

**Subject:** 2013 Ready2Roll Cycling Training Series - Ride 6, Columbus, Mar 2, 8:00 am

**Date:** Wednesday, February 27, 2013 4:16:29 AM Central Standard Time

**From:** Stephen Moskowitz

**CC:** Team Audrey's Heroes Aaron Jacks, Sun & Ski Allison Albrecht, Marathon Allison McCaslin, BP Amanda Banduch, Sun & Ski Andrew Christ, Statoil Angel Callejon, Martha Turner Ashton Martini, Mattress Firm Dream Team Becky Means, HP Cara Baez, CBI Chris Cagle, Shell Chris Holan, Ol Army Cycling Chris McFarland, ERM Chris Young, Martha Turner Courtney Henderson, Critz Cullen, Sun & Ski Sports Daniel Graham, Susman Godfrey David Peterson, CGGVeritas Derrick Cooksey, Marathon Elizabeth Smith, BP Eric Cioti, Team DODI Evan Jones, Harris Caprock Gary Wise, BG - Toni Gonzales, Enbridge James Edgar, Ready2Roll Cycling Jan Cohen, NOV Jason Bozic, Enbridge Jeff Cardinal, CGGVeritas Jesse Rivera, Texas Children's Hospital Jill Simon, Calpine Jim Sandt, Urban Bicycle Gallery Judy Tuttle-Wurth, Transocean Karen McConaughy, Parker Drilling Kathy Moran, The Methodist Hospital Kathy Shadle, BG Katie Bennett, For the Cause Kim Kareah, Team DODI Leo Magallon, Team CAIC Lina Arango, Apache Lisa Nutting, Houstonian Lisa Rainey, Toyota Manuel Sanchez, Team CAIC Marco Contreras, Memorial Hermann Maria Nelson, CGGVeritas Maria Rivera, Houston Oaks Mark LeBlanc, WellFit Group Mark LeBlanc, Shell Mark Poindexter, Ready2Roll Cycling Marshall Cohen, Phillips 66 Marshall Cohen, EP Energy Michael Ferrel, Sun & Ski Sports Mynette Murtagh, Calpine Norma Dunn, CGGVeritas Raul Castor, HP Rebecca Forsyth, Ready2Roll Cycling Robbie Moskowitz, HP Robert Thornton, Because We Can Ron Brannigan, HEB Samantha May, Texas Children's Hospital Seema Patel, Ready2Roll Cycling Steve Moskowitz, ConocoPhillips Steve Moskowitz, ConocoPhillips Steve Moskowitz, Sun and Ski Store #82, Ambulance Racers Stuart Guss, Fugro Ted Tankard, Sun & Ski Toby Craig, EP Energy Todd Gornick, CenterPoint Tory

OK, I'm doing something VERY unusual this week. I'm sending the Wednesday morning note on Wednesday morning...

(This must mean that another very successful ConocoPhillips Rodeo Run is behind us. I'm already working on plans, maps, etc. for 2014 so please send your feedback via the runner survey if you participated)

Well here we are at ride 6 – we are approaching the halfway point so it's time to add more hills. Those of you who went out to Hwy 6 and back on Sunday saw a few nice rollers – this week, we won't have any long or especially steep hills but shortly after we leave Columbus and turn left onto Brune's Mill road, we will get into some really pleasant ups and downs for about the first 3/4 of the ride and then, after we finish the first of two trips this year on Zimmerscheidt Rd., we'll enjoy a quiet and fairly flat final segment back to Columbus.

We have a long drive this week to Columbus but it's another beautiful and fairly quiet route so set your alarm early enough to arrive in Columbus at 6:45 to 7:30 at the latest. We start on the same road you use to enter the park in Columbus so if you arrive after 7:45, you will have to wait for the ride to start before you will be able to park and get ready. Please arrive by 7:30 at the latest...

I have some timely feedback and some really useful but overlooked tips before we get to the ride news...

