

## **2007 BP MS150 Training News - Beginner Week 1**

OK, It's time to start preparing for the 2007 BP MS150...Austin, here we come!!!

Those of you who are not used to my weekly notes yet, I'll go easy on you for the first week or two and won't build up to my extended length notes until you have had time to warm up. The notes will be quite long, especially at the beginning of the season. PLEASE note that I don't include all the details for my health, I include them for YOUR health - that and your peace of mind and to share important details you need to know.

In other words, PLEASE read each note from top to bottom (they usually make more sense in that order!) and save them to refer back to if you have questions. Please DON'T forward these notes to your friends. We can't squeeze in any riders who have not registered for our rides and everyone who has registered should be getting their own copy of this note.

Those of you who are out of town, these notes include useful information for planning your parallel training as well as important ride details and safety tips.

This week, I will cover the following:

- Who this note went to
- Reminder - Mail Payment by Jan 22
- Beginner Ride Series
- Explanation: Fees and sign-in Process
- Upcoming Events

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### **Who this note went to**

This note is being sent to all riders on core teams who have already completed the 2007 registration form and waiver\*. If you are receiving this note directly from me (NOT forwarded from another rider), you are ready for the 2007 training series.

\* - The only riders who signed up who did not get this note are the ones not on our core teams or who entered an invalid or no e-mail address when they signed up. I will be reviewing their forms and explanations this week.

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### **Reminder - Mail Payment by Jan 22**

If you have not yet sent your \$65 fee, it would be great if you could mail your payment (payable to the ConocoPhillips Bike Club) ASAP to me at:

Stephen Moskowitz  
11027 Holworth  
Houston, TX 77072

PLEASE note that if you don't mail your payment by Jan 22, the fee goes up \$10 to \$75. This is because it is a LOT harder to collect and process payments once we start riding. Any extra fees

collected will go towards my MS fund-raising so I shouldn't be encouraging you to pay early but I REALLY want to finish the accounting work as soon as possible.

My daughter is eagerly checking the mailbox daily, alphabetizing your checks, stamping them for deposit, and sharing all your wonderful notes with me. She heads back to Austin this Friday so I REALLY want you to mail your checks before I have to start opening all my mail! Mailing your payment will make things a lot easier for all of us, especially at the first rides when MANY riders wait in a LONG line to pay.

Hopefully, all of you will mail your payment before Jan 22 - PLEASE!!!

Several of you asked if I received your checks yet as they had not cleared the bank. I held all 2007 checks until this past Monday as MSMoney makes it easier to see our income and expenses if I limit all deposits and checks to the calendar year in which the ride occurs. I deposited all checks received as of 1/6/07 on Mon, 1/8.

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**Beginner Ride Series**

Before we actually start our training series, Margaret Shelton has organized a mini series of two rides for beginning riders. These rides are short - 14 and 20+ miles and are designed to help new riders get some miles in the saddle and learn to ride safely in a group. Each ride is an out and back route with a stop at a convenience store. Bring snacks and water bottles and \$ to refill at the break point.

Experienced riders should only come if you are willing to help mentor the beginners and ride at their speeds. These rides are clearly aimed at getting our beginners ready for our first training ride and are NOT intended to give any of us veterans a head start.

Margaret has lots of help from Aaron Jacks, captain of the Old School Cycling Team as well as Rebecca Nelson and the Pappa's Posse.

Here is the full scoop on the beginner rides (including directions to the starts) directly from Margaret...

The novice training rides are designed for new cyclists and cyclists not yet used to large groups -- with support from seasoned cyclists as mentors

**Objectives:**

- Making folks feel welcome into our training group
- Giving folks a chance to meet other new cyclists and seasoned cyclists
- Providing some safety training
- Initiating guidance about possible hazards while cycling
- Discussing training tips
- Handing out a welcome packet
- Practicing riding in groups
- Knowing that you can do organized rides with multitudes of other cyclists

Riders should bring liquids for the first leg of the ride  
We will have maps at each ride  
We will have SAG drivers for each ride

We will have a mid way rest stop

Two rides are planned. Aaron Jacks and I will be together at each of them.

Aaron is the cute tall guy

Margaret is the long silvery haired gal

I will plan to be at the start by 7 am – just in case eager folks show up very early!

Support from:

Margaret Shelton - mentor extraordinaire & pre-season saint (regular season saint as well!)

