

Subject: 2021 Ride Feedback & Safety/Courtesy Tips #3

Date: Monday, February 8, 2021 at 2:38:07 PM Central Standard Time

From: Steve Moskowitz

To: Stephen Moskowitz



Happy Monday Riders!

We have a few notes to share with you so let's get going...

Ride Feedback - PLEASE SIGN IN BEFORE RIDING!

Here was a very disconcerting observation - Will Leonard, our back of the pack SAG, used his clicker to count how many riders rode past from the start and the number he counted, was all 30 larger than the number who signed in. We depend on each rider signing in (and out) to ensure we know that everyone made it back, and to better understand how our supplies, and food consumption vary with our turnout. We added a 40-minute rolling start window which gives you extra time, but please allow enough time to sign-in each week, then please remember to sign out after the ride! This isn't optional, it's required - thank you!

Sign-in Reminders

Since we have so many riders attending for the first time, 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 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**. Before doing this, please print your number, very clearly in the left-hand "Rider#" column on the sign-in sheet.
- 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!

Hydration – Drink, Drink and Drink!

When our rest stop volunteers returned the water coolers after the ride, we are surprised to see that a very minimal amount of water was actually consumed by our riders. This warrants a quick reminder that drinking fluids is absolutely essential to ensure you don't become dehydrated and struggle on the ride. On the cool, overcast 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.

Repeat - Pedaling Properly

Two weeks ago, we shared several tips about cadence and shifting gears. We explained that cadence is the rate (in revolutions per minute) that you pedal and while we are each built differently we all want to experiment to find our optimal cadence (usually in the 80-100 range on flat roads). This balances our power and effort required to pedal so we can ride long distances with optimal effort. It also helps us to avoid overstressing our knees and other key joints. Shifting your gears adjusts the effort needed and your natural pedaling cadence.

Our Ride Marshals and a few SAG volunteers still reported seeing more than a few riders really struggling to pedal into the wind with their chain on the larger ring in the front so we're running a repeat of the cadence/using gears tips. This will really help you become a more efficient, more effective, and safer rider as you won't get so worn out on the ride.

Please take time to read these again and either during the week, or next week, practice them. The learning we want you to take from this is to experiment with different gears and see how easy or hard it is to maintain different speeds in different gears. This is important at all times but is

especially important when working very hard, into the wind, or up a hill. By the middle of the season, if you experiment effectively, you should be able to quickly shift into the optimal gear deal with different riding conditions.

This article discusses cadence and goes on to suggest some workouts to improve it...

<https://blog.wahoofitness.com/cycling-cadence-what-is-it-how-to-improve-yours/>

Here is some really great info about using your gears...

- <https://www.bicycling.com/training/a20004265/how-to-shift/> - very good general info from Bicycling Magazine
- <https://www.cyclingweekly.com/news/latest-news/using-bikes-gears-efficiently-148101> - technical, details
- <https://www.youtube.com/watch?v=5O1LEjNW5Bw> – Very thorough video

Let me explain that if you read 100% of the vast info online about using your gears, you will have learned and understand about 10% of what you need to know about gears. **90% of what you need to know about using gears is learned on your bike, on the road, into the wind, and down hills.** If you don't use the early rides to experiment with using gears, you won't understand how to know how to easily find the right gear, as we get into the hills (in two weeks)

If you missed the tips and links in the earlier Ride Feedback/Safety Tips notes or any other special notes and tips we have been sharing, please see the next tip to learn how to find it...

Ready2Roll Cycling Website – More than Just a Pretty Face

Be honest – how many of you have been to www.Ready2RollCycling.com? If you haven't been there yet, you are depriving yourself of a lot of useful stuff.

We won't go into a lot of detail but here are a few things you will find on our site:

- FAQ's with almost all of our most asked questions answered – good reading!
- Calendar with all our upcoming rides. They include planned mileages plus the start location and address, so you can add each ride to your calendar and really be ready to roll on time
- Great gallery of photos from past rides – you might be in there.
- Classifieds section to buy/sell bikes and cycling equipment, let riders know about drop-in rides you are planning, etc.
- Link to Volunteer – if you missed the volunteer options when you enrolled (you can sign up now)

family and friends too).

- Communications Page containing:
 - Archive of rider tips and safety/Courtesy info (such as the tips on cadence noted &
 - Ride maps for each route. These are usually posted the Wednesday before each

We won't belabor the point. We are putting a lot of useful stuff on the site, but it's up to you to take advantage.

Please Be Our Friend!

We use Facebook as another communication source to share information, photos, etc., and ask you to please "Like Us" as well as share your comments.

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 a couple more special topic notes and the weekly ride news on Wednesday and the Friday update.

Steve, Marshall, Jan & Robbie...

Ready2Roll Cycling

SteveMoskowitz@Ready2RollCycling.com

832-236-7307



Copyright © 2021 Ready2Roll Cycling, All rights reserved.

You are receiving this email because you registered for the 2019 Pedal Away Alzheimer's Ride.

Our mailing address is:

Ready2Roll Cycling
11027 Holworth Dr
Houston, TX 77072-1923

[Add us to your address book](#)

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#).

