

**Subject:** Ready2Roll Cycling 2016 Training Ride 1, Jan 23, 8:00 am, Waller ISD Stadium (NEW LOCATION)  
**Date:** Wednesday, January 20, 2016 at 8:55:28 AM Central Standard Time  
**From:** Steve Moskowitz (sent by Steve Moskowitz  
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**To:** Stephen

## NOTE NEW START LOCATION!

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First of all, you read the subject line of this note correct! It says: **"Waller ISD Stadium (NEW)"** working w/ Katy PD on one detail for the Katy ride so we are holding it until Jan 30 and have developed a pleasant route on the quiet, country roads just this side of Waller.

**Please note that we're not starting at the old Waller stadium we used for the beginning of the season.** The new, much larger Waller ISD Stadium is a few exits closer and on the right (north) side of Hwy 290. Directions are below.

Today's note covers the following topics:

- **Training Ride #1 – Waller – Houston Oaks, Jan 23, 8:00 am**
- **Safety Corner - Feedback from Beginner Rides**
- **Safety Corner 2 - Group Rides, Drafting & Pacelines, Helmet Fit Tips**
- **Last Minute Reminders**

I do have a LOT of news to share today and it's almost past breakfast so let's get right to the important stuff.

This is our first ride of the series and it's fairly close to town so we usually get 1,100 or more riders on the ride. Almost all of us will be coming the same way out Hwy 290 to the Waller Tomball/2920 exit so traffic will be especially bad if everyone tries to arrive after 7:00 so please aim to arrive between 6:20 and 7:00. If you have a long wait. We need to leave promptly at 8:00 am so, if you arrive after 7:30, you may be behind our SAG team if you arrive too late – PLEASE leave early enough to have time for a slight detour to the stadium.

Most of you also need to get your rider number to place on your helmet (place on the FRONT of the helmet close to the front if not) and new riders need to get used to the sign-in process so PLEASE arrive early and get ready for our first ride - please... If you don't come this week, don't worry, you will get your first ride on your first ride.

I was out recovering after the half-marathon on Monday so today's Ride 1 note has several safety tips. There is a lot of material here but PLEASE read all of these and please be prepared to practice them on all of our rides. They will make you a safer rider and increase your enjoyment of every ride you go on. I have collected the most useful and important tips in today's note.

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**Training Ride #1 – Waller ISD Stadium to Houston Oaks – 8:00 am – 26, 38 (or 50) miles**

This week, we kick off the season with a completely new route for us! See the directions to the stadium below.

The route offers options of 26, 38 or 50 miles. We'll be riding on pleasant flat to very gently rolling roads. We sandwiched the route between Waller Tomball Rd on the south and Houston Oaks Country Club. We sandwiched the route between Waller Tomball Rd on the south and all the roads are pretty quiet to very quiet but they are also all two lane w/o shoulders so please ride single file most of the time. We will have Ride Marshals and conscientious riders reminding you. Please honor these requests so that we are welcome to come back. More on this below.

### **Directions to Waller ISD Stadium**

Waller ISD Stadium is located at 20735 Stokes Rd, 77484.

To get there, almost all of us will take Hwy 290 northwest from town. Exit at the Waller Tomball Rd. Look for a large Loves Travel Stop sign on the right as you approach the exit. To get to Stokes Rd, you can take the frontage road just past the light (about 30 yards) or you can turn right at the light and make a left turn. The stadium is on Stokes Rd (on the left) less than a half mile off of Hwy 290.

I'll check Houston Transtar for the construction forecast and send an update Friday – I plan to take Hwy 290 and there is minor construction even out this far as 290 is undergoing a major widening project. I see any major closures yet noted for this weekend but will include this in the Friday, breaking news.

As I already noted, things will back up here so please take a few minutes to study the maps and exit before, or after this exit if it is backed up when you arrive. I can't emphasize enough how important it is to spread out our arrival traffic or how much more pleasant your ride will be if you do allow this. Please use alternate options if there is a backup.

**A big THANKS to Sun & Ski Sports for providing tech support!!!.** Week after week, they are providing this. Be sure to thank them for their support all season!

**ALL Riders Need to Sign in and Sign out** - There will be a master list split into 8 shorter lists by letter. Initial in before you ride and initial out when you are finished so we know you made it home. The name as follows:

A – B  
C – D  
E – G  
H – K  
L – N  
O – R  
S – T  
U – Z

The sign-in lists will be on four large tables along with the ride maps.

