



The Long Road

Newsletter for members of Randonneurs Ontario

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Volume 23 Issue 2

March/April 2006

Message from the President

Many years ago I was an avid rock climber. Avid might not really describe it, it was more of an obsession. I worked at the only store in Halifax that sold climbing gear. The week revolved around climbing; Tuesday night was spent building, Wednesdays to the local crag 50-foot crag for some short climbs until dark pulled me away. But it was the weekend that I lived for, getting up early on Saturday for the hour and a half drive out to the premier climbing spot near Halifax, with its 200 foot face. The rest of the day would be spent climbing, the night spent in a tent at the top of the cliff, then more climbing on Sunday, pushing myself to the point that it was almost impossible to turn the steering wheel on my VW van on the drive back home Sunday night. Rain? That was just a good opportunity to practice aid climbing, which would see me 75' off the deck, reaching up to place the next piece of protection, and having the waterfall of run-off that ran down the rocks rush down the sleeve of my waterproof coat, and pouring out down my legs. Even the approaching winter would be ignored, climbing just continued with fingerless gloves and numb fingers.

But there was one problem with this premier climbing spot; it was privately owned. One day the owner came to talk to us, and said he didn't want to close the area down, but would have to as long as he could be

held liable for accidents, and asked us what we would do about that. That was impetus of the foundation of Climb Nova Scotia. Pretty soon I was spending more time in meetings than I was climbing, helping with policies, sorting out memberships, and doing the 'member of the executive' thing. Along with that came the paperwork, the internal struggles on the Board of Directors, the disagreements with the membership about how, and even why the association was run the way it was. My tenure on the board came to an end none to soon for me, as I had become completely fed up with all the politics of the climbing scene.

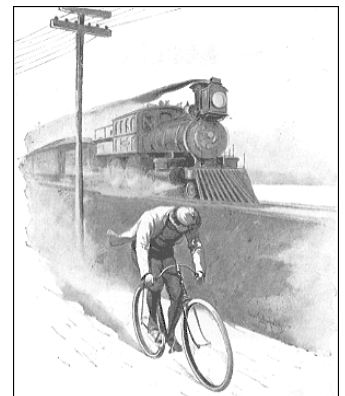
I never climbed again.

I also said to myself that I would never be on the executive of any club that had anything to do with my hobbies. I didn't want to lose my passion for anything else that held importance to me. Surely these are strange words to read, coming from the President of Randonneurs Ontario.

But nearly 20 years later, when I was asked to be a Member-at-Large of Randonneurs Ontario, I thought that would be a pretty benign post, and didn't think that the position would be too intrusive on my cycling, so I accepted. Then another year passed, and the outgoing President could not run again due to the club's by-laws, and no one was coming forward to

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A few brief Ride Stories

First Populaire of the Ottawa Season

We had 5 tough soles ride our first Populaire of the season today..Alan Ritchie, Alain Couet, Peter Grant, plus two newcomers Mark Draper and Suzanne Pond. It was -8 in the parking lot and windy. I must admit it was way too cold for me.. so I saw off the 5... haven't heard if they all made it safely home, but I assume so.

Jim Morris

We all made it safely home, although a bit chilled. The wind gave us a nice push down Appleton Sideroad but we more than paid for it slogging back. We stopped at the store in Ashton for coffee and a bit of a warm-up as people's feet and water bottles were frozen. A good start to the season but I won't be sorry to see warmer weather for the next ride.

Enjoy today's ride - by the looks of the weather forecast it's a blustery day in Toronto as well.

Alan Ritchie



I've enclosed a snapshot of Bully Hill. It's in the Finger-Lakes region where Quadzilla is held this year. One Tough climb. *Patti*



I had 2 short rides in the Poconos this past weekend.

We had sun and temps just barely above zero, but it felt great. Friday.....only 75kms, but with 4300 feet of climbing, and Saturday, 90kms with the same amount of climbing.

