



The Long Road

Newsletter for members of Randonneurs Ontario

The Long Road

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Inside this issue:

New Years Day Ride: Toronto, 2007

Unusual is the new “Normal”, part of the unusual was the weather for New Year’s Day; sunshine and 9 degrees and what seemed like no wind. Even though Toronto had a very mild December, I was expecting temperatures just above freezing. Actually there was a strong west wind but since we were initially either going East or riding on sheltered side streets, we didn’t notice the wind until the turnaround point. The other part of the unusual was the range of bikes including two Fixies, a Tandem, and a recumbent, with everyone else on more "normal" bikes.

At the start at the Second Cup, everyone was relaxed and catching up with old friends and with no pressure to complete the ride by a certain time, people had a good talk before getting ready to ride about 10:20. We started with 12 riders including Don who came out to say hello before leaving to do his ride from home. That left 11 riders on 10 bikes (1 tandem) that started out. They ranged from veterans like Geoff Gadd and Judy Watts to President Michael Thomson, Henk Bouhuyzen (three 1200K and one 1000K rides in 2006 as well as a Super Randonneur series), Mike Maloney on the recumbent, Mark Hopper and Julia Pal on the Tandem, Paul Dicks, John Saunders, Paul Regan, and new member Tanya Quinn (Tanya did the Mean Streets ride with us last Labour Day – that was a hard and wet introduction to Randonneuring). Within a few kilometers we had the first flat of the year: the front wheel of the Tandem. As usual, advice was given and pumps shared and the group started up again.

Because this was a populaire nobody was worried about doing the whole ride

and a few people dropped off partway to the lunch stop. Only 7 riders rolled into Timmys for the first time this year. The lineup was literally out of the front door but there was seating room inside. The discussion started with Henk’s 1200k rides from last year and then progressed to PBP. Geoff regaled us with tales of the 1991 PBP with extreme heat and headwinds and Michael passed on some tips from the 2003 PBP. As we left Tim’s and noticed the West wind, an executive decision was made to modify the route (this was a populaire) and so we headed straight back along Kingston Road. The clouds finally covered the Sun but we made good time into the wind. Four of the riders (Henk, Michael, Paul D. and John) thought their legs were ready to try the Brimley Road hill down to Bluffers park (and back up again). Geoff, Tanya and Mike decided to save that hill for another time. Geoff stayed on Kingston Road to his house while Tanya and Mike went for the excitement of riding along the Danforth. Michael, Henk, Paul D. and John managed to struggle up from Bluffers Park, even though at times it looked like the hill was going to win. They regrouped at the top, and headed off along Kingston Road, with John pulling off for home first. Then Paul D. got stuck at a red light, while Henk and Michael continued along Kingston Road and the Danforth, pulling off at Main to head home without the return trip to Second Cup. Paul continued back to the start, but seeing no bikes outside, continued on.

A great way to start the New Year, thanks to everyone who came out.

Michael

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Renew your Membership Now!

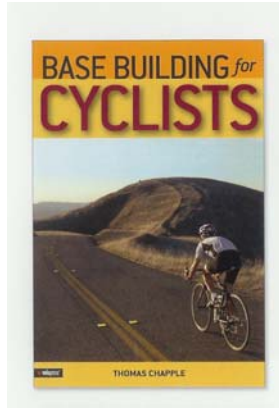
This will be your last newsletter for the 2006 season. Remember you must renew to ride any club event or pay a per ride fee.

Book Review:

Base Building for Cyclists

Author: Thomas Chapple

This book has more information on cycling than any other I have read so far. It focuses on the engine, which of course is the rider. The book is divided in 4 sections. The book goes into great detail about everything you would ever want to know for establishing a base for cycling and then progressing with your training program and evaluating your results. The press release quote states, "Train your body to fuel your rides more efficiently and you can overhaul your aerobic engine for better performance. Author and elite cycling coach Thomas Chapple explains how to establish a base that will extend your speed and fitness for continuous improvement each season. You don't have to pile on the miles endlessly either. By putting Chapples's program into place, you can improve your current performance and raise your fitness ceiling in less time than you spend training now."



Base Building for Cyclists starts with a detailed explanation of the engine (*The Cyclist's Engine*), explaining the chemistry of the energy and how aerobic and anaerobic differ. Fats, carbohydrates and proteins are all reviewed as energy sources and how they are consumed in different situations. For any cyclist who has read article after article over the years, this chapter has a huge amount of detailed information that brings together all the theory and practical information.

