

From: Steve Moskowitz SteveMoskowitz@Ready2RollCycling.com
Subject: Ready2Roll Cycling - 2018 Training Series: Beginner Ride 2
Date: January 17, 2018 at 5:44 AM
To: moskose@swbell.net

SM

Heads-up - Beginner Ride 2 at 8:00am on Jan 20

Is this email not displaying correctly?
[View it in your browser.](#)



This week, we'll complete our second beginner ride. Last week, in spite of the really cold morning, we had 150 beginners and mentors sign in and ride. A few cut the ride short but the rest completed a great, yet cold opening ride. Don't worry, if you missed the ride last week, we offer a short option again on Jan 27 to help our beginner ease into the training series.

If you missed the **Training for the 2018 BP MS150** presentation we held with Bike Barn last week, you will have another opportunity to attend Bike University at Sun & Ski Sports (6100 Westheimer) this Friday evening. See more info below...

Today's Topics are:

- **Beginner Ride 2, Goya, 19/29 miles**
- **Tip - Passing Through a Stop Sign w/o Law Enforcement Coverage**
- **Weather Hotline 281-907-9007**
- **Thank You - Sun & Ski Sports!**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Garage Sale!**
- **Upcoming Events**

Beginner Ride 2, Goya. 19/29 miles, Sat, Jan 20, 8:00 am

This week, our beginners will meet at **Goya Foods**. for a 19.2 mile beginner orientation ride. For those who rode last week and are ready for more, there will be an option to repeat part of the route and get in a 29.3 mile longer ride. **Please note, there will be a 9:15 time cut-off at the decision point (11.8 miles) for riders wanting to ride 29 miles** so we can have everyone finished by 11:00 am. There will be volunteers at the decision point indicating which way to go.

This ride is our second ride aimed at beginning riders who need some short rides in order 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 **Goya Foods, 30602 Goya Rd, Brookshire**. If you prefer GPS coordinates, they are: 29.786660, -95.914656.

To get to the start:

- Take I-10 west (from Houston or Katy) or east (from Brookshire or points west) to the Woods Rd exit. It's about 8 miles west of the Grand Parkway or 6 miles west of Katy Mills Mall.
- Go north (right from town or left from Brookshire) on Woods Rd.
- When you get to Hwy 90, make a right and then an almost immediate left onto an unnamed road that crosses over the RR tracks.
- Turn right across the tracks onto Goya Rd and the Goya distribution center is about 1/4 mile ahead on the left. Turn left at the 2nd driveway into the visitor parking area.

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.

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

Reminder - This is Beginner Ride #2

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.

Goya is ready to roll out the red carpet for us!

This week, Goya Foods has very graciously offered their facility for us to use for the start/finish, and they are also providing us a number of their very tasty snack products - not only this week but throughout the training series! I know I tried several of the items they provided at our Pedal Away Alzheimer's Ride last Fall and most of these have

mysteriously started showing up in my grocery basket and pantry since then... Please take a moment to thank the folks from Goya Foods at the ride this week!

The route will cover a clockwise route heading west on Hwy 90 through Brookshire, then northwest on FM-359. About 1.25 miles past Pattison, the route makes a sharp right turn onto Clapp Rd to Durkin Rd and stops at the rest stop at Royal Jr. High (mile 11.2). 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. The long route splits from the short about 1/2 mile after the rest stop where the short route goes left and the long route goes right.

We have 8-10 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 officer's 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. There are large signs on the front of the sign-in table so you can see which list to line up for.

Tip - Passing Through a Stop Sign w/o Law Enforcement Coverage

Last week, like this week, I noted that we would have a police officer at every stop sign or traffic light so I was surprised when one rider noted that they wondered if they proceeded correctly through a right turn with a stop sign and no officer. I have asked our police coordinator to look into this but I wanted to make sure you all know what to do if you encounter this.

The short answer is that bicycles are vehicles too and they are permitted on most roads so, when you encounter a traffic signal at an unattended intersection, you treat it almost exactly like you would if you were driving a car.

Since you are riding with a group of riders, you want to communicate and ride very predictably which means you need to let them know you are approaching and slowing down for a signal - then gradually slow down. You call out: "Stop Sign" and then call out: "Slowing" before starting to very gradually slow down.

When you get to the stop, you can double up (or triple up if you are going straight) and 2-3 riders at a time can proceed through the stop sign, after stopping. You proceed slowly after passing the intersection and wait until all the riders in your group are safely back together before gradually resuming your comfortable pace. After you do this a few times, everyone in the group knows they won't be left behind and they all can safely pass through the intersection without fear of getting dropped.

We will not have officers at every stop sign when we move out of the greater Houston area so, if you do encounter any signals, now or later, please remember this tip. Local drivers will respect us a lot more if we all observe the signals.

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 on the 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.

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.

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. 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 don'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!!!

Note - Please place your helmet number on the front/center of your helmet!!!

----- **Garage Sale Pt 2 - 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

----- **Ready2Roll Cycling Upcoming Events:**

- **Bike University, Sun & Ski, 6100 Westheimer, Fri, Jan 19, 6:00-9:00 pm**
There will be bike clinics from 6:45-7:30 and 8:00-8:45 including an 8 pm presentation by Ready2Roll Cycling on training for the BP MS 150 as well as clinics on bike maintenance, safety, and women's cycling, plus hourly door prizes (including a free bike!), free bike fittings and a lot of free refreshments - solid and liquid! They also have a great sale on bike clothing, accessories, even bikes and while you are there, it's only a few steps over to the ski department (at Sun & Ski) where I almost always find something useful for riding in cold weather.

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

Watch for any late breaking news (weather issues, construction that would impact traffic, etc.) if we need to share anything this Friday.

We look forward to seeing our new riders and mentors again this Saturday at Goya Foods...

Thanks!
Steve, Marshall, Robbie and Jan
Ready2Roll Cycling
SteveMoskowitz@Ready2RollCycling.com
www.ready2rollcycling.com

[follow on Twitter](#) | [friend on Facebook](#) | [forward to a friend](#)

Copyright © 2018 Ready2Roll Cycling. All rights reserved.

You are receiving this e-mail because you opted into the 2018 Ready2Roll Cycling distribution list.

Our mailing address is:

Ready2Roll Cycling
11027 Holworth
Houston, TX 77072

[Add us to your address book](#)

[unsubscribe from this list](#) | [update subscription preferences](#)