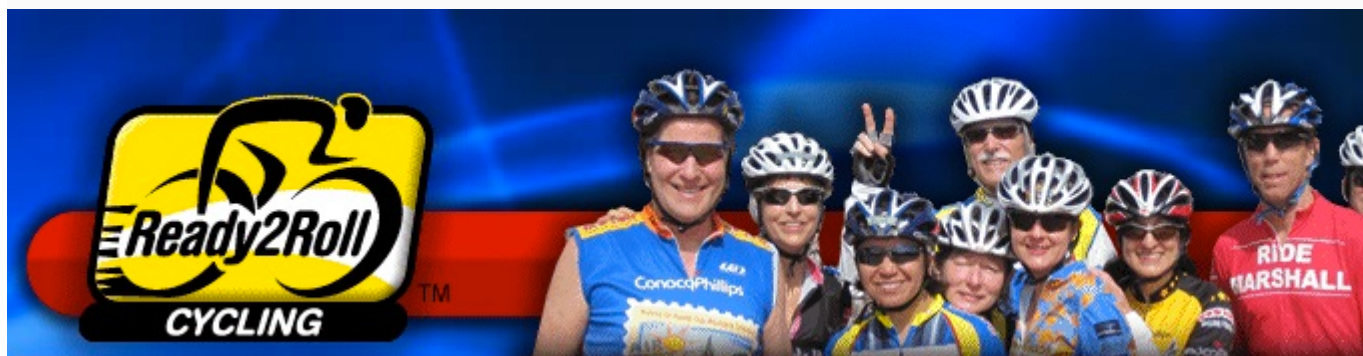


Subject: Ready2Roll Cycling - 2016 Training Series: Beginner Ride 1
Date: Wednesday, January 6, 2016 at 5:22:54 PM Central Standard Time
From: Steve Moskowitz (sent by Steve Moskowitz
<SteveMoskowitz=Ready2RollCycling.com@mail165.wdc02.mcdlv.net>)
To: Stephen

Heads-up - Beginner Ride 1 at 9:00am on Jan 9

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It's officially time to get ready to roll for our 2016 Ready2Roll Cycling

Before I go any further, I do need to mention the weather and our rides - just in case it is an issue this week or for any of our rides...

Our rides will attract several hundred riders - even the beginner rides usually get a lot of riders. We will never put our riders at risk of unsafe weather conditions so we will monitor the weather very closely throughout the season. We have to be very conservative because we don't want to have several hundred riders spread out over many miles and if bad weather hits so we may call off a ride, only to find that the dangerous weather did not develop. Last year, we only missed one ride but we also modified a few rides. We repeat an early portion of the route several times and get the desired distance. We have done so no one was ever too far from the start and we had plenty of SAG support to pick everyone back quickly if the weather turned bad. In the early, cool part of the season, the weather is definitely on your mind and on our watch list.

The weather this Saturday does not look bad but it does look like we'll see cool temperatures in the morning getting up to 60 in the sunny afternoon. Each week we will evaluate the weather and determine if we should ride. If the weather looks potentially bad, this will be the first item in the weekly Friday note with last minute ride decisions. If we are still on the fence, we'll be up by 4:45 am to check and issue an update about the morning of the ride. An email will go out to all riders and an update will be posted on the hotline so, if you can't get to the inbox you are using for the Ready2Roll Cycling emails, **you can always call our hotline at 281-907-9007 to check the ride status** (please don't leave a message as we could have several hundred messages to process). The hotline is intended to provide a way to check the ride status if you can't check the email.

OK, let's get to the first beginner ride news e-mail...

We are still in the pre-season and the holidays are just past. Most of you are already on your bike and yourself and your bike ready but a few of you are true beginners and are very nervous. We will get some early miles in on the road. We have two bonus rides planned just for our mentor riders.

Today's note will focus on the beginner ride coming up this Saturday. I have limited space in this note almost exclusively to the beginner ride info to keep it as short as possible. I will include some intentionally repetitive items today because certain questions come up frequently.

early in the season and I'm trying to make sure everyone catches all the details

Today's Topics are:

- **Beginner Ride 1, Waller TX, 16 miles**
- **Thank You - Sun & Ski Sports!**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Garage Sale!**
- **Post-ride Lunch Deal**

Beginner Ride 1, Waller TX, 16 miles, Sat, Jan 9, 9:00 am

This week, our beginners will meet at the **Old Waller Stadium** for a 16 mile orientation ride.

