



The Long Road

Newsletter of Randonneurs Ontario

July 2010
Volume 27, Number 3

Devil Week! One Hell of a Good Time!

This June, Randonneurs Ontario held its first “Devil Week”, hosted by the Simcoe Chapter. Based on other “diabolical” weeks held by other Randonneuring clubs, Devil Week consisted of a full Randonneur Series in one week:

- June 5th Lake Simcoe Holland Marsh 200 Km Brevet
- June 6th Grand Valley 300 Km Brevet
- June 8th Alliston Stratford 400 Km Brevet
- June 10th/11th Tour to Nottawasaga Bay 600 Brevet
- June 12th Celebration Lunch

Renato Alessandrini, Bob Kassel, Jean Longtin & David Pearson did all four Brevets of Devil Week—congratulations!! David Pearson is a new member this year and the 200 was his first Brevet - pretty amazing to complete the full series.!



The start of the 200, in front of Renato's Big Sleep Vehicle! Renato came prepared with his own bed for the week while the others stayed at the Red Pine in Alliston or went home.



Organisers Isabelle Sheardown & Keith McEwen chatting with a rider

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Upcoming Events:

- Wiarion Willie 200, Sept 19
- AGM Sept. 19, 2010, Wiarion
- PBP Aug 21-25, 2011

Devil Week Results



June 05, 2010 Barrie Caledon East 200

Renato Alessandrini - 8:34
 Brian Brideau - 8:34
 Mark Hopper - 8:40
 Bob Kassell - 8:34
 Henk Bouhuyzen - 8:03
 Fred Krawiecki - 9:50
 Jean Longtin - 8:34
 David Pearson - 9:38
 Guy Quesnell - 9:38
 Stan Shuralvov - 9:00
 Stan Steen - 9:50
 David W. Thompson - 9:05



June 06, 2010 Grand Valley 300

Renato Alessandrini - 13:34
 Mark Hopper - 13:34
 Bob Kassell - 13:48
 Jean Longtin - 13:48
 Martin McGarity - 17:00
 David Pearson - 13:48
 Guy Quesnel - 15:24
 Paul Regan - 16:45
 David W. Thompson - 13:48



Celebration brunch at the Red Pine Inn, June 12th. Glen Steen, Bob Kassel, Isabelle Sheardown & Keith McEwen (organizers), Vytas Janusauskas & David Pearson

June 08, 2010 Alliston Stratford 400

Renato Alessandrini - 19:23
 Robert Kassell - 19:23
 Jean Longtin - 19:23
 David Pearson - 19:23
 Arthur Reinstein - 19:45

June 10, 2010 Tour to Nottawasaga Bay 600

Renato Alessandrini - 32:25
 Mark Hopper - 32:25
 Vytas Janusauskas - 37:05
 Robert Kassel - 35:43
 Jean Longtin - 35:43
 David Pearson - 35:43
 Stan Shuralyov - 37:05
 Glen Steen - 37:05

Fleche, May 2010

Only one team rode the fleche year. Their ride report is written by Robert Kassel

Jean, Renato, Brian and myself took the train to Windsor on Friday, so we could have a nice flat Fleche, with a nice strong tailwind. We managed to ride from the train to the hotel before it rained, made it by about 15 minutes. Good start so far!

It started to rain 10 minutes before our start, but stopped before we actually left, and even though we rode the next 24 hours with a strong threat of rain in the sky, it rained only for perhaps 20 minutes. That's the good news. Our good old prevailing winds failed us. We estimate that about 80 percent of our ride was with a strong wind off our right side, the wind from the south east, to the east south east, at about the 2 o'clock position. We had a couple of stretches with the wind behind, and several with wind head on. Unrelenting, as winds can be.

Jean was not well, being sick for the previous week, and for some reason did not recover during the ride. At about 1:30 am, he was really not well, and wanted us to leave him. An 80 minute nap allowed him to get back on the bike.

We took the Waterfront bike path from Burlington through to Scarborough, and it was a nice route to take during the wee hours of the morning.

Our target was Durham College and we were very motivated to get there – we knew Isabelle and Keith were driving all the way in to meet us for breakfast, with Tristan, our team-mate lost to injury, said he would be there also – how could we bail out?

