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Subject: 2023 Ride Feedback & Safety Tips #1
Date: January 30, 2023 at 12:39 PM
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Happy Monday Riders!

Our season opener was a bit wet, but 225ish of our riders got off to a great and safe start of the 2023 training series! We say 225ish, because the wet sign-in sheets caused some of the rider numbers we recorded to spread across several rows on the paper!-) We'll send a note to a few riders whose rider# was hard to read, to confirm your number.

Since this was our first ride, and we have a lot of great Ride Marshals and observant riders, we got several good feedback tips to share with everyone so let's get going...

Safety Reminder - Make sure your bike is the right size for you!

One of our great, long-time Ride Marshals (Jim Campbell), came to us at the finish to report seeing a rider whose seat tube was at the very top, and the rider was still cramped and too big for the bike. This creates at least two safety concerns. First, the seat tube could break, or slip out, if it is extended too far. Second, the rider can easily suffer a repetitive strain injury (RSI) from pedaling many miles in a cramped position.

It's usually pretty obvious when your bike is the wrong size but, if you are unsure, ask one of the Ride Marshals at the ride to take a look. You can also go to Sun & Ski, or your local bike shop for a bike fitting. A simple fitting may be free, but most shops also offer a more detailed fitting session, which is definitely worthwhile, if you will be riding a lot. A poorly fitting bike causes you to work less efficiently, and may end up causing an RSI, as noted above.

PLEASE, Please, please - Create an Electronic Folder...and USE it!

We are receiving quite a few notes from riders asking about what/when they volunteered for, how to sign-in, when/where the ride is, etc.

We are sending 3-5 emails a week in these early weeks to get everyone up to speed but we have to depend on each of you to please read all your emails and file them in a dedicated folder, so you can refer to it, when needed.

We are too busy moving forward, to help everyone who is ignoring, or deleting past information we sent. PLEASE hang on to our emails - you can delete all, at the end of the season, if you want...

Safety Reminder - Use Awareness and Common Sense!

A rider sent us this observation...

"...despite the request to stay on the shoulder, I saw several riders venture out into the roadway to pass other

riders when there was a car coming at a high rate of speed. There was another vehicle in the turn lane so the car could not move over and managed to just get passed the truck in the turn lane in time to move over and pass the cyclists in the roadway. The car did not hit their brakes at all so thank goodness they were able to move over in time.

PLEASE be sure to read the safety tips each week and to listen to the pre-ride safety tips. If you find yourself passing a lot of people at the start, please depart in an earlier, faster group. Also, be patient and wait to pass, until there is a safe stretch and PLEASE be sure to look behind you to ensure there are no approaching vehicles, before briefly moving out to make a safe pass. If you were passed a lot at the start, start in a slower wave this week.

Sign-in Reminders

We did pretty well on this but, as it was our first ride but we did have riders who didn't sign-in before the ride.

Since 2/3 of you haven't been to your first ride yet, 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 sub-lists: 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**. The volunteer working the sign-in table will record your ride number next to your name. This helmet sticker remains on your helmet for the entire training series.
- Before the ride, provide your name to the sign-in volunteer and they will check you in.
- After you finish, please come 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!
Note - we skipped the sign-out this week, as the wet sign-in lists would have disintegrated. Please do remember to sign-out after you finish your ride, and save us the trouble of a 2:00 am wake-up call to confirm you made it home...

Hydration – Drink, Drink and Drink!

We brought 8 ten-gallon coolers of water. The rest stop reported that we drank less than one cooler, in total!

This is another repeat tip because many of you are new riders and it was cold/wet which leads to less awareness of thirst and losing water as we ride. Please read this tip and start paying attention to how much you drink. Then, figure out how you can make frequent drinking a part of your cycling skillset so you don't get dehydrated. One lesson I learned was to take a good drink, anytime I see someone in my riding group drink. By drinking small amounts more frequently, I get enough water.

On the cool, wet day we had, 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 as, although it is hard to believe, the warmer weather is coming and you will definitely need lots of fluids.

One of our top questions - Please admit me to your Ride with GPS Club

We purposely hold off on the Ride with GPS app and club until after our beginner ride, because we want newbies focusing on basic group riding and safe riding at the beginner ride. The good news is that tomorrow's special topic email will be focused entirely on our Ride with GPS app and Ready2Roll Cycling Ride with GPS Club.

Veteran riders will be able to click a link to be readmitted to our 2023 Ride with GPS Club and new riders will be

Veteran riders will be able to click a link to be re-admitted to our 2023 ride with our Club, and new riders will be able to read how the club works, how to join, and how to use the app on the ride - **tomorrow!**

Please Be Our Facebook Friend!

We use Facebook as another communication source to share information, photos, etc., and we ask you to please "Like Us" as well as share your comments. This is a great additional source of good information and new cycling friends/connections!

Add the Ready2Roll Cycling Hotline Phone Number to your contacts...

We have a hotline phone number that is updated prior to our weekly rides. While you can't leave a message on the hotline, you can call and get an update on the weekly ride status as well as the specific address for the ride.

Should weather be questionable, we post a ride status update on the hotline. Please save this number in your contacts:

(281) 907-9007

OK, we've covered some useful things today – please read this note a few times and, if you missed some of the earlier tips and info, please take a look at the emails archived on the Ready2RollCycling.com Communications page and you can get up to speed very quickly.

Thank you for your support – watch your inbox this week for special topic note(s) plus the weekly ride news on Wednesday and the Friday update.

Sybre and Kathryn

Ready2Roll Cycling

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