

From: Steve Moskowitz SteveMoskowitz@Ready2RollCycling.com
Subject: Ready2Roll Cycling - Training Ride 3 - Fulshear, Feb 11, 8:00 am
Date: February 8, 2017 at 8:27 AM
To: Stephen moskose@swbell.net

R

Training Ride 3 - Fulshear-Brookshire

Is this email not displaying correctly?
[View it in your browser.](#)



Good morning! As many of you are reading this note today, I'll be on the way back from a wonderful week in California with the family. I hope everyone has been staying safe and is getting ready for Ready2Roll Cycling's 2017 training series ride #3!

Today's note covers the following topics:

- **Training Ride #3 – Fulshear-Brookshire, Feb 11, 8:00 am**
- **Safety Corner - Feedback/Reminders from First Rides**

----- Training Ride #2 – Fulshear-Brookshire – Feb 11, 8:00 am – 23, 37 (or 51) miles

This week, we're staying fairly close to home and, since many of our riders are still on their first or second ride ever, or in quite a while, we'll offer another classic route that includes short (23) and medium (37) options as well as an optional extra 14-mile loop for riders moving fast enough to beat the cut-off time and get a 51 mile ride in. The route is a lopsided figure eight with a 23 mile west loop and a 14 mile east loop. The roads are flat again – we'll remain pretty flat until Ride 4 when we'll see our first rolling roads.

Please note that we're starting from a brand new high school and this is the first time they have hosted a bike ride (there wasn't enough room in the past) so **the honor society and other student groups are going to be out before the ride serving breakfast** and have lined up a food truck (or more) to serve lunch after the ride. Please bring cash for the breakfast and a credit card or cash for lunch so we help the students raise funds for their community service projects and they will want us to come back next year.

Directions to Fulshear High School, 9302 Bois D Arc Ln, Fulshear, TX 77441

To get to the start, take I-10 or the Westpark Tollway west to the Grand Parkway. From I-10, take the Grand Parkway south to the FM-1093 exit or take the Westpark Tollway west to where it ends at the Grand Parkway. Head west on FM-1093 from the Grand Parkway and drive approx. 7 miles to the light at Bois D'arc. Turn right at the light and the new high school is on the right about 1/4 mile from the turn. We'll be parking in the lot behind (east of) the high school but some late arrivals may need to park around the front side of the school.

NOTE – If you live west of the Grand Parkway, it may be quicker to drive out to the Woods Rd exit on I-10 and take this south to FM-359 and come into Fulshear from the north. **Traffic WILL back up coming into Fulshear at the peak time since this is only a two lane local road and there is construction from the Grand Parkway to FM-359.** Please allow extra time to get to the ride start this weekend - aim to arrive by 6:45 and expect a delay as you get closer.

Route Time Cut-offs

We are early in the season so our biggest focus is on getting our new riders gradually ready to ride the longer distances we'll be covering in the second half of the season. The ride this week does offer up to a 51 mile option but, in order to ensure everyone is covered by our SAG support team, we need everyone finished before 1:00 pm. This still allows you to average 12.5 mph and take short (5-7 minute) breaks and ride 51 miles if you are ready to go this far but most riders will ride 37 miles and the newest riders will be fine covering the 23 mile route.

The decision point on distance occurs at FM-1093 and Bois D'arc where we start and where the riders turn to finish back at the high school. The cut-off times for the distances are at this point and they are:

- 10:30 am - Cut-off for riders doing the 37 mile route - if you are returning from the 23 mile west loop after 10:30, you will be directed to turn left to head back to the school (this means you need to average 11 mph to ride the 37 mile route).
- 11:30 am - Cut-off for riders doing the 51 mile route - if you are completing the first 14 mile loop after 10:30 am, you will be directed to continue straight on Bois D'arc back to the school to complete 37 miles and not start another 14 mile loop.

A big THANKS to Sun & Ski Sports for providing tech support!!!. Week after week, they are here looking after us this. Be sure to thank them for their support all season! They will be at the Fulshear High School about 7:00 and will remain there during the ride. If you need to SAG back with bike tech problems, they may be able to fix it in time for you to do the second loop on the route.

ALL Riders Need to Sign in and Sign out - There will be a master list split into 8 shorter lists at the sign-in tables. Please initial in before you ride and initial out when you are finished so we know you made it home. The lists will be split up by last name as follows:

A – B
C – D
E – G
H – K
L – N
O – R
S – T
U – Z

The sign-in lists will be on four large tables along with the ride maps. Any new riders who enroll after the lists go to print (at noon on Friday) will be listed on the late enrollment list at the Information table next to the sign-in tables.

Safety Corner - Feedback from Early Rides

I am sharing some feedback from this past weekend and repeating a few of the safety tips from previous weeks because we have quite a few riders who enrolled after these notes went out and we had feedback that we're doing better but should still focus on many of these tips. Please read on – this is important information...

A Ride Marshal wrote: "From the Ready2Roll training ride this weekend, a couple of safety and training items stand out - properly fitting one's helmet and cycling cadence. Below are links to helpful videos and articles on the subjects.

