



The Long Road

March /April Vol. 21 No. 2

www.randonneursontario.ca

President's Corner

Spring is just around the corner as I write this and the anxiety to get kilometres on the road is growing. This is especially so for those of you who have been toiling away on rollers and trainers in the basement. Fear not, warm weather and sunny days are near.

Since I last wrote, we have had our Annual Awards Dinner, the Bike Show and our first spring populaire.

The dinner was well attended and those there had an enjoyable night. The Ottawa Chapter had their own night where awards were presented for their members. There are photos on our web site for both events. Congratulations to all award winners. The medals for the club rides have either been presented or are in the process of being delivered to those who ordered them for the past seasons rides. Please bear with us for the few medals that have not been delivered

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Editors Desk

Well it seems that winter is almost over, though as I write this it is -14 in Ottawa and Toronto is supposed to receive snow. But there are signs that spring is here to stay. We have had our first populaire, which was well attended. There seems to be an increased interest in rides in a year that traditionally has been a lull year after PBP. This shows a maturing of our group from traditionally being a club that prepares riders for PBP, to a club which enjoys the challenge and rides of our local areas.

Sounds like an exciting season is in store for everyone. The last few months have been busy for people planning a number of new routes on paper and soon they will be riding/driving to confirm the distances and routes. As always, suggestions are welcome whether it is for the newsletter, a ride or club activities. And if you have a bit of spare time, contact your board members to see how you can help with the club.

This is the last newsletter for 2003 season; don't forget to renew your membership, you don't want to miss out on the newsletter or ride information. For those who have renewed, time to get ready to roll with the group and meet the challenges that only randdoneuring can bring. Hope that you will contribute to future issues as this is your newsletter and there is a wealth of knowledge out there.

Jim Morris

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 Long Distance Cycling Association
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(President's Wheel - Continued from page 1)

to us from France as of yet...we will make sure you receive the medals that you ordered. The Bike Show this year was another well-attended event. I would like to thank all of the volunteers who staffed the booth during the show. Members from all four chapters helped out. We had a number of new members sign up at the show, which bodes well for the future. We would like to re-vamp the booth and take the suggestions for improving our display for next year, under consideration. To that end, we will be forming a sub-committee of members to present a plan for next year. If you have ideas or suggestions we would certainly welcome them. We will let you know whom to contact shortly. We would also like to update the photos so if you have great shots let us know.

Our first Spring populaire was well attended with about 20 riders comprised of new and old members. This is the time to get back in the saddle and shake out any equipment issues before the Brevets start. Both Ottawa and Simcoe Muskoka should have completed their first populaires by the time this reaches you.

The executive board has dealt with a number of issues at its first two meetings this year. We are in the process of producing new Brevet cards for our rides. We have also approved a sub-committee to look at our older routes to ensure that they are viable and accurate. We have approved participation in a "virtual" national club by way of a Randonneurs Canada web site. This will provide links to all of the clubs in Canada and will be financed by each of those clubs. I anticipate that the site will be up and running by next month. All of these efforts were achieved through the volunteerism of our club members. If you want to help out please feel free to contact an executive board member.

Finally we are still looking for club members to act as organizers for upcoming events. Call or write Don Magie to help out. If you have not renewed your membership please do so as soon as possible so that the ride organizer doesn't have to collect fees and signed waivers for renewals at the ride start. We are looking forward to an exciting season, see you on the road.

Why we ride as a club

A Perspective from Paul Dicks

I myself do not think of the Randonneurs Ontario as a prep club for the various 1200 km rides. It is a meeting place for people who like long distance riding, getting to places ordinary mortals would not conceive of travelling to by bicycle (sorry for the poor sentence structure). I myself do like getting the little medals (though I have yet to see one) although my main focus is the riding (and beating Phil in the CKAP standings this year as he beat me by less than 20 km last year).

I would like to see permanent brevets which one could do on a Monday, Tuesday, or whatever day. I would like to see some rides that explore the northern part of southern Ontario, instead of just heading east or west but staying in the south. But most of all, I want to ride with people who understand the joys of riding long distance (and the pains as well), who understand the feeling of achievement of finishing a long brevet, especially with enough energy to ride your bike home afterward. I love the information exchange - I doubt if I had remained with the TBN that I would be thinking about fixies and 'bents, but I am. I LOVE BEING A RANDONNEUR! One of the neatest moments in my life (aside from the births of my 3 children) was seeing a sign which read "This way to London" and it was the same direction to Toronto. I looked at it and thought "wow, I am really far from home. (This was on the Tour of Southwestern Ontario, my first experience of sleeping in a ditch while sober.) I love trying to keep up with Oliver. Riding a 400 last year solo after the first control was a neat experience.

