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Subject: Ready2Roll Cycling - 2017 Training Series: Beginner Ride 1
Date: January 11, 2017 at 8:04 AM
To: Stephen moskose@swbell.net

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Heads-up - Beginner Ride 1 at 8:00am on Jan 14

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It's officially time to get our 2017 newbies ready to roll...

We are currently in the pre-season and the holidays have just past. Most of you are still getting yourself and your bike ready but a few of you are true beginners and are very eager to get some early miles in, out on the road. We have two bonus rides planned just for you beginners and our mentor riders.

Today's note will focus on the beginner ride coming up this Saturday. I have limited this note almost exclusively to the beginner ride info to keep it as short as possible. There are some intentionally repetitive items today because certain questions come up frequently early in the season and I'm trying to make sure everyone catches all the details.

Today's Topics are:

- **Beginner Ride 1, Waller H.S. 13.6 miles**
- **Weather Hotline: 281-907-9007**
- **Thank You - Sun & Ski Sports!**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Garage Sale!**
- **Post-ride Brunch Recommendation**

Beginner Ride 1, Waller H.S. 13 miles, Sat, Jan 7, 8:00 am

This week, our beginners will meet at **Waller High School** for a 13.6 mile beginner orientation ride.

This ride is aimed at beginning riders who need some short rides in to get used to riding on the road and in a group. These rides are not for veteran riders who haven't been on their bike since last April but they are for veteran riders who are willing to come out and "adopt" 2-4 "newbies" by riding at their pace while teaching them how to ride safely and courteously and how to avoid hazards, communicate on the ride, etc.

Directions to the Start

The ride will start at 8:00 am at **Waller High School, 20950 Field Store Rd, Waller, TX 77484.**

To get to the start, take 290 northwest from town to the Field Store Rd exit. Make a right turn and drive about 1/2 mile past the high school (on your right) to Waller Spring Creek Rd. Turn right and the entry to the parking area is on the right after you pass the buildings. It is best to drive past the first entry drive to the large parking area. There should be plenty of parking here for the beginners and mentors but please park in one space and leave room for others to park next to you.

There will be a sign-in area on the other side of the entry drive up against the building. Upon arrival, riders are requested to come and sign in on the alphabetical lists at the sign-in tables. Then, proceed to get your bikes to ride. The overall list is split into 8 parts - A's on the left and Z's on the right - there are large signs on the front of the sign-in table so you can see which list to line up for.

There are restrooms in the field building just east of the parking lot - this is on the side opposite the high school over towards the ball fields. The entry is on the side of the building facing away from the parking but it's a short walk around to the restrooms.

Note - There is a MAJOR project underway to widen Hwy 290 and it definitely impacts traffic. We are starting fairly early but you still need to allow at least 20 extra minutes in case there is an accident or early slow-down as the traffic builds. If you live west of the Sam Houston Tollway, I suggest taking the Westpark Tollway or I-10 to the Grand Parkway and taking the GP to 290. Also, it is easy to miss the Field Store exit right now as there is only one, easy to miss sign before the exit and a small sign right at the exit so if your navigation system is not fully trustworthy or you don't use one, try to remember that Field Store is the exit immediately after the Waller Tomball FM-2920 exit.

Reminder - This is Beginner Ride #1

This ride is intended for beginners and mentor riders. Each mentor will team up with 2-4 beginners and will coach them on the route. The group will focus on riding safely and predictably, obeying traffic laws, communicating with their riding group, hydration, using gears and basic passing etiquette as well as getting used to riding on the road and getting in 13 miles of training.

The route will go north on Field Store Road about 6.8 miles to Hamner's Store at FM-1488. We'll have snacks and water at the stop and then, return back the way you came.

The total distance is slightly over 13 mostly flat miles. We are basically on Field Store Rd almost the entire ride but there are twists and turns and it's pretty quiet on Saturday morning so it's a good route for our beginner rides.

This week, you should arrive between 6:45 and 7:15 am in order to have time to park, sign in, **shop the garage sale**, use the restroom, get your bike ready, team up with a group and have a brief orientation before the start of the ride. If you arrive at 8:00 am for an 8:00 am start, you will miss our start and may be behind our SAG support team on the road. Please arrive early enough each week to park, get ready and line up for the pre-ride announcements.

Before the ride, each rider who shows up signs in on the weekly rider attendance list. Your initial in when you arrive in the "Started" column. When you finish the ride, you initial out in the "Finished" column so we know that everyone made it back. If you haven't practiced the alphabet in a while, it would be helpful to practice a little before Saturday. There is also a line for riders who enrolled very late (after the lists were printed) or who have not enrolled yet. This line will be to the left or right of the enrolled rider lines at a separate table.

* - Note: "Far left" and "Far right" in this case are totally non-political positions - the A's are in the sign-in line on the left and the Z's are in the sign-in line on the right. The Moskowitz's are right smack in the middle! (Of course, if we ever did a training ride in Israel, the A's would be on the far right and the Z's would be on the left.)

The first time you participate in one of our rides, you will be issued an adhesive number to **place on the FRONT of your helmet** so it is easy to see that you are part of our training series. When you come to your first ride and get your rider number, please print the number (NEATLY) in the number column to the left of your name on the sign-in list. Please also keep the number on your helmet all season. If you do lose the number, don't worry, just bring your first born, or something of similar value to exchange for a new number at the next ride. Please (NEATLY) write the new number to the left of your name so we can update your assigned rider number. (This is critical as we use the stickers to identify our riders and if there is an emergency, we can identify you if the pavement scrambled your brains a little bit.)