We enjoyed a nice little climb over "Michael's Hill" that lasted 1.5 kms and had a grade that had my front wheel wanting to jump off the pavement.

We checked the grade later on the computer..... it went from a pale 16% up to 23%. Truly was a hill worthy of Michael's name. :)

I've enclosed a photo of the downside of Michael's Hill. The grade paled in comparison, but it took a nice photo.

Patti

I rode the Alexandria 300 on May 3 for the first time. This was a very pleasant spring ride. I should have taken a camera. The first section that follows the Ottawa River has many pretty pictures. The route follows close to the river, sometimes climbing up to the top of the bluff and sometimes down near the water. After getting out of city traffic, the roads were almost deserted. There was some very ugly broken pavement on Old Hwy 17, but after Wendover that improved. Most of the route was on good to

Message from the President

Continued

take the position. I was asked if I would take the post.

I spent a lot of time thinking about the club, and what it meant to me. I realized that being part of the club had shown me that, even though I never received better than a bronze achievement award in Junior High, I wasn't that bad of an athlete. It gave me the chance to push my endurance to untested limits, all the while being accompanied and encouraged by like-minded others. I have ridden through the night, to the confusion of the few people that witnessed my passage, and the employees at the all-night Tim Horton's. The club has taken me to the mountains of France, to ride legendary routes over majestic climbs. It has taken me to a ride beyond compare, to ride with 4000 others participants, all the while being tended to by 3500 official volunteers, and countless others who choose to stay up late at night to offer drink, food, and even a place to sleep to a stranger on a bike. Riding there, with the knowledge that almost everyone who saw me not only knew what I was doing, but most also had a good idea of why I was doing it, was an experience beyond compare. This club has allowed me to witness a passion for the bike and biking that even surpassed my own.

I am truly grateful to the club, its founders, and all its previous executives for everything they have provided me, all of which has allowed me to experience what I have. So when the time came for me to make my decision for the nomination for President, I chose to accept. Behind that decision was the desire to ensure that Randonneurs Ontario would remain, to provide other people with the experiences and opportunities that it has given me.

My time has not been without its trials and tribulations, this club has the same issues I experienced so many years ago, with people expecting more or different things than the club

provides, and the same disagreements and debates within the board of directors. Sometimes it bends my resolve, and makes me second-guess my decision.

In the end however, I remember all the great times that I have experienced with the club, riding with fellow club members, cheering each other on; the amazing scenery I have ridden through, the joy of being on my bike. I want to ensure that others can also experience that joy.

Because that is what it is all about.

A few words from the Editor

Jim Morris

Hello to everyone, by this time I imagine everyone has spent a fair bit of time on their bikes for this year. The experience of the doing the rides is half the fun. As editor of the newsletter, which is your newsletter, I would like to ask if people could take pictures and submit articles. This newsletter is a little light due to the lack of content. Can we get a few profiles of the interesting riders in our group. This would make the newsletter more interesting to everyone. I appreciate any content submissions I may get.

On another note, how many people are now riding to work instead of driving due to the high cost of gas. I am riding now and I have found other benefits. One is that I am not meeting up with friends to "do lunch" as often. Also I am not taking that quick trip over to Wal-Mart to get a pack of red licorice to eat in the afternoon. Guess the only loss is around my middle, everything else is a gain.

Bye for now



Randonneurs Ontario

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Up Coming Rides

Saturday May 20, 2006

Route: Fleche Ontario

Wednesday May 24, 2006

Distance: 200K Start Time: 6:00 AM
Route: Wakefield 200 (Brevet)
Organizer: Bill Pye

Saturday May 27, 2006

Distance: 200K Start Time: 6:00 AM
Route: Shawville 200 (Brevet)
Organizer: Trevor Stocki

Wednesday May 31, 2006

Distance: 400K Start Time: 5:00 AM
Route: Westport 400 (ACP Brevet)
Organizer: Bill Pye

