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Subject: Ready2Roll Cycling - Ride 4 - Sealy, Sat, Feb 18, 8:00 am
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Ride 4 starts in Sealy at 8 am!

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Good morning! It's Wednesday which means it's time for the Ready2Roll Cycling weekly ride note. I know many of you are very busy so let's get right to the ride details...

2017 Ready2Roll Cycling Training Series - Ride 4 - Sealy, Sat, Feb 18, 8:00 am

This week, we will be heading out to Sealy to learn another sometime four letter word in cycling: "Hill(s)". We are heading west to Sealy to get used to riding on the rolling roads west of town. Our route will take us west of Sealy through Bernardo and the very pleasant and gently rolling roads between Bernardo and Cat Spring. The extra long riders will pass through New Ulm at the far end of their loop. The ride distances are 34 or 45 miles plus an extra long option of 59 miles.

We'll have three rest stops. RS1 is located so that it is recycled on all three routes. The 34-mile ride has two stops, the 45-mile ride has three and the 58-mile ride has four stops. Please remember to let riders behind know, in advance, before you slow to enter the stop. Gradually slow as you approach, stay to the right if you plan to stop and move off the road.

This is only Ride 4 so we will be continuing time cut-off at the long and medium route split points to ensure that everyone is back by 1:30 pm.

- If you want to do the 59-mile route, you will need to be past the 24.2 mile point by 10:15 am which means starting in one of the first 6-7 waves, averaging 14+ mph and taking 5-8 minute breaks at the two rest stops before the split.
- The cut-off for the 45-mile route will be at the 16.6 mile point where all riders will go left for the longer routes or right for the 34-mile route. The cut-off here will be at 10:30 am which means averaging 12+ mph and about a 10-12 minute stop at RS1.

Directions to the start - Business & Professional Women's (B&PW) Park

The ride this week will be starting from the B&PW Park. The physical address is 1008 Main St, 77474 and the GPS coordinates are: 29.78033,-96.168276.

To get to the ride, take I-10 to the 2nd Sealy exit - Hwy 36. As you exit (slowly), you make a large u-turn to the right and make a left (north) turn at the light onto Hwy 36. Drive north to Main St (after 4th St) and make a left turn. Main bends to the right and the entry to the park is a short distance past the turn. **Note – please obey the speed limit in Sealy – it slows down to 30 mph when you enter town.**

NOTE - There will not be enough parking at B&PW Park so some of you will park around Levine Park (which is on your left a block after you turn onto Main St) as well as on the streets in town. We have retained the Sealy Little League to help direct us to parking at B&PW Park - PLEASE arrive early and be patient.

There are some restrooms at both parks and we will have supplemental porta-lets at B&PW Park.

Please DON'T block any driveways or mail boxes and please don't park in the business parking or the parking by the city & police offices north of Levine Park. If you arrive late, you will need to park offsite, come by B&PW park and sign in and then get started. In other words, if you are late, you will miss the group start so please arrive between 6:45 and 7:15 at the latest to allow time to park, get ready, sign in, and start with the group.

The climbs will be gentle this week but all routes will have a little bit of nicely rolling roads to help you get used to changing gears and climbing/descending.

Great Tips to Make Your Riding Easier!

One of our riders sent me a great feedback note this week which I want to share:

"Just wanted to drop a quick note to thank you for the latest tip on cadence. I read and watched what you had sent, and visited other places learning about this new element as I am a new rider. **Implementing cadence made an incredible difference during the ride this past weekend.**" (I added the bolding for emphasis)

If you overlooked the cadence tip I shared last week, it will make a HUGE difference in your riding as we get into the hills. Please go to our website and click on Communications/Houston Series on the red bar at the top and read the **Feb 8 Ride 3 Weekly Note** for the great cadence tips.

In a related tip, I had feedback that some of our new riders are not yet fully proficient in

shifting. The best (and safest) way to master shifting is to find a quiet stadium or mall parking lot to practice shifting while riding. This will be very helpful to get proficient now so you can easily find the right gear to make it up the climb.

Carpooling is VERY Important!

This week, our rides are moving further out of town in order to start adding hills to our training. This means that parking will be getting tight so carpooling is critical.

If you are not already in a carpool, we have a special online carpool forum on our web site. To find it, go to www.ready2rollcycling.com and click on the Classifieds link on the right side of the red header bar at the top of the page.

There are currently 8 listings posted on the forum. Note how each posting is titled with the part of town so you can quickly scan through the carpools to find one near you. Also note that some (actually many) carpools meet at a neutral public location where you can park and maybe even grab coffee/breakfast before heading to the ride and/or a bite after the ride. Businesses are usually happy to let you park there if you stop in and buy something before or after the ride. Just please don't park at their front door, find spots more remote that don't tie up good parking all day - and do ask the business before several of you start parking there.

If you don't see a carpool that works for you, you can register to create a userID and password which allows you to create (and update/delete) a carpool posting for your area. If you live in a pretty remote location, you may also need to look for a carpool on your way to the ride. It is not necessary to carpool all the way from your front door, you just need to carpool from somewhere along the way.

Here is a very timely carpool tip. This week, when you exit I-10 at Sealy (Hwy 36 exit), you loop around to the right, then make a left turn (at the McDonalds) to drive into town. If you make a right turn instead, and drive under I-10 (1/4 mile), you will see a pretty large carpool parking lot on the right created to help Sealy residents meet and carpool into Houston. This is an ideal spot to stop and meet other riders on Saturday morning to carpool the last two miles of the drive to the ride. This doesn't save you much gas and you miss the pleasure of visiting with a regular group of friends you make on a longer carpool ride but it does help reduce the parking demand at the start of the ride. Take a look at the Google aerial view of the Sealy exit - you can't miss the carpool parking lot on the south side of I-10 and this only adds about 10 minutes to your drive time.

PLEASE start carpooling this week, if you are not already.

Safety reminder - pacelines are most effective on flat, predictable roads. They are less effective when climbs/descents are added into the mix because they are handled at different speeds by different riders. So, as you get into the rolling roads, allow extra room between riders in a group and communicate, in advance, if you are shifting, standing to climb, or struggling to maintain the pace. The combination of extra room to react and maneuver plus the proactive communication makes a big difference.

NOTE -- Help Support the Sealy Little League!

We are excited to have the Sealy Little League hosting a fundraiser at our ride this week. Proceeds from the fundraiser go directly to the Little League Park to help with field maintenance, batting cages and facility upkeep.

There will be breakfast items for sale prior to the ride including Coffee and Hot Chocolate, Breakfast Taco's (egg and Cheese and Eggs Sausage and Cheese) and Cinnamon Rolls. Post ride will include more breakfast tacos and hot dogs! Cutie Oranges! Soft drinks and Green Tea will also be available for purchase. Please bring cash for snacks!

Thank you for supporting the Sealy Little League!

OK, that's it for today. Watch your inbox on Friday for any late updates and any important weather or traffic news.

Thanks!
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