

# AMERICAN RANDONNEUR

Volume Thirteen Issue #1

Winter 2010



<b>Contents</b>	<b>Page</b>
Welcome New Members	. . . . .3
RUSA Awards	. . . . .7,8
Passings: Robert Louis Magyar	. . . . .9
A Report from France	. . . . .10
American Randonneur Award	. . . . .14
2010 Events	. . . . .16-17, 20
RBA Directory	. . . . .22-23
Create Your Own Certainty	. . . . .24
Tappahannock 200K	. . . . .28
Point Reyes (SF) 200K	. . . . .30
Randonneuring: Achievable Hobby	. . . . .34
What We Ride: 650B Project	. . . . .36
Mile Markers	. . . . .37
RUSA Store	. . . . .38
Membership Form	. . . . .39

## RUSA Executive Committee

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Treasurer	.....Eric Vigoren
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## Message from the President

Happy New Year! As I am humbled to have been given the opportunity to be your president again in 2010, it is with great pleasure that on behalf of the board of directors, I announce Mark Thomas as the winner of the American Randonneur Award for 2009. Mark is the “real deal.” His wonderful contributions to our sport on regional and national levels as well as his international ambassadorship make us so very proud as we present this well-earned trophy to him.



**LOIS SPRINGSTEEN**

As we begin another year of randonneuring with our RUSA friends, like many of you I reflect on the growth of our member services since our founding in 1998. Some of you, who are returning to our membership rolls in anticipation of another PBP after a little bit of a break, will most certainly be quite stunned by the growth of our member services. The evolution of the RUSA Store to its current online powerful form gives me pride in our volunteers, and is worthy of a special spotlight in my mind.

Our tireless shopkeepers and RUSA visionaries, Jennifer Wise and Pierce Gafgen, continue to expand our inventory of items that are not always available elsewhere. We participate in a niche sport and it is sometimes difficult to find everything that we need or want in bike shops but Jennifer and Pierce are constantly searching and testing new items as potential offerings for us. The store provides an ever-expanding inventory of RUSA branded apparel so that we can identify ourselves proudly as RUSA members, here in the US and abroad.

With its five departments (Apparel, Reflective Gear, Miscellaneous, Publications, and Awards), our store offers high-quality inventory at relatively low cost as a benefit to our members. James Kuehn’s expert requirements analysis and programming now link the store’s Awards Department with our online results database. This allows us to present each member with personalized award offerings based on their individual cycling achievements. Personalized engraving of certain awards is now done in-house by the RUSA shopkeepers so we no longer have to send large batches of medals to outside vendors for engraving services. We anticipate that this will help us expedite your hard-earned awards to you on a more individualized basis.

Our treasury subsidizes our all-important safety equipment so that it can be further discounted to help us maintain high visibility in low light conditions and additional software functions designed by Mr. Kuehn are available to our “back-office” volunteers allowing them to track the financial value of our inventory along with the physical count so that reordering of stock can be done in a timely fashion. The related online inventory functions are especially important as the fulfillment for some of these items is distrib-

■ Continued on page 6

# RUSA Welcomes Its New Members!

#	Name	City	State/Country	#	Name	City	State/Country
5535	Ken Coonley	Rockford	IL	5775	David W Hansen	Tucson	AZ
5712	Lisa Clark	Shaker Heights	OH	5776	Sol Ameen	Mount Shasta	CA
5713	Patti Von Niessen	Columbus	OH	5777	J David Leslie	Somerville	MA
5714	Greg Kline	Balboa	CA	5778	James Jurach	Austin	TX
5715	Stacy Kline	Balboa	CA	5779	Carlos Eduardo Mendes	Austin	TX
5716	Rita Garcia	Oakland	CA	5780	Carl Melby	Cashton	WI
5717	Michael King	Matthews	NC	5781	Dylan Carney	Seattle	WA
5718	Joe Petersen	Bakersfield	CA	5782	James J Brissette	Atlanta	GA
5719	David Campbell	Austin	TX	5783	Christopher Arnone	Phoenix	AZ
5720	Juan Ramos	Carlsbad	CA	5784	Charles Schroyer	Morgan Hill	CA
5721	John Benton Wade	Franklin	TN	5785	Mark Abrahams	Berkeley	CA
5722	Shane Beake	Old Bridge	NJ	5786	Bryan Norton	Pinehurst	TX
5723	Chinmay Rao	State College	PA	5787	Justin Eichenlaub	San Francisco	CA
5724	Robert Moore	Lake Worth	FL	5788	Larry Delaney	Bolton	MA
5725	Brian Terhark	Waukee	IA	5789	George W Perkins Jr	Wilmington	NC
5726	Matthew Fitzpatrick	San Francisco	CA	5790	Jennifer Swenson	Danville	CA
5727	George Elwers	La Mesa	CA	5791	Robin McMillon	Austin	TX
5728	Naomi Scearce	Valley View	PA	5792	Robert Clarke	McLean	VA
5729	John R Ferguson	New York	NY	5793	Andrew Gilchrist	Decatur	GA
5730	Clare Murphy	Midland	TX	5794	Frank Wilson	Federal Way	WA
5731	Tom Elliot	Midland	TX	5795	Brian Jenks	South Euclid	OH
5732	Michael Dakin	Berkeley	CA	5796	David D Jensen	Glendale	AZ
5733	Josh Schneider	St Albans	VT	5797	Amir Avishai	Cleveland Heights	OH
5734	Johnnye Hugh Proctor	Midland	TX	5798	Craig L Egerton	Ceder City	UT
5735	Douglas Migden	Seattle	WA	5799	Bruce Malm	Los Angeles	CA
5736	Dale Vilsack	Mt Lebanon	PA	5800	Christopher C Moss	Houston	TX
5737	Randall Scott Huddleston	Nashville	TN	5801	Nicholas Ybarra	Austin	TX
5738	Lee Ann Musselwhite	Lumberton	NC	5802	William Myers	Carmichael	CA
5739	William Dennen	Leesburg	VA	5803	Mark Homrighausen	Berkeley	CA
5740	Nicolas P Renet	Muncie	IN	5804	Errin Vasquez	Alhambra	CA
5741	Steve Gerbig	Evansville	IN	5805	William Reagan	Egg Harbor City	NJ
5742	Julie Gazmararian	Decatur	GA	5806	Alan Stokes	Wilmington	NC
5743	Todd M Williams	Albuquerque	NM	5807	Dustin N Sharp	La Mesa	CA
5744	Thomas J Lynch MD	Davidsonville	MD	5808	Russell Dorobek	Austin	TX
5745	David J Johnson	Odessa	TX	5809	Anthony R Medina	Whittier	CA
5746	Bryan Rierson	Garner	NC	5810	Naitu Natraj	Sacramento	CA
5747	Steve Wimberg	Jamaica Plain	MA	5811	Bill Russell	Vineyard Haven	MA
5748	William Larson	Davis	CA	5812	Christopher Pribe	Cupertino	CA
5749	Stacey Larson	Davis	CA	5813	Chris Stevens	Seattle	WA
5750	Robert J Chaisson Jr	Severna Park	MD	5814	Tyler Bronder	Washington	DC
5751	Dwight Nicholson	Port Townsend	WA	5815	Russell D Cummings	Prescott Valley	AZ
5752	David Nicholas	Midland	TX	5816	Dave Rodda	Pleasantville	IA
5753	Roy Yates	East Brunswick	NJ	5817	Sean Chon	San Francisco	CA
5754	Dylan Roop	Austin	TX	5818	Christopher S Lane	Arnold	MD
5755	Jim Kuhlman	Severna Park	MD	5819	Steven Werlin	Dillon Beach	CA
5756	Thomas Moore	Walkersville	MD	5820	Susan Rodetis	New York	NY
5757	James Plante	Del Mar	CA	5821	Ixsa Gollihur	Sicklerville	NJ
5758	Bobby J Huckaby Jr	Bonaire	GA	5822	John Carpenter	Basking Ridge	NJ
5759	William Hughston	Austin	TX	5823	Michael K Binnix	Severna Park	MD
5760	Matthew Melvyn	Amarillo	TX	5824	Jim Pettett	Cave Creek	AZ
5761	Guy Laronche	San Diego	CA	5825	Vicente Santiago III	Fresno	CA
5762	Michael J Nelson	Palo Alto	CA	5826	Steven Elliott	San Diego	CA
5763	Lewis Smith	Shreveport	LA	5827	Ryan McKay	North Hollywood	CA
5764	Natalie Kurz	Houston	TX	5828	Franklyn Wu	Berkeley	CA
5765	Brian Cornelison	Cary	NC	5829	Joe Capeletti	Coral Springs	FL
5766	Moshe Silverstein	Maplewood	NJ	5830	John Hemiup	San Jose	CA
5767	Theresa A Furnari	Baltimore	MD	5831	Stephen D Haas	Alameda	CA
5768	Jim Harris	Quartz Hill	CA	5832	Scot Pemberton	Lakeway	TX
5769	Scott P Cryan	Houston	TX	5833	Mel Cutler	Los Angeles	CA
5770	Gardner M Duvall	Baltimore	MD	5834	Ed North	Westlake Village	CA
5771	Paul Regan	Toronto	ON	5835	Bob Snyder	Westlake Village	CA
5772	Colin Stokes	Mission Viejo	CA	5836	David Dunlap	Houston	TX
5773	Julie Stokes	Mission Viejo	CA	5837	George Brahos	Merrill	WI
5774	Susan Snow	Phoenix	AZ				