2006 Huron Chapter

Saturday May 20, 2006

Distance: 300K Start Time: 6:00 AM
Route: Bowel Buster 300 (Brevet)
Organizer: Carey Chappelle or 519-832-6657

2006 Simcoe /Muskoka Chapter

Saturday May 13, 2006

Distance: 300K Start Time: 6:00 AM
Route: Lake Simcoe (Brevet)
Organizer: Isabelle Sheardown or 705-434-1637

2006 Toronto Chapter

Friday May 12, 2006

Distance: 70K Start Time: 7:00 PM
Route: Night Riding Skills (Populaire)
Organizer: Phil Piltch or 416-759-4251

Saturday May 20, 2006

Route: Fleche Ontario

Sunday May 21, 2006

Distance: 300K Start Time: 6:00 AM
Route: Pretty River Valley (Brevet)
Organizer: Paul Dicks or 416-736-0849

Saturday May 27, 2006

Distance: 400K Start Time: 6:00 AM
Route: Tour of Oak Ridges Moraine (Brevet)
Organizer: Steve Rheault

Sunday May 28, 2006

Distance: 200K Start Time: 8:00 AM
Route: Markham-Woodville (Brevet)

2006 Ottawa Chapter

Saturday May 13, 2006

Distance: 300K Start Time: 6:00 AM
Route: Animalathon (ACP Brevet)
Organizer: Peter Grant

very good pavement.

The first checkpoint is a restaurant just after L'Original. The breakfast was very good. At the second checkpoint I rode towards Alexandria and stopped at Burger Shack on the left just before crossing the railroad tracks. The hamburger was good. At Winchester I past Ottawa Street and rode to the 4 way stop. The restaurant at the right was ok.

After leaving the river this route is flat. Not perfectly flat, but you you might need to try something in Saskatchewan to find a flatter route. It passes through large farms and occasional forests. In the farm areas there was a lot of activity by impressively large machines working the fields. In the forests, the leaves are opening and I saw trillium in bloom.

There were 2 short sections of construction. A big sign at the start of Youville Drive (Line 3) saying "construction starts May 1". There were a number of yellow machines standing around and what I think is water main about to be buried in the street. On Wednesday, the digging had not started and it was an easy ride through. After line 45 there was another construction sign on Kenyon Concession 4 showing a transition to gravel. Three sections of soft gravel appeared later, but each was only about 100 meters long.

The cue sheet was quite accurate with some minor typos. At line 20, Poupart Street is a gravel road that has a very large sign saying Poupart Street. After the right turn and down a hill there are more signs saying that the street is still St. Jean. Line 32 the street is Bay not Ray. In L'Original it is Baie. Line 42, Old Military Road becomes McMillan before it becomes Ouellette.

My total distance was 310 km.

Peter Grant

Gentle Start 200

We all had a nice ride for the Gentle Start - beautiful sun and a light wind, that kept shifting direction.

At the beginning it seemed everyone was together, then a group of racing cyclists got mixed up among us and the speed increased considerably.

Subsequently the group split up. Kas and I ended up riding together, and at the first control, first Elie and Louis, and later Mike, joined us. We wondered if anyone was behind us - some of the beginners perhaps - and whether they were OK, but no one knew for sure. We five basically stuck together from the 76k point until about the 185k point where we lost Mike. We waited but he did not reappear from nature's call in the woods!

After Campbellville, we remaining four stuck together until about 195k, when I started to get very tired and dropped off the back. My speed dropped so much that even though the others kindly waited for me at 8th Line they gave up because I did not appear. Anyway, I think they were in at 6:55 and I was 15 minutes later at 7:10. Mike rolled in to Tim's, in high spirits, while we were having some sustenance. I was extremely tired as this was my first ride over 70km this year. And all my 70k rides were commutes to work - 35 km in the morning and 35k in the evening.

So, thanks to Kas, Louis, Elie and Mike for being good company on the ride.

