rode your bike 100 kilometers or longer during the weekend?

A: My friends know I'm a big cyclist because when they come over to my house, they see all the fancy bikes in our garage, but they take it as just another sport or hobby. Whenever I tell them, they're always, like, "that's cool", but I know they are thinking in their head, "Wow, Gabi really rode 100 kilometers!" I guess they aren't really into it. Most of my friends play soccer or they are on the swim team, but I like to be different.

Q: Now that you've completed your P-12 year, are either of your sisters or any of your friends interested in earning one too?

A: I don't really think my sisters Jaci and Lulu are the bike-riding type. I'm more of the sporty sister out of the three of us, but we do ride down to the beach, or on the bike path in Half Moon Bay. Jaci tried cyclo-cross and didn't like it and Lulu isn't old enough yet, so we'll see.

Q: Do you have any words of advice to anyone starting out getting their P-12?

A: My only advice is to do your ride as early in the month as you can. If you run into bad weather or if you have to do something you just can't miss, you won't have to start over and you won't have to stress about it. Also, have FUN! Enjoy the ride and views; don't let it go to waste!

Q: What is next for you on the bike? Do you have any more cycling goals you want to achieve in the near future?

A: Later on I want to start to do some 200k's and 300k's, and maybe even get an R-12. Also, my dad and I want to do a tandem relay for the Furnace Creek 508. When I'm 18, we are planning to do PBP together. I think it would be fun. My dad and I are still doing 100k's just for fun and to get out of the house on the weekends. I am also doing cyclo-cross. I've been racing for three years and place in the top five every time. It's so much fun because I race the same time as my dad, and all the people who run the Pilarcitos races know me. Every time I cross the start/finish line, the announcer yells "...and here comes Gabi Nevin from Pacifica!" I love it!

Thanks for chatting with us, Gabi. We'll see you out on the road!

When not teaching elementary school, Bill Bryant, RUSA #7, is out on his bicycle, busy making frames and wheels, researching and writing about randonneuring, processing permanent rides, or volunteering for Randonneurs USA. Lois Springsteen, RUSA #8, is past president of RUSA and is RBA for the Santa Cruz, CA region.

How to Ride & Finish Events By John Hughes, Coach, RUSA #46

Paris-Brest-Paris '79, '87, '91, '95, '99, Boston-Montreat-Boston '92, Rocky Mountain 1200 '04

Gaining a Mental Edge—Using Sports Psychology to Improve Your Cycling—17 pages

Beyond the Century—How to Train for 200 to 1200 km Brevets—16 pages

Intensity—How to Plan & Gauge Your Most Effective Training Efforts—13 pages

Eat & Drink Like The Pros—How to make your own tested ride food and drinks providing healthier, tastier nutrition at lower cost—16 pages

Butt, Hands, Feet—Preventing & Treating Pain in the Pressure Points—12 pages

Nutrition for 100 km & Beyond—What to eat before, during & after for a successful and enjoyable ride—16 pages

Available now: www.RoadBikeRider.com

Invasion of the Ohio Horde

By Roy Burnham

We come from the land of the ice and snow, From the midnight sun where the hot springs blow. The hammer of the gods will drive our ships to new lands, To fight the horde, singing and crying: Valhalla, I am coming!

Led Zeppelin, "Immigrant Song" (1970)

Gone to Carolina in my mind.

James Taylor, "Carolina in My Mind," (1968)

Going someplace in someone's mind is not that unusual, in fact, when randonneuring, it's expected. However, winter in Ohio requires at least a moment – a weekend – where your mind and

body (and bicycle) can go places together. This is the idea, and the sanity check, that embodies the Ohio Randonneurs yearly pilgrimage south.

Over the past several years, particularly in the last stretch of hard Ohio winters, the January trip south provides a time of reentering rebirth and introduction. For those who have slacked off because of the holidays, it's a time to refocus. For those

who have languished over years, it is a time of rebirth. For those new to the idea of distance cycling, it's an introduction.

