



# Virtual Symposium

**Feb 16, 2022**

# Randonneurs Ontario Virtual Symposium

February 16, 2022 19:00 ET/16:00 PT

Hardware: The right stuff for randonneuring

Software: Nutrition, night riding, and mental toughness

Categories of rides: Brevets, Devil's Week and the *Flèche*

*Grand Brevets*: Granite Anvil and Paris-Brest-Paris

Randonneurs Ontario awards

Ride Report: Riding a 1,000km *brevet*

A moderated Q&A with the speakers



# Hardware: The Right Stuff for Randonneuring



## Symposium 2022

Martin Cooper



- The Right Stuff
  - The Bike
  - The Saddle
  - Luggage
  - Electronics
  - Tools and Repair Kit



# The Bike



# The Saddle



# Luggage





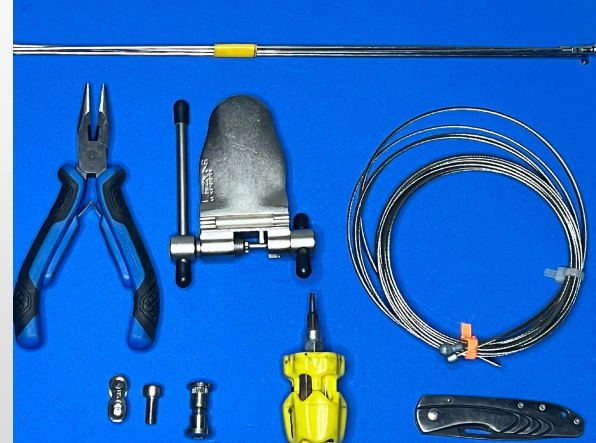
# Luggage



# Electronics



# Tools and Repair Kit



# Software

Nutrition, night riding,  
and mental toughness





# Nutrition

— — —

## On bike

A-B-C: Always Be Carbin'

- *Enough* water
- Clif shot bloks
- Skratch hydration mix
- Butter tarts, pizza buns, or whatever else I picked up at the last control

Are you a salty or sweet person?

## Off bike

A little protein as a treat!

- Best: Coffee + baked potato
- Okay: Coke + cheese bun
- Worst: Milkshake + hamburger



— — —

You can use trial and error  
to find a nutrition routine  
that works for you.

Or you can use science,  
which is trial and error  
that someone else did.

# THE COMPLETE GUIDE TO

# SPORTS NUTRITION

8th edition

'an absolute must have for  
anyone working in the health  
and fitness industry!'

YMCA

'a really excellent work:  
lucid, thorough, sound and  
readily accessible'

Coaching News

'it is excellent and answers  
all your questions'

Sports Teacher





# Night riding

— — —

## Equipment

- Solid front + rear lights\*
- Reflective vest\*
- Reflective ankle straps
- Arm warmers + bike cap
- Rain coat (extra layer)

## Behaviour

- Headphones + podcasts
- Ride with a buddy
- Plan to go a bit slower
- Sleep-deprivation hits you the morning after

— — —

Night riding can be the most beautiful part of long distance rides.

Ride in a group or join the *flèche* to start.

Credit:

<https://stories.strava.com/parisbrestparis>





# Mental “toughness”

— — —

## Anti•fragility

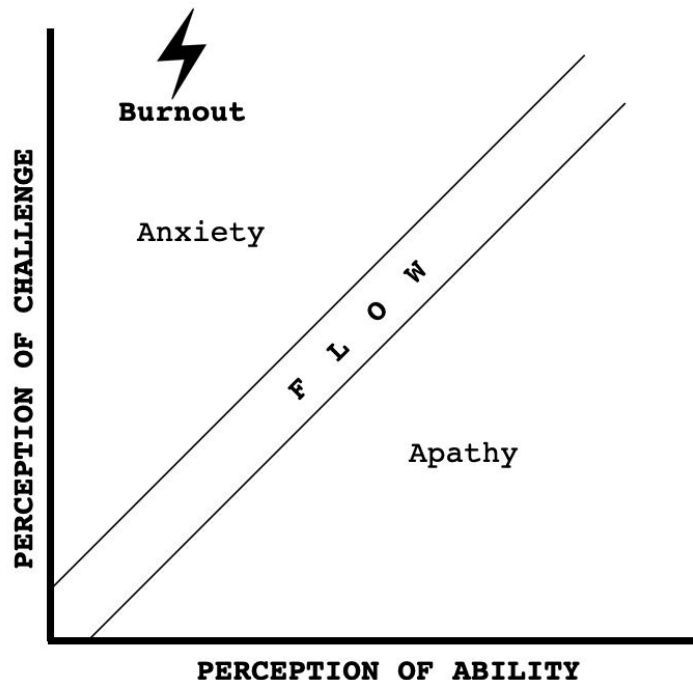
*Antifragility is beyond resilience or robustness. The resilient resists shocks and stays the same; the antifragile gets better.*

– Nassim Nicholas Taleb

## Flow

*The optimal spot between anxiety and apathy where everything happens with ease.*

