

**Subject:** Ready2Roll Cycling Training Series - Ride 13, Apr 27/28

**Date:** Wednesday, April 24, 2019 at 11:13:39 AM Central Daylight Time

**From:** Steve Moskowitz

**To:** Steve Moskowitz

## We are ready to roll to Austin!

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Just kidding, we don't have a training ride this week – it's time for the real deal!

We did want to send everyone a note to help make sure you have a safe and fun ride to Austin this weekend. We are also sending this note to be sure none of our riders succumbs to SEWS (Sudden E-mail Withdrawal Syndrome).

There is already some great post BP MS-150 news on the way next week so keep an eye on your inbox for more cycling news.

Now, if you want to look as great as the Ready2Roll Cycling riders pictured above at the Austin finish, let's get on to some useful weekend information...

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**2019 BP MS-150 – Key Rider Tips**

Here are a few reminders to "pack and take with you" on the ride this weekend:

- **Be Patient** – You will be riding in some heavy rider traffic at times, especially at the beginning of each day and at the Energy Corridor/Rhodes Stadium merge point on Saturday.
- **Riders starting at the Energy Corridor and Rhodes Stadiums have a significant merge point at FM-159 and FM-359** where slower riders from Rhodes (on the left) will be merging with faster riders from The Energy Corridor (on the right). This is tricky because the Rhodes riders have ridden 15 miles less than the Energy Corridor riders at this point and are riding at a slower pace so there are a lot of slower riders on the right and a lot of faster riders on the left. Be patient, allow extra room and don't make any foolish moves outside our coned lane to pass when there is no room. Remembering this tip will help ensure a safe and great

ride!

- **Be Courteous** – Remember and practice the passing etiquette tips we have practiced all season on our training rides. Pass only on the left, place all trash in the appropriate bins at the rest stops, use the porta-let facilities provided, etc. Let's all be ambassadors for our teams, the BP MS-150 and cycling in general.
- **Communicate** – Let riders know you are approaching, passing (on the left), slowing, etc. Communicating also means listening and letting other riders come past safely. Here are two words you can NOT use too many times this weekend: "Thank you!"
- **Thank the volunteers** at the stops, turns, etc and while you are at it, thank all the police officers who help us ride safely as well as all the Ride Marshals, Police riders and EMS Medics keeping an eye on us.
- **Pack Modular** – Here's a useful tip. If you have them use the packing bags or really large zip lock bags and pack one each for your Saturday afternoon, Saturday night, Sunday riding and Sunday afternoon clothing needs (except shoes). Put these in your bag in order so at each time you need a change of clothes, you have the right stuff in one bag on top. The biggest benefit this provides is each day at the end of your ride, you take your bag and towel to the shower and when you step out of the shower clean and refreshed, you won't be faced with the prospect of having to wear dirty shorts or streak naked back to your tent because you forgot a clean change of shorts... Pack some extra clothing, light shell, etc. in case the weather dudes are off in their forecast.
- **Here is one last tip.** As you ride into the Circuit of the Americas on Sunday, stop at Parking Lot C (on the right) and wait for the rest of your group to arrive, if needed. Then call your family/friends to let them know you are just 1-2 minutes from finishing. Then, get your group together and, as you turn left into the final finish chute, let any groups in front get ahead while you spread across the chute for a great photo op. The crowd and the photographers eat this up and you will have a GREAT photo to treasure the rest of your life!

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**Speaking of the Weather...**

**Important Tip - Prepare for Beautiful, Sunny Weather**

We've had an unusually cool to mild training season, and only one sunny day, so you do need to be sure to do two things we haven't practiced as much as we usually do:

- **Use Sun Screen** – The UV index is predicted to be very high on Saturday and Sunday so you will need sunscreen. Buy some today if you don't already have some – the sport versions do last longer. Look for a small sample size to carry in your back pocket and reapply – especially if you burn easily.
- **Hydrate** – As a general rule of thumb, I try to drink at least one bottle (or half of each of my two bottles) between the rest stops (9-12 miles). I have a bottle of water and a bottle of sport drink and alternate bottles and fill one, or the other up at each stop.

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**Thanks for Another Great Training Series!**

Each year, many of you ask how you can ever say thanks for the training series. We have a quick answer for that – we are riding to fight MS so, if you want, we would be honored to have you make a contribution to our BP MS-150 rider account. Here are the links to donate:

[Donate to Marshall Cohen](#)

[Donate to Steve Moskowitz](#)

For our new riders, We want to assure you that it is an amazing feeling when you arrive in Austin under your own power. It doesn't matter if you rode the entire way or used the support to cover part of the way. The key is you set your mind to the goal to get to

Austin and you did it!

Two things to do now:

- **Short Term**, drop by the ConocoPhillips/Phillips 66 Austin tent (the very first tent on your right as you enter the finish line chute) and brag on your accomplishments to us – we love to soak up your pride in the accomplishment and we accept High-5's, Hugs, etc...
- **Long Term**, Keep the fight against MS going by continuing your own fundraising efforts. The fight goes on 24/7/365...

OK, we are all ready to roll to Austin. We look forward to seeing many of you on the road and in La Grange and Austin this weekend...

Thanks!

**Steve, Marshall, Jan and Robbie**

Ready2Roll Cycling

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