

Subject: Ready2Roll Cycling - Continuous Improvement Note #1
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To: Stephen

**LOTS of Great Feedback and Tips
Here!**

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Good evening riders!

It's Monday after a training ride (Beginner Ride #1) so it's time to start the week Monday Continuous Improvement notes. Each week, I'll share notes I made, give feedback, safety lessons and other useful cycling information. I have a lot to share only one week so let's get going...

The MOST Important Tip of the Training Season!

This may seem pretty obvious but here is one of the most important and most tips I will share all year...

Please read my notes!

That's it. I will try to share a lot of useful information over the next 14 weeks I need to meet me halfway and read the notes or you will miss useful and important

So far this year, there have been three notes sent to all the enrolled riders and the rate has been 63%, 68% and 74% so at least one in four of our riders are not reading the notes.

Please set aside some time to read the notes. If you missed them, take a look at our archive near the bottom of today's note.

Safety Notes

I received some good feedback from several riders which all fit into one common theme: Stopping, or lack thereof...

A few riders noted seeing someone ride around a turn, then, almost immediately stopping along the route without any warning. One of the keys to safe cycling is riding in a predictable manner and since stopping is one of the most significant changes that can catch riders off guard, please start practicing being aware of the possible need to stop and if you anticipate needing to stop, please communicate, in advance by calling out "Slow down" before very gradually slowing down and then, call "Stopping" before actually coming to a stop.

stop. If at all possible, find a spot where you can safely pull off the road so you're not in the path of other riders and avoid stopping right after a turn so riders don't have to quickly move over to miss you.

We also had a local driver stop by very upset that they almost hit two of our riders who failed to stop at a stop sign. We calmed her down and promised to talk to the police (which I did) and to share this incident with our entire list. She appreciated that on our first ride and that we were genuinely concerned about her close call and the incident to make all of us better riders.

I have to also point out that one of our riders on their way home, stopped at the 1/4 mile from the start/finish and then, came back and took me aside to report that 80% of the riders they saw coming back rolled right through the stop sign.

As cyclists, we have a right to use the roads but we also have a responsibility to respect traffic signals. If we respect the signals, we'll get more respect from the local community.

----- **Please Remind New Riders to Enroll...**

I made several notes related to enrolling and riding. We had several children with us and at least one adult (a Ride Marshal) who rode without enrolling. We don't want to be the Bike Nazi's but, if we allow riders to drop in without enrolling, we could lose our ability to host the training series.

The enrollment site is open 24/7 so you (or your friends/teammates) can easily enroll before you come but, if you show up and need to enroll, we even have iPads available online with a shortcut as well as a small poster with a QR code so you can enroll on the ride and, if we're really out in the boonies, we can resort to the paper enrollment as a last resort.

We do have room for more riders so, if you invite them to join us, please ask them to enroll before the weekly cut-off for printing the sign-in sheets (noon Friday) if possible. Please bring a copy of their enrollment confirmation if they enroll after the cut-off time.

----- **Rider Number Notes..**

The first time to come to one of the rides, you will be issued an adhesive rider number to put on your helmet. Please put it on the front or, if there is no way to adhere it to the front, on the left (your left) side as close to the front as possible. This makes the number easily visible to volunteers at the start, rest stops and to SAG drivers when you need help on the road.

One rider repeatedly ignored reminders to put their number on. We're not sure if they just wanted to ride w/o enrolling or if they are saving up to buy a new helmet. The rider number is also the only way we can identify you if you have an accident and need medical attention or a bump on the head. PLEASE put your number on right after you get it.

----- **Sign-in Reminders...**

While I'm on a roll about numbers, please also print your number, as neatly as possible, in the column to the left of your name on the sign-in sheet after it is issued. You only need to do this once and after that, it will show up on the sign-in list each week. The printing will ensure we can quickly and accurately identify you and call your emergency contact, if needed.

Speaking of Emergency Contacts, some of you entered nothing or something silly for your emergency contact info. In 20+ years organizing rides, it has been VERY rare that we needed to use this info but, if we do, it won't do you any good if there is no accurate information on the master list. When you sign in at your first ride, please look at your line and, if any corrections are needed, please note these, very neatly.

Speaking of signing in and making corrections, many riders have asked why we

pens out before the ride and blue pens out after. There are two reasons for this

- First, it's easy to see, at a glance, who has signed in at the start, then or they finish by looking for the two colors at the right end of the sign-in line
- Second, most corrections are made when you are signing in and the red is easier to see/read when I'm reviewing the sheets and making the corrections

----- **Lost & Found**

Each year, we collect anything* that was left behind after the ride and bring it to add it to our Lost & Found box. If you lost something, check and we may have it. Last week, we brought back a blue water bottle (was told it had mold in the built-in a helmet. The rider of the helmet had promptly put their number on the helmet and printed it neatly on the sign-in sheet so I already email them to let them know and it will be at the Information table to pick up.

