

**From:** Ready2Roll Cycling SteveMoskowitz@Ready2RollCycling.com  
**Subject:** Ready2Roll Cycling: 2019 Beginner Ride 1, 1/12, 8:00 am  
**Date:** January 9, 2019 at 8:49 AM  
**To:** moskose@swbell.net



**Beginner Ride 1 at 8:00am This Saturday, Jan 12!**

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**It's officially time to get our 2019 newbies ready to roll...**

Today's note will focus on the beginner ride coming up this Saturday. We have limited this note exclusively to the ride related info to keep it as short as possible. This week's note is longer than the usual weekly ride note because there are several details we need to cover a few times at the beginning of the season and there are some intentionally repetitive items because certain questions come up frequently early in the season and we're trying to make sure everyone catches all the details.

In other words, there are some very important ride related details here so please read this note a few times...

Today's Topics are:

- **Beginner Ride 1, Igloo, 16 miles**
- **Weather Hotline: 281-907-9007**
- **Thank You - Sun & Ski Sports!**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Garage Sale!**

**Beginner Ride 1, Igloo. 16 miles, Sat, Jan 12, 8:00 am**

This week, our beginners will meet at **Igloo Products Corp.** for a 16.4 mile beginner orientation ride.

This ride is intended only for beginning riders who need some short smaller rides in to get used to riding on the road and in a group. These rides are not for veteran riders who haven't been on their bike since last April but we welcome Ride Marshals and veteran riders who are willing to come out and "adopt" 2-4 "newbies" by riding at their (slow) pace while teaching them how to ride safely and courteously and how to avoid hazards, communicate on the ride, etc.

**Directions to the Start**

The ride will start at 8:00 am at **Igloo, 777 Igloo Rd, Katy, TX 77494**. If you prefer GPS coordinates, they are: 29.781237, -95.901419

To get to the start:

- Take I-10 west (from Houston or Katy) or east (from Brookshire or points west) to the Igloo Rd exit. It's about 7 miles west of the Grand Parkway or 5 miles west of Katy Mills Mall. Exit
- Go north (right from town or left from Brookshire) on Igloo Rd.
- Igloo is located on the left just a few hundred yards north of I-10.

This week, you should arrive between 6:45 and 7:00 am in order to have time to park, sign in, use the restroom if needed, get your bike ready, team up with a group and have a brief orientation before the start of the ride. If you arrive at 8:00 am for an 8:00 am start, you will miss our start and may be behind our SAG support team on the road. Please arrive early enough each week to park, get ready and line up for the pre-ride announcements.

There will be a sign-in area near the building. Upon arrival, riders are requested to come and sign in on the alphabetical lists at the sign-in tables. Then, proceed to get your bikes ready to ride. The overall list will be split into eight shorter lists based on the first letter of your last name - A's are on the left and Z's are on the right - there are large signs on the front of the sign-in table so you can see which list to line up for.

Before the ride, each rider who shows up signs in on the weekly rider attendance list. You initial in when you arrive in the "Started" column. When you finish the ride, you initial out in the "Finished" column so we know that everyone made it back. If you haven't practiced the alphabet in a while, it would be helpful to practice a little before Saturday. There is also a line for riders who enrolled very late (after noon on Friday when the sign-in lists are printed) or who have not enrolled yet. This line will be to the left or right of the enrolled rider lines at a separate table.

There will be porta-lets near the sign-in area but we don't have the capacity to bring water to fill your bottles before the ride. You need to have your bottles full and refill, as needed, at the rest stop.

### **Reminder - This is Beginner Ride #1**

This ride is intended for beginners and mentor riders. Each mentor will team up with 1-4 beginners and will coach them on the route. The group will focus on riding safely and predictably, obeying traffic laws, communicating with their riding group, hydration, using gears and basic passing etiquette as well as getting used to riding on the road and getting in just over 16 miles of training.

The route will cover a clockwise route heading west on Hwy 90 through Brookshire, then northwest on FM-359. At Pattison, the route makes a sharp right turn onto Royal Rd and stops at the Rest Stop at Royal Jr. High (mile 7.7). There will be porta-lets and LOTS of snack/drink selections to choose from at the rest stop. After the stop, you continue east on FM-362/Morton Rd to FM-2855 where you head south back to Hwy 90 and then one final mile on Hwy 90 back to Igloo. FM-359 is the busiest local road we'll be on but there is a shoulder on the entire stretch of 359 we ride so please ride on the shoulder on FM-359.

We have eight law enforcement officers lined up this week. They will be posted at every intersection we pass that has a light or stop sign. This is the same posting criteria used for the BP MS-150 so we'll start practicing how to ride safely (and predictably) when officers are supporting the ride. The key is when you see the officer(s) ahead at an intersection, the first rider in line calls out to your group: "Officer ahead, slowing" and then, after calling, the first rider gradually slows the group down so you can stop safely. You should all assume you will need to stop. If the officer looks at you and clearly motions/calls out for you to proceed, then you can call out: "Clear to proceed" and gradually pick up speed. It's best to maintain a slower speed through the intersection in case a driver misses the officers direction to stop or other unexpected things happen. Gradually resume your comfortable pace after the entire group is past the intersection. We'll be practicing this a lot over the course of the training series. (**Note: You should NEVER call "Clear" or anything similar unless you have been directed to proceed by officers controlling the intersection!** If you are with a group passing through an uncontrolled intersection, everyone has an obligation to obey the traffic signal and look, for themself, to confirm the road is clear to proceed.)

