



The Long Road

Newsletter for members of Randonneurs Ontario

The Long Road

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The season has come to an end already! Time for administration of the club

Message from the President

Peter Leiss

This will my last submission as President of Randonneurs Ontario as my term has come to an end. As I reflect back on the past two years I can smile at the growth and maturity that the club has achieved. When I first joined back the in early nineties we had one chapter and we were known as the Toronto Randonneurs. We had about fifty members and ran about two and half full series along with some poulares and pickup rides.

We now have one hundred and twenty two members, five chapters and last year ran over eighty brevets with around ten full series. That is a lot work and a lot of progress. This is only accomplished through the selfless efforts of club volunteers both on the Executive

Board and Brevet Organizers. I thank you all for making my job as President easy and satisfying.

The AGM is quickly approaching and it is time for you the members, to do your job. We need to approve the schedules of the chapters, confirm the new Executive Board, approve the budget along with the dues for membership and approve a number of bylaw changes.

We have had to review the schedules of all of the chapters with the view of constraining the number of brevets scheduled. This is being done for two very good reasons.

1. The first is that as volunteers we have had some difficulty in maintaining the ambitious schedules of the last couple of years. We have had some

Inside this issue:

Presidents Message Peter Leiss	1
BMB: The story by Dave Mccaw	2
A Simple 600 Dave McCaw	3
BMB Pictures	5
Ride Results	6
Admin documents	8&9

Randonneurs Ontario Annual General Meeting

Saturday, October 29, 2005
1:00 pm, 1101 Steeles Ave
West (near Bathurst), Toronto

Remember if you can not attend to send your proxy to another member who is attending

Not a Rando picture.. But a nice Saturdays ride none the less.

Photo by J. Morris



BMB: The story as told by Dave

By Dave McCaw

I completed the BMB'05 1200k randonnée before dark on Saturday night (8/20) to meet my goal with no major injuries or problems. The amount of climbing measured by the Ciclosport HAC4 was 35,237 ft compared to 27,168 ft on the Rocky Mountain 1200km. The BMB climbs are shorter but steeper and especially southbound to Boston. As promised by Jennifer, we had rain, for most of the riders on Saturday, I woke up at 4:45 am at Ludlow and saw the pouring rain and was encouraged to leave at 6:00 am since one of the volunteers stated that it was a warm rain. One of the most challenging sections proved to be from Rouses Point to Burlington into the headwind without any other riders in front; it is a little scary seeing the flagpole bend over across the Champlain lakes. Overall except for some parts of Boston and Burlington, the roads were quiet and no one threw any objects at me like the RM1200. It is a challenging course and highly recommend it to other randonneurs. I will finish editing the HAC4 profiles next month and will send to Jennifer to post on the website.

Positives on my ride :

- Great volunteers at each checkpoint to encourage me to finish the ride
- The arrows on the road were very visible and the cue sheet very accurate
- It was great to have the cue sheet with intervals from CKPT to CKPT
- The laminated kilometers two cue sheets worked great on the aerobars
- Lots of clothes in drop bags – changed five times ! (rain, sleep, night riding)
- Michelin Carbon tires worked great again
- 71 BMB – 1200k riders – 13 Ontario Randonneurs ! – must be a record
- It was good to see Michael Lau and Colleen Janusauskas at Rouses Pt.
- The multiple loops of training in the Gatineau Hills really helped
- Bikram Yoga for more flexibility and strength assisted in the long ride

- Resistance training in the Gats pulling my four year daughter helped
- Good advise by Michael Lau on taking dark Middlebury descent slow
- Brevets in the cold rain helped on Saturday morning ride in the warm rain
- Great sleep accommodations at Rouses Pt and good at Ludlow
- It was a good experience to cycle with Sandy / Saunders until the 72 km mark
- Bullard farm to Boston was my best finish - I felt like going another 600 kms
- Maltodextrin mixture worked great and used almost all the bags
- It was great to meet and speak with most of the Rando Ontario riders at the finish

Points of Improvement on my ride :

- Stop after Middlebury gap going to Killington to eat / drink more at store
- Burnt out Lumotec bulb at bottom of Middlebury gap – need to start with new bulbs
- Need to wear cycling cap / visor at night – too many high beams in my eyes
- Need another rider especially at night for the Killington section
- Need another rider to assist in blocking headwind from Rouse Pt –south
- Carry a cloth / napkin – to wash face and keep awake (needed to stop)
- Try to get in trucking lane at US customs (waited for almost 15 min with the car checks)
- Try the E6 light to see if I can get more lighting on the descents compared to the Lumotec
- Need to reduce time in controles, I still spend an average of 40 minutes, although the food was good

In summary, I really enjoyed the BMB and went out cycling in Boston the next day. I re-

A simple 600 (Placid 600)

Dave McCaw

I finished the Placid 600 on Sunday morning 9/18 and was happy to be done for the last long '05 ride, especially with drizzle and foggy / misty weather conditions.

