



The Long Road

Newsletter of Randonneurs Ontario
Celebrating 25 years, 1983-2008

July 2008

Letter from the Pres:

Post PBP Blues

It seems like I'm not the only one taking a breather from the long brevets. Last year, in the heat of PBP qualifying, we had huge turnouts for every brevet scheduled, and cries for more brevets on weekends where there were none planned. Members were wearing out the rubber on their tires faster than they were burning cheap gas in their cars. Talk was intense over lighting, gear and refueling. No bike was left to rust in the back of the garage.

This spring, the fever seems to have waned for some of us. Riders who battled winds and rain and cold in order to qualify and train last year, have become fair weather commuters who choose to regain the pleasure of riding their bike

over being a slave to the saddle. Yes, I'm one of them. I've become a "delicate flower" this year. It rains, and I say, "I'll ride tomorrow when it clears up". It's windy, and I say, "I'll just do some loops in the park where it's sheltered". A 400 is posted and I reply, "I think I'll find a new route on the bike paths".

My riding companions of yesteryear think I should hang my head in shame, but I think pleasure in riding comes from all sources, and this year I'm finding it in commuting and touring again. I'll be back on the long road later this year and hope to see a full house of randonneurs in Picton this fall for the club's 200.

Patti.



Almonte 60K Populaire, Saturday March 22, 2008
Minus 12 degrees, 26K winds from the NW and 2 brave men! (Alaine and David)

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Upcoming Events:

- 25th Anniversary Celebration, Sept. 6



It's the 25th Anniversary of Randonneuring in Ontario!!

Join us to celebrate!!

Saturday September 6, 2008

Your Board wants to throw a 25th Anniversary Hoop-La
at the Picton 200K brevet!

We'd like to do this brevet Audax style and buy the members a meal
with a bottle of wine or two thrown in to celebrate the 25 years of
Randonneuring in Ontario.

Contact Patti if you plan to attend the celebration.

**The next edition of "The Long Road" will be devoted to the
25th Anniversary. Do you have photos, ride reports or
stories from the past 25 years that you'd like to share with
your fellow Randonneurs??**

Please send to editor@randonneursontario.ca

Promoting the Club!

This spring, Randonneurs Ontario participated in two events to promote randonneuring and encourage new members to join.

On March 5, Patti organised a presentation at MEC Ottawa, held in the store after shopping hours. Randonneurs gave a presentation and answered questions for an enthusiastic group of interested cyclists.



Once again this year, Randonneurs Ontario had a booth at the Toronto International Bicycle Show, held March 7-9. Unfortunately, the worst snowstorm of the year also happened that weekend. Despite the weather, lots of interested cyclists stopped by the booth. The booth featured a display of club jerseys and medals and a video of last year's PBP, but the most popular feature was a beautiful randonneur bicycle which drew many compliments from admiring cyclists.

Thanks to everyone who enthusiastically volunteered to spread the word about randonneuring!



Club By-laws

You enjoyed your last brevet, or should I say brevets, because after you have successfully completed one it is very difficult not to continue with the challenge of going for more. One thing we forget as Randonneurs, (and I can speak with experience whether you are a *nouveau* or *ancien* to use PBP terms) is who are the persons in the background that keeps the things going, how are these persons selected, what tells them what to do, what rules they follow. The first step of how your Club operates is the By-Laws. These By-Laws are reviewed and up-dated on a regular basis. The last revision was approved at the Clubs Annual General Meeting on September 17, 2007.

With the advent of electronic communication and E-mail it is no problem for me to send you a copy and whether you want to leave it in your file or print yourself a hardcopy remains your option. Anyone interested in receiving a copy send me your request via E-mail at: rgpre32@hotmail and I will gladly send you a copy.

Other relevant documents to Randonneurs cycling are "RULES FOR RIDERS" prepared by your Club and "BREVET RULES FOR RIDERS" the English translation of the *Brevets de Randonneurs Mondiaux* published by the governing body of Randonneurs cycling "l'Audax Club Parisien".

