From: **Steve Moskowitz** SteveMoskowitz@Ready2RollCycling.com
Subject: Ready2Roll Cycling - 2018 Training Series: Beginner Ride 1, Late Updates
Date: January 12, 2018 at 3:07 PM
To: moskose@swbell.net

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

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This afternoon, I am going to repeat something we started last year which was very popular. I am sending a few, important timely updates (that's not new) but I am also including the weekly ride note that went out Wednesday morning at the bottom of this note. This was popular for a couple of reasons:

- Many of you have been very busy and haven't read the Wednesday note yet (39.8% of you are in this group!)
- Many of you enrolled since then (enrollment has picked up with 54, so far, in the past 24 hours)

So, the info at the very top of this note is new and timely right now. Then, there is a long dotted line and Wednesday's weekly ride note is repeated below, in case you missed it the first time!

Winter Advisory!
I just drove our route at noon today and it's all ready for tomorrow. It was sunny and dry but it was also cold and windy - which made it colder.

Because of the way the weekends fell this year, we don't have the "extra" week in the schedule that we could use to postpone tomorrow's ride so the ride is on for tomorrow but I do want to share some advice. **If you are a new rider and haven't had the time and/or budget yet to pick up some good extra clothing for winter riding, please skip the ride this week and use the time to shop for some good winter clothing.** You may still want to come out to the Igloo facility at 10 am and take advantage of the warehouse bargains but **I don't want your memory of your first organized ride to be miserable!**

Don't worry, we have structured Ride 1 to offer short, medium and long options so, if you miss Beginner Ride 1, you will still have two opportunities to ride shorter distances (15-20 miles) before we move into the mid-20's to low 30's for our short route.

As for where to go, I saw quite a bit of great winter stuff along with our record turnout of over 60 riders at **Bike Barn** last night for our Training with Ready2Roll Cycling presentation! I even picked up two new warm items to add to my extensive collection and I know my hands and feet won't be cold tomorrow.

Before you go shopping, don't forget to read my Winter Wear Advisory email which went out Tuesday and is posted on the Communications page of our new Ready2Roll Cycling website.

If you can't get by Bike Barn, note that the 2nd word in **Sun & Ski Sports** is Ski! They have a big sale on ski wear and next Friday, Jan 19, I will be making two more presentations on training for the BP MS-150 at Sun & Ski's annual Bike University. Friday night, at their Westheimer store (6100 Westheimer, east of Voss), they will have numerous speakers from 6:00-9:30 rotating through three times lots in different parts of the store talking about training, bike repair, women's cycling interests, etc. They will have free bike fittings, plenty of snacks, sandwiches and regular and adult beverages at no cost plus the 40% off ski sale and a lot of deals on cycling equipment and clothing. I'll remind you again - I picked up a really great pair of **Hot Chile's** long base layer pieces last year and these will be the middle layer, over my **Smartwool** and under my outer layer which is why I'll look, and feel so toasty tomorrow!

Ride Note - We'll See Another Group on Part of Our Ride Tomorrow
If you are participating on the ride tomorrow, I wanted to alert you that some of us will probably see another group of riders along part of our route. The Schlumberger Cycling Club has a route starting north of us and we overlap along about 2.4 miles of our routes. Fortunately, we are going opposite directions and the overlap occurs about 6.5 miles into our ride and 16 miles into their ride so we may not see too many riders. The overlap occurs just after you will be making a safe, slow sweeping right turn off of FM-359 onto Royal Rd and will continue past the rest stop and a short stretch of FM-362 until you make a right turn onto Morton Rd.

I will remind you about this again in the morning and we are going the opposite direction so, please look for and follow our distinctive black on yellow turn signs and don't just start following riders..

OK, that's it for the new news. The info below is a repeat of the Wednesday weekly ride details (with one change that I can't mention but you will know, if you read the Wednesday note...)

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 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**!**

* - 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.)

Place Helmet Number on the Front of Your Helmet!!!

The first time you participate in one of our rides, you will be issued an adhesive number to **place on the FRONT 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 **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.

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!!!

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 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**.

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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