

## **2007 BP MS150 Training Series - Ride 4 - Sealy, Feb 17, 8:00 am**

579...

Once again, some of you did not sign in (or sign out) so I'm calling last Saturday another 600 rider day. One rider went to Katy Mills and found no crowds! In their defense, they had an old draft schedule and e-mail trouble last week. The moral of this story is to please read your weekly notes!

I am splitting off some of the special topics and, after this week, the General Information at the bottom about how to sign in, what to expect, etc will be dropped from the weekly note since most of you will have attended at least one ride. In other words, the weekly ride note will be shorter and really focused on the weekly ride - please read it all!

Watch your inbox this Friday for another bonus note covering a lot of good feedback and feedback on the feedback...

Today, I will focus on the ride this Saturday and our second Safety Corner Theme - Bike Fit, and that's it!

Here we go...

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## **2007 BP MS150 Training Series - Ride 4 - Sealy, Feb 17, 8:00 am**

This week, we'll head out a bit further to Sealy which is just over 15 minutes west of Brookshire.

This ride will introduce you to the best or worst part of the training series - hills! This ride is not terribly hilly but it is pleasantly rolling with a couple of memorable climbs after Cat Spring.

Since we will be introducing our new riders to the hills, we will cut our mileage back just a bit. To compensate for the extra work you will be doing on the hills, the short ride drops back to about 30 miles and the long route is 41 miles. Trust me, we have been doing this for many years and this is enough miles for this point in the season.

Note that this week's map introduces a new feature - the ride profile. The hills are not as steep as pictured but this gives you a good idea of what to expect. Thanks to Greg Schindler for adding these profiles!

The ride map is online at the bike club site - <http://www.conocophillipsbikeclub.org>. If you have not already done so, you should add the bike club site to your favorites. The weekly note is always online shortly after it is sent so you can check the site if you missed the note as well as find answers to many of your questions.

NOTE! We will be passing through the delightful town of Cat Spring this week. Cat Spring is the start of one of our later rides. Last year, some of you stopped in the town of Cat Spring, not at our rest stop but the actual town to use the facilities. The problem is that there are NO facilities open in the town of Cat Spring!

Please DON'T stop in Cat Spring except at our rest stop on the edge of town. A resident lost a dolly last year and while it is not likely that one of you will carry a dolly 20 miles back to the start on your bike, it was not possible to explain this to them and, since some of you had behaved rudely and publicly in town, we bought a new dolly for one of the Cat Spring residents last year.

We WILL have a rest stop just outside town and it has porta-lets - don't ride into town as there are no facilities open for you - PLEASE!

When we start at Cat Spring, then you WILL want to check out Carol's of Cat Spring for lunch but I'll save that for another week...

**A big THANKS this week to REI** who will, once again, be providing the pre ride mechanical support!

#### **Directions to the start of the ride**

Travel west on I-10 to the second Sealy exit (Hwy 36). Go north to the light by the downtown bank - Main Street. Turn left and go one block to the (delightful) Abe and Irene Levine Park. We can park all around the park but ONLY on the park side of the street.

The restrooms in the park will be open and we will have porta-lets brought in Saturday morning. If you need coffee, juice, etc on the way, there is a MacDonald's and a service station on Hwy 36 as you exit I-10 that are great stops before coming to the park. The sign-in area will be under the pavilion in the NW corner of the park. PLEASE carpool as we have a LOT of riders each week and don't want to wear out our welcome. Obey the speed limits in Sealy - it's a real bummer to get a speeding ticket a mile from the end of your drive...

#### **PARKING NOTES**

We have been in touch with the Sealy Chief of Police and the City Manager. PLEASE note that while there is a lot of room around the park, parking will be tight. It is critical that each of you CARPOOL. The city offices are located in white buildings just north of the park on Main Street. DON'T park behind the city buildings, they have traffic in and out during the day.

The park is adjacent to a residential area. Once the parking around the park fills up, there is another park less than 1/2 mile west on Main Street. You can drive down there and park and ride back to the start. If you need to park in the nearby neighborhoods, please DON'T park on both sides of the street, find another location on the same side of the street as other cars or find another street to park. Please also DON'T block any driveways or park where it is a tight fit to turn into a driveway. The Sealy residents and Police welcome us but they will tow any cars that create problems. If you are in doubt, drive on and find a spot that is clearly not a problem.

It is up to each of us to be good neighbors.

#### **Start Notes**

Because of the size of the group, we will be starting in waves like we usually do but we will leave

a slightly larger gap between waves so we don't create too much congestion as we leave town and to help each wave hear the pre-ride notes. I will start the 21+ group at 8:00 which means pre-ride announcements start at 7:50. You must arrive no later than 7:30 to be ready to depart on time. If you arrive later, you should go one block past Main and turn to avoid the crowd assembling at the park.

Here are a few more details on our start:

Riders will line up on Hardeman Street which on the west side of the park.

We'll line up on one side of the street to leave room for traffic to get by.

It is critical that you arrange yourselves by pace ahead of time

Faster riders should be at the north end of Hardeman and slower riders to the south

Each wave will make an immediate left onto Main and take Main west out of town to where it ends at FM-1094

STOP before making the left onto FM-1094 - it is a major road in this area.

We will be riding mostly on Farm to Market roads without shoulders so please remember to ride single file and be considerate to the drivers. The roads are pretty quiet and we want to keep them that way.

The final stretch of the ride along Hwy 36 back to Sealy has a lot of traffic and a broad shoulder. Stay on the shoulder. As you enter Sealy, there's a short stretch w/ no shoulder - collapse to single file here. Please stay on the shoulder as 36 can be busy. Be sure to observe the traffic lights in Sealy as you return to the start.

