

## Moskowitz, Steve E.

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**Sent:** Wednesday, January 30, 2013 6:31 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]Ready2Roll Cycling 2013 Training Series - Ride 2, Fulshear, 8:00 am

First of all, congratulations to the 1,105+ of you who came out to Ride 1 last week at Sun & Ski in Katy Mills Mall. The weather turned out even better than expected and the proximity to town drew the usual BIG crowd we get for this ride when it's a nice day.

I did want to share a brief update on two riders who took spills on the ride because many of you have been asking. One rider took a spill when their paceline encountered a dog. The rider suffered a mild concussion and a broken tooth. They said that they did not recall the accident but, all things considered, were very fortunate. The second incident occurred when a driver ignored the police controlling traffic at Pin Oak near the end of the ride. They hit a car which then hit one of our riders. The rider reported being beat up and sore but on the mend.

Here is a tip about dogs and pacelines I have learned over 20 years of riding.

When you are riding in a paceline and you see a dog or some other out of the ordinary activity that may impact the line, you should call out: "Dog right" - or something equally concise and informative. This is a signal to the line to gradually ease off the pace and most important, spread out a little to allow more reaction room and time. Many times, I see a dog chase the line and then suddenly, the dog seems to lose interest and just stops in the middle of the road, oblivious to all the other riders in the line. By easing back a little and allowing extra room, you reduce the possibility of touching wheels or hitting other riders if some have to take quick evasive action. After you are past the disruption, gradually and predictably resume your pace.

The group I ride with had an unusual animal encounter on the last ride last year. We were cresting a short rise when I caught a glimpse of something coming from the right. Someone called out: "Rabbit Right!" so I eased back a little allowed room and made a point to pedal steadily and forcefully. I recall thinking that if the rabbit hit my wheel, I did not want the bike to come to a sudden stop so I kept steady pressure on the pedals. The next thing I knew, I felt the rabbit hit my back wheel and it felt like it flew out the back...

...the scream by **Jan Cohen** immediately behind me and the laughing by the rest of the line confirmed my hunch and then, everyone was amazed as the rabbit jumped off Jan's lap to the left and

darted off, apparently undeterred by the wild ride. At least my steady pedaling had the intended impact and no one went down.

OK, I got a LOT of great feedback after Ride 1 but will hold this for a dedicated feedback note because it looks like last week's ride note was too long for some of you and you missed key details about the ride.

Today, I will cover:

- **Reminder - Group Riding Skills Class this Saturday**
- **Carpool Tips & Tricks (Important!)**
- **Ready2Roll Cycling 2013 Training Series - Ride 2, Fulshear, 8:00 am**
- **Reminder - E-mail Archives and Maps Now Online**

Let's get going...

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**Reminder - Group Riding Skills (GRS) Class this Saturday**

I wanted to remind everyone that there is another GRS class this Saturday afternoon after the ride at Apache Corporation on Post Oak. This three hour class will teach you some very valuable skills, first in the classroom and then, on the road, about how to ride safely and courteously in a group ride. There will be skill drills on how to avoid hazards, stop or turn suddenly, etc.

The class last week filled very quickly but there is room in the class this week.

Here are the key details

The cost for the class is a very reasonable: \$30/rider.

In order to enroll, please fill out the survey at this link:

<https://docs.google.com/a/heightshs.org/spreadsheet/viewform?formkey=dHYyYUVYcVZY2REZGNfU01RODFhdHc6MQ>

If your company's IT department blocks Google Apps or you can't open the link, send an e-mail to Aaron Jacks at [Aaron@TeamAudrerysHeroes.org](mailto:Aaron@TeamAudrerysHeroes.org) with "R2R GRS Registration" in the Subject Line and copy Steve at [stevemoskowitz@ready2rollcycling.com](mailto:stevemoskowitz@ready2rollcycling.com).

Please include the following information:

Class Date/Time:

Name:

E-mail address:

Cell phone:

Please send a separate e-mail reply for each rider to make it easier to plan attendance and handle the online payment links unless one person is paying for the whole group (teams, companies, families, etc.). Once you send the e-mail, I will send you a link to pay on-line. Payment is due before the class or bring a check to the class. Please do not be a no-show. Our LCI's are volunteering their time to help make us all safer and better riders.

Walk-ins will be accepted if the class is not full - the cost will be \$35/rider. Walk-ins can pay by cash or check only. Checks should be made payable to "Ready2Roll Cycling."

All riders must sign a waiver at class to participate. Riders 11 – 17 years of age are welcome but must be accompanied by a parent or guardian who can sign the waiver.

Riders should bring their bicycles, helmet, cycling gloves, and clothes appropriate for riding.

Here is the schedule for the upcoming classes

**02/02/13** - Apache Corporation (Post Oak near The Galleria) 1 pm – 4 pm

**02/09/13** - Houston Oaks 1 pm – 4 pm

**02/16/13** - Apache Corporation (Post Oak near The Galleria) 1 pm – 4 pm

**04/06/13** - Katy Mills Sun & Ski 1 pm – 4 pm

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**Carpool Tips & Tricks (Important!)**

Each year, we start our first ride at Sun & Ski Sports at Katy Mills for a few reasons:

1. Sun & Ski is a GREAT host and it's very useful to have the tech support and cycling supplies right there before our first ride
2. There is plenty of parking so everyone can easily get in and park

Don't worry, we will be coming back to Sun & Ski on week 11 (Katy to Hempstead) but now, it's already time to move out of the immediate Houston area and into the very pleasant communities west and north of town. This also means that it's time to remind everyone that it is critical that all of us make every reasonable effort to carpool to the rides. A group as large as ours will overwhelm the small towns where we ride if we all try to take our own car.

