



Good evening!

Thanks to everyone who participated in the ConocoPhillips Rodeo Run – all 12,500 runners/walkers and many more family and friends.

Also thanks for being patient as we watched the weather to see if we could offer a safe ride last Sunday. 220 of you did come out for a damp but not dangerous ride and you were very well supported by at least 55 volunteers including me on Back of the Pack SAG duty. Sorry for any confusion – we shortened the route to a 12 mile loop to keep everyone close to home but riders rode as many loops as they wanted to finish by noon. 2-3 laps were the limit for almost everyone.

Before I get to the weekly ride details, I need to provide a short update on an important topic – Volunteers...

The success of our rides depends on each team sharing a very small part of the load by recruiting volunteers to help support each ride. At this time of the season, volunteers get harder to come by because most riders have realized that the BP MS 150 is just over six 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.

Each team helps at 2-3 rides by supplying a mix of SAG drivers and Rest Stop volunteers. These volunteers can't ride but we split this up among all the teams so riders should not have to miss more than one ride to help share the load of supporting the rides. As I noted, you can recruit family and friends to help as well – we just need diligent volunteers who can help provide mobile support and help at the rest stops.

We still have five teams that have not sent me their volunteer list for this week so please read on. Here is the schedule of teams assigned to help for the last six rides:

- **March 7 – New Waverly** – Houston Methodist Hospital, KSBJ Team Hope, Memorial Hermann, Murphy Oil, Team Audrey's Heroes

- **March 14 – Fayetteville** – Apache, AWTY Intl school, BG Group, Bike Barn, CenterPoint Energy, Enbridge, Fugro, John Eagle Acura, LyondellBasell, OI Army Cycling, Team ION, Technip, The Wellfit Group (incl Calpine & WoodGroup)
- **March 21 – Katy-Hempstead** – BP, CenterPoint Energy, Direct Energy, The Houstonian, Noton Rose Fulbright, NOV, OI Army Cycling, Team DODI, Team ION, Team Texas Children's
- **March 28 – Head for the Hills (Chappell Hill) We only need SAGs this week** – KSBJ, Team Hope, R&R Produce, Marathon Oil, Memorial Hermann, Phillips 66, Team CAIC
- **Apr 4 – Columbus** – Shell, BHP Biliton, CGG, ERM, HC3, HP, Murphy Oil, Parker Drilling, Rosetta Resources, Statoil, Team Applus Velosi, Team ENI, Team HIS, Technip
- **Apr 11 – New Ulm** – ConocoPhillips, Apache, AWTY Intl School, BG Group, CenterPoint Energy, Direct Energy, Enbridge, Fugro, HC3, Houston Methodist Hospital, R&R Produce, WellFit Group (incl Calpine & WoodGroup)

PLEASE contact your team captain ASAP to let them know when you, or a family member/friend can help.

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### **2015 Ready2Roll Cycling Training Series - Ride 7 - New Waverly, Mar 7, 8:00 am**

As we start the second half of our season, this ride offers a 32 mile option and a longer 52 mile option. We will send the 52 mile riders out first, then, we'll send the 32 mile riders. If you are going short this week, please wait to start with your group or you may take the wrong route – the two routes split about a mile into the ride so please be patient so you have a safe start and ride the distance you intended to ride.

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 am. There is basically one way in so if you want to be parked at 7:00, you need to be exiting I-45 by 6:45.

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

NOTE – I think I mentioned this before - the long and short routes split almost immediately so we will send all the long route riders first followed by the short route riders. 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!

The long and short routes are basically large triangles. (See map info below) The first two legs of the 32 mile route are very gently rolling while the first two legs of the 52 mile route are fairly hilly but nothing you haven't seen already. The two routes come back together on Veterans Memorial just south of Huntsville just before the final rest stop (only stop for the 32 mile route). This is where the real fun begins... This leg parallels I-45 and then, after the toughest climb so far this year, uses a long, quiet section of the I-45 frontage road for the final stretch. This leg offers a "roller-coaster" ride according to 28 year MS150 veteran and noted local expert, Marshall Cohen. This stretch of road was one of Marshall's favorite roads in his youth. You will quickly see why when you get there.

On the long route, we have approval again for a "lite" stop just past 12 miles. It's in the national forest so porta-lets are not allowed but they will allow us to have snacks and drinks. This provides a good, short break point before another 11.5 miles to the next stop and the porta-lets. I realize this is a long way but the ride through the forest is the real payoff here.

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 (Read all of this...)**

**We are starting at the New Waverly Intermediate School, 215 Clara Rudd Lane, New Waverly, TX 77358.**

Take I-45 north to exit 102. Go east (right) to New Waverly on FM-1375. Turn left in New Waverly on Highway 75. The intermediate school is a short distance down on the left. There is a great drive to line up and depart but there is fairly limited parking there so the ride support volunteers, the Water Wizards, Table Takers, and the Ride Marshals, Police and EMS riders will park there and organize the ride support and the riders as we line up.

There is more parking at the Junior High school on the east side of the train track and there is a lot of room to park (head in) on the long grassy area on both sides of the track separating the two schools. The porta-lets will be set up at the Intermediate School so you need to arrive early, get ready, then ride over to use the facilities and line up to ride.

I made a map which you can view on the Houston Communications page of our web site. Here is a link to view the New Waverly overview:

[http://www.ready2rollcycling.com/index.php?option=com\\_content&view=article&id=3&Itemid=11](http://www.ready2rollcycling.com/index.php?option=com_content&view=article&id=3&Itemid=11)

Scroll down to the 2014 maps section (I know the year is wrong – our webmaster has missed this update...) and look for the 07 – New Waverly Maps at the bottom of the map section.

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.

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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.

Here are a few more great reminders shared by another of our great Ride Marshals.

Two observations for your consideration...

Cleanliness: On the last leg of the ride, I saw trash on the road or roadside. A water bottle. A CO2 cartridge. A cup of gummy bears. A taillight. There is no certainty that all of this (or

any of this) came from our riders. But it might be timely to point out that we want to leave these roads and communities at least as clean as we find them.

**Steve's Feedback** – This is right on the mark. We aim to leave the rest stop areas cleaner than we found them. We do have plenty of trash bags spread around at each stop. PLEASE USE THE TRASH BAGS for all trash so that we don't leave anything behind after we're gone.

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!

thanks!

**Steve Moskowitz**

Ready2Roll Cycling

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