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**Subject:** Ready2Roll Cycling - 2018 Training Ride 3 - Fulshear, Feb 10, 8:00 am  
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**To:** moskose@swbell.net

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## Training Ride 3 - Fulshear-Brookshire

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Good morning! I hope everyone has been staying safe and is getting ready for our next training ride. We are keeping an eye on the weather - again! As of 6::00 am today, the weather looks like we may see some rain overnight, possibly as late as 7 am and rain later Saturday but things are looking OK for the ride. We'll provide a weather update in the Friday late updates and, if the weather is still a potential issue, we'll make sure to keep you informed - as long as you read our email, our Facebook page and/or call the hotline at 281-907-9007.

Today's note covers the following topics:

- **Training Ride #3 – Fulshear-Brookshire, Feb 10, 8:00 am**
- **Safety Corner - Feedback/Reminders from First Ride**

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### **Training Ride #2 – Fulshear-Brookshire – Feb 10, 8:00 am – 23, 37 (or 51) miles**

This week, we're staying fairly close to home and, since many of our riders are still on their first or second ride ever, or in quite a while, we'll offer another classic route that includes short (23) and medium (37) options as well as an optional extra 14-mile loop for riders moving fast enough to beat the cut-off time and get a 51 mile ride in. The route is a lopsided figure eight with a 23 mile west loop and a 14 mile east loop. The roads are flat again – we'll remain pretty flat until Ride 4 next week when we'll see our first rolling roads.

Please note that we're starting from a new high school and this is the second time they have hosted our bike ride so **the honor society and other student groups are going to be out before the ride serving breakfast and possibly serving after the ride.** Please bring cash for the breakfast and/or for lunch so we help the students raise funds for their community service projects and they will want us to come back next year.

### **Directions to Fulshear High School, 9302 Bois D Arc Ln, Fulshear, TX 77441**

To get to the start, take I-10 or the Westpark Tollway west to the Grand Parkway. From I-10, take the Grand Parkway south to the FM-1093 exit or take the Westpark Tollway west to where it ends at the Grand Parkway. Head west on FM-1093 from the Grand Parkway and drive approx. 7 miles to the light at Bois D'arc. Turn right at the light and the new high school is on the right about 1/4 mile from the turn. We'll be parking in the lot behind

(east of) the high school but some late arrivals may need to park around the front side of the school.

NOTE – If you live north of I-10 and west of the Grand Parkway, it will be quicker to drive out to the Woods Rd exit on I-10 and take this south to FM-359 and come into Fulshear from the north. **Traffic WILL back up coming into Fulshear at the peak time since this is only a two lane local road and there is construction from the Grand Parkway to FM-359.** Please allow extra time to get to the ride start this weekend - aim to arrive by 6:45 and expect a delay as you get closer.

### **Route Time Cut-offs**

We are early in the season so our biggest focus is on getting our new riders gradually ready to ride the longer distances we'll be covering in the second half of the season. The ride this week does offer up to a 51 mile option but, in order to ensure everyone is covered by our SAG support team, we need everyone finished before 1:00 pm. This still allows you to average 13 mph and take moderate (10-minute) breaks and ride 51 miles if you are ready to go this far but most riders will ride 37 miles and the newest riders will be fine covering the 23 mile route.

The decision point on distance occurs at FM-1093 and Bois D'arc where we start and where the riders turn to finish back at the high school. The cut-off times for the distances are at this point and they are:

- 10:30 am - Cut-off for riders doing the 37 mile route - if you are returning from the 23 mile west loop after 10:30, you will be directed to turn left to head back to the school (this means you need to average 11 mph to ride the 37 mile route).
- 11:15 am - Cut-off for riders doing the 51 mile route - if you are completing the first 14 mile loop after 11:15 am, you will be directed to continue straight on Bois D'arc back to the school to complete 37 miles and not start another 14 mile loop.

**A big THANKS to Sun & Ski Sports for providing tech support!!!.** Week after week, they are here looking after us this. Be sure to thank them for their support all season! They will be at the Fulshear High School about 7:00 and will remain there during the ride. If you need to SAG back with bike tech problems, they may be able to fix it in time for you to do the second loop on the route.