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**Safety Feedback - Ride on the Right Side of the Road When Climbing**

Last year, one of our riders sent me some feedback below after a hilly ride that I thought would be very helpful to share this week – before we get out on the hills past Columbus so please read on – this is a really useful reminder that passing and climbing is a lot different than just passing on flat roads. Here is what they shared with me:

“During the ride on Saturday, on several occasions, there were cyclists riding to the left of double yellow lines. When notified not to be on the left of the yellow lines, the riders ignored the warnings. A number of these occurrences were on hills with obstructed views (i.e. double yellow means no passing for cars). ...they were lucky that nothing significant occurred.”

Steve's Comments - This is a very timely tip because we will see some similar rolling roads on much of the ride this week. A few key points to remember:

- Start in the appropriate wave - this means you won't need to pass many riders or be passed by many riders on the hilly early portions of the ride
- If you need to pass slower riders, DON'T move across the center of the road! Wait until you are on a flat or downhill road that is clear and offers good visibility
- Allow extra room between bikes – riders climb differently and there is more surging and slowing so allow extra room to avoid wheel overlaps and the resulting spills
- The extra room tip also applies to the rough section on Brune's Mill shortly into the ride. We'll still be fairly packed so I will allow a

little extra time between waves

You need to do the same and allow extra room on the rough roads

- Please ride single file unless there is no traffic and no riders needing to pass
- Be patient and communicate

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### Useful Tip – We Have Spare Helmets

Almost every week, I have seen one or more riders approach the sign-in area with a really forlorn look and they ask if anyone brought a spare helmet. This is a slam-dunk question because I immediately tell them that they came to the right place! We have 4-6 spare helmets that we keep at the sign-in table (usually near or under the Late Enrollee table) just in case you forget your helmet. Please remember this and come find a helmet that fits, then be sure to adjust the straps and to return the helmet when you are finished riding so they are available again at the next ride. If you have a fairly new helmet you have upgraded and no longer use, feel free to drop it off to add to the spare collection. We cycle the older helmets out each year so we can use your recently replace helmets in good condition.

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### Really Useful Tip - GREAT Source of Cycling Information

Here is a multi-part tip that I have shared a few times but many of you have overlooked:

- Tip #1 is that we have a Ready2Roll Cycling Website - [www.ready2rollcycling.com](http://www.ready2rollcycling.com)
- Tip #2 is that we post copies of my weekly emails on the Archives page - click the Communications/Houston Series link on the top of the page – the newest note is on the top and the older notes are in reverse order below.
- Tip #3 is that we post the ride maps in advance - these are also on the Archives page
- Tip #4 is that we have online "Classifieds" sections to buy/sell bikes/eqpt. and a [forum](#) to help match carpoolers.
- Tip #5 is that we have a Frequently Asked Questions (FAQ) page to answer most of your questions
- Please add the Ready2Roll Cycling site to your favorites and take a few minutes to get familiar with the information there.

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### Carpooling – The MOST Important Tip!

OK, I can't talk about the Website and the Carpool Forum without reminding all of you of the most important carpool tip. In order to find a carpool, you need to look!-) You don't need to make any heroic effort but if you make a reasonable effort and keep an open mind, the odds are good that you will find a carpool.

Here is a very interesting carpool statistic I noticed. There are numerous addresses that have 3-4 riders at the same address that are not households but are clearly multi housing locations. Post your location on the carpool forum and see what happens.

OK, here's the almost scary part – we have one address, 1725 Crescent Plaza, 77077 with seven of our riders living there – it's the Eclipse at Eldridge & Briar Forest. How do I know this - Robbie and I temporarily live RIGHT NEXT DOOR at the Domain at 1755 Crescent Plaza Drive! This week, Robbie needs to attend an engagement shower so I have room to carpool with one person who lives at the Eclipse – as long as you don't mind arriving in Columbus at 6:15 and being the last person to leave. If you want to carpool but don't want to work my hours, look around the Eclipse for bikes or post a listing on the carpool forum.