■ Continued on next page

# RUSA Welcomes Its New Members!

■Continued from page 3

5838	Van Perry	St Petersburg	FL	5899	Kevin Fitzpatrick	Alameda	CA
5839	Lanny C Ammons	Baton Rouge	LA	5900	Brian LaBrecque	Beverly	MA
5840	Ken Wronkiewicz	Sunnyvale	CA	5901	Barry Schwartz	Los Altos	CA
5841	Art Grijalva	Peoria	AZ	5902	Ric Noland	Canal Winchester	OH
5842	Michael E Jenkins	Iowa City	IA	5903	Jeremy Ordoz	Dallas	TX
5843	Bob Bingham	Graham	NC	5904	Paul Murray	Nesconset	NY
5844	Phillip J Auremma	Fremont	CA	5905	Charles E King	Scarsdale	NY
5845	Terry Guder	Chicago	IL	5906	Joseph Korkames	Phoenix	AZ
5846	Mark W Wilkinson	Jacksonville Beach	FL	5907	Brian Pirttima	Austin	TX
5847	Mick Walsh	Seattle	WA	5908	Annie Bilotta	Seattle	WA
5848	Martha Walsh	Seattle	WA	5909	Linda A Schnabel	Mt Shasta	CA
5849	Larry Patz	Jacksonville	FL	5910	Theodore Smith	New Haven	CT
5850	Brian Sims	Pasadena	CA	5911	John D Hardy	Saint Paul	MN
5851	Michael Leach	Rocklin	CA	5912	Kent Polk	St Petersburg	FL
5852	Douglas Hoffman	Woodstock	NY	5913	Katy Polk	St Petersburg	FL
5853	Stephen A Smith	Snohomish	WA	5914	Mike Conwill	Acton	MA
5854	Clay Sprouse	Grovetown	GA	5915	Jayson Owens	Seattle	WA
5855	Robert Newcomer	Decatur	GA	5916	Brian W Ogilvie	Hadley	MA
5856	Donn Rathburn	Canal Winchester	OH	5917	Ray Whitlock	Seattle	WA
5857	Mike Snow	Phoenix	AZ	5918	Chad Pyatt	Lyons	CO
5858	John T Conklin	South San Francisco	CA	5919	John R Szytko	Fort Huachuca	AZ
5859	Robert D Allen	Reynoldsburg	OH	5920	Lisa E Weber	Chicago	IL
5860	Luke Noble	Olympia	WA	5921	Gary Green	Santa Rosa	CA
5861	Daniel Oldale	Arnold	MD	5922	Karen Thompson	Santa Rosa	CA
5862	Jeffrey Michael Moore	Portland	OK	5923	Joshua Crixell	San Antonio	TX
5863	Glen Juranek	Glendora	CA	5924	Chuck Smith	Vandalia	OH
5864	Jeff Dewey	Moorpark	CA	5925	Dan Lunn	Tuscon	AZ
5865	Martin Sedluk	New Albany	OH	5926	Trevor Bush	Fort Collins	CO
5866	Steven Andersson	Stillwater	MN	5927	Rorie Anderson	Boca Raton	FL
5867	Keith Sherrick	Winter Garden	FL	5928	Alan R Blanchette	Norht Brunswick	NJ
5868	Scott Greene	Sacramento	CA	5929	John Mazur	Arlington	VA
5869	David Chambers	Seattle	WA	5930	Cindy Piotrowski	Arlington	VA
5870	Stephen McDonald	Coral Gables	FL	5931	Robert Kennedy	Boca Raton	FL
5871	Mike Troxell	Swanton	OH	5932	Neal De Witt	Lynnwood	WA
5872	Jacqueline Campbell	Swanton	OH	5933	Jennifer Anderson	Renton	WA
5873	Eric Perram	San Francisco	CA	5934	Ross Gridley	Pickerington	OH
5874	Robert Sayers	Hattiesburg	MS	5935	Millison Fambles	Olympia	WA
5875	John C Collins	Austin	TX	5936	Adam Kegley	Lexington	KY
5876	Janet Borg	Torrey	UT	5937	Keith Jensen	Ramona	CA
5877	Thomas D Scott	Waverly	IA	5938	Matt Delcomyn	Seattle	WA
5878	Le Roy Richard	Church Point	LA	5939	Paul Kellogg	Gurnee	IL
5879	John Hunte	Hiawatha	IA	5940	Brian Kennedy	Satellite Beach	FL
5880	David Schuman	St Louis	MO	5941	Andrea Achilli	Reno	NV
5881	Amanda Orr	Blacklick	OH	5942	Vicki Smith	Frederick	MD
5882	Todd Lee	Lancaster	OH	5943	Susan Graybill	Roseville	CA
5883	Julia Hilty	Lancaster	OH	5944	Stott Willie Howard	Des Moines	IA
5884	David B Hill	Atlanta	GA	5945	Frank Battelli	San Anselmo	CA
5885	Beverly S Hill	Atlanta	GA	5946	James Coke	Jonas Ridge	NC
5886	Terry Thomson	Waxhaw	NC	5947	Dan Moore	Woodinville	WA
5887	Judy Borrmann	South Windsor	CT	5948	Randy Rasa	Olathe	KS
5888	Steve Borrmann	South Windsor	CT	5949	Marcus Edvalson	North Hills	CA
5889	Richard L Holve	Sebastopol	CA	5950	Justin Barber	Atlanta	GA
5890	David Bolocan	Atlanta	GA	5951	Erik A Christensen	Palmer	AK
5891	Larry Bott	Ventura	CA	5952	Russell Stevens	Santa Clara	CA
5892	Richard C Hornung	Mill Creek	WA	5953	Sheila Stevens	Santa Clara	CA
5893	Josh Haskins	Broomfield	CO	5954	Bob Weiss	Riverside	IA
5894	Deacon Matthew J Levy	Silvis	IL	5955	Noelle Bowdler	Riverside	IA
5895	David Currie	The Woodlands	TX	5956	Brad Veasey	Florence	SC
5896	Ross McAllister	Redmond	WA	5957	Drew Marlar	Decatur	GA
5897	Cathy Cramer	La Veta	CO	5958	Kent Rausch	Mahomet	IL
5898	Paul Durrant	Gladstone	MO	5959	Gene E Smith	Tujunga	CA
				5960	John Tanner	Clearwater	FL
				5961	Kevin Mahan	Danielson	CT



Jennifer Wise fills an order in the RUSA store. For order form, see page 38 or visit RUSA online at [www.rusa.org](http://www.rusa.org).

VELONEWS

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## President's Message (continued)

uted to other volunteers around the country.

Alternative shipping address entry and online payment are also available. These features, usually only available from major online retailers, should definitely please those of you who wish to surprise your favorite randonneur or randonneuse with a special gift from the RUSA store. And finally, I am told that a new revision of our very popular RUSA Handbook will soon be available. So, go to the online store, type in your RUSA membership number and have fun shopping!

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## One More Name Added To Can-Am Award List

RUSA member Ken Bonner, who compiles the list of Can-Am Pin Award recipients (see November 2009 issue), reports that one rider—**Vincent Muoneke**, RUSA # 5004—was inadvertently missed. A belated congratulations to Vincent!

# Seven New Ultra Randonneur Awards Presented

The Ultra Randonneur Award is for RUSA members who have ridden ten (10) Super Randonneur series. The Super Randonneur (SR) series of brevets (200 K, 300 K, 400 K and 600 K in a calendar year) that are used to qualify for the Ultra Randonneur Award need not be in consecutive years, nor is there a time limit on how long it takes to accumulate the ten SR series. Note that it is possible to earn more than one SR series per year, making it possible to earn this award in fewer than ten seasons.

Riders can apply with ACP brevets, RUSA brevets, or RM-sanctioned 1200k events; team events and permanents do not count. Longer events can be substituted for shorter ones. For example, a RUSA 230k brevet could be used in lieu of an ACP 200k brevet and a 1000k brevet or RM-sanctioned 1200k event could be used in lieu of a shorter event missing from the normal sequence.

RUSA congratulates the riders who earned and applied for the Ultra Randonneur Award.

RUSA #	Rider	City	State
1368	Jeff Bauer	Nashville	TN
2295	Chris Mento	Glen Burnie	MD
546	Paul H Donaldson	Richmond	VA
3205	Pamela Wright	Fort Worth	TX
824	Alan Gosart	Murfreesboro	TN
2726	Albert Kong	El Dorado Hills	CA
2692	Dana A Pacino	Aledo	TX

## RUSA Awards First Mondial Trophies

*New honor for members who log 40,000K in RUSA events*

The Mondial Award is for RUSA members who have successfully completed at least 40,000 km in RUSA events.

The name “Mondial” comes from the French adjective meaning worldwide or global. The name relates to the fact that the circumference of the Earth is approximately 40,000 km.

This award can be earned just once by a member and is automatically awarded upon completion of the required dis-

tance (no application or purchase required).

The qualifying distance for this award is based on all events on RUSA’s calendar (ACP brevets and flèches, RUSA brevets, populaires, arrows and darts), RUSA permanents, and 1200km events held in the United States after 1999. Foreign events (including PBP) are not counted.

RUSA congratulates the riders who have earned the Mondial Award.

Year	RUSA #	Rider	Hometown
2007	390	Dan Driscoll	Arlington, TX
2007	1589	Mark Metcalfe	Duncanville, TX
2008	64	Mark Thomas	Redmond, WA
2009	2362	Brenda Barnell (F)	Dallas, TX
2009	1368	Jeff Bauer	Nashville, TN
2009	153	John Lee Ellis	Louisville, CO
2009	2565	Gary Gottlieb	Aledo, TX
2009	1576	Robin Phelps (F)	Carrollton, TX
2009	2299	Val Phelps	Carrollton, TX
2009	3596	Sharon Stevens (F)	Richardson, TX
2009	855	Matt Settle	Strasburg, VA



# List of R-12 Recipients Continues Healthy Growth

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 1200km or longer.

tioned brevets and team events (flèches), Paris-Brest-Paris, and RM-sanctioned events of 1200km 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.

Charles White .....Marysville, WA	Tom Bardauskas .....Florence, SC	Raymond Ogilvie .....North Plains, OR
Jerry Austin [3] .....Arlington, TX	Nestor Albances .....Oxnard, CA	Greg Jones [3] .....Moorpark, CA
Jonathan Gray [2] .....Davis, CA	Bill Alsup [2] .....Portland, OR	Lisa Jones (F) [3] .....Moorpark, CA
Richard N Ralls [2] .....Plano, TX	Barbara Anderson (F) .....Hamilton, NJ	Willy Nevin [4] .....Pacifica, CA
Chris Mento [3] .....Glen Burnie, MD	Ronald Anderson .....Hamilton, NJ	Cecil Reniche-Smith (F) [2] .....Portland, OR
Guy Harris .....Asbury, NJ	Becky Berka .....Dublin, CA	Shai Shprung .....Encino, CA
Leonard Zawodniak .....Wall, NJ	Gregory Cox .....Kent, WA	Jim Swarzman .....Ventura, CA
Alan Schwartz .....Memphis, TN	Shan Perera [2] .....Seattle, WA	Jack Twitchell [2] .....Pomona, CA
Peg Winczewski (F) .....Tacoma, WA	Walter J Pettigrew [3] .....Cedarville, NJ	Martin D Cochran .....North Augusta, SC
Michael Wolfe .....Seattle, WA	Dave Zion .....Westford, MA	Henrik Schroeder [3] .....Lighthouse Point, FL
Stuart Keith Sutton .....Virginia Beach, VA	Carlton van Leuven .....Chandler, AZ	Ray Holzworth Jr .....Gainesville, FL
Clay Wilson [2] .....Dallas, TX	Chip Adams [2] .....Severna Park, MD	Mark Thomas [3] .....Redmond, WA
George C Moore .....Arlington, VA	Carol Bell (F) [3] .....Baltimore, MD	Janet Bodine (F) .....Millersville, MD
Ward Beebe [3] .....Oak Harbor, WA	Craig Hablewitz .....Fort Myers, FL	Gintautas Budvytis .....Castro Valley, CA
Wendy Gardiner (F) .....Acworth, GA	Timothy L Houck .....Pleasanton, CA	Vidas Placiakis .....Walnut Creek, CA
Clint Provenza .....Millersville, MD	Craig Mathews [2] .....The Woodlands, TX	Janet Bull (F) .....Arlington, VA
W Thomas Reeder [4] .....Alexandria, VA	John Russell [2] .....Santa Rosa, CA	Nicholas Bull [4] .....Arlington, VA
John Pogue .....Burleson, TX	Paul Calewarts [2] .....Jacksonville, FL	Mike Fox .....Lakewood, CO
David Goodwin .....Falls Church, VA	Patrick A Donovan [2] .....Orange Park, FL	John Lee Ellis [4] .....Louisville, CO
Dominique Blachon .....Seattle, WA	David Buzzee .....Columbus, OH	Dean Furbish [3] .....Raleigh, NC
Robert Lee .....Lenexa, KS	Spencer Klaassen [4] .....Saint Joseph, MO	Eric Keller .....Boalsburg, PA
Bill Schell .....Banks, OR	Beth Myers (F) .....Denver, CO	Branson Kimball [3] .....Durham, NC
Glenn Armstrong .....Brookdale, CA	Brent D Myers .....Denver, CO	Jonathan Levitt .....Bronx, NY
Jon Zbasnik [3] .....Pleasanton, CA	Gary Estes .....Whitewright, TX	Paul G Shapiro .....Princeton Junction, NJ
Carol Nussbaum (F) .....Seattle, WA	Rob Hawks .....Richmond, CA	Catherine Shenk (F) [2] .....Boulder, CO
Ralph Nussbaum .....Seattle, WA	Joanne Heilinger (F) [2] .....Keizer, OR	Gary Gottlieb [5] .....Aledo, TX

[#] = # of R-12s; (F) = Female



## Attention Members

The RUSA newsletter is mailed via third class mail to the address on file of all current members. It is critical that you inform the membership office of any change of address, so that your newsletter will reach you in a timely fashion.

Please send notification of change of address to: Don Hamilton at [dhamilton@copper.net](mailto:dhamilton@copper.net).

## *Don't Forget...*

*...To renew your RUSA membership!*



Memberships run from January through December. Use the convenient form in the inside back cover or download the form at [www.RUSA.org](http://www.RUSA.org).

### PASSINGS

#### Robert Louis Magyar

Robert Louis Magyar, (“Bob” or “Rob” to his close friends and family), passed away November 17, 2009 in Seattle, Wash. at the age of 51 after a brief battle with prostate cancer. His ashes were spread in Puget Sound.

