

December 2012
Volume-small
Issues - many



The Long Road

Upcoming Events:

- Registration opens for the Granite Anvil January 01.
- Annual awards banquet at the Maddison – February 09
- Toronto International Bike Show – At the Ex March 01-03.

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An infrequent news letter of Randonneurs Ontario.

The Long Road is rolling again

After a many month hiatus, the Randonneurs Ontario newsletter "The Long Road" is again ready to roll out across people's screens. Months of coercion has succeeded in ~~suckering~~ enticing a new editor to ply his journalistic savvy (which he learned in Engineering school!) to enlighten our membership from time to time.

As the new editor, you can expect from me a high

level of integrity much like Fox News or the UK's News International – never letting reality or good taste get in the way of a good story. .

On that note, I apologize right now for bad grammar, run on sentences and unwavering commitment to Huron Chapter's rule number 2 (if you are curious what that is, ask Carey but beware of rule number 1).

If you have a good story or something that would be useful to the members, please send it along. For that matter if you have a bad story that would only be of interest to your mother – that will work too. I will carefully cut and paste it directly into the next edition – only stopping long enough to add errors if it looks too professional.

Bill Little, Editor in Chief, lousy writer, tear-drop aerodynamic and all "round" randonneur

The Anvil Lives!

With the concept well proven in 2009, the club is once again holding the Granite Anvil 1200k this year from August 22nd to 25th. Early response has been excellent – over 60 expressing interest. Registration will open on January 01.

This 1200km ride starts in Oshawa, taking you to the north and west of the region heading to Midland for the first nights break. On the second day of the ride you will be heading towards Bancroft, a small town deep in the Ontario

wilderness. Heading out of the Bancroft area you will touch the highest inhabited point in Ontario at "the Foymont Hill". You will then begin your loop back through central Ontario to such places as Quadville, while stopping at Napanee area for the evening and recharge with a meal. The last section of the ride takes you along the shores of Lake Ontario, then heads north into a section of rolling hills. The ride concludes back in Oshawa

I have it on good authority

(VP Huron Chapter) that there are few hills and what ones there are all downhill.

The club is really striving to make this ride top quality and a must do for riders from North America and around the world. Obviously that takes lots of work and help from the members. If you can, please volunteer to assist by contacting any of the executive,





Devil's Week Comes to Huron Chapter!

This year the Huron Chapter is hosting Devil's Week. The week will kick off on Saturday June 09 with our oldest and most ridden ride, the Big Bay 200.

Sunday, day 2, brings the always challenging Bowle Buster 300. Nothing like a 19% kick two thirds into the day to make you feel alive.

After a day of rest, we get

back to business on Tuesday with the storied Creemore Classic (and by storied, take a look at the ride report from this year on page 6).

And finally on Thursday we finish up the week with the March to the Marsh which goes into and out of the Beaver Valley twice, down and up out of Collingwood twice and another look at Creemore hill (but too early in the

morning for a amber Gatorade).

Undoubtedly VP Chappelle will have plans to make this week an experience to remember. Hope to see you here!

"On the Creemore Classic, once you top Creemore hill the climbing is done for the day." Carey Chappelle

Randonneurs Ontario Fleche 2013 by Peter Leiss

Flèches Pascales and Flèches Nationales are annual events held in various regions or countries during the spring, whereby teams of cyclists all head to a common destination from various starting points. Teams ride during 24 hours to cover the longest distance possible (at least 360 km). After the ride, all participants meet and celebrate together.