Real Prefontaine, Secretary, Randonneurs Ontario.



Important Info for Ride Organisers

In the interest of keeping our records and submissions to France timely, the board is requesting that:

1.) All organizers use the brevet template that you'll soon find posted in the Organizers Toolbox.

Organizers of populaires will also need to fill out a spreadsheet for riders and ensure that all day riders have completed a waiver and application form (insurance needs this for their full names and mailing address).

2.) All riders submit their brevet card to the ride organizer or Chapter VP within 2 weeks. Any brevet cards not submitted within the time limit, will result in a DNF.

(Last year there were a number of brevet cards that were submitted after results were already sent to France, thus causing record keeping issues.)

If you have any problems or concerns with filling out the spreadsheet, please ask myself or your Chapter VP. It's pretty straightforward and it's only the rider name, time, and medal request that needs to be completed. After that, please mail the spreadsheet to your Chapter VP who'll complete it.

Patti

Randonneurs Ontario

Long Distance Cycling Association
www.randonneursontario.ca

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Ride Report - Ottawa Fleche Team PGDM 2008

Our Fleche 2008 almost did not happen. In late winter, Guy Quesnel and I (Peter Grant) agreed that it would be good to ride a Fleche of 400km or more to qualify for the Shenandoah 1200. We just needed 1 to 3 more riders to form a team. As winter ended and riding started in Ottawa we asked friends if they would like to join us, but found no one who wanted to ride a 400+km 24 hour ride. We slowly prepared for the ride which we wanted to be as self supported as possible, without really knowing where to find a team. In mid-April an email from David Ross of Randonneurs Nova Scotia changed everything. He and Michael Godwin would like to ride a Fleche, but had no team in Nova Scotia. Was there a chance that they could join a team in Ottawa? There was very good chance indeed that they could join a team in Ottawa!

A focus on the Fleche returned. Some thing that I wanted to do different from the past 2 years was to be self supporting in the middle of the night. We have used drive through windows at 24 hour Tim Hortons to get hot food at night. The staff of Tims manning the drive through has been willing, some times with reluctance to serve us, but they and we have been subjected to harangues from a back room manager wanting us gone with no service. A strategy which I discussed with Guy was to carry a camp stove and cook a midnight dinner along the road. Guy had a stove and our plan was formed.

The team met the evening before the start. We had planned a 6:00AM departure, but the weather forecast was for a cold front to pass Kingston at noon. To try to avoid the rain we moved our start time to 4:00AM. Our planned route would leave Ottawa and approximately follow the Rideau Canal to Kingston. Then we would ride east along the St. Lawrence River to arrive in Brockville about dinner time. In the evening we would continue east in the farm lands north of the St. Lawrence until a road intersection 20km north of Morrisburg where we would turn to the north west and start back to Ottawa. Route scenery would be about half woods and granite hills and the other half would be farm land of eastern Ontario.

We departed Ottawa at 4:00AM with calm wind but temperature of maybe 5C. We were four cold riders who arrived at Merrickville at 75 km shortly after sun rise and stopped for breakfast. With the sun up we left Merrickville in rapidly rising temperature and rapidly rising wind as we headed south west to our rendezvous with a cold front. The wind soon had flags standing straight out and snapping. We worked hard for the next 100km. Our new friends from Nova Scotia proved to be strong riders as we faced head winds of 30kph and more. Come back and ride us again guys. Our strategy of an early departure did not seem to have been early enough, but both we and the cold front were late getting to Kingston. We were just finishing lunch when the first rain started hitting the restaurant windows. We delayed departure until the rain was just a light steady rain

and started east for Gananoque. The next 2 hours were in light rain with gusty winds that never really seemed like the good tail wind we wanted. I have a new randonneuring bike this year. It has permanently installed fenders and a rack. The fenders kept the back of my shorts dry. It felt like a luxury as we were on wet pavement for much of the afternoon.