In years' past, our group has gone to Gainesville, Florida for the January ACP 200k. Traditionally, that's been the same weekend as the Martin Luther King, Jr. holiday, which conveniently provides an extra day off enabling many to make the trip. This year, that event was moved up a weekend so as a group, we decided to try South Carolina's Pee Dee Sandhills 200k Permanent out of Florence. Many in the group pointed out that the name contained "hills," a harbinger of things to come. Those more experienced in the group noted the posted elevation gain of 2,100 feet on the RUSA website and shrugged off the concerns as theater, fear, and excuses for too much eggnog over the holidays.

Over the past several years, our group has consisted of grizzled veterans, newbie century riders, and everyone in between. The common theme for the group has been the need and desire to go farther, in warmer weather, with friends and have fun. We have had folks do their first century, their first double metric, driven the farthest, and whined the most.

Excuses or not, this year's group traveled the 9.5 hours south to the comfortable site of palm trees, no snow, and leaving the winter weather advisories just posted in Ohio behind. We collectively thought of warmth, sunshine, and perhaps even the delicacy known as shrimp and grits. Weather forecasts pointed toward cooler temperatures than the 70 degrees seen early in the week around those parts but hope remained high, if not unrealistically so. Our group, made up of seasoned randos and first-time 200k riders talked on the eve of the ride about strategies for a successful 200.

Our South Carolina hosts Tom Bardauskas and Scott Connelly referred to us collectively and affectionately as the Ohio Horde. Indeed, images of 17+ Buckeyes pillaging unsuspecting convenience stores and gas stations much like the Capital One Vikings must have been running through their heads. Our bark was far worse than our bite however. Our group plus about 6 locals was making for an impressive turnout for a mid-January Permanent, especially starting at 28 degrees.....not that we were bitter....

Over the past several years, this has not been the first time we have brought the bad weather. Four years ago, we brought rain and 60s to Gainesville while 3 years ago we brought 50-degree highs and frost. Remarkably, despite the near certainty of crummy weather arriving with our group, we were still invited back.

This year, as Tom read off the ride announcements at the Pilot truck stop, more than one of us thought about how we drove so far for what seemed like little temperature gain. Ohio has been having a mild winter thus far, having days not unlike the one we were about to experience in South Carolina as recently as last weekend. The Columbus area was now in the single digits, and even Florida's oranges were bundling up.

For those unfamiliar with this region of South Carolina, the Pee Dee Sandhills region is made up of pine trees, sandy soil, pine trees, lightly traveled roads, and pine trees. The terrain is not the

Rocky Mountains, but it's also not the flat lowlands of Florida or western Ohio. It also contains pine trees if I failed to mention. The rolling hills of the Pee Dee Sandhills Park region are doable if not relentless in the stretches from the 1st to 3rd controls.

The cold start combined with most of us coming out of a holiday season with light miles made for a slow start to the day. We kept together for the first few miles then separated out into a fast and slow group. The terrain up to the first control was as advertised, no real hills just cold. Tom lead us out the first 12 miles while Scott and others stayed with us for the duration. By the time the first control in Hartsville was in the books 25 miles in, we had one turn back, 4-5 more planning on taking the cut-off and the rest soldering on to the next control 25 miles away. We spent a long time warming up and strategizing the next leg to Chesterfield. Wind, at this point, wasn't too much a factor but that was about to change.

The second control at Chesterfield's Grit's and Grocery found folks still in good spirits but realizing that it was early in the year. No one came to South Carolina looking for a personal best time but for those who continued on, spirits were high to finish and finish strong. The small rollers had started at this point, in between the pine trees. Turning out of Chesterfield onto 22 miles of Route 141, our luck with wind and hills ran out.

Leaving Chesterfield, we had a small downhill then a larger uphill. After that (in between more pine trees) we had more rolling down than up. The pattern continued that way for the next 20 miles, each roller nibbling at way at us. By the time our group reached the highest point in the region, legs were tired. On reaching McBee our group was spread over 5-6 miles. Tom had rejoined the faster group and egged us on with a county line sprint. It's helpful to know where the county line is to do such sprints so I fault Tom....maybe I'm bitter because he won....I digress.