The mother of those events is the 1947-created Flèche Vélocio, whereby teams head to the traditional Easter cycling rally in Provence (France). To respond to a growing demand by French or International randonneurs who want to meet in a location outside Provence, the Audax Club Parisien promotes and homologates team events patterned after the Flèche Vélocio: the Flèches Pascales (in France) and the Flèches Nationales

(abroad). The Flèches Nationales can also be named National Arrow, Easter Arrow, or named after a country, a region or a famous person. All ACP-sanctioned Flèches events must be run according to the rules of the Flèche Vélocio. The traditional event date is the Easter weekend, but for regions that have snow at this time, it may be held until the end of May. In France, the alternative Easter cycling rally is called Pâques en Quercy (Quercy is a former province of Southwest France), but any organizer may suggest another place. ACP-sanctioned Flèches or Arrows are also organized around the world, in Australia, Brazil, Bulgaria, Canada, Denmark, Finland, Ireland, Israël, Japan, Russia, Spain, Sweden, the United Kingdom and the United States. Today, the features and values of the old Flèche Vélocio are

appreciated in the worldwide family of randonneurs : building a strong spirit of camaraderie, striving during 24 hours to achieve a common challenge and finally meeting and socializing with fellow randonneurs from across your country, region or province. An unique experience that belongs to a randonneur's career ! Moreover, riding a Flèche will be on your credit for your Randonneur 5000 award! You may also be interested in the ACP-sanctioned Traces (Darts), a spring team event which is run parallel to the Flèche, but on a smaller distance and with an 8 hour overnight stop.

This year, our Fleche is scheduled for Saturday, May 18th. Start getting your team organized now.

Don't Miss the Awards Night

On February 9th, the annual awards night is being held at the Madison Avenue Pub in Toronto (14 Madison Avenue, north of Bloor, East of Spadina). AS usual, the Maddy will supply a great feast and the roads will be too slushy to be riding so come on out. You will receive additional info from the exec on the buying tickets.

I attended last year for the first time and found it a very entertaining night and the Madison boutique hotel was very pleasant. Lot of interesting landmark pubs and clubs in the area that this year I intend to visit

The awards are as follows:

Jock Wadley Award (Outstanding Rider)

Awarded to a club rider who is outstanding in one year or over several years and has:
Shown interest in the club and has provided support and assistance
Helped on rides or helped other riders.

Beryl Burton Award (Best Female Rider)

Awarded to a club rider who is outstanding in one year or over several years and has:
Shown interest in the club and has provided support and assistance.
Helped on rides or helped other riders.

Coronation Cup (Most Improved Rider)

Awarded to a club rider who has at least one previous year riding with the Randonneurs Ontario, and has:
Shown consistency in appearing and in cycling;
Demonstrated improvement either in cumulative mileage ridden from previous season, or in brevet finishing times over the previous season.

Rookie of the Year

Awarded to a club rider who has:
Joined the Randonneurs Ontario in the year of the award or who rode their first brevet in the year of the award;
Shown ability in the year. & Shown interest in the club and in other club riders.

Half Wheel Award

Awarded to a club rider who has consistently forced the pace of the group during brevet rides.

Best Fleche Team

Awarded to the members of the fleche team who record the most kilometers on the club's fleche ride in the year of the award.

Organiser of the Year

Awarded to that person who has:
Provided support to the club's riding events in the year of the award or over several years.
Demonstrated care for the well being of the club's riders.
Consistently taken on the task of organising and supporting club rides.

Outstanding

Performance on a Brevet

Awarded to the club rider who has:
Demonstrated significant fortitude, courage, or generosity on a brevet ride.
Demonstrated physical or mental abilities beyond the usual in the conduct of a brevet ride.

Special Recognition Award

Awarded to a club rider who has:
Completed a cycling event in the year of the award that merits commemoration.
Made contributions to the club that merit commemoration.

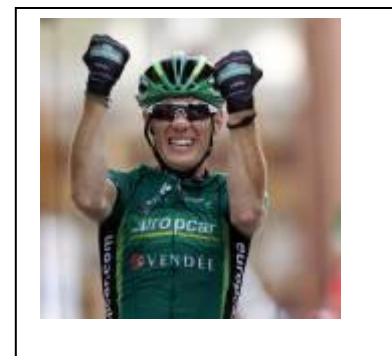
Dan Herbert Memorial Award

Benefited the club by mentoring one or more members (generally but not necessarily new).
Mentoring is to be defined as encouraging, educating and assisting riders to achieve their full potential as bike riders and club members.