Bill

Up Coming Rides continued

2006 Simcoe /Muskoka Chapter

Saturday May 27, 2006

Distance: 200K

Start Time: 8:00 AM

Start Point: Alliston

Route: Lake Simcoe-Holland Marsh (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



Introducing the 2006 Randonneurs Ontario Jersey Competition

**Have you worn out your Randonneurs Ontario Jersey from so much use?
Is there an unused hanger in your cycling closet, waiting for a new jersey?
Is the current Randonneurs Ontario Jersey not to your tastes?
Well here is an opportunity to fix any and all of these problems.**

All members are welcome to participate, all you have to do is get out your crayons, markers, watercolours, photoshop, whatever!, and put your design on paper or computer screen. Blank jersey drawings will be available for on our website, or you can send a note to the president at president@randonneursontario.ca and I will forward you on a copy by mail.

There are a few rules for the competition:

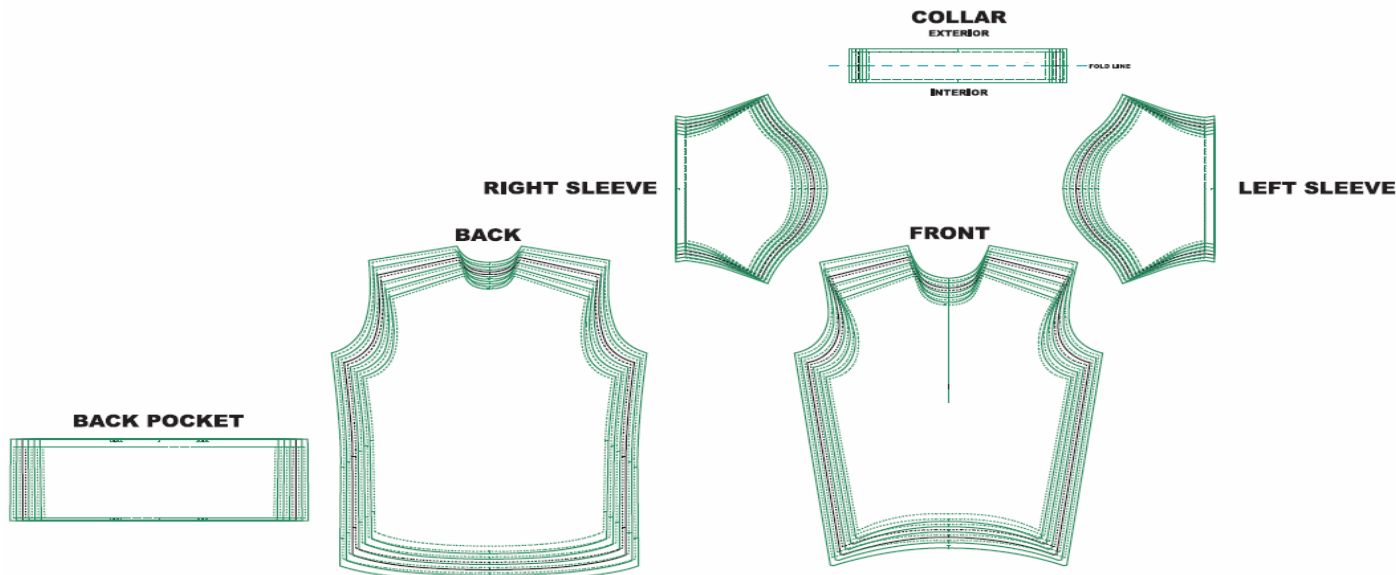
- The design must include the Randonneurs Ontario logo,
- no offensive designs or logos
- colours should be kept to a maximum of three.
- Different tones of the same colour only count as one colour, and white is the background colour, so it doesn't count. Given that, three colours is plenty to create a truly eye-catching design.

Please have all submissions in by May 15th, at which time the voting will begin.

