

Subject: 2013 Ready2Roll Cycling Training Series - Ride 4 - Sealy, Sat, Feb 16, 8:00 am

Date: Wednesday, February 13, 2013 8:42:27 PM Central Standard Time

From: Stephen Moskowitz

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OK, I have a lot of news to share this week so, after a long day at work, and a stop at Sam's Club for a LOT of snacks, it's time to get ready to roll...

I do need to remind you that, if I put a lot of info in the note, it's because there is a lot of useful, and in many cases, even important info to share. In other words, skip this note at your own risk – you will miss something of value or many things depending on how much you skip...

Today, I'll be covering:

- **2013 Ready2Roll Cycling Training Series - Ride 4 - Sealy, Sat, Feb 16, 8:00 am**
- **Group Riding Skills Class – Sat, Feb 16 (after the ride)**
- **PowerBar Sponsor**
- **Road ID Discount Deal**
- **Reminder – Water Wizards Change After This Ride – Important!**
- **Volunteers Needed – ConocoPhillips Rodeo Run**

2013 Ready2Roll Cycling Training Series - Ride 4 - Sealy, Sat, Feb 16, 8:00 am

This week, we will be returning to Sealy after an absence of several years. We were supposed to do this ride last year but thunderstorms and high winds washed out (so to speak) our plans.

This week, the ride distances are 33 or 44 miles plus an extra long option of 58.4 miles (for 18+ mph riders). Some of you may be wondering why the distances are the same or slightly shorter than the last week or two. That's because as we get into the second quarter of the series, we are officially adding another dimension to the ride - the third dimension - AKA hills!-) OK, the hills will be fairly gentle this week but all routes will have a little bit of nicely rolling roads to start getting used to changing gears and climbing/descending.

One safety reminder - pacelines are effective on flat, predictable roads. Dogs, irregular surfaces and climbs/descents are unpredictable and are handled at different speeds by different riders so as you get into the rolling roads, allow extra room between riders and communicate, in advance, if you are shifting, standing to climb, or struggling to maintain the pace. The combination of extra room to react and maneuver plus the proactive communication makes a big difference.

Our route will take us west of Sealy through Bernardo and the very pleasant and gently rolling roads between Bernardo and Cat Spring. The extra long riders will pass through New Ulm. This week, we will have a good, gentle introduction to the hills.

We'll have three physical rest stops one RS1 located so that it is recycled on all three routes. The 33 mile ride has 2 stops, the 44 mile ride has three and the 58 mile ride has four stops. The first stop is in a fairly quiet area where we'll spread out in a linear manner rather than across a field. Please remember to gradually slow as you approach, stay to the right if you plan to stop and move off the road. The ride map is already online in the Communications/Houston page so you can see the distances between the stops, etc. Thanks to Bob Perchonok, the GPX file is also online already.

NOTE – Help Support the Sealy Little League

As we move out to the smaller towns north and west of Houston, we try to support the local community as much as possible. In this case, we met the Sealy Little League a few years ago when our ride overlapped with their pre-season field prep work and saw a great opportunity to help support them. First of all, they will help direct parking which they have a lot of practice at and we'll make a donation.

Second, and third, they will be selling home made cinnamon rolls, hot coffee and hot chocolate before the ride as well as tea, sodas and sport drink and making Big, Little League hot dogs, chili dogs, Frito Pie and home made brownies/cookies after the ride. Everything is \$1.50 or less except the full works chili dog which is only \$2.00. Please be sure to bring some cash to help support the Little League.

Directions to the start - Business & Professional Women's (B&PW) Park

The ride this week will be starting from the B&PW Park. The physical address is 1008 Main St, 77474 and the GPS coordinates are: 29.78033,-96.168276.

