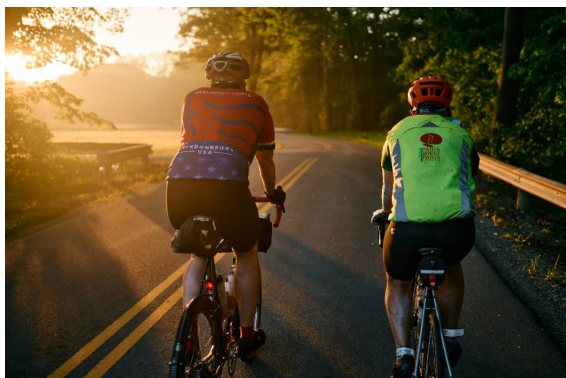


Between Controls: RUSA e-news & updates



August 23, 2022 | Issue: 17



RANONNEURING MOMENTS: A VIEW FROM...

Jim Vajda (#12137)

Location: Tuscon, Ohio

Details: Jonathan Karpick (#4526) and Hugh Walsh (#9622) riding into the first sunrise of the [Ohio Randonneurs 400k](#) in the spring of 2022.

AWARDS SURVEY RESULTS

We asked for input. You answered.

Thank you to the 616 members who took the time to respond to our May awards survey. Here are the results:

[Awards Survey Results Here](#)

MEMBER DEMOGRAPHICS

Have you ever wondered about our membership demographics by state, region, country, year joined or club? More details available [here](#).

AUDAX (UAF) BREVETS IN 2022

This year is the first year Audax brevets (also abbreviated UAF=Union des Audax Francais) have been offered in our organization.

Ten regions have calendared Audax (UAF) events. Search for Audax events [here](#).

We have a resourceful page that details what Audax events are and the similarities/differences between our traditional allure libre style of

RANONNEURING TOOLBOX: THERMOREGULATION TO IMPROVE YOUR PERFORMANCE

Dr. Huberman, Professor of Neurobiology at Stanford School of Medicine, explains the science of heating and cooling the body (a process called thermoregulation) and how to apply that knowledge to significantly increase athletic or exercise performance.

PRO RANDO TIPS DISCUSSED:

1. Direct cooling of glabrous skin: the bottoms of feet, palms and face, to significantly enhance recovery times from exercise.
2. Explains why the common practices of trying to heat up or cool the body via the torso or whole-body submersion in cold can be inefficient and/or dangerous-- and the better alternatives.
3. Discusses the temperature effects of caffeine, alcohol and anti-inflammatory compounds.

[Audax Information Here](#)

COMING ON THE HORIZON: NOMINATIONS

It's not too early to start thinking of the elections coming up later this fall. So start brainstorming potential nominations for the two Board of Director positions and the Regional Brevet Administrator Liaison. We will have a Call for Nominations on October 1st, so stay tuned.

RUSA STORE

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

CALENDAR

Glance at the [RUSA website for the latest schedule](#) and adventures available to you in 2022.



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

Interested in seeing what's going on behind the scenes? Or are you wondering where we are headed? Here are some helpful links to answer these questions:

- 2022 Strategic Goals [here](#).
- Archived board of directors meeting minutes [here](#),
- Mission, Values and Organizational Principles [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; all photos now accepted to include both landscape and/or participants; provide location, event and names. *NOTE: If participants are included, please make sure to get consent from all individuals to be used.* Email enews@rusa.org

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

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

