

Moskowitz, Steve E.

From: Stephen Moskowitz [stevemoskowitz@ready2rollcycling.com]
Sent: Friday, January 25, 2013 12:06 PM
Cc: Ambulance Racers - Stewart Guss; Apache - Lisa Nutting; Because We Can - Ron Brannigan; BG Group - Katie Bennett; BP - Amanda Banduch; BP - Eric Cioti; Calpine - Jim Sandt; Calpine - Norma Dunn; CBI - Chris Cagle; CenterPoint - Tory Bracy; CGGVeritas - Derrick Cooksey; CGGVeritas - Jesse Rivera; CGGVeritas - Jutta Rivera; CGGVeritas - Raul Castor; ConocoPhillips - Steve Moskowitz (home); Moskowitz, Steve E.; - Critz Cullen; Enbridge - James Edgar; Enbridge - Jeff Cardinal; EP Energy - Michael Ferrel; EP Energy - Todd Gornick; ERM - Chris Young; For the Cause - Kim Kareah; Fugro - Ted Tankard; Harris Caprock - Gary Wise; SMay@Mail.com; Houston Oaks/WellFit - Mark LeBlanc; blrainey2@sbcglobal.net; HP - Cara Baez; HP - Rebecca Forsyth; HP - Robert Thornton; Marathon - Alison McCaslin; Marathon - Elizabeth Smith; Martha Turner - Ashton Martini; Martha Turner - Courtney Henderson; Mattress Firm - Becky Means; Memorial Hermann - Maria Nelson; Methodist Hospital - Kathy Shadle; NOV - Jason Bozic; OIArmy Cycling - Chris McFarland; Parker Drilling - Kathy Moran; Cohen, Marshall (P66); Ready2Roll Cycling - Jan Cohen; Marshall & Jan Cohen; Ready2Roll Cycling - Robbie Moskowitz; Ready2Roll Cycling - Steve Moskowitz; Shell - Chris Holan; Shell - Mark Poindexter; Statoil - Angel Callejon; Sun & Ski - Alison Albrecht; Sun & Ski - Andrew Christ; Sun & Ski - Toby Craig; Sun & Ski Sports - Daniel Graham; Sun & Ski Sports - Mynette Murtagh; Sun and Ski #82 (Katy Mills); Susman Godfrey - David Peterson; Susman Godfrey - Trey Peacock; Team Audrey's Heroes - Jacks, Aaron; Team CAIC - Lina Arango; Team CAIC - Marco Contreras; Team DODI - Evan Jones; Team DODI - Leo Magallon; Texas Children's Hospital - Jill Simon; Texas Children's Hospital - Seema Patel; Toyota - Manuel Sanchez; Transocean - Karen McConaughy; Urban Bicycle Gallery - Judy Tuttle-Wurth; WellFit Group - Mark LeBlanc

Subject: [EXTERNAL]2013 Ready2Roll Cycling Training Series - Ride 1 Late Updates - 7:30 am Start!!!

First of all, I have to apologize for the incorrect 7:45 am start I noted on Wednesday - I read a detail wrong when breezing my e-mails. **The Katy PD wants us to get started at 7:30 am** to beat the arrival of employees and other traffic around the mall.

So please set your alarm clocks 15 minutes earlier to arrive about 6:30 am. This is the first ride for most of you so it will take a while to sign-in and get your rider number. I can't emphasize enough to please arrive between 6:30 and 7:00 am at the latest. Once the waves begin, you may be left behind the right pace group or if you arrive really late, you may be starting behind our SAG support team - 20+ SAG drivers this week!

Now, as promised earlier in the week, I have a few late updates to share for tomorrow's ride.

First of all, for any of you who enrolled after the weekly ride note went out, here are the directions again...

Directions to Katy Mills (from in town)

Take I-10 to the Katy Fort Bend exit and make a LEFT turn on Katy Ft Bend Rd. Go to the 2nd street on the right and make a RIGHT turn on Katy Mills Dr. When you get to the loop road around the parking (Katy Mills Circle), Sun & Ski is straight ahead. Make a left on the loop road and then, turn right into any of the parking aisles. Please don't park along the curb outside the store unless you are part of the weekly support crew dropping water, food, etc.

BIG Turnout Predicted Tomorrow

Weather.com is predicting cloudy conditions with possible light drizzle overnight turning to just cloudy early in the morning. Temperature will be 61 at start time rising to 70 when we finish. The weather, coupled with the start in Katy Mills (closest start to town) means we'll have a LARGE crowd tomorrow.

Please allow time to arrive early, ideally 6:30 to 6:45 so that you have time to sign in, get your bike ready, use the restroom, etc.

This is ideal for riding in short sleeves but don't forget to check out all the great winter and all season clothing and other gear in Sun & Ski before or after the ride.

I don't think I mentioned this but we really do need to depart promptly at 7:30 am in order to get away from the mall before the mall staff start arriving. Please don't arrive late tomorrow - our support team may already be on the road and you will be on your own if you need support and are behind our SAG team. Please...

