



Good afternoon - it's time for the weekly ride note.

Thanks to the 1,000 of you who enjoyed a great day and a great ride last Saturday in Hempstead. We have another great ride and something new for our newbies this week so let's get to the weekly ride news...

Today, I'll be covering:

- **Volunteer Update – Heads-up to Water Wizards & Table Takers (& Banana Bringers)**
- **2015 Ready2Roll Cycling Training Series - Ride 4 - Sealy, Sat, Feb 14, 8:00 am**
- **The Garage Sale is Back!**

Volunteer Update – Heads-Up to Water Wizards, Table Takers (and Banana Bringers)

Before I get to the heads-up info, I need to report that, after a strong start, some of our team captains are reporting that they are having a hard time getting volunteers to help support the rides. I want to remind everyone that the training series is based on the model that each team provides volunteers at a few of the rides. This way, no one has to miss many rides, work too often or too hard and the rides are very well supported. Note also that you can recruit a spouse, family member or friend to volunteer as long as they are a good worker. **PLEASE take a moment to contact your team captain if you or someone you know can volunteer.** Each team still has at least 1-2 rides still left to support.

Attention Water Wizards, Table Takers and Banana Bringers – This week will be the end of the first 1/3 of the training series which means the WW1, TT1 and BB1 teams will all wrap up their duties when they drop off the water coolers, tables and bananas they have been bringing the last four weeks (Please bring them at least an hour before start time - please!). After the ride this Saturday, the WW2 and TT2 teams will take home the water coolers and tables and bring back to rides 5-8.

Water Wizard Volunteers from the following teams will each need to wait after the ride and take home at least 4 ten gallon coolers, wash them, and bring them back next week each filled with 8 gallons of water...

- **Bike Barn**
- **CenterPoint Energy**
- **Enbridge**
- **Fugro**
- **Houstonian**
- **KSBJ Team Hope**
- **LyondellBasell**
- **Murphy Oil**
- **Ol' Army Cycling**
- **Phillips 66**
- **Team Audrey's Heroes**
- **Team Texas Children's**

We will be taking roll to make sure each team picks up coolers so if you are a good, proactive volunteer, please contact your team captain to see if you can help this week or one of the next weeks your team is assigned.

The **Table Taker 2 team (Methodist Hospital)** will take 32 tables home after the ride and bring these back to rides 5-8.

The **Banana Bringer 2 team (Rosetta Resources)** does NOT need to take all the banana peels home after the ride but they will start picking up the bananas each Friday (before 4 pm) from R&R Produce in Stafford and bringing to rides 5-8

All Volunteer Teams – Please note that we need your supplies to arrive at least an hour before the ride so there is time to get them sorted and assigned to the rest stops, etc.

2015 Ready2Roll Cycling Training Series - Ride 4 - Sealy, Sat, Feb 14, 8:00 am

This week, we will be heading out to Sealy to add something new to the mix – rolling roads! Not really hills yet but a good introduction to getting use to climbing and using your gears a little.

This week, the ride distances are 33 or 44 miles plus an extra long option of 59 miles (for 18+ mph riders). The climbs 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. If you are just

getting started and the 33 mile route looks too long, you can turn around after rest stop 1 and head back to the start for a 22 mile ride.

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.

One safety reminder - pacelines are most effective on flat, predictable roads. They are less effective when climbs/descents are added into the mix because they 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.

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. After the ride, they will have tea, sodas and sport drink and serve Big, Little League hot dogs, chili dogs, Frito Pie and home made brownies/cookies. 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 – please obey the speed limit in Sealy – it slows down when you enter town.**

NOTE - There will not be enough parking at B&PW Park. Some of you will park around Levine Park (which is on your left a block after you turn onto Main St) as well as on the streets in town. We have retained the Sealy Little League to help direct us to parking at B&PW Park - PLEASE arrive early and be patient.

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

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 at the latest to allow time to park, get ready, sign in, and start with the group.

The Garage Sale is Back!

We still have quite a bit of brand new or very gently used cycling clothing and equipment which will be available for purchase before the ride. The prices are very good and all the proceeds are donated to the MS Society so this is a great way for new riders or riders who need another jersey or two to add to their wardrobe at very reasonable prices.

I will be sending a note dedicated to sharing some good safety and cycling feedback and tips in the next few days. I don't want to overload you with that info today but I do want to send a dedicated note so you can put on your safety/courtesy hat while reading it.

Please remember to arrive early so you have time to possibly find an overflow parking spot, get your bike ready and come sign-in before you ride. This means arrive no later than 7:15 or 7:00 if you want to take advantage of the garage sale.

Watch for the safety feedback note and a late update Friday with a few final ride details.

Thanks!

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