

**Subject:** Ready2Roll Cycling - Training Ride 2 - Late Updates

**Date:** Friday, January 29, 2016 at 2:10:34 PM Central Standard Time

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**To:** Stephen

## Training Ride 2 - Fulshear - Late Updates

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Ray's Grill This week, I only have a few cycling news items to share and, since we've had a late finish at the end of the week, I have enclosed a copy of the Wednesday ride note below so our new enrollees can join us tomorrow for the ride. If you are one of the 75.9% of our riders who already read the Wednesday note, please read it after my signature at the top of this note. The other 24.1% of you plus our latest enrollees, if you plan to ride tomorrow...

PS - Don't forget that all the training series notes are archived in the Communications/Houston Section. Head to <http://www.ready2rollcycling.com> to catch up on what you missed. The classic annual note was posted last Friday - it has a lot of good tips on dressing to be comfortable while cycling on cold days.

Everyone receiving this note directly from me at around 2:15 pm on Friday, Jan 29, made it under the time to be on the regular printed sign-in sheets tomorrow - see the sign-in notes below.

### ----- Weather Update

If any of you are going to see Don Maclean and Judy Collins\* at 8:30 pm tonight and are hoping to go, you must be nuts...it is going to be a beautiful day to ride! It should be in the 60's (early, please!) and get up to the 60's or even 70+ when we finish. Please note the recommended weather this week will mean a big crowd tomorrow.

\* - Full disclosure - I bought my tickets months ago and am really looking forward to hearing Judy Collins in person...

### ----- Traffic Update - Important!!!

There is one traffic issue we are aware of and a common sense reminder to keep in mind:

- **The north and south connectors from I-10 westbound (outbound) to the Grand Parkway will be closed at 4:00 am.** If you live west and are taking I-10 to the Grand Parkway, you'll need to exit onto the I-10 left onto the Grand Parkway frontage road and get back on the freeway. Allow 20-30 minutes of extra travel time to arrive by 6:30 because...
- ...Traffic will back up coming into Fulshear by 7:00 am (there are only two lanes) so please try to arrive early to avoid rider traffic coming out.

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**Gourmet Report**

After the ride tomorrow, there are several highly recommended options for lunch before heading

In Fulshear, there are two great spots just past the light on the west side of the street - these are start/finish. The third spot is in Brookshire - slightly out of the way unless you are taking I-10 home

- **Essence House Cafe** - Great breakfast and great sandwiches at very reasonable prices. I was seduced by all the fresh cakes and pies in the display case on the right or you may need to go to our regular off-season spot for brunch after many weekend rides. Great casual food!
- **Ray's Grill** - This is at the north (right) end of the same center as Essence House. This is exceptional food using many very fresh local sourced ingredients and prepared beautifully. It's a dinner but is even a better deal to grab lunch, at lower prices, while you're already only a short drive away. It opens until 11 am so faster riders may need to stick to the Essence House.
- **Orlando's Pizza** - This is a slight variation on the classic all-you-can-eat pizza buffet. The pizzas are very fresh, they'll make anything you want and the pizza is really tasty - and it's close to taking I-10 home (the Grand Parkway mess will affect outbound traffic), it's worth the slight detour up to Brookshire and drive about 1/4 mile north of I-10 to Orlando's on the right. Don't waste an option on your way home from several more rides...

OK, that's it for the ride updates. Now, the 24.1% of you and recent enrollees should keep reading and start choosing your colors for tomorrow's ride. We'll see any of you in Fulshear!

Thx!

**Steve Moskowitz**

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Today's note covers the following topics:

- **Training Ride #2 – Fulshear-Brookshire, Jan 30, 8:00 am**
- **Bike Garage Sale – Final Call for 2016!**
- **Cycling News**
- **Ride 2 Reminders**

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**Training Ride #2 – Fulshear-Brookshire – 8:00 am – 24, 37 (or 51) miles**

This week, we're staying fairly close to home and, since many of our riders are still on their first ride, quite a while, we'll offer another classic route that includes short (24) and medium (37) options and a 14-mile loop for riders moving fast enough to beat the cut-off time and get a 51 mile ride in. The route consists of eight with a 24 mile west loop and a 14 mile east loop. The roads are flat again – we'll remain pretty close to home as we'll see our first rolling roads.

**Directions to Fulshear**

Directions to Fulshear Business Park - 29334 FM-1093, 77441

The ride starts at Fulshear Business Park. The park is located about a mile east of Fulshear on the west side of the road. The address is 29334 FM-1093, 77441. Here are the GPS coordinates for the entry drive: 29.691, -95.141. If you entered the address in Google, it put a push-pin slightly east of the actual location but if you are using Google Maps, you can see the business park. (Here's a weird item - If I enter 29625 FM-1093 it is is all the way to Brookshire.)

To get to the start, take I-10 or the Westpark Tollway west to the Grand Parkway. From I-10, take the exit for FM-1093. Make a right on FM-1093 and drive approx. 7 miles to the Fulshear Business Park. If you are coming on the Westpark Tollway, continue west past the Grand Parkway - the Westpark Tollway runs parallel to the Grand Parkway. Continue about 7 miles to the business park. The business park is the first facility on the left as you approach Fulshear. Look for the Ready2Roll Cycling 14' yellow banner on the left.

We have been given permission to park on the large grassy field in the front but we need to make sure we don't block the businesses in the back of the property so there may be limited parking in the designated parking area. If you are blocking a service door to any business, you may be towed while we're gone. Please be courteous.

just two miles east of the business center (note 1 below).