The reader is then brought to the topic of *Diagnosing the Engine*, which deals with the theory behind creating and implementing a fitness assessment. This chapter is very well researched and contains the information any cyclist would need to know at

the beginning of the season to either go to a fitness centre or perform their own assessment. This section also outlines training zones and dedicates a chapter to fitness elements, which emphasizes endurance, strength and efficiency, all elements that Randonneurs train to maximize.

After theory and assessment, is *Planning Your Training Year*. One of the interesting points of this book is that the author doesn't have the magic system that overnight makes you a super rider. Throughout the book it is stressed that a training program is a system that evolves over years. This section shows how to plan and design a proper training program, highlighting the areas of strength endurance and efficiency in separate chapters. Once again great information, with lots of detail and technical information.

Once the plan is put into place, the book deals with the final section, which is *Building a Stronger Engine*. Once again this section deals specifically with the three areas of endurance, strength and efficiency as well as two chapters dealing with *Train the Mind for Competition* and *Advanced Training Elements*. While these two chapters might not be applicable to Randonneurs, these chapters still round out the book to cover everything a person would need to develop a training plan and monitor the progress.

I would recommend this book for anyone who wants a thoroughly written book on training. A lot of information is directly applicable to Randonneuring and competitive biking in general. I am sure you will not be disappointed and will keep this as a valuable reference for years to come.

The book is available at both Chapters and Amazon.ca.

JM



Message from the President

Brrrrrr.

It's been a few cold weeks in Ontario, which has made the cycling season seem all the further away. But in the last few weeks we have had several club get-togethers, with the New Years Day ride in Toronto, the Toronto Chapter P-B-P information session with nutritional seminar, the Ottawa Chapter Awards banquet, and the Toronto/Simcoe-Muskoka Chapters Awards banquet. All of these events were well attended and enjoyed.

With regards to these early/out-of-season events, I wish to express well earned thanks to the following:

Mike Maloney for organizing the New Years day ride;
Paul Jurbala, Paul Regan, Peter Leiss and Isabelle Sheardown for helping with and organizing the P-B-P information session;

Nigel Grey of NRG Performance Training for presenting his "Long Ride Nutrition" seminar, and Graham Hallward for organizing it;

Patricia Von Neissen for organizing the Ottawa Banquet;
Eli Brettler, Isabelle Sheardown and Keith McKewan for organizing and setting up the Toronto area Banquet.

Award recipients are detailed at the end of this article.

2007 is one of the special quadrennial years that gets celebrated in this club, because being held this year is the 16th edition of Paris-Brest-Paris. This year there seems to be an abundance of enthusiasm for this Randonneur Ride of all Randonneur Rides. Whenever members get together, the talk always seems to revert to P-B-P. The information session in Toronto was packed, with some people driving 3+ hours just to attend. Even from my not very clear memory I can calculate that over 40 hotel rooms have been booked in and around St. Quentin by club members. This will obviously be a big year for the club, even though we are unlikely to repeat the 1987 honour the club (then known as The Toronto Randonneurs) had when it won the award for most riders participating at P-B-P from a single club. Even so, it is extremely encouraging to see so much interest.

For those who are going to Paris in August, or for any one who wants to show their devotion to both the activity of Randonneuring, and the country of Canada, there is a national "Canada Randonneurs" jersey available. This jersey has been designed by Randonneurs Nova Scotia, and can be viewed and ordered at: www.tinyurl.com/y2vuh3 The previously mentioned national jersey offered by Randonneurs BC is emblazoned with "Randonneurs BC", limiting its appeal to members of other clubs. This jersey can be seen at the Randonneurs BC website. The 2003 national jersey was designed by our club, and it is great to see other clubs in this country take the lead

for this year.

With the enthusiasm for randonneuring and our club at such a high, now is a great time to mention that we are in need of a replacement for Club Secretary. The position of Secretary is currently being filled by the outgoing 2006 secretary, Real Prefontaine. I would like to thank Real for his ongoing support, his excellent work while in the role, his willingness to share his huge knowledge of Randonneuring with us, and thank him for staying in the role beyond his tenure. I should point out how lucky we were to have Real on the Board, as he is a past president of the world wide Randonneuring body, Randonneurs Mondial. Being president of the club with him on the board was a sometimes daunting role, but I enjoyed our time together immensely. If there are any members who are interested in taking on this role, or who want more information about it, please do not hesitate to contact me at President@randonneursontario.ca for more information. As we are a provincial club, you can be in any chapter, any where in the province, and still fill this role. My thanks go out to both Real and the new Secretary!

