

## **URGENT - BP MS150 Ride #2 Update**

FLASH - This news just in...

**There is another group that is also approved for a start at Seven Lakes High School tomorrow!** The core group is Chevron plus some riders from ExxonMobil, BMC Software and several other teams. They are starting at 8:30 am.

What this means for us:

- You need to arrive no later than 7:15 am - 7:00 am if you have not paid your training fee yet.
- Volunteers, food & water should please arrive by 6:45 am
- I will start the pre-ride announcements at 7:50 am
- The 21+ mph riders will be on the road by 8:00 am

- You MUST carpool (unless you are a volunteer)

Remember, carpools can meet at locations along the way, not just near your home

Check out the carpool forum -

<http://pub24.bravenet.com/forum/show.php?usernum=2000958103&cpv=1>

If you don't see any potential carpools, post your own listing

Business along I-10 that we have used in the past:

- Starbucks: Dairy Ashford & Memorial, Town & Country, Hwy 6 & Memorial, I-10 & Kirkwood, Fry Rd just north of I-10

- Panera Bread: Memorial City, Hwy 6 just north of Westheimer, I-10 at Fry Rd.

The rest of the message below is the same as I sent Wednesday. I have included it for the benefit of a few riders who signed up late. Marshall and most of the rest of you can stop reading now...

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Here are the items to cover in today's news:

- **Training Ride #2 - West of West of West Oaks**
- **Coming Out Party - New Website!!!**
- **Safety Corner - Group Ride Etiquette**
- **Free Fun, Free Food!**
- **Volunteer Opportunity**
- **General Ride Information**
- **Fashion Tips - Cold Weather Wear**

Away we go...

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- **Training Ride #2 - West of West of West Oaks**

This week, we are keeping with our early theme of rides close to town, moderate distance and nothing that resembles a hill. The short route is 33 miles and the long is about 51.

We have a challenge to work around this year because the bridge on FM-1093 across the Brazos River is currently closed for repairs. We never realized how many of the long routes on our early

rides cross this bridge. Therefore, if the next couple of rides look remotely like an out & back route, it is just a temporary issue that will not look the same next year...

This week, our ride starts at a new location - Seven Lakes High School, 9251 South Fry Rd. Some mapping programs may not have this in their database yet but Google Maps has a good aerial shot of the school and BP rider and porta-let expert, Todd Hauser lives nearby and has confirmed it really is there! The online map info is slightly out of date but will be updated shortly - the route out of the school needs to be updated but the right map does exist. (See more about the online below)

Directions from North, South and East of the school.

- From I-10 take Hwy 99 / Grand Parkway south. Exit Fry Road and turn right (west) at the Home Depot. Follow Fry Road for ~2 miles to Seven Lakes HS (SLHS). Entrance is ~0.1 mile straight past the stop sign at Katy Gaston Rd.
- From Sugarland, take Hwy 99 / Grand Parkway north. Left on FM-1093 ~1 mile, then right (45 degree turn right) onto Katy Gaston Rd ~1 mile to SLHS.
- If on Westpark Tollway, continue west over Hwy 99 / Grand Parkway. Right (45 degree turn north) onto Katy Gaston Rd ~1 mile to SLHS.

Those of you who are veterans will be very glad to hear that **Smart Drinks** will be back this week! **Smart Drinks** has several way cool vans that have been outfitted with state of the art coffee making and smoothie making eqpt. They also have some subtle graphics on the vans. The most amazing thing is you can walk up immediately before or after the ride, order a coffee, cappuccino or smoothie, pay, and then, enjoy a really GREAT drink right on the spot!!! Highly recommended but PLEASE be sure they keep a little bananas and strawberries for when I finish riding - I'm not expecting any flats this week but I will be the last rider to start...

**Thanks to...**

Our volunteers this week come from **BP, Shell, and Marathon**. Looks like we'll have another GREAT crew. Be sure to thank all our volunteers. Volunteers, be sure to hit the Smart Drinks van before or after the ride for your drink - they will have a list and know who to expect.

