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Sent: Wednesday, January 16, 2013 11:26 AM
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Subject: [EXTERNAL]2013 Ready2Roll Cycling Training Series - Beginner Ride 2, Jan 19, VF Factory Outlet, Hempstead, 9:00 am

Good morning all and congratulations to the 255 beginners and mentors who turned out in Waller last week to ride! The rain held off except a few light sprinkles near the very end. Of course, the wind did pick up gradually so, after a pleasant light tail wind on the way out, we had a pretty strong wind on the way back. All our riders did great!

The clothing/equipment flea market was a BIG hit! Many of you got GREAT deals on new and/or gently used jerseys, gloves, jackets, trainers, bike racks, etc. We have collected quite a bit more donations and will have another sale at the ride this week. We have quite a few more jerseys in all sizes as well as other clothing, a Camel Bak water system, etc. Be sure to arrive early or stop by after the ride to check out the deals. All the money will be donated to the MS Society.

It's time to send the details about our second pre-season beginner ride but before I get to the ride details, I have a few other items to cover. These are for everyone so I wanted to hit them first.

Since we have a number of riders who were recently added to the distribution and, since our first regular ride is coming up on Jan 26, I am also including the series schedule.

Today's note includes these items:

- **2013 Training Schedule**
- **Good Safety Feedback - Beginner Ride 1 - Stop Sign, Riding Two Abreast, Ride on the Right Side (of the road) & Cycling Cadence**
- **8th Annual Sun & Ski "Bike University" and Customer Appreciation Sale - Jan 26/27**
- **Reminder - All Riders Need to Enroll**
- **Reminder - No RSVP Needed - Ride Sign-in Process**
- **Beginner Ride 2, Hempstead TX, 25 miles - 9:00 am start time**
- **Safety & Etiquette Tip #2 - Passing (& being passed)**

2013 Training Schedule

Here is the 2013 training schedule...

<h2 style="margin: 0;">2013 Ready2Roll Cycling Training Rides</h2>
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Week	Date	Time	Location	Mileage	Start
B1	1/12/13	9:00 AM	Waller-Field Store	13	Waller Stadium
B2	1/19/13	9:00 AM	Hempstead - Monaville	26	VF Factory Outlet
1	1/26/13	7:45 AM	Katy / South	28 / 37 / 50	Katy Mills
2	2/2/13	8:00 AM	Fulshear North	28 / 46 / 68	Fulshear Comm'l Center
3	2/9/13	8:00 AM	Hempstead (Pedal the Prairie)	24 / 45 / 55 / 71	Waller Co Fairgrounds
4	2/16/13	8:00 AM	Sealy	33 / 44 / 58	B&PW Park
5	2/24/13	8:00 AM	Houston Oaks	34 / 46	Houston Oaks
6	3/2/13	8:00 AM	Columbus	51 / 60	Beeson's Park
7	3/9/13	8:00 AM	Fayetteville	43 / 60	Town Square
8	3/16/13	8:00 AM	Cat Spring	44 / 54	Social Hall
9	3/23/13	8:00 AM	Chappell Hill (Head for the Hills)	26 / 45 / 63	Chappell Hill
10	3/30/13	8:00 AM	New Waverly	32 / 51	New Waverly H.S.
11	4/6/13	7:45 AM	Katy / Hempstead	49 / 74	Katy Mills
12	4/13/13	7:30 AM	New Ulm	43 / 50 / 65	Fireman's Park

----- Good Safety Feedback - Beginner Ride 1 - Stop Sign, Riding Two Abreast, Ride on the Right Side (of the road) & Cycling Cadence

It is very normal to get some very useful feedback from our mentor riders and Ride Marshals, especially after our beginner rides. After all, the purpose of these rides is to help our beginners learn how to be safe, courteous, and effective riders. I collected several of the feedback tips you shared with me after the ride. I hope everyone will read these - there is useful information and reminder for all of us here.