### **IMPORTANT Ride Details**

There are two intersections where we'll have police coverage this week – one about two miles after the 25 mile mark on the long route. Please obey them and be prepared to stop as you approach.

This is our opportunity to demonstrate that most cyclists are very considerate. PLEASE ride single file on local traffic or we will not be welcome back.

### **Safety Corner - Feedback from Beginner Ride**

We had 325 riders for our beginner ride last Saturday. We got some great feedback from several SAG drivers. Most of the feedback made the same points - a very common point that I need to stop several times until we get more experience.

Marathon Ride Marshal, Terry Krysl wrote: "From the Ready2Roll training ride this weekend, a couple items stand out - properly fitting one's helmet and cycling cadence. Below are links to helpful videos on these subjects.

### **Fitting one's helmet**

- <https://www.youtube.com/watch?v=-DYW9XPke1s>
- <http://www.ndhealth.gov/injury/publications/Easy%20Steps%20to%20Properly%20Fit%20a%20Bicycle%20Helmet.pdf>

## Cycling cadence

- <https://www.youtube.com/watch?v=7VMPcf7VcXQ>
- [www.bikeradar.com/us/gear/article/technique-cadence-matters-16394/](http://www.bikeradar.com/us/gear/article/technique-cadence-matters-16394/)

The ride marshals were checking helmets before the training ride and the newbies especially need

The other key tip is to please remember to ride single file on two lane roads and be aware of traf

I had several reports that some of our riders were riding 2 abreast and taking the entire lane and road. Some riders also disregarded coaching from Medics and Ride Marshals to ride single file. I mentor ride so there is a tendency to ride next to a rider to talk and learn but one critical lesson single file approximately 18" from the right side of the lane if there is not a safe shoulder to ride

When there is no traffic or riders approaching from behind, it may be OK to ride two abreast but right and, if riders call as they approach or vehicles are approaching, one rider should note to the move in front or behind the other rider into single file to allow a safe pass. See more about pass

This is an important skill to practice over our entire series because you will be passing a lot of rid getting passed a lot on the BP MS150. We want all our riders to practice and learn to make pass fun. This will make a huge difference in your enjoyment of the ride as well as every rider you pa

Here are a few more brief but important reminders:

- Come to a full stop at each stop sign! The only exception is intersections controlled by pol
- Obey the Ride Marshals, Medics and Law Enforcement cyclists! They are coaching you to i rider.

## Safety Corner 2 - Group Rides, Drafting & Pacelines, Helmet Tips

This week, we officially start training to ride to Austin. Our training series is designed to help you equally important, train you how to ride safely and courteously.

Towards this end, I will include a regular Safety Corner focusing on a topic/technique that will he with your skin and all your bones intact. These tips are for your health. PLEASE read them and be promoting!

If some of you experienced riders want to contribute a safety tip/topic, please feel free to drop n future use. All contributors will be noted and thanked profusely.

Please remember these key tips about a group ride.

### Do's

- Ride smoothly and predictably - DON'T make sudden stops, changes in speed or turns
- Communicate - BOTH ways, call hazards, call when passing and listen to others
- Ride your ride at your pace
- Listen and respect the Ride Marshals, Medics and law enforcement officers directing us - they a
- Ride single file or maximum 2 abreast if on a wide shoulder or a road that is closed to regular v
- If riding two abreast, please pay attention and, if riders approach to pass, gradually go to single
- Enjoy the ride - Remember that this is a fund-raiser to find a cure for MS, not a race!

### Don'ts

- Ride to the left of the center stripe (short passing is OK as if you were a car but don't ride there
- Pass on the right
- Overlap the wheel of the rider in front of you
- Ride in pacelines (unless you are very experienced with the general process and the specific gr
- Wear headphones (any type) or talk on your cellphone while riding

I will come back to many of these in detail over and over until we are all familiar with the fundam

## Passing - This is IMPORTANT!

We will practice the tips below over and over and I will be giving you feedback. After a few weeks nature but please read the tips below and practice them as well as observing other riders doing to communicate effectively and say "THANKS!" to show your appreciation for other riders who do the

Over the years, I have noticed a fairly regular issue in our rides and have observed several mishaps startled during a pass and jerks causing them to lose control of their bike. In most cases, the rider a few where the rider did take a spill. These accidents can be avoided by exercising a little rider details about how to make a safe, courteous pass.

