

Subject: Ready2Roll Cycling - Ride 8, Columbus - Late Updates
Date: Friday, March 24, 2017 at 7:14:39 AM Central Daylight Time
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!

Our ride is just over 24 hours away and I do have a few late updates to s

I'll keep this brief but this is important so please take a few minutes to re
For the benefit of the 38% of our riders who have not yet read the weekl
ride details, I also included that note below the updates so, if you missec
on Wednesday, it's here so you can cover everything in one stop.

Let's get to the news...

Late Weather Update - Rain Due Today

The weather forecast for Columbus includes a 55-95% chance of scattered
storms between 9 am and 6 pm today. Tomorrow will be sunny and beau
starting from the large city park so the ground may be a little or a lot we
Those of you who have been to this ride know that many of our cars hav
lower portion of the park up front near the road. Here's an interesting fac
lower portion of the park - it really is lower! This means it's more likely to
and possibly muddy tomorrow so, the more cars we have coming to Colu
cars may have to park in the mud. **PLEASE carpool tomorrow with a
as possible to reduce the cars we need to park in the park!**

If you have not seen/used our carpool forum, it's located at
<http://www.ready2rollcycling.com>. Just click on the Classified link on the
red bar at the top of the page and then click on the link to the carpool fo
carpool notes where they start from and if you don't see any in your area
register as a user (no cost) and post a listing for a carpool from your area

Here's a very useful carpool tip - there is a Park & Ride lot in Sealy right o
of I-10 at the main Sealy exit (Hwy 36). 100+ riders could easily arrange
your way to Columbus (90%+ of our riders drive within 100 yards of this
Columbus) and easily reduce our need for parking by 50+ cars... Just po
meet there or just pull off at the Sealy exit, drive back under I-10 to the

you will see the lot on your right, next to the freeway. This will only add a few minutes to your drive and reduce our parking needs.

I understand that "TJ's Towing" may be there tomorrow but the rate to pick up and carry one rider may be much higher than the rate for cars carrying a car.

Reminder - Transition of Water Cooler Duties Occurs After the Ride

This is Ride 8 so the teams who brought coolers to rides 5-8 are finished with cooler duty when they drop their coolers off tomorrow. A new set of teams will bring coolers home after the ride and bring them back to ride 9 next week. Some teams already have "Water Wizards" (WW's) lined up but many teams are new to the ride so they may have overlooked this critical duty. We really need plenty of water for the four, hillier, longer and warmer training rides. If you have not seen any one of your team captain about helping carry water coolers home and bringing them back (and filled with 8 gallons of water per cooler) and, if you have a SUV, mini-van or truck with room to carry 3 ten-gallon coolers, please drop a note to your team captain so they know you can carry 3 coolers home after the ride tomorrow and bring them back to the ride on April 1.

Here are the teams who are scheduled to take the coolers home after the ride (Note - some very small teams have been paired so each team only has to carry one cooler to two rides instead of four):

- Best Little Cycling Team in Texas
- BHP Billiton
- Bike Barn
- ConocoPhillips
- DirectEnergy
- Houston Builders
- Houston Methodist Hospital
- I-10 Connection / ERM
- IonGeo / Freedom Express
- Marathon
- Memorial Hermann
- MLD Pathology / Team Biogen
- Noble Energy / Trelleborg Offshore
- Parker Drilling
- Phillips 66
- Subsea 7
- Team BEMA
- Team Dynegey

If you are on one of these teams, please pitch in to make sure all the coolers are picked up after the ride and make it back next week, with water. Some WW's need to be later for the coolers to get back from the final rest stop but they all need to get home for the week and carry water back for the April 1 ride.

Quick Route Update

I drove out to Columbus yesterday and drove the entire long route which I had seen everything. The good news is that the mile or so of road which was topped last year (after we drove the route 6 days before the ride) was a smooth topping 100% of the way to rest stop 1. The narrow bridge which was replaced is also done so, as of noon yesterday, the route was ready to go.

