

From: **Ready2Roll Cycling** SteveMoskowitz@Ready2RollCycling.com
Subject: Ready2Roll Cycling: 2019 Ride 1, 1/26, 8:00 am
Date: January 23, 2019 at 10:55 AM
To: moskose@swbell.net



Ride 1 at 8:00am This Saturday, Jan 26!

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This is the moment all of you have been waiting for - Ride 1 is happening this Saturday!

Today's note will focus on our ride this Saturday. We have limited this note exclusively to the ride-related info to keep it as short as possible. For the third, and final week, there are several new rider details we need to cover and there are some repetitive items because certain questions come up frequently early in the season. We're trying to make sure everyone catches all the details.

In other words, there are some very important ride-related details included so please read this note a few times...

Today's Topics are:

- **Ride 1, Fulshear H.S., 23/44/65 miles**
- **Weather Hotline: 281-907-9007**
- **Weather This Weekend**
- **Thank You - Sun & Ski Sports!**
- **FAQ - Do I need to RSVP for the Ride?**

Training Ride 1 – Fulshear/Brookshire/Simonton – Jan 26, 8:00 am – 23, 44 or 65 miles

This week, we're staying fairly close to home. We'll offer another classic route that includes short (23) medium (44), and long (65) options. **This ride is ONLY open to enrolled riders of Ready2Roll Cycling and no guests are permitted.**

The roads in this area are some of the quietest, most pleasant roads this close to town. This route used to be a lop-sided figure eight, and may be again next year but some current construction has limited us to the core triangular loop between Fulshear, Brookshire and Simonton. We do have a shoulder for 2/3 of the 21-mile loop. Traffic is light to moderate on Saturday but please use the shoulder where we have one.

The 23-mile short route adds the 1 mile out and back road from Fulshear HS. The 44-mile route repeats the loop once. You can repeat a third loop to get in 65 miles, **as long as you start your final 21-mile loop by 10:45 am.** (18 mph & 5-minute, or less rest stops). This should only apply to the very few of you that have been training all year long!

Directions to Fulshear High School, 9302 Bois D Arc Ln, Fulshear, TX 77441

Directions to Fulshear High School, 9902 Bois D'Arc Ln, Fulshear, TX 77441

This school is also known as Churchill Fulshear Jr, High School. To get to the start, take I-10 or the Westpark Tollway west to the Grand Parkway. If you are traveling from I-10, then take the Grand Parkway south to the FM-1093 exit or if you are traveling on the Westpark Tollway, take it west to where it ends at the Grand Parkway. Everyone heads west on FM-1093 from the Grand Parkway and drive approx. 7 miles to the light at Bois D'arc. Turn right at the light and the new high school is on the right about 1/4 mile from the turn. We'll be parking in the lot behind (east of) the high school but some late arrivals may need to park around the side of the school. Whatever you do, **please DON'T park at the northwest (far) end of the parking in the front of the school.** There is an activity that needs this parking so stick to parking in the back or the south end.

NOTE – If you live west of the Grand Parkway, it may be quicker to drive out to the Woods Rd exit on I-10 and take this south to FM-359 and come into Fulshear from the north. **Traffic WILL back up coming into Fulshear at the peak time since this is only a two lane local road and there is construction from the Grand Parkway to FM-359.** Please allow extra time to get to the ride start this weekend - aim to arrive by 6:45 and expect a delay as you get closer.

Arrive by 6:45 am in order to have time to park, sign in, use the restroom if needed, get your bike ready, grab a bite to eat or coffee from the students at the school, team up with a group and have a brief orientation before the start of the ride. If you arrive at 8:00 am for an 8:00 am start, you will miss our start and may be behind our SAG support team on the road. Please arrive early enough each week to park, get ready and line up for the pre-ride announcements.

There will be a sign-in area near the building. Upon arrival, riders are required to come and sign in on the alphabetical lists at the sign-in tables. Then, proceed to get your bikes ready to ride. The overall list will be split into eight shorter lists based on the first letter of your last name - A's are on the left and Z's are on the right - there are large signs on the front of the sign-in table so you can see which list to line up for.

Before the ride, each rider who shows up signs in on the weekly rider attendance list. You initial in when you arrive in the "Started" column. When you finish the ride, you initial out in the "Finished" column so we know that everyone made it back. There is also a line for riders who enrolled very late (after the sign-in lists are printed) or who have not enrolled yet. This line will be to the left or right of the enrolled rider lines at the Information table.

The school has two sets of Restrooms which will be open for us. Please note that we don't have the capacity to bring water to fill your bottles before the ride. You need to have your bottles full and refill, as needed, at the rest stops.

Bring Breakfast/Lunch Money to Fulshear!

Please note that the National Honor Society, Health Occupation Students of America and Science Olympiad are going to be out from 6 am to 2 pm serving coffee, drinks, kolaches, pizza and snacks along with 2-3 food trucks. **Please bring cash/credit card for breakfast and lunch.** We appreciate your participation in helping these students raise much-needed funds for their community service projects.

We have eight law enforcement officers lined up this week. They will be posted at every intersection we pass with a light or stop sign. This is the same posting criteria used for the BP MS 150 so we'll start practicing how to ride safely (and predictably) when officers are supporting the ride.

