

Subject: Ready2Roll Cycling - Ride 2 Feedback
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To: Stephen

Useful Feedback and Tips from Ride 2

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Good evening/morning! By the time most of you are reading this note, I'll be on my way to Los Angeles to celebrate my granddaughter's third birthday on Wednesday and her birthday party on Saturday. Don't worry – you will be in great hands this weekend. The rest of the usual support crowd will be there plus we are partnering on this ride. The organizers have an entire support team in addition to our team.

I'll explain the partnering details more in the Wednesday ride note but here are some notes that some of you have started asking about.

- **You DON'T need to register for this ride.** – The organizers found that the regular sign-in process was effective and we will have a list of our riders with emergency info, etc at the ride so no extra registration is needed.
- **You DO need to be enrolled by midnight this Thursday** – It is really important that we have a complete list of riders on Saturday morning so the list goes to print as of midnight Thursday. Everyone receiving this note and I am covered but if any of your friends/teammates are thinking of enrolling, they need to do so by midnight Thursday – or have extensive hard copy proof (a complete confirmation note they receive) on hand or they may have to enroll on Saturday.
- **You CAN invite friends to drop in this week** – Since this ride is also open to the public, anyone can come and register at the ride (\$45) and ride with us.
- **You CAN'T invite friends to drop in other weeks** – We are still running a training series. Several riders each week who come to ride and don't understand that we are a training series. One rider completed the enrollment form and was then surprised about the series fee. Please don't invite friends to come ride but please encourage them to enroll for the series, then come ride. We have found that the series results in better riders (safer, more courteous), better rides (safer, more enjoyable) and much lower cost per ride (just over \$10-12) vs. the ala carte model.

OK, I do have some other good feedback to share with everyone so let's get to it.

Safety Feedback

OK, quick show of hands...who has amazing tan lines on your legs, and/or arms? I have two very distinct lines on each leg, one an inch above my knee and one two inches above my ankle. My arms were under the arm warmers or base layer all day so there are no lines. This is a reminder to use sun screen if it will be a sunny day – we don't want

sun when it's so cool but it still impacts our skin.

By the way, we will offer an even up ride on April 9 if the weather permits. If it wear your arm warmers and leg warmers – that's all... On the BP MS-150 the first weekend, everyone will be buzzing about how even your tan is as you come out of the shower – do bring a towel on the BP MS-150 to strategically cover up!-)

Phone Use

We're doing a lot better but we still had several reports of riders making or taking a call while on the ride. One was trying to find another rider who they had gotten separated from on the ride. One was texting while riding. None were acting sensibly.

Ready2Roll Cycling rides focus on safety and courtesy and making/taking a call while on a road ride violates both of these goals. If you need to make or take a call, you need to alert the riders nearby that you need to pull off the road to safely deal with the call. Gradually and predictably, you move over and off the route where you can safely take your call. If you are expecting a call, let the callers know that you will likely need to pull off first. Let the first call pass while you safely pull over, then you will call them back when it's safe to do so. There is no emergency so critical that you should put yourself and riders in danger of a collision. All it takes is a couple of minutes to safely deal with the call.

Headphone Use

I also received several reports of riders riding with headphones. One or two were using a single earpiece/microphone unit used to talk on a tandem bike but most were using earbuds in each ear. Listening to music on headphones on our rides is not permitted. We all agreed to this when you enrolled and common sense should tell you that it's not safe to tune out the sounds and activities around you on a group bike ride. It's really hard to do this on any bike ride but we can only control what goes on at our rides. If I report that a rider is wearing headphones, music or not, we'll give you a pro-rata refund and ask you to train elsewhere. If you are required to wear the tandem unit, I need you to email me and explain the reason they are required and we'll be on your sign-in line. Hint: The ability to take a call quickly is not a good reason for wearing one of these or a blue tooth device. Per the phone use note above, calls should be dealt with after safely getting off the route.