As it was, we made 442 km at the 24 hour mark, and arrived at Durham College at about 8:40 am.

We would like to thank Isabelle, Keith and Tristan for being there at the finish – it was very nice to arrive to their smiling faces!



Bob Kassel, Renato Alessandrini, Jean Longtin, Brian Brideau all looking like they had a good time at the breakfast Celebration at the finish of the Fleche at Durham College. Tristan Goguen was suppose to be on the team but was injured after his fall on a 400 Brevet, so he was side-lined-for this Fleche. Nevertheless, he came out to Durham College to welcome his team mates.

CAA Launches Bike Assist Program

Take advantage of the CAA newly launched Bike Assist program and join up on the OCA's corporate account. This program is essentially the same as the roadside assistance program for motor vehicles. At this point in time, it is only available in Southern Ontario.

The OCA has set up an account for our members to receive the lowest corporate rate that CAA offers when they sign up. For more info or to join the account, contact Jennifer Elder at 416-427-4926 or je5@caasco.ca and let her know you're a member of the Ontario Cycling Association.

If you are member of Randonneurs Ontario, than you are a member of the Ontario Cycling Association and will qualify for a discounted membership with CAA. But note: the CAA will only come to your assistance if your bike breaks down, not if you break down!



A Quick Look at Brevet Time Limits

By Bill Bryant, Santa Cruz Randonneurs

Riders new to the sport of randonneuring might be curious how the time limits and riding speeds on brevets were developed. Since the pacing structure and use of checkpoints substantially define our sport, it is a good thing to know about. To learn more, we need to look at the history of the sport.

The original Brevets des Audax (1904-1921) were run with all the riders staying in a big group, so there was only one speed to worry about. Run over dirt roads or cobblestones, these 200 km rides were basically from dawn-to-dusk affairs of about 12.5 kph overall pace, including stops. (The riding speed was kept by the *capitaines de la route* at about 18 kph; the rest stops obviously added some time to the ride.) As the years passed, some riders began to chafe at the speed limitations and lobbied to ride the brevets more swiftly. Their requests, however, fell on the deaf ears of Henri Desgrange and the other leaders of the Audax Française.

Around 1913, the Audax Club Parisien, who also conducted the 200 km audax brevets around the Paris region for Desgrange, began organizing and homologating 300 km and 400 km brevets, something the Audax Française didn't care for since they involved nighttime cycling. The club allowed participants to do these longer events solo, or in small groups, and importantly, they could go faster than

the familiar audax pace. The fastest pace for the control opening times was 25 kph and the closing times were based on a minimum pace of 15 kph. Though the participants were warned to equip and comport themselves like tourists and not racers, the club awarded trophies to the cyclists setting the fastest times on these longer events (something certainly not in keeping with the audax ethos of camaraderie and riding at a more moderate speed.) These longer events also brought the use of secret controls since the riders were no longer in one big group under the watchful eye of the audax road captain(s).

After World War I (when the ACP had to cut back to organizing just 200 km events), the club resumed organizing its longer brevets in 1919. Greater numbers of randonneurs in the postwar era wanted a more "sporty" approach and the more vocal of them lobbied for events with increased speeds, and not just for the 300 km and 400 km events. Inevitably, there came some instances where several group captains drove the speed faster than the established audax pace and great controversy ensued. By spring of 1921, matters came to a head and the ACP "speedsters" and the Desgrange-led audax riders went through a nasty divorce. (There were other factors in the split than just the speed debate, but it was one of the prime reasons.)

In September of 1921, there was no more *audax* in the Audax Club Parisien and the club organized its first *allure libre* (free pace) 200 km brevet.

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The 200 km distance, along with the previous 300 km and 400 km events, formed the backbone of the new Brevets des Randonneurs Française and they caught on quickly during the 1920s. The ACP's first 600 km brevet came a few years later, in 1928. I don't know what the upper BRF speed limit was in those early days, but a generous time limit of about 13-14 kph was kept for the closing pace. Now riders could ride at the speed they liked, so long as they kept inside the time window at each control. This is the same format we all follow nowadays on the Brevets des Randonneurs Mondiaux.

