



The Long Road

Newsletter for members of Randonneurs Ontario

The Long Road

Volume 23 Issue 3

May/June 2006

Message from the President

Well today as I write this one of the first days of summer and I am sure many of you are happy to see the end of a tough spring season. We have had some really hard weather and to go along with that some really hard riders.

A number of you have already completed your Super Randonnuer series and are looking forward to the Grand Randonnees coming up shortly. The VanIsle, Cascade and BMB are all fast approaching. Congratulations to those of who have qualified. Good luck to those who are attempting these big rides.



We are reviewing our ride schedule as we may be now at the point where we are hard pressed to support our ambitious number of brevets. We really need the support of you our members to succeed in achieving this schedule. We still have a number of rides in the Toronto Chapter that need organizers. This is not a hard task but very necessary. Please

contact Anne to find out how you can help.

We will shortly be putting our 2007 schedule together as this needs to be submitted to ACP (France) in September. If you have rides that you would like see contained in that schedule please let your Chapter VP or another Executive know. As 2007 is a PBP year we will looking to put 2 full series in place prior to the end of June in order to provide opportunities to qualify.

Our ride totals so far are very impressive with 46,766.6 K in brevets and 10278 K in populiaries. I am keeping a running total of rides and placing them on the mail list on a monthly basis. Please check to make sure your numbers are correct.

Finally we are making a final request for submissions for our new Jersey. We anticipate that this will be ready later this year for the upcoming season and for PBP 2007. So get those designs in by July 10th at the latest.

As always ride safely and remember it not a race it is a test of your abilities to complete the event.

Peter Leiss

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Message from Abroad

ACP Audax Club Parisien

Message from:

President is Pierre Theobald

My fellow Randonneurs,

It has been quite some time since I have written a Presidents news-letter. I apologize for this, but there have been some unforeseen roadblocks over the last twelve months, which have conspired together and prevented my attention to some aspects of my duties to both my international friends and to my Australian constituency.

The 2005 riding season has been a great success. During the year I have homologated 582 brevets over 10 rides. I have summarised the results by country below.

Australia	6
Bulgaria	12
Denmark	21
Spain	88
United Kingdom	246
United States	209

Full details should be available on our website shortly.

To all the riders and organisers I offer my heartiest congratulations. We recognise the achievements of the riders, but often the effort of the ride organiser and the volunteers on the controls is overlooked. To all of the organisers and their assistants, I wish to thank you on behalf of the riders. Without you there would be no challenges for riders to test themselves against.

The calendar for the 2006 riding season is full of challenges for the randonneur community. Rides are being held on 4 continents. I urge all randonneurs to patronise their local 1200km + brevet. I have listed the 2006 calendar below:

BULGARIE

Federation de Bulgarie
1200km Sliven - Varna - Sliven
22-25/6/2006
Lazar VLADISLAVOV
lazarus@slivenberg.net

AUDAX NORDIQUE DANEMARK

1200km Superbrevet Scandanavia
16-19/06/2006
Per RASMUSSEN
per.rasmussen@audax-club.dk
www.audax-club.dk

AUSTRALIE TASMANIA

1200km Hobart - Marrawah - Hobart
16-29/1/2006
Tim STREDWICK
(Almost around Tasmania)
tstredwick@bigpond.com

NSW WOLLONGONG

1200km Parkes Ride
4-7/03/2006
Henry BOARDMAN
hboa3853@bigpond.com

WESERN AUSTRALIA

1200km The Classic WA Randonee
6-9/10/2006
Nick DALE
nick.dale@skg.com.au

RUSSIA

1200 km Oural Marathon (Ekaterinbourg)
20-23/07/2006
Peutr MISNIK
urmar@r66.ru

U.S.A.

WA Seattle
1200km The Cascade 1200
24/06/2006
rba@seattlerandonneur.org
www.seattlerandonneur.org

MA Boston
1200km Boston - Montreal - Boston
17-20/08/2006
Jennifer WISE
otherwise@att.net
<http://www.geocities.com/b-m-b>

CO Boulder
1200km Last Chance
13-16/09/2006
John LEE ELLIS
jellis7@juno.com

North Florida
1200KM North Florida 1200
13-16/10/2006
Joe ARNOLD
flabrevet@hotmail.com

Message from Abroad..Cont

ACP Audax Club Parisien

FRANCE

Cyclo Club Orchies
1200km Orchies - Ballon d'Alsace-Orchies
20-24/07/2006
Christian THERON
therone@wanadoo.fr

CANADA

2000km Hill Quest 2000
8-15/7/2006
Vytautas JANUSAUKAS
Ontario Randonneurs
Ottawa- Maine- Ottawa
vytas@magma.ca

BC Randonneurs

VanIsle 1200
5-9/07/2006
Ken Bonner
kenbonner@telus.net

As you can see the number of 1200+ brevets is increasing each year. I wish everybody good riding.

