

**Subject:** 2013 Ready2Roll Cycling Training Series - Ride 10 - New Waverly, March 30, 8:00 am

**Date:** Wednesday, March 27, 2013 6:27:46 AM Central Daylight Time

**From:** Stephen Moskowitz

**CC:** Team Audrey's Heroes Aaron Jacks, Sun & Ski Sports Allison Albrecht, Marathon Allison McCaslin, BP Amanda Banduch, Sun & Ski Sports Andrew Christ, Statoil Angel Callejon, Martha Turner Ashton Martini, Mattress Firm Dream Team Becky Means, HP Cara Baez, Sun & Ski Sports Cassandra Solis, CBI Chris Cagle, Shell Chris Holan, OI 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, Ambulance Racers Stuart Guss, Fugro Ted Tankard, Sun & Ski Sports Toby Craig, EP Energy Todd Gornick, CenterPoint Tory Bracy, Susman Godfrey Trey Peacock

Well, one thing is for sure. If we have wind on the BP MS 150 again this year, we will definitely be ready! We have had pretty windy days for four straight weeks but at least we finished with a tail wind again last Saturday. Of course, we didn't have wind like the Bluebonnet Ride had on Sunday. I think some of the Sunday riders are still out on the course...

This week, Weather.com is currently forecasting 60-77 degrees with a 30% possibility of isolated t-storms and wind at 10 mph out of the SSE. We will monitor the t-storm possibility all week and send updates, if needed, on Friday.

**Lost & Found Update** – We have not had a lot turned into the L&F this year but we did get a set of two keys last week after the Chappell Hill ride. They are not car keys but could be door keys. They have plastic color covers on each key. If you lost them, please ask at the enrollment issues table. I also brought the orphaned front wheel back to Chappell Hill (for the 4th ride in a row) and apparently, the owner claimed the wheel or someone claimed it as I did not see it when we packed to come home. Everyone please go out to your garage right now and look at the front fork of your bike. If the front wheel is missing, please call the Chappell Hill VFD – they should have it. (If you keep your bike in the house, you can skip the trip to the garage...)

**Volunteer Update** – At this time of the season, volunteers get harder to come by because most riders have realized that the BP MS 150 is less than 4 weeks away and they need to ride as much as possible. We still have a critical need for volunteers so if your team is on the schedule to help at one of the final rides, please help your team by volunteering or recruiting family, employees or friends to help.

Here is the schedule of teams assigned to help for the last three weeks:

- Mar 30 - BP, Apache, Team Calpine, Enbridge, For the Cause, HP, Memorial Hermann, NOV, Parker Drilling
- Apr 6 – Shell, Ambulance Racers, BG Group, ERM, Houstonian, Houston Oaks/WellFit Services, Martha Turner, NOV, Texas Children's, Toyota & Urban Bicycle Gallery (this is our longest ride of the season and needs a large support crew)
- Apr 13 – ConocoPhillips, Bike Barn, CenterPoint, Team DODI, El Paso Energy, Fugro, HP, Phillips 66, Parker Drilling, Susman Godfrey, Texas Children's, The Methodist Hospital

**Unusual Rest Stop Snacks This Week** – You will notice a few extra items at the rest stops this week. In addition to all the usual snacks, we'll have some coconut macaroons, chocolate, vanilla and marble sponge cakes and sesame seed/honey candy. These items are kosher for Passover and are for our riders who can't eat many of our regular snacks. If you are observing a Passover specific diet, please help yourself to these snacks this week. You can definitely have my macaroons!

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**2013 Ready2Roll Cycling Training Series - Ride 10 - New Waverly, March 30, 8:00 am**

This week, we are dropping the distance back just a bit to 34 and 51 miles because we are adding a third dimension to the route - hills!

This Saturday, we'll be starting in New Waverly and riding up to the south edge of Huntsville. This is a fairly long drive so you do need to leave early enough to arrive by 7:00 to 7:15. There is basically one way in so if you want to be parked at 7:30, you need to be exiting I-45 by 7:00-7:15.

Remember - We are going to a small town so you need to carpool! This is critical...