Note - According to the Google Maps I'm looking at, Field Store Rd turns into Fields Store Rd (note the extra "s") about 3 miles into our ride. I don't know the background on this but I don't recall seeing this noted both ways in the past - there may be some political intrigue going on here and the debate about Field Store vs. Fields Store Rd goes on...

Weather Hotline 281-907-9007: In case of inclement weather or last minute ride updates, Ready2Roll Cycling has a dedicated phone hotline number. We suggest you adding this number to your phone and if you are ever wondering if a ride may be cancelled or postponed due to weather or other concerns, simply call this number ride morning for updates. Keep in mind this number is for informational purposes only and is not monitored.

Weather Note: We have been keeping an eye on the weather forecast for this Saturday since we made the decision to postpone the ride. The chance of rain this Saturday has varied from 40% up to 80% but as I prepare this note, it is showing cloudy weather, mid-60's and only a 10% chance of rain. We'll keep watching and send an update out Friday to let everyone know how things look.

Thank You Sun & Ski Sports!

Be sure to thank **Sun & Ski Sports** who very generously provides tech support for the entire training series. The bike mechanics will be on site about 7:00 am this Saturday to help with simple maintenance and repairs. Please do note that the purpose of the tech support is to assist with minor problems that develop before or on the ride, not to overhaul your bike for free before the ride.

Note - Sun & Ski Sports will be hosting their annual Bike University event on Friday, January 20. There will be lots of mini-seminars on training, basic bike maintenance, safety, etc. as well as several bike suppliers showing new goodies, plenty of light food and drinks and lots of good deals on equipment and clothing. It will be at their 6100 Westheimer store (between Chimney Rock & Hillcroft) beginning about 6:00 pm. I'll be there talking about how to train for the BP MS-150 and will be available to answer questions at or in between the sessions. This is the night before our second beginner ride so the timing is good on the equipment/clothing deals.

FAQ - Do I need to RSVP for the Rides?

Many of you have asked if you need to RSVP for each ride. The answer is "No".

You do not need to RSVP for the ride each week - you just show up (45 minutes to an hour before start time) and sign in so we know who is riding. You also sign out after you finish so we know everyone is back.

Each week, there will be a sign-in list at the ride. All riders who have enrolled are listed in alphabetical order and the list is broken up into smaller lists (A-D, E-H,...) so no one has a long line to sign in. You initial in on the Started column next to your name before you ride. When you are finished, you come back and initial the Finished column so we know you are finished.

The first time you show up to ride, we'll be issuing you a rider number to place on the FRONT of your helmet so we know you are enrolled. Please DON'T take the number off after the ride. You use the number (and helmet, we hope) all season. If you need to get a new helmet, we'll issue a new number but otherwise, please leave your rider number on your helmet through the training series.

Garage Sale - Cycling Clothing & Eqpt for Sale this Saturday!

Here is a repeat of a very popular feature for our beginner rides. We collect donations of new or gently used clothing and equipment in good, working order, and sell it to the new riders at a very reasonable cost. We even have quite a few extra, unused jerseys from teams that donated leftover from prior years. This is a Win-Win deal as the new riders can get a jump start on their cycling needs at a reasonable cost and all the money raised is donated to the MS Society.

Remember when you were first getting into cycling and you realized you still needed

warm gloves, you only have one jersey with pockets or that your 'normal' windbreaker became a parachute when you wore it to ride?

For many of us that have been riding for years, now it is the opposite problem. You may have upgraded to the latest in tech gear or received new super cool clothing as gifts, so now your closet is overrun with items you no longer wear. Well, here is your chance to clear out your gently used cycling gear and help out our new riders at the same time.

Proceeds collected from the sale will be contributed to the MS Society.

...Note - we already have had significant donations of some great, **unused** jerseys, etc. as well as some almost new stuff so this will be a GREAT chance for new riders to get some great stuff at great prices and raise money to fight MS. We have credit card readers and two iPads plus Internet access so we'll be able to take credit cards, cash or checks at the ride.

Teams may want to designate one person to collect these items for drop off. OR bring to the ride EARLY on Saturday.
Contact: Jan Cohen: 713-817-4898 or JanCohen@Ready2RollCycling.com

Post-ride Brunch Recommendation

Here's a useful tip and a tradition at my house...

...any time we are driving in or out of Houston on 290, we include a stop at Waller County Line BBQ which is just one exit past Field Store Rd. They have great BBQ at very reasonable prices. The location is 20727 FM 362, Waller, TX 77484. To get there, just take Field Store Rd back to 290, turn right and take the frontage road about one mile to FM-362. Turn left under 290 and WCLBBQ is on the right. You might be tempted to stop at the Buc-ee's on the right as you come to FM-362 - this is fine but save room for BBQ on the other side of the freeway.

I'll definitely be eating there after the ride - just try to ignore the home-made cakes, brownies, pies, cobblers and banana pudding...

...and did I mention that they will have a special lunch deal for us. Just tell them you are with Ready2Roll Cycling and the deal will be posted on a sign near the line to order.

OK, it's hard to believe but that's it for this week's ride note.

Watch your inbox Thursday for another special topic note to help cover more of the common issues/questions early in the season and watch for any late breaking news on the weather this Friday.

I look forward to seeing our new riders and a few mentors this Saturday in Waller...

Thanks!
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