

June 19, 2025 | Issue: 54

**REGION HIGHLIGHT:  
MASSACHUSETTS: BOSTON /  
NEW ENGLAND RANDONNEURS**



Photo Credits: Yvette Marts (#17975) and Mike Beganyi

Regional Brevet Administrator Sarah Bergstrom (#8394) and members of the New England Randonneurs Board of Directors invite you to explore their region.

*Sarah shares "Six states and endless possibilities. Riding in New England has an incredible variety to offer. Scenic shorelines, mountain vistas, rolling rural hillsides, tiny town greens with gazebos offering a few minutes respite (and sometimes ride volunteers with*

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WANDERLUST**

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**PERMANENTS**

A Permanent is like a brevet but you can register to ride it any time. In contrast, brevets are calendared on specific dates.

**FAQ:**

- Like brevets, routes can start and finish in the same location, but they can also run point-to-point, and can be any distance of 200km+ (100-199km for a Permanent Populaire).
- A Permanent may be ridden alone or with a group of members.
- Permanent rides do not count toward

snacks!). Perfect blue skies and gentle breezes, torrential downpours, hail and sleet; you name it, we'll ride through it."

## NEW ENGLAND RANDONNEURS

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### RANDONNEURING MOMENTS: A VIEW FROM A PERMANENT

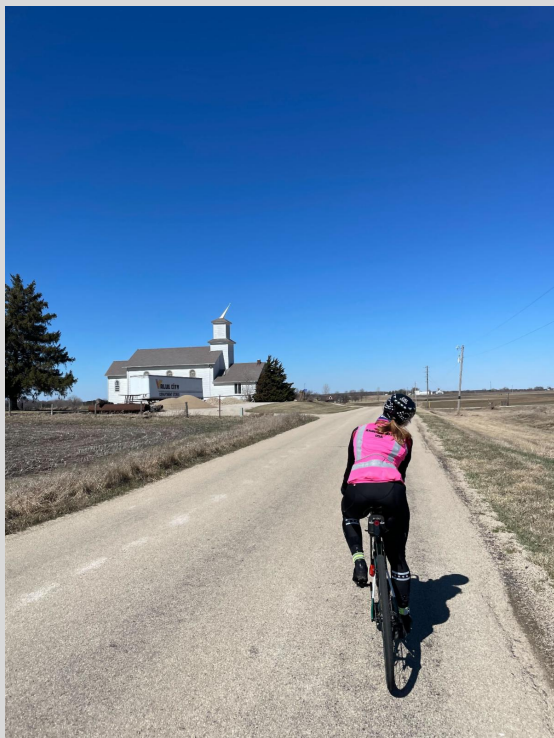


Photo Credit: Tim Falkenberg (#17254)

Location: Western suburbs of the greater Chicagoland, Illinois

Details: Sarah Rice (#9480) intrigued by the broken steeple of an old church on the Aurora Aux Saboe 200k permanent.

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### HERE, THERE & EVERYWHERE: IN THE NEWS

We started this new section last October to highlight our members and regions who are in the news. This month, we highlight Lois Springsteen (#8).

Lois started riding the AIDS Ride back in 1996. Every June, Lois has cycled the week-long San Francisco to Los Angeles Aids Ride fundraiser. Nearly 30 years, this has been a June ritual for her. Lois has raised over \$425,000 and has been in the top 50 fundraisers for the event the past 12 years. She shared, "It's been a life changing experience for me and for all of the beneficiaries that we've been able to help. So many donors, so much love, so

any Audax Club Parisien (ACP) awards nor do they serve as qualifiers for Paris-Brest-Paris or other foreign events, such as grand randonnées sanctioned by les Randonneurs Mondiaux.

- A Permanent counts toward RUSA's distance awards and R-12 award. (Permanent Populaires count toward the RUSA P-12 award as well as toward RUSA's distance awards.)

## PERMANENT PROGRAM

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### BEHIND THE SCENES

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

Board of directors meeting [minutes](#)

2025 strategic [goals](#)

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### RANDONNEURING MOMENTS: A VIEW FROM TEXAS



Photo Credit: Gary Kanaby (#8132)

Location: Central Texas

Details Left to Right: Patti Pinkston (#9696), Mark Wooldridge (#690), Gary Kanaby (#8132) and Joshua Crixell (#5923) enjoying a central Texas spring ride at 94 degrees in April 2025.

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### P-12 AWARD

The P-12 Award is earned by riding a sub-200km 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.

many friends, over \$400k raised." Bill Bryant (#7) shares, "Also, for many years, Lois would ride a spring SR brevet series, and then start the Aids Ride only one week after the 600k, so she usually began each one with some tired legs! Her secret power is that she nearly always gets stronger as any tour goes along, so by the end of the week when others were growing more tired, she was riding at her usual pace, and all smiles."