McBee saw another couple of folks call it a day. Seventy-three miles in, our group was split into roughly even groups heading toward Society Hill. The name of the control town having "Hill" in it drew facial ticks and thoughts of revenge on Tom. Regardless, we pushed all that aside, looked at the pine trees, and said, "Let's go!"

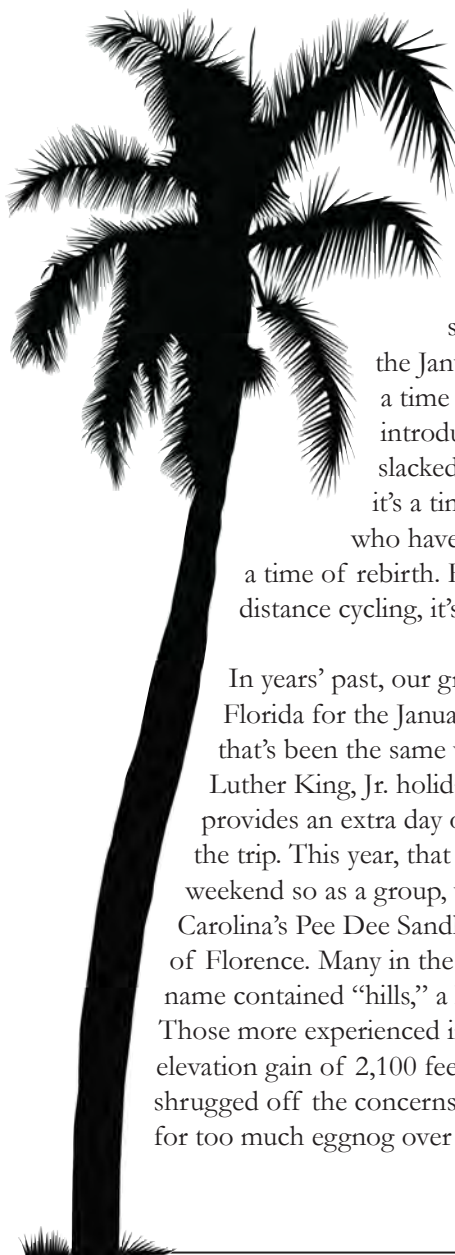
The waning hours of daylight found us only a few miles from the Pilot where we began. The first part of our group would finish right at dusk with much of the "slower" group coming in only 15 or so minutes afterward. Tragically, Jamie, determined to finish though he was, ended up DNF'ing due to

a bad headlight only 10 miles out. Nevertheless, our team did us proud. Many in the group did more than 70 miles that day, two people (David Staats and Doug Palmer) finished their first 200k's ever. Still others did their first South Carolina 200k and most did their first long miles of the New Year.

Many thanks to Tom and Scott, who rolled out the red carpet to our group, and especially to Tom, for SAGing in some of our riders and providing support to our group. Last but not least, thanks to the folks all over South Carolina who showed us hospitality all day long.

What will next year's trip bring? Well, check the weather forecast for a weather front moving in from Ohio in your neighborhood in January 2013!

Roy Burnham (RUSA 2080) lives and (usually) rides in Ohio.



PRODUCT REVIEW: Wabi Woolens jerseys

By Clayton Scott

Product Overview:

Size tested: XL standard length
 Cost: \$175
 Color: Black
 Test distance: 400 miles total,
 longest ride: 95 miles
 Made in the USA
 Sizes available: S, M, M tall, L, L tall,
 XL, XL tall, 2XL, 3XL
 Colors: Red, Black



What struck me right out of the box was the jersey's softness. Compared to other wool jerseys, including Wabi's winter weight (original) jersey it is significantly softer and less scratchy. In my opinion, the Wabi Woolens Sport Series 100% Merino Wool Jersey would make the perfect "gateway" garment to the pleasures of wool cycling apparel.