So what am I saying? I guess I don't want the club to change too much. I would appreciate maintaining the option of getting medals if one desires them. I would like more rides, although the schedules of the past two years are very full, and this is appreciated.

Maybe we could have somewhere where we could download brevet route sheets, so we could go on these rides on our own, especially brevets we miss because of work or family commitments.

This was supposed to be my own two cents, but I think I'm up to a buck twenty-five. Thank you to all who have made the Randonneurs Ontario what it is, and thank you to all who are caring for it now.

Paul Dicks

Post Note: There has been a lot of discussion on what makes people want to be a Randonneur or be a member of our club. Over the next few months a few people's opinions will be presented in the newsletter.

Interested in ordering a Riding Jersey?

Randonneurs Ontario is gauging the interest of members wishing to order Rando Ontario Jerseys. If there is sufficient interest and we meet the minimum order requirements we will order Jerseys. Any member interested should contact an executive Board member. Prices to be determined based on the number ordered. More details and color images on the website.



Short sleeve, Back

Choosing an Indoor Trainer

During the winter (2003/2004) I decided that indoor training might greatly improve my cycling. With this firmly held belief, I sought out the best trainer I could afford.

Before I detail my experiences, I think it might be helpful to review some of the many possibilities for trainers available on the market today, as there are many different price ranges and capabilities for one to choose from. I think that ultimately much of the choosing comes down to budget first followed by personal preferences, and this article cannot help you with either of those two, so much of the work will still be left to you.

Indoor trainers come in numerous varieties, and accompanying price ranges, including those discussed below. Keep in mind that this is a fairly comprehensive list, but it is not a comprehensive review, so you will still need to do some work to figure out what is right for you.

Exercise Bikes

Exercise bikes were all the rage for a long time, and they come in many varieties, including recumbents and uprights. If you are a serious cyclist however, you will not likely get any joy out of riding one of these bicycles. They are almost always blessed with a seat which is way, way too wide, dimensions which are not conducive to proper technique, bad pedals, poor computer control and many other issues.

The one place where these bikes can be helpful is if you are trying to recover from a major injury and you want a recumbent, but otherwise, get on your bike if you can.

Spinning Bikes

Today, everyone is spinning. While this is a great form of exercise for the casual athlete, or maybe to ramp up your heart rate in the winter when you are only riding once or twice a week, these bikes are not likely to show up in your basement.

Spinning bikes are generally more comfortable than an exercise bike however the setup is limited to one inch increments, and when you are training on a machine, set up specifically for yourself, a half inch is a lot of change to accommodate.

Use these bikes at the gym, but don't bring one home.

Wind/Fluid Trainers

That brings us to the ultimate tools for training. Wind and fluid trainers offer a number of benefits, including the ability to train on YOUR bicycle in YOUR home, office or hotel.

These devices offer difficulty to the rider which is similar to riding in the real outdoors, because the resistance increases as you go faster. The downside is that the wind does not cross your body, so you may want to buy a good fan at the same time.

The options for a wind trainer are significant and prices range a lot. Some trainers start in the low C\$200 range, while the pricier models get up to around C\$600. Some options include: rim or tire rollers; magnetic, fluid, or wind resistance; optional handlebar mounted, or based controls and

even computer based controls and more.

Going through all of these options is difficult, but some things you may wish to consider include stability, bike type and size and resistance control. Here are some pointers.

Riding an indoor trainer of any sort can be boring, and many wish to do intervals or other hard rides on their trainer. If you intend to apply huge forces to the pedals on an indoor trainer, you should get a very, very stable trainer, or bolt your trainer to a wide base, like a piece of plywood. Remember to raise your front wheel so you are not pointing downward as this is very hard on the hands.

If you ride multiple bikes on the trainer, or you have knobby tires, then you may want a trainer which runs the resistance on the rim. Minoura offers one of these, and I own one. I really like mine because it is so quiet and I can set it up for my wife's mountain bike pretty quickly as well. A trainer which accommodates different bike sizes is very important if you have multiple bikes.

Finally, you may like the long slow ride in the basement, and in this case, you can set the resistance (usually a control of some sort on the flywheel at the back), get on and ride all day, however some may wish to change resistance on the fly, and for a little more money you can get a handlebar controller which allows you to change this on the fly. For a lot more money, you can do this with a computer. I will discuss that below in computerized trainers.

There are many other issues which you can look at for choosing a trainer, but ulti-

mately, if you get a stable bike which holds the wheel(s) you want to train on and you can get the resistance you want out of the ride, you will be happy for a long, long time.