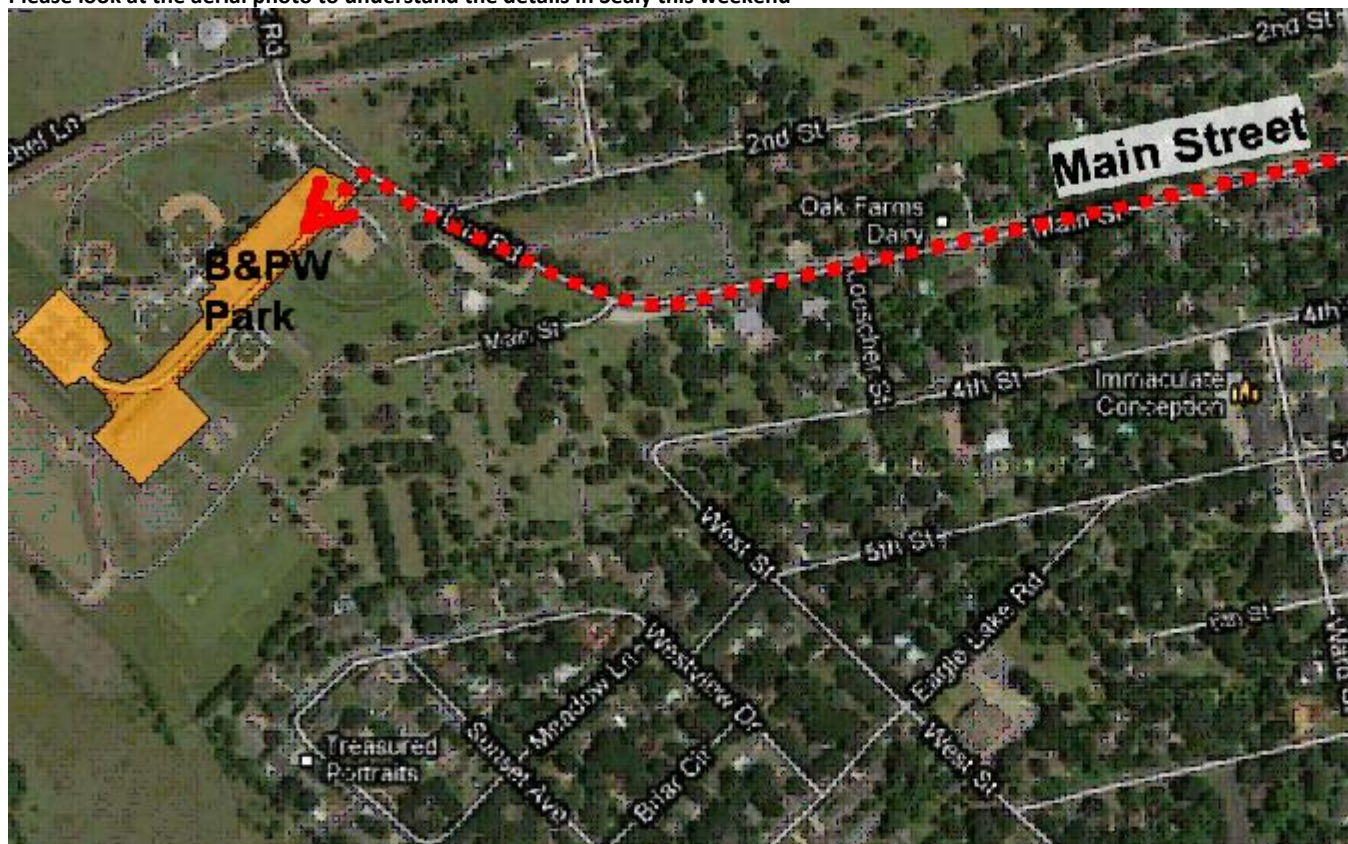
To get to the ride, take I-10 to the 2nd Sealy exit - Hwy 36. As you exit (slowly), you make a large u-turn to the right and make a left (north) turn at the light onto Hwy 36. Drive north to Main St (after 4th St) and make a left turn. Main bends to the right and the entry to the park is a short distance past the turn.

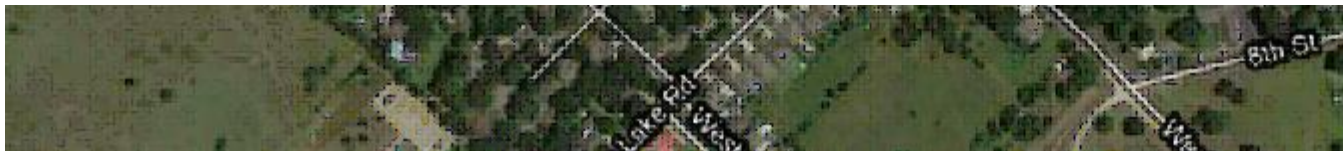
NOTE - There will not be enough parking at B&PW Park Some of you will park around Levine Park (see aerial plan below) as well as on the streets in town. We have retained the Sealy Little League to help direct us to parking - PLEASE arrive early and be patient.

There are restrooms at both parks and we will have supplemental porta-lets at B&PW and Levine Parks.

Please DON'T block any driveways or mail boxes and please don't park in the business parking or the parking by the city & police offices north of Levine Park. If you arrive late, you will need to park offsite, come by B&PW park and sign in and then get started. In other words, if you are late, you will miss the group start so please arrive between 6:45 and 7:15 to allow time to park, get ready, sign in, and start with the group.

Please look at the aerial photo to understand the details in Sealy this weekend





Group Riding Skills Class – Sat, Feb 16 (after the ride)

Group Riding Skills class that has been developed by the League of American Bicyclists and the National MS Society. This class is designed to help new and experienced riders learn how to ride safely in group rides. There is a class room component to this three hour class followed by some on-bike exercises to teach you how to avoid hazards, safely stop very quick, make a quick emergency turn, etc.