Some of you will have noticed that the LRM website has moved. The new address is www.lesrandonneursmondiaux.org. We had been experiencing some trouble with the service provider so the opportunity was taken to move the website to a more stable service. Please change the links that you have to point to the new location Constant has had his hands full lately so the site is not as up to date as we would wish. But please continue to visit the site. If you have any ideas for the site please email directly to Constant.

Lake Ontario 1000

This is another early call to see who is planning to ride the Lake Ontario 1000 this year. So far I have about 12 riders who have express interest in doing this ride. Last year 4 did this ride and stayed at a B&B in Bloomfield, which Scott said was excellent, however I will be likely looking to book a 3 or 4 rooms at a motel along in Picton. Given that this is a long weekend and peak tourist season, I will need to book something very soon (now??).

If you are thinking of doing this ride but have not yet contacted me, please let me know off-list.

--

Phillip Piltch

QuadZilla and the Finger Lakes 350

Anyone interested in doing Quadzilla or the FL555 /350 this year from Ithaca, NY from July 29th to 30th? Over 28,000 feet of climbing - registration discount up to 7/14 see the following website for the latest from Mark Frank

www.quadzilla.us
or <http://www.rochesterbicyclingclub.com/ultra/flindex.htm>

Dave McCaw

As seen on the Web

Jim Morris

Batteries: Panasonic Oxyride Extreme

Panasonic is dubbing its Oxyride Extreme batteries as a leap forward to the "next generation" of batteries. After using Panasonic's new Oxyride Extreme AA and AAA batteries in digital cameras, handheld game devices, radios, and small flashlights, we have to agree. These batteries provide more power for longer periods than other batteries.

The key innovation is twofold. Nickel Oxyhydroxide technology allows for increased voltage -- this means more power supplied to your electronic devices -- while a new vacuum technology allows for a higher amount of electrolytes to be stored in each individual battery. Knowing your batteries will last counts for a lot -- particularly when you want to travel light this summer.





Randonneurs Ontario

Long Distance Cycling Association
www.randonneursonario.ca

President	Michael Thomson	president@randonneursonario.ca	416-423-4570
Vice President, Brevet	Peter Leiss	vp-admin@randonneursonario.ca	
Vice President, Toronto	Anne Pokocky	vp-toronto@randonneursonario.ca	
Vice President Ottawa	Patricia Von Niessen	vp-ottawa@randonneursonario.ca	
Vice President,	Isabelle Sheardown	vp-simcoe@randonneursonario.ca	705-434-1637
Vice President, Huron	Carey Chappelle	vp-huron@randonneursonario.ca	
Vice President, Niagara	Dan Waldron	vp-niagara@randonneursonario.ca	
Secretary	Real Prefontaine	secretary@randonneursonario.ca	
Treasurer	Jim Griffin	treasurer@randonneursonario.ca	705-434-9316
Director-At-Large	Bill Pye	director1@randonneursonario.ca	
Director-At-Large	Elias Brettler	director2@randonneursonario.ca	
Director, Communications	Jim Morris	editor@randonneursonario.ca	613-829-6621

Up Coming Rides

2006 Toronto Chapter

Saturday July 8, 2006

Distance: 300K
Start Time: 7:00 AM
Start Point: Erin Mills
Route: Lakes & Vines (Brevet)
Organizer: Paul Regan or 416-488-9344

Sunday July 9, 2006

Distance: 200K
Start Time: 8:00 AM
Start Point: Maple
Route: Maple-Orillia (Brevet)
Organizer: Lori Matthews

Thursday July 13, 2006

Distance: 300K
Start Time: 6:00 AM
Start Point: Erin Mills
Route: Erin Mills-New Hamburg (Brevet)
Organizer: TBD

Saturday July 15, 2006

Distance: 400K
Start Time: 6:00 AM
Start Point: Concord
Route: Georgian Triangle (Brevet)
Organizer: Phil Piltch or 416-759-4251

Saturday July 29, 2006

Distance: 600K
Start Time: 6:00 AM
Start Point: Erin Mills
Route: Tour of Southwest Ontario (Brevet)
Organizer: Glen Steen