– Mihaly Csikszentmihaly



Credit: lucianjames.com



— — —

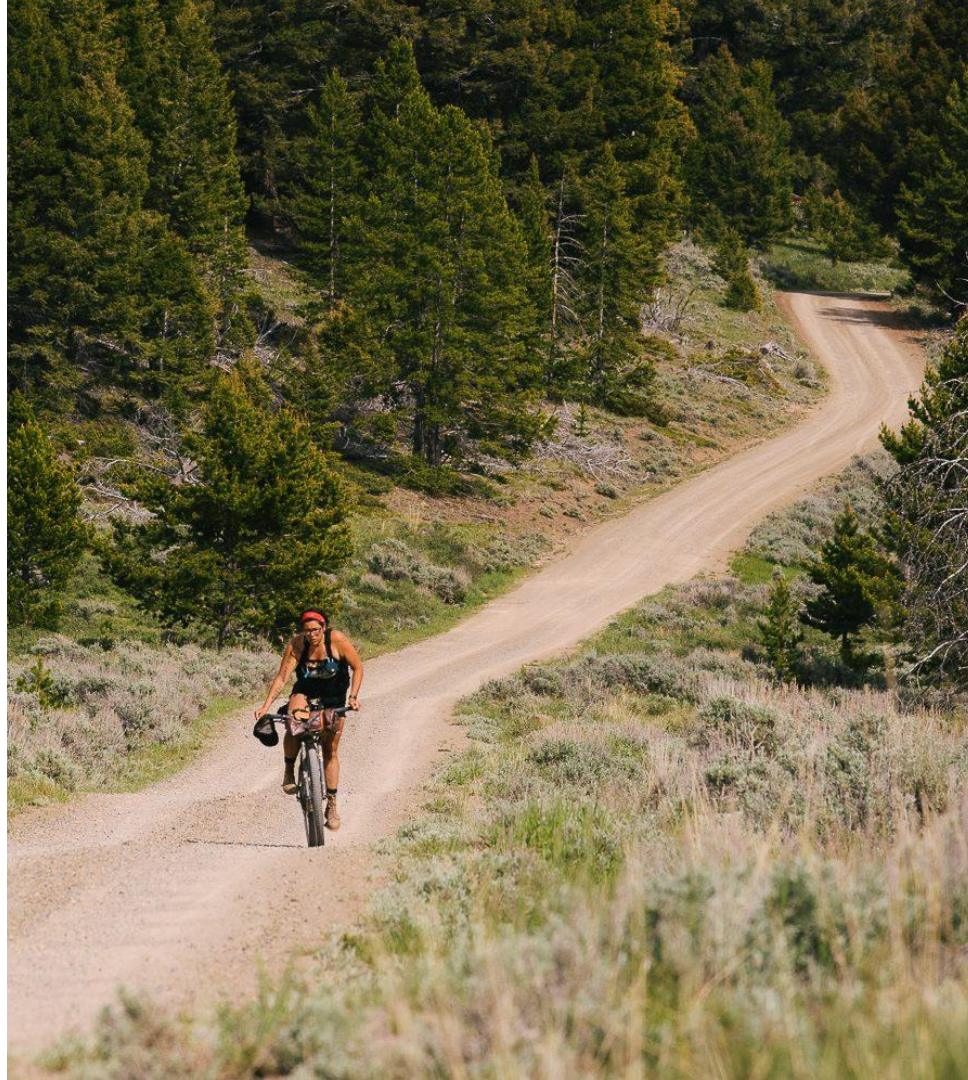
*You don't have to be the  
fastest, the best, the pick;  
you can win if you keep on  
moving forward.*

*Slow is steady, steady is  
fast.*

— Alexandera Houchin

Credit:

<https://www.bicycling.com/culture/a30689528/alexandera-houchin-endurance-cycling/>



Snack  
time!





# Categories of rides

**Symposium 2022**



# Randonneurs Events



## Populaire

- <200km with no time limits and no controls
- Scheduled on Club calendar, but not an official qualifying event

## Brevet

- 200km, 300km, 400km, 600km & 1000km with time limits and controls
- Scheduled on Club calendar as an **official qualifying event**

## Permanent

- Any Populaire or Brevet Club route with same time limits, but flexibility on start location
- Riders set their own schedule to be approved by Club, but not an official qualifying event

## Flèche

- Team event of at least 360km to common destination
- Next Ontario Club **Flèche is May 20-21, 2022**

## Grand Randonnées

- 1200km or greater event, sanctioned by Randonneurs Mondiaux
- Hosted by local clubs internationally; next Ontario **Granite Anvil 1200 starts Aug 25, 2022**

*All events follow predefined routes on public roads & occasional trails  
See Event Calendar and Routes at <http://www.randonneursontario.ca/>*



# Brevet Description



	Distance	Time Limit	Typical # of Controls
Series	200km	13:30	2-3
	300km	20:00	4-5
	400km	27:00	4-6
	600km	40:00	5-6 (1 sleep stop)
	1000km	75:00	8-10 (2 sleep stops)

- Control close times based on ~15km/hr to 600km, then ~12km/hr to 1000km
- Arrival times at Controls are recorded on Control Card to qualify for a finish
- Super Randonneur awarded to those who complete a full series in a season

Riders can purchase medals for successfully completed Brevets



# Control Card example

**Randonneurs Ontario**  
**Control Card**

Event: **March to the Moon**  
Rider: **Timothy DeWard**  
Date: **21-Jul-2018**  
Event organized under the rules and regulations of Les Randonneurs Mondiaux.  
In Emergency, contact 911

