

2020 Special Topic Note - Wave Start

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How and Why our Wave Start is a much safer way to get rolling...

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Today is Thursday, so we're sharing a very brief special topic note to make sure everyone understands why we have the wave start and the true benefit.

We'll keep this brief because it's simple and very important to understand and start in the proper wave to make our rides as safe and fun as possible.

The basic concept of the wave start is riders line up by pace, start in waves and quickly spread out from the very beginning of the ride. As the training series grew from a small group of riders into a large weekly ride, we realized that the waves only helped to a point and riders, at various paces, were needing to pass each other down the road. That's when we realized that the other key ingredient is request our riders line up by their average riding speed so the fastest rider start first and the slowest riders start last.

Once the riders figure out which wave to start in, the rides get off to a much smoother, safer, and less congested start.

So let's cover how to figure out your correct wave to start...

- We have now completed three rides and 2/3 of you have ridden at least one ride so you should have an idea of your average speed. Just look at how long it took you to complete the ride, subtract the approximate time you stopped at the rest stops, and divide the miles of the ride by your actual riding time (in hours). Of course if your bike computer calculates it for you, even better.
- When we begin lining up around 7:50 am, we'll start by calling the 21+ mph group to move to the front followed by the 20 mph, 19 mph, etc...
- When we call your pace group, you should start moving into place. The peak is in the 15-17 mph range so we'll call these group as 16.5-17 mph, 16-16.5 mph, etc.
- We won't send the largest groups all at once but send 40-50 riders at a time.
- If you pass a lot of riders early in the ride this week, move to a faster wave next week - if you get passed a lot early in the ride this week, move to a slower wave next week.
- After 2-3 rides, you should have found the right wave and not see much passing until later in the ride when route differences, etc. lead to various needs for passing.
- If you are still new and don't know your average speed yet, that is fine. Simply wait for the last waves this week and join the wave. Use the same benchmark each week - how much you passed others or how much others passed you to determine your wave and adjust for the following week.

We said it was simple – that in a nutshell is how to not only help to improve your safety

but the safety of all Ready2Roll Cycling riders.

Here are a few more things you need to know and understand about our wave start...

- Participating is not optional - this is a basic safety and courtesy measure that benefits all our riders.
- Once we all have this figured out, it really does make the start much safer and less congested and we'll start shortening the gaps between the waves.
- We know, as the late and great Tom Petty said "the waiting is the hardest part." Let us share the reality on this...
 - If you wait 20 minutes to start in the back of our last 15-mph wave, it will take you a total of about 23-25 minutes (20 minutes waiting plus 3-5 minutes on the road) to be spread out on the road and safely ride 15 mph.
 - If you participate in other rides and push closer to the front, you may get on the road in 10 minutes but it will take 30-45 minutes to safely spread out so it will be 40 minutes to an hour before you can safely and comfortably ride 15 mph.
 - We know this because a very large local ride was having trouble with many accidents in the first miles of the ride. Someone familiar with Ready2Roll Cycling asked if we would help organize a wave start. We did and accidents at the start have not occurred since we got on board. It truly works!
- Fast riders who arrive late will miss the appropriate wave and will need to ride very patiently, very courteously and very safely until they are up to the riders going their pace.

This is not rocket science and is common sense. Please be honest in understanding your pace and how much you are passing, or being passed. When you get it right, it works out well for everyone and you will likely meet many riders who ride at your speed so you can enjoy their company while riding.

Please read and re-read this note and be ready to line up in the appropriate wave this Saturday. Again, if you don't know the appropriate wave yet, wait and line up with the last waves and use the passed or passing benchmark to adjust next week.

We really appreciate everyone's cooperation as this is a huge safety focus of our rides and we need everyone on board.

Thank you for your support!

Steve, Marshall, Jan & Robbie

Ready2Roll Cycling



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