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Subject: Ready2Roll Cycling - Ride Feedback #2
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Happy Sunday everyone!

We didn't ride yesterday but the wet, rainy weather reminded me that our new riders could use some good feedback (in advance) about riding in wet weather. However, before I share the wet weather tips, here is some feedback from a good friend who rides with the Schlumberger Team. This is the group that has overlapped with parts of our route at the two beginner rides and they were up a little to our north in Waller County yesterday. This is a very safe and very experienced group and here is what they posted on Facebook yesterday...

Ouch. 65 mile ride in the rain culminating with a crash on a nasty set of angled and wet tracks. Both Danny and I went down but fortunately suffered nothing worse than some minor bike damage, some road rash and two busted helmets. Thank God for helmets.





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Neil Campbell It was a combination of many things but as you can guess we have crossed hundreds of tracks correctly before and never had a problem. It was pouring rain and our glasses were dirty and water marked from the ride. By the time we realized the awkward angle of the rails, we tried to slow down but the pavement was wet and we were afraid of losing control from the wet braking. Alas. Our pride was probably hurt as much as our bodies and bikes.

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Fortunately, both riders involved in the spill are OK but this is what we were concerned about, especially since about 30% of our riders are new and many of you would have been on your first ride yesterday.

This is a good lead in to some general advice to remember when riding in wet weather.

The key to staying safe in wet weather (assuming that not riding is not an option) is to slow down, ride very steady, leave extra room between riders, communicate very effectively and be super predictable.

The most obvious hazard is the wet road and wet tires. Cornering in the wet can easily result in your tires slipping out from under you if you are traveling too fast. The water also collects on your tire rims which are 50% of your braking system so stops take longer and you should squeeze your brakes very lightly (called "Feathering") on a regular basis to keep the water on the rims down. Feathering your brakes occasionally will allow you to stop more easily when

...needed.

The other hidden hazard, especially for newbies, are the painted stripes, lettering etc. on the road. This gets very slippery when wet, especially when your only point of contact with the road is two very narrow tires. When you see painted pavement, you try to cross at a perpendicular angle as quickly as possible and with only one tire on the paint at a time. In many cases, the paint may be a long line, parallel to your travel such as the lane edge stripe common on many rural roads. If you get both tires on this edge stripe at the same time on a wet day, it is very possible for the bike to completely slip out from under you with the slightest turn of the wheel.

The other reason to practice feathering your brakes and to ride slower is so you have plenty of room for a slow, safe slowdown if you see a hazard ahead - note how the riders in the incident above realized they were going too fast to safely slow down due to their wet brakes.

Note also the reference to compromised vision due to their dirty, water marked glasses. This is another less obvious hazard when riding in the rain.

As noted, the key to riding safely in the rain is forget about your speed and pace line and focus on slower, steady, predictable riding.

Don't worry about missing ride #1, we have a great ride coming up next Saturday which will offer a shorter distance option for our new and returning riders who are still looking for routes in the 20-30 mile range plus medium and longer routes. Watch your inbox Wednesday for the ride details.

OK, I have a reminder about a highly recommended optional ride on Sunday, Feb 25. Please note that the price for the ride goes up on Feb 1 so the best deal is to register today through Wednesday to beat the price increase...

Kate's Ride - Sat, Feb 25, 8:00 am

How many of you have looked at the Ready2Roll Cycling calendar? it's on our

website and now (as of yesterday) has the ride start locations/addresses so you can load the rides into your calendar. After I loaded a ride into my calendar, it showed up on my iPhone and Siri even offered to give me turn by turn directions!

If you look at the calendar, you may have noticed that we don't have a ride scheduled on Feb 24. This is because some of us still have ties and/or plans to participate in the Houston Livestock Show and Rodeo (formerly ConocoPhillips) RodeoRun. Marshall and I spent many years (until last year) on the Steering Committee of this great event and we kept this date open as many of our riders still participate and Spring Break is starting at this time for some of you.

Don't worry about developing RWS (Ride Withdrawal Syndrome) because several ConocoPhillips cyclists established Kate's Ride several years ago to benefit victims of spinal cord injuries. Most of the ride organizers train with Ready2Roll Cycling so they offered the following benefits to our riders:

- Scheduling so Kate's Ride is available for those of you who still want to get a ride in on the Rodeo Run weekend.
- Scheduling the ride on Sunday so you can run the RodeoRun and still ride that weekend.
- They are offering a special \$10 discount code to riders enrolled in the Ready2Roll Cycling training series. (See the code below)
(PLEASE don't forward this note to anyone else - every eligible enrolled rider is receiving their own copy)

The route is perfectly suited to this point in our series, covering the rolling roads in the Sealy/Cat Spring/New Ulm area. You may even recognize our tables and coolers at the rest stops since we loan them to the ride during our off week.

Here is the link to register for Kate's Ride:

www.bikereg.com/kates-ride

Here is the code to use for a \$10 discount to our riders: **R2RSAVE10**.

PLEASE don't share the discount code with anyone else! Every enrolled Ready2Roll Cycling rider is receiving the code directly from me and the purpose of this ride is to raise money for a very important cause so please don't

purpose of this ride is to raise money for a very important cause so please don't reduce their earnings by enabling other riders to sneak in our our special offer.

OK, we're keeping this set of tips short because we want everyone to read it and make sure you understand the tips and will remember them when you find yourself out on a wet ride.

We look forward to see everyone next Saturday for our next ride.

Thanks!

Steve, Marshall, Jan and Robbie

Ready2Roll Cycling

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