

## **2007 BP MS150 Training Ride #7 - Columbus - Sat, 3/10, 8:00 am (URGENT Detail Included!)**

Last week, 620 riders signed in. I suspect that quite a few of those who arrived late did not sign in so I estimate our total was over 650 riders. Close to the record crowd we'll see in the final weeks.

Before I go any further, here is the URGENT detail I mentioned in the subject line - PLEASE read and note this important item:

**TxDOT reports that there will be a TOTAL CLOSURE of the eastbound and westbound mainlanes of I-10/KATY FREEWAY between ELDRIDGE and SH-6 beginning 9 PM Friday, March 9 to 5 AM Monday, March 12. Traffic will be detoured via the eastbound and westbound frontage roads.**

In other words, you need to leave EARLIER than normal and then, unless you live west of Hwy 6, leave EARLIER than that!!!

The Westpark Tollway is definitely the way to go for many of us. If you don't have an EZTag, get one by Friday.

This IS going to be a mess, even early in the morning so PLEASE allow double extra time and avoid I-10 east of Hwy 6, (probably E of Barker Cypress on the way back to town) if at all possible

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### **Bike Barn Open House & Party - TODAY, Mar 7, 6-9 pm**

Tonight, you are all invited to an open house at the Bike Barn

This Wednesday, from 6-9 pm, we will be meeting at the Bike Barn, 12118 Westheimer- between Kirkwood and Dairy Ashford.

Here are the exciting activities that will be available to all:

- 15% discounts (except bikes)
- Bike inspections
- Tire changing competition
- Door prizes
- Pizza
- Soft drinks
- Ask Steve questions (anything related to the MS 150)
- Try on sample ConocoPhillips jerseys and confirm your size
- Buy past ConocoPhillips jerseys at great prices
- See what other riders (and their spouses/families) look like w/o helmet hair!
- Opportunity to approach, and even pass by other riders w/o having to yell: "On your left"!!!

You are welcome to bring your family/spouse/significant others. I do have one simple favor I will ask - that you RSVP by noon this Wednesday...

We need to know how much pizza and sodas to get so, if you intend to come, PLEASE follow these simple steps - to the letter...

1. Hit your Reply button
2. Change the subject line to: "RSVP", dash, Your last name, comma, first name, dash, and the number attending
3. Click Send to send your RSVP - no later than noon on Wednesday, Mar 7.

In other words, I would hit my reply button and change the subject to: "RSVP - Moskowitz, Steve - 2" and hit the send button. That's it! The word "RSVP" in the subject line is the key to the RSVP rule.

This will ensure Outlook routes your reply to my "2007 Bike Barn Party" folder and make it easy for me to see who is coming and how many in one glance.

Please also note these upcoming bike maintenance clinics:

Bike Barn - Bike Maintenance Clinic  
6 p.m. March 14 and April 4  
All Bike Barn retail locations

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**And finally...a reminder...PLEASE CARPOOL!!!**

Speaking of the broken record department, I'll step out here and remind you that four of our final six rides start out in the country. This means we HAVE TO CARPOOL. Even though we have made better parking arrangements, these are small communities and 400-600+ riders arriving in individual cars is too much for the parking areas they can provide.

This is also our longest drive of the season so it really does make the trip more enjoyable. Last week, I brought two other riders with me plus our bikes, TONS of snacks, tables, sign-in lists etc. This made our drive much more enjoyable. The only reason to not carpool is because you don't really like cycling or other cyclists.

Let's get on to the weekly ride and other news...

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**2007 BP MS150 Training Ride #7 - Columbus, Sat 3/10, 8:00 am**

This week, we will continue the indoctrination to the hills we have been enjoying recently. After departing from Beason's Park and traveling through Columbus, we'll head northwest on a really wonderful rolling route. The long route is about 51 miles and the short, 41 miles. Those of you on the long route who know where you are can optionally add a mile to the route and zip down Lone Oak Hill but you will have to climb back up right after you descend. I will cover this in the pre-ride talk. If you don't know Lone Oak Hill, skip this option for now. We'll be back in three weeks for the full frontal assault.

If part of this route after Frelsburg looks vaguely familiar, that's because you rode this same stretch in the opposite direction last week. I couldn't tell you this last week for fear of confusing you but this week, it's LEFT on Zimmerscheidt, AFTER ensuring that FM-109 is clear of traffic. Breakpoint #2 is on Zimmerscheidt just after you turn off of FM-109.

Reminder - We will be on country roads. Stay on the shoulder near Columbus and single file, especially on FM-109. These roads are pretty and very quiet but we need to let local traffic pass and be courteous and friendly no matter what. The portions of the ride on FM-109 are definitely single file only at all times.

Directions to the start of the ride:

Take I-10 west to Columbus.

Take the first Columbus exit (90).

The road will curve to the right and shortly before you come to the bridge (Colorado River), you will see Beason's Park on your left.

Turn into the park and proceed to the back or, if it is full, park in the cleared area on the left as you enter the park. If you park in the front, PLEASE remember to come to the sign-in tables and sign in before you start. We have no way of knowing you are on the road if you don't sign in.

PLEASE come over to the sign-in tables to sign in before you ride and PLEASE leave early enough to arrive in Columbus before 7:30 am

Columbus is about 25 miles west of Sealy so you need to be on I-10 passing the tollway no later than 6:00 am if you expect to arrive in Columbus on time. Did I mention that it's a LONG drive to Columbus alone? Did I mention that I-10 will be CLOSED from Eldridge to Hwy 6.

This week, we will be doing some spot checks at the rest stops to confirm all of you are registered and have paid for the training series. If you have not paid yet, remember to bring \$85 and pay before you ride. It is too late to mail payments this week. If you have any friends who have not registered, they MUST register in order to participate in even one ride. Riders also need to be on one of our core teams to ensure we have enough support.

To register, go to the link below:

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

PLEASE leave early and allow plenty of time to get to Columbus!

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**Special Thanks - Clif Bar**

We are happy to announce that Clif Bars back as a supporter of our training efforts for the MS150. Expect to see mini bars and several other Clif Bar items this week at Rest Stop #1 (while supplies last).

As can be read on their website, [www.clifbar.com](http://www.clifbar.com) - Clif Bar--the delicious, moist energy bar that sustains you throughout any activity. Highly nutritious and certified organic. Look for the climber on the package. Available at many bike shops, Kroger, Luke's Locker and a variety of other locations.

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**Reminder - Time to have your bike inspected...**

MS 150 bike inspections now through April 14 are free; after April 14, inspections will cost \$10 per bike.

There are official bike shops all over the Houston area as well as Austin, College Station & Beaumont that can perform the inspection. Head to [http://www.ms150.org/ms150/riding/official\\_bike\\_stores.cfm](http://www.ms150.org/ms150/riding/official_bike_stores.cfm) to find an inspection location near you.

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**Reminder - New Bike Club Web Address - <http://www.conocophillipsbikeclub.org>**

Our new webmaster, Aaron Jacks sent the following reminder...

About 100 people are still using the old bookmark to forward them to the new website. Not really a problem until Peter kills the old site and we have stranded web surfers. One reason to fix the bookmark – no more pop-ups!

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

OK, It's time to go to my Wednesday Spin class. I'll see many of you in Columbus...

Remember to allow extra time to get to Columbus and avoid I-10 east of Hwy 6 this Saturday...

**Stephen Moskowitz**

Team Captain, ConocoPhillips

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