Machine Owner's Name/Signature: \_\_\_\_\_

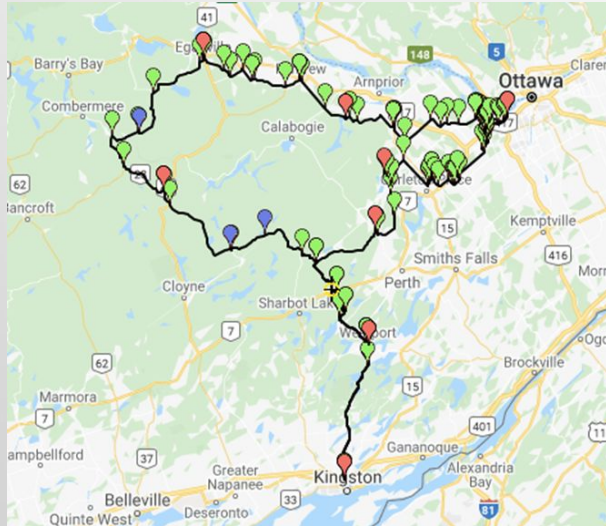
Signature of Official: \_\_\_\_\_

Control Name and Seal/Opening/Closing Times	Arrival Time and Seal/Signature of Control	Control Name and Seal/Opening/Closing Times	Arrival Time and Seal/Signature of Control	Control Name and Seal/Opening/Closing Times	Arrival Time and Seal/Signature of Control
0.0 km None Open: 21-Jul-2018 06:00 Close: 21-Jul-2018 07:00	06:00 [Signature]	139.3 km Chatham Open: 21-Jul-2018 16:14 Close: 22-Jul-2018 04:36	7:16 [Signature]		
46.0 km Newmarket Open: 21-Jul-2018 06:00 Close: 21-Jul-2018 07:00	06:04 [Signature]	362.8 km Shelburne Open: 21-Jul-2018 17:55 Close: 22-Jul-2018 08:12	10:13 PM [Signature]		
61.7 km Orillia Open: 21-Jul-2018 06:00 Close: 21-Jul-2018 07:00	10:16 [Signature]	475.9 km Fergus Open: 21-Jul-2018 20:40 Close: 22-Jul-2018 13:44	2:33 am [Signature]		
8.6 km Orillia Open: 21-Jul-2018 06:00 Close: 21-Jul-2018 07:00	1:00 [Signature]	525.8 km Shelburne Open: 21-Jul-2018 22:20 Close: 22-Jul-2018 17:04	5:10 AM [Signature]		
6.9 km Orillia Open: 21-Jul-2018 06:00 Close: 21-Jul-2018 07:00	3:07 PM [Signature]	607.6 km Barrie Open: 22-Jul-2018 00:48 Close: 22-Jul-2018 22:00	9:35 [Signature]		

# Brevet Route Examples



## Kingston 600



## Lakes and Vines 300



# Devil Week



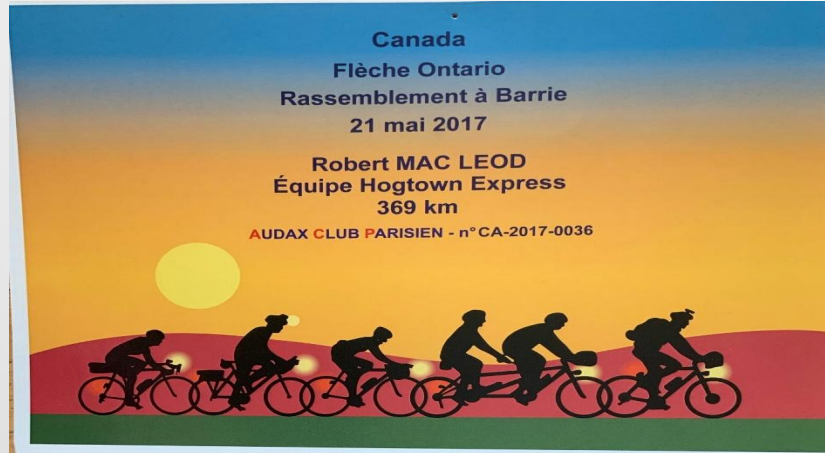
## Event Format

- Full series of brevets in one week, usually 2<sup>nd</sup> week of June
- Hosted by a different Club Chapter each year
- Accommodation usually based out of bicycle friendly hotel/motel

## 2022 Devil Week plan

- Based out of Kitchener, hosted by Huron Chapter
- 300km, Sat June 11
- 200km, Sun June 12
- 400km, Tue June 14
- 600km, Thu June 16
- For details, see Charles Horslin or Carey Chappelle

# Flèche – Team Event of 360km+



Teamwork

Camaraderie

Common purpose

Shared event



Transition to longer  
cycling distances



# Flèche 2018, 3am - Casino Rama



# Flèche Vélocio

(rapid arrow)



*In 1985, Randonneurs Ontario was first international club to do a Flèche Nacional*

## Spring event organized by clubs worldwide

- France and milder climates on Easter weekend
- BC & MI clubs Flèche on 1<sup>st</sup> weekend in May
- PQ club Flèche on 2<sup>nd</sup> weekend in May
- **ON club Flèche on 3<sup>rd</sup> weekend in May**
- NY Central & Western club Flèche on last weekend in May

## Teams

- Each team is composed of 3 to 5 bicycles
  - Single and tandem bicycles each count as 1
  - At least 3 bicycles must ride entire distance
  - Team members ride together
  - Teams may assist only their own members
- Unlimited number of teams may participate

# Flèche Vélocio



## Route

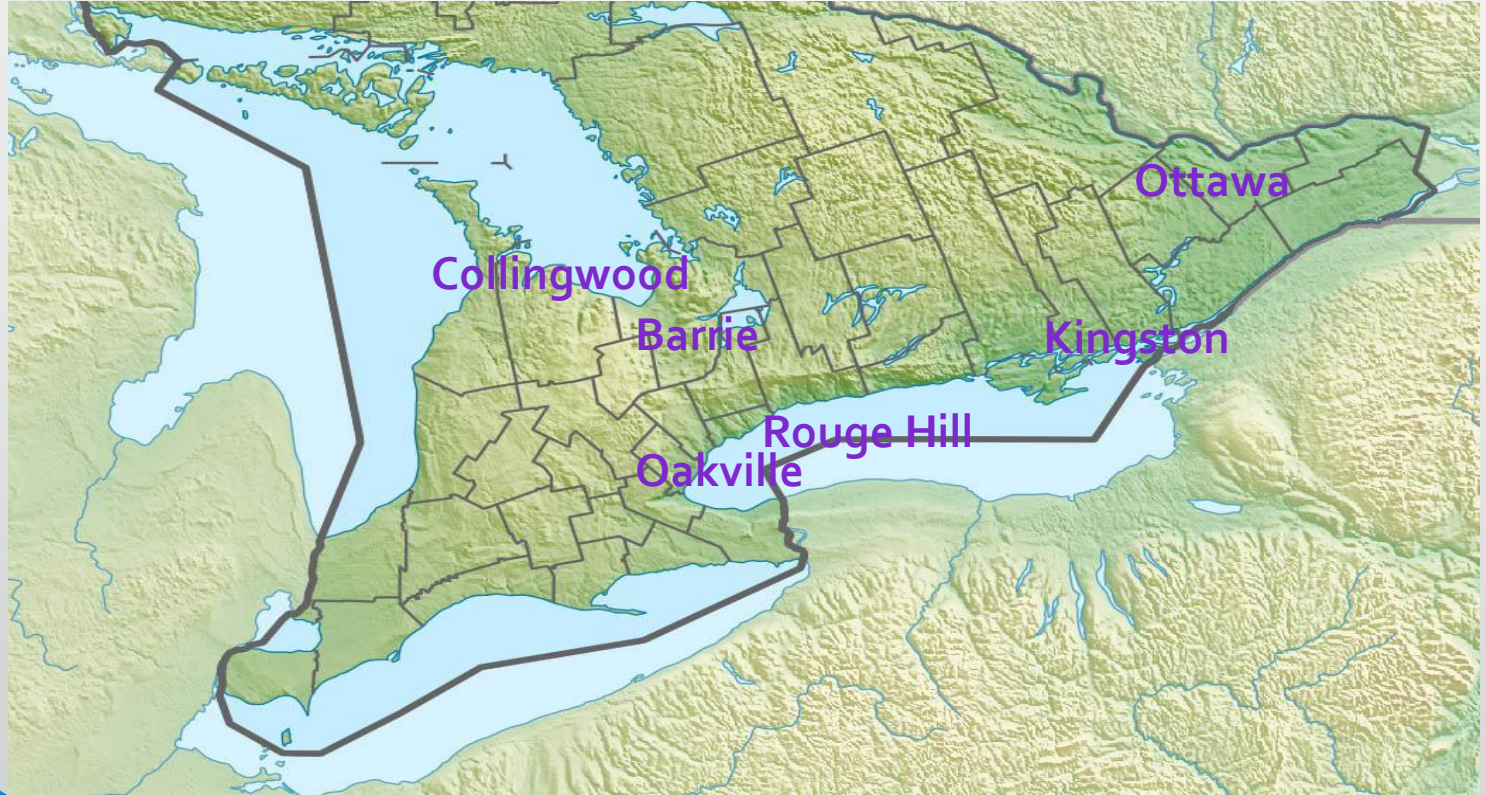
- Common club destination for all Flèche teams
- Each team designs its own route, to be Club approved
- No part of road travelled twice in same direction
- Minimum distance of **360km**