A BIG thanks goes out to the **Coca Cola Minute Maid** Team. They have donated all the **Powerade** and all the **Minute Maid** juice pouches for the season. We'll start the Minute Maid next week but the **Powerade** is already a hit.

They also provided a bunch of really cool new **Powerade** 10 gallon coolers - these coolers are square and a lot more compact than the traditional round cooler. I'm trying to buy more to use for all our liquid - these things are compact, easier to handle, have a locking lid, and can stack. WAY TO GO!

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**- Coming Out Party - New Website!!!**

NEWS FLASH!!!! No more pop-ups!!!

That's right, we're ready to unveil the new ConocoPhillips Bike Club Website!!!

Everyone needs to take a moment to delete the old site from your favorites list and head to the new site. The new site should be easier to remember - it is...

**[www.conocophillipsbikeclub.org](http://www.conocophillipsbikeclub.org)**

You will see all the old favorite links such as the carpool forum and the online bike exchange on the left side but WON'T see those irritating pop-ups any more. Be sure to add the new site to your Favorites list.

A BIG, BIG THANKS to Aaron Jacks for his hard work getting the new site ready and for hosting it and to Peter Martin for his tireless work setting up and maintaining the old site for all these years and for a lot of help with the transition.

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**- Safety Corner - Group Ride Etiquette**

I know that this is a repeat feature from last week but the weather scared a lot of riders off last week and this is a VERY important cycling skill to master. PLEASE read this item again - we will be focusing on this as it is one of the MOST important things you can do to ensure you have a fun, safe ride to Austin.

Since we are beginning our group rides, I want to talk about some group ride issues/considerations.

Please remember these key tips about a group ride.

**Do's**

- Ride smoothly and predictably
- Communicate - BOTH ways, call hazards, call when passing and listen to others
- Ride your ride at your pace
- Listen and respect the Ride Marshals, Medics and HPD officers - they are looking out for our safety
- Ride single file or max 2 abreast if on a wide shoulder or a road that is closed to regular vehicular traffic
- Enjoy the ride - Remember that this is a fund-raiser to find a cure for MS, not a race!

**Don'ts**

- Cross over the center stripe
- Pass on the right
- Overlap the wheel of the rider in front of you
- Ride in pacelines (unless you are very experienced with the general process and the specific group you are riding with)
- Wear headphones (any type) or talk on your cellphone while riding

I will come back to many of these in detail over and over until we are all familiar with the fundamentals of safe riding.

When I worked as a Ride Marshal at the Tour de Pink (GREAT ride, pencil in Sept 9, 2007!), I witnessed two accidents. Neither was major but one may have resulted in a broken collar bone. Both did not involve any rider contact but both were the result of a slower rider being startled when a faster group passed. The slower rider startled, went off the road to the right, and fell when trying to get back on the road. Here are some details about how to make a safe, courteous pass.

Passing on a bicycle is a two-way event. The passer and the passee both have a few simple responsibilities that will make the pass safe and friendly.

The passer should:

- Call "Approaching rider" as they get close
- Slow down a bit to allow buffer space for both riders
- Check the road behind to ensure no approaching vehicles
- Call "Passing on left" after the other rider has acknowledged their presence
- Move over to allow enough room, speed up and make the pass
- Allow plenty of room before pulling back in to the right

The passee should:

- Be aware of approaching riders (listen, NO headphones!)
- Acknowledge calls to pass - "Thank You" is a GREAT way to do this!
- Maintain a steady speed and line - don't suddenly slow down or speed up as you are being passed and don't jerk your handle bars.

The process for multiple riders passing is similar with a few extra variations

The passers should do all the above plus:

- Call "Rider(s) Up, slowing!" as they approach
- Double check for approaching traffic - allow more room for multiple riders to pass
- Consolidate to single file if not already there
- The lead rider should call: "Passing on left, 7 riders" or similar to let the passees know what to expect
- The last rider should call: "Last rider" so the group knows you are all past
- Allow extra room before pulling back in so the their line doesn't cut off the passees

The passees should do all the above plus:

- Smoothly consolidate to single file when a group approaches (the lead rider should call "Slowing, Single file")
- Listen for the first and last passers so they know what to expect.