Positives about ride:

- very quiet roads - no cars from mountain view to St. Regis (45 kms) and only one car from Bloomingdale to Franklin Falls 15 kms towards Whiteface
- less time at checkpoints which helped to get to Schulyer Falls by 5 pm and down Dannemora before dark
- temperature was warmer than the June 600 brevet avg 16 vs 13 C
- I used a 30x25 for Whiteface and Dannamora which made the climbs easier than the 30x21 in June especially with the ITB problem
- no issues with bike, roads were in good condition, good route to do a solo ride
- 8 bottles of malto (only need 6 bags) and 2 bottles of coke worked well for the ride
- not sleepy at all during trip, staying off caffeine and drinking coke helped along with lots of sleep before trip
- passed 12,000 kms for the year and '04 mileage
- the long sleeve wool jersey worked well at night especially in the changing weather conditions
- Three front lights worked well in the foggy / misty weather - two halogen and one LED (also had two rear LED lights)
- the HAC4 recorded a better profile than in June - with Cornwall above zero meter elevation (+ 60 meters - should be ~ 47 meters) the ride seemed to be easier than in June (had riding + 6000 km since last Placid 600) except for the ITB problem

Points of improvement:

- do not drink one quart of chocolate milk - my stomach could not process it during the climbing along 458 to hwy 30 from St. Regis Falls
- Stretch more at controles, I had an ITB problem at going to St. Regis Falls from Cornwall probably because of my pedal float & cleat position

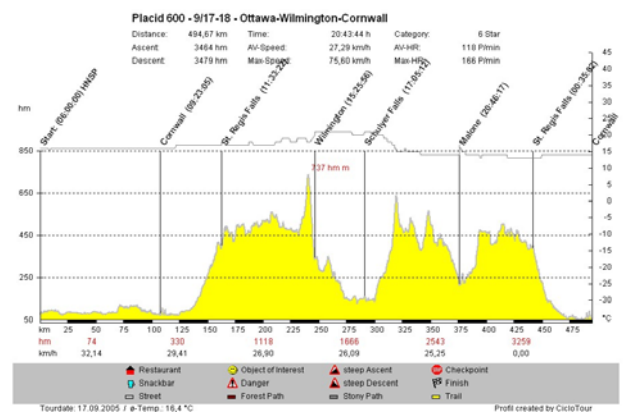
-careful with zipper on side of seat bag , it ripped Ziploc bag that carried passport, I used another bag and kept it in my jersey pocket, although wet passports are accepted by US custom officials

- Need to keep closer to center line in some towns such as St. Regis Falls, one driver backed out of his driveway and almost hit me, it got out and said he was sorry
- Try to bring rain pants to use for the longer rides in the wet conditions
- the nylon helmet cover is too hot for rain weather above 10 C
- did not need camelbak for lower temperatures since I managed to drink well at night from bottles and had more room in Jandd saddle bag for power, clothes, etc.
- leave light fixed on helmet for ride to save time in transition for night riding since there is more in Sept than in June

In summary, I think I must be finished for the Rando season. It is time to start preparing for the ski marathon and attempt at the gold this year. Thanks for all the volunteers and feedback to help me improve this year, hope everyone enjoys the end of the year and look forward to new brevet season in '06 for Hill Quest 2000 .

David

Editors note: Dave did the ride as the only rider with a time of 25h22min.



Message from the President

Continued

sparsely attended brevets, some events without any riders, some brevets without Organizers and some events canceled. The schedules that have been proposed address these concerns somewhat and respect our members wishes to hold many events.

2. The ACP (Adaux Club Parisien) has raised some concerns as well. The ACP (Adaux Club Parisien) is the World Wide governing body for randonneuring. They have questioned why we have brevets with no results (no riders) and why we have as many brevets as we do. They too are a volunteer organization and apparently have feeling the pressure of more clubs and more brevets. Without mandating a reduction we have had a very strong suggestion to reduce the number of brevets.

I know that some of you will have issues with the reductions but we have worked very hard to structure and co-ordinate schedules that provide for many opportunities to meet your goals.

The club has performed well financially with a slight surplus for the past years efforts. We have saved money by moving towards electronic newsletters, by reducing our costs for maintaining the web site and by carefully monitoring other costs.

We still have some areas where our expenses exceed our revenues which are primarily related to our insurance costs. To address this we have reviewed our membership dues and have recommended that the family membership be changed from a flat \$70 for a family to \$50 for the first member and \$25 for each subsequent member. This still provides for reduced costs for our family memberships and more accurately tracks the insurance cost that we are required to pay.

The bylaw changes that have been proposed should make it easier for the club to function.