Thursday August 3, 2006

Distance: 400K
Start Time: 6:00 AM
Start Point: Concord
Route: Maple-Shakespeare (Brevet)
Organizer: TBD

Saturday August 5, 2006

Distance: 1000K
Start Time: 6:00 AM
Start Point: Queen's Park
Route: Lake Ontario Loop (Brevet)
Organizer: Phil Piltch or 416-759-4251

Sunday August 6, 2006

Distance: 300K
Start Time: 6:00 AM
Start Point: Markham
Route: Carden Plain (Brevet)
Organizer: TBD

Sunday August 13, 2006

Distance: 120K
Start Time: 10:00 AM
Start Point: Markham
Route: Markham-Kirby (Populaire)
Organizer: TBD

Sunday August 20, 2006

Distance: 200K
 Start Time: 8:00 AM
 Start Point: Maple
 Route: Hockley Hills (Brevet)
 Organizer: TBD

Thursday August 24, 2006

Distance: 600K
 Start Time: 6:00 AM
 Start Point: Concord
 Route: Huron Shores (Brevet)
 Organizer: TBD

2006 Ottawa Chapter**Saturday July 8, 2006**

Distance: 1000/2000
 Start Time: 5:00 AM
 Start Point: Hornet's Nest Soccer Pitch
 Route: Coureur des Bois/Hill Quest
 Organizer: Vytas Janusauskas

Saturday July 15, 2006

Distance: 300K
 Start Time: 5:00 AM
 Start Point: Cheshire Cat
 Route: Vennachar 300 (ACP Brevet)
 Organizer: Jim Morris

Saturday July 22, 2006

Distance: TBD
 Start Time: 8:00 AM
 Start Point: Cheshire Cat
 Route: Kempville (Populaire)
 Organizer: Trevor Stocki

Saturday July 29, 2006

Distance: 400K
 Start Time: 5:00 AM
 Start Point: Cheshire Cat
 Route: Foymount 400 (ACP Brevet)
 Organizer: David McCaw

Wednesday August 2, 2006

Distance: 400K
 Start Time: 5:00 AM
 Start Point: Cheshire Cat
 Route: Foymount 400 (Brevet)
 Organizer: Bill Pye

Saturday August 5, 2006

Distance: 600K
 Start Time: 5:00 AM
 Start Point: TBD
 Route: Denbeigh 600 (ACP Brevet)
 Organizer: Patricia Von Niessen

Wednesday August 9, 2006

Distance: TBD
 Start Time: 8:00 AM
 Start Point: TBD
 Route: Kempville (Populaire)
 Organizer: Bill Pye

Saturday August 12, 2006

Distance: 200K
 Start Time: 6:00 AM
 Start Point: Kinburn
 Route: Shawville 200 (Brevet)
 Organizer: Patricia Von Niessen

Wednesday August 16, 2006

Distance: 200K
 Start Time: 6:00 AM
 Start Point: Cheshire Cat
 Route: Original 200 (Brevet)
 Organizer: Bill Pye

Saturday August 19, 2006

Distance: 200K
 Start Time: 6:00 AM
 Start Point: Cheshire Cat
 Route: Merrickville handicap (Brevet)
 Organizer: Patricia Von Niessen

Saturday August 26, 2006

Distance: TBD
 Start Time: 10:00 AM
 Start Point: Cheshire Cat
 Route: Pony Express (Populaire)
 Organizer: Patricia Von Niessen

Saturday August 26, 2006

Distance: TBD
 Start Time: 10:00 AM
 Start Point: Cheshire Cat
 Route: Pony Express (Populaire)
 Organizer: Patricia Von Niessen

2006 Simcoe /Muskoka Chapter**Saturday July 15, 2006**

Distance: 300K
 Start Time: 6:00 AM
 Start Point: Alliston
 Route: Conestoga Highlands(Brevet)
 Organizer: Isabelle Sheardown or 705-434-1637

Saturday July 29, 2006

Distance: 400K
 Start Time: 6:00 AM
 Start Point: Alliston
 Route: Stratford (Brevet)
 Organizer: Isabelle Sheardown or 705-434-1637



Guidelines for the E-mail List.

Here's the monthly posting of guidelines for the Randonneurs Ontario mailing list. Please read it, even if you've received the guidelines before - every so often, something new will be added.

1/ The list is an online forum for club members to discuss items of common interest. Please keep your messages relevant to the sport of randonneuring, and, in particular, to the activities of Randonneurs Ontario.

