

## Heads-up - Beginner Ride 1 at 8:00am on Jan 13



### It's officially time to get our 2018 newbies ready to roll...

We are currently in the pre-season and the holidays have just past. Most of you are still getting yourself and your bike ready but a few of you are true beginners and are very eager to get some early miles in, out on the road. We have two bonus rides planned just for you beginners and our mentor riders.

Today's note will focus on the beginner ride coming up this Saturday. I have limited this note almost exclusively to the beginner ride info to keep it as short as possible. There are some intentionally repetitive items today because certain questions come up frequently early in the season and I'm trying to make sure everyone catches all the details.

Note - I will be sending a 2nd note out today covering the details about ride day such as signing in/out, getting (and displaying) your rider number, RSVP'ing, etc. I didn't want this note to be too long but please read the Ride Day note as soon as possible - it will help you be ready to roll this week, and all season.

Today's Topics are:

- **Beginner Ride 1, Igloo, 16 miles**
- **Weather Hotline: 281-907-9007**
- **Weather Coldline**
- **Thank You - Sun & Ski Sports!**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Garage Sale!**
- **Upcoming Events**

### ----- Beginner Ride 1, Igloo. 16 miles, Sat, Jan 13, 8:00 am

This week, our beginners will meet at **Igloo Products Corp.** for a 16.4 mile beginner orientation ride.

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 been on their bike since last April but they are for veteran riders who are willing to come out and "adopt" 2-4 "newbies" by riding at their pace while teaching them how to ride safely and courteously and how to avoid hazards, communicate on the ride, etc.

#### Directions to the Start

The ride will start at 8:00 am at **Igloo, 777 Igloo Rd, Katy, TX 77494**. If you prefer GPS coordinates, they are: 29.781237, -95.901419

To get to the start:

- Take I-10 west (from Houston or Katy) or east (from Brookshire or points west) to the Igloo Rd exit. It's about 7 miles west of the Grand Parkway or 5 miles west of Katy Mills Mall. Exit
- Go north (right from town or left from Brookshire) on Igloo Rd.
- Igloo is located on the left just a few hundred yards north of I-10.

There will be a sign-in area near the building. Upon arrival, riders are requested to come and sign in on the alphabetical lists at the sign-in tables. Then, proceed to get your bikes ready to ride. The overall list will be split into eight shorter lists based on the first letter of your last name - A's are on the left and Z's are on the right - there are large signs on the front of the sign-in table so you can see which list to line up for.

There will be porta-lets near the sign-in area.

#### Reminder - This is Beginner Ride #1

This ride is intended for beginners and mentor riders. Each mentor will team up with 2-4 beginners and will coach them on the route. The group will focus on riding safely and predictably, obeying traffic laws, communicating with their riding group, hydration, using gears and basic passing etiquette as well as getting used to riding on the road and getting in just over 16 miles of training.

The route will cover a clockwise route heading west on Hwy 90 through Brookshire, then northwest on FM-359. At Pattison, the route makes a sharp right turn onto Royal Rd and stops at the Rest Stop at Royal Jr. High (mile 7.7). There will be porta-lets and LOTS of snack/drink selections to choose from at the rest stop. After the stop, you continue east on FM-362/Morton Rd to FM-2855 where you head south back to Hwy 90 and then one final mile on Hwy 90 back to Igloo.

We have nine law enforcement officers lined up this week. They will be posted at every intersection we pass that has a light or stop sign plus one rover. This is the same posting criteria used for the BP MS-150 so we'll start practicing how to ride safely (and predictably) when officers are supporting the ride. The key is when you see the officer(s) ahead at an intersection, the first rider in line calls out to your group: "Officer ahead, slowing" and then, after calling, the first rider gradually slows the group down so you can stop safely. You should all assume you will need to stop. If the officer looks at you and clearly motions/calls out for you to proceed, then you can call out: "Clear to proceed" and gradually pick up speed. It's best to maintain a slower speed through the intersection in case a driver misses the officers direction to stop or other unexpected things happen. Gradually resume your comfortable pace after the entire group is past the intersection. We'll be practicing this a lot over the course of the training series.

This week, you should arrive between 6:45 and 7:00 am in order to have time to park, sign in, use the restroom if needed, get your bike ready, team up with a group and have a brief orientation before the start of the ride. If you arrive at 8:00 am for an 8:00 am start, you will miss our start and may be behind our SAG support team on the road. Please arrive early enough each week to park, get ready and line up for the pre-ride announcements.

Before the ride, each rider who shows up signs in on the weekly rider attendance list. You initial in when you arrive in the "Started" 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 would be helpful to practice a little before Saturday. There is also a line for riders who enrolled very late (4 pm Friday after the lists were printed) or who have not enrolled yet. This line will be to the left or right of the enrolled rider lines at a separate table.

### **Igloo is ready to roll out the red carpet for us!**

Igloo has very graciously offered there facility for us to use for the start finish but they are also doing the following:

- Opening their warehouse/wholesale store exclusively for us at 11:00 am this Saturday.  
The selection is variable but there are always some great buys on small to large coolers, insulated mugs and all kinds of stuff you may not have realized they make. Definitely worth checking out!
- Offering those of you with kids a great opportunity to pick up discounted insulated lunch boxes, insulated water bottles and Halloween bags with WAY COOL light-up LED illumination! Go to [www.yewstuff.com](http://www.yewstuff.com) and enter the code: **LIGHTUP** for a 20% discount.
- **BONUS Offer! - I just got word that the LIGHTUP 20% discount code is also good on the regular Igloo site - [www.igloo.com](http://www.igloo.com)!**

\* - Note: "Far left" and "Far right" in this case are totally non-political positions - the A's are in the sign-in line on the left and the Z's are in the sign-in line on the right. The Moskowitz's are right smack in the middle! (Of course, if we ever did a training ride in Israel, the A's would be on the far right and the Z's would be on the left.)