These are almost all quiet, country roads so there are small spot patches of bumps/rough spots but no major cracks or large sections of poor roadwork. The road crew out making spot patches and they said they won't be working on them until they only start patches they can finish the same day so, if anything, the road will be slightly better tomorrow than they were yesterday. Just pay attention to the bumps and bumps along Brune's Mill Rd and along Ehlinger Rd and you will be fine.

Oh yes, while you are on Ehlinger Rd, somewhere near mile 23, you will hit the steepest hill of the season. It's not a long descent but you will definitely see the view; you can't see over the edge of the descent as you approach and once you reach the edge, it's a thrilling and quick short descent to the bottom, where you have to go way up the next short climb. If you don't like to descend quickly, don't panic and feather your brakes to keep your speed down as you easily enjoy the grade of the hill - it is a short drop, just fairly steep.

I will remind everyone about the roads before the ride as well - this is a 1 page (maximum) of (16-18 point text) reminders to cover before we start.

OK, that's it for the updates this week. Please let your captain know if you need coolers and stop by to pick three coolers up after the ride if you have a spare and will be at the April 1 ride.

Everything below was in the Wednesday weekly ride note - if you read that you are done now...

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

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

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

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

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 tip. Passing and climbing is a lot different than just passing on flat roads. He shared with me:

“During the ride on Saturday, on several occasions, there were cyclists riding on double yellow lines. When notified not to be on the left of the yellow line they ignored the warnings. A number of these occurrences were on hills with double yellow (i.e. double yellow means no passing for cars). ...they were lucky that no accidents occurred.”

Steve's Comments - This is a very timely tip because we will see some 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 slower riders as you will 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 line until you are on a flat or downhill road that is clear and offers good passing opportunities*
- *Allow extra room between bikes – riders climb differently and then descend differently so allow extra room to avoid wheel overlaps and the rough section*
- *The extra room tip also applies to the rough section on Brune's Mill road. We'll still be fairly packed so I will allow a little extra time between bikes*
- *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 need it*
- *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 forlorn look and they ask if anyone brought a spare helmet. This is a slam because I immediately tell them that they came to the right place! We have 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 adjust the straps and to return the helmet when you are finished riding so it is available again at the next ride. If you have a fairly new helmet you have no longer use, feel free to drop it off to add to the spare collection. We cycle 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 have something, please come to the Information table and turn in what you find if 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 group 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 will involve small towns and a longer drive to the start. I need to remind you of the most important carpool tip. In order to find a carpool, you need to look! It may require 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 Club.

Here is a very interesting carpool statistic I noticed. There are numerous riders who have 2 or more riders at the same street address that are not households but multi housing locations. Post your location on the carpool forum and meet at a 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 here in the early part of the ride), temp of 63-83 and sunny (UV factor 9 out of 10, but not too hot). This will be a great ride but you will lose a lot of liquid due to the sun and the (not too 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 week) or very severe to the point medical transport may be needed (like happened 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 next week to get ready for back to back riding days and weather which should be any of our training rides...

- Proper hydration starts before even getting on the bike. Drink plenty of water the day before and drink one water bottle the morning of the ride.
- Drink early and often. Sports doctors recommend you drink some water every 15-20 minutes while exercising. My rule-of-thumb is at least one water bottle every hour but you may need more. Once you feel thirsty, you are already dehydrated. Don't 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 provide some energy.

- 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 can lead to hyponatremia.

----- **2017 Ready2Roll Cycling Training Series - Ride 8, Columbus, Ma am**

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

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

The main route is just over 50 miles. The long option adds a really pleasant detour on the north leg of the route. The route gets fairly flat for the final 20+ miles and is 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. Google maps shows an address for the park but when I paste this address into Google search, it sends you close but to the wrong place! When I zoom in on the map, just right click on the entry drive and click "What's Here?" Google Maps only shows "Beason's Park (no number), Columbus, TX 78934" so I don't have an address but the GPS coordinates are: 29.705658,-96.533293

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

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

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

OK, that's plenty of news for today.

Thanks!

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