

October 11, 2022 | Issue: 19

RANDONNEURING MOMENTS: A VIEW FROM FLORIDA...

Robert Goman (#9827)

Location: Halifax River, Ponce Inlet, Florida

Details: New Smyrna Beach to St. Augustine Beach 200k (Route 629) on 2/4/22 when a 4 inch deck screw in the rear tire ended the ride but the fender saved the vintage Mavic MA-2 rim



2023 CALENDAR

Our 2023 is now available.

You can refine your search by region, state, type of event (RUSA, ACP, etc), distance, date, month to find what you are looking for locally or across the country.

You now have the option to search for events with unpaved sections as well and a check box to limit results to future events only.

[2023 Calendar](#)

REFLECTIVE TAPE

Are you interested in options to add reflective tape to your clothing/gear to increase your visibility? Here are some options that you may want to consider:

RUSA STORE

Lots of other sweet swag & trinkets available...[take a glance](#) to see what's in stock.

BEHIND THE SCENES: BOARD MEETING MINUTES STRATEGIC GOALS MISSION/VALUES/OBJECTIVES

Interested in seeing what's going on behind the scenes and where we are headed?

- 2022 Strategic Goals [here](#)
- Archived board of directors meeting minutes [here](#)
- Mission, Values and Organizational Principles [here](#)

- **3M Scotchlite Reflective Material**
 - Holds up to washing
 - Applied with an iron
 - Costs about \$0.026 cents per square Inch.
- **Identi-Tape**
 - Peel and stick application
 - Thicker and heavier than 3M Scotchlite
 - Costs about \$0.13 cents per square inch.

Both lose reflectivity with each washing. You may apply new tape right over the old tape, but that does add bulk and weight with time.

Our Reflectivity guide available [here](#)



Photo Credit: John Lee Ellis
 Details: Web Team Cohort at Last Chance 1200 - John Lee Ellis, Osvaldo Colavin, Charlie Martin, and Man-Fai Tam at the start of the Colorado Last Chance 1200 on September 8, 2022.

MUSCLE CRAMPS

There are various reasons for muscle cramping. This evidence-based review (from the Journal of Athletic Training) examines dehydration, neurological inputs, training, fatigue and more. The article also describes best practices for recovering from cramps and ways to avoid them in the future.

An Evidence-Based Review of the Pathophysiology, Treatment, and Prevention of Exercise Associated Muscle Cramps" is available below:

[Muscle Cramps Pub Med Article](#)

COFFEENEURING

The 12th year of the Coffeeneuring Challenge, developed by DC Randonneurs member Mary Gersema, (#2965) began on October 7th and goes through November 20th.

- Ride your bike to 7 different places
- Ride at least 2 miles round trip each time
- Drink 7 cups of coffee (or another fall-type beverage)
- Document your coffeeneuring
- Additional details in the link below:

[Coffeeneuring Challenge 2022](#)

CALL FOR NOMINATIONS OPEN UNTIL OCTOBER 20TH

Two positions on the RUSA Board of Directors will become available at the end of 2022. Members may nominate up to two current RUSA members to run. Additionally, Regional Brevet Administrators (RBA) may nominate RBA's for the RBA-L position.

[Nomination Details](#)

got a favorite randonneuring photo and/or short video?

We would love to see it and possibly include it in a future edition! Criteria includes: taken by member on any RUSA/ACP event, permanente, populaire, team event, and/or grand randonnee; all photos and videos 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

RANDONNEURING MOMENTS: A CLIP FROM...

DON'T FORGET TO RENEW YOUR MEMBERSHIP [here](#) (if your membership expires on 12-31-22)



Details: San Francisco Adventure Series
Video Credit: San Francisco Randonneurs

Randonneurs USA mission is to promote non-competitive, long-distance cycling and serve as the sanctioning body for randonneuring events in the United States.

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



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