This ride is aimed at beginning riders who need some short rides in to get used on the road and in a group. These rides are not for veteran riders who haven't their bike since last April but they are for veteran riders who are willing to come "adopt" 2-5 "newbies" and ride at their pace while teaching them how to ride safely, 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).

To get to the start, take 290 northwest from town to the Field Store Rd exit. Turn under 290 and drive one block south of 290 to the stadium on your right. The sign-in area and the sign-in area and "Garage Sale" (see below) are on the south side of the stadium.

This ride is intended for beginners and mentor riders. Each mentor will team up with beginners and will coach them on the route. The group will focus on riding safely, predictably, obeying traffic laws, communicating with their riding group, hydrating, gears and basic passing etiquette as well as getting used to riding on the road in 16 miles of training.

The route will go north on Field Store Road about 8 miles to Hamner's Store at We'll have snacks and water at the stop and then, return back the way you can total distance is slightly over 16 very flat miles.

This week, you should arrive between 8:00 and 8:15 am in order to have time to park, sign in, use the restroom if needed, get your bike ready, team up with a mentor and have a brief orientation before the start of the ride. If you arrive at 9:00 am for the 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, get ready and line up for the pre-ride announcements.

No RSVP is necessary. Before the ride, each rider who shows up signs the weekly attendance list. The master list of enrolled riders will be split into sub-lists (A through Z, etc.) so you will get in the line for the list with your last name. Your initial will be marked in the "Started" column. When you finish the ride, your initial will be marked in the "Out" column so we know that everyone made it back. If you haven't practiced the sign-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 far left* and if your last name is Zillo, you should be in the line on the far right*... There is also a line for riders enrolled very late (after the lists were printed) or who have not enrolled yet. They will be to the left or right of the enrolled rider lines at a separate table.

* - Note: "Far left" and "Far right" in this case are totally non-political positions and are in the sign-in line on the left and the Z's are in the sign-in line on the right. Moskowitz's are right smack in the middle! (Of course, if we ever did a training ride, the A's would be on the far right and the Z's would be on the left.)

The first time you participate in one of our rides, you will be issued an adhesive to **place on the FRONT of your helmet** so it is easy to see that you are part training series. When you come to your first ride and get your rider number, place the number (NEATLY) in the number column to the left of your name on the sign. Please also keep the number on your helmet all season. If you do lose the number, 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 the old number so we can update your assigned number.

Thank You Sun & Ski Sports!

Be sure to thank **Sun & Ski Sports** is very generously providing tech support for our 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 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 January 22. There will be lots of mini-seminars on training, basic bike maintenance, safety, etc. as well as several bike suppliers showing new goodies, plenty of light drinks and lots of good deals on equipment and clothing. It will be at their Westheimer location (between Chimney Rock & Hillcroft) beginning about 6:00 pm. I'll be there providing pre-ride training sessions and available to answer questions at or in between the sessions. The night before our first official ride so the timing is good on the equipment/clothing.

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 before start time) and sign in so we know who is riding. You also sign out at the finish so we know everyone is back.

Each week, there will be a sign-in list at the ride. All riders who have enrolled will be listed in alphabetical order and the list is broken up into smaller lists (A-D, E-H,...) so no one has a long line to sign in. You initial in on the Started column next to your name before the 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 the FRONT of your helmet 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 receive 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 - 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 our riders at a very reasonable cost. We even have quite a few extra, unused jersey 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.

Remember when you were first getting into cycling and you realized you still needed warm gloves, you only have one jersey with pockets or that your 'normal' windbreaker became a parachute when you wore it to ride?

For many of us that have been riding for years, now it is the opposite problem. We have upgraded to the latest in tech gear or received new super cool clothing as a gift, now your closet is overrun with items you no longer wear. Well, here is your chance

clear out your gently used cycling gear and help out our new riders at the same

Proceeds collected from the sale will be contributed to the MS Society.

...Note - we already have had significant donations of some great, **unused** jerseys 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 cards and two iPads plus Internet access so we'll be able to take credit cards, cash or the ride.

Teams may want to designate one person to collect these items for drop off. On the ride EARLY on Saturday.

Contact: Jan Cohen: 713-817-4898 or JanCohen@Ready2RollCycling.com

----- **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 lunch at a great price this Saturday. They have delicious BBQ and amazing desert for your ride on Saturday, remember to stop by for a bite to eat as they are easily located on 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 a special series deal posted and if you are there when we arrive, hopefully, you'll join us for a 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>

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 posts and notes this weekend.

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

Thanks!

Steve Moskowitz

Ready2Roll Cycling

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www.ready2rollcycling.com

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