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**Subject:** Ready2Roll Cycling - Welcome to the 2018 Training Series!  
**Date:** January 4, 2018 at 5:07 PM  
**To:** moskose@swbell.net

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**Welcome to the Ready2Roll Cycling 2018 training series!**

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Happy New Year everyone and welcome to the Ready2Roll Cycling 2018 training series!

We have a lot of new riders joining us this year so, I am going to start the year off with a series of 3-5 notes that will provide an overview of the Ready2Roll Cycling program. Today, we'll cover the calendar for the training season and the communication process. Later this week, we'll cover what happens on ride day, then we'll look at dressing for cold weather and cover more topics which will help you get up to speed.

I have also promised to be more concise so let's get going...

#### **2018 Ready2Roll Cycling Training Series**

Our training series consists of 12 training rides over a 13 week period (Jan 27 to Apr 21) - we take a break one week. The rides start out fairly short and flat and we build up the distance, then start adding hills to the mix. Each week, there will be at least two distance options and occasionally, there may be three, or more.

Prior to the beginning of the actual training series, we offer two beginner rides (Jan 13 & Jan 20) to help riders who are new get used to riding on the roads and riding in a group. These rides are open to riders who are new and to experienced riders who offer to take 2-3 riders under their wing and coach/train them how to ride with a group, how to communicate, use signals, pass and be passed, etc. We have a lot of our great Ride Marshals out at these rides as they have a lot of experience mentoring new riders.

The beginner rides will be even closer to town this year - this is a new feature! Ready2Roll Cycling, and our great riders, have gotten a great reputation in town and we are very fortunate to have offers from Igloo and Goya Foods to host our beginners for a ride. They are both located just north of I-10 about two miles west of the new Buc-ee's so they're about four miles this side of Katy. Igloo will be making an exception just for us and opening their wholesale store on Saturday (11 am) and Goya Foods will be providing some delicious snacks to supplement our usual rest stop supplies. Both locations have great parking to handle our beginner rides - watch for more details on these rides beginning next week.

As I noted, the training series will start on Jan 27. Our first ride will start from Rhodes Stadium in Katy and offer 21 or 40 mile options plus a bonus option of 59 miles for experienced riders who ride fast enough to make the time cut-off. Early in the season, our focus is on the shorter distances but we do have some very experienced riders as well and we will offer options that give them more miles, as long as they can finish in the time we'll have support available. The time cut-off will be communicated each week and this will fade away in the second half of the season when the majority of our riders are looking to cover the longer routes. The series will end with another classic ride beginning at Rhodes Stadium and heading to Monaville, or as far as Hempstead and back for a great, 50-75 mile final flat tune-up ride before we ride to Austin the following weekend.

#### **Communications**

Our primary means of communicating will be via email sent to all enrolled riders. We have other tools we use for backup, to complement the email as well as for special needs. These include our web site ([www.ready2rollcycling.com](http://www.ready2rollcycling.com)) which will be explained in its own dedicated email, Facebook, where we post upcoming events and engage in online discussion, and our "Hotline", which is a dial-in number (281-907-9007) which we use to post current ride status information so you can call in early on ride day if you want to confirm the ride status.

Here is an overview of the various email communications you will be seeing:

- **Weekly Ride Note** - This note will arrive each Wednesday and it's primary focus is the details about the upcoming weekly training ride. This year, we have also implemented a "First-Things-First" policy which means that the ride details will be the top story every Wednesday. There will usually be some other current cycling news included which will be summarized. If any of the other news is critical, this will be noted so you don't miss anything.
- **Weekly Feedback/Continuous Improvement** - This note will arrive on Monday and will focus on feedback and lessons we can all learn from the most recent weekly ride. The Monday note tends to be longer and steady in the early weeks when we are all learning/recalling safe and courteous riding habits and slows down later in the season as we all become better cyclists. These notes are very important for each rider to read which is why they go out Monday while the learnings are fresh and there is plenty of time to read them. Please do feel free to share your feedback/observations after the ride and I compile and share this with advice on how to become a better rider.

- **Late, Breaking News** - This note goes out on Friday to share any last minute updates/details about the weekly ride. If weather is on the fence or we learn about road construction that will impact our riders or other related news, it will be in the Friday note.
- This leaves four days of the week open to catch up on the important notes and for an occasional special topic note.

Here are two very important email tips:

1. **Add my email address to your safe-senders list.** Every year many riders write to say they enrolled but aren't receiving the notes. In almost every case, the issue is that the notes were being sent to their spam/junk mail folder because I was not on their safe-sender list. There are already over 1,200 riders enrolled and we'll have several hundred more by the start of the series so if I'm not a safe-sender, many of your email servers will see a lot of emails going out and think I'm a spammer if I'm not on that safe-sender list.
2. **If you forward my message, make sure to delete the Unsubscribe/Update Subscription links at the bottom of the note.** If you leave these in the note and someone else clicks on the Unsubscribe link, this will unsubscribe you from my list and our email app won't let me send email to your address until next year so please be sure to cut that Unsubscribe link off the bottom of the note before passing it along.

#### Ready2Roll Cycling Upcoming Events:

- **Donations Requested for "Newbie Garage Sale"!**  
Each year, we collect new and gently used cycling clothing and equipment from riders who have gotten newer, cooler, faster stuff, outgrown things, or teams who have leftover clothing that need to get rid of to make room for their 2018 attire. This is sold at the "garage sale" at the two beginner rides (Jan 13/20) since our newbies need this stuff. All the money raised is donated to the MS Society so everyone benefits from this deal.  
**If you have items to donate, please contact Jan Cohen ASAP at JanCohen@Ready2RollCycling.com or 713-817-4898 (cell)** and she will make arrangements with you to get the stuff for the sale.
- **New Rider Orientation - West U Bike Barn, Thu, Jan 11, 6:30 pm**  
If you learn things better by hearing them and/or you have questions about the training series, we'll be presenting an overview of how to train for the BP MS 150 with Ready2Roll Cycling next Thursday, at 6:30 pm, I will be at the Bike Barn store in West University (5339 Wesleyan, 77005) making a presentation and you are all invited to attend. If you plan to attend, please RSVP to Mynette Randall at [mynette.randall@bikebarn.com](mailto:mynette.randall@bikebarn.com) so they have room. I'll be available to answer any/all questions during or after the presentation.  
I'll send info about other orientation sessions next week in case you are busy on Jan 11.

That's it for today. Watch for more overview notes covering our web site, Ride Day, Dressing for the cold weather and basic bike safety in the next 10 days and watch for the first weekly ride note next Wednesday since our first newbie ride is on Sat, Jan 13.

Everyone stay safe and warm and we look forward to seeing many of you Jan 11 at the Bike Barn and Jan 13 at our first newbie ride and garage sale.

Thank you!  
**Steve, Marshall, Jan & Robbie**  
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