Sometime after World War II the control opening and closing times were changed at bit (probably reflecting the greater availability of asphalt roads), but I don't know precisely when today's pacing structure of 33-34 kph opening and (approximately) 15 kph closing was put in place.

(The ACP's time allowances for each distance are fixed with the nominal times of 13.5, 21, 27, and 40 hours respectively for the Super Randonneur series of brevets, so the actual speed limits vary slightly for each event.) I asked ACP *doyen* Bob Lepertel about this a couple of years ago, but he couldn't remember either. He said "sometime after the war", and looking at their post-war newsletters, I think it was in the late 1940s or early '50s.

At any rate, some fifty years later, when you take the start of a Randonneurs Ontario brevet, the

time allowances for each distance reflect a strong tie to the past and the sport's origins with the Audax Club Parisien in France. It still seems a winning formula today—the Big Tent approach to BRM *allure libre* randonneuring encourages riders of widely different abilities and sporting outlooks to all enjoy the same brevet in their own fashion.

Use with permission of and thanks to Bill Bryant Santa Cruz Randonneurs

Sources: 10th Anniversary Special Edition publication, Audax Club Parisien, 1914; 75th Anniversary Special Edition publication, Audax Club Parisien, 1979; various *ACP Bulletin* newsletters, 1951-present; various ACP post-PBP *plaquettes* 1951-present.

Lights and reflectors on bicycles

Here is the Ontario law on bike lights and reflectors. Thanks to Bob Kassel researching this:

(17) When on a highway at any time from one-half hour before sunset to one-half hour after sunrise and at any other time when, due to insufficient light or unfavourable atmospheric conditions, persons and vehicles on the highway are not clearly discernible at a distance of 150 metres or less, every motor-assisted bicycle and bicycle (other than a unicycle) shall carry a lighted lamp displaying a white or amber light on its front and a lighted lamp displaying a red light or a reflector approved by the Ministry on its rear, and in addition white reflective material shall be placed on its front forks, and red reflective material covering a surface of not less than 250 millimetres in length and 25 millimetres in width shall be placed on its rear. 2009, c. 5, s. 28 (1).

Haliburton Highlands 600

By Kathy Browse



Kathy's sign reads:
HALIBURTON HIGHLANDS 600K
July 24, 25 2010
- the Start -

WOW! AWESOME! HILLS! Are only three of the words to describe the Haliburton Highlands 600k brevet. What a wonderful weekend and what a great two days of cycling! The weather was perfect, no rain and some headwinds as we approached Ux-bridge on our return.



Glan and Allan enjoying a break at a control

Thank you to Stephen Jones and Linda Perkin for being great company on the ride and sharing in the adventure. Thanks to Glen Steen and Allan Holloway for joining us for parts of the ride and making us

smile. And thanks to Mike, Linda's friend, who dropped our bags off at the hotel in Haliburton and kept appearing at controls offering water and friendly support. At the end of the day he reported that he learned a lot this weekend and has a new found respect for this endurance sport.

Stephen is the photo master and is constantly and effortlessly pulling out his camera from his back pocket with his right hand and snapping pictures as he cycles along. Another thing Stephen can do, using his left hand, is pull a jar of peanuts from his back pocket, unscrew the lid, eat peanuts, return the jar to his pocket, all with one hand and without reducing cadence or speed. I know these things because I was right behind and watching all this with admiration!



Kathy, Linda and Stephen

We did an overnight stop for about 4 hours in Haliburton enough time to shower, eat something, get the bag ready for day #2 and lie down for a couple of hours. We left the hotel at 1:30am. By the way, the hotel is called Northwinds and the Tragically Hip are playing there! As we cycled down Hwy 118 the full moon kept peeking out through the clouds. There was no traffic on the road and it was very peaceful. Cycling on those winding country roads in the middle of the night is another experience. Remember, if you plan to do this ride in the future, you will need very good lights on your bike. The sunrise and the

accompanying dawn chorus was another one of those randonneuring moments when you find yourself thinking, this is hard work but it is sooo worth it!

This Haliburton Highlands was last ridden in 2006. As I understand it, the ride was so challenging that it was later rerouted to take out some of the hills and make it more manageable. Even so it is not a ride for weenies as it involves almost 14,500 feet / 4418 metres of climbing! The route starts in Markham and winds its way through cottage country – Gooderham, Haliburton, Minden, Coboconk, Bobcaygeon and back to Markham. One gets so used to the trees, the rocks, the rivers and the lakes on this ride that coming back to the city at the end of day #2 is a visual shock.