After our freezing start in the morning and an even lower temperature forecast for the night, we made a stop in Gananoque at a Canadian Tire store to shop for warmer clothes and gloves. Then we were on to the 1000 Islands Parkway for the ride to Brockville. It was a pleasant ride with a light tail wind and gradually drying pavement.

Pavement was completely dry and rain seemed only a memory as we pulled in to an East Side Mario's for dinner. A fenced in patio was completely deserted and we used it as a bike parking lot. We were seated immediately in the restaurant and almost as immediately, through the widows we saw torrential rain pouring down. It is hard to believe, but we had the only 2 strong storms hit exactly when we were inside eating. Amazing!

Leaving Brockville we stocked up on extra water and put coffee in a thermos. The plan was to not need any support for the next 150km of night riding. We were again on wet pavement and after a short stretch of city riding were out in the farm lands. We enjoyed a pretty sunset as the sun sank into a line of thunderclouds to our north as we made our way to North Augusta. By Spencerville it was completely dark. The gas station/convenience store was open which would made a good last stop on a future ride of this route. About 23:00 we were at the farthest point in the south east of our route, a cross roads in a forest. We turned north for home looking for a dry place to stop for a late night meal.

We soon found a spot under a hugh maple tree at the side of the road. Illuminated by 2 bike headlights, Guy brought out the camp gear and set up the whisper light stove. In about 30 minutes he had 4 plates of hot spaghetti Parmesan. In much less time, the spaghetti was consumed, the stove packed up and we were on our way again. No cars passed by in the 45 minutes we were stopped. The country side was amazingly quiet. The moon was almost full and a light wind, unfortunately a head wind, sometimes blew. The temperature was cool, but never descended to the levels we had feared. It was a beautiful ride across the farmlands of eastern Ontario. We rode back to Ottawa making a few short stops for snacks. The morning head winds had hurt and we did not achieve our target distance of 443km, completing instead 429km.

I hope that everyone on the team enjoyed the ride as much as I did. Thanks to David and Michael for driving from Nova Scotia and riding with us. Thanks to Guy for hauling the dinner and cooking a hot meal in the middle of the night.

Peter Grant
May 21, 2008

The Granite Anvil 1200

This summer a new 1200K route will be launched! Henk Bouhuyzen led the development of this new route, which will be a Populaire this year. This will be a “shake-out” ride, fine tuning the route and selecting control points. If all goes well, the route will become the first 1200K brevet sponsored by Randonneurs Ontario.

The route starts and ends in Stouffville, near Toronto and makes a loop to the east. The route sheet is available on the website in the Toronto section route archive, in the Populaire section.

Henk has also put together a brochure describing the ride which is also available on the website on the “Routes” page.

The ride starts on August 14. Since this is a populaire, there are no time limits or controls. There will be a support car to transport luggage. But since this is a new route, Henk recommends the ride for experienced randonneurs only.

For more information or to sign up for the ride, contact Henk.

My First 300K

Saturday, May 24, The Lake Simcoe 300km brevet.

I recently passed a developmental milestone. No, I did not cut a tooth, nor graduate from university. I completed my first 300km brevet!! It was an awesome experience and I would like to share some highlights of the day.

First of all there was Mike Maloney. He accompanied me on the ride and provided unconditional support, positive reinforcement, and he even lent a certain celebrity status to the day. How many of you have accompanied Mike on his recumbent through small villages and towns? Did you know that young guys give him the thumbs up, pretty girls smile at him, people approach him with questions while he is

stopped at controls and even babies point at him from their strollers. Mike, in the recumbent, is celebrity material. Cycling behind him through small towns I felt like the support crew. One young girl stopped skipping on her driveway as we went by and shouted, “That’s funny!!”

Seriously though, thank you Mike for your company and support throughout the ride.