2/ When replying to messages posted to the list, try to keep quoting to a minimum. Not only does this save bandwidth, it makes your replies easier to read and understand.

3/ When replying to a message, be clear about whether your reply should be directed to the list, or only to the sender of the original message. Most e-mail program will give you the choice of replying to the list address or replying to the sender of the message.

4/ If a discussion topic (aka thread) goes on for some time, its content is likely to change. If that happens, change the Subject header to reflect the change in topic.

5/ Commercial use of the list is not permitted. That is, messages selling products or services related to list members' jobs, and unrelated to cycling, are not allowed.

6/ However, personal "cycling items for sale" messages are permitted. Such messages may be sent only once. Item price and seller's contact name, e-mail address, and telephone number must be included in the message. Responses to such postings must take place off-list (ie, choose the "Reply to Sender" rather than the "Reply to List" option on your mailreader).

7/ Flaming will not be tolerated on this list, nor will messages containing offensive material. If you want to argue with someone, take it off-list. Those posting an inflammatory or offensive message will receive a warning from the List Administrator. A second instance will mean expulsion from the list.

8/ Please do not try send attachments to your list-addressed messages. The list will not accept them, so all that will happen is that your message will get bounced back to you.

9/ Aliases are not allowed in postings to this list. When posting a message, please sign it with your real name.

10/ If you have trouble accessing the list, please contact Jim Morris, the List Administrator, at editor@randonneursontario.ca

11/ If you should ever wish to unsubscribe from the list, change the way you receive list messages, or view the list archives, go to:
<http://max.listwizards.com/listinfo/randonneurs-ontario>

12/ Don't forget to check your e-mail a day or so before a scheduled brevet, populaire, or social event!

Added Information:

This is a reminder, sent out once a month, about your max.listwizards.com mailing list memberships. It includes your subscription info and how to use it to change it or unsubscribe from a list.

You can visit the URLs to change your membership status or configuration, including unsubscribing, setting digest-style delivery or disabling delivery altogether (e.g., for a vacation), and so on.

In addition to the URL interfaces, you can also use email to make such changes. For more info, send a message to the '-request' address of the list (for example, mailman-request@max.listwizards.com) containing just the word 'help' in the message body, and an email message will be sent to you with instructions.

If you have questions, problems, comments, etc, send them to tomailman-owner@max.listwizards.com.

Regards,
Jim Morris
List Administrator



Ride Results

Toronto:

June 24, 2006: Rice Lake 300K

Henk Bouhuyzen - 12:55
 Eli Brettler - 18:32
 Ken Dobb - 17:00
 Tristan Goguen - 18:32
 Bruce Hogg - 15:52
 Bill Hyde - 14:48
 Paul Jurbala - 14:48
 Robert Kassel - 14:48
 Lori Matthews - 15:52
 Paul Regan - 14:48
 Steve Rheault - 14:48
 David Roderick - 18:32
 Andrew Ross - 17:00
 Erez Tamari - 14:48

June 11, 2006: Bewdley Glutebuster 200K

Ken Dobb - 11:50
 John Saunders - 11:50

June 10, 2006: Haliburton Highlands 600K

Henk Bouhuyzen - 36:41
 Eli Brettler - 39:57
 Tristan Goguen - DNF
 Bruce Hogg - 37:07
 Paul Jurbala - 36:41
 Robert Kassel - 36:41
 Fred Krawiecki - 36:41
 Lori Matthews - DNF
 Paul Regan - 37:17
 Steve Rheault - DNF

June 3, 2006: Hills, Villes & Valleys 300K

Henry Furlott - 16:22
 Mark Hopper - DNF
 Phil Piltch - 16:22
 Steve Rheault - 13:50
 Doug Reid - DNF

Ride Results Continued**Saturday August 19, 2006**

Distance: 600K
 Start Time: 6:00 AM
 Start Point: Alliston
 Route: March to the Nuke (Brevet)
 Organizer: Isabelle Sheardown or 705-434-1637

Saturday August 26, 2006

Distance: 200K
 Start Time: 8:00 AM
 Start Point: Barrie
 Route: Big Chute (Brevet)
 Organizer: Isabelle Sheardown or 705-434-1637

2006 Niagara Chapter**Sunday July 16, 2006**

Distance: 300
 Start Time: TBD
 Start Point: TBD
 Route: Niagara 300
 Organiser: vp-niagara

Sunday August 6, 2006

Distance: 200
 Start Time: TBD
 Start Point: TBD
 Route: Niagara 200
 Organiser: vp-niagara

Creemore Classic 400

The Huron Chapter held the Creemore Classic 400 on Saturday, June 3, 2006.

