

Between Controls: RUSA e-news & updates



April 14,2022 | Issue: 12

RANDONNEURING MOMENTS: A VIEW FROM...

Joe Ray (#10408)

Location: Cherry Valley, Pennsylvania

Details: Sunrise over Blue Mountain en route to the Fox Gap on the Eastern Pennsylvania Randonneurs Fall Neoclassic 200k



WHAT DIRECTION IS OUR RANDONNEURS USA COMPASS HEADING?

Interested in seeing our 2022 strategic goals, you will find them [here](#).

SHARE ONE OF YOUR EPIC RANDONNEURS USA ADVENTURES!

We would love to hear about one of your favorite and most memorable adventures in randonneuring [here](#).



SAFETY AND DEFENSIVE CYCLING

There are many tips for safe riding and defensive cycling. John Hughes, long time cyclist and author of [Distance Cycling](#), has written many articles on training, nutrition, psychology and medical issues for RoadBikeRider.com. He is a veteran of Paris-Brest-Paris '79, '87, '91, '95, '99, Boston-Montreal-Boston '92 (course record), Rocky Mountain 1200 '04, Furnace Creek 508 '89 (course record) and '93 (first place) and the Race Across America '96.

John says that most incidents are preventable if you ride defensively. Take this opportunity to see twenty-three tips he shares on how to ride more defensively:

[Safety Tips](#)

DO YOU LIKE TO WANDER ON YOUR BIKE?

Discover hidden nooks, earn achievements, and get started on your quest to dominate the roads of your city and see if your favorite permanent or brevet include some neat hidden surprises...

Wandrer.earth is an exploration game where you win by going places you've never been before.

<https://wandrer.earth>

[FACEBOOK](#)

[CALENDAR](#)

Did you know that Randonneurs USA has two Facebook Groups?

There is a Randonneurs USA Membership private Facebook group [here](#), with 911 members.

We also have a general Randonneurs USA Facebook group [here](#), with 4,231 followers.

Check them out and join them to keep in touch with be in the know!

Glance at the [RUSA website for the latest schedule](#) and adventures available to you as you begin to plan 2022!

RUSA STORE

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

GIVE BACK AS A VOLUNTEER

Minimal time commitment. Many opportunities available [here](#) include: marketing, design, advertising, jersey design.

BEHIND THE SCENES BOARD MEETING MINUTES

Interested in seeing what is going on behind the scenes? Archived Board of Directors meeting minutes [here](#).

Want to chat with RUSA Headquarters? We would love to hear from you either via email at board@rusa.org or reach out via phone [here](#).

got a favorite randonneuring photo?

We would love to see it and possibly include it in a future edition! Criteria includes: taken by member on any RUSA/ACP event, permanent, populaire, team event, and/or grand randonnee; only landscape and bikes at this time; provide location and event. Email enews@rusa.org

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

