

Training Ride 5 in Bellville at 8:00 am on Sat, Mar 3!

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Good morning Ready2Roll Cycling riders!

It's time for the weekly ride ride as we start the second trimester of the training series. Before we get to the ride news, I do have a few items to share so let's get going...

Weather Watch

Right now, the major services seem to generally be in agreement on a cloudy morning with a chance of some afternoon showers. Thunderstorms are not mentioned and we will continue to watch and include a weather update in the Friday note.

I do want to mention one subtle, but significant note about the forecast. The wind is predicted to be out of the east at 10 mph with gusts to 18 mph. This is not a real windy day but the wind will make you feel like you hardly worked to get out to the longest/short split (ride 14.7) but you will have a lot of work riding northeast back to Bellville. Please be conservative and don't ride long this week if you don't have several weeks of longer rides built up or you may be really sore for several days after the ride as a result of riding into a fairly stiff head wind all the way back to Bellville. We still have 2/3 of our rides left so make an allowance for the wind on the way back.

Ready2Roll Cycling 2018 Training Series - Ride 5, Bellville, Mar 3, 8:00 am

This week, we'll continue to add a little more elevation and miles into our routes.

This is another ride on mostly quiet and fairly hilly roads from Bellville to Cat Spring and southwest of Cat Spring. The route options are 40 or 57 moderate hilly miles, when you look at the map, you will see that the long route is basically an out and back from Bellville on FM-640 connected to a figure eight with one loop on the north side and one loop on the south side of FM-640. The short route creates the westernmost loop on the north side of FM-640. Several roads will look familiar as we rode them last week, some in the same and some in a different direction. These are the roads I like which is why write back this week. We'll even meet the Bermuda Blue on Eubank for one last time this week - keep your speed under control and the crossing will go just fine. Marshall and I are probably out there as you read this choosing the roads after the recent rain.

There are three red days this week and the first one is used twice by everyone on the