

Subject: Ready2Roll Cycling - 2017 Training Series - Ride 11, New Ulm, Apr 15, 8:00 am
Date: Wednesday, April 12, 2017 at 9:44:22 AM Central Daylight Time
From: Ready2Roll Cycling (sent by Ready2Roll Cycling
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To: Stephen

**We're heading to New Ulm for a
challenging, hilly ride this week!**

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Good morning everyone - it's time for our penultimate training ride!

Before we get to the ride news, I do have one critical reminder about a critical Water Coolers!

The good news is we only have one water cooler cycle left but the bad news is week, when I had to go out of town, many teams did not show up to get their the ConocoPhillips and Phillips 66 teams had to carry WAY more than their share coolers home and will have to bring them back, with a lot of water, this week.

I need to remind the following teams that you still have one more week to carry coolers home, after the ride, clean them, and bring them back on April 22 with of water in each cooler. Each team is assigned to get at least three coolers but teams split this and some teams get 4-6 coolers as long as their volunteers have bring them back with water (much heavier) the following week.

Our final ride is our longest of the season and likely to be our warmest so plenty will be critical. If you are on one of these teams, please contact your captain to need help, or just jump in after the ride and sign out 1-3 coolers to ensure that gets their Water Wizard credit and, more important, we have all our water coolers and ready for our final ride. Here is the team list:

- Best Little Cycling Team in Texas
- BHP Billiton
- Bike Barn

- ConocoPhillips
- DirectEnergy
- Houston Builders
- Houston Methodist Hospital
- I-10 Connection/ERM
- IonGeo/Freedom Express
- Memorial Hermann
- MLD Pathology/Team Biogen
- Noble Energy/Trelleborg Offshore
- Parker Drilling
- Phillips 66
- Subsea 7
- Team BEMA
- Team Dynegey

We also have a rider who lives in the Rice Military area (Between Washington & Shepherd & Westcott) who needs to hand off three coolers to someone to week. He can meet you in or near the area. If you live inside the loop and/or the area, please call Stephen Reed ASAP at 337-280-6216.

OK, let's move on to the ride info for this week...

I just have one more important item to mention before we get to the details. We are heading to one more really pleasant, small town and we are using the large area in the area for our start but if we don't carpool as much as possible, we may not squeeze in. If you have not already done so, please go to our Ready2Roll Cycling and take a look at the carpool section in the Classifieds. You will need to set up an account in order to place a carpool listing. It is really critical that as many of us as possible carpool to reduce our vehicle footprint.

Oh yes, remember the note last week that if you arrive late, you will likely be on the SAG support team? That goes double for this week - there is one way in to New Ulm and only one way out which means there will be significant traffic backup beginning at 7:30 am and the riders have to head out on the same road you have to take in the morning. If you are planning to arrive after 7:30, you are very likely to be riding on your own. **PLEASE leave early enough to arrive on time!**

OK, now let's get to the weekly ride details...

2017 Ready2Roll Cycling Training Series - Ride 11, New Ulm, Sat, April 15, 2017

This week, we are decreasing the ride distance as we taper our training effort just before you are not worn out before we ride to Austin. The ride distances will be 42.5 or 50 miles but this is also our second hilliest ride of the season so, most of the miles will be on hilly terrain with three short but tough climbs. There is an option to add one mile and one more to the route - see the details below. (Next week, we'll wrap up with a fairly flat route with options to ride 48 or 70+ miles.)

This Saturday, we're heading to New Ulm which is a very pleasant town 21 miles from Houston. Allow at least 75 minutes to get here from I-10 and the Sam Houston Toll Road. **a 8:00 am start, you need to arrive no later than 7:15 am - REALLY!** There will be a long line of cars coming down the final stretch of road. In addition, the riders coming the opposite direction as they start the ride on the same road you come from. If you arrive after 7:45, you may miss the start and will probably have to pull off the road, get out of your car and wait for all the riders to pass you going the other direction before you get into the park where we start. PLEASE allow plenty of time to arrive in New Ulm no later than about 7:00 am - this will give you time to creep along for the last mile and be ready to ride after you park.

The route options are 42.5 or 50 mostly hilly miles and there is an option to go to 55 miles with one more mile and one more hill. On the first leg of the ride, we head north seven miles to FM-159 and make a left onto FM-159. You will have the option to ride a few hundred yards

of the turn, make a descent of Industry Hill and then, when the road is clear, turn and climb back up Industry Hill. If you add the extra Industry Hill mile to the route, you will be able to brag that, in one ride, you climbed Industry Hill, No Rek Hill AND Lone Oak Hill (saving the best for last). These are the four largest area so this is quite an accomplishment.

Here's some good news to consider after you finish the ride this week. On Day BP MS150, the toughest climb you will do is Rek Hill. This Saturday, the easiest large climbs you will do is Rek Hill so, after this week, you will be well trained for upcoming ride!

Directions to the start:

We are starting at the New Ulm Fireman's Park. The only physical address I have is Taylor St, 78950 or 1800-1898 Track Rd, 78950 on Google. Aaron Jacks pinpoint location at: <http://maps.google.com/maps?hl=en&q=29.896894%2C-96.50646> The street view shows the drive into the park on the right side of the photo - there will be FULL of riders by 7:15 and there is no other way in (the park is fenced) so if you snooze, you lose this Saturday... The GPS coordinates for the entry are: 29.896 -96.50646.

To get there, take I-10 west to Sealy and exit on Hwy 36. Take 36 north through (obey the speed limit - it gets down to 30 mph in Sealy) and turn at the last light after you cross over the railroad tracks - FM-1094. Take FM-1094 21 miles west to New Ulm. Make a left at the stop sign in New Ulm and drive one block and make a right on Taylor St. Drive approx 1 mile and the Fireman's Park will be on your right.

I don't recall if I mentioned this but we will start lining up at 7:45 so if you arrive after 7:45, you WON'T be able to enter the Park and will miss the start. Please arrive before 7:15 am - please... (If you aim to arrive by 7:15, you should get there by 7:00 am)

And you knew this was coming one more time...

...PLEASE carpool!

Parking will be tight at the park and fewer cars arriving means less traffic coming to the park.

If you haven't found any carpool options from near your home, post a notice to other riders at the Sealy Park & Ride and carpool the last 21 miles to New Ulm. This is not as effective as carpooling all the way but it does reduce the traffic at the crunch over the final 21 mile two lane rolling road. The Park & Ride lot is located south of I-10 at the Sealy/Hwy 36 exit. After you get off I-10, you make a right on I-10 and drive about 100 yards past I-10 to the access road to I-10 east. The parking is on the left side shortly after you turn onto the I-10 access road. Note - the I-10 roads to Sealy involve a u-turn so my directions on left & right may seem backwards but you actually are there. You can see the details on the Sealy Park & Ride at this <http://maps.google.com/maps?hl=en&q=29.76353%2C-96.153599> - the point is pointed at the entry to the Park & Ride.

Late Breaking Nutritional News

This news flash literally just came in as I was about to send this note... "J&J Pavilion at 713 Taylor in New Ulm (across from Industry Bank) will be offering a special for our riders. Riders are encouraged to stop by after and tell the owner they are with Ready2Roll Cycling. Joyce will also be at the fireman's park selling tacos from 6-8am for \$2.00 cash."

This is a great addition as it's a long drive to New Ulm and normally, not many eat, especially before the ride. Bring some \$2 bills (or paired one's) and enjoy your morning meal before the ride - and lunch after.

That's it for today, please heed my advice to carpool and arrive early.

I'll see many of you this Saturday in New Ulm...

Thanks!
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