Firstly we are proposing that the term limits for the President be amended from 2 years to 4 years. This does not in anyway change the fact that we have

Executive elections annually but would allow a member to be President for up to 4 consecutive years.

Secondly we are proposing that the Chapter schedules are approved after consultation with the Chapter members and the other Chapter VPs by the Executive Board in certain circumstances. This is being done primarily because we believe that the schedules should be driven by the members of the Chapters. We also believe that the schedules should be co-ordinated as much as possible to prevent competing brevets.

We have also had increasingly shorter time lines for schedule submissions to the RM. This year the RM required that the schedules be submitted by the beginning of October instead of the beginning of November. This was not communicated to us until after we had scheduled the AGM.

By consulting first with the Chapter members and then co-ordinating the schedules between the chapters we believe that this provides flexibility to meet the needs of the members. The members at the AGM would continue to approve the schedules at the AGM except for the circumstances where the timing of the meeting would not allow a timely submission to the RM. In that instance the Executive would have the authority to approve the schedules and submit them to the RM.

Thirdly we are proposing for the purposes of nominations and proxy forms, that we would accept electronic submissions. These would still need to have two members submitting to be valid and should make it easier for members to be active in these areas. (We would still however require that the waivers are submitted in written format).

I hope that these changes meet with your approval at the upcoming AGM.

Please plan to attend this important meeting but if you cannot, please make sure that you send your proxy.

Message from the President

Continued

In closing I would like to thank the members of the Executive Board who all worked very hard to make this club as successful as it has become. I would like to thank all of the Ride Organizers without whom we would have no brevets to run and finally you the members who go out to ride our events, give us feedback to make improvements and make this unique club a whole lot of fun.

See you on the road.

Peter Leiss

BMB Pictures



BMB: The story as told by Dave

Cont.

covered fast and had fun listening to the stories during the drive back to Ottawa with Bob Choquette, Janusauskas and Patti Von Niessen. Congratulations to all the randonneurs that attempted the BMB this year and learned from the experience for future rides. Thanks Bob for the drive through the BMB course to Boston and again Vyta & Colleen for getting me home from Bob's place.

Bob told me an interesting story on the way back from Boston. In March '01 in North Carolina he was dropping me on the hills when I weighed over 185 pounds. Now at 30 pounds lighter and cycled over 61,000 kms during the last 4.5 years, I have improved with the help of many Randonneur members.

David McCaw



Ride Results

Elias	Brettler	Toronto	DNF
Robert	Choquette	Ottawa	84:29:00
Vytas	Janusauskas	Nepean	78:34:00
Ken	Jobba	Ancaster	68:25:00
Robert	Kassel	Whitby	86:40:00
Pascal	Labine	Whitby	84:36:00
Bill	Legere	Kingston	84:36:00
Jean	Longtin	Whitby	84:36:00
Virgil	Luca	St Leonard	DNF
David	McCaw	Ottawa ON	62:32:00
Steve	Rheault	Mississauga	87:56:00
Glen	Steen	Tillsonbury	DNF
Erez	Tamari	Mississauga	DNF
Patricia	VonNiessen	Carleston Pl	85:04:00

September 24, 2005 - Wakefield 200

Alain Couet - 9:45
 Vytas Janusauskas - 9:22
 Patti Von Niessen - 9:22
 Bill Pye - 9:40

September 17, 2005 - Placid 600

David McCaw - 25:22

September 10, 2005 - Merrickville 200

Alain Couet - 9:51
 David McCaw - 7:09
 Bill Pye - 9:20

September 11, 2005: Maple-Orillia 200K

Kaz Bieniak - 8:35
 Eli Brettler - 9:40
 Paul Dicks - 9:29
 Louis Dionne - 9:40
 Jerzy Dziadon - 8:35
 Mary Germaine - 11:02
 Ralph Germaine - 11:02
 Fred Krawiecki - 8:35
 Alan Thwaites - 9:15

September 17, 2005: Big Cute 200K

Scott Chisholm - 7:51
 Mark Nickel - 7:51

September 25, 2005: Castle 200K

Kaz Bieniak - 8:58
 Henk Bouhuyzen - 8:58
 Fred Krawiecki - 8:58
 Kevin Wilson - 8:58

September 11, 2005: Around the Bay 300K

Scott Chisholm - 14:51
 Vytas Janusauskas - 14:51
 Rich Osborn - 14:51
 Phil Piltch - 14:51
 Steve Rheault - 14:51
 Patti Von Niessen - 14:51
 Bob Waddell - 14:51
 Tom Walker - 14:51

September 4, 2005: Mean Streets 200K

Eli Brettler - 11:58
 Paul Dicks - 11:58
 Ken Dobb - 12:08
 Jerzy Dziadon - 11:58
 Steve Rheault - 11:58
 Andrew Ross - 11:58

October 22, 2005 - Merrickville 200

Peter Grant - 10h17
 Vytas Janusauskas - 10h17
 Guy Lavergne - 10h06
 Patti Von Niessen - 10h17
 Doug Reid - 10h20

October 12, 2005 - Original 200

Peter Grant - 9:31

Randonneurs Ontario

Long Distance Cycling Association
www.randonneursontario.ca

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Note from Scott Chisholm, Brevet Admin

I have had many enquiries re: R-5000 awards, it is probably fair to assume if one does not know what it is one has likely not qualified for it.