The first place to look for a carpool or to host a carpool is our Ready2Roll Cycling Classified pages. You do need to set up a user account (no cost) in order to post a carpool listing. Note how the postings include the zip code, area, etc. to help you find carpools close to home.

Several of you have asked about carpools from unusual areas. Note that the goal is to reduce the impact on the community where we start. This doesn't mean you have to carpool from home. you could meet at a Park & Ride somewhere on your way to the ride or a Starbucks, or other place open early on Saturday. It may be 10 miles or more from your home but will be on your way and somewhere more riders can meet.

Famous Aggie and recently recharged rider, **Mark West**, and I used to meet on the edge of the parking of the cinema at I-10 and the Grand Parkway and carpool from there. I have also met many riders at the Starbucks on the tollway frontage rd. at Town & Country. They open pretty early so we get there about 5:30, go in for coffee, tea, etc. and a pit stop, then hit the road with hot drinks for the drive. We park away from the store so plenty of parking is left available and we do business in the store before (and after for some) the ride and let the manager know. There are many spots you can carpool from that still reduce our impact on the small towns.

One rider does have a bike that won't fit on most racks so they may have to always be the driver but they can find a spot on the way to the ride where other riders can add their bike and carpool..

You can also meet at your office or other spots - the key is to make the effort to find a carpool and not waste brainpower thinking of why you can't carpool.

PLEASE take the time to start working on your carpools. As you will see below, parking will be tight this week unless most of us carpool. It will still be tight but not as bad.

Speaking of impact on the local community, here are some great spots in Fulshear to grab a snack/coffee before the ride or lunch after the ride:

- **Essence House Café** - They have great coffee and tea and all kinds of made to order breakfasts and great sandwiches. In the summer, our default ride is early Sunday morning with a mandatory brunch at Essence House after the ride. They open at 6:30.

DANGER ALERT - There's a case full of outrageous cakes/cheesecakes just waiting for you in the front right

counter - enter at your own risk...

- **Doziers BBQ** - This is a long-standing tradition - when I was in high school, we occasionally made the LONG drive out to Fulshear for the famous BBQ at Doziers. It's still there and the BBQ is still great but the drive is much shorter

- **Ray's Grill** - This is a newer spot in town. They offer some very sophisticated meals with a focus on locally grown fare. Not cheap but excellent, fresh food at prices below similar food in town. Saturday lunch is my favorite time as you get the great food at Sat lunch prices.

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### **Ready2Roll Cycling 2013 Training Series - Ride 2, Fulshear, 8:00 am**

This week, we are going out to Fulshear for some fun on the pleasant flat roads out towards Wallis and up to Brookshire.

The short route will be about 32 miles (2 stops) and the long route will be 47 miles (3 stops). For riders who are averaging at least 18.5 mph and have been riding, there is an extra-long 69 mile option.

X-Long riders, please take note - Like last week, if you are not ready to average 18.5, then you will fall behind the support on the XL route this week as we have to focus our primary support on the 32 and 47 mile routes. The long route also includes a leg just over 22 miles without a stop so please be sure to stop at Royal Elementary and fill both your bottles or your camelbak before heading out on the extra-long loop.

Note that if you are getting a late start on your training and aren't ready to ride 32 miles on your first outing, the short route is an out & back so you have the option to stop at the rest stop and turn around. This gives you a ride of about 21.5 miles with one stop.

So, this week, you can ride 21.5, 32, 47 or 69 - such a deal!

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### **Directions to the Start - Fulshear Business Park**

The ride starts at Fulshear Business Park. The park is located about 1/2 mile east of Fulshear on the south side of FM-1093. The address is 29334 FM-1093, 77441. Here are the GPS coordinates for the entry drive: 29.6918,-95.880464. When I entered the address in Google, it put a push-pin slightly east of the actual location but if you are looking at the aerial view in Google, you can see the business park. We'll use the available parking on site with overflow parking behind the park (PLEASE park only on the north side of the road facing west) and possibly even overflowing

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. Make a right on FM-1093 and drive approx 7 miles to the Fulshear Business Park on your left. If coming on the Westpark Tollway, continue west past the Grand Parkway - the Westpark Tollway merges into FM-1093 - continue about 7 miles to the business park. The business park is the first facility on the left as you are approaching Fulshear.

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### **- Reminder - E-mail Archives and Maps Now Online**

For those of you who have been reading my e-mail and checking out the Ready2Roll Cycling web site, the map for this week will be online tomorrow. For those of you who haven't been checking out the site, it has a lot of useful info including an archive of my e-mails, maps and the carpool forum as well as a bike for sale forum and a bike equipment forum. Check it out at [www.ready2rollcycling.com](http://www.ready2rollcycling.com).

If I don't have time to compile the feedback for tomorrow, I will send a special edition note this weekend. I will send an update on Friday with a summary of the sign-in lists and a few other last minute tidbits...

thanks!

**Steve Moskowitz**

Ready2Roll Cycling

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