Congratulations to Carey Chappelle, Bill Little, Rudy Ziegler, Con Melady, Nathan Klages, Rolf Haukwitz, John Maccio and Christian Belair on completing that infamous 400 km brevet.

The weather, was for the most part, perfect.? The rain from 14:30 to 18:00hrs cleaned off all the riders and made them acceptable for a great dinner at the Fire House Pizza Co. in Blue Mountain.

Nathan and Christian decided to skip the fancy dinner and instead, grabbed a quicky at Wendy's in Collingwood before saying good-bye.? The young fellows headed out and later e-mailed me with their fantastic ride back to Port Elgin.? The Scenic Cave ride to the top gave the lads a?solid ?warm-up for the remaining hills.? Approaching the Walter's Falls t-intersection,? they had to share the road with 3 deer and then avoid hitting the turtle watching the show.

Toronto:**May 28, 2006: Markham-Woodville 200K**

Mary Germaine - 11:13
 Ralph Germaine - 11:13
 Paul Jurbala - 8:45
 Erez Tamari - 8:45
 Michael Thompson - 8:45
 Shinya Yamada - 8:45

May 27, 2006: Tour of Oak Ridges Moraine 400K

Henk Bouhuyzen - 19:05
 Eli Brettler - 25:30
 Louis Dionne - 24:58
 Tristan Goguen - 24:58
 Bruce Hogg - 22:40
 Robert Kassel - 19:05
 Fred Krawiecki - 19:05
 Lori Matthews - 22:40
 Paul Regan - 25:30
 Steve Rheault - 25:30
 Glenn Steen - DNF

May 21, 2006: Pretty River 300K

Eli Brettler - DNF
 Ken Dobb - DNF
 Mike Bewley - 19:45
 Paul Jurbala - DNF
 Paul Dicks - DNF
 Paul Regan - 19:45
 Tristan Goguen - 19:45

May 20, 2006: Fleche Ontario

Team name: Quattro Fromaggi
 Rolf Haukwitz, Don Magie, John Maccio, Dick Felton
 Distance ridden: 371K
 Team name: Team Y
 Bob Kassel, Erez Tamari, Steve Rheault.
 Distance ridden: 389K
 Team name: Fleche Wounds
 Vytas Janusauskas, Patti Von Niessen, Peter Grant, Sue Pond
 Distance ridden: 428.9K
 Team name: Team Rainbow
 Henk Bouhuzen, Marti Du Plessis, Fred Krawiecki
 Distance ridden: 475K



Ride Results Continued

Toronto:

May 7, 2006: Gentle Start 200K

Kaz Bieniak - 10:55
 Henk Bouhuyzen - 9:15
 Eli Brettler - 10:55
 Louis Dionne - 10:55
 Jerzy Dziadon - 9:28
 Marilyn Freeman - 10:07
 Henry Furlott - 10:07
 Mary Germaine - 12:25
 Ralph Germaine - 12:25
 Tristan Goguen - 13:00
 Ken Jobba - 9:15
 Mike Maloney - 11:20
 Bill Mercer - 11:10
 Phil Piltch - 10:07
 Paul Regan - 9:28
 Steve Rheault - 9:15
 Andrew Ross - 10:07
 Erez Tamari - 10:07

May 31, 2006: Westport 400

Peter Grant - 17:55

May 27, 2006: Shawville 200

Don Baragar - 07:04
 Peter Grant - 08:42
 Jean-Pierre - Moison - 07:04

May 24, 2006: Wakefield 200

Bill Pye - 10:00
 Adrian Das - 10:00

May 20, 2006: Fleche Ontario

Team name: Quattro Fromaggi
 Team members: Rolf Hauckwitz, Don Magie, John Mac-
 cio, Dick Felton
 Distance ridden: 371K
 Team name: Team Y
 Team members: Bob Kassel, Erez Tamari, Steve Rheault.
 Distance ridden: 389K
 Team name: Fleche Wounds
 Team members: Vytas Janusauskas, Patti Von Niessen,
 Peter Grant, Sue Pond
 Distance ridden: 428.9K
 Team name: Team Rainbow
 Team members: Henk Bouhuyzen, Marti Du Plessis, Fred
 Krawiecki
 Distance ridden: 475K

Ride Results

Ottawa:

June 24, 2006: Wakefield 200

Peter Grant - 9:45
 David McCaw - 9:45
 Doug Reid - 12:29

June 17, 2006: Placid 600

Vytas Janusauskas - 32:42
 Patti Von Niessen - 32:42

June 14, 2006: Kingston 600

Peter Grant - 34:47
 David McCaw - 34:47

June 3, 2006: Westport 400

Vytas Janusauskas - 17:49
 Jules Meunier - DNF
 Jean-Pierre Moison - DNF

May 13, 2006: Animalathon 300

Mark Draper - 18:53
 Suzanne Pond - DNF
 Bill Pye - 16:01
 Alan Richie - 17:32
 Patti Von Niessen - 15:47

May 10, 2006: Animalathon 300

Peter Grant - 13:03
 Vytas Janusauskas - 12:53
 David McCaw - 12:53

May 3, 2006: Alexandria 300

Peter Grant - 13:33

Ride Results

Simcoe-Muskoka:

May 27, 2006 - Lake Simcoe-Holland Marsh 200K

Mike Maloney - 10:50
 Keith McEwen - DNF
 Phil Piltch - 10:50
 Karen Scaife - 10:50

May 20, 2006: Fleche Ontario

Team name: Quattro Fromaggi
 Team members: Rolf Hauckwitz, Don Magie,
 John Maccio, Dick Felton
 Distance ridden: 371K
 Team name: Team Y
 Team members: Bob Kassel, Erez Tamari, Steve
 Rheault.
 Distance ridden: 389K
 Team name: Fleche Wounds
 Team members: Vytas Janusauskas, Patti Von
 Niessen, Peter Grant, Sue Pond
 Distance ridden: 428.9K
 Team name: Team Rainbow
 Team members: Henk Bouhuzen, Marti Du
 Plessis, Fred Krawiecki
 Distance ridden: 475K

May 13, 2006 - Lake Simcoe 300K

Hank Bouhuyzen - 12:20
 Eli Brettler - DNS
 Paul Dicks - DNS
 Martie DuPlessie - 12:20
 Tristan Goguen - DNF
 Fred Krawiecki - 12:20
 Keith McEwen - DNF
 Steve Rheault - 18:20
 Isabelle Sheardown - DNF
 John Stancyk - 12:20
 Glen Steen - 12:20

Creemore Classic 400

The older riders had dinner at the Fire House Pizza Co., a few beers, a few coffees and then headed out for the GREAT Scenic Cave ride to the top.? We all arrived to the top feeling successful and headed at a steady pace to the Country Time Donut Shop in Chatsworth, for the last control before the end. Once again my wife and Pat Little visited us in Chatsworth,? basically to confirm my coconut was operating fine after my Encephalitis experience last year, and YES it was!!!!

I've included a few extra pictures as opposed to a long story about a 400km ride that was simply UNBELIEVABLE!!!

Pictures on Page 7.

Haliburton 600 Random comments.

Some random highlights from this past weekend's inaugural running of this ride:

- Phil and Henry's assistance and enthusiasm at the Markham start.
- Countryside vistas between Markham and Milbrook.
- Even with the wind, Saturday was a beautiful sunny day.
- The rivers, lakes, swamps and bogs of the Canadian shield.
- Phil and Henry handing out water, bananas and cookies at Eagle Lake. Riding with Bruce Hogg.
- Standing under a hot shower at 1:15 am on Sunday morning.
- Watching a bear cross the highway on Sunday morning, and then watching him re-cross the highway, also on Sunday morning.
- Breakfast with the group in Minden.
- Wondering at a few points during the ride what twisted minds could have possibly cobbled this route together.
- Eli Brettler's gutsy and tenacious ride.
- Tristan Goguen's optimism and perseverance.
- Lori Mathew's awesome generosity in supporting all of us right to the end.

Paul Regan

I thought that Phil and Henry were actually nice guys. That is, until this past weekend. Haliburton Highlands 600? More like Hills from Hell 600! And how they managed to get us that Horrendous Headwind on Saturday? I await Henk's final results but I believe he said the climbing was over 5,000 metres. When we stopped in Haliburton, at 343km, we had the same as the Moraine 400! Last year I did the Kingston 600 from Ottawa, and that was tough - but a mere 4500 metres of ascent. Plus, a lot of that was in 2 or 3 climbs. Congratulations to Paul (sorry Paul, brain damage from the weekend has let your last name slip away) for completing not only his first 600, but first ride over 300 km! What a ride to pick!

Bob