The forum still has the same 20 postings it had 10 days ago with that distinguished photo of Curt Martin in the red bow tie leading the way so let's get some carpool action going here...

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### 2013 Ready2Roll Cycling Training Series - Ride 6, Columbus, Mar 2, 8:00 am

This week, we have a fairly long drive to Columbus for our ride but within the first miles, you will understand why. Shortly after you turn off of FM-109 onto Brune's Mill Road, the road gets really rockin'. This is a quiet country road - a little bumpy at the start so leave extra room between riders and start to enjoy the roller coaster ride! There aren't any long climbs but this is a beautiful ride. Wait until you see the view from Rest Stop 1 at St. Mary's Church!

NOTE - please re-read the Safety feedback above about riding single file and allowing extra room on the rolling roads. We'll be on some really pleasant and quiet roads but you still need to pay attention to occasional traffic and NOT ride on the wrong side of the road when climbing a hill.

The main route is just over 50 miles. The long option adds a really pleasant 9.5 mile loop on the north leg of the route. Note that if you want a sneak preview of one of the notable hills coming up in week 12, there is an option to add about 2 more miles to the long loop by riding past the turn to Lone Oak Hill. Going down Lone Oak Hill is fun - coming back up is a challenge but is good practice if you are going on a week long tour of Colorado this summer. The current record for repeating Lone Oak Hill is still 12 times. Please don't try repeats this week but on April 13, you are welcome to try this - more on this coming in the April 10 news...

Please do note that the long route results in a long but pleasant 25 mile leg from RS1 to RS2. You can make a short unofficial stop for a drink (bring \$) or pit stop in Frelsburg about 5.5 miles before RS2 - the pit stop is in the small facility behind the store. Most of us will be riding the 50.5 mile route but if you want 59 miles just note that almost 25 mile middle leg this week.

After a beautiful rolling start, the route gets fairly flat for the final 12-13 miles so you have an "active recovery" period after the rolling roads earlier in the route.

**Directions to the Start** - We're starting at Beason's Park just east of Columbus. There are conflicting physical addresses and when you right click on the entry drive and click "What's Here?" in Google Maps, it only says Walnut St (no number), Columbus, TX 78934 so I don't have an address but the GPS coordinates are: 29.705658,-96.533293

To get to the start of the ride, take I-10 west past Sealy. Exit at the FIRST Columbus exit which is right at Mikeska's BBQ (Great place for lunch before the drive home!). Stay on the frontage road which veers off to the right and becomes Hwy 90 leading into Columbus. Our start is in Beason's Park which is on the left just before you get to the bridge over the Colorado River.

The sign-in area is in the pavilion on the main drive towards the back of the park. There is parking back in the park as well as in the front. We'll fill the back parking first and then, fill the front. The riders will line up on the entry road to the park at 7:45 am so any riders who arrive after 7:45 will be directed to Columbus to park and ride back to the park to sign in. In other words, if you arrive after 7:45, you will have to park in town.

**NOTE - If you arrive after the entry to the park entry road is closed to start the ride (7:45), you will need to drive on into Columbus and park in town and ride back to the start.** The ride back to the park is less than 2 miles and fairly quiet - you must come sign in so please allow plenty of time to get to Columbus. Carpooling is much more enjoyable for a long drive like this and puts less strain on the local community resources.

Please look at the Carpool section on the New Classifieds section of our club site. There are 20 current postings in the Carpool forum. I don't mean to sound like a broken record but it is important to understand that we can't each drive out to these small towns in our own car because they don't have parking capacity.

OK, that's plenty of news for today.

Thanks!

**Steve Moskowitz**  
Ready2Roll Cycling  
[SteveMoskowitz@Ready2RollCycling.com](mailto:SteveMoskowitz@Ready2RollCycling.com)  
[www.ready2rollcycling.com](http://www.ready2rollcycling.com)