Rollers

One of the oldest forms of training is riding rollers. Rollers can be acquired very inexpensively starting around C\$200, and they can also be quite expensive costing C\$600 with some options. Like with wind trainers, there are some important characteristics, including: (a) the size of the rollers (smaller makes your bike harder to handle, bigger is easier to handle). (b) the ability to adjust the rollers to different sizes of bikes; (c) the ability to provide resistance; (d) The possibility of folding/storing rollers is often important.

Part 2 will be featured in the next edition of the newsletter.

Maple/Schomberg Populaire

March 14, 2004

For all of you fair weather riders that chose not to join us all for the Maple/Schomberg populaire you might well have missed out on a great early season ride. I didn't actually do a head count but there was approximately 20 riders that came out despite the less than ideal weather conditions. I don't remember seeing such a great turnout for an early season populaire before.

The forecast was plus 5, winds from the southeast 30 - 40 km/hr, then shifting to come from the southwest at

some point and gusting to 60 km/hr and the likelihood of precipitation in the afternoon. As always mother nature did not let us down.

We all got away shortly after our scheduled 10:00 am start, the group stayed together for the most part for the entire ride. We all rolled into Pete's Donuts at the junction of highways 9 and 27 around 11:30 and everyone took the opportunity to get out of the wind and cold. After a short refuelling break we were mobile around 12:10 and we just retraced our route.

We all pretty much rolled into the Centro Bakery in Maple around 1:30 and once again most took the opportunity to get a quick bite to eat and a hot beverage.

To all those wise people that chose to transport their cycles to the start today it turned out to be a very wise decision. For Alan, Paul and myself who thought riding to the event was the way to go we paid dearly for our decision; it was not pretty riding home.

This season looks like it is going to be a year that will be unlike post-PBP years that most of us are familiar with. Traditionally post-PBP years, club participation for the rides is generally quiet.

Today's ride we saw I think 7 new faces, 5 guys and 2 gals and all rode very strong. Congratulations to you all and we hope your first experience at randonneuring was a pleasurable one. We all look forward to seeing you out to enjoy all that randonneuring has to offer.

Many thanks to all who participated today it was a great to get out and nice to see all the familiar faces as well as all the new ones. Thanks for the route sheets Alan.

Don't forget the Maple/Forks of the Credit 125 in two weeks (March 28). This is a ride that's got everything one could imagine and the scenery is fabulous.

SCOTT

Ontario Fleche

May 22, 2004

Get ready.... the annual Fleche ride is quickly approaching. The Fleche is a 24 hour team event of at least 360K in distance. It is run like a brevet, except that each Fleche team plans its own route.

Each Easter weekend, French randonneuring clubs ride in small teams from their respective towns to converge at a designated location in the south of the country. Rules are few but important.

The Fleche event is limited to teams of riders. Each team is can have a maximum of 5 members and a minimum of 3 members.

Randonneuring clubs around the world participate in national Fleches on the same weekend. Clubs in the northern climates (e.g., Canada) are granted a one-month extension from the traditional Easter date due to (supposedly) harsher weather.

For further details go to our website:
<http://www.randonneursontario.ca/sched/flchrul.html> and may the best team win

(rumors are that Ottawa has a fast team, with a goal of 600 kms)

Randonneurs Ontario 2004 Club Schedule

Date	Time	Dist.	Start	Route	Organiser
March 27	10:00 am	90 Km	Ches. Cat	Kemptville	M. Lau
March 28	TBA	100 Km	Alliston	Creemore	I. Sheardown
March 28	10:00 am	125 km	Maple	Maple-Belfountain	TBA
April 3	10:00 am	100 Km	Avi. Pkwy	Rockland	M. Lau
April 4	10:00 am	125 Km	Erin Mills	Erin Mills-Erin	TBA
April 4	TBA	120 Km	Alliston	Barrie	I. Sheardown
April 9	TBA	120 Km	Alliston	Orangeville/Marsville	I. Sheardown
April 11	10:00 am	110 Km	Don Mills	(Uxbridge Ice Classic Populaire)	P. Piltch
April 17	8:00 am	200 Km	Ches. Cat	Humanathon	V. Janusauskas
April 18	TBA	160 Km	Alliston	Alliston-Elora	I. Sheardown
April 24	8:00 am	200 Km	Ches. Cat	Merrickville 200	M. Lau
April 25	8:00 am	200 Km	Alliston	Lake Simcoe-Bradford	I. Sheardown
April 25	10:00 am	200 Km	Maple	Maple-Orillia	P. Piltch
May 1	9:00 am	165 Km	Ches. Cat	Storyland Fun Ride (Populaire)	V. Janusauskas
May 2	10:00 am	165 Km	Maple	Simcoe Century (Populaire)	VP/Brevet Admin
May 2	TBA	TBA	Alliston	Hillsburgh/Erin (Populaire)	I. Sheardown
May 8	6:00 am	300 Km	Ches. Cat	Animalathon	Patricia Von Niessen
May 9	TBA	TBA	Alliston	LeFroy/Bradford (Populaire)	I. Sheardown
May 9	8:00 am	200 Km	Erin Mills	Gentle Start	Graham Hallward
May 15	6:00 am	300 Km	Alliston	Lake Simcoe-Beaverton	I. Sheardown
May 15	8:00 am	200 Km	Port Elgin	Big Bay (Brevet)	Carey Chappelle
May 22	TBA	360+ Km	Choice	Fleche	VP/Brevet Admin