I will note any significant items turned in in the Monday weekly note.

* Note – We collect anything you leave EXCEPT kids or significant others...

----- **Helpful Hint – Remembering Loose Ends**

One rider showed up in a bit of a predicament because they left their wallet at home. This prompted me to make a note to share a useful tip to help ensure you don't lose your wallet, water bottles, or other stuff you need for the ride

The first part of the tip is take the things you need to remember and place them by your car keys by the door use use to go get in your car. I set my wallet and the my two insulated water bottles on my keys by the kitchen door.

The second part of the hint is I keep the rest of my water bottles in the fridge (if cold) or freezer (when it's hot) so the tops remind me to get the bottles out just before leave for the ride. With the insulated bottles, in the warm weather, one is filled completely with sport drink (I like CytoMax but you may prefer another drink) and the other is filled about 2/3 with water. I top off the water bottle w/ cold water and use it in front when we start the ride and the water is cold when we head out. The insulated bottle usually keeps the sport drink cold enough that I have a delicious and cold sport drink after the water is gone.

----- **Traffic Updates**

Thanks to Kevin Barris who sent a note about midnight Friday night to alert me of work on Hwy 290. I added a weekly reminder to my calendar to check the Hot Transtar site each Friday morning for any road construction that may impact us and to check the Friday update note each week if you are riding so you don't miss any traffic updates.

Another traffic related tip is to get an EZ Tag. You only pay for a \$40 initial res if you don't use the toll roads, there is nothing to pay but, it's nice to have the option to use the toll roads when construction impacts the regular route. There is quite a bit of construction scheduled on Hwy 290 over the next year or two so having the option to use the Parkway to miss much of 290 will be helpful.

----- **Waller County Line BBQ**

When we stopped in at Waller County Line BBQ after the ride, the place was a hit with our riders. Supporting the local business really helps and the Ready2Roll Cyclist deal for any sandwich, any chips and a drink was the second most popular order of the day. The most popular was the deluxe deal which consisted of any sandwich, any drink and any cake, pie or cobbler – or the banana pudding, which is what

home to carbo load after our 8.5-mile taxi run from the Galleria to the Geo R. E Convention Center Sunday morning!

We're going back to Waller next Saturday and they will be offering the same de ride plus giving away two free meals to be awarded before the ride. To get the Daugherty Rd just to the south of the stadium four blocks west to Pencik Rd. I right turn and take Pencik to the end (Mayer Waller Rd) and make a left. You c on FM-362 right at Waller County Line BBQ. If you miss it, there is a biker bar but it's a different kind of biker...

Archive of 2016 Training Series Notes

If you haven't checked out the Ready2Roll Cycling web site (www.ready2rollcycling.com) you should go take a look. The calendar of rides is posted along with an online where you can buy/sell cycling equipment and arrange carpools (more coming well as an archive where we'll place the ride maps before the rides as well as a the weekly notes to you can go and catch up on anything and/or read the wheel you can't get to your inbox. So far the Preview note and Beginner Ride 1 note BR1 map are posted. Add this to your favorites and check the site weekly to see new.

NOTE – Final Price Increase Coming at Midnight, January 21

If you have friends, teammates, etc. who still need to enroll, please share this with them ASAP.

There is one more price increase (from \$160 to \$175) which had been scheduled into effect at midnight on Friday, Jan 22. On the last deadline (Dec 31, New Year's Eve) many riders waited until late to enroll so, to avoid having a lot of riders enrolling on Jan 22 – after the sign-in sheets for Ride 1 have been printed, I am moving the final price increase up to midnight on Thursday, Jan 21.

We have learned that the more details we have resolved and in the right place in the morning, the faster and smoother the first major sign-in (and helmet number distribution) goes. Please don't wait until after Jan 21 or you will pay an extra \$1.25/ride. (this is not a big financial deal-breaker but we really want the sign-in list as complete as possible on the first ride day...)

OK – That's plenty of feedback, tips and news for this week.

Watch your inbox Wednesday for the ride details. We'll be back in Waller and if you missed the first ride and aren't ready for 25 miles yet, you will have the option of the same 16 mile route we did last Saturday.

Stay warm and safe this week and we'll see you in Waller next Saturday.

Thanks!
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