### **Overflow Parking**

We will overflow the parking so we have arranged with Parkway Fellowship Church at FM-1093 and parking. This is on the left about two miles before you get to the business park. There will be facilities at the southeast corner of the parking which wraps around and behind the church building. There should be no problem please use these facilities if you park here before riding two miles west (on the shoulder) to the business center.

Please don't leave a mess behind – this has not been a problem with our group but I still want to be goodwill ambassadors for cycling.

### **Overflow Parking 2**

In addition to the parking at the business park and the church, The **Preschool of Performing Arts West** has agreed to use all but about six of the 100 cars in their parking lot. They are located on the north (right) side of the road a few hundred yards past the business park. The reserved spots will be coned off so PLEASE don't use them. They are welcome to use the rest of this lot as overflow. A big THANKS to Stephanie Thomas who runs **Arts West** and is married to one of our long-time riders, for arranging this additional parking for us.

If we fill all three lots, you will need to drive into Fulshear and NOT park in the parking lots but do not block any traffic, mail deliveries, etc., then ride back a mile to the business park.

NOTE – If you live west of the Grand Parkway, it may be quicker to drive out to the Woods Rd exit at FM-359 and into Fulshear from the north. **Traffic WILL back up coming into Fulshear at the intersection of FM-359 and Fulshear Rd (only a two lane local road).** Allow extra time to get there or turn into the Parkway Fellowship Church parking lot at FM-359 and bike the last two miles to the start after the traffic backup abates.

There will be one police officer at Parkway Fellowship and one at the business center from 6:30 am to 8:00 am. There is a red light where we turn left coming into Fulshear. Please obey the officers, while drive to the ride start on the bike.

**A big THANKS to Sun & Ski Sports for providing tech support!!!.** Week after week, they are providing tech support for us. Be sure to thank them for their support all season! They will be at the Fulshear Business Park during the ride. If you need to SAG back with bike tech problems, they may be able to help you at the second loop on the route.

**Thanks to Power Crunch!** This week, you will notice one more selection in our already large array of snacks. Power Crunch has donated 1,200 of their protein energy bars that we'll have at our rest stops. I'm debating between Chocolate or Cookies & Crème...

**ALL Riders Need to Sign in and Sign out** - There will be a master list split into 8 shorter lists by letter. Please sign in before you ride and initial out when you are finished so we know you made it home. The sign-in lists are 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. Any new riders who enroll after 11:00 am (usually about noon on Friday) will be listed on the late enrollment list at the Information table near the start.

### **Bike Garage Sale – Final Call for 2016!**

This weekend will be the final opportunity to pick up some of the new and almost new clothing and cycling equipment in great condition. The prices on this stuff are VERY low and this is a great way for new riders to get some very high quality cycling clothing at very low prices. Arrive early (to beat the time shopping for some great deals).

### **Safety Corner - Feedback from Early Rides**

I am repeating the safety tips from last week because we have quite a few riders who enrolled and we had feedback that we're doing better but should still focus on many of these tips. Please read information...

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 video subjects.

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

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

### **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 traffic

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 was a mentor ride so there is a tendency to ride next to a rider to talk and learn but one critical lesson is to ride 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 if and, if riders call as they approach or vehicles are approaching, one rider should note to the other to move in front or behind the other rider into single file to allow a safe pass. See more about passing

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

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 police
- Obey the Ride Marshals, Medics and Law Enforcement cyclists! They are coaching you to be a safe rider.

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

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 are there to keep us safe
- Ride single file or maximum 2 abreast if on a wide shoulder or a road that is closed to regular vehicle traffic
- If riding two abreast, please pay attention and, if riders approach to pass, gradually go to single file
- 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 group)
- 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 fundamentals.

### **Passing - This is IMPORTANT!**

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

Over the years, I have noticed a fairly regular issue in our rides and have observed several mishaps. Riders have been startled during a pass and jerks causing them to lose control of their bike. In most cases, the rider did not take a spill. These accidents can be avoided by exercising a little more attention to 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 make the 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 do
- 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
- Keep your handle bars steady.

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 it 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 down")
- Ignoring the "Riders approaching" call and not allowing room for riders to pass is not a good idea
- 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. The passees 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 riding. I hear a LOT of communicating and "Thank you's" out on the roads this week and for the next three weeks.

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

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### **Cycling News**

I have a few short cycling news notes to share so I'll get right to these.

#### **MS-150 Recommended Ride - Kate's Ride, Sunday, Feb 7**

The MS Society lists a series of Recommended Rides under the training section of the web site. There is an extensive set of requirements to ensure that the rides are safe and well supported. Our training rides are designed to be fun and challenging. If you are looking for more opportunities to ride, or you are already looking to try riding two days a week, early training is going on. Here is a ride I highly recommend considering. The route is great and the

Here is info they sent me to share...

The 2nd Kate's ride will be held on Sunday, February 7, 2016 and will start from B&PW park in S the ride will be used to benefit individuals living with spinal cord injuries, their families, and orga is a fully supported ride with rest stops and SAGS on roads with minimal traffic.

Click on link below to register and find more information.

<https://www.bikereg.com/kates-ride>

PS – They know this is Super Bowl Sunday but the ride will be over in plenty of time to see the commercials.

\*\*\$500 will be donated to MS Society in the name of the MS team with the most registered rider

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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 post each e-mail note shortly after sending on the Communications page of the Ready2Roll Cyc enrolled recently or you can't get to your inbox or my notes are being eaten by your dog, you can [www.ready2rollcycling.com](http://www.ready2rollcycling.com) and find the notes online – click the Communications tab on the red I weekly note archive on the 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 any late, breaking news I need to cover this Fri your inbox.

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

**Steve Moskowitz**

Ready2Roll Cycling

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