

You read the subject line correctly. Since we had to call off the beginner ride last Saturday, this week, we will do the ride we had scheduled for last week.

Don't worry - I've also adjusted the route next week so our beginners will have a 20ish mile option and the rest of you can do the 20ish, or 30ish or even 40ish miles if you've been riding through the off-season.

The weather this Saturday looks much better - partly sunny and 47-50 at start time (8:30) warming to about 56-60 when you finish. Arm warmers or a long sleeve base layer under a jersey will be perfect!

OK, let's get to the first weekly ride news e-mail...

Today's note will focus on the beginner ride coming up this Saturday. I have limited this note almost exclusively to the beginner ride info to keep it as short as possible. (The classic long notes are reserved for the full training rides...)

Today's Topics are:

- **Beginner Ride 1 (AKA 2), Waller TX, 8:30 am 16 miles**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Clothing Donation Drive/Sale!**
- **Post-ride Lunch Deal**

Beginner Ride 1, Waller TX, 16 miles, Sat, Jan 17, 8:30 am

This week, our beginners will meet at the **Old Waller Stadium** for a 16 mile beginner orientation ride.

This ride is aimed at beginning riders who need some short rides in to get used to riding on the road and in a group. These rides are not for veteran riders who haven't been on their bike since last April, but they are for veteran riders who are willing to come out and "adopt" 2-5 "newbies" and ride at their pace while teaching them how to ride

safely and courteously and how to avoid hazards, communicate on the ride, etc.

Directions to the Start

The ride is scheduled to start at 8:30 am at **Old Waller Stadium** at the corner of Field Store Rd and Daugherty (1935 Field Store Rd, 77484 should get your GPS there). You should arrive no later than 7:45 and earlier if you want to get first shot at the great collection of new/used cycling clothing and other cycling equipment that is useful to have – see more info below.

To get to the start, take 290 northwest from town to the Field Store Rd exit. Make a left under 290 and drive one block south of 290 to the stadium on your right. The parking is on the south and east sides of the stadium and the sign-in area and “Garage Sale” (see below) are south side of the stadium.

This ride is intended for beginners and mentor riders. Each mentor will team up with 2-5 beginners and will coach them on the route. The group will focus on riding safely and predictably, obeying traffic laws, communicating with their riding group, hydration, using gears and basic passing etiquette as well as getting used to riding on the road and getting in 16 miles of training.

The route will go north on Field Store Road about 8 miles to Hamner's Store at FM-1488. We'll have snacks and water at the stop and then, return back the way you came. The total distance is 16 flat miles.

This week, you should arrive between 7:30 and 7:45 am in order to have time to park, sign in, use the restroom if needed, get your bike ready, team up with a group and have a brief orientation before the start of the ride. If you arrive at 8:30 am for an 8:30 am start, you will miss our start and may be behind our SAG support team on the road. Please arrive early enough each week to park, get ready and line up for the pre-ride announcements.

Before the ride, each rider who shows up signs the weekly rider attendance list. The master list of enrolled riders will be split into sub-lists (A to E, F to L, etc.) so you will get in the line for the list with your name. You initial in when you arrive in the "Started" column. When you finish the ride, you initial out in the "Finished" column so we know that everyone made it back. If you haven't practiced the alphabet in a while, it would be helpful to practice a little before Saturday. If your last name is Adams, you probably should be in the sign-in line on the left and if your last name is Zillo, you should be in the line on the right... There is also a line for riders who enrolled very late (after the lists were printed) or who have not enrolled yet. This line will be to the left or right of the enrolled rider lines at a separate table.

The first time you participate in one of our rides, you will be issued an adhesive number to place on the front or left side of your helmet so it is easy to see that you are part of our training series. Please print the number (NEATLY) in the number column to the left of your name on the sign-in list. Please also keep the number on your helmet all season. If you do lose the number, don't worry, just bring your first born, or something of similar value to exchange for a new number at the next ride. Please (NEATLY) write the new number to the left of your name so we can update your assigned number.

Be sure to thank **Sun & Ski Sports**. They are very generously providing tech support for the entire training rides. The bike mechanics will be on site about 7:30 am this Saturday to help with simple maintenance and repairs. Please do note that the purpose of the tech support is to assist with minor problems that develop before or on the ride, not to overhaul your bike for free before the ride.

Sun & Ski Sports will be hosting their annual **Bike University** event on Friday, January 23. There will be lots of mini-seminars on training, basic bike maintenance, safety, etc. as well as several bike suppliers showing new goodies, plenty of light food and drinks and lots of good deals on eqpt and clothing. It will be at their Westheimer store (between Chimney Rock & Hillcroft) beginning

about 6:30. I'll be there presenting the training sessions and available to answer questions at or in between the sessions. This is the night before our first official ride so the timing is good on the eqpt/clothing deals.

FAQ - Do I need to RSVP for the Rides?

Many of you have asked if you need to RSVP for each ride. The answer is "No".

You do not need to RSVP for the ride each week - you just show up (45 minutes to an hour before start time) and sign in so we know who is riding. You also sign out after you finish so we know everyone is back..

Each week, there will be a sign-in list at the ride. All riders who have enrolled are listed in alphabetical order and the list is broken up into smaller lists (A-D, E-H,...) so no one has a long line to sign in. You initial in on the Started column next to your name before you ride. When you are finished, you come back and initial the Finished column so we know you are finished.

The first time you show up to ride, we'll be issuing you a rider number to place on your helmet (front or left side) so we know you are enrolled. Please DON'T take the number off after the ride. You use the number (and helmet, we hope) all season. If you need to get a new helmet, we'll issue a new number but otherwise, please leave your rider number on your helmet through the training series.

Garage Sale - LOTS Cycling Clothing & Eqpt for Sale this Saturday!

Here is a repeat of a very popular feature for our beginner rides. We collect donations of new or gently used clothing and equipment in good, working order, and sell it to the new riders at a very reasonable cost. We even have quite a few extra, unused jerseys

from teams that donated leftover from prior years. This is a Win-Win deal as the new riders can get a jump start on their cycling needs at a reasonable cost and all the money raised is donated to the MS Society.

...Note - we already have had significant donations of some great, **unused** jerseys, etc. as well as some almost new stuff so this will be a GREAT chance for new riders to get some great stuff at great prices and raise money to fight MS. We have credit card readers and two iPads plus Internet access so we'll be able to take credit cards, cash or checks at the ride.

Post-ride Lunch Deal

Here's a useful tip and a tradition at my house...

After the ride, stop at the Waller County Line BBQ for lunch before heading home. The WCL BBQ is at FM-762 and Hwy 290 – this is the next exit after Field Store Rd – it's less than 1/2 mile west of our start location. Since this is training time, try to overlook the great homemade pies and cakes and stick to the BBQ. You will see many of the veteran riders eating here after the ride... The owner knows we are coming (weather permitting) this week so ask about the Ready2Roll Cycling deal at the BBQ/checkout counter.

OK, it's hard to believe but that's it for this week's ride note.

Watch your inbox for more cycling news this Friday.

I look forward to seeing our new riders and mentors this Saturday in Waller...

Thanks!

Steve Moskowitz

Ready2Roll Cycling

SteveMoskowitz@Ready2RollCycling.com

www.ready2rollcycling.com