The softness of the fabric does not make it flimsy or floppy feeling. In fact, the luxurious fabric has amazing "snap". While it does stretch well to accommodate the rider comfortably it does not "stretch out" much (if at all) by wool standards.

The jersey is offered in both a long-sleeve and a short-sleeve version as well as long and regular lengths. The XL size in regular length fit my 180lb/6' body very well. The arms were long enough! Torso length was perfect too. The size L I tested was a good fit too in terms of length of arms and torso, but was little more snug than I prefer (I like my jerseys fit loosely).

The jersey is equipped with a silicone hem which helps it stay put when riding (more about this feature further down) which makes getting in and out of the jersey a little harder compared to non-silicone-hemmed jerseys as it does not stretch as much as the rest of the fabric Color is black. It does not show dirt and matches about 60% of my wardrobe so I consider this a plus.

Like most wool garments the jersey is comfortable in a wide variety of temperatures. Wearing it in combination with a cycling jacket it handled ranges from 45 (with jacket) to 75 de-

grees (just jersey) with aplomb. The extra long zipper not only makes it easy to remove while wearing a helmet, but also allows for easy temperature regulation.

The high collar kept my neck warm on cold mornings and evenings. The traditional three back pockets allow for ample storage. The fabric and the silicone hem prevent sagging even when loaded. There is a small zippered pocket which is perfect for keys or other small items. The jersey held its shape remarkably well even when sweaty, wet from rain, or damp from fog.

The jersey is machine washable. It being wool, it already needs less washing than a synthetic jersey, but once it does it just goes in the machine with wool wash and like colors. So far it has retained all the qualities I have come to appreciate and I see no reason why it would not last me several years.

My only minor gripe with it was the silicone hem. I prefer my jerseys to move freely up and down, which the silicone hem aims to prevent. If I lift my arms when stretching, drinking or eating the jersey rides up but then does not go back down. I felt like I was adjusting the hem a lot more than I usually do. I can see how some people would prefer this feature.

All in all I highly recommend this jersey. In my opinion it is above other jerseys in its class and complements the Wabi winter weight jersey, which is one of my all time favorites, very well.

A little bit about the company:

Wabi Woolens is a manufacturer of cycling and adventure jerseys. Their products, including the fabric, are made in Portland Oregon from 100% Australian merino wool fiber. For more information please visit: wabiwoolens.com.

Clayton Scott (RUSA 5186) lives and rides in San Francisco, CA.

Suspend your disbelief.

The Pearl
 LxW: 280 x 170mm
 In Chromoly (600 gr)
 In Titanium (460 gr)



The Diablo
 LxW: 280 x 155mm
 In Chromoly (560 gr)
 In Titanium (420 gr)

Rivet saddles are made with high quality leather riveted to a frame which suspends the rider, vs. other saddles where riders sit on a hard plastic platform. This hammock forms to each rider's anatomy, leaving you with nothing to worry about except when to sprint for the town limit sign.

Are you on the Rivet?



7 0 7 . 3 4 4 . 1 8 5 7
 rivetcycleworks.com



wabi woolens
 PORTLAND, OREGON

HEIRLOOM QUALITY
 MODERN PERFORMANCE
 TIMELESS DESIGN

WOOL CYCLING JERSEYS



Wabi Woolens blends the highest quality Merino wool fabric and superb craftsmanship with understated styling to meet the performance demands of today's cyclists.

www.wabiwoolens.com

Wabi Woolens proudly supports Randonneurs USA.

RUSA members:
 get 10% off all orders
 by using promo code RUSA1200K

Energy Drinks

By Nicole Honda

You stare at the Minimart's shiny beverage cases, trying to decide on a mid ride pick me up. Should you go for a fancy energy drink, a caffeinated soda, a coffee, or maybe one of those mysterious tiny bottles at the counter. While the base of all energy-type drinks is caffeine, the various caffeine delivery devices are not interchangeable. You want to grab the energy drink that meets your body's specific need at the time.