I was also going to ask for volunteers for a new webmaster, but this has now been filled by Vytas Janusauskas. I must thank Phil Piltch for his many years of support to the club, both on and off the Board of Directors, in the many roles he has held. His latest and greatest role has been of webmaster, a role he performed exceptionally well. But as his time has been stretched ever thinner, he could no longer support the clubs website in the manner that he wanted it to be supported, so had to step down. And I would be remiss to not thank Cary Weitzman for all the work he has done on the website and the website content. Cary has also stepped aside from the website duties, after many years of great service. Once again, thanks to Cary, Phil and Vytas.

These types of roles are not the only ways you can help out with the club though, there are opportunities to be involved at every ride the club holds. There are many rides on our schedule that still require a ride organizer. Please talk to the chapter VPs about organizing a brevet, or even staffing a secret control for one of the brevets. Those of us who are heading to France will definitely come across secret controls, so this is a great way to get them used to it, plus to show your support to the club and to those riders riding the brevet.

Finally, the club will have a display booth at the Toronto International Bike Show, being held in the Direct Energy Centre at the Exhibition Place in Toronto center from March 2nd to 4th. We need help setting up the booth, decorating the booth, and staffing the booth and talking about our passion to the curious show-goers. Plus volunteers get free admission to the show! Please contact Eli Brettler at vp-toronto@randonneursontario.ca if you have ideas or equipment to make our booth a real stand out, or if you wish to volunteer.

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Randonneurs Ontario

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Message from the President cont.

And take it from an old bike mechanic, now is the time to get your bike ready for the first ride of the year, don't leave it until the night before. Because the first rides of the year are going to be on us before you know it:

The first ride of the Huron Chapter is the South Bruce 200K Brevet on April 21st The first ride of the Ottawa Chapter is the Almonte 60K Populaire on March 17th The first ride of the Simcoe-Muskoka Chapter is the Carthew Bay 200K Brevet on April 28th The first ride of the Toronto Chapter is the Maple-Schomberg 60K Populaire on March 11th

See you on the road!

Michael Thomson
President, Randonneurs Ontario

Ottawa Annual Banquet





Schedule 2007: Toronto

March			
Sunday	11	Maple -Schomberg	60
Sunday	18	Maple - Belfountain	125
Sunday	25	Erin Mills -Erin	125
April			
Sunday	04/08	Uxbridge Ice Classic	110
Saturday	21	South Bruce	200
Sunday	22	Markham - Woodville	200
Saturday	28	Carthew Bay	200
Saturday	28	Big Bay	200
Sunday 29		Maple - Connestoga	300

Schedule 2007: Ottawa

March			
Saturday	17	Almonte	60
Saturday	24	Burrits Rapids	60
Saturday	31	Wakefield	120
April			
Saturday	7	Storyland	120
Saturday	14	Merrickville	200
Saturday	21	Original 200	
Wednesday	25	Gatineau Park Loops	
Saturday	28	Gatineau Park Loops	

Schedule 2007: Huron

Saturday	21	South Bruce	200
Saturday	28	Big Bay	200
May			
Saturday	5	Bowel Buster	300
Saturday	19	Creemore Classic	400

Schedule 2007: Simcoe – Muskoka

April			
Saturday	28	Carthew Bay	200
May			
Saturday	12	Connestoga Highlands	300
Saturday	26	Alliston -Stratford	400

Ottawa Annual Banquet





Ottawa Annual Banquet Continued



Toronto Annual Awards Banquet 2006



Toronto Annual Awards Banquet 2006



Special Brevet Cards for 2007

ACP has designed a special brevet card for this year. This is the special PBP edition of the brevet card. With references to PBP and graphics. We are having these cards printed and the club will be using them in all brevet rides for this year (2007).

Chaque candidat doit être porteur de sa carte de route et la faire tamponner dans les lieux de contrôles indiqués dans les cases prévues à cette effet avec l'heure de passage effectif.
Each participant must carry this card with him at all times during the event and have it stamped at the beginning and end of the ride and also at all demarcated controls with the time of arrival.

