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**Subject:** Ready2Roll Cycling - Special Processes & Notes  
**Date:** January 26, 2023 at 9:00 AM  
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## Tips to Make your Ride Safer and More Enjoyable!

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OK, we are about 48 hours away from our beginner ride, so today, we're sending another special topic note to cover several Ready2Roll Cycling processes and tips, to help everyone have the safest, friendliest, and most well supported and organized training experience of your life!

Each of these mini-topics will be very brief and you need to read, and remember/practice all, as they each help make us all better cyclists, in every way.

Here we go...

### Sign-in/Sign Out

Before each ride, you will come to the sign-in tables and sign in, then after the ride, you come sign out. This is to keep track of who is out on the road and confirm all our riders have finished. You may have someone in your family, carpool, etc. do this for you, just please be sure they remember to cover your start, and finish. If you forget to sign in, and get lost on the road, we may not know you are still out on the route. If you forget to sign out we may not know you finished and will need to give you a call to make sure you made it home safely. Our veteran riders know that we will allow you plenty of time to get home - your checkup call may come at 2:00 am after the ride!-)

### Rider Number (AKA Helmet #)

When you come to sign in, each rider is issued a rider # to place on the front/center of your helmet. This identifies that you are a rider enrolled and participating in the 2023 Ready2Roll Cycling training series. If you took a spill and could not remember your name, the # also helps us to quickly identify you in case we need to call your emergency contact. Please keep this number on your helmet for the entire season. Don't worry if you miss the first ride (or even 2-3 rides) - we issue numbers to riders, as needed, every week. Please do allow a little extra time to come get your number, the first time you come to ride this season.

### Late Arrival

The short tip here is please DON'T do this! If you arrive late, you will most likely be riding behind our very well organized SAG support team. If you have a mechanical problem or any other need for help, there won't be anyone who will come by and be able to help. We can't prevent you from riding, but we will remind you to be sure you have cast iron tires and your bike is very well put together as you are on your own, until you catch the back of our pack.

Oh yes, did we mention that on many routes, we use the same roads coming back, so the route signage may have already been changed by the time you start. If you are planning to arrive late, be sure you are very familiar with the route and know where the turns are and what they look like. As we noted, arriving late is not a good practice because our support team needs to look after the 99.9% of our riders who do arrive and depart on

support team needs to look after the 99.9% of our riders who do arrive and depart on time.

## Wave Start

This is something we thought of many years ago and are surprised more rides don't use this practice. What it means is we send riders out in waves of 50-75 riders. The fastest riders depart first, and the slowest riders depart last. No one is penalized for their speed, but everyone is rewarded with a far safer and more enjoyable ride because the riders in front of you are moving away from you, and you are moving away from the riders behind you. This also means that you will be able to start riding, at your comfortable pace, very quickly (and safely) after you get on the road.

We ask the riders to line up based on their pace but, if you are new and don't yet know your riding pace, start at, or near the back your first week. We announce the approximate pace for each group (i.e. the 17 to 17 1/2 mph group) so make note of this and if you are passed a lot on your first week, move back to a slower group next week. If you pass a lot of riders, then move up to a faster group the next week. After 2-3 weeks, you should have found the right wave to start from.

If you have never experienced a wave start before, please trust us on this tip - it really makes the entire ride experience much better. After you get used to it, you will wonder why all rides don't use it.

## Hot Line 281-907-9007

Ready2Roll Cycling has a hotline so you can call to check the ride status. This is very useful if you are away from your email. There is a default message noting that the ride is on and on schedule. If there is any reason to cancel, or possibly postpone the start, the message will be updated by 5:30 on ride morning. This voicemail service is not monitored for messages, it's a one-way status update system. Please add this number to your phonebook.

**Here's a bonus tip** - enter the last name of our voice mail as "Hotline", or even better "A\_Hotline" when adding to your phonebook - this will cause the hotline number to float to the very top or close to the top of your phonebook.

## No Guest Riders!

We get occasional calls to ask if you can bring a guest to a ride, and some riders offer to pay. Ready2Roll Cycling does not allow guest riders because we work very hard with our group to educate you to be safe, courteous riders. You spend many weeks learning and practicing how to do this and drop-in riders do not have the benefit of knowing what you have learned. This puts our riders at risk and we don't feel it's safe, or fair to our riders to allow drop-ins.

## Ride Maps

We offer two types of maps - smart maps or dumb maps! Here's a short overview of each version...

- **Dumb Maps** (AKA Paper Maps) - A map of the route with key roads, notable items (such as closing times for long route options) and a mileage table showing mileage to the turns for each route option. We refer to this as "dumb" because the paper is not smart enough to jump out of your pocket and alert you to an upcoming turn, rest stop, etc. Also, these maps are usually useless after an hour in your back pocket, especially later in the season when the temperature is warmer. We do have a limited number of paper maps at the start and you are welcome to come get one, but please don't take one for every member, if you ride with a group.
- **Smart Maps** - We use the Ride with GPS app which is a GPS app created by, and for cyclists. You will get a very detailed note about the app, and our Ride with GPS Club next Tuesday. For now, we'll just say that the app causes the maps to automatically show up, on your phone, a few days before the ride, and it informs you of upcoming turns just in time, then lets you know how far to the next turn, rest stop, etc. and even lets you know if you get off the route. It will also offer to

rest stop, etc. and even lets you know if you get off the route. It will also offer to save your ride and keep track of your miles ridden, if you want. If that's not enough, we also pay for a "Club" membership which allows any rider enrolled in the training series, to use the app, and most of its map-making functions free, as long as you are a member of our RwGPS Club. Again, watch for the full details on this next Tuesday...

### **Our Emails are Posted on Our Website**

If you go to our website ([www.ready2rollcycling.com](http://www.ready2rollcycling.com)), and click on Communications/Maps, you will see that we have posted almost all of our weekly emails on the site. You should add this page to your bookmarks/favorites.

Note we said "almost all our emails". We don't post the weekly ride email, or emails about the Ride with GPS app on this page. This is because the site is open to everyone and the weekly rides, and the ride with GPS app require quite a bit of expense. We want to limit these benefits to our riders who have enrolled to participate in the series.

You should still add an email folder to save all our notes as it's easier/faster to get to your own folder and if you have poor cell service, your personal email folder is still accessible.

OK, that's it for our Processes/Tips for today. Watch your inbox tomorrow (Friday) for a reminder note about the Beginner Ride this Saturday. It's a repeat of the Wednesday note plus any late/breaking news, such as an update on the weather forecast.

Happy riding!  
**Sybren & Kathryn**  
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281-907-9007 - Hotline



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