He left behind his beloved wife, bicycling and kayaking partner, Amy Harman; his loving parents, Louis and Louise Magyar; his sister, Jennifer, residents of Shelton; his father and mother-in-law, Philip and Marilyn Harman, residents of Florida; his sisters-in-law, Pam Norman and Betsy Harman; and several aunts, uncles, and cousins along with many caring friends in Washington State and throughout the U.S.

Robert was a graduate of Shelton High School and became fascinated with computers when the city installed its first computer system at the high school. That experience inspired him to pursue what became his chosen profession. He first earned an Associates Degree from Norwalk Community College and then his Bachelor’s degree in Computer Science from the University of Bridgeport. He worked for several companies in Southern Connecticut, but after a visit to Washington State in the early 1990s, he decided to pursue his career there. As contract computer software designer, Robert worked for various companies over the years, including Bsquare, Honeywell, Nintendo, and Microsoft. He enjoyed his work and often referred to it as play and his sporting activities as work and often commuted on his bike to work.

Robert was an outdoor enthusiast, enjoying cycling, hiking and kayaking. Prior to moving to Washington State, Robert avidly hiked in the White Mountains in New Hampshire and enjoyed spelunking. While a member of the



local grotto in Connecticut, he worked on mapping and photographing many caves in Tennessee, New York, and West Virginia and gave several slide show presentations of his adventures. When he moved to Washington, he joined the Cascade Grotto. He reached the summit on Mt. Rainier four times and took several self-guided kayaking trips to Glacier Bay, Alaska, and Baja, Mexico.

He rode in RAM-ROD, ride around Mount Rainier in one day, on numerous occasions and as a member of the Seattle International Randonneurs he completed many randonnées and held the title of “Ancien” having completed cycling’s

oldest event, the historic Paris-Brest-Paris, a 1200km randonnée.

Robert was also a lover of art, theater and music. He tried his hand at pottery at Pottery Northwest and print making at Shev Shoon. He was well liked in the art scene because he both admired and collected many artists’ work.

Photos of his life and adventures may be viewed at <http://www.flickr.com/photos/orangecomo/sets/72157621905951267>. Please post any memories or condolences that you wish to share at [www.legacy.com](http://www.legacy.com).

The family would like to thank the Seattle Cancer Care Alliance and requests that any memorial donations be made to the Seattle Cancer Care Alliance or the Fred Hutchinson Cancer Research Center. To do so please visit <http://www.seattlecca.org/sup-port-scca.cfm> or [http://getinvolved.fhcr.org/site/TR/Events/General?pg=ffind&fr\\_id=1050](http://getinvolved.fhcr.org/site/TR/Events/General?pg=ffind&fr_id=1050).

# BOSTON PARIS BOSTON | A REPORT FROM FRANCE

By JENNIFER WISE

On Sunday, January 17, the Audax Club Parisien (ACP) hosted its Annual Awards Meeting in Paris. The night before, a small group of us were invited to dinner, and to enjoy a fun, friendly evening together. We gathered at the famous Parisian brasserie *Au Pied de Cochon*, (To The Pig's Trotter) a traditional ACP meeting place. The dishes are traditional French Cuisine; pig's hoof, ear, bone marrow and snout. Since 1946, the brasserie has never closed its doors. It's open 24 hours. *Au Pied de Cochon* remains one of the

most popular brasseries in Paris with a lively ambience (see photo, this page).

Jean-Gualbert was very patient with all my questions about the 2011 Paris-Brest-Paris 1200k. Here are some of the FAQs:

Q: Has the overall PBP 2011 rider limit been established?

A: No, not yet.

Q: Has the formula for the PBP 2011 rider quota per country been decided?

A: No, not yet.

Q: Will the PBP 2011 online registration website be similar to 2007?

■ Continued on page 12



**Dinner at Au Pied de Cochon:** Left side, front to back: RM President Robert leDuc, Ton de Mik, (ERN), Jennifer Wise, Robert Lepertel & Claude Lepertel. Right side back to front: Samy Amar, Suzanne Lepertel, Jean-Gualbert Faburel, RM VP Jan-Pieter Broekhoven, Dick van Mourik, ERN. (ERN= Euraudax Randonnée Nederland).



## Report from France (continued)

A: Yes.

Q: Will everyone be required to register online for PBP?

A: Yes. No more paper applications.

Q: Is there a possibility that the PBP rider limit will be met on the first day of pre-registration? No.

Q: Is there a non-refundable pre-registration fee?

A: Yes. It will be nominal.

Q: Will there still be bike inspection?

A: Yes.

Q: Will there be more sleep provisions?

A: Yes. We will add a sleep control between Loudéac and Carhaix.

Q: Will there be a bag-drop service?

A: Yes. The ACP will provide a bag-drop service for riders at PBP.

Q: Will the start/finish still be in St. Quentin en Yvelines?

A: Yes.

The ACP will do everything possible to allow as many riders as possible to participate in PBP 2011. The registration schedule is outlined in the PBP 2011 brochure which is posted to the RUSA website:

[http://www.rusa.org/Download/PBP\\_2011\\_Brochure.pdf](http://www.rusa.org/Download/PBP_2011_Brochure.pdf)

RUSA will cooperate with the ACP in any way we

can to make the job of PBP rider registration go as smoothly as possible for RUSA members and for ACP volunteers. We look forward to PBP and hope it will be a grand success.

### Sunday ACP General Meeting

The meeting started right on time with new ACP President Thierry Miton as the Master of Ceremonies. The first order of business was a somber moment of remembrance for valued ACP member, volunteer, and organizer Marie Therese Martin, who lost her 10-year battle with cancer last June. She was 74. Bob Lepertel tried to say a few words, but was overcome with emotion and could not continue. He exited the stage to a standing ovation by all in attendance. Claude Lepertel presented French brevet awards. Jean-Gualbert presented the international brevet awards.

The agenda was as follows:

- Recognition of French riders who excelled in participating in ACP brevets during the year 2009.
- Recognition of French brevet organizers who have put in years of dedicated work hosting brevets.
- Recognition of Flèches de France rider teams.
- Recognition of French Flèche Velocio rider teams.
- Recognition and special awards for outstanding French riders.
- Recognition of RM country members who turn in the most brevet results: USA ranked #1.
- Recognition of RM country member clubs who turn in the most brevet results: SIR was #3

PBP 2011 brochures were handed out and a short presentation made by ACP President Thierry Miton and Jean-Gualbert Faburel about

■ Continued on next page



Wise receives trophy on behalf of RUSA from the ACP's Jean-Gualbert Faburel.

## Report from France (continued)

PBP 2011 details. The rider limit has not been established. It probably will not be announced until January 2011. The schedule for registration is printed in the brochure along with other pertinent details. There was no question/answer period.

The ACP and the FFCT renewed their partnership to host PBP 2011.

The Ville St. Quentin en Yvelines is again hosting the start/finish logistics.

The ACP President, Thierry Miton, was presented with a gift from RUSA President, Lois Springsteen, of a wool RUSA cycling jersey. He was genuinely delighted and grateful for the lovely gift and was moved that Randonneurs USA sent a representative to attend the meeting.

RUSA gave Jean-Gualbert and Geneviève Faburel RUSA cycling caps, which were seized by their two children, Antonin and Cléonie. Jean-Gualbert and Robert Lepertel were also given new editions of the RUSA Handbook. Everyone at the meeting was given a yellow LIVESTRONG bracelet in memory of Marie Therese Martin, in support of Claude Lepertel, who is fighting breast cancer and in support of Avery Juhring who is fighting esophageal cancer.

### Monday - Montreuil; Visit With Avery Juhring

Avery is our American friend who lives in France and has worked at every PBP since 1983. He is the chief trouble-

shooter and is on hand to help Americans at PBP rider check-in. Avery replaces lost paperwork, finds spare equipment, reports lost bikes, finds lost bikes, translates, and solves problems. Because of his illness, Avery was unable to attend this year's ACP meeting. He now lives in Montreuil, on the eastern edge of Paris, so I was able to take the metro to his townhouse. I brought Avery a pair of RUSA wool socks and a copy of the newly printed RUSA Handbook. Avery was as animated and sociable as ever, despite being thin and tired. His spirits were noticeably lifted by the visit, and he loved his gifts.

My 72-hour B-P-B trip was enjoyable and productive. There is a whole new value to human contact in this era of electronic communication and cyberspace interaction. H1N1 aside, it's so important to shake hands, raise a glass and renew friendships face-to-face. I was honored to represent Randonneurs USA at the annual ACP meeting. Bisou-bisou!

### Passing Of Claude Lepertel

As this newsletter went to press, we received sad news from France, that Claude Lepertel had passed away. Claude was the daughter of Bob and Suzanne Lepertel, longtime Audax Club Parisien members, administrators and Paris-Brest-Paris organizers. Like her parents, Claude was actively involved in randonneur cycling having completed



**Claude Lepertel**

several Flèche Velocio rides, and in 1987 became a PBP ancienne, completing her Randonneur 5000 quest. Unlike her parents, Claude understood English, and

could help translate correspondence to the ACP from English-speaking randonneur country organizations in the USA, the UK, and Australia. In recent years, Claude worked with the ACP processing French brevet results and certifications. In 2007, Claude took on the cumbersome job of processing all the foreign entries to Paris-Brest-Paris. Claude has been fighting breast cancer and on January 28, at 9:15 a.m., she died at age 62. We send our deepest condolences to her partner Samy Amar, and to the entire Lepertel family in their time of grief.

## 2010 AMERICAN RANDONNEUR AWARD — MARK THOMAS —

Once a year, the prestigious American Randonneur Award is presented to a RUSA member who has made a significant and outstanding contribution to randonneuring in the United States. It may 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 being a good samaritan. This year's honoree has met the above criteria again and again. Had he not been a sitting RUSA Board member, he would likely have been recognized with this award years ago. The RUSA Board is proud to present the 2009 American Randonneur Award to Mark Thomas.

The following is excerpted from a piece written by Carol Nussbaum (RUSA #2887) for the Seattle International Randonneurs newsletter early last year.

There is a megalomaniac working his charismatic magic on the Seattle Randonneurs. I first discovered this problem when I met some cyclists late one night in Leavenworth. They were old friends who had done some rides with us around Seattle. I pulled into a gas station and saw three cyclists with lights, saddle bags, and a cue sheet. I recognized one of them and waved. He came over to my mini-van and said, "Boy, this van looks really good right now."

Another cyclist came over and said, "Come on, we've got



Mark Thomas at the start of Australia's Great Southern Randonnée in 2008, one of the many 1200Ks he has participated in around the world.

to go. We're late already and we'll never make the next control." Both of them had glazed-over eyes and a grim, even desperate, look.

"Where are you headed?" I asked.

"Chelan, then Winthrop, and back over Washington and Rainy Pass to Arlington."

"Sounds nice," I said.

"How many days are you taking?"

"We're supposed to be there tomorrow," they said.

"Tomorrow? What are you guys doing?"

We're Randos now. We're doing a brevet, and we've got to get going or we will DNF." And with that they rode off into the night.

I was left aghast. What was going on? What was this rando thing? When I got back into town, I started my research. I found a club called SIR, whose members do outrageously long rides that are timed. Riders have to make the time limit or get a DNF

■Continued on next page

## American Randonneur Award (continued)

on their record. Despite the insanity of this type of riding, the club and the popularity of the rides is increasing, all presided over since 1998 by this megalomaniac, Mark Thomas.

Very little is known about Mark. In interviews, he is brief, even uncommunicative, giving him an air of mystery. He moved out to Seattle some years ago and quickly insinuated himself into the rando ranks. Within a year, he was in charge. His goal, as he states it, is “more rides and more riders.” He makes no bones about the religious nature of his club. He wants to make Seattle a “randonneuring Mecca.” He claims that the world looks better from the seat of a bike. Club members who talk about Mark do so with awe in their voices. One said, “Mark gets things done by getting other people to do jobs.” Another said, “When he asks you to volunteer, it’s like he twists your arm and it doesn’t even hurt.” And speaking of how he brings members into the club and keeps them under his thumb, another Rando said, “Mark has an uncanny ability to settle conflicts and bring people together.” It’s clear that Mark has built himself a huge following of loyal foot soldiers who will organize a ride, or go out and ride it, mindlessly, as if riding a bike for two or three days straight is a normal thing. Theoretically, Mark is doing these rides, too, but he always does the “pre-ride,” so no one ever questions his accomplishments, though rid-



The RBA for Seattle International Randonneurs, Mark works a control during one of his rides.

ers rarely see him riding a bike on brevets. He is usually at various stops on these insane rides, smiling and lying about how easy the next stretch is and not to worry about the wind or the rain. A little mountain pass is nothing, and you’ll feel great when you succeed. But when the riders struggle on, he laughs and says how much better the weather was on the “pre-ride.”