Is it early in the ride? Maybe you don't need a caffeinated beverage at all. Maybe you just want to get something refreshing like a Sprite, a Gatorade or a juice to quench your thirst. Save your caffeine for when you really need it.

But let's say it's later in the ride. You just ate lunch and are feeling sluggish. At this point, a good choice is soda with lots of sugar and caffeine to power you through the mid-day slump while you're waiting for your food calories to kick in.

Is it day 2 of a 600k and are you bleary-eyed from lack of sleep? This is a good time for a real energy drink like a 5 hour energy or a Red Bull. These drinks contain caffeine and B vitamins to wake you up and keep you alert on the road. But they are low in calories and some people can't tolerate them, so test before you ride.

The hardest drink choice is the middle of the night when you are bonking and bleary eyed. At this point, you probably haven't been eating enough and your hydration may not be great. Everything sounds bad and your stomach is upset.

At this point, try to choose a drink that has caffeine on a calorie base, like a Starbuck's Frappacino and make sure you get

enough calories with your caffeine. Other good night time choices are caffeinated Perpetuum or caffeinated gels/blocks because, even though their caffeine levels aren't as high as coffee, you can keep consuming them on the bike in small amounts so you don't get a sugar/caffeine high and crash.

The other important consideration in what drink you choose is the side effects.

Recent research indicates caffeine isn't the diuretic most people think, so that's good news, but it can give you stomach upset, nausea, jitteriness and diarrhea. Not what you want on a ride. Coffee's high acidity can exacerbate the problem.

To help minimize stomach issues, take caffeine with real food (not just fast burning sugar) and forgo superfluous caffeinated beverages so you can "save" your caffeine quota until it's really needed.

You also want to keep track of the different types of caffeine you are ingesting-don't "stack" an energy drink, caffeinated gels and caffeinated Perpetuum or you may find yourself jittery and sick without knowing why. If your stomach is a problem, take a Tums with your drink of choice.

Some energy drinks include "magic" ingredients beyond caffeine. Most frequently, this is a B vitamin combo, but there can be other things lurking that could have unknown impacts.

B vitamins, including Niacin, are great energy and metabolism boosters but, when taken to excess, there are some ride-stopping side effects: nausea, diarrhea and frequent urination are common. Cramping, chest pain, shortness of breath and exhaustion (!) are less common but much more severe. The key to B vitamin consumption is limiting use and making sure you know how much you are getting. If you drink a 5 hour energy (or similar), then keep away from other B vitamins for the rest of the day.

Hopefully the table at right will give you the tools to understand your caffeine and B vitamin choices so you can "grab and go" when you hit the minimart.