## Time constraints

- **24-hours duration**
- Start time 6pm Fri to 10am Sat, May 20-21, 2022
  - Ontario Flèche teams typically synchronize start times
- 22<sup>nd</sup> hour checkpoint with at least 25km remaining
- No single rest stop to exceed 2 hours



# Recent Ontario Flèche Destinations



# Flèche Route Plan Example



Flèche Team Unique Start

No rest >2hrs

Control Description			Route Leg					Departure		Plan Notes
#	Route Km	Location	Leg Km	Day	ETA	Ride Time	Avg km/h	ETD	Rest Time	
0	-	Markham, Main St N at Main's Mansion	-	Fri	n/a	n/a	n/a	18:00	n/a	Flèche Start, May 19 Fri 6pm
1	80.0	Beaverton, Hwy 12 at Simcoe St	80.0	Fri	22:00	4:00	20.0	22:30	0:30	Rest stop - 30m; 24h Tim Hortons
2	126.7	Orillia, West St N at Fittons Rd E	46.7	Sat	0:30	2:00	23.4	1:00	0:30	Rest stop - 30m; 24h Tim Hortons
3	180.7	Torrance Barrens Dark-Sky Preserve, South	54.0	Sat	4:00	3:00	18.0	4:30	0:30	Rest stop only, no control - 30m; among the stars
4	209.8	Port Carling, Medora St after Lee Valley Dr	29.1	Sat	6:00	1:30	19.4	7:00	1:00	Rest stop - 1h; Tim Hortons opens 6am
5	242.1	Windermere Rd at Raymond Rd	32.3	Sat	8:30	1:30	21.5	9:00	0:30	Rest stop - 30m; Shell Station General Store
6	281.6	Bala, Frank Miller Memorial Route	39.5	Sat	11:00	2:00	19.8	12:00	1:00	Rest stop - 1h; Hook & Ladder Restaurant or Bala E
7	349.6	Orillia, West St N at Fittons Rd E	68.0	Sat	15:30	3:30	19.4	16:00	0:30	Planned 22h checkpoint; Rest stop - 30m; Tim Hor
8	368.9	Hawkestone, Ridge Rd E at 11 Line S	19.3	Sat	??	n/a	n/a	??		Fast 22h checkpoint - don't pass here before 4pm
9	394.9	Barrie, 210 Essa Rd	26.0	Sat	18:00	2:00	22.7	n/a	n/a	Flèche Target; Comfort Inn & Suites
			394.9			19:30	20.3		04:30	

Destination common  
to all Flèche teams

2022 ☐ Port Credit

Min 360km

22hr Checkpoint

# Flèche 2018, 7am - Coldwater





# Flèche 2018

## Collingwood destination





# Grand Brevets

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Feb 16, 2022



# Randonneurs Ontario awards

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Feb 16, 2022

# Beryl Burton: Best Female Rider



A rider who has in one year or over several years

- Shown interest in the Club
- Provided support and assistance
- Helped on rides or helped other riders

# Beryl Burton: Best Female Rider



Nominees

Brenda Wiechers Maxwell  
JungAh Hong



# Beryl Burton: Best Female Rider



Awarded to

JungAh Hong



# Coronation Cup: Most Improved Rider



A rider with at least one previous year in the club

- Shown consistency in participation
- Improved their total mileage or brevet finishing times over the previous season

# Coronation Cup: Most Improved Rider



Nominees

Fred Chagnon

Jim Morris

John Cumming

# Coronation Cup: Most Improved Rider



Awarded to

Fred Chagnon



# Dan Herbert Award



A rider who has benefitted the club

- By mentoring one or more members
- Encouraging, educating and assisting riders to reach their full potential



# Dan Herbert Award



Nominees

Carey Chappelle  
Tiago Varella-Cid

# Dan Herbert Award



Awarded to

Carey Chappelle

# Half Wheel Award



Awarded to the club rider who consistently forced the pace of the group during brevet rides

# Half Wheel Award



Nominees

Brenda Wiechers-Maxwell

Burke Adams

Tiago Varell-Cid

Tim O'Callahan



# Half Wheel Award



Awarded to

Tim O'Callahan



# Jim Griffin: Rookie of the Year



A rider who:

- Joined the club in the year of the award or rode their first brevet
- Shown ability
- Shown interest in the club and other riders

