

**Subject:** Ready2Roll Cycling - 2017 Training Series - Ride 7 - New Waverly, 8:00 am  
**Date:** Wednesday, March 15, 2017 at 11:25:42 AM Central Daylight Time  
**From:** Steve Moskowitz (sent by Steve Moskowitz  
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**To:** Hesham

**Ride 7 Starts this Saturday at New Waverly High School @ 8:00 am**

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Good morning everyone...it's time to start the second half of the training season. On this occasion, we are going to do something completely different this week - different route for our ride!

This Saturday, we'll be starting in New Waverly and riding up to the south edge of Huntsville. This is a fairly long drive so you do need to leave early enough to get to the ride by 7:00 am. There is basically one way in so if you want to be parked at 7:00, you need to be exiting I-45 by 6:30-6:40 at the latest.

Before I get to the weekly ride details, I want to provide a short update on an important topic – **Volunteers...**

The success of our rides depends on each team sharing a very small part of the responsibility of recruiting volunteers to help support each ride. At this time of the season, it's a little harder to come by because most riders have realized that the BP MS 150 is just weeks away and they need to ride as much as possible. We still have a critical need for volunteers so if your team is on the schedule to help at one of the final rides, please help your team by volunteering or recruiting family, employees or friends to help.

Each team helps support the rides by supplying a mix of SAG drivers and Rest Stop volunteers (The smallest teams only help with the rest stops). These volunteers are on the ride they support but we split this up among all the teams so riders don't have to miss more than one ride to help share the load of supporting the rides. As noted, you can recruit family and friends to help as well – we just need diligent people who can help provide mobile support and help at the rest stops.

We still have teams that have not sent me their volunteer list for this week so please get on it. Here is the schedule of teams assigned to help for the last six rides:

- **March 25 – Columbus** – Baylor College of Medicine, BP, DXP Cycling, H&M Builders, Susman Godfrey, Team Biogen, WellFit Services (w/ Calpine), The Children's Hospital, Venezuela7Estrellas Bike Club
- **April 1 – Chappell Hill** – No specific teams scheduled, we only need to recruit SAG support on the short-medium routes
- **April 8 – Cat Spring** – Best Little Cycling Team in Texas, Cheniere, DOI, Energy, I-10 Connection, IHS Markit, Norton Rose Fulbright, Old Army C

- Shell, Team BEMA, Team CGG
- **April 15 – New Ulm** – BakerHughes, BHP Billiton, Bike Barn, ConocoPhillips, DirectEnergy, Gardere, Houston Methodist Hospital, HP & Hewlett Packard Enterprise, Marathon, Memorial Hermann, NOV, Phillips 66, WellFit Service (Calpine), Trelleborg Offshore
- **April 22 – Katy-Hempstead** – BP, CenterPoint Energy, DirectEnergy, Houston Methodist Hospital, Houstonian Hammerheads, IHS Markit, IonC Voyagers, Memorial Hermann, Noble Energy, Parker Drilling, Subsea 7, Te Audrey's Heroes, Team BEMA, Team Wood Group

PLEASE contact your team captain ASAP to let them know if you, or a family member/friend can help.

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**2017 Ready2Roll Cycling Training Series - Ride 7 - New Waverly, Mar  
 am**

As we start the second half of our season, this ride offers a 32 mile option and challenging 51 mile option. Since we are now in the second half of the season, anticipate that most riders will be riding the long route so the rest stops will be for the long route. Riders going short, the route from the start to the rest stop long (18 miles) but is flat to very gently rolling so you will easily be able to cover distance after the last few moderately hilly rides. After the rest stop in Huntsville routes finish together on a very beautiful and challenging stretch of road on the of I-45.

**NOTE - We will send all the 51 mile riders out first, then, we'll send the 32 mile riders.** This is necessary because each distance follows a different route less than 1 mile into the ride. If you are going short this week, please wait to start with your group. You may take the wrong route or have to make an unprotected turn back in New Waverly. Please be patient and pay attention as we send the riders out so you have a chance to ride the distance you intended to ride.