The Simcoe ride is very scenic as most of the time you are never far from water. The route winds its way through cottage country, the Canadian shield and even the 4 km stretch of gravel road outside of Uphill is hard packed dirt and not difficult on the bike. Some of those long stretches along Lake Simcoe were difficult due to the headwinds. Even Fred confirmed that he struggled a little with the wind when we met him on the 5th line as he was returning home. He must have seen us coming from his truck and was standing there on the side of the road with water bottles to offer refreshments!! Memorable parts of the day included the osprey nest on Monck Rd outside of Orillia, the heron flying along beside me on Canal Rd and having to wait 15 minutes on Canal Bridge at Orillia while hundreds of big guys on motorcycles went past at the start of their motorcycle rally. Turns out they were doing a 125km ride for charity to Barrie and Wasaga. We asked the policeman at the blockade if we could walk our bikes over the bridge because we were doing a 300km cycle, but he wouldn’t let us!

I learned a lot about night riding (I knew almost nothing up until Sat night) First, it was very cold. My bike light was useless and I will have to get a powerful one like Mike's. I need a headlamp to read the route sheet and to see my computer. Cars sometimes don't lower their high beams and that is thoughtless. It's very peaceful out there on a country rode in the dark. The sunset was yellow and pink and the stars are beautiful when viewed from the bike on a country road. Arriving at the last control is exhilarating and having your best friend waiting there to drive you home is truly comforting. Can't wait to do it again!!

Kathy Brouse

Ride Schedule, 2008

Chapter	Date	Event	Distance	Start Time	Start Location	Route
Ottawa	Friday August 1	Brevet	1000	05:00:00	Parliment Hill	OTO
Toronto	Friday August 1	Brevet	1000	06:00:00	Queens Park	TOT
Ottawa	Saturday August 9	Brevet	400	05:00:00	CU	Foymount
Toronto	Saturday August 9	Brevet	600	06:00:00	Erin Mills	TSWO
Huron	Saturday August 9	Brevet	200	07:00:00	Port Elgin	Kempel Rock
Toronto	Thursday August 14	Populaire	1200	06:00:00	TBD	TBD
Ottawa	Saturday August 16	Populaire	110	07:00:00	CC	Kemptville
Ottawa	Saturday August 23	Brevet	600	05:00:00	Brit Beach	Kingston
Toronto	Saturday August 23	Brevet	300	06:00:00	Markham	Rice Lake
Simcoe	Saturday August 23	Populaire	200	08:00:00	Alliston	Wasaga Beach
Toronto	Sunday August 31	Brevet	200	08:00:00	Toronto	Mean Streets
Club	Saturday Sept 6	Brevet	200	08:00:00	Picton	Loyalist
Ottawa	Saturday Sept 13	Populaire	70	08:00:00	CC	Pony Express
Toronto	Sunday Sept 14	Populaire	100	09:00:00	Maple	Champagne Scramble
Huron	Saturday Sept 20	Populaire	100	10:00:00	Mooretown	Harson's Island
Simcoe	Saturday Sept 20	Populaire	200	08:00:00	Barrie	Big Chute

Ride Results**April 13, 2008 Gentle Start 200**

Renato Alessandrini - 9:58
 Michael Bernhard - 9:22
 Henk Bouhuyzen - 10:39
 Brian Brideau - 9:58
 Adam Hammond - 9:22
 Warren Hawke - DNF
 Bob Kassel - 9:58
 Fred Krawiecki - 10:39
 Franz Neuert - 9:30
 John Saunders - 10:40
 Eleonore Turner - 9:30
 Jacob Vandermark - 9:26

April 19, 2008 Merrickville 200

Robert Choquette - 8:20
 Alain Couet - 10:33
 Peter Grant - 8:40
 Michael Heal - DNF
 Amy Heximer - 10:33
 Vytas Janusauskas - 10:33
 Guy Quesnel - 10:33
 Trevor Stocki - 10:33
 Patti Von Niessen - 10:33

April 27, 2008 Grand River 200

Henk Bouhuyzen - 8:41
 Kathy Brouse - 11:00
 Jerzy Dziadon - 10:22
 Tristan Goguen - 10:40
 Mark Hopper - 8:41
 Fred Krawiecki - 10:22
 Mario Leduc - 10:22
 William Lindsay - 8:41
 Mike Maloney - 12:35
 Juan Munoz - DNF
 Tanya Quinn - 12:35
 John Saunders - 11:45
 Todd Worsley - 8:41

