

Subject: Ready2Roll Cycling - Safety/Courtesy Tips

Date: Monday, April 12, 2021 at 2:40:08 PM Central Daylight Time

From: Ready2Roll Cycling

To: Steve Moskowitz

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It's Monday so we have some great safety and courtesy feedback/tips to share. Let's get right to the good stuff...

Reminder - NO GUEST RIDERS

We are down the home stretch with just two more training rides. A few emails have been arriving recently to us asking if Ready2Roll Cycling enrollees can bring a guest to ride one or more of the remaining training rides. The simple answer is "thank you for asking but unfortunately the answer is no."

It is important that we clarify, and you understand the foundation behind this answer and our policy. The Ready2Roll Cycling rides are only open to riders who have enrolled and paid for the entire series. We looked at this when we developed Ready2Roll Cycling and while it is possible to pay ride-by-ride, it is far more complicated to keep track of who has paid for each ride. It would also be quite challenging to try to anticipate additional food, drinks, and other resources to accommodate variable numbers of "drop-in/guest" riders.

The bigger, and more critical reason, is we have also learned that by limiting the series to riders who enroll and commit to our entire series, they read and

practice the safety and etiquette tips in the emails and become part of a community of riders who are much safer and far more courteous than the average rider. Riders in Ready2Roll Cycling prefer to be with like-minded riders who are committed to ensuring an overall great experience, each-and-every week.

Additionally, we have insurance requirements, as a “cycling club”, that we must abide by which do not allow for riders to “drop in” and pay as-you-go. As a result, we have clearly reiterated in our communications and on our website that Ready2Roll Cycling riders absolutely **MUST NOT INVITE GUESTS TO THE RIDE** and or they can be removed from the series.

We understand that you might be thinking, well, it is just one rider and they are experienced or knowledgeable and won’t be a problem. In addition to the factors mentioned above, drop-in riders would utilize our logistical support (facilities, law enforcement, signage, food, drinks, porta-lets, etc.) and never would have volunteered or helped in any way. We feel that potentially compromising safety simply isn’t fair to the participants of Ready2Roll Cycling, who have received the comprehensive communications as well as graciously volunteer each week to make Ready2Roll Cycling the great training series it has become.

So, please do not bring or invite guests to the training rides. We take this issue very seriously as the safety of our enrolled riders is paramount. Thank you so much for your understanding and support of Ready2Roll Cycling!

Reminder - Volunteers are CRITICAL to Safe and Successful Rides!

This note is to highlight an important topic for everyone’s awareness. This past Saturday we had an unusually large number of volunteers who did not show up. We did some scrambling, but it was a struggle to provide the level of support you deserve. We thought that given we are down to the home stretch of the 2021 training season, it would make sense to reiterate the importance of helping support the rides by volunteering.

Leading weekly rides with hundreds of riders takes many volunteers in critical roles and without them, we simply would not be in a position to continue the

series. Our volunteers set signs, bring tables, water, bananas, coconut water, work the rest stops, direct parking, drive SAG and more. These are essential roles and all of us rely on the commitment of our volunteers. With that said, if you are scheduled to assist over the next two weeks, please know that all of us (riders and fellow volunteers) are counting on you to be there and help.

For those of you that missed your volunteer date, we postponed you to this Saturday, April 17. If April 24 is better, please reply ASAP and let us know.

Finally, for the amazing group of volunteers that have stepped up and helped to deliver an incredible training series to date, we all sincerely thank you! You are amazing and EVERYONE APPRECIATES WHAT YOU DO!

Ready2Roll Cycling Photo-Op and Primal Best Jersey Contest

Ready2Roll Cycling Way Cool Gear Photo Day is this Saturday, April 17th at our Belville ride! If you have one, please wear your Ready2Roll Cycling jersey (any year), t-shirt and/or hat for a group photo. (Please also wear your mask.) Meet us at 7:45 just before ride start near the sign-in area to organize. Marshall will have the tripod set up and ready to take the photo quickly.

Also, click on this link (<https://woobox.com/wrnhdz/gallery/xxlbZ6L4Yck>) to vote for the 2020/2021 Ready2Roll Cycling Jersey in the Bike MS 150 Primal Jersey Contest. Let's win this contest! Vote now!

New 2021 Ready2Roll Cycling t-shirts are here! We will have a very limited number of shirts for sale at the ride Saturday. \$20 cash \$22 charge. We also have a few WAY COOL 2020/2021 R2RC Jerseys or Arm Sleeves - first come, first served...

Tips from an Experienced Rider - What's In Your Bag?

On a visit to a local bike shop, a fellow Ready2Roll Cycling rider mentioned that she was in the process of purchasing a bike saddle bag for her bike. Immediately a discussion about what she should include in the saddle bag ensued. It was then that a great teaching moment occurred to us where

we can highlight suggested saddle bag contents for both new and experienced.

We all know that we absolutely don't want to carry extra weight on our bike as it just makes the riding effort more difficult. However, when it comes to being equipped for emergencies, a saddle bag is necessary. Size does matter in that although a large saddle bag may carry lots of items, it also will add a fair amount of unnecessary weight for you to transport on your rides. Find a saddle bag that will comfortably fit under your bike seat and isn't too large. Some people also like to have a small bag that attaches to the top tube or even front handlebars. For this communication, we are going to cover rear saddle bags.

This tip will divide the items to consider into "Must Have" and items that are "Nice to Have". Of course, every experienced rider has their own perspective so we will share with you our thoughts, and mention it is best to consult others. OK, here goes:

MUST HAVE:

- **Extra Tire Tube** – Have at least one extra tire tube and wrap it in a plastic sandwich bag. This will keep it clean while tucked away in the saddle bag.
- **Insurance Card** – Have a copy of your insurance card and attach to it emergency contact info. Should you need to get emergency treatment, this will help expedite your medical help and that your emergency contacts get notified timely.
- **Cash** – Have some cash in a plastic sandwich bag. This can come in very handy at a convenience store, bike shop, restaurant, etc.
- **Patch Kit** – These are a very compact plastic containers that include a rubber patch, sand paper and glue. They are important to have should you get a flat and your only spare tube also become flat (never removed the original item that caused the flat).
- **Tire Levers** – Unless you have strong hands, these plastic levers help to remove the tire from the rim. Be gentle when using them as they can cause issues to the tube or rim.
- **Mask and Small Hand Sanitizer** – In our current environment, these are great to have in your saddle bag.

NICE TO HAVE:

- **CO2 Cartridge and Inflator** – In the event of a flat tire, these can help inflate the tire rather quickly. They can be a bit heavy and challenging to operate. A frame pump is a great alternative.
- **Small Multi-tool** – Having a multi-tool in your saddle bag can come in quite handy when you need to make a minor adjustment or tighten up a bolt.
- **Cleaning Wipes** – Many bike shops have these very small, compact packages of cleaning wipes that fit into the saddle bag and are ideal to use when your hands get dirty from fixing a flat, adjusting the chain, etc. No reason to get your jersey, or your face, covered in grease!
- **Pain Medication** – Having a very small baggie with some Advil, Aleve, etc. just makes sense. You never know when you might have that nagging pain or inflammation needing immediate attention.
- **Eye Drops** – If you wear contacts, this is almost a must. The eyes can get dry, become irritated, etc. and having drops as a remedy is a great solution.

OK, please spend some time with these tips and, if you received the reminder to confirm you are volunteering this week, and have not replied yet, PLEASE reply ASAP!

Watch your inbox Wednesday for the Ride 9 details...

Thank you for your support!

Steve, Marshall, Robbie and Jan.

Ready2Roll Cycling



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