**Remember - We are going to a small town so you need to carpool! This is critical...**

NOTE – I think I mentioned this before - the long and short routes split almost immediately so we will send all the long route riders first followed by the short route riders. Many of you may find yourself on the wrong route if you start with the group. This is a classic example of how hanging with the wrong crowd can result in trouble!

The long and short routes are basically large triangles. The first two legs of the long route are very gently rolling while the first two legs of the 52 mile route are fairly hilly. The two routes come back together on Veterans Memorial Parkway just south of Huntsville shortly before the final rest stop (the only stop for the 32 mile route) where the real fun begins... This leg runs parallel to I-45 and shortly after the rest stop the fire station, hits you with the toughest climb so far this year. Shortly after that you pop out onto the 45 frontage road which is surprisingly quiet because there is very little development along this stretch and also very little access from the freeway. This offers a "roller-coaster" ride according to 30 year MS150 veteran and noted local cyclist Marshall Cohen. This stretch of road was one of Marshall's favorite roads in his life. You will quickly see why when you get there.

On the long route, we have approval again for a "lite" stop just past 12 miles. This is in a national forest so porta-lets are not allowed but they will allow us to have snack and drinks. This provides a good, short break point before another 11.5 miles to the rest stop and the porta-lets. Be sure to use the porta-lets at the start before heading out on the long way before we get to locations where we can place porta-lets on this route. The ride through the national forest is spectacular. If you don't think you can ride through without a pit-stop, there is a camping area less than 1/2 mile off the long route on the left side of Road which is slightly past mile 7 on the left.

Here is a useful safety tip for the hills. You will learn that we all climb and descend at different rates so spread out in the hills and allow more room to anticipate the front slowing and/or weaving as they climb and descend. Please don't spread out on the road but be patient and only pass slower riders when you have confirmed it is safe to do so. Please also remember to stick to single file, respect other riders' traffic and use effective communications when passing or being passed.

**Directions to the start of the ride (Read all of this...)**

**We are starting at the New Waverly Track Facility & High School, 94675, New Waverly, TX 77358.**

Take I-45 north to exit 102. Go east (right) to New Waverly on FM-1375. Turn right onto New Waverly on Highway 75. The high school is just under a mile down on the right. There is a great drive to line up and depart from and the rest stop volunteers and drivers will park there and organize the ride support and depart just before we

The map, GPX files and Ride with GPS downloadable routes will be online later heading to New Waverly shortly for one last drive to make sure there is no last construction or road hazards that popped up recently before I post the files.

**NOTE** - Parking will get tight so be sure to go to the Ready2Roll Cycling website for a carpool or post your own if you're not already carpooling.

**NOTE - New Waverly is about 15 miles north of Conroe so allow plenty of time to get to the start.**

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**Safety Feedback - Allow Reaction Distance and Don't Overlap Wheels**

One of our Ride Marshals shared good feedback...

I recently saw a rider take a spill because his front wheel contacted the rear wheel of a rider in front of him. Luckily, his only injury was a minor cut to one of his fingers. It could have been much worse. I think what happened is that riders ahead did not call out an obstacle, and then the rider immediately in front of my team member swerved to avoid the obstacle. That's when the wheels contacted.

This is a good reminder to never overlap wheels and always protect your front wheel from striking anything! I recommend to my riders to keep a safe distance behind the lead rider, preferably one bike length away and never closer than one wheel diameter away. Also, I recommend riding slightly off-center from the rider ahead so that you can see what's going on in front of the lead rider. It also shows how important call signals are to riders all around you.

Here is another great reminder shared by another of our great Ride Marshals.

**Cleanliness:** On the last leg of a recent ride, I saw trash on the road or road shoulder: a water bottle, a CO2 cartridge, a cup of gummy bears, a taillight. There is no doubt that all of this (or any of this) came from our riders but it might be timely to point out that we want to leave these roads and communities at least as clean as we find them.

**Steve's Feedback** – This is right on the mark. We aim to leave the rest stop cleaner than we found them. We do have plenty of trash bags spread around the rest stop. PLEASE USE THE TRASH BAGS for all trash so that we don't leave anything behind after we're gone.

OK, that's plenty of news for today.

I'll see many of you in New Waverly - please allow plenty of time to get there and

thanks!

**Steve Moskowitz**

Ready2Roll Cycling

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