

Beginner Ride 2 at 8:00am This Saturday, Jan 19 - It will be windy!



Good morning Ready2Roll Cycling riders!

The weather for tomorrow is looking much better than reported earlier in the week. One of the three 4-letter words in cycling (rain) looks like it will pass between midnight and 3-4 am and we should be cloudy to clear by our 8 am ride start time and partly cloudy to sunny on the ride.

We will definitely be learning about the 2nd of cycling's 4-letter words tomorrow (wind). The forecasts show a tough headwind in the 21-25 mph range out of the northwest during our ride. Temperature will be 47-50 degrees but will feel like 38-41 with the strong wind. The good news is that our into the wind stretch is almost all concentrated at the beginning of the ride so, once you make the sharp right turn onto Clapp Rd about 7.5 miles out, you have almost all tailwind coming back. (Full disclosure – about ½ mile of wind shortly after the rest stop and ½ mile just before the finish).

Note – the 10-mile extra loop for the 29-mile route repeats the windiest 4.5 miles of the route. The cut-off to ride 29-miles is 9:15 at the 12-mile long/short decision point. We'll have two volunteers here (with a megaphone) to remind you which way to turn for each route. **If we see our new riders struggling into the wind, we reserve the right to skip the extra 10-mile loop** or move the 29-mile cut-off up to an earlier time. After all, this is Beginner Ride 2 and our goal is not to wear our newbies out or blow them off the road. Our goal is for them to learn how to ride safely and courteously in a group, on the road. They will learn all they need to know in 19-miles so, if 29 miles looks like too much, we'll let the long/short route control team be aware.

Weather Tip – Did you see the note above that said it will feel like 38-41 degrees? On your bike, riding into the wind, at the beginning of the ride, it will feel colder!

If you enrolled too late to see the Winter Wear advisory note (last Thursday), or you don't read most of your Ready2Roll Cycling email, there is some very useful info in that note to help you prepare/dress for the ride tomorrow. If you totally ignore our email tips and have not created a folder to save all your Ready2Roll Cycling emails, that note has been archived on our Communications page at www.Ready2RollCycling.com. That note even informs you that Sun & Ski Sports and Bike Barn both have winter clothing on sale right now and that the word "Ski" in "Sun & Ski" indicates they have a LOT of other specialty clothing designed to keep you warm when moving quickly through cold air...Just Sayin'...

If you come to the ride tomorrow, please be sure you read the Winter Weather Advisory note and bring an appropriate selection of clothing so you are comfortable. It's hard to focus on safe, courteous cycling, if you feel miserable.

PS – The 3rd 4-letter word in cycling is hill. You will learn about these soon enough! Right now, we're just focusing on flat to gently rolling roads...

OK, that's it for the Friday update. The note below is a copy of the Wednesday, Weekly Ride Note for those of you who didn't read the ride details yet. Please note that the ride tomorrow is for beginners and experienced riders who adopt a few newbies, ride at their pace, and teach them how to ride, avoid hazards, communicate, etc. in a group, on the

road.

Today's note will focus on our second beginner ride coming up this Saturday (weather permitting). We have limited this note exclusively to the ride related info to keep it as short as possible. Once again, 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.

We also had over 150 riders enroll in the past week and they didn't see these important early season reminders yet so, we'll include some of the critical details until Ride 1 (one more week), and then drop back to the basic ride info.

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 2, Goya Foods, 19/29 miles**
- **Weather Hotline: 281-907-9007**
- **Thank You - Sun & Ski Sports!**
- **FAQ - Do I need to RSVP for the Ride?**
- **Reminder - Cycling Garage Sale is Back!**

Beginner Ride 2, Goya. 19/29 miles, Sat, Jan 19, 8:00 am

This week, our beginners will meet at **Goya Foods**. for a 19.2 mile beginner orientation ride. For those who rode last week and are ready for more, there will be an option to repeat part of the route and get in a 29.3 mile longer ride. **Please note, there will be a 9:15 time cut-off at the decision point (11.8 miles) for riders wanting to ride 29 miles** so we can have everyone finished by 11:00 am. There will be volunteers at the decision point indicating which way to go.

This ride is our second ride aimed at beginning riders who need some short rides in order 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 they are for veteran riders who are willing to come out and "adopt" 2-3 "newbies" by riding at their 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 **Goya Foods, 30602 Goya Rd, Brookshire**. If you prefer GPS coordinates, they are: 29.786660, -95.914656.

To get to the start:

- Take I-10 west (from Houston or Katy) or east (from Brookshire or points west) to the Woods Rd exit. It's about 8 miles west of the Grand Parkway or 6 miles west of Katy Mills Mall.
- Go north (right from town or left from Brookshire) on Woods Rd.
- When you get to Hwy 90, make a right and then an almost immediate left onto an unnamed road that crosses over the RR tracks.
- Turn right across the tracks onto Goya Rd and the Goya distribution center is about 1/4 mile ahead on the left. Turn left at the 2nd driveway into the visitor parking area.

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. There is also a line for riders who enrolled very late (after 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 the Information table.

There will be porta-lets near the sign-in area. Please note that 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 stops.

Reminder - This is Beginner Ride #2

This ride is intended for beginners and mentor riders. Each mentor will team up with 2-3 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 19, or 29 miles of training.

Goya is ready to roll out the red carpet for us!

This week, Goya Foods has very graciously offered their facility for us to use for the start/finish, and they are also providing us a number of their very tasty snack products - not only this week but throughout the training series! Please take a moment to thank the folks from Goya Foods at the ride this week!

The route will cover a clockwise loop heading west on Hwy 90 through Brookshire, then northwest on FM-359. About a mile past Pattison, the route makes a sharp right turn onto Clapp Rd to Durkin Rd and stops at the rest stop at Royal Jr. High. 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 Cardiff Rd. where you head south back to Hwy 90 and then back to Goya Foods. **The long route splits from the short about 1/2 mile after the rest stop where the short route goes left and the long route goes right.**

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 themselves, to confirm the road is clear to proceed.)

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 request a new riders number (and neatly update it on the sign-in list) at your next ride. (This is critical as we use the stickers to identify our riders if there is an emergency.)

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.

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.

Sun & Ski Sports will be hosting Bike University on Friday, January 25!

There will be lots of mini-seminars on training, basic bike maintenance, safety, etc. as well as several bike suppliers showing new goodies, plenty of light food and drinks and lots of good deals on equipment and clothing. It will be at their 6100 Westheimer store (between Chimney Rock & Hillcroft) beginning about 6:00 pm. Ready2Roll Cycling will be talking about how to train for the BP MS-150 and will be available to answer questions in between the sessions.

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 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 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 Goya Foods...

Thanks!

Steve, Marshall, Robbie and Jan
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