



First of all, thanks to the five of you who wrote me to point out a significant error in the directions to Rhodes Stadium. Please use the corrected directions that follow...

Directions to Rhodes Stadium (from in town)

Take I-10 to the Katy Fort Bend exit (742) which is just past the Grand Parkway. Exit and continue about a mile on the frontage road to Katy-Fort Bend Rd. Turn **RIGHT** and drive about 1/2 mile. Just after passing Colonial Parkway on the right, you will see the entry to Rhodes Stadium on the left. The entry will be unlocked for us at 6:00 am and the porta-lets will arrive about that time.

If you use a GPS to get there, the address is: 1733 Katy Fort Bend Rd, 77493.

Weather Update

Before I cover anything else, let's cover the weather... The forecast is for some thunderstorms tonight as a cool front moves in and in the morning, there is a 40-50% chance of scattered very light showers (0.02 inches) until late morning with temperatures in the mid to upper 50's in the morning and 62 degrees at 3 pm. The chance of rain may put some of you off but this is not dangerous or miserable weather that would lead us to cancel the ride. Bring a light, water resistant outer shell that you can pack in a back pocket in case you need it. **(Useful Tip: Sun & Ski Sports has the very light outer shells (as well as really nice Gore shells) on sale this week** and they are open until 9 pm tonight if you haven't picked one up yet.)

The most significant weather impact will be the strong 15-17 mph wind out of the north. This will make the ride out very tough but the return trip will be fun. Please don't overdo it and injure yourself. If you are worn out at Rest Stop 2 in Monaville, then you should turn around and complete a tough 49 mile ride this week, then do a 52 mile or 69 mile hilly

long ride next Saturday in Bellville.

If things change significantly overnight, I'll email everyone by 5:00 am Saturday and we'll also post an update on our **Ready2Roll Cycling hotline: 281-907-9007**

Heads-Up – Route Overlap with Passion for Humanity Ride

There is another ride starting in Simonton at 8:30 this Saturday. There are a couple of spots where our routes overlap so please read this and if you want, take a look at our map (posted online on the Communications/Houston Series link) if you are a visual person like me.

- **On the way out, from Rest Stop 2 (Monaville) west about ½ mile on FM-1887**, some of our slower, 74 mile riders may see the first waves of their fastest riders going the opposite direction. Not much overlap here.
- **One the way back, our slower 49 mile and all our 74 mile riders will overlap going the same direction as their long route riders from the point where we turn left onto FM-529 around to FM-362 and down to slightly after RS1** where we turn left onto Morton Rd and they continue straight on FM-362. This is about an 11 mile overlap (27.2-38.5 miles on the short or 52.0-63.3 miles on the long route) but it only includes their longer riders and our riders on our way back so both rides should be pretty spread out by this point. We will have volunteers posted at the left turn to Morton Rd to remind Ready2Roll Cycling riders to make a left turn.
- A few very slow riders may also cross paths on the way out with their 50 mile route at FM-359/FM-529 but with our early start, you would be going very slow for this to occur.
- **Please note the overlaps to your friends, pay attention to our signs, and don't just follow the riders in front of you** because you may not end up back in Katy if you do...

This Next Item is a Stretch...

After the ride, you can look forward to meeting Alicia Tillman from Namaste Yoga who will be demonstrating exercises from a 4-week Yoga for Cyclist (intensive) class she is teaching.

Here is more information...

The BP MS150 Ride is coming up and training for this endurance event is in full swing. With training rides weekly, and distances increasing, rider's bodies are pushed to their limits. Namaste Yoga Houston has created a 4-week yoga class designed to complement the intense training riders experience preparing for the event. This program was designed and will be lead by fellow cyclist and MS150 rider, Alicia Tillman. She has created a program that will regenerate your body while adding mobility and flexibility to your core muscles used during cycling. The class will be held at 4 pm on the last 4 Sundays leading up to the ride.

Location: Namaste Yoga Houston 1257 Eldridge Pkwy Houston, TX 77077
Cost: \$80 (*\$70 if you register on March 19th)

For more information or to register please contact us at:
www.Namasteyogahouston.com
info@namasteyogahouston.com
Alicia 832.353.9660

OK, according to my email host application, only about 2/3 of you (66.4%) have opened the weekly note I sent on Wednesday so I'm hoping the other 33.6% of you are opening this note so I am repeating most of the Wednesday note below. If you already read the Wednesday note, you can stop reading now – otherwise, there is some IMPORTANT information below...

First of all, you read the subject line correctly. We are starting at 7:30 this Saturday for a couple of reasons:

- This is our longest ride of the season and the extra time should give you time to ride the full 74 miles.
- There is a ride that slightly overlaps part of our route and the early start will help minimize the overlap. (More on this coming in the Friday update)

Don't worry – we have already been monitoring the light and it will be plenty bright by 7:30.

Waller County Update (Important!)

Many of you have written about the riders being issued tickets this past Sunday on the Bluebonnet Express Ride. We don't know all the specifics but key members of the cycling community are meeting with Waller County officials to review the issues.