Long Distance Award

Awarded to the rider who has:
Completed the highest number of Kilometres on official brevets and Randonneés.
These events will include Brevets and Randonneés completed with any ACP registered club.

COME OUT AND ENJOY THE FUN!



"I attended last year for the first time and found it a very entertaining night and the Madison boutique hotel was very pleasant" - Ed

“Texas Stampede proved to be one of the largest challenges of 2011 - first for being so early in the season and then weather and enough hills to test you to the maximum.” - D. Felton

Dream Dates

As we all know, the local series are the bread and butter of our sport but it is the dreams that often motivate us. You'll find below a few dreams and diversions to motivate you on your winter trainer.

2013

January 01, Granite Anvil registration Opens
http://ontariograniteanvil1200.com/?Granite_Anvil_1200

May 01, Texas Rando Stampede, Dallas Texas
<https://sites.google.com/site/texasstampede1200/>

June 06, Shenandoah 1200, Leesburg, Virginia <http://www.romabrevet.org/>

June 24, Gold Rush Randonnee, Davis California. <http://dbcgoldrush.org/>

July 21, Big Wild Ride, Anchorage, Alaska <http://alaskarandonneurs.org/>

July 28, London Edinburgh London (Note: I have heard of at least 3 from the club planning to go already) <http://www.londonedinburghlondon.com/>

August 08, Endless Mountains 1240k, Quakertown, Pennsylvania
<http://users.rcn.com/trosenbauer/PA1200K.html>

August 22, Granite Anvil 1200, Oshawa Ontario.
http://ontariograniteanvil1200.com/?Granite_Anvil_1200

September 11, Colorado Last Chance 1200.
<http://www.rmccrides.com/lastchance.htm>

October 10, Taste of Carolina 1200k, Greensboro, North Carolina
<http://www.bicycleforlife.org/rusa/index.html>

2014

August, 1001 Miglia, Milan Italy. www.1001migliaitalia.it/index.php?lang=en

2015

August, Paris Brest Paris, Paris France. www.paris-brest-paris.org

“Riding the Italian Alps with many Ontario Randonneurs in 2005 was THE best riding experience of my life.” - Ed



You Don't Know Dick!!

Interview by Kathy Brouse

Welcome to the "Rando Bio!" In this installment we meet Dick Felton, current President of Randonneurs Ontario.

Dick, how long have been with the Randonneurs and how did you become interested in randonneuring? Can you tell our readers when your passion for long distance cycling began?

I started to get into serious cycling only after retiring in 2004. Rolf Hauckwitz came to the local bike club meeting in Sarnia and gave a presentation about Randonneuring. I decided to give a 200 Brevet a try and was hooked, even though it rained like crazy and I was cold and shivering during that ride. That was May 2005 and I finished a series that year. I was hooked

You have donned a number of hats on the Randonneur board, including Secretary and now President of Randonneurs Ontario. Do you have a vision for the club, something you would like to foster or see developed and, if so, how do we get there?

Truly for Randonneurs Ontario, I would like to see us become better known. We need to devise a method for our riders to be recognized both by other club members and by the general public. I have always thought that a frame card similar to what we get at PBP would be a good idea which would contain the riders name, club affiliation and some indication of experience. For the public, I think our riders should carry a RO brochure with them to give to people we see en-route - people are always interested and usually in awe about what we are doing. I am sure they would pass it along to interested people who even might join our club. A modified information piece would probably need to be done up for this purpose - weather proof 2 sided information card.

