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## Beginner Ride 2 - Late Updates

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Good morning! It's Friday which means it's time for the late, breaking ride news...

### Traffic Update

I took a look at the Houston Houston Transtar site which shows all regional road conditions and projects. It does not appear that there are any major closures on Hwy 290 or the west side of the 610 loop this weekend but there are several on-going projects along 290 from 610 out to a few miles past Hwy 6 so please do allow a little extra time to get to Waller by 7:30-7:45. Taking the Grand Parkway from Westpark Tollway or I-10 north to 290 is still the safest bet but it looks like the Sam Houston Tollway or 610 should not be too bad this weekend. If you arrive and have extra time, take a look at all the cool bargains we have for sale at the annual bike garage sale.

### Weather

Weather.com and Accuweather are in agreement that it should be mild (50-58) and cloudy between 8:00 am and noon with about a 50/50 chance of rain beginning in the early afternoon. The wind should be fairly mild out of the SE to ESE so it will be much easier to head north from Waller and a little more work to get back to the finish.

### Here are a few key notes/reminders before the ride tomorrow.

- **The sign-in list will be printed based on the riders who had enrolled as of about noon today, Jan 15.** If you are receiving this note directly from me, you are on the sign-in list for tomorrow. Riders who sign up this afternoon should print a copy of their enrollment confirmation and come to the information table tomorrow and show the volunteers to confirm they are enrolled. Those of you who enrolled before the cut-off will go to the list with your name - see the details below...
- **Veteran riders are welcome to join us...** as long as you are coming out to coach/mentor our newbies on how to ride safely and courteously on the road, in a group. This is not a pre-season tune-up for experienced riders, it is a special first training ride for newbies.
- **Here is the split on the sign-in lists for tomorrow** - there are eight splitting the alphabet into smaller lists:
  - A-B
  - C-D
  - E-G
  - H-K
  - L-N
  - O-R
  - S-T
  - U-Z
- **We will be issuing helmet numbers tomorrow when you sign in** - Remember to get the number to stick on your helmet (on the left or front). Please keep this number on your helmet throughout the training series.
- **If you aren't riding tomorrow, don't worry, just ask for your helmet number next week...** or whenever you come to your first ride.
- **We have a LOT of new & gently used clothing for sale tomorrow!** Thanks to everyone who donated - we have a lot of great jerseys and other items to help you quickly get a good collection of cycling gear. Cash or charge cards accepted.
- **Don't forget to try County Line BBQ after the ride!** - Tell them you are with Ready2Roll Cycling - the owner said they will offer us a special - I highly recommend them even at the regular very reasonable price. And, whatever you do, DON'T let your eyes wander over to the home made pies, cobbler and banana pudding!!!

Once again, the lower portion of this note is a repeat of the Wednesday note for the benefit of riders who enrolled after the weekly note went out. If you read the note on Wednesday, you can skip the lower portion of this note today - unless you have a short memory...

OK, it's weaneday which means it's time for the weekly ride note...

Today's note will focus on the beginner ride coming up this Saturday. I have limited this note to the beginner ride info to keep it as short as possible. I do have some other local cycling news to share but I'll send that in a supplemental note at another time so you can focus on the ride details today.

Today's Topics are:

- **Beginner Ride 2, Waller TX, 9:00 am 16/25 miles**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Clothing Donation Drive/Sale!**
- **Post-ride Lunch Deal**
- **Reminder - Watch for Friday Late News Note**

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**Beginner Ride 2, Waller TX, 16 miles, Sat, Jan 16, 9:00 am**

This week, our beginners will meet at the **Old Waller Stadium** for our second beginner orientation ride. There will be an option to ride the same 16 mile out and back route we rode last week or to add a nine mile loop around and back to the rest stop for a 25 mile route with two rest stops.

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 9:00 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 large 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 Fields 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 or 25 miles of training.

The route will go north on Fields Store Road about 8 miles to Hamner's Country Store at FM-1488. We'll have snacks and water at the stop and then, return back the way you came or do a nine mile loop around and back the Hamner's, then back the way you came. The total distance is 16 or 25 pretty 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 9:00 am for a 9:00 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, sign-in, 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 B, C to D, 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 list at the Info table 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 Information table.

The first time you participate in one of our rides, you will be issued an adhesive number to place on the front (or front/left side if it won't stick) 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 22.** There will be lots of 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. This also coincides with Sun & Ski's big cycling kick-off sale. It will be at their Westheimer store (between Chimney Rock & Hillcroft) beginning at 6:00. I'll be there speaking about training for the BP MS-150 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.

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## 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-B, C-D...) 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...

Our good friends at Waller County Line BBQ have agreed to offer our riders a special BBQ lunch at a great price this Saturday. They have delicious BBQ and amazing deserts. After your ride on Saturday, remember to stop by for a bite to eat as they are easily located at Hwy 290 and 362, just a few blocks northwest of our start/finish. It's just across the highway from a huge Buc-ee's but worlds apart for food value and taste after the ride. Be sure to let the servers know you are with Ready2Roll Cycling - they should have our training series deal posted and if you are there when we arrive, hopefully, you'll join us for a group photo by the lunch deal sign.

The location is 20727 FM 362, Waller, TX 77484 and website is <http://www.wallercountyline.com/wlc-waller/waller-county-line-waller-location.php>. To get there after the ride, just take the street south of the stadium (Daugherty) 3-4 blocks to Pencik Rd, make a right and Take that a couple of long blocks to the end. Make a left and you will pop out on FM-362 at Waller County Line BBQ (and gas station). If you go too far, there's a biker bar next door but this is for different bikers...

I'll definitely be having lunch there after the ride.

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 and for some other useful cycling info this week.

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

Thanks!

**Steve Moskowitz**

Ready2Roll Cycling

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