Passing on a bicycle is a two-way event. The passer and the passee both have a few simple responsibilities to pass safe and friendly.

The passer should:

- Call "Approaching rider" as you get close (within 10-20 yards)
- Check the road behind to ensure no approaching vehicles
- Move over to allow enough room, speed up just a little and start the pass
- Call "Passing on left" as you pull near the rider

Adjust your volume for the weather - if it's calm, you don't need to shout, if it's windy, you  
- Allow plenty of room before pulling back in to the right

The passee should:

- Be aware of approaching riders (listen, NO headphones!)
- Acknowledge calls to pass - saying "Thank You" is a GREAT way to do this!
- Maintain a steady speed and line - don't suddenly slow down or speed up as you are being passed handle bars.

The process for multiple riders passing is similar with a few extra variations

The passers should do all the above plus:

- Call "Rider(s) Up, slowing!" as they approach
- Double check for approaching traffic - allow more room for multiple riders to pass
- Consolidate to single file if not already there
- The lead rider should call: "Passing on left, 7 riders" or something similar to let the passees know
- The last rider should call: "Last rider" so the group knows you are all past
- Allow extra room before pulling back in so the your line doesn't cut off the passees
- Maintain a steady speed, don't speed up until the entire group has passed - your group may feel is not safe in order to avoid falling behind

The passees should do all the above plus:

- Smoothly consolidate to single file when a group approaches (the lead rider should call "Slowing") Ignoring the "Riders approaching" call and not allowing room for riders to pass is not a good
- Listen for the first and last passers so they know what to expect.

Note that the passers have the responsibility to ease up as they approach and wait for safe conditions have the responsibility to listen, hold a steady speed and line, and go to single file to make room around.

I expect to see you all practicing these tips - they make a huge difference in how much we all enjoy to hear a LOT of communicating and "Thank you's" out on the roads this week and for the next time

Here is one more group riding tip. A question I received about pacelines.

Q: I've completed several MS150s but never a part of a team. While there have been large groups part of one. The extent of my drafting experience is limited to a group of 3 - and then only sporadically in the next beginning ride?

A: We recommend avoiding fast pacelines which use more "aggressive" drafting in order to signify you are very experienced and know your paceline riders well.

On the other hand, there is an opportunity to ride in a group and practice simple drafting which is a bit easier, especially on windy days. This also makes the ride a lot more fun since it is possible, a visit with other great riders as you go.

The key things to remember are:

1. Allow at least 18-24" between front/back wheels

2. NEVER overlap wheels!
3. Communicate with your group - call hazards, car back, slowing, stopping, turning, standing, et
4. Ride steady and predictable
5. Don't ride above your ability - pull off and let the group go if the pace feels too fast

Here are a few more linear thoughts on this topic:

- If a group has trained together, cycling etiquette says to let the slowest rider set the pace
- The ride is supposed to be fun and it is definitely more fun with a group of friends
- Friends DON'T let friends ride alone!

Hope this makes sense. Save this note as it will make a lot more sense as you get more experien

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### **Last Minute Reminders:**

- Put your clothing/eqpt out Friday night (include water bottles!)
- You must have completed your annual enrollment before you ride - NO EXCEPTIONS
- (If you are getting this note directly from me (no one forwarded it to you), you have comp
- Arrive on time, no, make that EARLY - no later than 7:00 this week!
- We always have a LARGE crowd for this ride so if you arrive late, you will miss the start an team and on your own if you have any mechanical difficulty.

I will be posting each e-mail note shortly after sending on the Communications page of the Read you can't get to your inbox or my notes are being eaten by your dog, you can always go to [www](#) find the notes online – click the Communications tab on the red bar at the top and look at the we Houston page.

While you are on this page, note that the weekly ride maps will also be posted shortly before the files. This week's new ride map is already posted on the site for those who want to see a preview computers for your bike may be able to download these into your GPS to guide you on the route. for making all the weekly GPX files!

OK, that wraps it up for today. I will be sending a detailed note about the ride sign-in and start t any late, breaking news I need to cover this Friday.

I'll see many of you in Waller this Saturday...

### **Steve Moskowitz**

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