Again, all members will be allowed to vote. Voting will end on May 30th, and the results published very shortly after that. Orders will then be taken, and sent to the supplier on June 15th.

Voting will actually be on a accept/reject criteria. Indicate all the jersey designs that you would actually buy if they won the competition. If you seriously would buy more than one jersey of a particular design, choose it more than once! But remember, we will expect you to buy them if the design wins, so only vote if you want to buy. Knowing these numbers ahead of time like this will enable the design to be submitted to the supplier as soon as the competition ends, which will speed up the time to delivery substantially.

I look forward to see what you all come up with, and seeing the winning design on our members this summer.





The second Ottawa mid-week ride went off with 100% increase in ridership. (Two this year from one last). The weather was a little cool but the sun was bright when Peter Grant and I (Bill Pye) set out. I did not make the light at Richardson and Carp Road so Peter was off ahead of me.

I kept him in sight until I unwrapped my first Power bar and bite into it. Big mistake. It was frozen and my front tooth bridge snapped off its mooring at the back of the tooth next to it. It floated along in my mouth, me still peddling while attempting to not swallow the bridge, have the bridge's metal support not cut the roof of my mouth anymore than it already had and not inadvertently spit the bridge out. All went well, the bar was returned partially eaten to my betobox, I stopped the bike and removed the bridge from my mouth and put it in a plastic bag in my bike bag and also mad the discovery that gatorade swished around in the mouth will eventually stop oral bleeding. I did not see Peter again until arrived in Calabogie. The longest ride I have ever had to there. Besides my oral incident Peter and I both had to deal with 50km or more head winds for the first 60km. I saw Peter only long enough to display my new gap-toothed look. It could be a fashion trend here in Ottawa very Danny Heatley like. While taking a banana out of my bag, the wind almost took my tooth in its little baggie. I got to the gas pumps where it had blown before any vehicles came into fill up. After I left Calabogie, I never saw Peter again. We had a tailwind most of the way. But may be because I'd delayed longer trying to call home and stashing my tooth in a more secure side pocket in my bag I also had the joy the sky clouding over and a sprinkling and then not quite a downpour for the last 50 km of sleet, wet snow and rain.

Peter finished an hour ahead of me. It was a great ride twice the number of riders as the year before with a just a bit of weather as opposed to the snow, and rain the year before. And because Passover was over I did not have to eat soggy matzoh the whole way.

You can do a 200 on just 900 km training all on a fixed gear. Oh and my bridge is once again securely escounced in my mouth.

Bill Pye

Ride Results

April 12, 2006 - Merrickville 200

Peter Grant - 8:45

Vytas Janusauskas - 8:25

April 22, 2006 - Merrickville 200

Patti Von Niessen: 9:28

Suzanne Pond: 9:28

Jules Meunier: 9:28

Jim Malekos: 9:28

Tracey Weissgerber: 10:33

Mark McKechnie: 10:33

April 26, 2006 - Original 200

Peter Grant - 08:56

Bill Pye - 10:12

April 29, 2006 - Original 200

Ron Amero - 7:43

Bob Choquette - 8:14

Alain Couet - 9:13

Yvon Dionne - 9:18

Mark Draper - 9:18

Peter Grant - 7:43

Stephen Harper - 9:18

Vytas Janusauskas - 7:43

Mike Lau - 7:43

Guy Lavergne - 9:18

David McCaw - 7:43

Sylvie Maynard - 9:18

Jules Meunier - 9:13

Trevor Stocki - 9:18

April 29, 2006 - SM 200

Bouhuyzen Henk - 08:52

Brettler Elias - 12:10

Clelland Murray - 13:25

Dziadon Jerzy - 09:50

Kassel Bob - 10:10

Krawiecki Fred - 08:51

Maloney Michael - 13:25

Rheault Steve - 10:10

Scaife Karen - 12:10

Sheardown Isabelle - 13:25

Steen Glen - 08:51

Tamari Eres - 10:10

Taylor Boyd - 10:10