Note that the passers have the responsibility to ease up as they approach and wait for safe conditions to pass. The passees have the responsibility to listen, hold a steady speed and line, and go to single file to make room for the passers to get around.

We will cover these tips in the pre-ride announcements and I expect to see you all practicing this. I also expect to hear a LOT of communicating and "Thank you's" out on the roads this week and for the next three months!

Here is one more group riding tip. A question I received about pacelines.

Q: I've completed several MS150s but never a part of a team. While there have been large groups about, I've never been part of one. The extent of my drafting experience is limited to a group of 3 - and then only sporadically. Will this be covered in the next beginning ride?

A: We recommend against pacelines which is "aggressive" drafting in order to increase speed (unless you are very experienced and know your paceline riders well)

On the other hand, there is an opportunity to ride in a group and practice gentle drafting which does make your work quite a bit easier, especially on windy days. This also makes the ride a lot more fun since it is possible, and probable to meet and visit with other great riders as you go.

The key things to remember are:

1. Allow at least 12-24" between front/back wheels
2. NEVER overlap wheels!
3. Communicate with your group - call hazards, car back, slowing, stopping, turning, standing, etc...
4. Ride steady and predictable
5. Don't ride above your ability - pull off and let the group go if the pace feels too fast

Here are a few more linear thoughts on this topic:

- If a group has trained together, cycling etiquette says to let the slowest rider set the pace on the way to Austin
- The ride is supposed to be fun and it is definitely more fun with a group of friends
- Friends DON'T let friends ride alone...

Hope this makes sense...

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### **- Free Fun, Free Food!**

According to Greg Schindler, the most critical time to replenish your stores is in the minutes after the ride. I can't remember how many minutes (I'm getting old) but it is important to start eating and drinking right after you finish.

Did you know that there is a great opportunity for free food and drinks along with lots of fun a short distance from Seven Lakes High School?

After you finish the ride, remember to sign in, and get your Smart Drink, get onto the Westpark Tollway and head east to the Gessner exit. Turn north (left) on Gessner and then west (left) on Westheimer. Don't stop until you get to the Kroger Signature Store (9919 Westheimer) where you will see the...

### **...2007 ConocoPhillips Rodeo Run Site Registration!!!**

You can pick up your packet if you have already registered or register in person and be eligible to win a Continental Airlines ticket!

The registration will be going on from 9 am to 2 pm. There will be free food and you can bet I'll be heading straight down the Westpark Tollway to get my food after the ride...

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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
- 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.

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#### **- Fashion Tips - Cold Weather Wear**

The weather forecast calls for temperature around 38 when we start warming to 512 in the afternoon. Here are a few notes while you have time to get out to accessorize your cycling wardrobe...

I like to dress in 2-3 light layers above the waist and 2 below

Above the waist,

- I wear a light long-sleeve, high-tech wicking top - skin tight fit
- I wear a long sleeve jersey (with long zipper) over this if it is below 40 degrees
- If it's as cool as the forecast says, I wear a light, Windstopper shell (w/ long zipper) over this
- If I get warm, I can adjust the zippers or take off the shell, roll it up and cram it into a jersey pocket.

Below the waist, I start with my heavier bike shorts

- If it's below 40 and staying there, I put on tights over the shorts
- If it's below 40 and wet, I may substitute water resistant leggings for the tights but this is rare.
- Usually, my legs are working pretty hard and they don't get too cold so one outer layer of tights is usually fine

Beyond these, I bring:

- Stretchy head cover that can cover my head and ears and fit snugly under my helmet
- Light cloves that cover full fingers and can fit under my cycling gloves
- Full hand/finger cloves if it's really cold
- I mix the combinations of gloves depending on how cold it is
- Shoe covers in case it's cold & wet - wet feel are not cool - actually they are but it's a different kind of cool...

As for the color schemes, when it's really cold, I figure my skin may turn blue so I try to stick to clothing shades that go well with this...

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

I'll see many of you at Seven Lakes HS this Saturday. PLEASE arrive by 7:15 am (7:00 am if you have not paid yet), carpool, and stay safe and warm...

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