Fitting one's helmet

The ride marshals were checking helmets before the training ride and the newbies especially needed some guidance. Please check your helmet fit at home and take a few minutes to read these tips. This could literally save your life.

- <https://www.youtube.com/watch?v=-DYW9XPke1s>
- <http://www.ndhealth.gov/injury/publications/Easy%20Steps%20to%20Properly%20Fit%20A%20Bicycle%20Helmet.pdf>

Cycling cadence

One Ride Marshal noted seeing numerous riders struggling with their pedals when riding into the wind or climbing. They wanted to make sure our riders understand cadence - the rate you pedal and how this impacts the effort needed to ride. Please take a few minutes to check out these links and use these early rides to experiment and determine the optimum gears to use when you are riding on the flat roads vs. climbing, descending, etc. This will make a tremendous difference in how easy it is for you to ride to Austin in about 12 weeks.

- <https://www.youtube.com/watch?v=7VMPcf7VcXQ>
- www.bikeradar.com/us/gear/article/technique-cadence-matters-16394/

The other key tip is to please remember to ride single file on two lane roads and be aware of traffic.

I had several reports that some of our riders were riding 2 abreast and taking the entire lane or shoulder and holding up riders needing to pass safely. Some riders also disregarded coaching from Medics and Ride Marshals to ride single file.

When there is no traffic or riders approaching from behind, it is OK to ride two abreast but you should still stay to as far the right as possible and, if riders call as they approach or vehicles are approaching, one rider should note to the other that they are going to move in front or behind the other rider into single file to allow a safe pass. See more about passing below.

This is an important skill to practice over our entire series because you will be passing a lot of riders and probably also be getting passed a lot on the BP MS150. We want all our riders to practice and learn to make passing safe, effective and even fun. This will make a huge difference in your enjoyment of the ride as well as every rider you pass or who passes you.

Here are a few more brief but important reminders:

- Come to a full stop at each stop sign! The only exception is intersections controlled by police officer
- Note: This week, we are scheduled to have law enforcement officers at every light or stop sign on the route but you still need to slow down and prepare to stop until the officer has acknowledged you and signaled you to proceed.
- Obey the Ride Marshals, Medics and Law Enforcement cyclists! They are coaching you to make you a safer and better rider.

Safety Corner 2 - Group Rides, Drafting & Pacelines, Helmet Tips

Please remember these key tips about a group ride.

Do's

- Ride smoothly and predictably - DON'T make sudden stops, changes in speed or turns
- Communicate - BOTH ways, call hazards, call when passing and listen to others
- Ride your ride at your pace
- Listen and respect the Ride Marshals, Medics and law enforcement officers directing us - they are looking out for our safety
- Ride single file or maximum 2 abreast if on a wide shoulder or a road that is closed to regular vehicular traffic
- If riding two abreast, please pay attention and, if riders approach to pass, gradually go to single file to allow a safe pass
- Enjoy the ride - Remember that this is a fund-raiser to find a cure for MS, not a race!

Don'ts

- Ride to the left of the center stripe (short passing is OK as if you were a car but don't ride there)
- Pass on the right
- Ride so far out in the road that riders can't pass or have to pass you on the right
- Overlap the wheel of the rider in front of you
- Ride in pacelines (unless you are very experienced with the general process and the specific group you're are riding with)
- Wear headphones (any type) or talk on your cellphone while riding

I will come back to many of these in detail over and over until we are all familiar with the fundamentals of safe riding.

Last Minute Reminders:

- Put your clothing/eqpt out Friday night (include water bottles!)
- Drink this week, our distances are getting longer and it will be warmer so you will lose more water on the ride (see special topic note coming tomorrow)
- Arrive on time, no, make that EARLY - no later than 7:00 this week!
- We always have a LARGE crowd for this ride so if you arrive late, you may miss the start and be behind our support team which means you are on your own if you have any mechanical difficulty.

I post each e-mail note shortly after sending on our Communications page so, if you enrolled recently or you can't get to your inbox or my notes are being eaten by your dog, you can always go to www.ready2rollcycling.com and find the notes online – click the Communications tab on the red bar at the top and look at the weekly note archive on the Houston Series page.

While you are on this page, note that the weekly ride maps will also be posted shortly before the ride as well as GPX files. The PDF file of the ride map this week is now online.

OK, that wraps it up for today. Watch for the special topic note on Hydration tomorrow and I will be sending any late, breaking news I need to cover this Friday so please keep an eye on your inbox.

I'll see many of you in Fulshear this Saturday...

Steve Moskowitz

Ready2Roll Cycling
SteveMoskowitz@Ready2RollCycling.com
www.ready2rollcycling.com

[follow on Twitter](#) | [friend on Facebook](#) | [forward to a friend](#)

Copyright © 2017 Ready2Roll Cycling, All rights reserved.
You are receiving this e-mail because you opted into the
2015 Ready2Roll Cycling distribution list.

Our mailing address is:
Ready2Roll Cycling
11027 Holworth
Houston, TX 77072

[Add us to your address book](#)

[unsubscribe from this list](#) | [update subscription preferences](#)