# Jim Griffin: Rookie of the Year



Nominees

David Cole  
John Kieffer  
Victor Bui

# Jim Griffin: Rookie of the Year



Awarded to

John Kieffer

# Mike Barry / Jock Wadley Award Outstanding Rider



Awarded to a rider who is  
outstanding in one year or  
over several years

# Mike Barry / Jock Wadley Award Outstanding Rider



Nominees

Charles Horslin

Dick Felton

John Cumming



# Mike Barry / Jock Wadley Award Outstanding Rider



Awarded to

John Cumming

# Organiser of the Year



The person who has:

- Provided support to the club's events over one or several years
- Demonstrated care for the well being of riders
- Consistently organized and supported club rides

# Organiser of the Year



## Nominees

Carey Chappelle

Charles Horslin

Dave Thompson

Tim O'Callahan

Vytautas Janusauskas

# Organiser of the Year



Nominees



Vytas Janusauskas



# Outstanding Performance on a Brevet

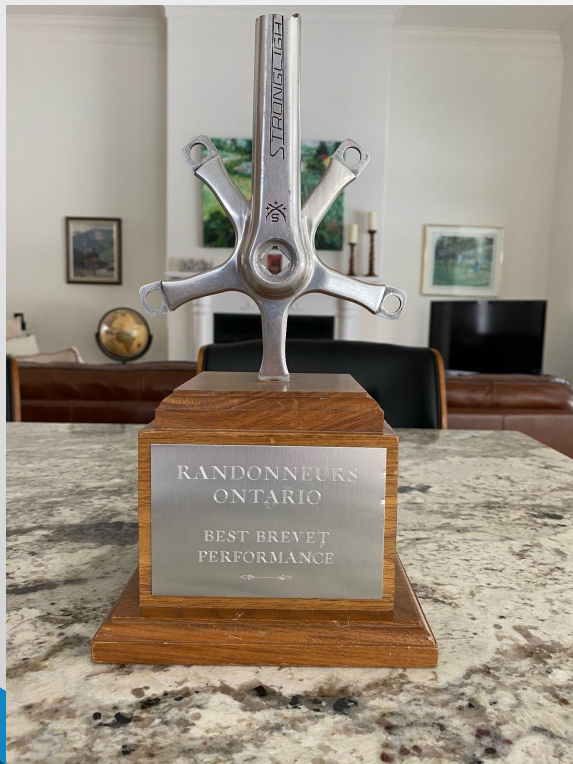


A rider who has:

- Demonstrated fortitude, courage or generosity on a brevet
- Demonstrated physical or mental abilities beyond the usual in the conduct of a brevet



# Outstanding Performance on a Brevet



Nominees

Matt McFarlane

Remi Parent

Sergi Tsymbal

Victor Bui

# Outstanding Performance on a Brevet



Awarded to

Remi Parent



# Special Recognition Award



Awarded to the club rider who has had a cycling accomplishment that MERRITTS special recognition

# Special Recognition Award



Nominees

Ben Merritt

David Cole

Jim Morris

# Special Recognition Award



Awarded to

Ben Merritt



# Long Distance Award



Awarded to

??



# New Awards

# O-12



Awarded to every rider who completes 12 consecutive brevets or permanents (200km or longer)

8 of these must be done in Ontario

Report completion of the O-12 to your Chapter VP

# Ontario Explorer



Complete at least one brevet in each RO Chapter in a single calendar year

Report completion of the Ontario Explorer to your Chapter VP

# O- 3000



Complete at least 3000 kms of brevets in RO events in a single calendar year

Report completion of the O-3000 to your Chapter VP





# Riding a 1,000km brevet

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Feb 16, 2022

# Riding a 1,000 km Brevet

“Randonneur cycling's ugly duckling...

The black sheep of the brevet family...”

# Randonneurs Ontario 1,000 km Brevets (since 2010)

## July 03, 2021 [Coureur de Bois](#) 1000

John Cumming - 66:00  
Peter Grant - 69:00  
[JungAh Hong](#) - DNF  
Sergii Tsymbal - 66:00

## August 03, 2019 [Manitoulin](#) 1000

Martin Cooper - 67:10  
[Charles Horslin](#) - 66:44  
Gert Schmitt - 63:53  
David W. Thompson - 67:10  
Michael Thomson - 64:59

## August 04, 2018 [Three Lakes](#) 1000

Brian Brideau - 59:57  
[Jerzy Dziadon](#) - 59:00  
Chris Greig - 57:19  
Erin Marchak - 70:15  
Sergii Tsymbal - 64:45  
Tiago Varella-Cid - 62:55

## June 30, 2018 [Coureur de Bois](#) 1000

Wayne Bernknopf - 64:50  
Marc Bisailon - 68:53  
Olivier Caty - 68:53  
Olivier Januario - 59:10  
Vytas Janusauskas - DNF  
Michel Lemaire - 68:53  
Mark Nickel - 63:41  
Larry Optis - 62:05  
Pascal Philippe - 69:05  
Jean-Francois Theriault - 68:53

## August 05, 2017 [Lake Ontario Lap](#) 1000

Renato Alessandrini - DNF  
Brian Brideau - DNF  
Chris Greig - 59:36

## July 01, 2017 [Coureur de Bois](#) 1000

Robert Kassel - DNF  
Jean [Longtin](#) - DNF

## July 30, 2016 [Coureur de Bois](#) 1000

Michel Gervais - [65:51](#)

## August 06, 2016 [Manitoulin](#) 1000

Brian Brideau - 64:44  
Martin Cooper - 64:44  
[Jerzy Dziadon](#) - 64:44  
Dick Felton - 72:30  
Robert Macleod - 72:30  
David Thompson - 64:44

## August 01, 2015 [Lake Ontario Lap](#) 1000

William Bruce - DNF  
John Cumming - 67:57  
Ben Merritt - 67:57

## August 02, 2014 [Toronto-Ottawa-Toronto](#) 1000

Stephen Jones DNF  
David Pearson 68:05

## August 02, 2014 [Coureur de Bois](#) 1000

Marie-Claude Dumais DNF  
Yves Ferland DNF  
Paul Kramer DNF

## June 29, 2013 [Lake Ontario Loop](#) 1000

Renato Alessandrini - 61:05  
[Henk Bouhouzyen](#) - 62:18  
Brian Brideau - 48:40  
[Jerzy Dziadon](#) - 62:18  
Dick Felton - 69:15  
Stephen Jones - 48:40  
Robert Kassel - 54:25  
Albert Koke - 61:05  
Fred Krawiecki - 62:45  
Jean [Longtin](#) - 54:25  
Terry Payne - 69:15  
Stan [Shuralyov](#) - 69:15

