

Subject: Ready2Roll Cycling - 2016 Training Series Beginner Ride 2
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To: Stephen

Beginner Ride 2 - Jan 16, 9:00 am

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OK, it's Wednesday which means it's time for the weekly ride note...

The weather this Saturday looks cool again - 44 degrees at the start warming to 60 when you finish. The wind is forecast out of the NNE at 14 mph so not quite as last week but a bit more in your face on the way out - followed by a great tailwind heading back! Arm warmers or a long sleeve base layer under a jersey with a top layer will be perfect! Last Saturday, we only had a couple of lifts back to the top which was, by far, a new record for our beginner rides so great job to everyone completing a successful first ride!

Today's note will focus on the beginner ride coming up this Saturday. I have linked a note to the beginner ride info to keep it as short as possible. I do have some other cycling news to share but I'll send that in a supplemental note at another time. I will focus on the ride details today.

Today's Topics are:

- **Beginner Ride 2, Waller TX, 9:00 am 16/25 miles**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Clothing Donation Drive/Sale!**
- **Post-ride Lunch Deal**
- **Reminder - Watch for Friday Late News Note**

----- Beginner Ride 2, Waller TX, 16 miles, Sat, Jan 16, 9:00 am

This week, our beginners will meet at the **Old Waller Stadium** for our second orientation ride. There will be an option to ride the same 16 mile out and back route last week or to add a nine mile loop around and back to the rest stop for a total route with two rest stops.

This ride is aimed at beginning riders who need some short rides in to get used to riding on the road and in a group. These rides are not for veteran riders who haven't ridden their bike since last April, but they are for veteran riders who are willing to "corrupt" 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 Store Rd and Daugherty (1935 Field Store Rd, 77484 should get your GPS there. You should arrive no later than 7:45 and earlier if you want to get first shot at the collection of new/used cycling clothing and other cycling equipment that is used – see more info below.

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 signs on the south and east sides of the stadium and the sign-in area and "Garage Sign" (below) are 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 or 25 miles of training.

The route will go north on Fields Store Road about 8 miles to Hamner's Country Store FM-1488. We'll have snacks and water at the stop and then, return back the way we came or do a nine mile loop around and back the Hamner's, then back the way we came. The total distance is 16 or 25 pretty flat miles.

This week, you should arrive between 7:30 and 7:45 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 9:00 am start, you will miss our start and may be behind our SAG support team on the route. Please arrive early enough each week to park, sign-in, get ready and line up for ride announcements.

Before the ride, each rider who shows up signs the weekly rider attendance list. The master list of enrolled riders will be split into sub-lists (A to B, C to D, etc.) so you can find your name in the line for the list with your name. You initial in when you arrive in the "Start" column. When you finish the ride, you initial out in the "Finished" column so we know that everyone made it back. If you haven't practiced the alphabet in a while, it's helpful to practice a little before Saturday. If your last name is Adams, you should be in the sign-in line on the left and if your last name is Zillo, you should be in the line on the right... There is also a list at the Info table for riders who enrolled verbally (after the lists were printed) or who have not enrolled yet. This line will be to the right of the enrolled rider lines at a separate Information table.

The first time you participate in one of our rides, you will be issued an adhesive number to place on the front (or front/left side if it won't stick) of your helmet so it is easy to see that you are part of our training series. Please print the number (NEATLY) in the "Number" column to the left of your name on the sign-in list. Please also keep the number on your helmet all season. If you do lose the number, don't worry, just bring your first name and something of similar value to exchange for a new number at the next ride. Please (NEATLY) write the new number to the left of your name so we can update your number.

Be sure to thank **Sun & Ski Sports**. They are very generously providing tech support for the entire training rides. The bike mechanics will be on site about 7:30 am this week 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 seminars on training, basic bike maintenance, etc. as well as several bike suppliers showing new goodies, plenty of light food, and lots of good deals on eqpt and clothing. This also coincides with Sun & Ski's cycling kick-off sale. It will be at their Westheimer store (between Chimney Rock and Hillcroft) beginning at 6:00. I'll be there speaking about training for the BP MS ride. I'll be available to answer questions at or in between the sessions. This is the night of the first official ride so the timing is good on the eqpt/clothing deals.

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 minute hour before start time) and sign in so we know who is riding. You also sign our finish so we know everyone is back..

Each week, there will be a sign-in list at the ride. All riders who have enrolled in alphabetical order and the list is broken up into smaller lists (A-B, C-D...) so no long line to sign in. You initial in on the Started column next to your name before ride. When you are finished, you come back and initial the Finished column so you are finished.

The first time you show up to ride, we'll be issuing you a rider number to place on your helmet (front or left side) 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 get 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 - LOTS Cycling Clothing & Eqpt for Sale this Saturday!

Here is a repeat of a very popular feature for our beginner rides. We collect old, 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 is donated 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.

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 after 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> get there after the ride, just take the street south of the stadium (Daugherty) 3-4 blocks to Pencik Rd, make a right and take that a couple of long blocks to the end. Make a left and you will pop out on FM-362 at Waller County Line BBQ (and gas station). If you get there's a biker bar next door but this is for different bikers...

I'll definitely be having lunch there after the ride.

Reminder - Watch for Friday Late News Note

Please be sure to keep an eye on your inbox Friday for late breaking news relevant to the ride.

ride and any other cycling news that you should see before the ride. I will revise planned road construction early Friday and am planning to get the note out in the morning as I will be going to the Marathon Expo mid-day Friday to get my run gear and look for good deals. Even if you are not running, the expo is worth going to with friends who are running so you can check out the great deals on base layers, socks and tights to wear over cycling shorts on cold days.

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 cycling news this week.

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

Thanks!

Steve Moskowitz

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