May 3, 2008 Alexandria 300

Vytas Janusauskas - 14:25
 Robert Kassel - 14:25
 Guy Quesnel - DNF

May 3, 2008 Carthew Bay 200

Henk Bouhuyzen - 8:08

May 10, 2008 Lake and Vines 300

Michael Bernhard - 13:38
 Henk Bouhuyzen - 13:38
 Jerzy Dziadon - 15:00
 Dick Felton - 16:42
 Tristan Goguen - 16:42
 Adam Hammond - 13:38
 Rolf Hauckwitz - 16:42
 Allan Holloway - 14:33
 Fred Krawiecki - 16:42
 Mike Maloney - DNF
 Jacob Vandermark - 14:31

May 17, 2008 Fleche Ontario

Team name: PHAB Four
 Team members: Renato Alessandrini, Henk Bouhuyzen, Mark Hopper
 Distance ridden: 506K

Team name: PGDM
 Team members: Michael Godwin, Peter Grant, Guy Quesnel, David Ross
 Distance ridden: 429K

May 17, 2008 South Bruce 200

Carey Chappelle - 10:11
 Dick Felton - 10:35

Tristan Goguen - 10:11
 Bill Little - 10:11
 John Maccio - 11:20
 Con Melady - 10:11
 Adriaan Verhulst - 10:11
 Rudy Ziegler - 10:11

May 21, 2008 Original 200

Bill Pye - 9:00

May 24, 2008 Lake Simcoe 300

Renato Alessandrini - 16:55
 Henk Bouhuyzen - 12:37
 Brian Brideau - 16:55
 Kathy Brouse - 16:45
 Tristan Goguen - 15:20
 Mark Hopper - 12:37
 Fred Krawiecki - 13:18
 Mike Maloney - 16:45
 Glen Steen - 12:37

May 31, 2008 Toronto Georgian Triangle 400

Renato Alessandrini - 25:03
 Brian Brideau - 25:03
 Bob Kassel - 17:34

May 31, 2008 Westport 400

Peter Grant - DNF
 Guy Quesnel - DNF

May 31, 2008 Bowel Buster 300

Carey Chappelle - 15:43
 Tristan Goguen - 15:43
 Bill Little - 15:43
 John Maccio - 15:43
 Con Melady - 15:43

June 6, 2008 Vennachar 300

Peter Grant - 15:22

June 7, 2008 Creemore Classic 400

Carey Chappelle - 23:20
 Tristan Goguen - 23:20
 Bill Little - 23:20
 John Maccio - 23:20

June 7, 2008 Old 400 Revisited

Allen Holloway - 21:43
 Fred Krawiecki - 21:43
 Jacob Vandermark - 21:43

June 8, 2008 Bewdley Glutebuster 200

Paul Dicks - DNF
 Adam Hammond - 9:50
 Mark Hopper - 9:50
 William Lindsay - 9:50

June 14, 2008 Wakefield 200

Alain Couet - DNF
 Peter Grant - 10:01
 Vytas Janusauskas - 10:39
 Ilya Pichur - 10:39

June 21, 2008 Haliburton Hilly 600

Henk Bouhuyzen - 33:10
 Fred Krawiecki - DNF

June 28, 2008 Oak Ridges 400

Henk Bouhuyzen - 18:30
 Michale Bernhard - 18:30
 Glen Steen - 20:21
 Todd Worsley - DNF

June 28, 2008 March to the Marsh 600

Carey Chappelle - 38:20
 Dick Felton - 38:20
 Tristan Goguen - DNF
 Bill Little - 38:20
 John Maccio - 38:20

June 29, 2008 Scugog 200

Owen Beck - 11:15
 Kathy Brouse - 11:15
 Louis Dionne - 11:17
 Alan Holloway - 9:43
 Paul Jurbala - 9:43



Oakville - St. George Populaire, Sunday April 6 2008



Remembering PBP 2007. Peter Leiss

