

2007 BP MS150 Training Ride #5 - New Waverly, Feb 24 or 25, 8:00 am

Last week, 576 riders signed in and almost all of you signed out! You are getting better at remembering.

I also appreciate that every rider who signed in was either paid up or paid at the ride. Don't forget that the fee to pay at the ride is \$85, payable to the ConocoPhillips Bike Club. Be sure to include the name(s) of the riders the payment covers and, for cash, seal it in an envelope w/ the names inside and out, before you come to the ride.

Note that this is our atypical weekend because Saturday is also the 2007 ConocoPhillips Rodeo Run. You have a choice to ride, run, or volunteer on Saturday and, if you volunteer or run Saturday, join the make-up ride Sunday.

This week, we continue our forays out into the hills with one of our trips out to the north side of town. We'll be starting in New Waverly and riding up to the south edge of Huntsville. Note that this week only, you can ride Saturday or Sunday - see more details below...

This is one of our longest drives to the start of the ride so everyone needs to leave early enough to allow plenty of time to park and get going.

Remember - We are going to a small town so you need to carpool! This is critical...

Today, I will cover:

- **MS 150 Training Series - Ride 5 - New Waverly, Feb 24 or 25, 8:00 am**
- **Reminder - Support the Local Businesses**
- **Lost & Found**
- **Bike Inspections have Started**
- **Important: Rider Transfers Not Allowed!**
- **What's happening at Bicycle World and Fitness**
- **Special Opportunity - Cycling Clinic for Riders 17 & Under (Act Fast!)**
- **Weather Reminder**

OK, let's get going...

MS 150 Training Series - Ride 5 - New Waverly, Feb 24 or 25, 8:00 am

You read that correct - this week only, we are offering the same ride on Saturday or Sunday but, this is not a double ride weekend unless you are volunteering - read on...

Many of us will be running or volunteering at the 2006 ConocoPhillips Rodeo Run this Saturday so each year, on the Rodeo Run weekend, we offer the same ride both days. If you are participating in the Rodeo Run or volunteering to support the ride on Saturday, please feel free to join us on Sunday.

Sunday will not offer as large an assortment of snacks and the support crew is smaller since we historically have 150-175 riders on the Sunday ride.

Now that the winter seems to be over, we'll head north for a change of scenery. You will see that we are entering the east Texas pine forest country.

This ride ranges from rolling to challenging. It is a good progression from last week. Our mileage increases to approximately 34 or 52 miles. The summary on the Training page online is off but the map has the mileage correct.

Please note that you should limit pace line practice to the gently rolling sections on the first two legs of this ride. The final stretch is definitely challenging and we all climb and descend at different rates so spread out in the hills and allow more room to anticipate the rider in front slowing and/or weaving as they climb and descend.

Please also remember to stick to single file, respect other riders and local traffic and use effective communications when passing or being passed.

The long and short routes are basically large triangles. The first two legs are mostly gently rolling with a few modest climbs. The final leg for both is alongside I-45. This leg offers a "roller-coaster" ride according to noted local expert, Marshall Cohen. This stretch of road was one of Marshall's favorites in his youth.

The toughest part of this ride is a tough climb shortly before the long ride rejoins the short route. Just as you get to the top of the hill, look for the "Hospital" sign on your right. None of our riders have ever needed to make a stop at this hospital but a few thought they might while climbing this stretch!

Please note the right turn on West Hills Drive to bypass around the shopping areas on the long route just before I-45. Greg Schindler's map (w/ profiles!) has a good detail inset on this area. Please take a look at the map and note this bypass. We will have a volunteer at the turn but make a mental note that you will be turning before you get to I-45.

The long and short rides split up at the very beginning so please pay attention as we will send the groups out separately!

Directions to the start of the ride:

We are starting at the New Waverly ISD Track Field, 9434 Highway 75 South, New Waverly, TX 77358. (Note - MapQuest still can't find this address - it shows the track north of 1375 so please follow the directions below.)

Take I-45 north to exit 102. Go east (right) to New Waverly on FM-1375. Turn right in New Waverly on Highway 75 South. The parking lot is about a mile outside of town on the right past the public library. There is a school just past the track facility

NOTE - New Waverly is about 15-20 miles north of Conroe so allow plenty of time to get to the start.