Mystery Photo

Name the place below. Could it be the secret hang-out/stop for the Canadians in the future during PBP?



Randonneurs Ontario 2004 Club Schedule

Start Points

Toronto

Maple	Centro Bakery, Keele St & McNaughton
Erin Mills	Erin Mills Town Centre, Erin Mills Parkway & Eglinton
Don Mills	Markham Place Plaza, Don Mills & Steeles
North Toronto	Allenby Public School, Avenue Rd. & Castlefield
Queens Park	58 Rose Ave., Sherbourne & Wellesley

Simcoe-Muskoka

Alliston	IGA/Tim Horton's Plaza Hwy 89 & Industrial Parkway (west end)
Barrie	Parking lot at the foot of Tiffin St (Tiffin & Lakeshore)
Emsdale	Brown's Home, Highway 518 (#1152)

Ottawa

Cheshire Cat	Richardson Side Road and Carp Road
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Awards for 2003

Jock Wadley:

Jaye Haworth

Beryl Burton (Top Female):

Jaye Haworth

Best Fleche Team:

Scott Chisholm, Oliver Moore,
Phil Piltch, Michael Thomson

Most Improved:

Alan Ritchie

Organiser of the Year:

Vytas Janusauskas

Best Performance on a Brevet:

Jim Morris

Rookie of the Year:

Patricia Von Niessen

Long Distance:

Michael Thomson

Half Wheel:

Scott Chisholm

Special Recognition:

Graham Hallward,
Phil Piltch,
Alan Thwaites

Mike Ritch Award:

David McCaw



The Long Road is published six times a year, every two months. Contributions are always welcome. They may be sent electronically to editor@randonneursontario.ca, or mailed to 138 Gladecrest Court, Nepean, ON, K2H 9J7. Submission deadline for the each issue is the first of the month of the issue.

Rumors and Gossip

A member of the club has purchased a new Tandem for this riding season. Of course a tandem requires a new transporter also. Rumour has it that a Honda Element is the vehicle of choice for transporting Tandems!

Who was in the mystery photo in the last issue. It was a photo taken by Patrick Chen, before PBP in France. The person was Mr. Lepertel. Representative of Audax Club Parisienne (and also organized the PBP).

People have started riding already this year, luckily we have had not a lot of snow. On a ride last week-end (Mar. 6), I crossed paths with a member who later told me he did 75 km each on Sunday and Saturday. A good start indeed.

A message from James Wilson of C-KAP. Let members know that C-Kap is now a non-profit incorporated organization. Look for great things to come from that organization.

Don Magie went to Spain for 2 weeks of training. He said it was great, fast and intense riding. Sounds like someone is going to be serious this year. We all better watch out or have him lead the pack.

Mark your Calendar

BMB 2004

Date: August 19-22 2004
Start Times: 4:00am and 6:00am
Start/Finish: Newton, Massachusetts, USA
Distance: 750 Miles / 1200 Kilometers
Time Limit: 90 hours

Rocky Mountain 1200

Date: July 21-25 2004
Distance: 750 Miles / 1200 Kilometers
Time Limit: 90 hours

Ride of Silence

Date: May 19th 2004
Distance: 20 km
Time Limit: depart at 6 PM
"Ride of Silence" from the Experimental Farm Ottawa. Route will be the same route that the Ottawa Bicycle Club uses after the group riding clinics at the farm. Pace will be slow out of respect for our fallen riders. All cyclist, are asked to participate. Request black arm bands worn, red if you have had a bike - motor vehicle accident.

Time to send in your registration for the 2004 cycling year. This will be your last Newsletter unless you renew.

Also if you can please sign-up to assist with one Brevet this season. It's not as hard as the veterans make out! Contact D. Magie, vp-admin@randonneursontario.ca



As seen on the road .. Objects may appear larger in real life

