

Subject: 2013 Ready2Roll Cycling Training Series - Ride 7, Fayetteville, Mar 9, 8:00 am

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From: Stephen Moskowitz

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Before I get to this week's ride news, I want to commend everyone who rode last Saturday. The wind on the way out was very tough and even if you were not able to finish, you got stronger just going as far as you could. The temperature in the 40's also made it tough. Normally, this ride is actually one of our easier rides in the hills as the total elevation and the grades are pretty mild but when wind is added, it made the ride a lot more difficult. Congratulations to everyone who came out and rode as far as they could.

This is now one of our older routes and after seeing the impact of the wind, we are already making adjustments and have identified some options to add 1-2 rest stops to the two distances for next year.

Those of you who had to quit due to getting too cold, I would suggest heading to our communications archive at www.ready2rollcycling.com and taking a look at the Winter Wear note in the Communications/Houston section. It is now March and many of the warm items I mention in this note are on sale to make room for the warm weather wear. It didn't seem that cold when I left the house Saturday but I had loaded a Smartwool balaklava just in case and this was the difference between a toasty ride and a cold ride for me as my face, cheeks, chin, neck, etc were as warm as the rest of me – especially on the tough early stretch as we were warming up into the wind. I followed the advice in the Winter Wear note and had a Smartwool base, a jersey and a Gore Windstopper shell plus insulated gloves and tights (for warmth and those exotic color stripes) on and that was perfect. All my upper body clothing had long zippers so I could gradually unzip to let cool air in as I warmed up. Again, this is a great time of year to shop for winter cycling clothing before it's gone.

A note about lost and found items – we have had fewer items turned in than usual but I do already have a small collection of water bottles including two of the Camelbak bottles that showed up this week. We have had several sets of keys lost this year but none have been turned in to the sign-in tables yet. Fortunately, the few phones that have gone missing were turned in. If you do find, or lose something, please come to the Late Enrollees table to drop off or look for any MIA items. The one item that has puzzled me the most that no one has asked about is the front wheel that was orphaned after the Houston Oaks ride. Everyone who was not in Columbus, please take a look at the front fork of your bike. If there is no wheel there, it's probably in the closet on my patio...

This week, we have our longest drive of the season but it's worth it!

We're heading to another small town - Fayetteville. It's 25-30 minutes past Columbus so please allow plenty of time to arrive and please carpool!

(Did I mention that about 2 miles before the right turn to Fayetteville, you pass Hruskas on the right which is midway from Houston to Austin so they have great restrooms and kolaches...)

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We're heading to the very pleasant and VERY cycling friendly town of Fayetteville to ride part of the actual BP MS150 route as well as enjoy plenty of rolling roads.

Our ride will offer routes of approx. 42 or 59 miles. The difference will be an extra 17 mile loop in the middle of the long route. We like the first rest stop on this route so much that we recycle it and use it for rest stop 2 as well! Note that this is another of our older routes and after the wind last week, we are working on additional rest stop locations but it is too late to get the approval for porta-lets this year so, in addition to the fully supported rest stop, we will offer two intermediate "lite" break points on the way out and back which will consist of 1-2 vehicles with snacks and water so you can take a short break every 10-11 miles and a full break at 17-21 miles.

The roads will be quiet and rolling. There are a few sections with some rough surfaces where we'll place a volunteer and/or Ride Marshal to remind you to ease up and leave extra room. There will be plenty of quiet roads to resume your normal pace so please pay attention to the reminders and enjoy the beautiful roads.

Fayetteville prides itself on being VERY bike friendly. If you haven't been there, you are in for a treat. It may not be too late to make a reservation at one of the small hotels or bed & breakfasts in town and have a delightful weekend in town. Here are a couple of helpful links:

<http://www.fayettevilletx.com/> - Note the link to bicycling events right on the home page!

<http://www.fayettevilletx.com/lodging.html> - Lodging options

Note all the places with porches out front - Porches are wonderful places in Fayetteville!

Directions to the start (Fayetteville town square):

From Houston, drive west on I-10 to exit 695 (just west of Columbus); exit right on Highway 71 west. Drive 14.8 miles to FM 955 (~1.8 miles past Ehlinger); turn right on 955 and go ~4.7 miles to the stop sign which is the junction with Rusk St/Highway 159. Turn right to the town square, or left for parking at the school.

NOTE: We'll be leaving Fayetteville on Rusk/159 so if you arrive late, traffic will be held up as our riders are leaving – find a legitimate spot to park south of town and ride over to the square before starting. Please DON'T just start riding like several riders I saw who arrive late in Columbus and just walked their bikes up to the highway and started riding w/o signing in. We have no way to know if we missed you on the road if you don't sign in.

The physical address for the start is: 107 W Fayette St, 78940. The GPS coordinates are: 29.904307,-96.6759.

Note that Fayetteville knows we are coming and that we will be a large group. I will send details on parking in the Friday update so please be sure to read the Friday update this week. We have satellite parking locations 2-3 blocks from the square and will have porta-lets there to you can get ready, then ride over to the square to sign in and line up to ride.

The long drive and small community mean carpooling is required again. You can also bet that we'll be walking to one of the cafes on the town square for lunch before the drive back to town. We'll have home cooked food, and maybe even some home baked pie or ice cream!

Volunteer Updates (Important)

I have several important updates to share with everyone – please read on...

First of all, THANKS to everyone who **took home some of the leftover food** to bring back this Saturday. If you did take anything and haven't e-mailed me yet, please e-mail me the count of any packaged snacks ASAP so I can finalize my weekly worksheet for the Sam's Club run this afternoon.

Water Wizards – Thanks to several of you who stayed late in Columbus to wait for your coolers and then, went home empty. This happened because one of our riders, who has a place in Fayetteville, ended up with 25 coolers that they are holding and will be ready for the ride this week. Those of you who are on Water Wizard duty this week, there will be a LOT of coolers to take home after the ride so please do come and get your coolers after the ride this week. The good news is that there are several great cafes on the modest Fayetteville town square so you can easily walk to one for lunch, then collect the coolers when they get back and head home.

SAGs needed this week – The good news is that we have plenty of rest stop volunteers lined up this week but we are short about 4-6 SAGs. If any of you have a spouse or friend who would like to enjoy a pleasant day in the rolling countryside around Fayetteville, please invite them to come along and help. Check with your team captain as several teams are running short on meeting their volunteer targets and this is a good way to help the team catch up so they are invited back for 2014.

OK, that's the key news for now. Watch for the parking details for Fayetteville coming this Friday and get going on your carpools...

Thanks!

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