N° d'inscription / Entry N°
Nom / Name
Prénom / Forename
Adresse / Address
Club du participant / participant's club
N° ACP du club / ACP Code number
OU / OR N° FFCT du club
Heure de départ / Departure time
Signature et cachet de contrôle
Signature and mark of control

CONTRÔLES SECRETS / SECRET CONTROLS

--	--

Modèle demandé
Do you require a model?

Signature du Titulaire
Signature of the writer

OUI / YES NON / NO

La randonnée a été accomplie en
The randonnée was completed in

Heures / hours minutes

HOMOLOGATION

La responsabilité de la Commission des Randonneurs

La président de l'Audax Club Parisien

Brevet N°

BREVET DES RANDONNEURS MONDIAUX

Randonnée de / of Km

Organisée le / IN-EN-YVELINES

Organized on

Par / By

Lieu de départ / Location

Comptée et homologuée exclusivement par

AUDAX CLUB PARISIEN
www.audax-club-parisien.com

Qualifié pour / Qualifying for

PARIS-BREST-PARIS 2007

En partenariat avec / With the help of

SAINT-QUENTIN-EN-YVELINES
www.saint-quentin-en-yvelines.fr

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LIEU DE CONTRÔLE / PLACE	CONTRÔLE / CONTROL	LIEU DE CONTRÔLE / PLACE	CONTRÔLE / CONTROL	LIEU DE CONTRÔLE / PLACE	CONTRÔLE / CONTROL
Distance	Signature et cachet de contrôle	Distance	Signature et cachet de contrôle	Distance	Signature et cachet de contrôle
Heures / Hours	Heures / Hours	Heures / Hours	Heures / Hours	Heures / Hours	Heures / Hours
1 Km : Lieu / Place :	Heure de passage Arrival time	5 Km : Lieu / Place :	Heure de passage Arrival time	9 Km : Lieu / Place :	Heure de passage Arrival time
2 Km : Lieu / Place :	Heure de passage Arrival time	6 Km : Lieu / Place :	Heure de passage Arrival time	10 Km : Lieu / Place :	Heure de passage Arrival time
3 Km : Lieu / Place :	Heure de passage Arrival time	7 Km : Lieu / Place :	Heure de passage Arrival time	11 Km : Lieu / Place :	Heure de passage Arrival time
4 Km : Lieu / Place :	Heure de passage Arrival time	8 Km : Lieu / Place :	Heure de passage Arrival time	12 Km : Lieu / Place :	Heure de passage Arrival time

Nous remercions toutes les personnes appaissant leur cachet et prouvant le passage du participant / Our thanks to all officials and helpers involved in the controlling and timing of this event

Deadline for PBP Canadian Jersey

Mark Beaver says we have only until the end of this month (February 28th) to place an order. The order form and further information can be obtained at <http://www.tinyurl.com/y2vuh3>



The Awards for 2006

The recipients of the awards are:

The Jock Wadley Award (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; and helped on rides or helped other riders), was awarded to Dick Felton of the Huron Chapter.

The Beryl Burton Award (awarded to a female 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), was awarded to Patricia Von Neissen of the Ottawa Chapter (second time winner!)

The Coronation Cup (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), was awarded to Peter Grant of the Ottawa Chapter.

The Rookie of the Year Award (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), was awarded to Mike Maloney of the Toronto Chapter.

The Half Wheel Award (awarded to a club rider who has consistently forced the pace of the group during brevet rides), was awarded to David McCaw of the Ottawa Chapter (second time winner!)

The Organizer of the Year Award (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 organizing and supporting club rides), was awarded to Anne Pokocky of the Toronto Chapter.

The Outstanding Performance on a Brevet Award (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) was awarded to Elias Brettler of the Toronto Chapter.

The Dan Herbert Memorial Award (Awarded to a member who has in one or more years benefited the club by mentoring one or more members (generally but not necessarily new), where mentoring is to be defined as encouraging, educating and assisting riders to achieve their full potential as bike riders and club members)) was awarded to Steve Rheault of the Toronto Chapter.

The Mike Ritch Award was awarded to Vytas Janusauskas, David McCaw and Peter Grant, all of the Ottawa Chapter

The Long Distance Award was presented to Henk Bouhuyzen of the Toronto Chapter, who rode 8675K of ACP sanctioned events.

The Best Fleche Team Award goes to Team Rainbow (Henk Bouhuzen, Marti Du Plessis, Fred Krawiecki, all of the Toronto Chapter) who rode 475K.