Dick, because you are a dedicated and trained nutritionist, can you share

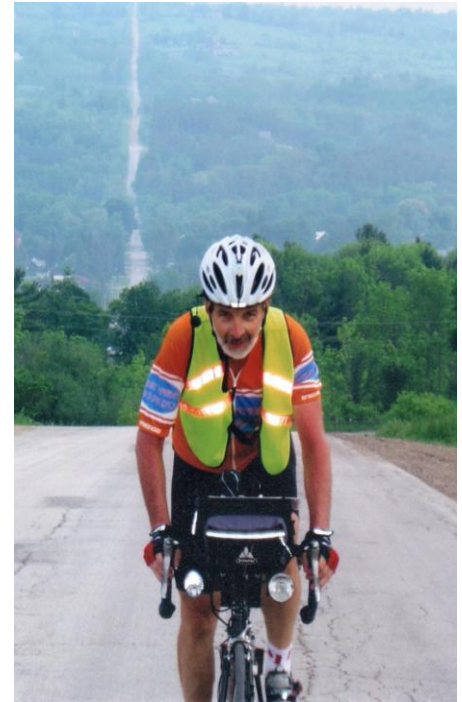
some advice on nutrition and diet for randonneurs? It's a very broad question, so just provide us with three or four main tips on nutrition and cycling!

Eat often and in small amounts on the bike.
Slow down when eating so that your stomach has blood to aid digestion
Try to stop for regular meals off the bike and pedal slowly while that meal digests
Carbohydrates should be the main portion of your food with a little protein to aid digestion
Heavy protein and fat stay in your stomach for hours and can cause GI problems - avoid on the ride
Hydrate according to your sweat rate and replace electrolytes as required.
Eat lots of Protein following the ride to rebuild your muscles

I know you have cycled a number of 1200km rides in North America and Europe, including at least two PBPs. Looking back, can you share one of your greatest moments on the bike?

WOW - GREATEST MOMENTS ON THE BIKE - Let me think?? Colorado was beautiful during the Last Chance - however the plains of Kansas were pretty forgettable! Virginia, Blue Ridge Mountains and the history of the Shenandoah left a mark on my mind and a feeling on my legs. The snow in the Cascades on Mount Washington was breathtaking, especially the cold rides down after a hard climb. The High plains in Scotland, the ride down to Edinburgh and back up the Edinburgh Gap, plus the lanes and back roads of England washed away the cold and wet on this wonderful LEL 1400 KM ride. Granite Anvil in Ontario proved that we have country to match anywhere that I have been riding. Texas Stampede proved to be one of the largest challenges of 2011 - first for being so early in the season and then weather and enough hills to test you to the maximum.

PBP - what can you say - first time 2007 WET WET WET - really hard to enjoy your first 1200 in these conditions - maybe that is why I have done so many in between - just to make up for that first one. The 2011 PBP redeemed itself and I can honestly say that France has that "something special" that puts it above any other 1200 I have done - a lure that I don't think will go away (already planning for 2015!! - as well as Gold Rush and High Country and maybe Italy 1600)



And, finally, if you could stamp a motto on a t-shirt to sum up randonneuring, what would it be?!

Randonneuring is enjoying cycling to the (your) max - time, distance, terrain, scenery, and sharing experiences with like minded people

(Editor's note: Interview was done in early 2012. Also, Dick must wear bigger t-shirts than the rest of us if he is going to get all that on the front.

Stories from 2012 - The Creemore Classic – “Huron-nam style” by Carey Chappelle

The Huron Chapter hosted 2012's Creemore Classic with three IMPORTANT initiatives ... Eat, Drink and be Merry! Southampton's Elk & Finch hosted several of the riders with their spouses for dinner Friday night. Bill Hodgkins, the Elk & Finch's Chef, served incredible meals that included fish, chicken, steak, pasta ... and just about anything else you would be looking for! Nathan Klages although not cycling, couldn't resist joining us for dinner. After dinner, Huron Chapter's Official Bike Mechanic Dick Felton took the pressure off Bill Little, when he replaced Bills Campagnola Chain SUCCESSFULLY, using the correct Campagnola tool that he brought with him from Sarnia! Thanks again Dick! Oh ya ... Bill ... toss out that Walmart Chain tool!

