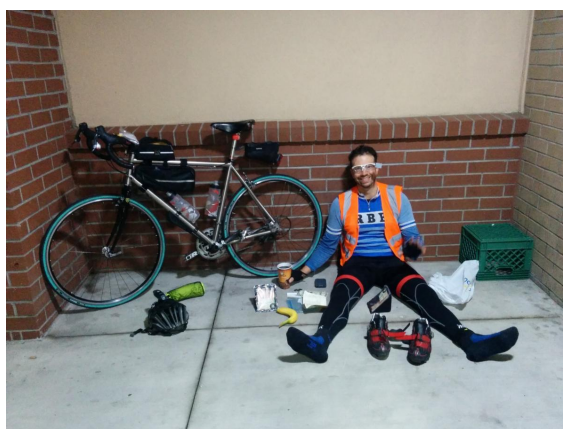


May 11, 2023 | Issue: 27

## **RANDONNEURING MOMENTS: A VIEW FROM VIRGINIA...**

Scotty Weinberg (#6508)

Details: Just before midnight at a C-store checkpoint on the Suffolk 400k, April 23, 2016



### **VO2 MAX**

Training at or near VO2max (the exercise intensity at which you reach your maximal rate of oxygen consumption) has long been known as an effective way to increase aerobic capacity. What is the best workout to increase this? Matt Fitzgerald from Training Peaks shares three workouts.

[VO2 Max Article](#)



### **BOSTON-MONTREAL-BOSTON**

Did you know that Boston-Montreal-Boston

### **NEW GEOSEARCH SYSTEM**

Thank you Jake Kassen (#3598) for developing a new search feature. This new system allows the following:

- It lets riders find nearby RUSA events (Brevets, Audax, etc) and the regions running without regard to state lines.
- It allows riders to "subscribe" to a region's calendar of events and sync in their calendar application.
- For permanents, it overlays all nearby routes on a map and shows details such as the number of riders who have finished, elevation gain, gravel, etc.
- It will show permanent routes nearest to a search address irrespective of the official start city.

[Geosearch Here](#)

(BMB) was the first 1200k in North America? Were you aware that it was existence for 19 years? Lots of interesting facts and history of this event are now available.

We are planning on more histories of US Grand Randonnées. This is just the first of many and we hope you enjoy it.

Boston-Montreal-Boston History

## 2023 CALENDAR

Access [the 2023 schedule](#) and adventures available to you.

## RUSA STORE

Get your trinkets [here](#)

## BEHIND THE SCENES: BOARD MEETING MINUTES MISSION/VALUES/OBJECTIVES

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

- Archived board of directors meeting minutes [here](#)
- Mission, values and organizational principles [here](#)

## 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, permanent, 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](mailto:enews@rusa.org)

## NORTHWEST IN MOTION

Northwest In Motion has a fall gravel tour which is typically done as a bikepacking tour. They invite you to join them for a \*supported\* 300-mile gravel ride across Sicily through rustic small towns and villages. Additional details [here](#)



**Randonneurs USA's 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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