Between Controls: RUSA e-news & updates



September 12, 2024 | Issue: 45

WIND

Wind is an important environmental factor on rides. Check out these two wind maps as you plan your next outdoor adventure.

Wind map for the contiguous United States

Windy.com

RANDONNEURING MOMENTS: A VIEW FROM ROUTE 66



Photo Credit: Lena Chon (#14130) Location: Dwight, Illinois

Details: Lena Chon (#14130), Jinwoo OH (#14570) and Chuck Judy

(#13120) on the Aurora City of Lights Audax Club Parisien 400k

Brevet on June 1st, 2024 with the Chicago Randonneurs

GAS STATION FUELING

A mode of fueling familiar to most randonneurs, click below to read their conversation, "Gas Station Fueling Tips: When Cycling Nutrition Goes Rogue."

In the May issue of The Radavist, author Hailey Moore sat down with Skratch Labs dietitian, Colette Vartanian, to talk about gas-station fueling strategies.

FUEL YOUR RANDONNEURING WANDERLUST

Access our **2024 calendar**

Geosearch <u>resource</u>

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**

COFFEENEURING 2024

The 14th annual Coffeeneuring Challenge will take place October 6 through November 18, 2024. This fun fall challenge was developed by member Mary Gersema (#2965) back in 2011.

Coffeneuring is a relaxed cycling challenge where bike riders everywhere are invited to celebrate the season by riding their bikes to seven cups of coffee (or tea, hot chocolate, etc.) at seven different coffee locales over the course of weeks.

This year's challenge celebrates the little victories so important to all of us. Whether you're returning to cycling after injury, reconnecting with friends through the joy of cycling, or simply motivating yourself out the door for a hot cuppa, this challenge is for you.

Never tried it before? Give it a go! A

VIEW YOUR RESULTS

Have you ever wondered about the number of unique RUSA routes you have ridden, ride hours logged, or events completed? The Unique Route & Region Lookup Tool provides a snapshot of this valuable information.

UNIQUE ROUTE & REGION RESULTS

To access it, go to the Members tab, click on Awards, then on Rando Scout look up.

returning Coffeeneuring Ancien or Ancienne? Welcome back! And don't forget to invite your friends and family along for this fall adventure.

Coffeeneuring Challenge details to follow later this month on the blog Chasing Mailboxes.

COFFENEURING CHALLENGE

COMING UP NEXT MONTH

You will receive both a "Special Edition Call for Nominations" on October 1st for our upcoming election and a regular issue of "Between Controls" on October 10th.

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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