### **New for 2018 - Place helmet number on the left side this year!!!**

The first time you participate in one of our rides, you will be issued an adhesive number to **place on the LEFT side of your helmet** so it is easy to see that you are part of our training series. When you come to your first ride and get your rider number, 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 born, or 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 assigned rider number. (This is critical as we use the stickers to identify our riders and if there is an emergency, we can identify you if the pavement scrambled your brains a little bit.)

### **Weather Hotline 281-907-9007**

In case of inclement weather or last minute ride updates, Ready2Roll Cycling has a dedicated phone hotline number. We suggest you add this number to your phone and if you are ever wondering if a ride may be cancelled or postponed due to weather or other concerns, simply call this number ride morning for updates. Keep in mind this number is for informational purposes only and is not monitored so please hang up and don't try to leave a message.

### **Weather Coldline**

The weather forecast (Weather.com) is currently forecasting a cold, but sunny morning this Saturday. If you just enrolled in the past 24 hours or are behind on your Ready2Roll Cycling email, I sent all enrolled riders a note on Tue, Jan 9, titled "**Winter Wear Advisory**".

For the 43.2% of you who haven't read the Winter Wear Advisory email that went out Tuesday morning, please take a moment to check your inbox for that subject line or, **go to our website [www.ready2rollcycling.com](http://www.ready2rollcycling.com) and look for the email archive on the Communications page. I archive each email to this page after sending so you can go back and catch up on anything you missed.**

We will be monitoring the weather closely and, if we feel it will be too cold, we may need

to call off the ride. This would be communicated in the Friday afternoon late update email and posted on our Weather Hotline. I will still head to Igloo later in the morning (11:00 am) because I do want to check out the warehouse store offerings.

### **Thank You Sun & Ski Sports!**

Be sure to thank **Sun & Ski Sports** who very generously provides tech support for the entire training series. The bike mechanics will be on site about 7:30 am this Saturday to help with simple maintenance and repairs. Please do note that the purpose of the tech support is to assist with minor problems that develop before or on the ride, not to overhaul your bike for free before the ride.

**Note - Sun & Ski Sports will be hosting their annual Bike University event on Friday, January 19.** There will be lots of mini-seminars on training, basic bike maintenance, safety, etc. as well as several bike suppliers showing new goodies, plenty of light food and drinks and lots of good deals on equipment and clothing. It will be at their 6100 Westheimer store (between Chimney Rock & Hillcroft) beginning about 6:00 pm. I'll be there talking about how to train for the BP MS-150 and will be available to answer questions at or in between the sessions. This is the night before our second beginner ride so the timing is good on the equipment/clothing deals. Watch for more news about this in upcoming email.

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### **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 minutes to an hour before start time) and sign in so we know who is riding. You also sign out after you finish so we know everyone is back.

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

Note that we ask each rider to sign in when they arrive, and sign out when they leave. This helps us know who is finished and, more important, who is still out on the road. We have a volunteer team monitoring this so, if you forget to sign out, we may think you are lost somewhere on the road. In order to make sure we didn't abandon anyone each week, I allow you plenty of time to get home, then I give the riders, who did not sign out, a call...

**...at 2:00 am\* on Sunday morning!!!**

### **New for 2018 - Place helmet number on the left side this year!!!**

The first time you show up to ride, we'll be issuing you an adhesive backed rider number. You neatly write the number you received in the left hand column on the sign-in sheet and **place the number on the LEFT side of your helmet** 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 need to get a new helmet, we'll issue a new number but otherwise, please leave your rider number on your helmet through the training series. After the ride, we record your number in the master rider list so it will be printed in the first column for the rest of the training series. If the number doesn't fit exactly on the left, move it slightly towards the front until it will stay in place. The number is fairly large and was easy to place on the left of several helmets I looked at.

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### **Garage Sale - Cycling Clothing & Eqpt for Sale this Saturday!**

Here is a repeat of a very popular feature for our beginner rides. We collect donations of new or gently used clothing and equipment in good, working order, and sell it to the new riders at a very reasonable cost. We even have quite a few extra, unused jerseys from 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 raised is donated to the MS Society.

Remember when you were first getting into cycling and you realized you still needed warm gloves, you only have one jersey with pockets or that your 'normal' windbreaker became a parachute when you wore it to ride?

For many of us that have been riding for years, now it is the opposite problem. You may have upgraded to the latest in tech gear or received new super cool clothing as gifts, so now your closet is overrun with items you no longer wear. Well, here is your chance to clear out your gently used cycling gear and help out our new riders at the same time.

Proceeds collected from the sale will be contributed to the MS Society.

...Note - we already have had significant donations of some great, **unused** jerseys, etc. 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 card readers so we'll be able to take credit cards, cash or checks at the ride.

Teams may want to designate one person to collect these items for drop off. OR bring to the ride EARLY on Saturday.

Contact: Jan Cohen: 713-817-4898 or JanCohen@Ready2RollCycling.com

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### **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](mailto:JanCohen@Ready2RollCycling.com) or 713-817-4898 (cell) and she will make arrangements with you to get the stuff for the sale or, bring the stuff with you to the ride early this Saturday.**

- **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.

OK, that's it for this week's ride note.

Watch your inbox his week for a few more special topic rider orientation notes. These will continue to cover the common issues/questions we see early in the season. Also watch for any late breaking news (weather issues, construction that would impact traffic, etc.) if we need to share anything this Friday.

I look forward to seeing our new riders and mentors this Saturday at Igloo...

Thanks!

**Steve, Marshall, Robbie and Jan**  
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