Mark makes no bones about his national connections. He freely admits to being recruited by RUSA (Randonneuring USA), and to participating in their planning meetings to spread the cult nationwide. Branches have sprung up in New York, California, and Texas, to name a few spots, but none of them are as large as the Seattle

branch, a testament to Mark’s uncanny ability to bend people to his will.

I had an opportunity to see Mark function first hand at the club’s annual meeting. As soon as he took the stage, a hush fell over the members. He mentioned the accomplishments of the club, and everyone cheered wildly. One of his flunkies said how much work Mark had done that year—more cheering. Then he began asking for volunteers, and hands began to pop up. A look around the room showed that usual glazed look as Mark organized another year of pain for riders, and agony for family members who cannot control the obsessions of these cult members. Mark ominously mentioned that he had a list

of everyone who had not come and would assign them jobs as well. The most appalling part of the meeting, though it might seem minor, was how everyone laughed uproariously at Mark’s jokes, even though there is little humor in the Randonneuring cult world. When the meeting broke up, cult members hung around Mark, hoping for some notice and a pat on the shoulder, but all he did was hawk Randonneuring ware to collect money from unsuspecting suckers to fund his nefarious activities.

This article is a warning. Spouses, parents, siblings, friends: do not let your loved ones come under the sway of Mark Thomas, or they are lost to you forever.

## 2010 ACP Events

Region	200 km	300 km	400 km	600 km	1000 km	Flèche
AK: Anchorage	04/17 05/01 05/16 05/29 06/05 06/19 07/17 09/11	05/22 05/29 07/17 09/18	06/05 06/19	06/19		
AZ: Casa Grande	01/02 08/21	02/27 05/08	03/27	04/24		
CA: Davis	03/06	03/20	04/17	04/30		
CA: Los Angeles	01/02 05/22	02/20 06/12	03/13 09/11	04/10 10/09	04/29	04/16
CA: San Diego	01/09 06/05 07/10	02/06 06/19 08/07	03/06	04/10 04/17	04/30	
CA: San Francisco	01/23 02/06 04/25 06/12 10/09	02/27	03/27	05/22		04/02
CA: Santa Cruz	07/24 08/07	08/21	09/04	09/25	06/24	
CA: Santa Rosa	03/13	04/10	05/08	06/05		
CO: Boulder	04/17 05/01 07/10 08/28 09/18 09/25 10/02	05/15 08/14	06/05 06/19 07/17 07/31	05/22 06/19 07/17	07/17 09/15	05/07
FL: Central	01/09 09/18	02/06	03/06	04/17	10/15	04/02
FL: Gainesville	01/16	02/20	03/13	04/10		
GA: Atlanta	02/06 03/27	03/06 04/17	05/01 05/08	05/29		
IA: Cedar Valley	04/17 05/08 06/19 07/10	05/08 06/19 07/10	06/19 07/10	07/10	08/06	
IL: Chicago	05/01 05/15 06/05 06/26 07/17	05/01 05/15	06/05 06/26	06/26 07/17		
IL: Quad Cities	04/10	05/01	06/26	07/17		
KY: Louisville	03/06 04/24 05/22 06/26	04/03 07/17	05/08	06/05		
LA: New Orleans	01/02 02/13 08/07	03/13 09/11	04/10 10/09	05/15 10/30		
MA: Boston	05/01 07/24 09/25	05/15 07/24	06/05	07/10		05/21
MA: Westfield	03/28 04/24	05/08 08/28 09/18	05/29	06/26		04/09
MD: Capital Region	01/09 03/27 04/10 08/14 09/18	04/24 05/08	05/22	06/05		04/16
MN: Rochester	05/01 10/02	06/12 09/18	06/26 08/21	07/24 09/11		05/14
MO: Kansas City	03/27 05/08 05/22 05/29 05/31 07/10 08/21 09/04	04/10 05/30 06/01	05/08	05/22	06/12	04/23
MO: St. Louis	03/20 03/27 04/10 05/08 05/15 05/29 06/26 07/17 08/21	04/10 04/17 05/08 05/29 06/26 07/17 07/31 08/21	05/08 05/29 06/26	05/29 06/26		

# 2010 ACP Events

Region	200 km	300 km	400 km	600 km	1000 km	Flèche
MS: Jackson	01/16	02/20				
MT: Bozeman	06/19	07/10				
NC: High Point	01/02 02/06 03/06 03/07 06/05 06/06 07/03 07/04 08/07 09/03 09/04 09/05 09/06 10/09 10/10	02/06 02/20 07/03 07/04 08/07 09/03 09/04 09/05 10/09 10/10	03/06 06/05 07/03 08/07 09/03 09/04 09/05 10/09	07/03 09/04 10/09	09/03	04/02
NC: Raleigh	04/10 08/14 10/02	04/24	05/08	05/22		
NE: Omaha	09/09 09/10 09/11 09/12	09/09				
NJ: NYC and Princeton	04/10 04/25 07/18	05/08 09/05	05/29	06/25		
NM: Cedar Crest	03/27 05/15	04/24	05/29	06/26		
NY: Central/Western	05/08	05/22	06/05	06/19	07/08	05/14
NY: Saratoga	03/28	04/25	05/08			
OH: Columbus	03/27 08/28	04/10	05/15	06/12		04/23
OR: Portland	03/06 03/20 06/15 07/10 08/14 09/18 10/02	03/27 04/03 07/24	04/24 05/01 08/07	05/22 08/24	06/12	04/16
PA: Eastern	01/02 02/06 03/06 03/27 04/17 05/15 06/05 07/31 08/14 09/11 09/26 09/27 09/28 09/29 09/30 10/01	04/17	05/01	05/22	08/26	04/23
PA: Pittsburgh	04/03 06/19 08/21 08/22 09/12	07/10	07/31			
PR: San Juan	02/21	03/20	04/17	05/28		04/30
SC: Spartanburg	05/01					
TN: Nashville	01/30 02/27 03/13	03/27 07/10	04/10 08/28	05/22	09/23	04/23
TX: Amarillo	03/15	03/19				
TX: Austin	01/09	02/20	04/10 05/08	05/08		
TX: Brownsville	01/23 02/20	02/20				
TX: Dallas	01/01 01/23 02/13 03/06 05/01 05/29 06/26 09/04 09/18	01/23 02/13 05/01 05/29 06/26 09/04 09/18	03/06 05/01 05/29 09/04 09/18	05/01 05/29 09/04	05/29	04/02
TX: Houston	01/02 01/16 02/06 02/27 03/20 04/17 05/15 06/05 07/17 08/07 09/11 10/02	01/16 03/20 09/11	02/06 05/15 10/02	02/27 04/17	10/02	04/02
UT: Cedar City	04/17 07/17 09/04	05/22	06/19			
VA: Northern	03/13 03/20 03/21 08/07	04/10 08/14	05/01 05/08 09/11	05/29 09/25	10/09	
WA: Seattle	03/13 03/20 04/25 07/24 09/12	03/27 04/03 08/07	05/15 08/21 09/24	06/05 09/11 09/25	06/26 08/19 09/24	04/16

## 2010 RUSA Events

Region	Event
AK: Anchorage	(100 km) 06/13 (100 km) 08/07 (100 km) 08/28
AZ: Casa Grande	(200 km) 11/13
CA: San Francisco	(100 km) 07/17
CO: Boulder	(103 km) 03/21 (106 km) 04/04 (116 km) 04/11 (129 km) 10/09
GA: Atlanta	(300 km) 06/19 (200 km) 09/11
IA: Cedar Valley	(103 km) 06/05 (206 km) 06/05
IL: Chicago	(100 km) 07/17
LA: New Orleans	(200 km) 06/26 (200 km) 07/03 (200 km) 11/06 (200 km) 12/04
MA: Boston	(107 km) 04/17 (100 km) 06/13 (350 km) 08/07
MA: Westfield	(100 km) 03/14 (100 km) 10/10 (170 km) 10/10
MD: Capital Region	(200 km) 03/20 (200 km) 10/16 (200 km) 11/13 (200 km) 12/11
NC: High Point	(180 km) 04/01
NC: Raleigh	(100 km) 08/14
NM: Cedar Crest	(300 km) 08/28 (300 km) 10/23 (200 km) 12/04
OH: Columbus	(200 km) 10/16
OR: Portland	(200 km) 09/17
PA: Eastern	(150 km) 10/23 (200 km) 10/23 (200 km) 11/06 (200 km) 12/04
TN: Nashville	(250 km) 10/23 (200 km) 11/27
TX: Austin	(200 km) 12/11
TX: Dallas	(102 km) 01/01 (200 km) 02/21 (325 km) 03/06 (200 km) 07/31 (211 km) 10/09 (305 km) 10/09 (200 km) 10/16 (300 km) 10/16 (200 km) 10/30 (300 km) 10/30 (400 km) 10/30 (400 km) 10/30 (600 km) 10/30 (400 km) 11/20 (300 km) 11/27 (200 km) 12/04
TX: Houston	(314 km) 02/27 (400 km) 02/27 (300 km) 04/17 (400 km) 04/17 (307 km) 05/15 (314 km) 07/17 (300 km) 08/07 (200 km) 11/13 (600 km) 11/13
UT: Cedar City	(200 km) 07/31
WA: Seattle	(100 km) 02/28 (300K) 04/21 (100 km) 07/10 (110 km) 08/29 (200 km) 09/18

## 2010 RM 1200k Events

Location	Date	Distance (km)	Contact	Web Site
VA: Northern	2010/06/10	1200	<a href="mailto:Matt.Settle@shenandoah1200.com">Matt Settle</a>	<a href="http://www.shenandoah1200.com/">http://www.shenandoah1200.com/</a>
WA: Seattle	2010/06/26	1249	<a href="mailto:Mark.Roehrig@cascade1200.com">Mark Roehrig</a>	<a href="http://www.cascade1200.com/">http://www.cascade1200.com/</a>
CO: Boulder	2010/09/15	1200	<a href="mailto:John.Lee.Ellis@rmccrides.com">John Lee Ellis</a>	<a href="http://www.rmccrides.com/lastchance.htm">http://www.rmccrides.com/lastchance.htm</a>