Nicole Honda is a USA Cycling Coach and coaches with Ultracycling-coaching.com

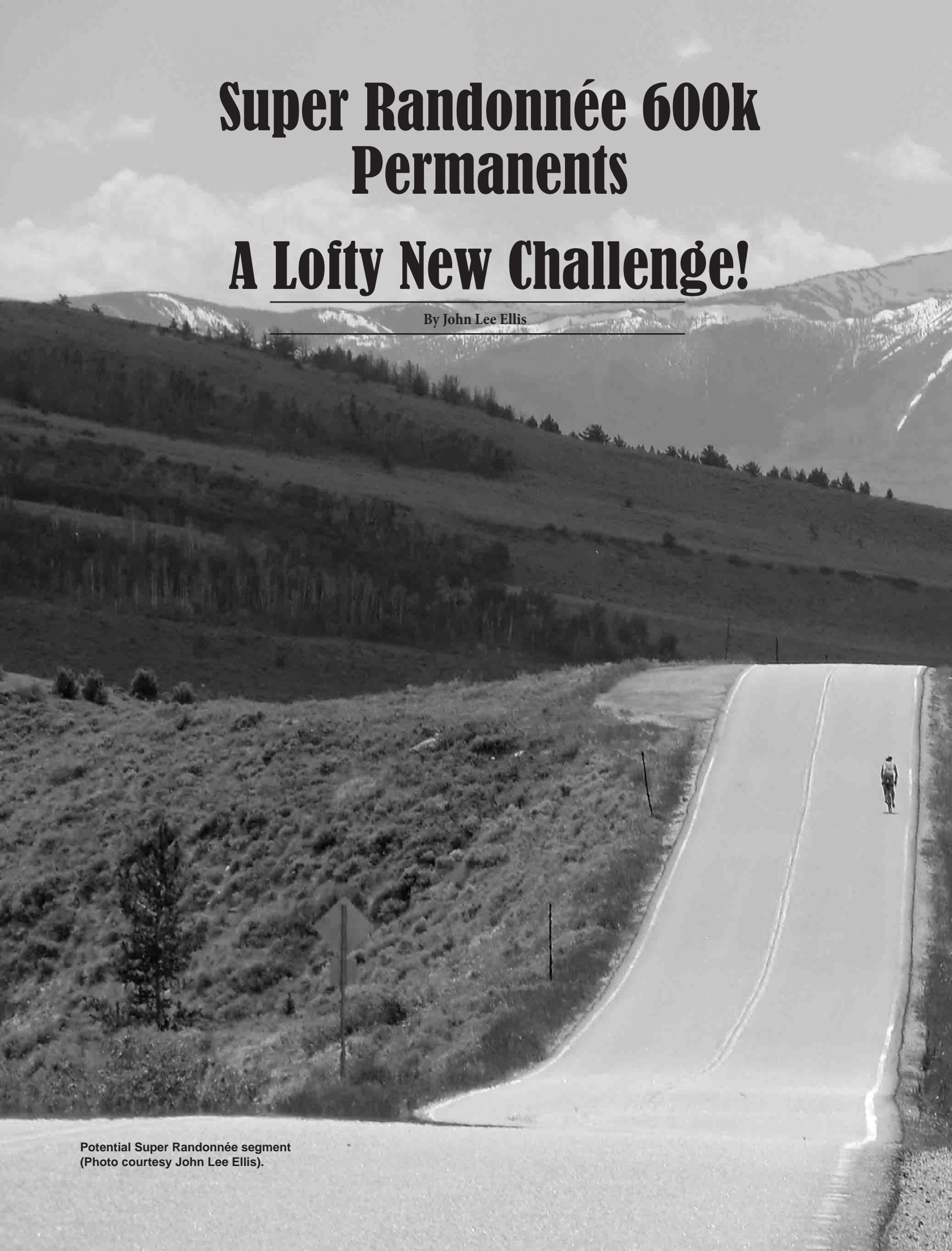
Energy Drink Comparison

Product	Caffeine mgs	Carbs grams	Sugar grams	Calories/serving	Sodium/serving	B Vitamins % RDA	Comment
Coffee	100-200 (gas station vs Starbucks)	0	0	0	0	0	High acidity can upset the stomach
Tea	30-50	0	0	0	0	0	Lots of antioxidants but low caffeine
Iced Tea	10-15	22	22	90	0	0	Not great for caffeine but fantastic hydration. Based on an 8oz serving.
Soft Drinks	35-55 (Coke vs Mountain Dew)	39	28	140	50	0	Soda can settle the stomach and it always goes down easy, but you get a big high and a big drop off
Red Bull	75	28	27	110	200	250%	Per 8 oz can
Monster etc	70-80	27	27	100	180	100%	Per 8 oz serving. Usually the bottle/can has multiple servings
5 Hour Energy	207	0	0	15	10	2000+%	No sugar high here so no big sugar low. Some people can't stomach all of the B vitamins.
Clif Shot Bloks-Black Cherry	50	24	12	100	70	0	Good mix of carbs/sugar/caffeine
Café Latte Perpetuum	25	54	7	270	220	0	This is not an energy drink. But beware of additive caffeine when you stack it with a couple of Red Bulls
No Doze	200	0	0	0	0	0	The original supplement

Super Randonnée 600k Permanents

A Lofty New Challenge!

