

## Ride 1 Gets Going from Rhode Island Stadium at 6:00 AM this Saturday!

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Good morning riders!

It's Wednesday which means it's time for the details on training Ride 1. We have a great ride lined up with a choice of three distances for beginners, returning veterans, and your usual riders. This is ride #1 so we do have a time constraint but we'll cover all that a little further down in the ride notes.

Before I go any further, a brief word about the new header images you may have noticed yesterday and today. We gathered a lot of recent images from our training rides and gave them to our web development team for our new site and, as long as we had a bunch of great images on hand, I tweaked the settings in our email app so I can really tell an image that is appropriate to the note I'm writing, or just something colorful, sharp and/or fun! If you have a photo (or a few) that you feel captures the spirit and fun of our rides, please feel free to send us a fairly high res file and you may be a future headline in the weeks to come...

### Important Tip - Please Arrive on Time!

Over the first two weeks, I have noticed several riders arriving quite late, in some cases, after our ride start time. Some of these riders are holding out after all our SAC vehicles are already on the road. This means they are missing out on two key pieces of our ride support:

- If they need mechanical assistance, none of the SACs will know they need assistance
- Some turn signs will be gone as the very last SAC picks up the signs as they pass

I have mentioned the need to arrive on time before but, now that we'll have our full complement of riders, I need to emphasize that our SACs need to get on the road with