

Between Controls: RUSA e-news & updates



July 13, 2023 | Issue: 29

RANDONNEURING MOMENTS: A VIEW FROM NORTH CAROLINA...

Chet Buell (#1015)

Location: Near the intersection of Ether Rd and Crooked Pine Drive in Star, North Carolina

Details: During the Raleigh 400K in May 2022



MUSCLE CRAMPING

As the weather heats up, we want to share a resource about exercise associated muscle cramping. This article (via Triathlete) discusses the basics of muscle cramping, the factors associated in exercise associated cramping and how to reduce them when they occur.

RUSA STORE

Lots of trinkets available, shop [here](#)

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

Interested in understanding what's going on behind the scenes and where we are

[Muscle Cramping Article Here](#)

SELF TALK

What you say to yourself matters. You can change your tune and manage your self-talk on those challenging populaires, brevets and team events.

Selene Yeager (author/cyclist) and Feisty Women's Performance share strategies on three types of self talk you need to succeed:

1. Motivational self talk
2. Instructional self talk
3. Neutral self talk

[Self Talk Tips Here](#)

25th ANNIVERSARY CELEBRATION

Randonneurs USA (RUSA) started in 1998. We are celebrating our 25th Silver Anniversary with a month-long celebration in August. Be a part and get a 25th Anniversary trophy case icon for your dashboard/results page. Special thank you to Mike Pace (#12860) for developing the icon.

Criteria include:

- Entire month of August to get a RUSA Ride done
- Only rides in the United States count
- Permanents and populaires also qualify
- Upon completion, the icon below will appear on your dashboard/results page.



headed?

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

MESSAGE FROM OUR PRESIDENT REGARDING SAFETY AT PARIS-BREST-PARIS

Bill Bryant, our President, was asked by Audax Club Parisien to remind riders about not ever going around a closed railroad crossing on the Paris-Brest-Paris (PBP) route.

He shares, "Some years back an American tandem couple did this and were very nearly killed by a speeding train that just barely missed them. The riders looked one way, but not the other! Witnesses identified the couple as being from the US and I was later told that had this been an accident, it would have ended PBP. I spoke to the riders and admonished them and they felt very badly. It was their 3rd PBP and love the event – but sleep deprivation made the captain do some very stupid stuff!"

Thanks Bill for bringing this up and also a reminder to all riders to never go around a closed railroad crossing anywhere, anytime. Safety First!

THANK YOU BREVET TEAM

We would like to extend our gratitude to both Chris Argo (#11707) Regional Brevet Administrator (RBA) Birmingham Alabama and Rob Hawks (#2515) RBA San Francisco and RBA-Liaison of our Brevet Coordination team.

We truly appreciate how hard they have been working over the past 7 months in processing the Audax Club Parisien (ACP) results in a timely manner. Once the RBA submits the results, this dynamic duo have been turning around results and certification numbers very expeditiously. This has been done usually within 1 day,

2023 CALENDAR

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

JAPANESE RANDONNEURS 2023 RACE ACROSS AMERICA (RAAM)



Photo Credit: RAAM

Way to go Japan Randonneurs 8 on their historic first all-Japanese eight person team to complete RAAM in 6 days, 19 hours, and 7 minutes to take third place in the 8-person category.

and often within hours of the submission by the RBA.

Way to go Chris and Rob!

2023 PARIS-BREST-PARIS DROP BAG SERVICE: LAST CALL

There are 100 spots left for the Paris-Brest-Paris Drop Bag Service run by members Deb Banks, Mark Behning, Eric Norris and Bill Green. This service will take ONE medium size bag to Loudeac and back to Rambouillet at \$75.00. This service will be opened up to other countries soon. Registration will close on Wednesday, August 9th. Contact them at pbp23bagdrop@gmail.com with any questions.

[Drop Bag Service Here](#)

VOLER: USA-MADE CYCLING APPAREL

NEW lightweight Reflective Vest perfect for randonneuring. In stock for women and men in the acid lime color. Members Save 15%, use promo code RUSA2023 during checkout [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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