

2020 Ride Feedback & Safety/Courtesy Tips #2

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Good morning riders – Happy Monday!

First, we want to congratulate our beginners and mentors for being patient and safe and getting through two beginner rides.

The beautiful weather led 401 riders to join us Saturday for a cool start that quickly warmed up into a gorgeous ride. 192 of you were doing your first ride of the season and 209 came back for your second ride. 559 riders, in all, have signed in and picked up their helmet number through our two beginner rides. 239 of the riders who have ridden. are newbies.

PS - Please remember that you leave the same rider number on your helmet all season.

Now, it's time to get ready for the 12-week regular training series and we have several useful feedback items to share with everyone...

Reminder - Guest Riders are Not Allowed (Except Feb 22 and Mar 28)

Even though we have mentioned this in several emails, we received several notes in the last week asking how to register guest riders and/or can they join us. The short answer is "No". This is because we offer a training series and, in our 25+ years of experience, we have found that the riders who commit to participating in a series are more committed to safety and courtesy than drop-in riders. It is not fair to our riders, to let guest riders drop in.

The longer answer is that on Feb 22 and March 28, we are partnering with a local ride which is open to the public so anyone is welcome to come to the ride and go to the sign-in area for the ride (not the Ready2Roll Cycling sign-in area) and register, pay, and ride.

Note - Ready2Roll Cycling riders do not need to pay - your enrollment fee includes the cost of these two rides. For the Feb 22 ride, our riders just need to show up and use our usual sign-in process to ride. For the Mar 28 ride, each rider will register online but we'll send you a special process and code to use so there is no fee.

Lesson Learned – Late Riders, Bring Your Own Support

The first feedback/lesson we need to share concerns a fairly large number of riders arriving late. We suggest you arrive an hour before the ride start in order to have time to park, sign-in, get your bike ready, use the restroom, and line up (in the appropriate wave) to listen to route details and safety tips, then get on the road. Most of our riders were lined up and we were sending waves out and riders were still arriving. Some of these

riders got on the road behind our back of the pack SAG drivers. If they had a mechanical problem or needed a ride, for any reason, they would have been out of luck because all our drivers were already ahead of them on the route.

Our support team needs to get on the road with the riders who arrive on time. If you elect to arrive and depart late, we can't guarantee that any support vehicles will be behind you so you need to make sure your bike is completely fail-proof - something I've never seen in my 27 years riding...just sayin'

Repeat Lesson - Ride Single File, or Two Abreast Max

This is a repeat tip from last week and it does take a few weeks to get everyone on board. Cyclists have a right to ride but they need to ride as far to the right as practicable and ride single file if they are sharing the lane with traffic or no more than two abreast, if they have a wide shoulder or (very rarely), a dedicated lane. Riders should also use the shoulder, if there is a safe shoulder available and not spread into the lane.

We had several reports of riders 3-4 abreast including riders in the shoulder, spreading onto the road, because there were so many riding three and four across. This occurred more at the beginning of the rides and this will get better as everyone figures out the right wave to start with but everyone still needs to remember to stick to single file whenever there is no shoulder and when passing (or being passed) is involved.

Communicate, Communicate, Communicate

Another repeat and again, we will, and need to get better. The #1 key tip to safer and more courteous riding is to be an effective communicator. Communicate goes both ways so you not only need to be an effective communicator (i.e. talker) when passing, slowing, turning, etc., but you also need to be a good listener when other riders, and traffic are coming by. Watch your inbox tomorrow for a very effective lesson in passing, and being passed. We're sending the tip now, just before Ride 1, because we want to master this very important cycling skill, very early, and practice/improve all season.

Repeat Lesson - Pedaling Effectively

Last week, 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 different, 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 avoid overstressing our knees and other key joints. Shifting your gears adjusts the effort needed and your natural pedaling cadence.

Many Ride Marshals and SAG volunteers reported still seeing many riders struggling to pedal smoothly with their gearing not optimally matched to the speed they were riding. 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 to deal with different riding conditions.

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.

Etiquette Request - Please Be Considerate of Others

This is certainly the most concise, and on-point courtesy reminder we received...

If you sprinkle while you tinkle,
Please be neat and wipe the seat!

Final Point – Who is the Odd Man (or Woman) Out?

We have some good news and some bad news from our website host...

- The good news is that the read rate (the number of you who open/read our emails) is at 64% vs. an industry (Health & Fitness) average of around 16%. We're 4 times better than average!
- The bad news is **just over 1 in 3 of our riders are not reading our email!**

We can't force you to read the email, but you are missing out on a lot of value you could be gaining from your participation in the Ready2Roll Cycling Training Series. You may miss certain rides due to last-minute changes or miss bonus activities – it boggles our mind that some riders show up each week late, in the wrong place or overlook other key details, which are in the notes we send.

Unfortunately, telling you all this is of limited value since you are the 64% of our riders who read the note but, if you know or run into riders who appear to be missing a lot of the details we are sharing, please ask them to start reading their emails...

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 – let's all get ready to roll into a great 2020 training series!

Steve, Marshall, Jan & Robbie...

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PS - Did anyone else toast the blood red moon with a blood orange soda last night?

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