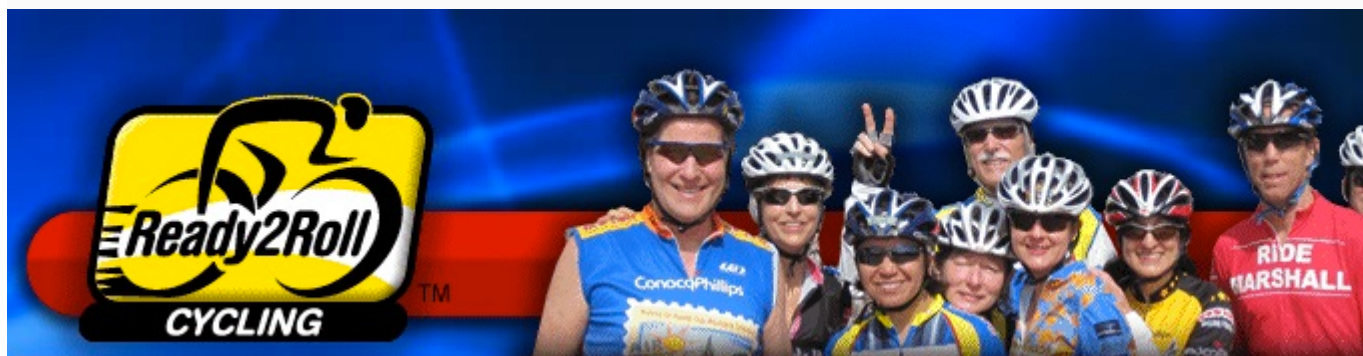


Subject: Ready2Roll Cycling - Ride 5, Sealy, Feb 20, 8:00 am
Date: Wednesday, February 17, 2016 at 9:13:37 AM Central Standard Time
From: Steve Moskowitz (sent by Steve Moskowitz
<SteveMoskowitz=Ready2RollCycling.com@mail3.suw13.rsgsv.net>)
To: SteveMoskowitz@Ready2RollCycling.com

**Ride 5 from Sealy this Saturday at
8:00 am**

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Good morning! It's Wednesday which means it's time for the Ready2Roll Cycling ride details note. I know many of you are very busy so let's get right to the ride

2016 Ready2Roll Cycling Training Series - Ride 5 - Sealy, Sat, Feb 20,

This week, we will be heading out to Sealy to continue to get used to riding on roads west of town. Our route will take us west of Sealy through Bernardo and pleasant and gently rolling roads between Bernardo and Cat Spring. The extra will pass through New Ulm again. The ride distances are 33 or 45 miles plus an option of 59 miles. The map is already online in the Maps section of the Communications/Houston Series and look in the maps section. The file is Ride 05 – Sealy.pdf

This week, as we get into the longer route options, we will be adding a time cut long and medium split points. If you want to do the 59 mile route, you will need to pass this point by 9:45 am which means starting in one of the first three waves at 18+ mph and five minute or less stops at the two rest stops before the split. The 45 mile route will be 10:00 am which means averaging 12.5+ mph and ten minute stop at RS1.

The climbs will be fairly gentle this week but all routes will have a little bit of new roads to help you get used to changing gears and climbing/descending. I have feedback that some of our new riders are not yet fully proficient in shifting. You need to find a stadium parking lot or a quiet corner in a nearby mall parking lot to practice shifting while riding. This will be very helpful to get proficient now so you can use the right gear to make it up the climb.

We'll have three rest stops. RS1 is located so that it is recycled on all three routes. The 33 mile ride has 2 stops, the 44 mile ride has three and the 58 mile ride has four. The first stop is in a fairly quiet area where we'll spread out in a linear manner across a field. Please remember to gradually slow as you approach, stay to the right where you plan to stop and move off the road.

Directions to the start - Business & Professional Women's (B&PW) Park

The ride this week will be starting from the B&PW Park. The physical address is

Main St, 77474 and the GPS coordinates are: 29.78033,-96.168276.

To get to the ride, take I-10 to the 2nd Sealy exit - Hwy 36. As you exit (slowly) make a large u-turn to the right and make a left (north) turn at the light onto F Drive north to Main St (after 4th St) and make a left turn. Main bends to the right the entry to the park is a short distance past the turn. **Note – please obey the speed limit in Sealy – it slows down to 30 mph when you enter town.**

NOTE - There will not be enough parking at B&PW Park. Some of you will park at Levine Park (which is on your left a block after you turn onto Main St) as well as on the streets in town. We have retained the Sealy Little League to help direct us to B&PW Park - PLEASE arrive early and be patient.

There are restrooms at both parks and we will have supplemental porta-lets at Levine Park.

Please DON'T block any driveways or mail boxes and please don't park in the bike parking or the parking by the city & police offices north of Levine Park. If you do, you will need to park offsite, come by B&PW park and sign in and then get started. In other words, if you are late, you will miss the group start so please arrive between 7:00 and 7:15 at the latest to allow time to park, get ready, sign in, and start with the group.

Please remember to arrive early so you have time to possibly find an overflow parking spot, get your bike ready and come sign-in before you ride. This means arriving before 7:00-7:15 am.

One safety reminder - pacelines are most effective on flat, predictable terrain. They are less effective when climbs/descents are added into the mix because they are handled at different speeds by different riders. So, as you get into the rolling terrain, please take an extra room between riders in a group and communicate, in advance, if you are standing to climb, or struggling to maintain the pace. The combination of extra space, react and maneuver plus the proactive communication makes a big difference.

NOTE – Help Support the Sealy Little League!

As we move out to the smaller towns north and west of Houston, we try to support the local community as much as possible. In this case, we met the Sealy Little League a few years ago when our ride overlapped with their pre-season field prep work and it was an opportunity to help support them. First of all, they will help direct parking which we will have a lot of practice at and we'll make a donation.

Second, and third, they will be selling home made cinnamon rolls, hot coffee and chocolate before the ride. After the ride, they will have tea, sodas and sport drinks. They will also serve Big, Little League hot dogs, chili dogs, Frito Pie and home made brownies. Everything is priced very reasonably. Please be sure to bring some cash to help support the Little League and grab a bite before and/or after the ride.

Watch for the late update Friday with a few final ride details and any important updates or traffic news.

Thanks!
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