# 2010 RBA Directory

Region	Organizer	Address	Tel.	Tel2/Cell	FAX	E-mail
AK: Anchorage	Kevin TURINSKY	2301 Saint Elias Drive Anchorage AK 99517	907-276-6299			kjturinsky@mac.com
AZ: Casa Grande	Susan PLONSKY	858 Center Street Henderson NV 89015	520-450-1335			susan@azbrevet.com
CA: Davis	Dan SHADOAN	812 Eucalyptus Street Davis CA 95618	530-756-9266		530-756-0187	djshadoan@ucdavis.edu
CA: Los Angeles	Greg JONES	4465 Cedarglen Ct Moorpark CA 93021	805-523-2774		805-523-2774	gsjco@pacbell.net
CA: San Diego	Dennis STRYKER	4233 Arguello Street San Diego, CA 92103	619-977-9334			dstryker@cox.net
CA: San Francisco	Rob HAWKS	5630 Santa Cruz Ave. Richmond CA 94804	510-526-2653			rob.hawks@gmail.com
CA: Santa Cruz	Lois SPRINGSTEEN	226 West Avenue Santa Cruz CA 95060	831-227-6266	831-227-6266	650-964-7037	president2009@rusa.org
CA: Santa Rosa	Robert REDMOND	814 Winton Drive Petaluma CA 94954	707-799-0764	707-769-9678		redmond.bob@gmail.com
CO: Boulder	John Lee ELLIS	2155 Dogwood Circle Louisville CO 80027-1169	303-604-1163			jellisx7@juno.com
FL: Central	Timothy BOL	1140 S Orlando Ave Apt E5 Maitland FL 32751	407-538-0580			TJB4828@aol.com
FL: Gainesville	Jim WILSON	620 NW 27th Way Gainesville FL 32607	352-373-0023			wilson@afn.org
GA: Atlanta	Andy AKARD	1326 Pasadena Ave NE Atlanta GA 30306	404-216-9601			akard.andy@att.net
IA: Cedar Valley	Robert FRY	2124 Touchae Street Waterloo IA 50702-4126	319-226-5436			cvbrevet@mchsi.com
IL: Chicago	Jim KREPS	2732 N. Central Park Chicago IL 60647	773-862-9879			jimmyk22@aol.com
IL: Quad Cities	Joe JAMISON	1101 20th Avenue East Moline IL 61244	309-235-4284			j-jamison@sbcglobal.net
KY: Louisville	Steve RICE	40 Plantation Drive Shelbyville KY 40065	502-494-5288			srice@insightbb.com
LA: New Orleans	Patrick HORCHOFF	8909 Ormond Place River Ridge LA 70123	504-738-1352	504-957-1768		larba1955@aol.com
MA: Boston	Tracey INGLE	204 Barton Road Stow MA 01775	978-212-5500	508-789-6290		tracey@inglelaw.com
MA: Westfield	Don PODOLSKI	55 Franklin St. Westfield MA 01085	413-562-5237		413-562-5237	don@newhorizonsbikes.com
MD: Capital Region	William BECK	17719 Foxmoor Drive Woodbine MD 21797	410-442-9946			wabeck@comcast.net
MN: Rochester	Michael AELING	603 E 10th Street Winona MN 55987	507-459-1629			mdapbp@yahoo.com
MO: Kansas City	Bob BURNS	PO Box 1387 Blue Springs MO 64013	816-229-6071		816-229-6444	bobgburns555@aol.com
MO: St. Louis	John JOST	9122 Conser Court St. Louis MO 63123	314-843-4486			stlbrevets@yahoo.com



# 2010 RBA Directory

Region	Organizer	Address	Tel.	Tel2/Cell	FAX	E-mail
MS: Jackson	Michelle WILLIAMS	213 Hillside St. Ridgeland MS 39157	601-573-2057		601-932-3987	mwilliams_spmr@hotmail.com
MT: Bozeman	Jason KARP	713 Cheery Drive Belgrade MT 59714	406-388-1099	406-599-2897		belgradebobcat@msn.com
NC: High Point	Tony GOODNIGHT	1939 Barringer Rd Salisbury NC 28147	704-637-6289			info.rusa@bicycleforlife.org
NC: Raleigh	Alan JOHNSON	308 Ashe St Morrisville NC 27560	919-467-8457			alanj@email.unc.edu
NE: Omaha	Larry LARSON	2477 North 150th Street Omaha NE 68116	402-496-1840			nebraskabrevet@cox.net
NJ: NYC and Princeton	Leroy VARGA	27 Beaufort Ave Dover NJ 07801	373-366-5098			leroyvarga@verizon.net
NM: Cedar Crest	John MAZZOLA	PO Box 811 Cedar Crest NM 87008	505-263-7090			nmnightrider@comcast.net
NY: Central/Western	Peter DUSEL	1119 Lake Road Ontario NY 14519	315-524-8519			pdusel@sprintmail.com
NY: Saratoga	John J. CECERI JR	7 Pearl Street Schuylerville NY 12871	518-583-3708			john@adkultracycling.com
OH: Columbus	Bob WADDELL	254 South Westgate Ave Columbus OH 43204	614-561-4914		866-712-2207	rba4914@ohiorand.org
OR: Portland	Susan FRANCE	25797 SW Neill Rd. Newberg OR 97132	503-628-7324	503-685-1337		susanfrance@teleport.com
PA: Eastern	Tom ROSENBAUER	300 Burke St Easton PA 18042	610-559-1145		610-559-1145	trosenbauer@rcn.com
PA: Pittsburgh	Jim LOGAN	215 Lindenwood Dr Pittsburgh PA 15209	412-822-7778			jimlogan@verizon.net
PR: San Juan	William A. MEDINA	PMB 242, 100 Grand Paseo Blvd, Suite 112 San Juan PR 00926-5902	939-745-0707		787-283-2934	sanjuancycling-club@gmail.com
SC: Spartanburg	Steve YETMAN	114 Beaufort St Greenville SC 29615	864-292-6315			cyclenutsc@aol.com
TN: Nashville	Jeff SAMMONS	1512 Aberdeen Dr Brentwood TN 37027	615-373-2458		615-833-3407	jsammons@bellsouth.net
TX: Amarillo	Nick GERLICH	P.O. Box 53 Canyon TX 79015	806-499-3210			nickgerlich@gmail.com
TX: Austin	Wayne DUNLAP	3108 Creeks Edge Parkway Austin TX 78733	512-402-9953	408-857-5458	512-372-7139	wgdunlap@aol.com
TX: Brownsville	Edward ROBINSON	3750 N. Sam Houston Blvd. San Benito TX 78586	956-276-9171			edward.e.robinson@gmail.com
TX: Dallas	Dan DRISCOLL	2811 Hollywood Dr Arlington TX 76013	817-460-5734	817-925-0158	817-461-5100	dansmark@flash.net
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# Create Your Own Certainty

BY PAUL JOHNSON

It's 2010, once again we find ourselves in a 'pre-PBP' year. There is always a slightly heightened sense of purpose in these years. In the past, rides in the pre-PBP year were important but they really didn't *count* towards qualification. It is a little different and this year rides do count for something. It is fair to say that if you hung your bike on a hook in the garage this season and waited till this time next year to do your PBP qualifiers, you'd be just a little bit behind the power curve.

So I could make this all about the best strategy for getting yourself to the front of the line, listing out in order of significance all the rides you should do, all the strategies you should employ, all the moves to make to get the best chance of 'getting in'. I'm not going to do that. First, all the 'rules' are not known, and I would bet a 6 pack of Ensure that once all the rules are known, they'll change, and then maybe change again. For randonneurs who are uncomfortable with uncertainty, 2010 is going to be a trying year, you have my sympathy.

But if you can't lay out your whole ride schedule from here to August, 2011, what can you do? Is it reasonable to think that because you don't know *everything* about qualification you can't do *anything* to get ready? As it happens there are lots of things you can put on your list.

Alrighty then, here are a few things you can do to fill



your idle time:

Do you know French? Even just a little bit? When I first decided to ride PBP about all the French I knew was enough to order a slice of pie with ice cream. I had heard that the French were hospitable and gracious and I had also heard that if you make some effort to converse with them in their language, it would be appreciated. No matter who you are, learning French is not something you can do on the plane trip over. Go out now and buy a tape, a CD, or a phrase book and start NOW to learn conversational French. You probably won't become a Francophone but you will surely learn phrases that will be useful and your efforts *will* be appreciated, trust me on this.

As I've made attempts to improve my very limited French I also tried to learn a little about the culture. I bought and read The Story of French by Jean-Benoit Nadeau and Julie Barlow (2006, St. Martin's Griffin). This was very enlightening, I learned not just about the origins and development of the

language but also about French culture and how the French relate to their language. Believe me, it's way different than here in the good old US of A.

Do you know where France is? Do you know about the public transportation system, how to get to Gare du Nord, or Normandy? Get yourself a travel guide. Lonely Planet, Rick Steves, Michelin, Fodor's, whatever. Spend an afternoon at Barnes and Noble and look them over. Find one that has a format you are most comfortable with, buy it, and then read it (shock!) You will be amazed how much you can learn and how many places, people, and topics you will want to learn more about. I found the history of Brittany fascinating; maybe it's the rebel in me.

How about a passport? Do you have one? Will it be current in 2011? Do you really think this is a good thing to put off till the last minute? "Please sir, I have this really important bike ride I want to go on, couldn't you just move me up to the head of this line ... pleeeeeease?" Who knows, maybe getting a passport in the future *will* be simpler and quicker than it is now...right?

Had a dental check up lately? Seriously! How'd you like to spend your pre-PBP prep time looking for a dentist in St Quentin who can replace a filling or help you out with that root canal? Oh that should be no problem, because you are so fluent in French, right? While you are relaxing in that dental chair,

I'll be touring Monet's Garden.

Please note, none of these things require you to ride a bunch of brevets, spend time on a bike, or know what is the right next 'pre-qual' ride to do. But since we are talking about the bike, this is the year to sort out the issues you have been just coping with. You know the old adage, 'don't make any big changes right before a big event'. I agree with that whole heartedly but PBP is more than a year off. Now *IS* the time to try those new pedals, or shoes, or that geometry tweak. It could go wrong, horribly wrong, and you could lose a whole week of riding time, maybe even miss a brevet, but like I said, your 'big event' is more than a year off.

I'd also recommend that you spend some time looking your bike over, closely. Very closely. How are your pedals, your frame, your rims and hubs, the big things that don't get routine replacement or repair? In good shape you say, how do you know? It is so easy to assume that since nothing has ever gone wrong that everything is all right, and hairline cracks are easily missed unless you actually look, closely.

I'd recommend you pull the pedals off and clean them up. I mean solvent tank clean, then dried with that air hose and then look them over closely, maybe with a magnifying glass. Sound a little too A/R? I know two guys who

■ Continued on page 26

### Certainty (continued)

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snapped pedals off at the spindle, both big guys and both on climbs. One hit the pavement so hard he broke the ball of his hip off and drove his femur into his pelvis. That kept him from going to PBP, not to mention that it was an 'owie' of epic proportions. The other was riding PBP in the forest between Mortagne and Dreux at PBP '07. He was able to finish but it was touch and go. Take some time this year to really look your bike over. You don't want to show up at the start line with hose clamps and JB weld holding your top

tube to the head tube. Again, none of these things can or should be left to the last minute; you have time and now *is* the time.

Now is also a good time to start thinking about what it is going to take to get to the infield at the Gymnase. I am not suggesting you pack your bag in the next three weeks, you do have time, but list out all the things you have to do and start now to tick off the things that will take time. You can spend your time fretting about all the uncertainty that you find yourself swimming in, or you can start now to

create the order and certainty that will help you be confident that you've done all you reasonably can to be ready for this little adventure.

I said I wouldn't talk about the qualifying requirements, but I lied. There are two events that I feel are very important to your likely success at PBP. One is the 1000K brevet and the other, though less important is a group ride, a Flèche, Dart, or Arrow.

When it comes to on-bike preparation, riding a long brevet, 1000K, or 1200, just can't be beat. If you've completed a 600K you know how hard that was and how much confidence it gave you. But if it was PBP, you'd have to finish that slice of pizza and get back on your bike and do it all over again, in the opposite direction. 2010 is the year to do this. I notice on the schedule there are nineteen domestic 1000K's and three 1200's, including the Cascade 1200 which is actually listed as 1240Km. You might think it is too much trouble or expense to travel for one of these rides. Well let me tell you, that trouble and expense are good training for the big one. Better to learn what you should have put in that bike box in Seattle or Colorado than in France.

A group ride will help you learn how to plan your ride. On a Flèche, you have to plan your control arrival and departure times, and what pace you need to ride to arrive at the finish within time. I am not suggesting that PBP should be ridden as a Flèche but if you've done the mental

prep of developing a route, working out the times, and then successfully navigating the route it will help ease your anxiety in the night as you are working your way toward Loudéac. It also just may happen that some of those flèche mates turn out to be pals you would like to ride PBP with.

One last thing: Take this seriously, but not too seriously. As you ride your events this year savor the camaraderie and friendships that will inevitably develop. Take time for that hotel lobby conversation, the shared suffering in lawn chairs behind the pickup truck tailgate out on the course somewhere as someone cooks you up a mocha, a cup-O-noodles, or an iced coffee. This is a fun time; you'll test yourself, your equipment, and your resolve in the company of like-minded individuals. Every time the pre-PBP year comes around I am reminded of the friendships I forged with riders I barely knew four years previously.

