

Between Controls: RUSA e-news & updates



July 18, 2022 | Issue: 15



MISSION STATEMENT - VALUES - ORGANIZATIONAL OBJECTIVES

We introduced the idea of revising our mission statement last July in our inaugural Between Controls issue [here](#). We are excited to unveil our new mission statement, values and organizational principles.

MISSION: Randonneurs USA promotes non-competitive, long-distance cycling and serves as the sanctioning body for randonneuring events in the United States.

VALUES: We value the principles of collaboration, self-sufficiency and camaraderie over competition.

ORGANIZATIONAL PRINCIPLES:

In order to accomplish its mission, Randonneurs USA:

- Certifies long-distance bicycle events organized by regional clubs and organizations in the United States.
- Serves as a liaison between members and international randonneuring organizations
- Supports the needs of a diverse network of regional brevet administrators.
- Coordinates and publishes a national collection of permanent routes and an annual calendar of domestic randonneuring events.
- Celebrates randonneuring and informs members of important developments through the quarterly journal *American Randonneur*.
- Maintains comprehensive rules for riders and organizers as the national randonneuring governing body.
- Awards long-distance cyclists for their accomplishments.

Thank you to the following members who have contributed to this process over the past year: Deb Banks, Bill Bryant, Jan Dembinski, John Lee Ellis, George Swain, Larry Jindra, Eric Norris, Dawn Piech, Jon Spangler, Lois Springsteen, Andrew Thomas, Dave Thompson and Scott Weinberg.

RANDONNEURING MOMENTS: A VIEW FROM...

Christian Mailloux (#13950)

Location: Sheeder Hall South Street Bridge, Philadelphia, PA

Details: Photo control on the Pennsylvania Randonneur's

Tscheschter Kaundi 200K in December 2021

HAPPY BIRTHDAY BETWEEN CONTROLS!

Can you believe it has been one year since we started Between Controls? We hope you have enjoyed this resourceful addition to our randonneuring toolbox.

Between Controls, a supplement to *American Randonneur*, is an additional way



WE SALUTE YOU!

To all of our members who were a part of the Race Across America (RAAM), Trans American Bike Race (Trans Am) and/or Tour Divide, as either racers or support crew, we salute you.

In addition, great job to all of our members who have participated in Grand Randonnees so far this season, both in the United States and Internationally.

And to all of our members who are striving to reach a personal goal in a brevet, populaire and/or team event, way to go!

We see you. We salute all of you! Way to make Randonneurs USA proud.



Photo Credit: Shab Memarbashi (#4501)

Location: Bormio, Italy

Details: Hamid Akbarian (#4500) celebrating his finish at the [Alpi4000](#) on June 30, 2022.

OOPS, WE DID IT AGAIN. WE ARE IN THE NEWS, AGAIN.

Check out this article in the May 2022 edition of Adventure Sports Journal titled

to keep you informed on happenings on a monthly basis. You can continue to expect both American Randonneur and Between Controls to keep you up-to-date.

We welcome comments/suggestions for future editions and feedback, reach out to us at enews@rusa.org. We would love to hear from you.

HEAT MANAGEMENT

It's that time of year when you may be working to strategize the best ways to manage the heat.

You may find some resourceful training concepts in this article published by Carmichael Training Systems author and Exercise Physiologist, Corrine Malcolm. The title of the article is "Heat and Athletes: The Science of Performance and Safety When It Gets Hot."

[Article Here](#)

CREATIVE ASSISTANCE NEEDED: SHORT VIDEOS FOR MARKETING

Do you have skills as a Hollywood director in creating videos? We are interested in creating short videos promoting our organization and randonneuring that can be distributed through social media.

If you are interested in volunteering and contributing your talents, contact us at enews@rusa.org.

CALENDAR

Glance at the [RUSA website for the latest schedule](#) and adventures available to you the rest of 2022.

BEHIND THE SCENES: BOARD MEETING MINUTES STRATEGIC GOALS

Interested in seeing what is going on behind the scenes? Archived board of directors meeting minutes [here](#), our 2022 strategic goals [here](#).

"Randonneuring. Just a Mindset" which interviews San Francisco Randonneur (SFR) members Jasime Wu Yap, Naveen Kommareddi, Brenda Nguyen, Cameron Pitts and Rob Hawks.

The article discusses the viewpoints of some starting randonneuring in 2021, the growth of SFR and the post-pandemic popularity of randonneuring.

["Just A Mindset" Article Here](#)

RUSA STORE

Lots of other sweet swag & trinkets available...[take a glance](#) to see what bling-bling is available.

got a favorite randonneuring photo?

We would love to see it and possibly include it in a future edition! Criteria includes: taken by member on any RUSA/ACP event, permanent, populaire, team event, and/or grand randonnee; all photos now accepted to include both landscape and/or participants; provide location, event and names. *NOTE: If participants are included, please make sure to get consent from all individuals to be used.* Email enews@rusa.org

Randonneurs USA is a 501(c)(3) tax-exempt nonprofit organization.

