

2007 BP MS150 Training News – Registration Reminder #2

This week, I will keep things shorter so you all have time to get your last minute shopping done...

If you have received a "Welcome to the 2007 BP MS150 Training Series" confirmation e-mail from me, you have successfully registered for the 2007 series! You also already know that the visions of sugar plum fairies can dance in your head as you slumber peacefully under the covers knowing you are in the loop for 2007. You can also stop reading this reminder note right now (but please send your payment if you haven't already)...

If you have not yet re-enlisted, you are now on strike two. With only one more pitch coming next week, you need to know that you are about to stop receiving e-mail from me unless you take quick action.

Of course, I realize that for some of you, the cessation of my e-mail may be the answer to your prayers so I won't try to judge why you have not re-enlisted - I'll just remind you one more time that, if you want to stay in the bike club loop and/or participate in the 2007 training series, you need to re-enlist.

Registration for the 12 Week Training Series (...is now live!!!)

ALL riders who plan to participate in the training series and/or continue to receive my e-mail **MUST** register, even me.

There are **NO** paper registration forms - you **MUST** complete the waiver/form online. If you have a friend without web access, invite them over to complete the form or they can do this at any public library. Your team may also require a specific team waiver. Please check this out with your team captain ASAP.

Here are the key things to note about the registration:

- **ALL riders MUST register BEFORE they can ride.**
- **The cut-off date is 11:59 pm the Wednesday prior to the ride.**

If you have not registered by then, you **MUST** wait a week to ride.

- You must accept the waiver or have your guardian accept for you if you are under 18
- You must indicate your team (more on core teams below).

Please click the button next to your team.

I will ask each team captain to confirm all riders registered on their team so...

...please be sure you are properly registered on your team before registering for the training series

Please register ASAP...PLEASE!!!

If you don't want to continue on the e-mail distribution for 2007, you don't need to do anything. After Jan 1, only riders who have completed the 2007 waiver/registration form will continue to get cycling e-mail from me.

To register, go to the page below. You will be finished in under 2 minutes...

<http://www.zoomerang.com/survey.zgi?p=WEB225Y73DRQSU>

I will send cycling notes for **one more week** to the 2006 and 2007 registration lists so, once you register, you will get my notes twice. This will stop after Jan 1 so sorry for any temporary extraneous e-mail.

Payment for the 12 week Training Series

The cost of the entire 12 week series is \$65 per rider if received prior to Jan 24 or \$75 after Jan 24. The cost increase is largely a function of getting all the payments done BEFORE we start the training rides. You have 6 weeks to take advantage of the \$10 "discount". PLEASE send in your payment ASAP (see below)

Please make checks payable to the ConocoPhillips Bike Club. If you are paying for several riders, please list each rider (alphabetically would be great!) down in the memo section of the check as well as in an attached note or Post-It so I can properly account for all riders.

Please drop your payment (payable to ConocoPhillips Bike Club) in the mail to me ASAP at:
Steve Moskowitz
11027 Holworth
Houston, TX 77072

You can also pay via PayPal. I have an account setup for the Bike Club. It is under my e-mail address - steve.e.moskowitz@conocophillips.com. PLEASE be sure to note the rider(s) you are paying for and please include \$2 extra (\$67 total) to cover the PayPal fees.

If you prefer to pay by cash or register just a few days before your first ride, you can bring your payment to your first ride. Please keep the cash unfolded and, if possible, put it in an envelope and list the rider(s) that are covered by the payment. If the check is for multiple riders, please note this on the envelope. It is MUCH easier to account for all the payments if they are organized just a little bit. PLEASE take a moment to do this if you are bringing your payment to your first ride.

Your attention to these seemingly minor details will save a LOT of time during the first few weekends compiling and recording your payments.

RIDE MARSHAL BONUS (Free Rides!)

Since Ride Marshals are a very important part of ensuring that large rides are safe, we are offering all the RM's from our teams the opportunity to do the training rides FREE!!!

In order to qualify, you must first volunteer as a Ride Marshall (see <http://www.zoomerang.com/survey.zgi?p=WEB225WJK2RNU5>). Once this is confirmed, please send a copy of your confirming note to me as well as your team captain and you are good to go.

Did I mention that the Ride Marshal crew is headed up by our own dynamic duo – Barron Lozano and Amy Moore? Well, it is and they have done a GREAT job of upgrading the RM program. Veterans and new Ride Marshals alike will be impressed with their work.

Core Teams

Our ride series has grown to the point that we have to limit the number of riders. In order to do this, ensure that we can adequately support you on the rides, and answer all your questions off the bike, we have had to limit the series to riders who are members of a set of core teams. The core teams consist of four very experienced teams, BP, ConocoPhillips, HP and the Houstonian plus several newer teams. These teams help support the training series

Here is our list of core teams for 2007:

Apache
BP
Coca-Cola
ConocoPhillips
El Paso
Granite Properties
Healthy Connections
Houstonian
HP
Marathon
National Oilwell Varco
Newfield Exploration
Old School Cycling
Pappa's Posse
Shell
Texas Children's Hospital
Texas Exes
Veritas
West End Wranglers

Each year, we take in a few new, small teams to help them get started on their way to becoming a big MS 150 team. These teams usually ride for a few years until they grow large enough to go out on their own. Please welcome El Paso, Healthy Connections, Marathon, National Oilwell and the West End Wranglers to the series this year.

This may look like a large list but it looks like after we factor in the graduations, consolidations and acquisitions, we'll be only slightly larger than last year's group. If you are registered to ride with one of the teams listed above, you are eligible to join the training series. PLEASE don't pass this note along to your friends unless they are riding with one of these teams. We need to enforce the rider limit in order to keep the training series manageable..

Communication

As I mentioned above, everyone must re-register to stay on the e-mail distribution list. There will

be three reminders (this is #2) going to the 2006 distribution list. After Jan 1, all correspondence will only go to those who have completed the 2007 registration form.

At a minimum, you will get a weekly note from me. These usually go out early Wednesday morning. I do have a real job so occasionally, they may be late but this is rare. Early in the season, there will be a few extra notes and later on, there may be supplemental notes.

If you have spam filtering software, please be sure to add me to your safe senders list. I occasionally use an idiom or phrase that causes some spam filters to reject a note. I also send the note to quite a few addresses at one time. Both of these trigger alarms in many spam filters so, if you add me to your safe senders list, the filter will let the notes pass. I PROMISE that I won't forward any spam, bad jokes, etc.

OK, I know that some of you are going to accuse me of sending many bad jokes over the years but that's a matter of taste and I know that eventually, you will come around...

If you have a question, please first check with your captain, a fellow rider or our FAQ page. I have a rule on my Outlook inbox to route my cycling e-mail to a holding folder and I won't be able to provide an answer as quick as these other channels in most cases. If you do need to ask me something, CC to my home address as well (moskose@swbell.net). This may get a faster response at times this year.

You should also be getting notes from your team captain. Please be sure that you have registered with them as I will be asking them to validate that you are on their team list.

Austin, Here we come...

Stephen Moskowitz

Team Captain, ConocoPhillips

steve.e.moskowitz@conocophillips.com