**NOTE - The long and short routes split almost immediately so we will send all the long route riders first followed by the short route riders.** Please honor this split start as we have law enforcement officers in New Waverly directing traffic at the turn - it will confuse them if all the first riders aren't turning left where the long ride turns not to mention that many of you may find yourself on the wrong route if you start with the wrong group. This is a classic example of how hanging with the wrong crowd can really get you into trouble!

Let me repeat what I just wrote - those riding long will depart first and after a short break for the officer in New Waverly to move to the 2nd turn location, the riders going short will leave. If you arrive late, you may be faced with having to turn left at a light in town w/o police assistance. This is not necessarily the end of the world but you are adding to your risk and stress at the beginning of the ride by arriving late.

The long and short routes are basically large triangles. The first two legs are mostly gently rolling with a few modest climbs. The final leg for both parallels I-45 and then, uses a long, quiet stretch of the I-45 frontage for the last stretch. This leg offers a "roller-coaster" ride according to 25 year MS150 veteran and noted local expert, Marshall Cohen. This stretch of road was one of Marshall's favorite roads in his youth.

We may be getting approval for a "lite" stop at about mile 12 on the long route. The SSE wind will probably send most of you past this stop but it does offer a chance for a short break just past 12 miles before heading on the rest stop at mile 23.7. It's in the national forest so porta-lets may not be approved but they may allow us to have snacks and drinks.

**Here is a useful safety tip for the hills** - You will learn that we all climb and descend at different rates so spread out in the hills and allow more room to anticipate the rider in front slowing and/or weaving as they climb and descend. Please don't spread out across the road but be patient and only pass slower riders when you have confirmed that it is safe to do so. Please also remember to stick to single file, respect other riders and local traffic and use effective communications when passing or being passed.

**Directions to the start of the ride:**

We are starting at the New Waverly ISD Track Field, 9434 Highway 75 South, New Waverly, TX 77358. (Note - MapQuest & Google still can't find this physical address properly - it shows it north of 1375 so please follow the directions below - here are the GPS coordinates: 30.524996,-95.485225)

Take I-45 north to exit 102. Go east (right) to New Waverly on FM-1375. Turn right in New Waverly on Highway 75 South. The parking lot is about a mile outside of town on the right past the public library. There is a high school just past the track facility where we also park. Parking will get tight so be sure to go to the Ready2Roll Cycling website and look for a carpool or post your own if you're not already carpooling.

**NOTE - New Waverly is about 15-20 miles north of Conroe so allow plenty of time to get to the start.**

**NOTE2 - There is construction on I45 north from Conroe - depart 15 minutes earlier than you had already planned!!!**

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**Safety Feedback - Allow Reaction Distance and Don't Overlap Wheels**

One of our captains and Ride Marshals shared good feedback...

One of my riders recently took a spill because his front wheel contacted the rear wheel of the rider in front of him. Luckily, his only injury was a minor cut to one of his fingers - it could have been much worse. I think what happened is that riders ahead did not call out an obstacle, and then the rider immediately in front of my team member swerved suddenly to avoid the obstacle. That's when the wheels contacted.

This is a good reminder to never overlap wheels and to always protect your front wheel from striking anything! I recommend to my riders to keep a safe distance behind the rider in front of them, preferably one bike length away and never closer than one wheel diameter away. Also, I recommend riding slightly off-center from the rider ahead so that you can see what's going on in front of the lead rider. It also shows how important calling out signals is to riders all around you.

Steve's comment – this is good advice. Riders in the Tour de France don't do this but they are professional riders and know how to deal with banging wheels and even they take spills on occasion when wheels touch. Allow room for reaction time, don't overlap wheels and allow even more room on hilly roads where we surge and slow much more than flat smooth roads.

OK, that's plenty of news for today.

I'll see many of you in New Waverly - please allow plenty of time to get there and carpool!

**Steve Moskowitz**

Ready2Roll Cycling

[SteveMoskowitz@Ready2RollCycling.com](mailto:SteveMoskowitz@Ready2RollCycling.com)

[www.ready2rollcycling.com](http://www.ready2rollcycling.com)