## June 29, 2013 [Coureur de Bois](#) 1000

[Bill Pye](#) - DNF

## August 04, 2012 [Toronto Ottawa-Toronto](#) 1000

Kathy Brouse - 72:00  
Stephen Jones - DNF  
Mark [Nieweglowski](#) - DNF  
Arthur Reinstein - 72:00

## July 30, 2011 [Toronto Ottawa-Toronto](#) 1000

Renato Alessandrini - 64:25  
Dick Felton - 67:54  
Rolf [Hauckwitz](#) - DNF  
Stephen Jones - 52:10  
Robert Kassel - 56:16  
Stan [Shuralyov](#) - 67:54  
David Thompson - 64:52

## July 02, 2011 [Coureur du bois](#) 1000

[Henk Bouhuyzen](#) - 64:45  
Fred Krawiecki - 64:45  
Terry Payne - 65:45

## August 19, 2021 [Manitoulin](#) 1000

John Cumming - 74:10

# A Brevet “Series” ...

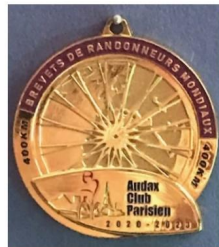
- Super Randonneur = 200, 300, 400, 600



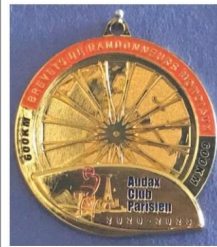
2020 200k



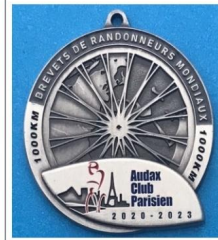
2020 300k



2020 400k



2020 600k



2020 1000k

- For R5000, R10000 = 200, 300, 400, 600, 1000

*1,000 km Brevet vs 1,200 km Brevet –What's the Difference????*

“A 1,000 km Brevet is  
20% Tougher  
than  
a 1,200 km Brevet!”



# 1,000 vs 1,200

## 1,000 km Brevets

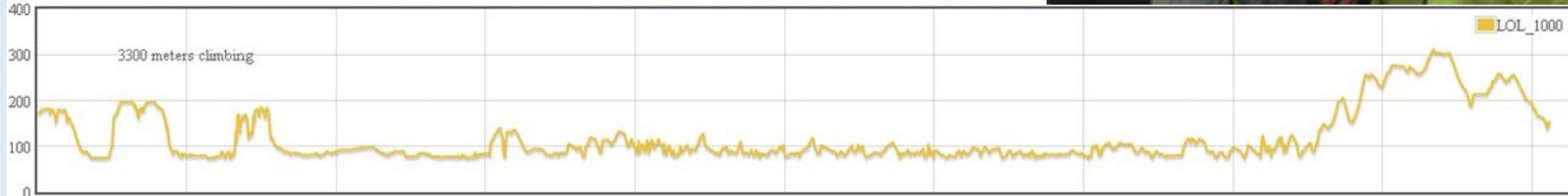
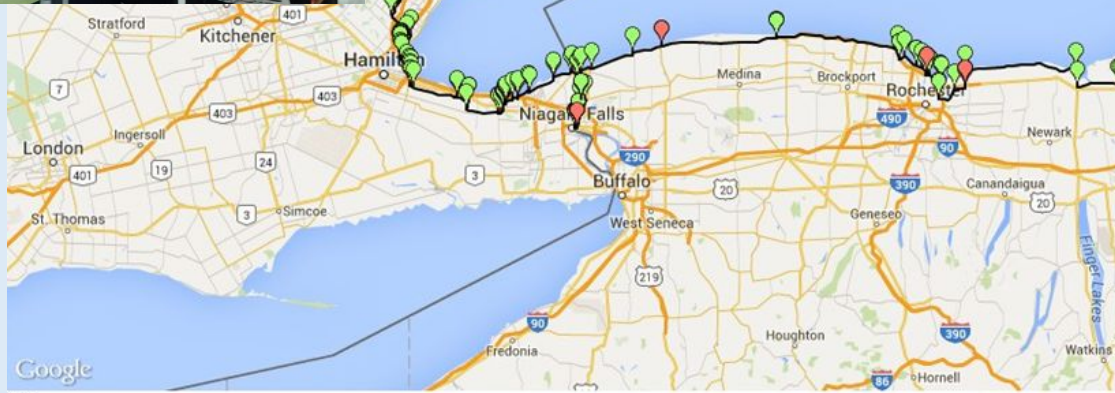
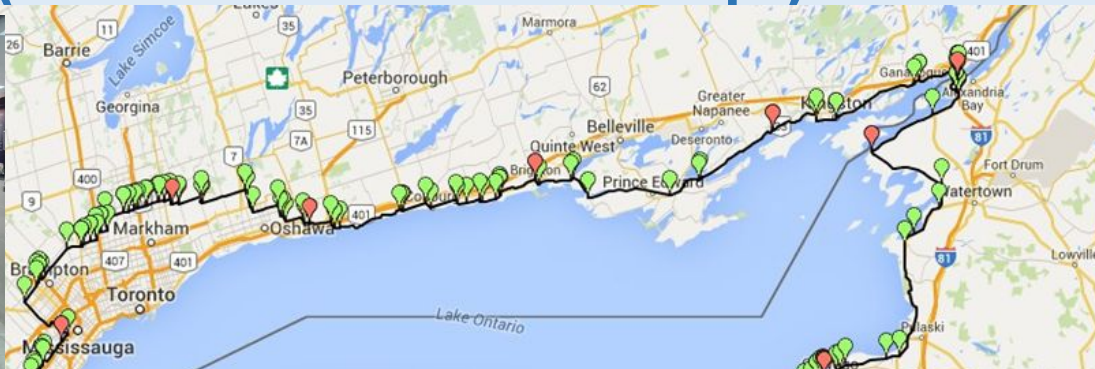
- Administered by ACP
- More “self support”
- Small group of riders
- \$\$

