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Good morning riders – Happy Monday!

First, we want to congratulate our 426 beginners and members for being patient and safe and getting through two beginner rides where we made the best of what the weather dealt us. Those of you who rode Saturday have earned some bragging rights and earned some extra leg strength dealing with a very tough headwind for the first 7.5 miles.

Now, it's time to get ready for the 12-week regular series and we have several useful feedback items to share with everyone...

ADP – The Training Series Fee Goes Up at Midnight Thursday!

The first thing we want to remind all of you about is that the fee for the training series goes up \$23 at midnight this Thursday. Actually, this won't impact you - you have already enrolled but, if you have any family, friends, co-workers, etc. who are interested, please let them know that they need to enroll before midnight Thursday, if they want to beat the price increase.

Here is the link to enroll that you should give along ADP:

<https://theadofficecycling.com/head-office-cycling-2019-training-series>

Lesson Learned – Late Luggards Lose Leverage...

We want to share two brief situations from Saturday's Beginner ride that are lessons learned for everyone.

The first comes from a rider who pulled into the parking lot at 9:15, as the race to beat race was starting. Remember our rides begin at 9:00 am. The rider signed in and then came up to us as we were putting the disposable, megaphone, etc. away. They were asking which way to go because there were no riders around to guide the way. It looked like our only option was to tell them that they needed to check the map very carefully because the turn lane signs were about to be picked up since the last riders passed them. Fortunately, the back of the Irish SAC volunteer was just heading out and we flagged him down and told the rider that, if they stayed just ahead of the SAC, they could catch the route before the signs were gone. We saw the rider after the ride, totally worn out from working very hard, zzzzz, into the wind, since they arrived and started to fall.

The second story came from a very experienced mentor rider who decided to add the extra 10-mile loop so they would get a 20-mile ride in. With the very heavy wind, we had taken this option off the table because we didn't want our novices to get worn out or fall, due to exhaustion. After all, this was a beginner ride where experienced riders were to ride with mentors. And the miles were not as important as the quality learning ride.