And the animals...big blue herons, fox, coyote, beavers and, get ready for this....bears! We came across a bear early Sunday morning on Baseline Rd in between Kinmount and Coboconk. It was standing half in the bushes and half on this narrow country road as we rounded the corner, took one look at us and scampered into the woods!

Glen and Allan completed the ride in 34:59. Stephen,

Linda and I finished in 38 hours. My friend Liz Overduin is always saying in her ride reports that she didn't want the ride to end and this weekend I found myself experiencing a similar feeling. I did not want the ride to end and I am already looking forward to another cycle to the Haliburton Highlands next summer!



Kathy's sign reads:
HALIBURTON HIGHLANDS 600K
We did it!!
- the finish -

Congratulations to Kathy who becomes a Super Randonneur!

Randonneurs Ontario

Long Distance Cycling Association
www.randonneursontario.ca

President	Isabelle Sheardown	president@randonneursontario.ca
Vice President, Brevet	Peter Leiss	vp-admin@randonneursontario.ca
Vice President, Toronto	Kathy Brouse	vp-toronto@randonneursontario.ca
Vice President, Ottawa	Vytas Janusauskas	vp-ottawa@randonneursontario.ca
Vice President, Simcoe-Muskoka	Keith McEwen	vp-simcoe@randonneursontario.ca
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Secretary	Dick Felton	secretary@randonneursontario.ca
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Member-at-large (Ottawa)	Jim Morris	director1@randonneursontario.ca
Member-at-large (Toronto)	Mark Hopper	director2@randonneursontario.ca
Newsletter editor	Linda Perkin	editor@randonneursontario.ca



2010 Randonneurs Ontario AGM

Participate in your club!

**The 2010 Annual General Meeting of Randonneurs Ontario will be held on
Sunday September 19, at 9am**

**In Wiarton Ontario
(details of the location will be announced soon)**

Plan on joining Randonneurs Ontario for the Wiarton Willie 200 km ride on Saturday Sept 18th and stay over for the AGM on Sunday Sept 19th . We have over 100 members and we really need as many as possible to be active. Come to Wiarton to see your executive for 2010 and vote for the 2011 executive. Voice your opinion!

Nomination form for positions on the Board of Directors and proxy form are included in this newsletter.

For those who just can not make it that weekend - PLEASE fill out a proxy form and send it to Dick Felton, Secretary, Randonneurs Ontario prior to the meeting

Don't wait until the last minute - plan now to attend or fill out a proxy and send it in.

The Board of Directors consists of:

President

Treasurer

Secretary

Vice President, Administration

Vice President, Huron Chapter

Vice President, Simcoe Chapter

Vice President, Ottawa Chapter

Vice President, Toronto Chapter

At least 2 Members at Large



Randonneurs Ontario

Long Distance Cycling Association

EXECUTIVE BOARD NOMINATIONS FOR 2010

I _____ nominate _____

for the position of _____

Signature of Nominator _____

Date _____

Signature of Witness _____

Date _____

Signature of Acceptance by Nominee _____

Date _____

N.B. – This form may be paraphrased and sent as an e-mail to: secretary@randonneursontario.ca

Or send a hard copy to the Secretary, Randonneurs Ontario



Randonneurs Ontario

Long Distance Cycling Association

PROXY FORM

I _____ appoint _____

to act as my proxy for all matters that require voting at the **2010 Annual General Meeting of the Randonneurs Ontario** to be held **Sunday, September 19th, 2010 at 9 AM in Warton, Ontario (Location in Warton to be announced).**

Dated this _____ day of _____ / **2010**

Signature of member _____ Date _____

Signature of Witness _____ Date _____

The form may be paraphrased by the member and witness and sent as an email to Randonneurs Ontario Secretary: secretary@randonneursontario.ca

Or give a hard copy to a member of Randonneurs Ontario who will be attending the meeting .