Lois Springsteen, is a longtime Board member, as well as co-Regional Brevet Administrator for the Santa Cruz Randonneurs region since 2004. She is also a 7x Paris-Brest-Paris finisher, American Randonneur Award recipient in 2014 and has earned the Ultra Randonneur award.

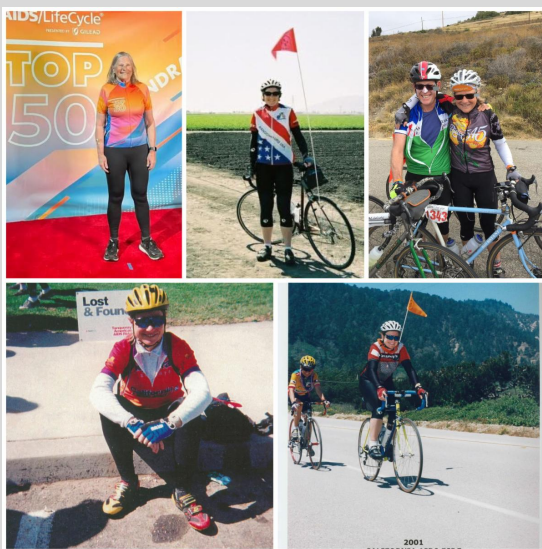


Photo Credit: Lois Springsteen Facebook photos

Do you have something you or your region would like to share?

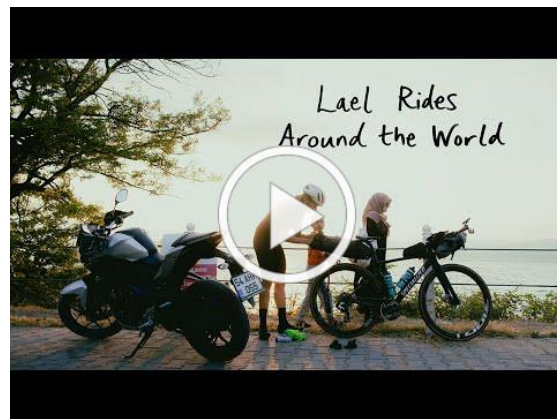
We would love to see it, send it to us at [enews@rusa.org](mailto:enews@rusa.org)

Congratulations to all members who have earned a P-12 award.

## LAEL RIDES AROUND THE WORLD

Ultra-endurance legend Lael Wilcox's documentary is now available online.

In 108 days, 12 hours and 12 minutes, Lael covered 18,125 miles (29,169km) with +629,880 feet (191,987 meters) total elevation. She set the new Guinness World Record for women.



**Congratulations to all of our Fleche participants. We will highlight the photos shared with us next month.**

## HUMMINGBIRD FUELS: A randonneuring inspired business.



Welcome new advertiser Hummingbird Fuels.

From Hummingbird Fuels, "We're a new electrolyte and carbohydrate drink mix. We developed this while completing our first Super Randonneur (SR) series to qualify for Paris-Brest-Paris (PBP) 2023. We needed a solution for getting more carbs per hour that was affordable, didn't have artificial flavors or colors, and was easy on our stomachs. Richard (RUSA #15460, Food Scientist) created the formula, and me (Lisa RUSA #15461, Creative Director) did all the branding.

Hummingbird Fuels delivers electrolytes and up to 60 grams of carbohydrates per serving. With two flavors, Girona Orange and Arctic Berry (each inspired by our own cycling adventures in Spain and the Midnight Sun 1200k Randonnée in Sweden and Norway).

With just five, all natural and simple ingredients (sugar for energy, citric acid for tartness, sodium citrate and salt for electrolytes, and natural flavor for taste). No artificial anything. ☐No food dyes. ☐No maltodextrin. ☐No preservatives.

We hope you'll give our drink mix a try. It's tested among some of the toughest rides including the Gambler's 1000k, PBP, Midnight Sun and multiple SR brevets (including the adventure series) here in San Francisco. It's rocket fuel for your body and the perfect solution for when you don't want to eat (like that 2am push to the final control).

#### **SPECIAL RUSA ONLY DISCOUNT:**

A 12 serving bag (that's 720 grams of carbs) is just \$22.50. PLUS, when you use code **RUSA10** at check out you'll get an additional 10% off. That applies to everything in our store (including our 32oz big brevet bottles, the perfect summer hydration solve).

Try it on your next brevet."

<https://www.hummingbirdfuels.com/>

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**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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