Stop Signs

This is a tip we refresh each year and, as usual, we can use a 2013 refresher. Our ride was on some fairly quiet roads so when a group came to a stop sign, in many cases, the group either partly stopped and proceeded or in a few cases, since there was no traffic close, just rolled through the sign. Remember that we are vehicles and the same laws apply to us. Some communities occasionally post law enforcement in a subtle spot where they stop numerous riders who roll through stop signs but it doesn't matter if there is anyone present or not - we need to stop before proceeding.

Any time you are riding, if you come to a stop sign, each rider is required to come to a complete stop before proceeding through the intersection. If the intersection is clear, you can spread out and have 2-3 riders stop and proceed through together but the only time it is permissible to ride through without stopping is when a uniformed law enforcement officer is controlling the intersection. They are trained and authorized to control, traffic.

Please read on for a related tip that will apply to those of you who ride in a group or organized pace line after you learn how to do so safely.

When the line encounters a stop sign, the lead rider communicates to slow down and prepare to stop at the stop sign. The last rider in the group scans the road behind and if it is safe to do so, lets the riders know that they can also scan the road behind and take the lane when it is safe to do so. (It is important for each rider to scan the road before taking the lane - please remember this and don't just move over w/o looking and please don't call "Clear!" which implies that it is safe to proceed w/o looking. When I am on the back and our line is coming to a stop sign or turn where we need to move over, I take a good look back and if it is safe, I start to move over to take the lane while calling to the riders ahead: "I am taking the lane to stop (or turn), please look to be sure it is safe before you pull over."

As each rider or line of riders stops and is proceeding through the intersection, ride at a very easy pace on the other side until you entire group has safely made it through. This ensures that the riders behind you don't feel pressured to ride through without stopping. Once you are all past the sign and back together, gradually return to your normal pace.

This is a very simple process to use to safely get through intersections safely. You will make a very good impression on riders and drivers who are not used to riders who courteously share the road and look after the safety of the group.

Riding Two Abreast

It is permissible to ride two abreast as long as you are not impeding local traffic. It is best from a safety and courtesy perspective, to defer to the local traffic as much and as soon as possible so this means that if you are on a road with no traffic and want to ride two abreast, you make a point of watching and listening for any vehicles and, as soon as you are aware of any approaching, stop your conversation for a moment, announce: "Car back" or a similar appropriate notice, then safely and smoothly move to single file until all traffic has passed. Then, you can resume but if there is regular traffic, it's best to stack to single file. Remember, no more than two abreast unless you are on a bike tour with dedicated use of the road and NEVER spread across the center line.

Ride on the Right

It is very common for new riders to allow extra room on their right side as they get used to riding on the road. The laws say cyclists should ride: "as far to the right as is practicable" but they don't define the exact distance. as you ride, occasionally look at your distance to the right side of the road and try to keep it close to 18" which allows room to pedal without brushing the curb.

Here are some very useful tips on this issue shared by Marathon Ride Marshal, Terry Krysl

http://www.bikeleague.org/resources/better/ride_better_tips.php

<http://www.bikenewyork.org/advice/rules-of-the-road/staying-right/>

Don't forget that if you need to stop, do so slowly, after letting riders around know you are stopping and then move off the route to the right as quickly as possible.

Cycling Cadence

Terry Krysl also noted that many of our new riders were using the same gear on the way back, into the wind, that they used on the way out with the tail wind. This means that they were putting a lot of stress on their legs and knees to ride into the wind. We all vary slightly but most of us pedal most efficiently in to 80 to 95 revolutions per minute range. Here is a collection of useful material Terry collected:

<http://www.cptips.com/tech.htm>

<http://www.active.com/cycling/Articles/Cycling-Cadence-101>

<http://www.bikeradar.com/fitness/article/technique-cadence-matters-16394/>

<http://adventure.howstuffworks.com/outdoor-activities/triathlons/training/cycling-cadence.htm>

I don't want to overload you with tips so this is plenty for this week. please take some time to read and re-read these and to practice these tips on the rides. they will make you safer and more effective and enhance your enjoyment on the road.