Slower riders/pacelines - please be sure to listen for and allow faster riders to pass. Faster riders/pacelines - be sure to call out as you approach and slow until the slower riders make way for you to pass.

Here's a great carpool idea for those who can't find any other option. There is a great BBQ spot - Hinze's - located on Hwy 36 just south of I-10. You can stop there, park in the far back corner before the ride, and, after the ride, return for your cars and a great BBQ lunch before the drive back to town. They do have to-go plates too. A to-go meal from Hinze's will easily get you all the way to San Antonio - I know from personal experience!

There are other restaurants along this stretch that would also be happy to have your business after (& before in some cases) the ride. Check out:

<http://yellowpages.superpages.com/listings.jsp?SRC=msn&STYPE=S&C=restaurant&N=&T=sealy&S=TX&Search=Find+It>

Start time is 8:00 SHARP - PLEASE GET TO THE START EARLY ENOUGH TO SIGN IN (7:15 or earlier!!!) if you have not done so already.

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**Safety Corner - Bike Fit**

Our second safety theme is you and your bike - Bike Fit.

This is actually, a very simple tip but it can make a HUGE difference if you read it and use it at the beginning of the season...

- Bike fit is the single most important factor in how comfortable you will be on the bike.
- Comfort on the bike will enhance your performance and make your riding more fun.
- Small changes can make a HUGE difference on how good you will feel while riding.
- Find an expert bike fitter at one of the Official BP MS 150 Bike Stores

Click the link for a list of Official BP MS 150 Bike Stores

[http://www.ms150.org/ms150/riding/official\\_bike\\_stores.cfm](http://www.ms150.org/ms150/riding/official_bike_stores.cfm)

We will continue to remind you about group etiquette as the training series progresses. We are getting a lot better and I am confident we will all be ready to set a great example when it is time to head to Austin. Watch your inbox Friday for some real good observations on what we are doing well and how we can do better.

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**- General Ride Information**

Start time is **8:00 SHARP unless noted in the ride schedule** - PLEASE GET TO THE START EARLY ENOUGH TO SIGN IN (7:15 or earlier!!!). A few very important things you should remember for the training rides:

- Helmets are **required** (ANSI or Snell approved). **No helmet, No ride! This is a NO EXCEPTIONS policy.**
- Safety Reminder - **NO Headphones!** This is a **NO EXCEPTIONS** policy.
- Always sign in AND out with the training ride coordinator.
- Obey all traffic signs and laws. Follow recommended safety guidelines!
- You must have registered and agreed to the online waiver prior to riding.

A few other reminders about the ride... Sign-In Details; What to Expect - Pre-Ride:

• **ALL Riders must have completed the online rider profile/waiver to ride - NO EXCEPTIONS**

This is the form you completed to get on this e-mail list, you do NOT need to complete the form again

- 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 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

(Ride Marshals, Medics and Police ride for free and are marked here as well)

- Arrive at the start (See directions) no later than 7:15 am
- Turn in your support fee - \$85 for each rider - a bargain!

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. I will provide miscellaneous supplies at the ride but if you do this ahead, it saves a lot of time.

- 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 at 7:45 and expect to do all the above by 8 am, you better be a good pursuit rider!

PLEASE arrive no later than 7:00 for your first so you have time to get everything in order and prepare to ride. PLEASE allow plenty of time to get checked in and ready to go.

**What to Bring:**

- Equipment - Bike, helmet (**No exceptions - No helmet, No ride!**), shoes, water bottles (filled), etc.
- Spare tube (or tubes) for your size tires
- Bottles filled with water/sports drink - We will provide drinks at designated spots on the ride but we don't have the room or ability to provide drinks before the ride
- \$85 support fee - for the entire series of training rides (a GREAT deal)
- Cell phone (turn it on after the midpoint of the ride)

**How/when to pay your support fee:**

- **We want to keep things easy whenever possible. Your \$85 support fee is payable the first time you show up for a ride.**
- If you pay for more than one person, please list the people covered on the check
- If you pay in cash, (**At the ride only, NO cash in the mail please!**), please attach a Post-it note AND paper clip it to the bill so I can credit you properly.
- **PLEASE place cash payments in an envelope and write the name of the rider(s) covered and seal it.** I hate to get finicky but accounting for your donations is one of the least productive things I can do on Saturday afternoon.

**What to Expect - On the Road**

The purpose of this training series is two fold. First, and foremost, we want to ensure that you are in proper condition to complete the 2007 BP MS 150 and complete each training ride safely. Second, we want to ensure that you have a lot of fun before and during the ride to Austin and

make a lot of new friends in the process.

The large group means that there should be riders who ride at your pace, no matter what it is. PLEASE introduce yourself to the riders around you - this makes a HUGE difference in how easy and fun it is to get to Austin. Please also remember to talk to the riders in your group to inform them about road hazards, when you are slowing, stopping, etc.

There will be one or more rest stops at designated spots along the route. These will be pointed out at the pre-ride orientation. We will be providing snacks, water, and sports drinks at these stops. You can drop off outerwear as well but please remember to pick it up when you return to the finish.

PLEASE remember to initial the rider sheet before you start the ride and, ESPECIALLY, after you return to the finish. This helps us know that you have finished the ride. We may call your cell phone just to confirm you finished if you haven't checked in at the finish.

*In case of bad weather check Bike Club messages @ 281-293-2931*

I'll see many of you in Sealy this Saturday,

**Stephen Moskowitz**

Team Captain, ConocoPhillips

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