Paint Stripes on the Road

This is a new item. We had several riders who took a spill when their tires hit the slippery surface of the painted stripes on the road shoulder just past Fulshear. The painted stripes are a bit wider than many so it was possible to have both tires entirely on a stripe and have your bike slip right out from under you. The safety tip is to never ride on painted stripes unless it's very sunny and dry and it's clear the stripes have no moisture/condensation on them. If you do encounter stripes, the best approach is to quickly cross them completely, one tire at a time and as close to perpendicular as possible. Hold a straight line, don't turn your wheel at all until you are across the stripes. The risk of a spill.

Passing Reminders

This is embarrassing that I have to include this since I just sent everyone the tips for passing the last two weeks but we had several reports of less than effective communication by riders approaching to make a pass and even had a report from our recumbent riders about two riders who passed them on the left AND right at the same time! This is not only rude but when you pass on both sides, if the rider is off slightly either way, someone is going to go down hard. There is no excuse for not taking the time to communicate as you approach, move to single file, and everyone move over to pass to the left of the rider after you have confirmed that it's safe to do so. On a day like last Saturday, you may need to slow a little and really shout out as you pass so the rider can hear you. This takes some work and some common sense but it makes the ride far safer and more pleasant for everyone.

Approaching and Making a Left Turn

We had feedback about riders riding in the right shoulder as they approached the turn on the way out and back going through Fulshear. I made some notes to adjust signage, volunteer and police assignments here if we are back in the future but I wanted to explain how to properly prepare for and make a left turn on a bike.

Bikes are vehicles, we need to act like a vehicle as effectively as possible with obvious adjustments for safety. When you are driving and approach a left turn move into the lane as you approach the light. Riders do the same but, because smaller and moving slower than traffic, we need to plan our approach a little more pay more attention to any traffic behind us. As you approach the turn, you first look behind to make sure it's clear and if so, first move across the lane you are in, then look and not assume that it's clear because someone else yells "Clear". They may be looking at the same view you have so each rider needs to look and move over to see that the road is clear. If you have not looked behind much, take some time in a parking lot nearby or better yet, go online and look for and enroll in one of the upcoming Group Riding Skills classes being offered. These classes were developed by the League of American Bicyclists and the MS Society to teach you how to ride safely in a large group ride.

Speaking of Practicing in Parking Lots...

One of our GREAT Ride Marshals noted seeing many riders who were not yet familiar with shifting their gears. This can happen in Houston where it's so flat but to enjoy the ride and use your power most efficiently, you want to get comfortable with your gears. This is another good skill to practice ideally in a quiet high school stadium lot where there is room to ride faster and slower to better understand how the gears work and your most efficient gears.

Where can You get Great Photos

Many of you have noticed Randy Ramos out avidly photographing us as we pass. He is an excellent photographer and he enjoys snapping photos of us while his girlfriend is riding. Here is a link to Randy's photos:

<http://www.randyramospics.com>

Click on Gallery, then Cycling and the 2016 photos are at the top. If you rode last year you may want to explore the other folders too.

You can download any photos at no cost. If you do appreciate/enjoy them, please take a moment to make a contribution to the MS Foundation on behalf of Nicole Keney:

<http://main.nationalmssociety.org/goto/Nicole.Keney>

OK, I need to go pack for our trip. This Saturday will mark two firsts for me...

- The first time I've made it to Alexandra's birthday party (always the first in Feb) although I've never missed her birthday and...
- The first time I've missed a Ready2Roll Cycling ride.

Watch your inbox for a volunteer update later tomorrow (hint: water wizards, etc. change after the ride this week) and news/details about the ride on Wednesday. Other cycling news coming up. Don't forget about Kate's Ride this Sunday. See the update (in your inbox or on our website) for details about this great ride this Sunday.

Everyone have a great week and I'll see you all the following week here or in C on Feb 13.

Thanks!

Stephen Moskowitz

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