At PBP some ride in groups supporting each other along the way. Others are gypsies, they pick up with people they have never met riding from place to place. I've done it both ways, there is no right or wrong in this matter but if you are one of those randos who needs more certainty, these tips should help to bring that into your ride. I hope you all have a great season this year and that this time next year you are in that rando happy place certain that you are well prepared to enter 2011 when it really does count!

## PBP Brochure Available on RUSA Website

PBP11 is still 18 months away, but RUSA members can get a glimpse of that storied event through the official brochure.

A PDF brochure is available on RUSA's Website at <http://www.rusa.org/announce.html>.

The 17th running of Paris Brest Paris will be held from Aug. 21-25, 2011.

Among the highlights from the brochure:

- The ride will begin and end at Saint-Quentin-en-Yvelines, and the controls remain the same as in 2007: Dreux, Mortagne-au-Perche, Vilaines-la-Juhel, Fougères, Tinténiac, Loudéac, Carhaix-Plouguer and Brest.

- An additional sleep stop will be provided between Loudéac and Carhaix-Plouguer, and a drop bag service to some of the sleep controls will be available.

- The brochure explains the pre-registration plan that will be used. In a nutshell, ACP brevets completed in 2010 allow riders to preregister for a slot. The longer brevets allow for the ear-

liest preregistration, which opens on April 3, 2011 for those who have completed a 1000K in 2010.

The brochure makes it clear that rider limits may have to be imposed because of the event's increasing popularity.

In 2007, 5,311 riders from 45 nations registered, including 84 women and 522 men from the U.S.

The official PBP Website for 2011 has gone live with French and English versions. It can be viewed online at <http://www.paris-brest-paris.org/pbp2011/>.



# Tappahannock 200K | January 10, 2010

BY MICHAEL BINNIX

I completed the Tappahannock 200K brevet Saturday. Temp at the start: 16 deg F. High during the day: 36 deg F. Total elapsed time: 11hrs 57 min. It was my first time participating in an organized randonneuring event, in this case a brevet of 200K distance. It was organized by the DC Randonneurs and sanctioned by Randonneurs USA. This course is billed as one of the easier brevet events in the DC area as the sum of all of the hills climbed is less than many of the other similar events held each year. But “easy” is a relative term. The sport of randonneuring is by definition about endurance and long distances, and I found the day to be one of the most physically challenging things I’ve ever attempted. I had a lot of fun and felt great about successfully finishing under the time limit of 13.5 hours.

The area between Ashland, VA and Tappahannock, VA has some beautiful countryside. With the recent snow still dusting most of the farm land and the bright, sunny day, the views were spectacular. The route was almost completely on rural back roads with light traffic. If it wasn’t rolling past a farm, it was running through dense woods or crossing bridges over many small creeks and one or two larger rivers.

The start was at 7:00 a.m. sharp at Ashland Coffee and Tea in downtown Ashland, VA. The coffee shop gracious-

ly allowed everyone to park in their lot for the day while we were riding and provided a great place to warm up after the ride was finished. Thirty-one riders set out for the day’s adventure. This included two couples riding tandem bikes. Fourteen of these were from our own Severna Park Peloton, quite a turnout. Twenty-eight of 31 finished successfully, including one rider who finished with two minutes to spare!

After the start, the group naturally began to break up into smaller groups by rider ability and the pace they are comfortable maintaining. Rather than the entire group riding at the pace of the slowest rider, this lets everyone enjoy the day at a pace he or she is comfortable with. Chris Lane and I had agreed prior to the ride that we would stick together for the whole event. Some of the pairing and partnering that occurs is spontaneous, some is planned as in our case. As the day progressed this proved to be a very wise decision for both of us.

The temperature at the start was about 16 or 17 degrees and at 7 a.m., the sunrise would not occur for almost another half hour. The first challenge Chris and I encountered was our frozen water bottles. We had added a bit of anti-freeze (a capful of bourbon) prior to the start. I’d tested this approach riding around Severna Park in the mid 20s and it worked quite well. But it was another 10 degrees colder at the start this time and we didn’t use enough. A gas station / coun-

try store at approximately 20 miles let us thaw out the bottles and refill with warm water. The sun was up by then, the day was warming a bit so this got us through to the first control point at mile 45.

The first control at the Courthouse Market in King and Queen’s Courthouse, VA gave us a chance to grab a snack, adjust our clothing, refill the water bottles, etc. I also had a cup of hot chocolate. The controls are required stops around the course where you have to stop and get your control card signed and the time noted. Some courses use what’s called an information control, a trivia question you have to answer by stopping to read a historical marker or similar bit of information you could only get by actually being there and seeing it for yourself. This course originally included one information control, but the route was changed at the 11th hour to contend with a bridge closed for construction and a section of unpaved road deemed unsafe for a bike in frozen conditions, so the information control was eliminated. Despite our best intentions, our “quick” control stop lasted over 20 minutes. Then we were back on the bikes, 28 miles to the next control... and lunch!

The first 45 miles of the route were heading east from Ashland. After the first control, it turned north towards Tappahannock. It was around mile 48 that we discovered the wind was blowing from the northwest. Up to this point it had been at our backs when

we were in the open areas. We were feeling really good about our 15+ mph average pace and hoping to finish before dark. NOT!!! The NW breeze would now work against us for the northerly and westerly legs of the course, which also were the most hilly sections. This is where it became more challenging. Chris and I took turns leading and following each other in to the wind. The lead biker takes the brunt of the wind while the following biker enjoys a slight wind break and works a little less strenuously. The other challenge we saw on this leg was frequent short sections of road still covered in snow and ice. Most were passable if you coasted over them and avoided any sudden braking or turning, but you had to pay attention to see them coming or risk a fall. One or two icy spots on steep, uphill slopes required us to get off and walk the bike across the ice.

At the second control, Java Jack’s in Tappahannock, mile 73, we were pleasantly surprised to find Janet, Bill, Theresa and Gardner (all SPP members) just sitting down to lunch. We thought they would have quite a bit longer lead on us, but they weren’t immune to the wind either and had also stopped to fix a flat. So the six of us ate lunch together. The food, and the warm restaurant were wonderful. But we were all a little anxious for the service to speed up so we could get going again.

Mounting up we discovered Bill had a flat, and I

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## Tappahannock 200K (continued)

Riders negotiate an icy section on foot during the Tappahannock 200K. Photo by Clint Provenza.



found that the spare gloves I'd brought along were no longer in my bag!! It appears I left the top of the bag unzipped leaving the first control and they must have fallen out somewhere along the ride. This was a real bummer. Now I had to wear the lobster claw mittens the rest of the ride. They are great mittens and had kept my hands and fingers warm even in the very cold early morning temps before sunrise. But after 75 miles they were quite clammy inside with perspiration, ugh. A few more minutes to fix the flat and the six of us set out together.

The westerly leg from Tappahannock continued to be breezy and hilly towards the third control at the Sparta FastMart convenience store in Sparta, VA at mile 97. The six of us leaving from Java Jack's together stayed in loose contact through the next two controls, bunching more tightly in some sections to take turns into the wind and spreading out over a bit at

other times. It helped that we could all keep tabs on each other in the event of a breakdown or other problem, though fortunately nothing like that occurred.

It was on these last few legs of the course that Chris' and my decision to ride together proved most important. We've both been biking less than a year. We both started biking to lose excess weight and we're both still working on that goal. This was a big, big effort for both of us. It was the longest ride either of us had attempted up to that time. We were tired, hungry and it was very cold outside. We still had 55 miles to go. During these last 55 miles we alternately took turns leading into the wind, reminding each other to eat and drink, and otherwise providing much needed moral support as the effects of cold and fatigue grew. It proved to be an effective partnership. I look forward to teaming up again on another adventure.

After the Sparta FastMart the route turned south, finally the wind was aft of the beam! But the intermittent snowy and icy patches continued to require careful attention to the road ahead as the last hour of daylight faded. We arrived at the last control point, Dick's Country Store at mile 114 just after sunset. Only 14 miles left to go!! We agreed to keep the last stop as quick as possible. Get the card signed, a quick sip and a bite of snack bar and get going. Fortunately this leg was flat and the roads were clear, no more snowy patches. The wind had died completely at sunset but the temp started dropping back below freezing.

Traffic picked up on VA Hwy 54 as we approached Ashland and the finish. We reached the city limits and could see traffic lights and other signs of civilization. Next we heard the train whistle and knew we were very close, maybe 2 miles out. Then we could see the finish.

But.... the RR crossing lights started flashing and the arms came down. One hundred yards from the finish we had to wait 5 more minutes while Amtrak stopped to let passengers on and off the train!

Then we finally rode in to the coffee shop to the victorious applause of our friends in the SPP and other riders from DC Rand.

It was a day of firsts and new accomplishments:

- It was my longest ride to date - 128 miles.
- It was my coldest ride to date.
- The first time I saw the sunrise AND the sunset from my bike on the same day.

Congratulations to Janet B who finished her R-12 award, completing her 12th brevet in 12 consecutive months.

Congrats also to Dan Oldale who was riding his first brevet as well. He was the first of the whole group of 28 to finish!

It was a very good day.

## Point Reyes (SF) 200K | January 23, 2010

BY AARON BROWNLEE

First off, a warning, I belong to another cycling list, and we tend to send each other ‘embellished’ ride reports. Those who abstain from long-winded blathering, feel free to pull the curtains on my act now.

Ahem. So, for those with little else to do, a ride report on the SFR 200K Brevet:

I picked up my new friend Sam (whom I had never met) at 6 a.m., so we were at the start by 6:45 a.m. sharp. Or maybe not exactly feeling sharp, but we were there. Sam had checked the weather, which said it would stop raining in the early morning, and be ‘more or less’ rain free all day, with temps getting as high as 55 degrees! On that news, the rain pants stayed in the car, which ended up being a fine choice. It was cold and overcast, but dry, for most of the day. It was cold enough to say ‘winter ride’ and not feel like we were getting away with something. I signed the clipboard, put my green card in the zip lock I had remembered to bring all on my own, tucked it under 2 layers of nylon and 3 layers of wool, and I was ready.

While waiting for the official departure time, I saw some people I knew (Lisa Mc,

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Riders heading out across the Golden Gate Bridge. Photo by Jim Edgar / Cyclofiend.com.

## Point Reyes 200K (continued)

Jason Pierce, Alfie, Lisa), and some other people I didn't know. I might have even seen a couple people I'm pretty sure I'm glad I don't know, but they didn't have bikes. I thought Sam and I might join up with the people I knew. Sadly, we lost contact with them. This was right after I took off my size large, left glove, and stooped down to adjust my mil-spec, hurricane rated, RUSA certified, never fall off mid-ride no matter

what, reflective ankle bands. We got some advice about riding through puddles (fun wreckers!), and I took down quite a few fashion do's and don'ts (mostly don'ts) while we sized up the crowd. Next thing I know, there's the commotion of the start, and we're off in a sea of red LED lights. Jason Pierce left at 6:59:59 a.m., and was quickly sprinting across the bridge. Not out of competition, Jason wanted to be sure he got to the Marshall store

before they ran out of hot dogs. I spotted Alfie and Lisa, with Lisa strapping 50lb sand bags to their fixies, but I was caught in a flood of reflective vests, and could not stop. Since this was to be Sam's first brevet, and also his first ride longer than 80 miles, we decided to leave the heroics to another time, and take it easy. The fact that I had been on 5 bike rides since July had nothing to do with this decision.

Life was good, as we

wheeled our way through the civilized hamlets of lower Marin. Our damp tires quietly rolled through the light fog on the bridge, we chattered teeth down Alexander, found there was no need for a paddle or hip waders on the bike path, and then warmed ourselves nicely as we huffed over Camino Alto. I even rode through a puddle or two! Sam and I marveled at the variety

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The first pitches after the lighthouse. Photo by Jim Edgar / Cyclofiend.com.



## Point Reyes 200K (continued)

of hardware people had chosen to solve the 200K problem. You could see (and be passed by) high-tech, low-tech, and dino-tec, all at any moment. To pass time, we played a game that was like 'punch-buggy', except you punch the other person when you see a tail light with batteries that are obviously more than 200 hours old. Sam saw the first one, and he punches REALLY HARD. Then we stopped playing that game.