### **Igloo is ready to roll out the red carpet for us!**

Igloo has very graciously offered their facility for us to use for the start finish and they are also doing the following:

- Opening their warehouse outlet store exclusively for us this Saturday (normally closed on weekends).  
The selection is variable but there are always some great buys on small to large coolers, insulated mugs and all kinds of stuff you may not have realized they make. Definitely worth checking out!
- Offering us at least a 10% special discount on their already outlet prices!

### **Place Helmet Number on the Front of Your Helmet!!!**

The first time you participate in one of our rides, you will be issued an adhesive number to **place on the FRONT of your helmet** so it is easy to see that you are part of our training series. When you come to your first ride and get your rider number, please print the number (NEATLY) in the number column to the left of your name on the sign-in list. Please also keep the number on your helmet all season. If you do lose the number, don't worry, just bring your first born, or something of similar value to exchange for a new number at the next ride. Please (NEATLY) write the new number to the left of your name so we can update your assigned rider number. (This is critical as we use the stickers to identify our riders and if there is an emergency, we can identify you if the pavement scrambled your brains a little bit.)

### **Weather Hotline 281-907-9007**

In case of inclement weather or last minute ride updates, Ready2Roll Cycling has a dedicated phone hotline number. We suggest you add this number to your phone and if you are ever wondering if a ride may be cancelled or postponed due to weather or other concerns, simply call this number ride morning for updates. Keep in mind this number is for informational purposes only and is not monitored so please hang up and don't try to leave a message.

### **Weather Alert - This Weekend!**

As fate would have it, the weather channels are varied but showing the possibility of rain Friday that may not be totally gone by ride time. We will be monitoring the weather closely and, if we feel it would warrant a ride cancellation, we'll post this either late Friday or as late as 5:00 am Saturday.

This would be posted as follows:

- Message on the hotline (281-907-9007)
- Posted on our Facebook page (**Be sure to Like us on FB so you'll get FB notifications**)
- Email to all participating riders (as of noon Friday - if riders enroll later, they are under our radar until next week)

### **Thank You Sun & Ski Sports!**

Be sure to thank **Sun & Ski Sports** who very generously provides tech support for the entire training series. The bike mechanics will be on site about 7:00 am this Saturday to help with simple maintenance and repairs. Please do note that the purpose of the tech support is to assist with minor problems that develop before or on the ride, not to overhaul your bike for free before the ride.

### **FAQ - Do I need to RSVP for the Rides?**

Many of you have asked if you need to RSVP for each ride. The answer is "No".

You do not need to RSVP for any of our rides. You just show up (at least 45 minutes to an hour before start time) and sign in so we know who is riding. You also sign out after you finish so we know everyone is back.

Each week, there will be a sign-in list at the ride. All riders who have enrolled are listed in alphabetical order and the list is broken up into smaller lists (A-B,C-D, etc...) so no one has a long line to sign in. You initial in on the Started column next to your name before you ride. When you are finished, you come back and initial the Finished column so we know you are finished (Yes, we do switch the pen color so it's very easy to see sign-in vs. sign out by glancing at the sheets)

Note that we ask each rider to sign in when they arrive, and sign out when they leave. This helps us know who is finished and, more important, who is still out on the road. We have a volunteer team monitoring this so, if you forget to sign out, we may think you are lost somewhere on the road. In order to make sure we didn't abandon anyone each week, we allow you plenty of time to get home, then, we give the riders, who did not sign out, a call...

...at 2:00 am\* on Sunday morning!!!

### ----- Garage Sale - Cycling Clothing & Eqpt. for Sale this Saturday!

Here is a repeat of a very popular feature for our beginner rides. We collect donations of new or gently used clothing and equipment in good, working order, and sell it to the new riders at a very reasonable cost. We even have quite a few extra, unused jerseys from teams that donated leftover from prior years. This is a Win-Win deal as the new riders can get a jump start on their cycling needs at a reasonable cost and **all the money raised is donated to the MS Society!**

Remember when you were first getting into cycling and you realized you still needed warm gloves, you only have one jersey with pockets or that your 'normal' windbreaker became a parachute when you wore it to ride? For many of us that have been riding for years, now it is the opposite problem. You may have upgraded to the latest in tech gear or received new super cool clothing as gifts, so now your closet is overrun with items you no longer wear. Well, here is your chance to clear out your gently used cycling gear and help out our new riders at the same time.

...Note - we already have had significant donations of some great, **unused** jerseys, etc. as well as some almost new stuff so this will be a GREAT chance for new riders to get some great stuff at great prices and raise money to fight MS. We have credit card readers so we'll be able to take credit cards or cash.

**If you have anything to donate, please contact: Jan Cohen: 713-817-4898 or JanCohen@Ready2RollCycling.com**

OK, that's it for this week's ride note.

Watch your inbox Thursday for a special topic rider note. These will continue to cover the common issues/questions we see early in the season. Also watch for any late breaking news (weather issues, construction that would impact traffic, etc.) if we need to share anything this Friday. This usually goes out early in the afternoon - before 3:00 pm so watch your inbox and/or turn on mail forwarding for my messages if you are off Friday and your email goes to the office.

We look forward to seeing our new riders and mentors this Saturday at Igloo...

Thanks!

**Steve, Marshall, Robbie and Jan**  
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