Saturday morning, the thunderstorm, wind and rain stopped around 05:30am to encourage the Randonneurs to pump up their tires and hit the road. Enjoying the scenery from Port Elgin, thru Sauble Beach, Wiarton and then up the Bruce Peninsula thru Big Bay to Owen Sound, the Randonneurs found a GREAT place to have brunch.. THE FROG PONDS CAFE. With the front wall OPEN, the Randonneurs sat and enjoyed one of the popular Turkey, bacon, avocado panini's along with a Cappacino, Espresso etc. One Randonneur enjoyed the gluten free treats that were available.

Leaping like Frogs, the Randonneurs hopped East then South thru Bognor to Walter's Falls, Ontario. A quick visit at the General Store (cyclist's have DNF'd here a few times on other rides), the Randonneurs headed towards Eugenia earning a great snack at the Beaver River Grill ... but not before being chased up or passed on the escarpment by none other than Renato Alessandrini! Larry Sowerby and I, were fortunate enough to reach the Eugenia town sign before being captured by Renato! Leaving Eugenia, the Randonneurs headed East then South towards Collingwood, Ontario. Anyone familiar with Grey 19 knows how incredible the scenery is from Kolopore to Collingwood.

Getting our Control Cards signed in Collingwood we headed towards Creemore for the traditional pint at the OLD MILL HOUSE PUB. Leaving Creemore starts with a challenging climb, short but steep, then pretty much a downhill for 10- 15km! A little work for a lot of fun! Heading towards Collingwood, the Randonneurs were getting excited about Bowling one game only ... but something a little unusual! Have you seen nicer bowling shoes than these? Bill Little started the competition missing the Pins on his first three balls! Chappy was third and brought the crowd to it's feet with the first of two strikes in a row! Larry was convinced that the light on his bicycle helmet would give him an edge! Bowling Bill was all smiles before his next attempt ... a classy dance, one 360, then tossed the ball between his legs for a STRIKE! Way to go Bill! Unfortunately I only took his picture prior to his amazing toss!

The Randonneurs would of liked to stay for another game but with sore shoulders and arms, decided to swap the bowling shoes for cycling shoes and headed to the Village of Blue Mountain. With a small amount of time lost bowling, Bill convinced everyone to have a quick dinner in Collingwood, then head to the Village to have their Control Cards signed. Leaving the Village and heading towards the Scenic Cave is always exciting, Larry and Wayne both mentioned at the top... what a great climb that was!

Approaching 11pm, the Randonneurs stayed together, headed down into the Beaver Valley then back out to Walter's Falls and the second last Control in Chatsworth. Of course the Chatsworth Donut Shop closes at 11pm so the Randonneurs decided to take a 1/2hr nap on the two picnic tables outside the shop. After taking the picture of these relaxed Randonneurs, I woke them up and suggested we head out and finish the last 50km! Mild weather, clear sky and rolling hills to the finish went quickly as we all discussed what a GREAT 400 this turned out to be ...Overall we ATE, DRANK AND WERE MERRY!!

Congrats to Larry Sowerby and Wayne Meigs who finished their FIRST 400KM BREVET! Congrats to John Maccio, who has returned to the Long Distance Cyclist he was in 2007! Congrats to Terry Payne ...the Creemore Classic Bowling Champion!
See You in 2013!



Preps for the ride



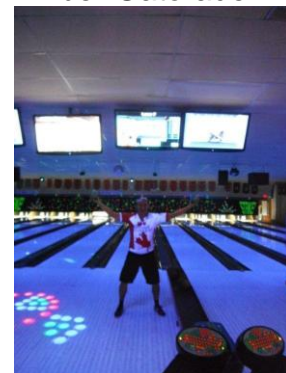
The Frog Pond



Renato!



Amber Gatorade



The 2012 Bowling Champ