This class is VERY highly recommended and the next one we are offering will be this Saturday afternoon at 2 pm at the home of Apache Corporation! Here's the address: Conference Room, 3 Post Oak Center, 2030 Post Oak Blvd between Westheimer and San Felipe, Houston, TX 77056. This is the distinctive black & silver banded buildings with rounded corners on Post Oak a block north of the Galleria. There was some confusion with the address last time, so here are the GPS coordinates to the front door of the building: 29.746150, -95.461584 (don't be confused when you see Stewart Title's name above the door) the parking will be further back from the road in the lot or the garage.

To register, click here: <http://goo.gl/kaGg8>

If you're planning to do the Ready2Roll training ride in the morning, travel time to class location is about 45 minutes according to Google. Please try to arrive around 1:45 p.m. Class will start at 2 p.m. Bring your bike, helmet, gloves, water bottle, etc. You will be riding your bike for part of this class.

If you can't attend this class, the last Ready 2 Roll Group Riding Skills class before the 2013 BP MS 150 will be held April 6th at Sun & Ski Following the Ready 2 Roll ride from Katy Mills Mall.

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PowerBar Sponsor

This week, you will notice another snack option at all of our rest stops. PowerBar contacted us and sent us 30 cases of cookie dough PowerBars. I haven't tried the cookie dough flavor yet but I understand these are quite tasty and they are full size bars.

A big THANKS to PowerBar for for sending these for all of us.

Road ID Discount Deal

At last, here is the code you need for the 20% discount on Road ID products. Many of you have asked about this. Take some time to check out the various options. I wasn't wild about the wrist version but the ankle version is perfect – I don't notice I have it on but if I'm in an accident, they can get my contact info and all my vital medical info online very quickly.

Your Road ID Club Discount Coupon code is: 7SJFR9F98G

This coupon code is good for 20% off of each order placed during the designated 20 day period. This special offer is open to all group members.

Your ENDING DATE is: 2/26/13 (Midnight).

Please make sure everyone knows that they can place their order(s) one of four ways:

1. By website: www.RoadID.com. The coupon code can be entered during the Checkout Process.
2. By calling our Customer Service Department: 800-345-6336. We're available Monday-Thursday, 8-6 EST, 9-4:30 EST on Friday, and are happy to help out.
3. By mail: Road ID, PO Box 17350, Fort Mitchell, KY 41017
4. By fax: 859-341-5965

- Reminder – Water Wizards Change After This Ride – Important!

OK, this really is important so please take a moment to read this...

This is Ride 4 which means that after they drop their assigned coolers of water for this ride, the 1/3 of our teams who had Water Wizard duty the first trimester of the season will have completed their WW assignment.

This means that the next 1/3 of the teams assigned to WW duty need to have 1-2 volunteers lined up to carry home at least 5 empty coolers per team after the ride this Saturday!

Here are the teams who are assigned to help carry at least 5 water coolers per team for Rides 5-8:

Bike Barn'
CenterPoint Energy
ConocoPhillips
Enbridge
EP Energy
For the Cause
Fugro
Houstonian
Phillips 66
Team Audrey's Heroes
Urban Bicycle Gallery

Here is a quick reminder of the process:

1. Carry 2-5 empty coolers home after the ride (not the same coolers you brought, just the same number of coolers)
2. Wash and dry the coolers and store with the lid on but open slightly so they dry completely
3. On Friday, fill each cooler with 8 gallons of water (ten gallon coolers)
 1. Fill with a hose in the back of your vehicle or have someone help lift each cooler
 2. Let the water "breathe" overnight
4. On Saturday, place some kitchen cling wrap over the top of the cooler Saturday morning
 1. I have 12 rolls of the cling kitchen wrap you can use for your WW weeks
 2. Use two strips to cover the top – this prevents almost all splashing
5. Bring the coolers at least one hour before the ride start time (usually 7:00 am)
 1. Drop them at the rest stop staging area – ask volunteers to help you unload
6. After the ride, wait until coolers are brought back, take the same number you brought (if you are on duty to carry coolers the following week) and repeat steps 1-5.

After Ride 8, your team is done and the final 1/3 of our teams will cover rides 9-12.

This is an easy way to provide some very important support to ensure we have plenty of water at every ride. You do need to arrive an hour early and may need to stay a while for the coolers to get back but you still get to ride. If you have not already done so, please contact your respective team captain (CC'ed on this note) except ConocoPhillips – I already have my WW's who stepped up to help support the entire season.

OK, that is plenty of news for today. I still need to finish compiling the first pass of the weekly volunteer list and confirm our volunteers are all on board for this weekend...

I will definitely be sending a brief update on Friday including sign-in details. We have ordered some poster stands so we can place 11 x 17 signs noting what names are in each list. They may arrive tomorrow so if they do, this will be set up in Sealy help each of you find the right line to sign in.

Thanks!

Steve Moskowitz

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