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Useful Information about Bike Fit, Helmet Fit and More!

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OK, as I promised in the weekly ride note, I have a special topic note today to cover some useful information. I kept this out of the ride note so you can focus on the ride details there and here, focus on other important tips.

Today, I am sharing some feedback from our Ride Marshals after the two training rides as well as some other related information.

The first topic I want to cover is "Fit". There are several perspectives here - some of you are thinking about getting in shape (Fit) to ride to Austin and that's one aspect but first, I want to cover Bike Fit and Helmet Fit.

----- **Bike Fit (Free Bike Fit Clinic, Jan 26!)**

My observation after the first ride of riders legs and knees sticking out prompted a lot more feedback and observations about riders and proper bike fit. As I noted last week, having your bike adjusted too large or too small for you will make you less efficient (requires more work to get to Austin) and could result in injuries to your knees, lower back or other areas.

Fortunately, there is a free clinic tomorrow (Jan 26) night from 6-7 pm at the Bike Barn Custom Fit Studio. Here is the information they sent me:

Please be a guest of Bike Barn on Thursday, January 26th (6:00 – 7:00 p.m.) for a special MS 150 Fit Clinic. This is a free Bike Fit Clinic at the Bike Barn Custom Fit Studio located at 5339 Wesleyan, Houston, Texas 77005 whereby you will learn the "3 Secrets for a Comfortable BP MS 150 Ride", with great tips for new and experienced riders. Bike Barn fit experts will share the knowledge and insights of alleviating foot, saddle and hand discomfort. Please RSVP so Bike Barn can save you a seat!
<http://bikebarn.com/events/news-events-pg2011.htm>

----- **Helmet Fit**

Since the last two rides were for beginners, we expected to see a lot of helmets that needed adjustment and our GREAT Ride Marshals spent a lot of time before each ride looking for and adjusting rider's helmets. Here is some information two of them sent me..

"If riders are willing to spent 6 minutes to protect their craniums, here is a video that will help them understand how to select a helmet and how to make sure it is properly fitted:
https://www.youtube.com/watch?v=o61feDJSQ_0

After us ride marshals helped many riders in adjusting their helmets, I thought it might be helpful to provide an article which could help the riders, newbies especially. Here is a video on the proper fitting of one's helmet.
<https://www.youtube.com/watch?v=0yzSwxWJTK>

----- **Legs & Bikes & Road Fit**

OK, technically this is not a "Fit" issue but then again, it is. This tip is about fitting your muscle type and your strength level to your bike and the road conditions via adjusting your gearing to allow you to spin the pedals in your most efficient range. The simple term for this is **Cadence** - how many revolutions per minute you are spinning your pedals.

Here is some good information about cadence...
Maybe the following will help to summarize on the cycling cadence...

<http://www.active.com/cycling/articles/cycling-cadence-101>
The cyclist hopes to achieve a consistent cycling cadence of between 80 to 100 revolutions per minute. This consistent cadence is achieved by shifting gears, shifting to a lower gear when going uphill and/or against the wind, and shifting to a higher gear when going downhill and/or with the wind.

----- **Ride Maps are Here!**

Many of you have been asking and the (traditional) ride maps are ready to roll for this ride. They are on our site - www.ready2rollcycling.com. Click on Communications on the red bar below all the riders and then, click Houston Series. Scroll Down to the 2017 Ride Maps section and you'll see the three GPX files and the PDF map.

There is a PDF file for the paper map fans and three GPX files for the 21, 38 and 49 mile routes.

I am not a GPS/GPX expert and our resident expert is out of town this week so, if there are issues loading one of the files, I won't be able to help. Hopefully they will load and

work just fine.

I think we are ready for one final test of the WAY COOL Ride with GPS map app so, if you are interested in helping to test the map app on your phone this week (and are a power user willing to experiment, provide feedback (and screenshots) to help us educate everyone), please reply before midnight today and I'll send you an invite link tomorrow morning to "join" the Ready2RollCycling (no space) Club on Ride with GPS where the maps for this week are available to download to your phone.

I am going to drive the 33 mile route with the map on my phone tomorrow and see how the cues work at (slow) car speed, then try it again on my bike this Saturday.

Two of our Ride Marshals tried the app last week, both kept their phones in their pocket. One clearly heard my cues (he was quoting Siri quoting me...) and the other said he thinks he needed the premium version of Ride with GPS so I need at least 10-20 more of you to help confirm the tricks and tips for downloading and starting the route tracking process correctly.

PS - I went online and found a very modestly priced smartphone holder for my bike on Amazon. It is a Vibrelli Universal Bike Phone holder. It fits virtually any recent phone (accept super jumbo), is easy to adjust very quickly and holds the phone where it's very easy to hear or glance at the map. It was \$18.97. You can check it out this Saturday - it will be on my bike near the Information table.

I look forward to hearing back from some of our power users for a final road test of the map app. This route is not very demanding so there weren't many chances to embellish the route cues but there may be a verbal gem or two in there - I just hope the speaker on your phone speaks clearly and doesn't slur their words...

OK, that's it for today's special topics note.

I'll see some of you tonight at the BP MS-150 Safety Coordinators Meeting (@ Saint Arnold Brewery). I will be presenting but they only assigned me two slides to cover so I should be able to finish my section in under two hours!

Thanks!

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