

Great Tips Tricks and FAQs in Here!

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Is that a great looking group of Ride Marshals (overhead) or what! Since today's note is about riding safely and confidently, I thought this was a great image to start our morning off on the right foot...

Before I get to the main news today, I wanted to include a short reminder that while we are an **Open Road** this weekend, there is a **great ride planned this Sunday** and they have extended a special offer to RoadChall Cycling riders.

Kate's Ride is this Sunday at 8:00 am in Beady. The route options are 33, 45 or 58 miles and all are gently rolling, quiet roads west of Tees in the Cat Spring/How Uten area.

Here is the link to register for Kate's Ride:
www.bkang.com/kates-ride

Here is the code to use for a \$10 discount to our riders: **R285K4918.**

PLEASE don't share the discount code with anyone else! Every enrolled RoadChall Cycling rider is receiving the code directly from me and the purpose of this file is to raise money for a very important cause so please don't reduce their savings by enabling other riders to break in our special offer.

PS - Kate's Ride could use a few more **SAH** volunteers so, if any of you are running the Beady Run on Saturday and are willing to help another cycling event on Sunday, you can go to the link www.bkang.com/2014 and volunteer to help out. I will be there on a SAH volunteer because I earn a lot each time I have the opportunity to SAH and observe a ride from the vantage point of a volunteer. (I also have the ability to carry 2-4 riders plus their bikes at one time so they like it when I help).

OK, let's get to today's very important news...

Today's tip is mostly a repeat but only 60% of you opened the first note and we've had many more riders enroll since then so, at least 50% of you need to please read this note, for the first time, and the rest of you should re-read it and make sure we are all practicing and getting very good at getting and being passed. This one tip will make a huge