

June 18, 2024 | Issue: 42

## RANDONNEURING MOMENTS: A VIEW FROM PENNSYLVANIA



Photo Credit: Chris Nadovich (#5456)

Location: Easton, Pennsylvania

Details: A friendly cow tasting the tire of Bill Fischer (#4702) on the Pennsylvania Randonneurs ACP NewBlue Redeux 400k on April 13, 2019.

## WHY RIDE AUDAX?

Josh Haley (#11601) continues his informative piece on Audax. This is a follow-up to the "What is Audax" in our March issue of Between Controls:



Photo Credit: Josh Haley (#11601)

Details: The peloton rides as one- Central Florida Audax in 2018

*You will spend the day riding with folks at a pace where conversation comes naturally. If you think of a not-too-long*

## A RIDE + CELEBRATION WITH LAEL WILCOX



Photo Credits: Lena Chon (#14130), Phil Fox (#12365), Kat Leyh (#15954) and Lydia Trott (#11747)

Many Midwest Randonneurs USA members were in attendance to meet, ride and celebrate with Lael Wilcox in Chicago and Ohio on Memorial Day weekend. Additionally, some members were also able to ride with her in Central Park, New York in early June.



*fleche with favorable weather, you are getting close to the experience of an Audax ride. While riding with a group is not uncommon on ACP Brevets, Audax takes it to the next level. Audax rides end up being conversations over the course of the day. The route itself doesn't require the same minimum distance enforcement via controls, so we can take the more scenic path! A scenic ride where you don't need to navigate, and you'll get pulled the whole way. Add in that the social pace is truly social where you aren't going to burn out early. They are a very enticing event to spend the day in the saddle. It's not always easy. While your RBAs are hardworking, they don't control the weather, and 14mph on a sunny day isn't the same as 14mph into a headwind and downpour. The ride continues, even on rainy days. Your captain will have reserved space for the group so that the host restaurateur will welcome your team's arrival.*

*Let me describe the food. I've had way too much gas station food in my randonneuring career. Usually, I'm trying to get in and get out back on the road. On an Audax ride, you will have a 90-minute stop and know just about when you will get there. While my typical brevet lunch is a gas station burger and some chips. I've had grouper tacos, greek food, glasses of wine, and all the trappings of fine dining on Audax!*

*Of course, if you are a trinket hound and enjoy extrinsic motivation, there is a whole new set of medals for the Union des Audax Francais for the various ride lengths and multi-event series. No matter why, I hope to ask you about it at a social Audax event sometime soon!*



Photo Credit: Josh Haley (#11601)  
Details: Monsieur Paul Rozelle (#2955)- on the scenic route of a February Central Florida Audax at an ice cream stop

## PERMANENTS

Permanents are a unique form of endurance cycling in our organization. These rides have time limits and mandatory

Photo Credits: Sarah Hreha (#12350), Jose Tan and Vince Nobel  
Details: Lael in Central Park with Elsa Lagache (#16001), Sarah Hreha (#12350) and passing through Hilltop in Ohio

Lael Wilcox, decorated professional ultra-endurance cyclist, has pushed limits on the bike and shares her joy of bikes with so many people. She holds numerous records including the Tour Divide, Trans Am Bike Race, and a women's record in the 4,200-mile Transcontinental Race.

She is currently on her boldest challenge yet: breaking the official women's World Record for Fastest Circumnavigation of the World by Bicycle. She has a goal to beat the current Guinness World Record of 124 days and 11 hours, held by Scottish cyclist Jenny Graham.

Lael is currently attempting 18,000 miles in 110 days with the goal to average 163 miles daily. Her route will take her from Chicago across the eastern United States, then across Europe, down to the South Pacific, to her home state of Alaska and down the west coast, before she crosses the American west back to Chicago.

Live tracking of her progress is available and she is recording a daily podcast along the way. Additional details are provided below via Velo, authored by Betsy Welch.

## LAEL WILCOX GUINNESS WORLD RECORD ATTEMPT



Photo Credit: Bradley Gilmore  
Details: Richard Main (#16981) with the Ohio Randonneurs riding with Lael as she passed near Columbus, Ohio.

control locations like brevets. Unlike brevets, the route can be modified and attempted at any time the rider chooses.

The **5,112** permanent (**2,353** active) routes transverse **246,929** miles throughout the United States. And, you can get approved gravel credit on permanents. The adventures available to you via our permanents program are endless.

## PERMANENTS PROGRAM

### BEACH CRUISER + RANDO?

At the 2024 edition of the Unbound 200, three individuals (who work for Rodeo Labs) finished on Walmart Kent Beach Cruiser bicycles valued at \$198 each. In our "Big Tent of Cycling", all riders and bikes are welcome...including beach cruisers. Additional [details](#).

## FUEL YOUR RANDONNEURING WANDERLUST

Access our [2024 calendar](#)

Geosearch [resource](#)

Types of [events](#)

Types of [awards](#)

## BEHIND THE SCENES

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

Archived board of directors meeting [minutes](#)

2024 [goal](#) review

Mission, values and organizational [principles](#)

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

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



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