Usually a winter ride longer than 45 minutes has me wondering about the sadism

that seems rampant in SFBA weather forecasters. Much to our delight, the 'more or less' dry was definitely panning out to be 'more'. We did see a 5 minute or so sprinkle around San Geronimo, while heading out SFD. No worries. Feeling like fortune was mostly with us, we opted for the bike path when going through the park, which was inexplicably clean of all debris. It was like some unseen force was checking off the boxes on our 'have a great day' checklist. That was when we saw the rainbow! I celebrated a little with some cheer-

ing. Right then, I was reminded that, in order to have a rainbow, there needs to be some rain. Luckily it was light, and again only lasted about 2 minutes or so. After it stopped, a unicorn came down from the rainbow, just to tell Sam that he's awesome. I cried a little when that happened.

As we were leaving Olema, we saw Lisa Mc, who said her morning was going GREAT! Taking that as our inspiration, we set out for the lighthouse and had surprisingly light winds on the point. The sun came out, it warmed up, and we jiggled our way over the 'agricultural' terrain. There was much climbing up and zooming down the short rollers that dotted the route. The last roller, however, was not so short. It was then that the first check loomed above us, high up on the craggy point. I hit my lowest gear, gritted my teeth, and tried to ignore the vultures that suddenly began circling the climb. Sam got to the top about 5 minutes ahead of me. He then somehow managed to drink ALL the water. After a small detour out the visitor center to top my bottles, we were on the road again. We thought about carrying a few loads of water back and forth on our bikes. However, the ride volunteer was whistling and skipping along on foot, carrying 15 gallon jugs of water one-half mile each way, as if the sheer joy of just watching people

ride gave him super human strength. We didn't want to ruin his fun.

Leaving the point, we hit 47 mph on the bumpy and curved hill, which went down at a 19% grade, straight into a mud filled cattle grate, which was surrounded by potholes. Luckily there was a minivan full of tourists in the middle of the road, who showed us the safe line through. On the way off the point, Sam's legs told him that finishing 5 minutes ahead of me on the steepest climb of the day was something he should reconsider in the future. We measured the difficulty of the return trip over the rollers by breaking them into smaller sections, and calculating a percentage of awful per section, and then multiplying by 3.14 and subtracting 32. Thanks to warnings at the ride start, we managed to not die on the wet and potholed descent into Inverness. Pretty soon we were in Pt. Reyes Station, and the scent of Marshall Store clam chowder was on the wind. As we rolled out of town, we saw the lead riders on their way \*back\* from Marshall, heading toward their 7 hour 30 minute finish time. For 200K. With stops. You do the math.

Not at all demoralized, even in the slightest, we soldiered on to Marshall. The coast highway was beautifully green and soggy, the traffic

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## Point Reyes 200K (continued)

was moderate, there was only a small cross wind off Tomalas Bay, and Sam and I were still on speaking terms, so it was probably one of the best parts of the day. We caught a little bit of rain on the trip up to Marshall, but I took the time to get my rain jacket out, which caused the rain to immediately stop.

The clam chowder was, of course, delicious. So were the potato chips. So was the lemonade. We saw Jason Pierce at the store, who was having cramps, but was not eating 5 hot dogs, which I took to be a bad sign. We also saw Michael Bredan, who was secretly lamenting being friends with Jason, and wishing he had more than 2 gears on his fixie. We saw Alfie and Lisa, who somehow managed to get Dim Sum served to them at the Marshall Store? We saw Lisa Mc again, who still looked GREAT! and said she was having a good ride. We also saw my water bottles sitting on the table, but decided to leave them there and ride about a mile away, just for kicks. Then we rode back to get them, which mysteriously coincided with Sam not talking to me anymore.

From Marshall we had (only!) 45ish miles to go. While rolling back down Tomalas Bay, I discovered that I had (inadvertently) invented a new game, which is just like 'Rock-Paper-Scissors'. This game is called 'Chowder-

Lemonade-Potato Chips', and you play it in your stomach. It was a bit hard to know exactly what happened in each round, and I'm not sure there was a clear winner. After, I would have to say it's probably not the best game I've played, but in cycling we must sometimes endure a discomfort or two.

We made pretty good time to Nicassio, where we saw an incredibly pale rider lay down for a nap. After making sure he didn't have any stuff we wanted to steal, we rode off toward SFD. It became quite cold in the woods, but since we were on a brevet, I had about 14 different outfits to choose from. After a couple of costume changes, I was just cozy enough, and soon we were on our way again. Sam did some practice juggling with his water bottle, we took our sweet time going up the grade into Fairfax, and talked about how great meat tastes while we rolled through Kentfield. Soon it was time to climb Camino Alto, where we saw three other riders. They rode straight out of the Rivendell catalog, then proceeded to KICK OUR ASSES up the hill. There's nothing quite like getting stomped at mile 117 by someone on a 48-pound three speed with a basket of wet wool on the front. I thought I might have imagined them, which then made me realize that I might have imagined Sam as well. That would explain why he never

once asked me to stop talking, even though I babbled pretty much non-stop all day.

Soon we were off Camino Alto, across the bike path, and zipping across Sausalito. We had a brief chance to join a taxi cab that had 4 rental bikes in the trunk, hauling weary German tourists back to Pier 39. Sadly, we had spent all our cash on potato chips, so we kept pedaling. The euphoria of being really actually almost done was offset by the fact that the Alexander climb stood between us and the GGB finish control. Funny thing, but for some reason Sam and I weren't looking quite as fresh as we had previously. I was reminded of Jason Pierce's first brevet, when he blew up in Dillon beach, with about 60 miles to go. The difference here was Sam and I faded into delirium rather quietly, whereas Jason went about it by giggling, jabbering senselessly, and drooling. Sam mentioned that we could probably build a shelter out of driftwood and roadside garbage, then wait at the bottom of the hill until someone noticed we were missing. That was a fine idea, but there's lousy burritos in Sausalito, and I think the ticket for building an unlicensed shanty is a bit pricey. Plans of resting were abandoned, and we dug in for one more climb.

Soon, we were crossing the bridge, and the last glimmers of sunset were making

grey, yellow, and orange blurs in the cloud mush over the Pacific. Sam said he couldn't feel his lower body anymore, and wondered if he might be able to just hop the railing and float down to the water below, like a feather? I slapped him hard a couple times, and he got some color back in his face. We kept riding, and soon were at the finish! We were done, and another 200K was on the books. Our time was not bad; we're calling an 11 hour sentence, with 23 minutes off for good behavior. Sam and I split an entire box of figgy cookies, and then stood around listening to Jason Pierce talk about gear inches or some such nonsense. Then we saw Lisa Mc arrive at the finish, who said she was GREAT! but felt like throwing up.

Because we all ride bikes, we know exactly what she meant.

After a bit, Sam and I realized we were freezing and hungry. We gave a tear-filled goodbye to all our SFR friends, and rolled down to the car. Sam slept like a baby all the way home, and I spent the drive wondering where I could get Bag Balm and a burrito in the same store. When I dropped Sam off, he mentioned how he really can hardly wait for the 300K, when we get to ride all the way to Healdsburg and back! It sure will be a hoot, and there will be clam chowder again! How can you beat that?

# Randonneuring as an Achievable Hobby

BY ANDY DINGSOR

*Editor's note: With several 200Ks under his belt, new randonneur Andy Dingsor offers his own unique take on the sport for the benefit of other newcomers.*

Would you like to try randonneuring? Are you overwhelmed about getting started? Are you doubtful you can finish? Well, fret no more. All it takes is a reasonable bike, some boldness, and a little fitness. I know this because I was able to do it, which means that you can too. Here is my story and my advice, while I am still a newbie.

## My story

I am not an athlete. I never was. I am a 50-something office geek. Over the years, I did the obligatory 30 minutes of cardio at the gym now and then, and an occasional 5K race-walk, but that was it.

A few years ago, several events converged. A nice rail-trail opened along my route to work, my wife brought home an old 12-speed bike from a dumpster, and I started bike commuting. I enjoyed it. It became the best part of my work day. And then a friend and I started riding together on weekends.

Every week or so, we would search the internet for leisurely bike rides out in the countryside. I kept happening upon extremely long routes, along with dramatic ride reports from a few crazy guys who rode them. I had never heard of randonneuring. At first, I thought the routes and reports were spoofs. Then I found RUSA and thought it was a massive, organized spoof. I tried to ignore them.

As we biked, our distances kept increasing. Over a few months, we learned about food, drink, flats, chains, and chemical toe warmer pads. Eventually we rode 100 miles. And then did it again. And finally I did the math and realized we were within reach of the RUSA 200km distance and 13+ hour time limit. Maybe randonneuring wasn't



Andy decked out in work boots, leather work gloves, cotton sweatshirt and longjohns, nylon wind jacket and pants. And the bike? Cruiser handlebars, friction shifters, platform pedals and a gym bag.

so crazy after all. My eyes sparkled and I knew I was hooked.

So I started seriously inhaling randonneur blogs and newsgroups. All the blogs were dramatic, humorous, and eloquently written, which held my attention. But most of the advice was intense.

First, it's all about the bike. Carbon fiber or titanium, custom fit frames, clicky pedals and shoes, fat tires or skinny, air pressure debates, number of spokes, lightest weight tool kit, fenders, dynohubs, designer luggage, a GPS with audible autorouting, and more. Who were they kidding?

And then the training. You have to do intervals, hills, long runs, night runs, rollers indoors, rain and snow outdoors, and taper before the event. And you've got to have the right clothing, smear

goop on your butt, and expect occasional vomiting. Doh, is this torture or a hobby?

'Balderdash', I said. I don't need all this to get started. I realized that most of the information in the blogs and newsgroups is written by highly accomplished randonneurs, pushing for the ultimate in performance. There isn't much written by newbies, since successful newbies naturally don't stay newbies very long.

As I studied the rules, I also realized the RUSA rule makers were pretty smart. They set the entry level event at 200km and 13+ hours for a reason. It is short enough to be achievable by mere mortals with determination, yet long enough to be tantalizing and to provide a sense of

■Continued on next page

## Randonneuring: Achievable Hobby (continued)

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accomplishment. It is the perfect level to entice new riders.

All of which led to my own ideas about getting started.

### **My advice**

Start riding today. Ride whatever bike you've got. Ride whatever fitness level you've got. Wear whatever clothes you've got. You will soon learn everything you need to know. If you bonk, eat better. If your bike breaks, get better parts. If you feel unsafe in traffic, ask for help. If your joints hurt, get them checked. If your butt hurts, well, I still haven't figured that out. Your equipment, your boldness, and your fitness will steadily improve. Your distances will increase.

Start practicing on RUSA perma-

nent routes. Get the cue sheets. Ride as much distance as you can in one day. Do the remainder on another day. Eventually you will be able to ride the whole distance. And when you finally do it for credit, you will already know the route.

Choose permanents as your first official events rather than group brevets. Focus on finishing your own ride, and don't compare yourself to the uber racing set. You can join group rides after you build confidence.

Start by selecting flat permanents. The credit is the same as hilly routes, and you can learn to adapt to the unexpected, like dealing with cattle on the road, without killing yourself on hills.

Start in nice weather with lots of

daylight. I like riding in the rain, and I love riding in the dark, but don't abuse yourself more than necessary.

Share the load. Find another newbie, support each other, and share the ancillary tasks. One navigates, one is the mechanic, one brings food, one worries about the checkpoints and receipts.

So take the plunge and start riding. I guarantee that you will be doing official 200km events before you know it. You will soon call yourself a randonneur. Your name will be on the RUSA website. You can buy yourself medals. You can wear a randonneur T-shirt. And then you can start writing your own blog and dispensing your own advice

Start riding today, and be amazed at how far you can go.

# What We Ride | 650B Project

BY BRIAN BERRY

My friend Stuart Stiffey, RUSA #1456, converted my old touring bicycle to a 650B a few years ago. When it developed some frame cracks last Fall, he offered to build a new 650B. I asked Stuart to give me details for American Randonneur.