Ride Results

May 01, 2010 Bowel Buster 300

Henk Bouhuyzen - 13:39
 Carey Chappelle - 13:39
 Dick Felton - 15:10
 Tristan Goguen - DNF
 Nathan Klages - 13:39
 Nestor Koturbash - 15:10
 Fred Krawiecki - 15:10
 Bill Little - 13:39
 Con Melady - 13:39
 Jakub Ner - 18:50
 Liz Overduin - 15:10
 Terry Payne - 15:10
 Rudy Ziegler - 13:39

May 02, 2010 Bits and Pieces 200

Renato Alessandrini - 8:09
 Rupert Collister - DNF
 Robert Kassel - 8:32
 William Lindsay - 8:09

May 08, 2010 Carden Plains 300

Henk Bouhuyzen - 12.20
 Brian Brideau - 15.30
 Kathy Brouse - DNF
 Alan Daly - DNF
 Tristan Goguen - 15.30
 Robert Kassel - 15.30
 Jean Longtin - 15.30

May 08, 2010 Animalathon 300

Alain Couet - DNF
 Peter Grant - 15:51
 Vytas Janusauskas - 16:15
 David McCaw - 13:14
 Alan Ritchie - 16:15
 Mark Scott - DNF

May 15, 2010 Grand Valley 300

Henk Bouhuyzen - 12:24
 Pierre Coutu - DNF
 Allen Holloway - 15:34
 Fred Krawiecki - 15:34
 Arthur Reinstein - 18:15
 Stan Shuralyov - 14:55
 Glen Steen - 15:34
 Paul Regan - DNF
 W. David Thompson - 15:11
 Jacob Vanermark - 13:40

May 15, 2010 Creemore Classic 400

Carey Chappelle - 21:08
 Dick Felton - 22:08
 Tristan Goguen - DNF
 Nathan Klages - 19:14
 Bill Little - 21:10
 Liz Overduin - 21:08
 Terry Payne - 21:08

May 16, 2010 Grand River 200

Owen Beck - 10.10
 Kathy Brouse - 10.10
 Jerzy Dziadon - 10.15
 Daniel Fisher - 10.20
 Mary Germaine - 11.20
 Ralph Germaine - 11.20
 Bruce Hogg - 9.30
 William Lindsay - 9.30
 Lori Mathews - 10.20
 John Saunders - 11.20
 May 29, 2010 Foymount 400
 Rejean Audet - 23:15
 Alain Couet - 24:08
 Vytas Janusauskas - 21:23
 Jean Louis Grandmaitre - 23:20
 Pierre Mousseau - 23:15
 Ilya Pichur - 26:59
 Guy Quesnel - 21:33
 Trevor Stocki - 21:23



Ride Results

(Continued from page 11)

June 05, 2010 Barrie Caledon East 200 (Devil Week)

Renato Alessandrini - 8:34
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 David Pearson - 9:38
 Guy Quesnell - 9:38
 Stan Shuralvov - 9:00
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 David W. Thompson - 9:05

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Renato Alessandrini - 19:23
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June 10, 2010 Tour to Nottawasaga Bay 600 (Devil Week)

Renato Alessandrini - 32:25
 Mark Hopper - 32:25
 Vytas Janusauskas - 37:05
 Robert Kassel - 35:43
 Jean Longtin - 35:43
 David Pearson - 35:43
 Stan Shuralyov - 37:05
 Glen Steen - 37:05

June 12, 2010 March to the Marsh 600

Carey Chappelle - 35:28
 Dick Felton - DNF
 Nathan Klages - 35:42
 Liz Overduin - 35:28
 Terry Payne - 35:42

June 19, 2010 Kingston 600

Christian Belair - 36:01
 Peter Grant - 36:01
 David McCaw - 36:01
 Bill Pye - DNF
 Guy Quesnel - 36:01
 Trevor Stocki - 36:55
 Jean-Pierre Moisan - 34:00
 Mark Scott - DNF

July 17, 2010 Vennachar 300

Peter Grant - 14:02
 Bill Pye - 14:32
 Mark Scott - 12:38

Mark Your Calendar!!

Warton Willie 200K September 18, 2010

AGM Sunday September 19, 2010

For more info, contact:

Kathy Brouse vp-toronto@randonneursontario.ca
 Carey Chappelle vp-huron@randonneursontaio.ca