

Subject: Ready2Roll Cycling - Ride 8, Columbus - Mar 25, 8:00 am
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From: Steve Moskowitz (sent by Steve Moskowitz
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To: Hesham

We're heading to Columbus this week, please arrive by 7:00 am!

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Good morning!

The route for our ride this Saturday won't be quite as hilly as last week and the news is that almost all the hills are in the first half of the ride so the last 20-25 fairly flat. The other good news is that the early rolling roads are quite dramatic to ride while you're fresh. They aren't as steep as last week and you will probably quite a few bluebonnets along the way so get ready for another really pleasant

We have a long drive this week to Columbus but it's another beautiful and fairly route so set your alarm early enough to arrive in Columbus at 6:45 to 7:00 at the We start on the same road you use to enter the park in Columbus so if you arrive 7:45, you will have to wait for the ride to start before you will be able to park a ready. **Please arrive by 7:15 at the absolute latest...**

I have some timely feedback and some really useful tips before we get to the r

Safety Feedback - Ride on the Right Side of the Road When Climbing

One of our riders sent me some feedback below after a hilly ride that I thought very helpful to share this week so please read on – this is a really useful reminder passing and climbing is a lot different than just passing on flat roads. Here is what I shared with me:

"During the ride on Saturday, on several occasions, there were cyclists riding to double yellow lines. When notified not to be on the left of the yellow lines, they ignored the warnings. A number of these occurrences were on hills with obstructions (i.e. double yellow means no passing for cars). ...they were lucky that nothing occurred."

Steve's Comments - This is a very timely tip because we will see some similar situations on much of the ride this week. A few key points to remember:

- *Start in the appropriate wave - this means you won't need to pass many riders or be passed by many riders on the hilly early portions of the ride*
- *If you need to pass slower riders, DON'T move across the center of the road*

- until you are on a flat or downhill road that is clear and offers good visibility*
- *Allow extra room between bikes – riders climb differently and there is more slowing so allow extra room to avoid wheel overlaps and the resulting*
 - *The extra room tip also applies to the rough section on Brune's Mill short ride. We'll still be fairly packed so I will allow a little extra time between*
 - *You need to do the same and allow extra room on the rough roads*
 - *Please ride single file unless there is no traffic and no riders needing to pass*
 - *Be patient and communicate*

Useful (and sometimes forgotten) Tip – We Have Spare Helmets

Almost every week, I have seen one or more riders approach the sign-in area with a forlorn look and they ask if anyone brought a spare helmet. This is a slam-dunk because I immediately tell them that they came to the right place! We have 4 helmets that we keep at the sign-in table (at the Information table) just in case you lose your helmet. Please remember this and come find a helmet that fits, then be sure to adjust the straps and to return the helmet when you are finished riding so they are available again at the next ride. If you have a fairly new helmet you have replaced no longer use, feel free to drop it off to add to the spare collection. We cycle through helmets out so we can use your recently replaced helmets in good condition.

We Have a (Small but quickly growing) Lost & Found Collection...

Each week, we have lost items turned in during and after the ride. If you lose something, please come to the Information table and turn in what you find or report what you are looking for. Doing this at the ride is the simplest and quickest way to get it back but if this is not possible, please drop me a note ASAP and we'll see if we can find the missing item or missing owner.

It's ride 8 so we have a lot on hand right now. We do have the usual growing collection of water bottles and a number of other items. Please stop by the Information table if you are missing anything.

Carpooling – The 2nd Most Important Tip!

Our next four rides involve hills (which are non-existent in H-town) so our rides involve small towns and a longer drive to the start. I need to remind all of you of the most important carpool tip. In order to find a carpool, you need to look! You don't need to make a heroic effort but if you make a reasonable effort and keep an open mind, the odds are good that you will find a carpool on the carpool forum of our Classifieds.

Here is a very interesting carpool statistic I noticed. There are numerous addresses that have 2 or more riders at the same street address that are not households but are multi housing locations. Post your location on the carpool forum and mention the type of complex where you live and see what happens...