Here are a few VERY IMPORTANT points you all need to remember:

- **Waller County has noted that their officers will be out observing riders in the county and issuing tickets.** Most of our ride this week is in Waller County and we have notified them of our route and the timing so it is very likely that there will be officers out observing and issuing tickets to riders who:
 - Fail to come to a complete stop at a stop sign
 - Ride more than two abreast
 - Fail to go to single file and allow traffic to pass if the road is wide enough for a safe pass (In Waller County, most roads we'll be on are wide enough so listen for traffic (or faster riders) and let them pass safely)
- In other words, if you have skipped the safety and courtesy tips I have been sharing, you better go back to the Ready2Roll Cycling archives (on our website, click Communications/Houston Training Series on the bar at the top) and review the Continuous Improvement notes.
- Review/know the Rules of the Road – here's a very useful page on the BikeTexas site: <http://www.biketexas.org/en/infrastructure/texas-bicycle-laws> Pay particular attention to section 551.103.
- I want to repeat – **it is VERY likely that there will be Waller County officers at one or more locations this Saturday observing riders and issuing tickets** so each of us needs to follow the laws and be respectful of the local community.
- This also means that just because you see officers at an intersection does not mean to ride through. You need to call out the intersection and you (and riders with you) need to slow down and prepare to stop. Then, each rider makes a full stop before proceeding. If the officers wave you through, call this to your group and proceed through at a steady, but moderate pace. And please thank the officers for keeping us safe.
- If you are two abreast, two riders can make a full stop together if they are side by side at the stop but the riders behind need to also make a

stop.

- If you are in a line passing the stop sign, the riders who clear the stop sign ride slowly (staying to the right) until the entire group is safely past the intersection and regroup.
- KTRK (Channel 13) ran a story about this and the local resident they interviewed said: "I would just love to see them pull behind each other so that cars can safely pass...I think that would go a long way, I really do."
- The bottom line is if you have been demonstrating and appreciating how much safer and courteous Ready2Roll Cycling riders are since we emphasize this every week, then keep up the great work and let's show the community that it is possible for riders to pass through with minimal disruption.

Useful Tip – Please Arrive on Time

Over the last few weeks, I have noticed several riders arriving quite late, in some cases at, or after our ride start time. These riders are heading out after all our SAG vehicles are already on the road. This means they are missing out on two key pieces of our ride support:

- If they need mechanical assistance, none of the SAGs will know they need assistance
- The turn signs will be gone as the very last SAG picks up the signs as they pass

I have mentioned this before but I need to repeat that our SAGs need to get on the road with the 99% of our riders who depart on time. **If you are late, please understand that you will need to carefully study the early part of the route and ride without SAG support until you are able to catch the back of the pack.**

2016 Ready2Roll Cycling Training Series - Week 9 - Katy to Hempstead, March 19, 7:30 am

This week is our longest ride of the series. This ride is designed to give us a good endurance tune-up ride. The long route will be 74 miles and the short route is 49 miles. The roads are flat to gently rolling. Our goal is to

get some quality spinning miles in and get used to maintaining your steady, comfortable pace over a longer distance.

If you are planning to do one of the shorter options on Day 1 of the BP MS150 (Rhodes or Waller Stadium starts), then the 49 mile route is plenty to get you ready. If you are planning to do the 100-mile route from Tully Stadium on Day 1, then I suggest the 74 mile route this week if your schedule permits.

NOTE – Rhodes Stadium will lock up at 4:00 pm so you do need to be back by 3:30 pm so you can be out of the parking lot by 4:00 pm.

Directions to Rhodes Stadium (from in town)

Take I-10 to the Katy Fort Bend exit (742) which is just past the Grand Parkway. Continue about a mile on the Frontage to Katy-Fort Bend Rd. Turn RIGHT and drive about ½ mile. Just after passing Colonial Parkway on the right, you will see the entry to Rhodes Stadium on the left. The entry will be unlocked for us at 6:00 am.

The address for the stadium is: 1733 Katy Fort Bend Rd, Katy, TX 77493

There will be plenty of room for us on the east side of the stadium. We'll be lining up to depart out the east gate about 7:15 so you need to arrive by 6:30 to have time to park, sign in, etc. PLEASE arrive no later than 6:45 am this week.

There are three stops and two are recycled giving us a total of five stops on the 74 mile route and three on the 49 mile route. There is a stop every 11-12.5 miles. There will be law enforcement officers at RS1 and RS2 so please slow as you approach, be patient and obey the officers.

Note – The map for this week is already online – in PDF format for those who like to preview the route and GPX format for those of you with a GPS unit. Go to www.ready2rollcycling.com and click on Communications/Houston Series. The maps for Ride 9 are at the top of the Maps section.

This is our longest ride of the season and it's also the shortest drive for most of us so you can actually sleep later than last week and still get an early start on a 49 or 74 mile ride! There is plenty of parking but please keep working on your carpooling because we have three rides left after this and parking will be a challenge if we abandon the great work most of you have been doing up to this point.

Don't forget that you do need to be back by 3:30 pm!

OK, I need to get to work on a few last details for next week's ride (69 hilly miles in the Bellville/Cat Spring area...).

Thanks!

Steve Moskowitz

Ready2Roll Cycling

SteveMoskowitz@Ready2RollCycling.com