## 1,200 km “Grand Randonees”

- Administered by RM
- More Organizer support
- Many Riders (40 -60)
- \$\$\$

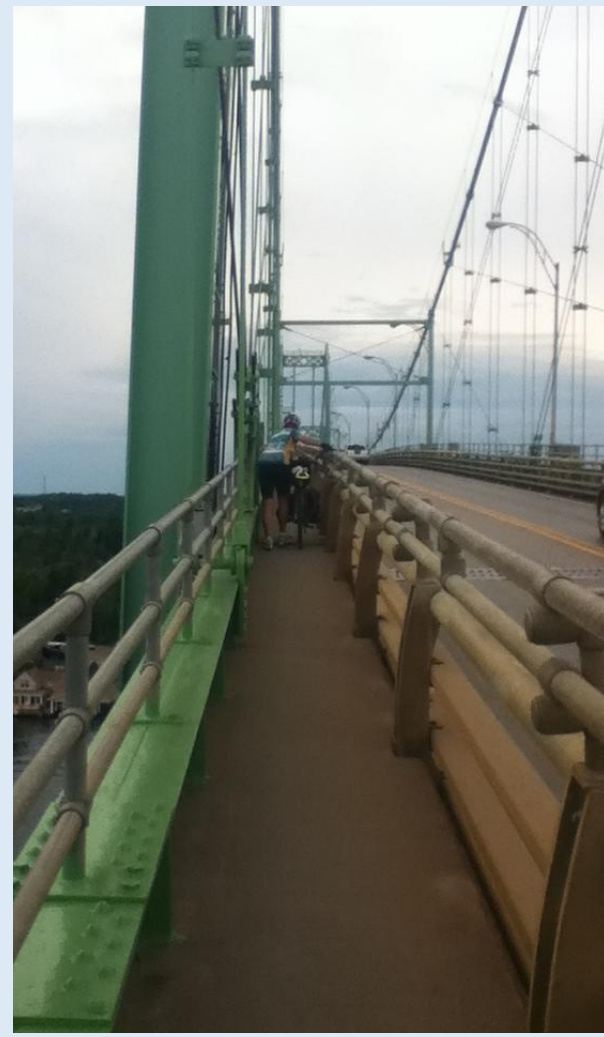
- 1,000 distance option sometimes offered for scheduled Grand Randonnees

# LOL (Lake Ontario Lap) 2015



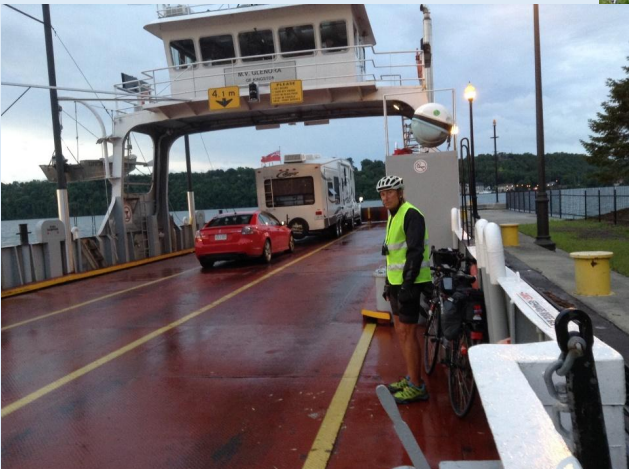


# LOL (2015)





# LOL (2015)





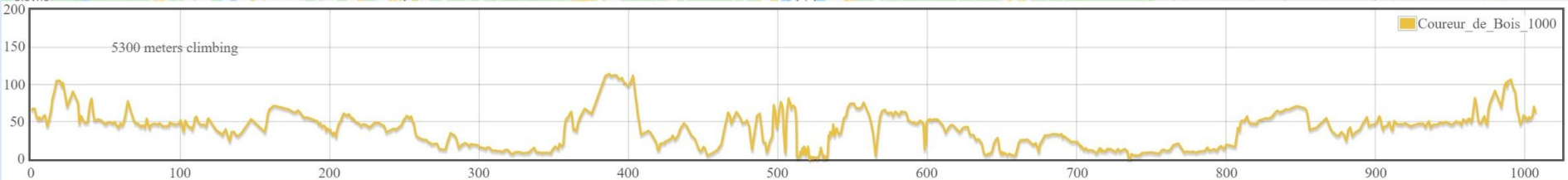
# RANDONNEURING

Like being homeless,  
only with less appropriate clothing

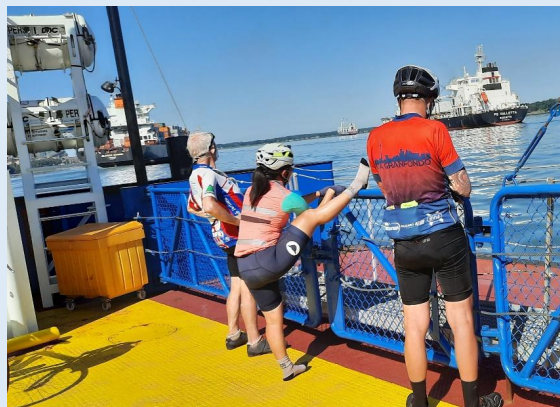




# Coureur de Bois (2021)



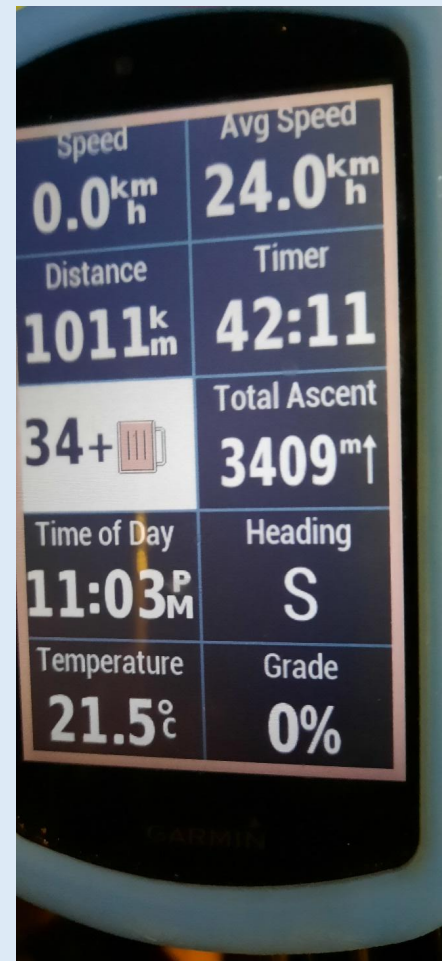
# Coureur de Bois (2021)