In a nutshell a Randonneur 5000 award is a special recognition award from Audax Club Parisien (ACP). One must complete Paris Brest Paris (PBP), a Fleche, a 1000 km. Brevet and any other combination of Brevets that provide a total accumulation of distance ridden over 5000 kms.

Once you have completed the required rides the club applies for the medal on your behalf and you receive an engraved medal with your name and a reference number on it.

I believe we have had a couple of dozen members over the years who have achieved R-5000 status, and even more impressive to the best of my knowledge we have had only two members who have accomplished a R - 5000 in a single season.

Michael Thomson in 2003 and Martin Heath I believe in 1995 both accomplished this achievement in a single season, which is quite remarkable.

There are certain conditions ie. time frames for a R-5000 in relation to given PBP's.

If you have any further questions please contact me. Also remember to receive a medal for any of the brevet you have completed, there is a charge of 15.00 payable to the club.

Scott

Notice of Annual General Meeting - Ontario Randonneurs
October 29th, 2005 at 13:00 hours
Meeting Room at 1101 Steeles Avenue West (corner of Bathurst)
AGENDA

- 1.- Call to Order, recording of proxies & confirmation of quorum
- 2.- Approval of Agenda
- 3.- Minutes of last meeting (November 6, 2004)
- 4.- President's Address
- 5.- Treasurer's Report
- 6.- Budget for 2006
- 7.- Approval of Brevets schedule for 2006
- 8.- Amendments to the By Laws
- 7.- Elections of Board of Directors
- 8.- New Business
- 9.- New Business raised by attendees at the meeting
- 10 - Adjournment

Nominations to the Board of Directors

To fill Vacancies:

Nominee

President (Peter Leiss completed 2 terms)
Vice Pres. Administration (Scott Chisholm resigned)
Member at Large (Anita MacKinnon resigned)
Member at Large M. Thomson nominated President)

Michael Thomson (Toronto Chapter)
Peter Leiss (Toronto Chapter)
Eli Brettler (Toronto Chapter)
Bill Pye (Ottawa Chapter)

Incumbent for the other position standing for re-election:

Treasurer
Secretary
Vice President, Huron Chapter
Vice President, Niagara Chapter
Vice President, Ottawa Chapter
Vice President, Simcoe-Muskoka Chapter
Vice President, Toronto Chapter
Newsletter Editor

James Griffin (Toronto Chapter)
Real Prefontaine (Ottawa Chapter)
Carey Chappelle
Dan Waldron
Patricia Von Neissen
Isabelle Sheardown
Anne Pokocky
Jim Morris (Ottawa Chapter)

Real Prefontaine, Secretary
October 16, 2005

Peter Leiss, President
October 17, 2005

Amendments to the By-laws

Section 12, Paragraph 1; last sentence

Current wording

12 -The President shall be elected for no more than two consecutive terms”

Proposed amendment

2 - The President shall be elected for no more than four consecutive terms”

Section 15: Replace the first sentence

Current wording

15 - The Chapter Vice-Presidents shall, with appropriate consultation, develop the brevet series schedule for each chapter for approval by the membership at the annual meeting.

Proposed amendment

15 - The Chapter Vice-Presidents and/or designate as approved by the Board shall, with appropriate consultation with members in good standing develop the ride schedules that would include ACP and non-ACP sanctioned events. The draft schedules would be presented to the membership for approval at the Annual General Meeting, usually held on the Saturday immediately preceding the Thanksgiving long weekend.

The Board of Directors (Board) would have the authority to approve the schedules prior to the AGM if the Board thought it necessary. In the event the Board were to approve the schedules for submission to ACP the membership would be informed of their decision and the rationale for the same.

New Section 33 to be added to the By Laws

Electronic signature

33. - As an alternate to a hard copy of a signature for nominations of candidates, acceptance of a nomination, proposed amendments to the By Laws, appointment of a proxy, or for any other written communication except for Club, OCA and CCA waivers an electronic statement (E-mail) sent to the Secretary or members of the Board will have the same bearing as a hard copy signature. This electronic statement must be confirmed (witnessed) by another member in good standing, either by a hard copy signature or an electronic statement.

Real Prefontaine, Secretary
October 16, 2005

Peter Leiss, President
October 17, 2005