



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:

- 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
- Arrive at the start (See directions) no later than 7:15 am
- NOTE - ALL riders MUST have accepted the on-line waiver to participate.
- Turn in your support fee - \$75 for each rider - a REAL 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
- \$75 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 \$75 support fee is payable the first time you show up for a ride. If possible, please mail your payment in time to arrive the Wednesday prior to your first 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.