**ALL Riders Need to Sign in and Sign out** - There will be a master list split into 8 shorter lists at the sign-in tables. Please initial in before you ride and initial out when you are finished so we know you made it home. The lists will be split up by last name as follows:

**A – B  
C – D  
E – G  
H – K  
L – N  
O – R  
S – T  
U – Z**

The sign-in lists will be on four large tables along with the ride maps. Any new riders who enroll after the lists go to print (at noon on Friday) will be listed on the late enrollment list at the Information table next to the sign-in tables.

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**Safety Corner - Feedback from Early Rides**

I had several reports that some of our riders were riding 2 abreast and taking the entire lane or shoulder and holding up riders needing to pass safely. Some riders also disregarded coaching from Medics and Ride Marshals to ride single file.

When there is no traffic or riders approaching from behind, it is OK to ride two abreast but you should still stay to as far the right as possible and, if riders call as they approach or vehicles are approaching, one rider should note to the other that they are going to move in front or behind the other rider into single file to allow a safe pass. See more about passing below.

This is an important skill to practice over our entire series because you will be passing a lot of riders and probably also be getting passed a lot on the BP MS150. We want all our riders to practice and learn to make passing safe, effective and even fun. This will make a huge difference in your enjoyment of the ride as well as every rider you pass or who passes you.

Here are a few more brief but important reminders:

- Come to a full stop at each stop sign! The only exception is intersections controlled by police officer  
Note: This week, we are scheduled to have law enforcement officers at every light or stop sign on the route but you still need to slow down and prepare to stop until the officer has acknowledged you and signaled you to proceed.
- Obey the Ride Marshals, Medics and Law Enforcement cyclists! They are coaching you to make you a safer and better rider.

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**Safety Corner 2 - Group Rides, Drafting & Pacelines, Helmet Tips**

Please remember these key tips about a group ride.

**Do's**

- Ride smoothly and predictably - DON'T make sudden stops, changes in speed or turns
- Communicate - BOTH ways, call hazards, call when passing and listen to others
- Ride your ride at your pace
- Listen and respect the Ride Marshals, Medics and law enforcement officers directing us - they are looking out for our safety
- Ride single file or maximum 2 abreast if on a wide shoulder or a road that is closed to regular vehicular traffic
- If riding two abreast, please pay attention and, if riders approach to pass, gradually go to single file to allow a safe pass
- Enjoy the ride - Remember that this is a fund-raiser to find a cure for MS, not a race!

**Don'ts**

- Ride to the left of the center stripe (short passing is OK as if you were a car but don't ride there)
- Pass on the right
- Ride so far out in the road that riders can't pass or have to pass you on the right
- Overlap the wheel of the rider in front of you
- Ride in pacelines (unless you are very experienced with the general process and the specific group you're are riding with)
- Wear headphones (any type) or talk on your cellphone while riding

I will come back to many of these in detail over and over until we are all familiar with the fundamentals of safe riding.

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**Last Minute Reminders:**

- Put your clothing/eqpt out Friday night (include water bottles!)
- Drink this week, our distances are getting longer and it will be warmer so you will lose more water on the ride.
- Arrive on time - no later than 7:00 this week!

- We always have a LARGE crowd for this ride so if you arrive late, you may miss the start and be behind our support team which means you are on your own until you catch the back of the pack if you have any mechanical difficulty.

I post each e-mail note shortly after sending on our Communications page so, if you enrolled recently or you can't get to your inbox or my notes are being eaten by your dog, you can always go to [www.ready2rollcycling.com](http://www.ready2rollcycling.com) and find the notes online – click the Communications tab on the red bar at the top and look at the weekly note archive on the Houston Series page.

While you are on this page, note that the weekly ride maps will also be posted shortly before the ride. The PDF map of the ride map will online shortly and the Ride with GPS map will be online by this afternoon.

I'll see many of you in Fulshear this Saturday...

**Steve Moskowitz**

Ready2Roll Cycling

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