By John Lee Ellis



Potential Super Randonnée segment
(Photo courtesy John Lee Ellis).

American Randonneur

For most of us, any 600km brevet is a challenge. Now RUSA will be offering a new and evocative challenge at that distance: the Super Randonnée 600k Permanent, based on a new Audax Club Parisien (ACP) program. A Super Randonnée:

- must have 10,000m (32,800 ft.) of climbing
- allows 50 hours to finish officially as a Randonneur, vs. 40 hours for normal 600k's
- is organized as a Permanent, with a route owner to whom you apply to ride
- is ACP-sanctioned (vs. RUSA Permanents)

Super Randonnées traverse mountainous or other challenging terrain, and offer a sense of adventure and an epic quality. They are meant to be memorable, not merely exercises in climbing.

Photo Controls

Because of the remote terrain, passes, and summits that characterize Super Randonnées, controls may be validated through photos. Your bike, adorned with frame number, must be photographed against a known landmark at the control location. This is a departure from control options in our other rides, and solely for the SR's.

Tourist Option

The ACP offers a Tourist option, allowing a 80km/day minimum pace – that's 7½ days. Riders can savor the landscape in daylight and in a semi-rested state. And if your eventual goal is a Randonneur finish, Tourist mode lets you become familiar with roads and services. RUSA may offer the Tourist option sometime after the start of the program.

Route Design

The Super Randonnée presents special challenges not only for the rider but for the route designer. While a normal 600km brevet route can modulate the climbs and terrain depending on time-of-day, and assure overnight services or support during nighttime hours, the exigencies of the SR mean you are in rugged and often remote terrain a great deal of the time, day as well as night, when services are sparse and wildlife comes out to wander across your path.

Routes are currently being developed in Washington state, Colorado, and Mid-Atlantic. Potentially exciting for sure, and another excuse to visit a hilly area of the country.

Sophie Matter (RUSA #5124) is the ACP administrator for Super Randonnées. You may recall her inspiring message in the Paris-Brest-Paris 2011 plaquette after finishing PBP'11 on a commuter bike, or reading about her 1000km brevet, le Mille du Sud, in the previous American Randonneur.

Sophie has already developed two SR's in southern France: the Haute Provence and the Dauphiné Gratiné, and has finished the Haute Provence twice with Randonneur status. So there is plenty of practical experience behind the SR formula. Sophie says that - even more than the climbing - the big challenge is being self-sufficient in these remote areas.

You can read about the ACP Super Randonnée program and the current routes (including photos!) on the ACP website, www.audax-club-parisien.com

In addition, the ACP is offering a new award, the Randonneur 10000 award, which requires a Super Randonnée (and other rides and total distance) – details also on the ACP website.

The RUSA Permanents Coordinator, our "Permanista" Crista Borrás, is managing Super Randonnées for RUSA. Thank you, Crista, for enthusiastically diving in and helping launch this!

More details will follow as we develop the program. Super Randonnées offer a particular and exhilarating challenge – something to add to your list?

John Lee Ellis, RUSA #153, is the Colorado RBA.



Photo Control on the Dauphiné Gratiné (courtesy Sophie Matter)

Randonneurs USA
2266 The Circle
Raleigh, NC 27608



April 20, 2013

First held in 2010 and now a Southern California “bucket list” event, the Mount Laguna Bicycle Classic features up to 101 miles with over 10,000 feet of climbing and three different ascents of San Diego County’s Mount Laguna! You will climb San Diego’s highest point via Sunrise Hwy from the north, via the fabled and car-free Kitchen Creek from the south-east, and via the little-known and truly epic Pine Creek drainage from the west. There are just three stop signs and **NO** traffic lights on this incredible route which starts and finishes just 44 miles east of San Diego in Pine Valley, CA! 75- and 45-mile routes are offered, too.

New for 2013: We will host a five-day cycling retreat/camp in nearby Julian, CA just before MLBC!

For information and much more, visit www.adventurecorps.com