----- **Sign-in Update - 10 Lists this Week**

The biggest issue we see at our early rides are long lines to check in since many of you are new. This week, I have divided the paid sign-in list into ten sub-lists since many of you need to pick up your rider number

Here is the breakdown of the paid sign-in lists:

- 1 - A to Brown, Betsy
- 2 - Brown, Bill to Davis, Luke
- 3 - Davis, Marc to Gillman
- 4 - Gilmore to Hughes, Allison
- 5 - Hughes, Stacy to Levy, Bruce
- 6 - Lewis, Charlene to Molyneaux, Mike
- 7 - Montemayor to Pinglay
- 8 - Piro to Scully
- 9 - Sealing to Torres, Antonio
- 10 - Torres, Ivan to Z

The lists were printed based on all riders enrolled as of late last yesterday. If you have invited any friends to enroll and they did not enroll until today, they should print a copy of their enrollment confirmation since they are not on the sign-in list this week and we need to see proof that they enrolled. Don't forget that the **enrollment cost goes up \$10 at 11:59:59 pm tonight** so if anyone plans to enroll at the ride tomorrow, they may face a long wait and a \$10 higher fee.

The sign-in tables will be inside Sun & Ski Sports - they are located on the northeast corner of the mall. There is a direct entry to the store from outside and you will see a LOT of coolers, snacks, bananas, etc. staged to the right of the entry. To the right of this is a fenced area where we'll have porta-lets in addition to porta-lets in the store and just across from the store in the mall.

When you enter the store, those of you on lists 1-5 should go to the left and lists 6-10 to the right. We'll have some volunteers to remind you but it may be busy and noisy so try to remember this so you are not waiting in the wrong line. As you move back into the store, the lines will split into several lines based on the specific list you are on. The earlier you arrive, the less you need to pay attention to this detail...

----- **Route Reminders**

We have almost 30 law enforcement officers from several jurisdictions assigned to cover all key intersection we go through. They are there to keep us safe and balance the flow of our riders and local traffic.

Please obey all of our officers. Call out: "Slowing" and maintain a slightly slower pace as you approach the controlled intersections in preparation for possible directions to stop, turn, etc. The officers will allow us to come through in alternating waves with the local traffic. That's another reason that we need to get started at 7:30. Come to think of it, did I mention that we need to send our first riders out at 7:30?

Please also obey any unattended stop signs you come to. There is one on the long route on Bois D'Arc that many riders tend to skip. The local authorities know we are coming and may post someone to issue tickets so PLEASE come to a complete stop. Those of you on Bois D'Arc, riders have developed a very bad reputation for spreading all across this road. Please ride single file, on Bois D'Arc and all the other local roads without a shoulder.

There is a fairly wide shoulder on FM-1093 (short route) and Hwy 90 (from Brookshire back to Katy). Please stay on the shoulder. You can ride two abreast as long as you stay on the shoulder and, if riders are approaching and need to pass, please gradually and safely move to single file until the riders pass. Any double pace lines need to show the same consideration and consolidate to a single line when passing. Please don't spread beyond the shoulder onto the road.

If you are riding in a group, the etiquette at stop signs is for riders to stop 2-3 across at the sign. 2-3 riders proceed through while returning to single file. Riders who have passed pedal very easy until your entire group has safely passed. Once the last riders are through, you gradually resume your speed.

Most of the roads we'll be on are fairly quiet. The two busiest roads to have a shoulder as noted above. You do need to ride single file on the two lane roads. I know that it is a lot of fun to ride alongside a friend and talk among several riders in a group but we need to balance our ride with the local traffic so please ride single file - you can still visit with your friends, just not as many at one time.

Be part of the conversation and 'LIKE' us on Facebook!

www.facebook.com/Ready2RollCycling

Reminder - I CC Your Team Captains on these Notes

You may have noticed that I CC'ed a lot of riders above. This is the list of team captains/training coordinators for the series. If you have questions, please contact your respective team contact. If they can't answer, they will touch base with me.

Reminder - Bike U at Sun & Ski Westheimer Store - 6 to 9 pm tonight

Don't forget that Sun & Ski is hosting their annual beginning of the season Bike U at their 6100 Westheimer store (between Fountain View and Voss) from 6 to 9+ pm tonight. There will be many educational sessions as well as vendors and special deals on clothing and eqpt. There is also a wide variety of free food and liquids. I'll be speaking on Training for the BP MS150 at 6:00 and 7:15 and will be available to answer your questions that may be unanswered right now due to week one inbox overload.

- Last Minute Reminders:

- Put your clothing/eqpt out Friday night
- Drink well today and tomorrow morning.
- Put your drinks in the fridge or freezer (see my freezer tip in the Winter Wear note)
- Put your keys under your bottle caps so you remember to bring your water bottles
- Put your key, or clothes, or something under your bike so you remember* to bring your bike!
- You must have completed your annual enrollment before you ride - NO EXCEPTIONS

If you are getting this note directly from me (no one forwarded it to you), and did not select the email only option, you are ready2roll tomorrow

- Arrive on time, no, make that EARLY - no later than 6:45 this week!

* - Someone has actually shown up at this ride and had everything they needed for the ride EXCEPT their bike. They even had all the food and drinks all of you needed but their bike was back home in the garage. I am not permitted to name names but their initials are Steve M...

OK, this note needs to be short and sweet so you can all digest these late updates. Time for me to get back to work.

I'll see many of you tomorrow morning - did I remember to mention the 7:30 start...

thanks!

Steve Moskowitz

Ready2Roll Cycling

SteveMoskowitz@Ready2RollCycling.com

www.ready2rollcycling.com

