

Ready2Roll Cycling - 2022 Safety Note #1

From: Ready2Roll Cycling (stevemoskowitz@ready2rollcycling.com)

To: moskose@swbell.net

Date: Tuesday, January 25, 2022, 11:51 AM CST

[View this email in your browser](#)



Normally, we begin each week with a note highlighting safety/courtesy feedback and other valuable lessons learned following the previous Saturday's Ready2Roll Cycling ride.

Although there was no ride this past weekend, we still want to share some great tips in advance to help you get on board and know what to expect each week at our rides...

PLEASE SIGN IN/OUT BEFORE/AFTER RIDING!

Signing in and out is a safety measure that helps us know who shows up to ride and who is finished. Here is a brief overview of our weekly ride sign-in/sign-out process...

- Remember to look for your sign-in list. The master rider list is divided into 8 alphabetical sublists:

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

- The first time you show up this season, you will be issued a rider number to place on the center of the front of your helmet. Please print your number, very neatly, in the left-hand "Rider#" column on the sign-in sheet.
- Before the ride, provide your name to the sign-in volunteer and they will check you in.
- After you finish, please come back to the sign-in area and have a

volunteer sign you out.

(Note - We change the pen color while you are riding so, it's very easy to visually see who is finished and who is not)

- If you forget to sign out, we will give you time to get home and may call to make sure you are safe – at 2:00 am Sunday morning!

Hydration – Drink, Drink and Drink!

Most weeks, when our rest stop volunteers return the water coolers after the ride, we are surprised to see that a very minimal amount of water was actually consumed by our riders. This warrants a quick pre-season reminder that drinking fluids is absolutely essential to ensure you don't become dehydrated and struggle on the ride. On the cool, overcast days we have early in the season, we miss many of the cues that remind us to drink so it's very important to train yourself to continuously drink your fluids regardless of the weather. A good rule of thumb, is to try and consume a full bottle from one rest stop to another.

Please focus on your drinking fluids in the weeks ahead. Although it is hard to believe, the warmer weather is coming and you will definitely need lots of fluids

Ready2Roll Cycling Website – More than Just a Pretty Face

Be honest – how many of you have been to www.Ready2RollCycling.com? If you haven't been there yet, you are depriving yourself of a lot of useful stuff.

We won't go into a lot of detail but here are a few things you will find on our site:

- FAQ's with almost all of our most asked questions answered – good reading!
- Calendar with all our upcoming rides. They include planned mileages plus the start location and address, so you can add each ride to your calendar and really be ready to roll on time.
- Great gallery of photos from past rides – veteran riders might be in there.
- Classifieds section to buy/sell bikes and cycling equipment, let riders know about drop-in rides you are planning, etc.
- Link to Volunteer – if you missed the volunteer options when you enrolled

(you can sign up family and friends too).

- Communications Page containing:
 - Archive of rider tips and safety/Courtesy info
 - Ride maps for each route. These are usually posted the Wednesday before each ride.
- We won't belabor the point. We are putting a lot of useful stuff on the site, but it's up to you to take advantage.

Please Be Our Friend!

We use Facebook as another communication source to share information, photos, etc., and ask you to please "Like Us" as well as share your comments.

Thank you for your time and we look forward to having our 2022 Ready2Roll Cycling community rolling again here in a very short time. Stay safe!

Steve, Marshall, Jan & Robbie

Ready2Roll Cycling

www.ready2rollcycling.com



Copyright © 2022 Ready2Roll Cycling, All rights reserved.

Our mailing address is:

Ready2Roll Cycling
11027 Holworth Dr
Houston, TX 77072-1923

[Add us to your address book](#)