
January 11, 2023 | Issue: 23

RANDONNEURING MOMENTS: A VIEW FROM NEW JERSEY...

Mary Foley (#10814)

Location: Village Park in Cranbury, New Jersey

Details: During a 2021 permanent ride (4030) titled Donuts and Hoagies.

Region: New Jersey Randonneurs



AMERICAN RANDONNEUR MAGAZINE UPDATE

We would like to welcome Corinne Warren (#7898) who is taking over as editor of American Randonneur, our quarterly RUSA magazine. She is part of the Rocky Mountain Cycling Club in Colorado. Congratulations, Corinne. And a big thank you to Janice Cherenkoff for her ten years of service as the previous editor.

COLD WEATHER RESOURCES

Are you wondering the best way to stay warm when the temperature drops? This guide, provided by 45NORTH, breaks down what to wear at six specific temperature ranges.

2023 CALENDAR USA 2023 GRAND RANDONNEES FOREIGN GRAND RANDONNEES

Visit the [RUSA website for the 2023 schedule](#) and adventures available to you in 2023.

Additionally, the Washington Post shared this article titled "How to Bike Safely During the Winter Months" additional resources available [here](#).

Our final resource is this video with Dr. Andrew Huberman, Ph.D. (a neuroscientist at Stanford School of Medicine) and Dr. Craig Heller, Professor of Biology at Stanford University and a world expert on the science of temperature regulation. They discuss many things and also explain how to offset hypothermia and how the body/brain maintain temperature under different conditions.



DYNAMIC RESULTS FILTERING

You may be interested in this new feature for "slicing and dicing" results from the RUSA database. It could be your own results, an event, a region, a year, whatever you're interested in. Here's the [link](#) for more details.

REGIONAL BREVET ADMINISTRATOR OPENINGS

The map of RUSA regions across the US has not always been as it is now. Unfortunately, a number of [RUSA regions](#) have gone inactive over the years. If you happen to live in or near a dormant RUSA region and you'd like to cut down on the long trips just to get to the start control of a brevet, consider [becoming a RUSA Regional Brevet Administrator](#) (RBA) and reviving one of these regions. For example, LA: New Orleans and OR: Northeastern are two regions that have shut down in the last year when a replacement RBA was not available. Other regions such as CA: Fresno, MO: St. Louis, AR: Little Rock and more are currently dormant, in want of an RBA.

Our [home website](#) now features the logos (with links to the websites) and dates for our six 2023 grand randonnées. Three are brand new!

If you are interested in examining all of the 2023 Grand Randonnées, check [here](#) for a breakdown from the Rocky Mountain Cycling Club website:

- 6 in the United States
- 46 foreign Randonneurs Mondiaux
- 1 Audax Club Parisien Grand Randonnée (Paris-Brest-Paris)

RUSA STORE

Lots of sweet swag & trinkets available so [visit the RUSA store](#) to see what bling-bling is available.

BEHIND THE SCENES: BOARD MEETING MINUTES STRATEGIC GOALS MISSION / VALUES / PRINCIPLES

Interested in seeing what's going on behind the scenes and where we are headed?

- 2022 strategic goals [here](#)
- Archived board of directors meeting minutes [here](#)
- Mission, values and organizational principles [here](#)

PARIS BREST PARIS RESOURCES



Photo Credit: Wei Sun

Are you getting ready to head out to your first Paris Brest Paris (PBP) this year but have questions about how best to get to Rambouillet, where to book your hotel and/or where to store your bike box?

Wei Sun (#9717, San Diego Randonneurs)

You can also propose to RUSA a new region as part of an RBA application. If you want to revive a dormant region or create a new one, make contact with any RBA of a region within 250 miles of the region you are interested in and ask for their feedback.

If you have any questions feel free to reach out to the [RBA Liaison](#) and we can talk about what it takes to be an RBA.

2023 BOARD OF DIRECTORS

Your Board has chosen the 2023 officers:

- President: Bill Bryant
- Vice President: Dawn Piech
- Secretary: Gardner Duvall
- Treasurer: Dave Thompson

other Board members are:

- RBA Liaison: Rob Hawks
- Charlie Martin
- Vincent (Vinny) Muoneke
- Dan Driscoll

shares this resource on how to plan out your travel logistics to reach the start.

Paris Brest Paris Resource

Additionally, our updated RUSA PBP Wiki is available [here](#).

MEMBERSHIP RENEWAL REMINDER

Don't forget to renew your membership for 2023 [here](#).

INFINITY SEAT

Welcome our newest advertiser, Infinity Seat. The Infinity Seat allows you to "Focus on the Ride, not the Pain". You will receive a \$50.00 off Discount Code by using "RUSA50" for saddle purchase within two weeks [here](#).



Randonneurs USA mission is to promote non-competitive, long-distance cycling and serve as the sanctioning body for randonneuring events in the United States.

Randonneurs USA is a 501(c)(3) tax-exempt nonprofit organization.



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