

Beginner Ride 2 at 8:00am This Saturday, Jan 29 - It will be windy!



Good Morning Road/Trail Cycling riders!

The weather for tomorrow is looking much better than reported earlier in the week. One of the three 4-letter words in cycling (rain) looks like it will pass between midnight and 3-4 am and we should be cloudy to clear by our 8 am ride start time and partly cloudy to sunny on the ride.

We will definitely be learning about the 2nd of cycling's 4 letter words tomorrow (wind). The forecasts show a tough headwind in the 20-25 mph range out of the northwest during our ride. Temperature will be 41-50 degrees but will feel like 30-41 with the strong wind. The good news is that our ride into the wind stretch is almost all concentrated at the beginning of the ride as, once you make the sharp right turn onto Camp Rd about 7.5 miles out, you have almost all tailwind coming back. That distance – about 1/3 mile of wind shortly after the next stop and 1/4 mile just before the finish).

Note – the 13-mile entry loop for the 29-mile route repeats the windiest 4.5 miles of the route. The cutoff for ride 29 miles is 6:15 at the 13-mile long/short decision point. We'll have two volunteers here (with a megaphone) to control you which you will have to turn for each route. If we see our new riders struggling into the wind, we reserve the right to skip the entire 28-mile loop or move the 29-mile cut-off up to an earlier time. After all, this is Beginner Ride 2 and our goal is not to wear our newbies out or blow them off the road. Our goal is for them to learn how to ride safely and comfortably in a group, on the road. They will learn all they need to know in 29 miles as, if 28 miles feels like too much, we'll let the long/short route control team be aware.

Weather Tip – Did you see the note above that said it will feel like 30-41 degrees? On your bike, riding into the wind, at the beginning of the ride, it will feel colder!

If you arrived too late to see the Winter time advisory note (last Thursday), or you don't read most of our Road/Trail Cycling email, there is some very useful info in that note to help you prepare/dress for the ride tomorrow. If you totally ignore our email box and have not created a folder to save all our Road/Trail Cycling emails, that note has been archived in our Communications page at www.RoadTrailCycling.com. That note even informs you that Sun & Go Sports and Bike Barn both have winter clothing on sale right now and that the word "ski" in "Sun & Ski" indicates they have a LOT of other specialty clothing designed to keep you warm when moving quickly through cold air. Just Sayin'...

If you come to the ride tomorrow, please be sure you read the Winter Weather Advisory note and bring an appropriate selection of clothing so you are comfortable. It's hard to focus on safe, courteous cycling, if you feel miserable.

PS – the 3rd 4-letter word in cycling is hill. You will learn about these soon enough right now, we're just focusing on flat to gently rolling roads.

OK, that's it for the Friday updates. The note below is a copy of the Wednesday, Road/Trail Ride Note for those of you who didn't read the ride details yet. Please note that the ride tomorrow is for beginner and experienced riders who adopt a few pointers, ride at their pace, and learn from how to ride, avoid hazards, communicate, etc. in a group, on the