The key is when you see the officer(s) ahead at an intersection, the first rider in line calls out to your group: "Officer ahead, slowing" and then, after calling, the first rider gradually slows the group down so you can stop safely. You should all assume you will need to stop. If the officer looks at you and clearly motions/calls out for you to proceed, then you can call out: "Clear to proceed" and gradually pick up speed. It's best to maintain a slower

can out. Clear to proceed and gradually pick up speed. It's best to maintain a slower speed through the intersection in case a driver misses the officers direction to stop or other unexpected things happen. Gradually resume your comfortable pace after the entire group is past the intersection. We'll be practicing this a lot over the course of the training series.

(Note: You should NEVER call "Clear" or anything similar unless you have been directed to proceed by officers controlling the intersection! If you are with a group passing through an uncontrolled intersection, everyone has an obligation to obey the traffic signal and look, for themselves, to confirm the road is clear to proceed.)

Place Helmet Number on the Front of Your Helmet!!!

The first time you participate in one of our rides, you will be issued an adhesive number to **place on the FRONT of your helmet** so it is easy to see that you are part of our training series. When you come to your first ride and get your rider number, please print the number (NEATLY) in the number column to the left of your name on the sign-in list. Please also keep the number on your helmet all season. If you do lose the number, don't worry, just request a new riders number (and neatly update it on the sign-in list) at your next ride. (This is critical as we use the stickers to identify our riders as well as if there is an emergency.)

Weather Hotline 281-907-9007

In case of inclement weather or last-minute ride updates, Ready2Roll Cycling has a dedicated phone hotline number. We suggest you add this number to your phone and if you are ever wondering if a ride may be cancelled or postponed due to weather or other concerns, simply call this number ride morning for updates. Keep in mind this number is for informational purposes only and is not monitored so please hang up and don't try to leave a message.

Weather related updates are posted as follows:

- Message on the hotline (281-907-9007)
- Posted on our Facebook page (**Be sure to Like us on FB so you'll get FB notifications**)
- Email to all participating riders (as of noon Friday - if riders enroll later than noon Friday, they are under our radar until Sunday, we have to freeze the list for the Saturday sign-in sheets to be printed)

Weather - This Weekend

The forecast is partly cloudy with temps in the upper 40's to low 60's. There is a 20% chance of precipitation in the morning increasing to 50% in the afternoon. **If we see the possibility of rain in the area earlier than 1:00 pm, we may move up the closure time for the final 21-mile loop.**

Thank You Sun & Ski Sports!

Be sure to thank **Sun & Ski Sports** who very generously provides tech support for the entire training series. The bike mechanics will be on site about 7:00 am this Saturday to help with simple maintenance and repairs. Please do note that the purpose of the tech support is to assist with minor problems that develop before or on the ride, not to overhaul your bike for free before the ride. Save time for you and the bike mechanic by pumping your tires up with air before the ride.

Sun & Ski Sports will be hosting Bike University this Friday, January 25!

There will be lots of mini-seminars on training, basic bike maintenance, safety, etc. as well as several bike suppliers showing new goodies, plenty of light food and drinks and lots of good deals on equipment and clothing. It will be at their 6100 Westheimer store (between Chimney Rock & Hillcroft) beginning about 6:00 pm. Ready2Roll Cycling will be talking about how to train for the RD MS 150 (at 7:45) and will be available to answer

talking about how to train for the DF 150 (at 7:30) and will be available to answer questions in between the sessions.

FAQ - Do I need to RSVP for the Rides?

Many of you have asked if you need to RSVP for each ride. The answer is "No".

You do not need to RSVP for any of our rides. You just show up (at least 45 minutes to an hour before start time) and sign in so we know who is riding. You also sign out after you finish so we know everyone is back.

Each week, there will be a sign-in list at the ride. All riders who have enrolled are listed in alphabetical order and the list is broken up into smaller lists (A-B,C-D, etc...) so no one has a long line to sign in. You initial in on the Started column next to your name before you ride. When you are finished, you come back and initial the Finished column so we know you are finished (Yes, we do switch the pen color so it's very easy to see sign-in vs. sign-out by glancing at the sheets).

Note that we ask each rider to sign-in when they arrive, and sign-out when they leave. This helps us know who is finished and, more important, who is still out on the road. We have a volunteer team monitoring this so, if you forget to sign out, we may think you are lost somewhere on the road. In order to make sure we didn't abandon anyone each week, we allow you plenty of time to get home, then, we give the riders, who did not sign out, a call...

...at 2:00 am* on Sunday morning!!!

OK, that's it for this week's ride note.

Watch your inbox Thursday for a special topic rider note. These will continue to cover the common issues/questions we see early in the season. Also watch for late breaking news on Friday if we have important last-minute info to share (weather issues, construction that would impact traffic, etc.). This usually goes out early in the afternoon on Friday so watch your inbox and/or turn on mail forwarding for the Ready2Roll Cycling emails if you are away from your office on Friday.

We look forward to seeing many of you at Fulshear High School this Saturday. PLEASE arrive on time and bring money or a credit card to enjoy food and drinks before/after the ride and help support the school service clubs.

Thanks!

Steve, Marshall, Robbie and Jan

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281-970-9007 - weather hotline

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