Stuart continues the story:

Brian and I have been riding together for a number of years now, and we've noticed several things about randonneur rides...it seems that the early season ones are sloppy, cold, and wet. Brian also does a lot of bicycle commuting. With this in mind, Brian decided that he wanted a bullet-proof internal-gear hub, wide tires, and lots of room for fenders. We decided to try out the 650B wheel size, as it used to be the standard back in the day at PBP...hey, if you could ride 1200+ kilometers on these back in the 50's, why not today?

With this in mind, measuring Brian up for the proposed frame was the next step. We went to our friend, and Western MA RBA, Don Podolski, and had Brian sized up accurately. This was the first time that Brian had been professionally measured. I took those measurements back to my dining room table, and made a working drawing. This bike would have 72 degree parallel seat tube and head tube angles. It would have 45 cm



chainstays, 55 mm fork rake for a trail of about 50 mm, and a 55 mm bottom bracket drop. All in all, this would be a comfortable ride, with a little less trail than Brian was used to, so that he could load up a front handlebar bag up with more than two Power Bars and a windbreaker, and still have reasonable handling without too much twitchiness. This lower trail style is something that I learned about from Jan Heine, and it makes a lot of sense for randonneurs who favor handlebar bags.

The stylistic touches were a combination of emulating features of old French bikes, with an element of lagniappe...the lugs and bottom bracket, for example, had been given to me by Carl of Vicious cycles several years earlier in exchange for buying his crew some lunch. The rear dropouts had seen service

on an old Raleigh Super Course that I had converted into a track frame years previously for another cycling friend, Wyatt. The fastback seatstay attachment seemed to allow the rear brake cable to have a more graceful routing.

I cut the tubes, filed the lugs, and measured, and measured, and measured, and then I brazed it up. After finish filing, I went to visit Billy at Overlook Bicycles in Woodstock, where he let me use his various frame prep tools to align the bearing surfaces, etc. Brian and I are familiar figures there...in fact, Brian got married to Tracy behind the shop years ago! After that, it was back to Don, who graciously allowed me to use his surface table to tweak things until they were just right, prior to painting.

"The next step was to go back to Carl at Vicious, and have his paint crew do their

thing. I'm not sure whether they realized it or not, but those lugs came back at them...only this time they were integrated into a frame!

The final step was assembly at Overlook, at Billy's picnic table/outdoor workbench on a sunny fall day. Julia, my daughter, played in the stream behind the shop as we finished it up, and found several interesting rocks and fossils, along with bicycle detritus.

We all test-rode it. Talk about cushy, with a pair of Fatty Rumpkins! All you needed was a remote control, a plasma screen TV, hot wings and beer, and you could have a fall football party while riding this! Who needs shocks?! The surprising thing was that it took corners very well, and when you stomped the pedals, it moved!

Damn! I gotta get myself some of this action!



An infectious smile helps?  
Vincent Muoneke

# Mile Markers

Two RUSA riders covered a combined distance of 43,345K in 2009



Gary Gottlieb (left) with fellow LSR over-achiever Val Phelps (16,804km in 2009).

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BY MARK THOMAS

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**Assignment:** Use the following in one sentence: (1) hand surgeon, (2) aerospace engineer, (3) equator, (4) crazy.

**Solution:** In 2009, two RUSA members, an aerospace engineer in Texas and a hand surgeon in Washington, combined to ride more than 40,000 kilometers of Randonneurs USA events—a distance equal to a trip around the earth at the equator.

Ok, I missed one, but you can probably fill it in.

A series of brevets, a team ride, and a permanent or so — for most of us, that's a great year of randonneuring. For Vincent Muoneke (RUSA #5004) and Gary Gottlieb (RUSA #2565), however, it's just a start. Last year Vincent and Gary each rode more than 80 domestic events and permanents totaling over 20,000 kilometers. While the rest of us wound down our rando seasons, these guys just kept riding. Nearly 80% of all RUSA kilometers are ridden by the end of August. But Vincent and Gary rode 18,000 of their

combined 43,345 kilometers after August.

Gary is a mainstay of the Texas randonneuring scene. Dan Driscoll, the Lone Star Randonneurs RBA, says that "Gary epitomizes what randonneuring is all about, he rides because he loves to ride, I have never seen him have a bad day on the bike, he could care less if you drop him, or sit on his wheel, he is the first to stop and help out another rider." Gary rides many of his rides on tandem with his wife Dana Pacino. His 2009 distance achievement is all the more impressive when you consider that he was sidelined with a broken collarbone at the beginning of the year and wasn't able to ride his first RUSA km until the very end of February.

The 2009 season marked Vincent's second year as a randonneur. His 22,125 RUSA kilometers included riding two 1000km ACP brevets, slogging through the Endless Mountains 1240 RM grand randonné, and joining three friends for the inaugural ride of the Cascade 1200 permanent in Washington. In addition, he traveled to Canada and Australia to complete the Granite Anvil and Sydney-Melbourne Grand Randonnées. In two

years, I think he's getting the hang of it. Geoff Swarts, no stranger to the saddle himself with 17,705 RUSA km last year and the administrator of all the Seattle-area permanents, says "Vincent is a wonderful guy to ride with ... he's always there with that great smile of his, providing support when needed, and ready to ride whenever and wherever. He's out there riding right now!"

In addition to riding, Gary and Vincent are well known to their local clubs as volunteers. Gary hosts brevets or organizes group permanent rides nearly every weekend in Texas for his K-Hound buddies. And last summer's Seattle 600km riders are unlikely to forget the surprise salmon dinner served up by Vincent at the overnight stop. As for me, I rode with both of them in 2009. I rode a 300km brevet in Dallas in December with Gary and probably 30 events with Vincent. Both are great riding company—good-natured, good-humored, and filled with a joyful enthusiasm for the sport.

A tip of the hat to Dan Driscoll and Mark Metcalfe, who each rode over 20,000km of RUSA events in 2007, the only other RUSA members to do so.

# American Randonneur

## Randonneurs USA Member Souvenir Order Form

ITEM	DESCRIPTION	PRICE	SIZE	QTY	TOTAL	S & H
RUSA CLASSIC LOGO JERSEY	SHORT-SLEEVE TOURING JERSEY: S-M-L-XL-XXL	\$65.00				
RUSA LONG-SLEEVE JERSEY	LONG-SLEEVE RUSA JERSEY S-M-L-XL-XXL	\$75.00				
RUSA PBP 2007 JERSEY	SHORT SLEEVE JERSEY: Size XXL only	\$65.00				
SHORT SLEEVE WOOL JERSEY	MENS SIZES: L - XL - XXL WOMENS SIZES: S - M - L	\$90.00				
LONG SLEEVE WOOL JERSEY	MENS SIZES: M - L - XL - XXL WOMENS SIZES: S - M - L	\$95.00				
RUSA SLEEVELESS WIND VEST	RUNS SMALL: S-M-XL-XXL	\$55.00				
RUSA POLO SHIRT	WHITE WITH EMBROIDERED LOGO: S-M-L-XL	\$27.00				
RUSA T-SHIRT	WHITE SHORT-SLEEVE: S-M-L-XL	\$12.00				
RUSA FLECHE T-SHIRT	WHITE SHORT SLEEVE with Black Trim: M-L-XL	\$12.00				
RUSA WATERBOTTLE	WHITE 28 OZ WATERBOTTLE	\$5.00				
RUSA CYCLING SHORTS	LYCRA BLACK SHORTS: S-M-L-XL	\$45.00				
RUSA LAPEL PIN	SINGLE PIN	\$2.00				
RUSA LAPEL PINS	2-9 PINS	\$1.75				
RUSA LAPEL PINS	10 OR MORE PINS	\$1.25				
RUSA REFLECTIVE SASH	SAYRE Sash: Yellow: Limit 2 pp	\$5.00				
RUSA REFLECTIVE ANKLE BANDS	SAYRE: Yellow Velcro: Sold in pairs: Limit: 2 pr pp	\$2.00pr				
REFLECTIVE SCOTCHLITE TAPE	9" Strip of 3M Reflective Adhesive Tape	50¢				
RUSA REFLECTIVE YIELD SIGN	YELLOW & ORANGE REFLECTIVE TRIANGLE: Limit 2 pp	\$5.00				
RUSA SOCKS	SNUG FITTING CYCLING SOCKS: S/M or L/XL	\$10.00pr				
RUSA COTTON CAP	WHITE-BLUE-RED CAP WITH RUSA LOGO: S/M or L/XL	\$16.50				
RUSA WOOL CAP	WHITE-BLUE-RED CAP WITH RUSA LOGO: S/M or L/XL	\$27.50				
RUSA WOOL CAP w/ EAR-FLAPS	WHITE-BLUE-RED CAP WITH RUSA LOGO: S/M or L/XL	\$31.50				
RUSA DUFFEL BAG	WHITE LIGHTWEIGHT NYLON WITH RED TRIM	\$10.00				
RUSA CERAMIC MUG	WHITE 10oz MUG WITH RUSA LOGO	\$8.00				
PBP 1999 YEARBOOK	PBP 1999 STORIES & RESULTS	\$7.00				
RUSA HANDBOOK	MEMBER RULES, REGULATIONS & ADVICE	\$6.00				
RUSA LOGO DECAL	3" x 5" REMOVABLE VINYL COLOR LOGO DECAL	\$1.00				
RUSA TOP TUBE DECAL	5" x 1" REMOVABLE (BLUE & WHITE LETTERING)	\$0.25				
PBP 2007 DECAL	3" x 5" REMOVABLE VINYL COLOR LOGO DECAL	\$1.00				

Number of Items

**SHIPPING & HANDLING (USA):**

\$5.00 for first item. Add \$1.00 for each additional item  
(add 47-cents for each decal, strip or lapel pin)

To order online, visit the RUSA Store at  
[www.rusa.org](http://www.rusa.org)

Subtotal

S & H

Total

NAME \_\_\_\_\_ RUSA MEMBER # \_\_\_\_\_

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CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

TELEPHONE \_\_\_\_\_ EMAIL \_\_\_\_\_ DATE \_\_\_\_\_

**PAYMENT METHODS:**

**PAYPAL:** [www.paypal.com](http://www.paypal.com) and send payment to [souvenirs@rusa.org](mailto:souvenirs@rusa.org)

**CHECK:** payable to Randonneurs USA; send to RUSA Souvenirs, 10 Bliss Mine Rd, Middletown, RI 02842

Questions? Email us: [souvenirs@rusa.org](mailto:souvenirs@rusa.org)

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Randonneurs USA Membership Form

PLEASE PRINT CLEARLY!

Renewal New Member

Name : \_\_\_\_\_ RUSA # \_\_\_\_\_
Address : \_\_\_\_\_
City : \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_
Country : \_\_\_\_\_ Tel: ( \_\_\_\_\_ ) \_\_\_\_\_
Email: \_\_\_\_\_
Local Club : (full name) \_\_\_\_\_
Birth Date : \_\_\_\_\_ Gender (M/F): \_\_\_\_\_
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Randonneurs USA keeps personal member information private.

Membership Types and Terms: Please Check One

- Individual Membership
One Year \$20.00 Two Years \$40.00 Three Years \$60.00
Foreign Membership (if residence and mailing address is outside the United States)
One Year \$30.00 Two Years \$60.00 Three Years \$90.00
Household Membership (limit two names; please add the second person's information below)
One Year \$30.00 Two Years \$60.00 Three Years \$90.00

----- Complete this section for Household Membership only -----
Name : \_\_\_\_\_ RUSA # \_\_\_\_\_
E-mail: \_\_\_\_\_
Birth Date : \_\_\_\_\_ Gender (M/F): \_\_\_\_\_
Signature \_\_\_\_\_ Date \_\_\_\_\_

Memberships are active for the calendar year. Members agree to abide by the membership policy.

If RUSA publishes a RUSA Membership Directory, may we list your name and mailing address?
Yes No

Make check payable to Randonneurs USA in US Dollars. Amount Enclosed: \$ \_\_\_\_\_

Send this form and payment to:

Don Hamilton
RUSA Membership Office
3078 Wakeshire Drive
Dublin Ohio 43017

Please allow two weeks for processing.