Old School Cycling, Aaron Jacks + team

Pappa's Posse, Rebecca Nelson + team

West End Wranglers

### **January 13 - Sat**

Brookshire to Fulshear and return – about 14 miles total – 359 south and return

7:30 – 7:45 am Sign in at the Texas Department of Human Resource Services parking lot

I10 west to the 1st Brookshire exit to hwy 359, turn left at the light, go about ¾ of a mile, large parking lot on left

7:45-8:30 am [more or less] welcome, safety, questions/answers before leaving south on 359

Facilities: None at the start (there is a Phillips station back at I-10 with really new restrooms and great coffee/drinks)

Riders can use the rest rooms and buy snacks and more liquids at the Fulshear turnaround.

### **January 20 - Sat**

Royal High School to Monaville and return – about 22 miles -- 359 north and return

7:30 – 7:45 am Sign in at the Royal High School parking lot

I10 west to 1st Brookshire exit to Hwy 359, turn right, go to light, turn left, go to 2nd light, turn right, go over RR tracks

Turn right at the school complex, go past the elementary school,

Turn right to high school parking lot at back of school

7:45-8:30 am [more or less] welcome, safety, questions/answers before leaving north to 359

Facilities: there are restrooms in a building on the property

Riders can buy snacks and more liquids at the Monaville store!

### **January 27 - Sat**

The training series begins!

I will leave with the "new cyclists" after the general group leaves [if anyone needs a familiar face to ride with!]

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### **Reminder - Set Up Your Carpools Now!**

When we kicked off the season, we analyzed our expected attendance and agreed to let all of you participate as long as EVERYONE except the weekly volunteer support agreed to carpool.

I CAN'T help with carpools but you can each do this. Your first resource to do this is your network of riders from your team. Please talk to your team captains (except ConocoPhillips - Me) and other riders you know from previous years.

Another EXCELLENT resource is a forum that Peter Martin set up to allow you to find other riders to carpool with as well as other cycling notes. Go to this link:  
<http://pub24.bravenet.com/forum/show.php?usernum=2000958103&cpv=1>

I see at least 15-20 carpool notes there this morning. If you don't find one, post your own note. You should include your neighborhood in the subject line - the more details you put out there, the easier it is to get together.

The next option is to locate a parking lot in your area and plan to meet a group to car pool from there. PLEASE check with the owners FIRST! Many Starbucks and other places are fine with this as long as you patronize the location (if it's open) and park at the far side of the lot. Find a location and post a note to meet other riders there. Be sure to confirm some are meeting you so you aren't abandoned.

Once you get the carpool established, it's easier to keep going. Carpools with 3 or more allow back-up plans since we're not all riding on all the same weeks.

This is really important as we will NOT all fit into many of the small communities where we will be riding. The local residents really appreciate it if we make every reasonable effort to minimize our impact.

Carpooling also makes the drives to/from the rides more fun!

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**Explanation: Fees and sign-in Process**

Several of you asked if you have to pay for each ride and do you have to register or RSVP for each ride.

The \$65 fee (\$75 if mailed after 1/22 or turned in at the training rides) covers the whole series. This is quite a bargain!

There is no RSVP process for each ride. You simply show up (with your carpool!) and sign in. This year, you will be required to sign in and get a wrist band that will be used at the start and rest stops to confirm we don't have riders sneaking in. Each week, you will need to sign in and get a different wrist band specific to that week.

**IMPORTANT REMINDER** - Hopefully, you will PLEASE remember to sign out when you complete your ride. This is important so we know who is out on the roads and who is done.

I go through the sign-in list at 2 am Sunday morning and call anyone who didn't initial the finished column to make sure they finished...

...I wait until 2 am to be sure most riders are home when I call!:-)

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## **Upcoming Events**

### **2007 Kick-Off Party - Jan 27**

Mark your 2007 calendars for the BP MS 150 Kick-Off Party on Saturday, Jan. 27, at Sam Houston Race Park. We'll start with a safety cycling clinic at 3 p.m., followed by the party and informative cycling sessions from 5 to 8 p.m.

NOTE that safety clinic from 3-5 pm. This is limited to 100 riders but is a VERY valuable class. Riders who registered for the BP MS150 should have a note in your inbox yesterday w/ info on how to RSVP. Better act fast - this is a GREAT opportunity!!!

Next week, look for more news about the training series itself. Please remember to mail your payment if you have not already done so.

I'll see some of you on the road Sunday at the marathon and half marathon. I'll be the really slow guy in the back trying to keep up with Jan Cohen and Sandra Cornelius for 13.1 miles...

See y'all soon!!!

**Stephen Moskowitz**

Team Captain, ConocoPhillips

281 293-2599

[steve.e.moskowitz@conocophillips.com](mailto:steve.e.moskowitz@conocophillips.com)