The MOST Important Tip...Proper Hydration!!!

The weather this Saturday looks ideal for riding, a mild NW wind (only headwind in the early part of the ride), temp of 63-83 and sunny (UV factor 9 out of 10, bring sunglasses). This will be a great ride but you will lose a lot of liquid due to the sun and high (but comfortable) temperature so please read these tips on hydration.

At the very least, not drinking enough can slow you down as your muscles need water to function properly. It doesn't take much to go from slowing to cramping. Cramping can be mild (like I experienced climbing back to Chappell Hill last Saturday) or very severe to the point medical transport may be needed (like happened to our group last week). In extreme cases, riders have died from dehydration. Fortunately, this has not occurred on the BP MS-150 but it is the #1 medical issue year after year.

Here is a high level summary of what you want to be doing this week and especially

week to get ready for back to back riding days and weather which should be w any of our training rides...

- Proper hydration starts before even getting on the bike. Drink plenty of day before and drink one water bottle the morning of the ride.
- Drink early and often. Sports doctors recommend you drink something € minutes while exercising. My rule-of-thumb is at least one water bottle € but you may need more. Once you feel thirsty, you are already dehydrate wait to start.
- Drink whatever tastes best... You'll drink more that way. Sports drinks are beneficial on longer rides because they replace both lost electrolytes and carbohydrates. I always carry both water and a sports drink with me.
- If you prefer water only, be sure you eat enough to keep your electrolyte balance. Salty snacks are good, as are bananas. Depleted sodium levels hyponatremia.

2017 Ready2Roll Cycling Training Series - Ride 8, Columbus, March 21 am

This week, we have a fairly long drive to Columbus for our ride but within the f you will understand why. Shortly after you turn off of FM-109 onto Brune's Mill road gets really rockin'. This is a quiet country road - a little bumpy at the star extra room between riders and start to enjoy the roller coaster ride! There are long climbs but this is a beautiful ride. Wait until you see the view from Rest S Mary's Church! (Note - many of you may recall that someone kidnapped a mile leading to the church last year in the 5 days before our ride. The road was safe recovered and I'm going back out tomorrow to make sure there are no road su we had last year...)

NOTE - please re-read the Safety feedback above about riding single file and al extra room on the rolling roads. We'll be on some really pleasant and quiet roa still need to pay attention to occasional traffic and NOT ride on the wrong side when climbing a hill.

The main route is just over 50 miles. The long option adds a really pleasant 9. on the north leg of the route. The route gets fairly flat for the final 20+ miles : an "active recovery" period after the rolling roads earlier in the route.

Directions to the Start - We're starting at Beason's Park just east of Columbus maps shows an address for the park but when I paste this address into the Go search, it sends you close but to the wrong place! When I zoom in on the aeri right click on the entry drive and click "What's Here?" Google Maps only says "\ (no number), Columbus, TX 78934" so I don't have an address but the GPS coo are: 29.705658,-96.533293

To get to the start of the ride, take I-10 west past Sealy. Exit at the FIRST Col which is right at Mikeska's BBQ (Great place for lunch before the drive home!). the frontage road which veers off to the right and becomes Hwy 90 leading into Columbus. Our start is in Beason's Park which is on the left just before you get bridge over the Colorado River.

The sign-in area is in the pavilion on the main drive towards the back of the pa is parking back in the park as well as in the front. We'll fill the back parking fir then, fill the front. The riders will line up on the entry road to the park at 7:45 riders who arrive after 7:45 will be directed to Columbus to park and ride back to sign in.

In other words, if you arrive after 7:45, you will have to park in town for everyone to get on the road. The ride back to the park is less than 2 mi fairly quiet - you must come sign in so please allow plenty of time to get to Col Carpooling is much more enjoyable for a long drive like this and puts less strair local community resources.

OK, that's plenty of news for today.

Thanks!

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