8th Annual Sun & Ski "Bike University" and Customer Appreciation Sale - Jan 26/27

Each year, when it's time to start training, Sun & Ski Sports (our VERY generous Bike Mechanic sponsor all season) hosts a big bike/equipment sale as well as a "Bike University" offering speakers on many topics of interest to riders.

The 2013 Bike U is scheduled next Friday night and Saturday (1/26 & 27) at the Sun & Ski Sports location at 6100 Westheimer - about a mile east of Hillcroft/Voss. I will be there Friday night and will be speaking about tips for training - something I've been working on for a few years. I'll be presenting from 6:00 to 6:45 and again from 7:15 to 8:00. Please feel free to drop in and ask questions about the series and training tips.

This is a great opportunity to come out and look at great bikes and a LOT of equipment that you may not have. Remember, the name of the store is Sun & **Ski** so they also have all types of cold weather gloves, head covers, outer shells, etc. for conditions colder than anything we will face on our rides. Each year, I always find some really useful (and tasty) items that I add to my winter wear drawer and save for the 1-2 really cold rides we may face this season.

Here are more details about the event:

Friday, January 26: 6 pm – 10 pm

*Free Cycling Clinics

- Roadside Maintenance

- Preventive Maintenance

- MS150 - What to Expect

- Cycling for Women

- Nutrition
- Training Tips

- *Food Provided
- *Drinks Provided
- *Door Prizes
- *Comp Trainer Competition
- *Special Offers - Save Up To 50% OFF!
- *Factory Bike Reps On-Site

Saturday, January 27: 11 am – 4 pm

- *Factory Bike Reps On-Site
- *Special Offers – Save Up To 50% Off!

----- **Reminder - All Riders Need to Enroll**

Last week, we had a few riders who showed up who had not enrolled yet. We are not permitted to allow anyone to participate in the rides without enrolling. Doing so might cause us to lose the ability to hold the rides. We don't use a paper enrollment process because we also use the enrollment form to confirm that each rider wants to be added to the email list so we have each rider enroll online.

Since the rider list typically has to be frozen and printed Thursday night, there is an option for late enrollees to still make the ride on Saturday. If you complete the enrollment form Friday or very early Saturday, please print a screen shot of your basic rider info (name, address, etc.) before submitting the form and make a 2nd screen shot after you submit your enrollment. Bring these two prints to confirm to our volunteers that you have enrolled after the list was printed.

----- **Reminder - No RSVP Needed - Ride Sign-in Process**

Several of you have sent me notes to say you will or you won't be coming to the ride. You do not need to RSVP for the ride. You just need to arrive 45 minutes to an hour early and sign in, get your bike ready, etc. We plan our rides based on experience of how many of you will show up and we take specific attendance at each ride through the sign-in process. Keep reading to understand the sign-in process...

Each week, there will be a sign-in list at the ride. All riders who are enrolled (and did not select the Email only option) are listed in alphabetical and the list is broken up into 4-8 smaller lists 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.

----- **Beginner Ride 2, Hempstead TX, 25 miles - 9:00 am start time**

This week, our beginners and mentors will head out to Hempstead for a pleasant 25 mile loop to Monaville and back.

The ride will start from the VF Outlet in Hempstead. The physical address is 805 Factory Outlet, Dr, 77445.

To get there, take Hwy 290 Northwest from town to Hempstead. Stay on 290 past the first Hempstead exit and go to the FM-1488 exit. Make a left under 290 and drive approx a mile to the Factory Outlet Drive on your left. Turn left on Factory Outlet drive and turn right at the driveway in the back - see the aerial view below. **We'll be parking in the back and the west side which are at the top and left in the photo.** We'll be exiting via the drive we entered on so please arrive by 8:15 in order to allow time to get ready and lined up on the north drive for our 9:00 am departure.



