

2020 Training Series - Sunday Special Topic Note

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Good Sunday afternoon to everyone!

We promised you that today, we would pas along several short items of interest to our riders. \ keeping each item very brief - they are useful to all our riders.

Today, we'll cover:

- **Lost & Found Update**
- **Take care to Avoid Unsubscribing**
- **Ride with GPS Special Offer**
- **Road ID Special Offer**
- **Crawl MS - Bicycle Pub Crawl**
- **Celebration of Life - Conrad Lozano**

OK, let's get to the news...

Lost & Found Update

Every week, our Lost & Found collection grows a little bit. This week, we added 4-5 more water bottles. We also identified the owner of a found bottle from a previous ride. We also have quite a few gloves so if you have ever been accused of having two left hands, or you don't mind wearing gloves that don't match, or you are missing one glove, out of a pair, we may have just what you are looking for!

Please check the yellow Lost & Found box at the Information table if you are looking for anything. If you please turn anything you find in at the Info table so we can try to match lost items with lost owners.

Take Care to Avoid Unsubscribing

Every week, we receive at least one note from a rider who suddenly stopped receiving our emails. This was not on the sign-in list. Over 90% of the time, these issues are caused because someone clicked the Unsubscribe link in our email.

Our email list goes to over 1,700 riders so we are required to include an option to allow you to unsubscribe. Occasionally a rider gets too busy or loses interest and intentionally unsubscribes. They usually note the reason why. More frequently, a rider mis-taps the screen while reading our email on their phone, and inadvertently unsubscribes.

The other common cause of getting unsubscribed, is you forward our note to someone else who clicks the Unsubscribe link. Please note that, if you forward your email to someone else, and they click the Unsubscribe link, you are the one who gets unsubscribed.

Correcting this used to require that we use a different email address to add you back to the list. Our email host added a feature that, if you inadvertently unsubscribe, we can email you a link to re-subscribe.

If your email from us goes MIA, or your name drops off the sign-in list, and you didn't intend to unsubscribe, please drop us a note and, if unsubscribing was the cause, we can send you a link to get back on the list.

Ride with GPS Special Offer

Over 700 of you have joined our Ride with GPS Club and many of you have asked about the cost of joining Ride with GPS as a premium member, and what this adds to your membership. Here is a summary of what you get:

- Advanced route planning tools including combining and splitting routes
- "Trace" a ride to a route - easily turn any ride you did into route file with turn by turn directions

- Create custom cues, like we do your our routes
- Add points of interest, like rest stops, convenience stores, etc.
- Print custom maps and cue sheets
- Mobile Route Planner - plan/edot routes on your phone
- Stationery Bike support - If you want to use RwGPS to track your cycling, it can also rec stationery bike rides and combine with your outdoor training
- More powerful clean-up tools such as "flatten" elevation (many GPS apps don't recogniz you need to "flatten" the route so the GPS computer knows you rode across the river, no

There are also some specific extra features that are added to your club account, if you upgrad premium membership:

- The app will estimate your finish time when you are on our rides.
- You can export our routes with advance turn notifications, and adjust when you want the to trigger (30 meters, 50 meters, etc.)

If you are interested in upgrading to the premium membership, Ride with GPS is offering our r discount. To take advantage follow these steps:

- Open RwGPS on your computer (not phone) and click the small RwGPS icon in the upp then click Settings
- On the left hand side of the Settings screen, click Use access token at the bottom of the
- Type: **RTR2020** and click activate and provide the payment info to get our 20% discount

If you want to use the app for anything more than just following our routes, the upgrade is well

Road iD Special Offer

This is a special safety tip/recommendation.

If you have never heard of Road iD, this is a service which offers two things:

1. A wide variety of ID tags to display key contact info, in case you are in an accident
2. Phone access to a 24/7 hotline that Emergency Responders can call to get your medical

Here is what mine looks like...





If you are in perfect health, have no allergies, special medical needs, etc, then the basic ID may be a lifesaver. Medical responders are used to these and they will use them, if you have one (e.g., a broken ankle). The info is kept private but it's accessible very quick, if there is an emergency need. We recommend every rider use some type of emergency ID.

We have been given two weeks (until Mar 16) to add one of these to your cycling gear at a 20% discount. To get our 20% discount, follow these steps:

- Go to www.roadid.com.
- Click on Road iDs and select the style and color you want (also offered to fit on Apple, Fitbit, and Garmin devices)
- Fill out the form and use the discount code: **Ready2Roll2020** and make a very reasonable investment to help save your life!

PS - Right now (this very minute), there is a sale online and our 20% off is good on top of that. DON'T WAIT!!!

Crawl MS - Bike Pub Crawl, Mar 7, 2-6 pm

We realize that this slightly overlaps the end of our ride next Saturday but, if you feel you need a little fun, and adult beverages, after doing one of our shorter routes, or after sleeping in on Saturday, the Saint Arnold Society and Saint Arnold Brewing Company are hosting a bicycle pub crawl downtown next Saturday, Mar 7, from 2-6 pm.

There are numerous pubs in the downtown and near town areas participating. For more info, go to <https://www.saintarnold.com/crawl-ms/>

Celebration of Life - Conrad Lozano

Many of you know Barron Lozano. Barron is Co-chair of the MS 150 Ride Marshal team and has been a fixture and foundation of our Ride Marshal team at Ready2Roll Cycling for over 15 years.

Barron's husband, Conrad, passed away suddenly last month and her family, and family of friends are hosting a Celebration of Life in memory of Conrad next Saturday from 1-3 pm at Fleming's Ste 2405 West Alabama (corner of Kirby).

All right, that was the collection of important and useful cycling info we promised you so we'll see you soon.

Watch your inbox for the weekly ride news on Wednesday and maybe some tips before then..

Sincerely,

Steve, Marshall, Jan and Robbie

Ready2Roll Cycling



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