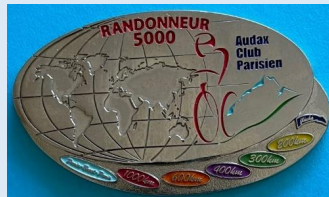
# Coureur de Bois (2021)

Randonneurs Ontario			Coureur de Bois 1000 km			Jul 03 2021		
Control Location & Open/Close Time	Time	Seal & Signature of Control	Control Location & Open/Close Time	Time	Seal & Signature of Control	Control Location & Open/Close Time	Time	Seal & Signature of Control
<b>Ottawa</b> 0.0 km O: Sat 05h00 C: Sat 06h00			<b>Saint-stanislas</b> 402.0 km O: Sat 17h12 C: Sun 07h48	Sat 07:29	JBC	<b>Sorel</b> 734.2 km O: Sun 04h35 C: Mon 08h44	Mon 8:06	JBC
<b>Plantagenet</b> 62.9 km O: Sat 06h51 C: Sat 09h11	07:24	JBC	<b>Donnacona</b> 470.6 km O: Sat 19h29 C: Sun 12h22	11:05	JBC	<b>Blainville</b> 835.9 km O: Sun 08h13 C: Mon 17h38	14:05	JBC
<b>Blainville</b> 176.9 km O: Sat 10h12 C: Sat 16h47	12:42	JBC	<b>Quebec</b> 520.5 km O: Sat 21h09 C: Sun 15h42	14:13	JBC	<b>Hawkesbury</b> 905.2 km O: Sun 10h42 C: Mon 23h43	18:04	JBC
<b>Joliette</b> 251.5 km O: Sat 12h29 C: Sat 21h46	16:56	JBC	<b>Sainte-croix</b> 575.8 km O: Sat 22h59 C: Sun 19h23	17:37	JBC	<b>Ottawa</b> 1007.0 km O: Sun 14h20 C: Tue 08h00	23:00	JBC
<b>Trois Riviere</b> 346.6 km O: Sat 15h28 C: Sun 04h07	22:15	JBC	<b>Becancour</b> 661.8 km O: Sun 02h01 C: Mon 02h25	21:35	JBC			



# Why Ride a 1,000 ??

- To Challenge Yourself !
- Qualification for Grand Randonnees
- Earlier Registration for Paris Brest Paris
- R5000 and R10000 Awards



# How do I Prepare for a 1,000 ??

- Research (R.O Blog, RandoList)
- Devil's Week!
- Ride... Lots!
- Equipment Test Rides
- Visualize (Graphical Planning)



## Distance Axis



Coureur de Bois 1000



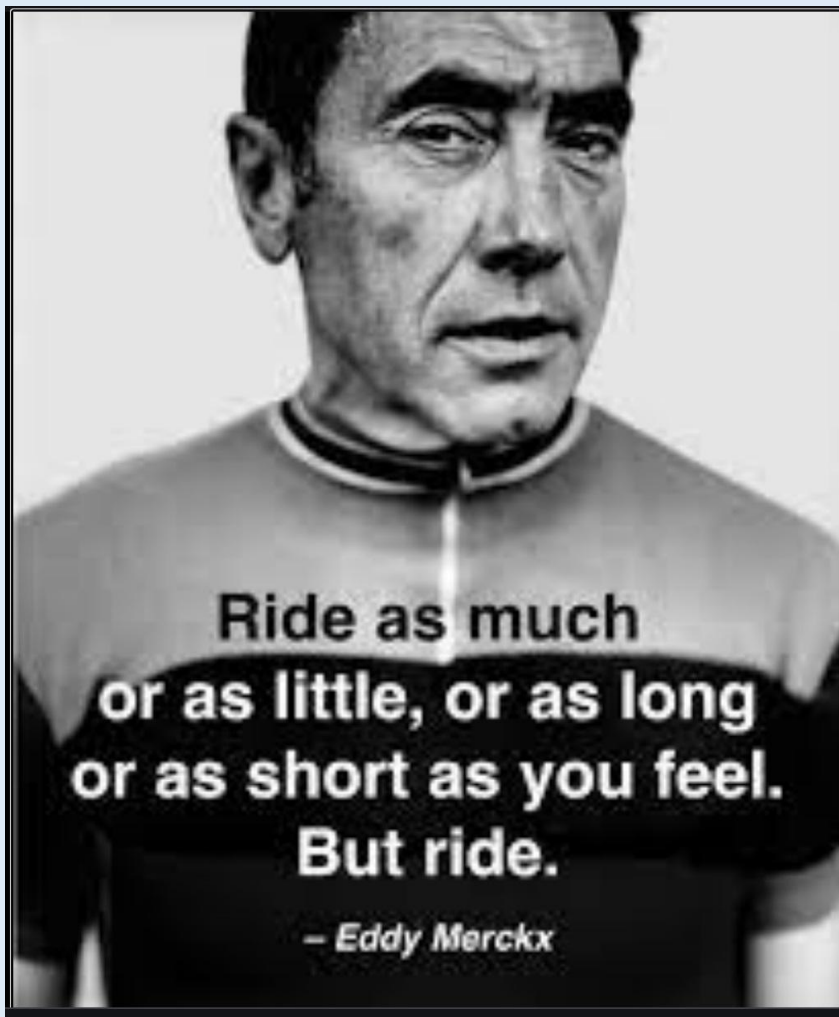
## Moving Speed" Lines

## Distance Axis

# 1,000 km Brevet Opportunities

- Randonneurs Ontario
- Other Provinces (Nova Scotia, Quebec, BC)
- RUSA (~ 20 in US in 2022)
- Some Grand Randonnees (1,000 km option)

Good  
Luck!



Questions or feedback?

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# Q&A

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