This ride is intended for beginners and mentor riders. Groups of beginners will start based on their pace (fastest riders go first) and the mentors will join each group as they depart. 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 25 miles of training.

The first portion of the ride will head east and south from Hempstead to Monaville along FM-359. There is a shoulder on 359 and we'll all stay on the shoulder. You can ride two abreast as long as you listen for riders who need to pass and let them safely pass by moving to single file. See more on passing below.

You should arrive between 8:00 and 8:15 am in order to have time to park, sign in, use the porta-lets if needed, get your bike ready, team up with a group and have a brief orientation before the start of the ride.

Each rider will sign in on the ride - the master list of paid riders will be split into 4-6 sub-lists so you will get in the line for the list with your name and 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.

This year, Sun & Ski Sports has very generously provided their tech support to provide mechanics before our beginner rides as well as full support for the training rides. The bike mechanics will be on site about 8:00 am to help with simple maintenance and repairs. The purpose of the tech support is to assist with problems that develop on the ride, not to overhaul your bike for free before the ride.

----- **Safety & Etiquette Tip #2 - Passing (& being passed)**

As we get accustomed to our wave start (fastest riders start first, slowest start last), you will probably need to pass some riders and will be passed by riders on occasion. Here are some useful notes.

I'll write about this quite a bit in the early weeks and we'll practice it all season long. Mastering these simple and effective tips will greatly increase your safety and enjoyment of the rides and do the same for all the other riders. After we practice this for a few weeks, you will be pleasantly surprised at how much more friendly and civil our riders and rides are versus the normal public ride.

If you are riding two abreast and hear a rider approaching who calls out "Riders approaching on the left", you should stop talking for a moment while gradually and smoothly moving to the right in front or behind the rider next to you after calling out, "Moving to the right". Please don't slow down suddenly, maintain your steady speed and gradually move to the right to single file. This will give the approaching riders room to pass safely without having to get out on the road. We will be practicing this passing etiquette many weeks so we wanted to get you out on a road with a good shoulder early to start practicing.

The keys to successful passing are:

- Passer

Communicate well ahead as you approach - call out: "Rider(s) approaching well before you are close enough to pass to let the slower riders know you are coming

If you are in a group, call out to your group: "Riders ahead, slowing" and gradually slow to an appropriate pace until it's clear to pass

Call out "Passing left" once it's clear and you start to overtake the rider(s)

The middle riders call out something like: "Four more riders behind" so the riders know how many more to expect

The last rider calls out: "Last rider"

- Passeur

Be aware of your surroundings - if you hear a group announce their approach...

...Temporarily stop your conversation, maintain your steady speed

...The rider(s) on the left let the rider(s) on their right know they will move over
(and let them know if you will pull in front or behind them)

...then, gradually move over to the right

...let the rider(s) come by

...after the last rider passes, you can call out that you are moving back out to the left - as long as you look to make sure it's clear to pull over

PS - It's OK, actually encouraged to liberally apply the words: "Thank You" as a passer or passeer as part of your communication...

At no time should the group being passed slow down suddenly as this can cause a rider to hit the rider in front of them. Our mentors will be helping to practice passing. Remember to avoid sudden moves, listen, communicate and be patient.

After the rest stop in Monville, we'll take a very pleasant and fairly quiet road back up to Hempstead. There is no shoulder on this stretch so all riders will ride single file.

The route is mostly very flat with a few very gentle ups and downs. We are scheduled to have a law enforcement officer in Hempstead at business 290 and Factory Outlet Drive. Remember that we are vehicles and we obey the officer as well as stop signs and all other laws on the road.

Watch for my annual note on Winter Wear tomorrow. This has useful info, based on personal experience and good rider feedback on how to stay comfortable on cold days. I'm not sure if the note will prognosticate on the Spring hot colors yet...

I'll see our beginners and mentors this Saturday in Hempstead...

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