

2007 BP MS150 Training Series - Ride 8 - Brookshire-Bellville - Mar 17, 8:00 am

OK, it must be Spring Break because...

...When I sent the update Monday, I got a LOT of out of office auto replies...

...We're taking a short break from the hill build up!

This week, we are backing off just a little on the hills to allow you to relax a little while you work on perfecting the safety and etiquette tips we have been focusing on. Next weekend, we'll return to the hills for the first of the final three hilly to very hilly rides. After that, we finish with a fairly flat final tune-up ride.

Please remember that we are auditing all riders to ensure they have completed the rider profile/waiver and paid for the series so I have included a blast from the past - the sign-in instructions - for anyone who has not signed in or paid previously.

Last Saturday, we had exactly 600 riders who signed in but I suspect that we had 50-100 of you who arrived later, parked in the front and forgot to sign in or out. PLEASE remember to sign in before you ride and sign out when you finish each week. We can't keep track of all of you if you don't sign in and it is hard to know how many maps to print, etc if we don't have a good count on our riders.

I also suspect there were more than 600 riders because I made 500 maps and they were all taken. It is not necessary for everyone to take a map if you plan to ride with a group. Please only take the number of maps that you need so everyone who needs a map can get one.

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This week, you get a break on the drive as we're coming back to the Brookshire area for our start. As noted above, you also get a break on the hills to encourage you to concentrate on riding safely and demonstrating consideration and good etiquette when you ride.

This week's ride flat to mild rolling terrain. There is a stretch of rolling hills around Bellville including a repeat of a particularly nice stretch of FM-949 that you did several weeks ago on the Sealy ride but this is a pretty mild ride overall. The ride distances are about 41 miles and 54 miles.

There is a shoulder on FM-359. You can ride two abreast as long as you stay on the shoulder and shift to single file as needed to let riders pass. PLEASE don't force riders to move over onto the road to pass and passing riders, please call as you approach and be patient about waiting to pass. When we turn left from FM-359 onto FM-529, you will be riding along part of the actual MS150 route. There is also a shoulder on the stretch of Hwy 36 we ride and the rules are the same.

The other roads we will be on have no shoulder so single file is the rule of the day. We have improved on this but, as you will see from some of the feedback on Friday, we still can get better in this area.

Breakpoint 1 will be located at the Krueger's Market at FM-331 and 529 in Burleigh where the long and short routes split up. Note to long riders who have done this ride before, breakpoint 2 is in Sealy, not Bellville so you will want to make a quick stop at bp1 before heading on to Bellville.

Breakpoint #2 will be located at the Sealy Cattle Auction parking lot on Hwy 36 as you enter Sealy. The auction will be closed this weekend during the Houston rodeo so they have approved our using the parking lot for our stop.

There are a few miles of the route along SR-36. This is the major north/south road in the area and the short route has to cross the road. Please STOP and be VERY careful before crossing and then, ride on the wide shoulder. Remember to ride single file as you enter Sealy and turn left at the first traffic light.

Directions to the start of the ride:

This ride starts from Royal High School which is located at 2520 Durkin Rd. The high school is just north of Brookshire. Take I-10 west to the first Brookshire exit, FM-359. Turn right, go to the light and turn left. Then, go to the second light, turn right and continue through Pattison, staying on Hwy 359. Turn right at the school complex and go to the last school on the right. Turn right just before the school and go to the parking lot in back. We will fill this lot so carpooling is a necessity. Once the lot is full, proceed past the high school and turn right. There is a small stadium with limited parking that we have permission to use as overflow.

NOTE - PLEASE DON'T ride on the track at the stadium before, during or after our ride! The track surface is not designed to take the concentrated stress that thin bike tires create.

The start will be back at the high school so, if you arrive close to 8:00 am, you can probably count on leaving alone as you will have to drive to the overflow parking, set up, come to sign in, and then depart. PLEASE don't skip the sign-in step if you park in the overflow. We have no way to keep track of you on the roads if you don't sign in.

Sign-In Details;

- We require all riders to sign in before each ride and sign out when they complete the ride. This is done to ensure that we know you are on the road and when you have safely completed your ride. All that is required is for you to initial in and out on an alphabetical listing of registered riders.
- You will notice a column on the left labeled "Paid". If I have received your payment, there will be a "P" next to your name
- Arrive at the start (See directions) no later than 7:30 am (7:15 if you still haven't paid)
- NOTE - ALL riders MUST have accepted the on-line waiver to participate.
- Turn in your support fee - \$95 for each rider - the extra \$ are donated to the MS but ARE required at this late date.
- Get a Tyvek band and put it on the front of your helmet to indicate you are paid up.

Checks should be made out to: "**ConocoPhillips Bike Club.**" Cash should have a Post-It with your name paper clipped to bills so I can credit you as paid.

- Pick up ride map.
- Get you and your bike ready to ride.
- Hush up for a ride orientation at 7:50 am
- Depart PROMPTLY at 8 am.

Note - If you arrive after 7:30 and expect to do all the above by 8 am, you better be a good pursuit rider!

PLEASE arrive no later than 7:15 if you still need to pay so you have time to get everything in order and prepare to ride.

Upcoming Cycling Clinics

Bike Barn is hosting a maintenance clinic at all of their locations at 6 pm tonight, Mar 14. No RSVP is necessary. There will be repeat sessions on April 4. For locations, go to:
www.bikebarn.com

Bicycle World and Fitness has a bike repair class scheduled from 6:30-8:00 pm next Wednesday, Mar 21 at their West U store. The session will be repeated April 4 and Apr 11. They also have three hour bike safety classes scheduled from 9 to noon or 1-4 on Mar 24 and Apr 14. I attended the pilot for this class and it is very worthwhile. For more info and LOTS of upcoming events, go to: <http://bicycleworldandfitness.com/page.cfm?PageID=112>

Sun & Ski Sports is hosting a Basic Bike Maintenance clinic every Thursday from 7-8 pm at all locations. For more information, go to:
<http://sunandskibikes.com/page.cfm?PageID=442>

In case of bad weather check the Bike Club hotline @ 281-293-2931

Don't forget our bike club web site. All our ride maps are posted along w/ GPS data. You can also find a carpool forum, an online bike exchange and links to plenty of other good stuff such as an archive of all the notes this year.

Head to the bike club online and be sure to add to your favorites:
<http://www.conocophillipsbikeclub.org>

I look forward to seeing many of you at Royal High School this Saturday - please carpool and PLEASE arrive on time!

Stephen Moskowitz
Team Captain, ConocoPhillips
281 293-2599
steve.e.moskowitz@conocophillips.com