Reminder - Support the Local Businesses

After the ride, I-45 is usually pretty busy. I suggest grabbing a bite in town before getting on I-45 for the drive home. Greg Schindler says this is the optimal reloading time after your ride and the local communities appreciate it when we stop for a bite before we leave town.

Also, don't forget the outlet mall in Conroe right on your way home. This ride is my week to make an annual pilgrimage to the Nike Outlet in Conroe to see if there are any shoe bargains and to pick up socks, bags, etc.

Lost & Found

Q: Do we have a lost & found?

A: Yes!

I can't actively manage this but I do have a small grocery bag full of items turned in. You should come look for the bag under one of the sign-in tables. Please ONLY take items you lost!

Items turned in so far include a bike computer and 4.5 pairs of gloves.

I won't be at the ride this Saturday but will bring the bag again next Saturday, Mar 3.

Bike Inspections have Started

When your riders have their bikes inspected at an Official Bike Store, any labor done during the weekend of the BP MS 150 will be free. You must receive a bike inspection sticker for your bike to qualify for free maintenance. We highly encourage you to get all of your riders' bikes inspected as we'll consider this for the safety award.

Inspections are currently free; after April 14, there will be a \$10 charge for bike inspections.

List of Official Bike Stores

http://www.ms150.org/ms150/riding/official_bike_stores.cfm

Important: Rider Transfers Not Allowed!

As stated on the rider registration form and in previous communications, the MS CANNOT transfer registrations from one rider to another if they are unable to ride.

Many of you have asked about this and I have heard some of you making plans to transfer your registration. Unfortunately, this is not permitted.

The MS accepts 13,000 riders but, past experience has told them that at least 1,000 riders will cancel through the normal attrition process. The MS staff has met with Texas Dept of Transportation (TxDOT) and they agreed to cap the actual riders at about 12,000 so, for safety reasons, you are not permitted to transfer your registration.

PLEASE honor this requirement so we are all safe and you will have an opportunity to participate in a future BP MS150 when your schedule allows.

What's happening at Bicycle World and Fitness

MS150 Inspections

If you are planning to ride in the 2007 MS150, the inspection stickers are here! Please plan to drop your bike off to get it inspected at either the Dairy Ashford or West U locations (www.bicycleworldandfitness.com). The earlier, the less wait than later as the ride approaches.

Bike Safety Classes

This Saturday, February 24, there will be two Bike Safety Classes. There is a class is from 9am-12 and another class from 1pm-4pm. Please call to 281-556-0923 to register. These classes are at the Dairy Ashford Location only with a limit to 20 people per class.

Bicycle World and Fitness Sunday Road Rides

Starting this Sunday, February 25, at 8am, we will be starting our Sunday Road Rides. This Sunday, we will be starting from Royal High School off of 359 just north of Brookshire. The ride will be a 25 mile ride will all paces from 14mph and up will be welcome. While we will have a few people there to help if needed, this is a self supported ride, so please be prepared.

Rides During the Week

Also Ryan and the guys at Bicycle World and Fitness at Dairy Ashford will be starting up regular rides during the week now that the weather is warming up:

Tuesday 7:30am roll out from shop road ride

Wednesday 7:30am Roll out from the shop Mountain Bike Ride

Thursday 7:30am Roll Out from the shop Road Ride.

Distances and Times will vary. We have to open the shop at 10am.

Special Opportunity - Cycling Clinic for Riders 17 & Under (Act Fast!)

Here is a special opportunity for riders 17 and under and their parents to participate in a free cycling clinic. You better act fast as this one WILL fill up probably in the next day or two...

Host:

Amigos - Friends Against MS

Location:

Bear Creek Park Community Center
3055 Bear Creek Drive, Houston, TX

When:

Sunday, March 11, 2:00pm

Phone:

713-526-8967

Amigos,

Join us for the first ever "Hands On" Amigos Cycling Clinic designed especially for you! Of course, your parents can join the adult version that will be held at the same time as yours. This is only for riders 17 and under and a parent. Please RSVP by March 1. There is no charge to participate in this event thanks to MI-SWACO and Bike Houston.

Don't forget to bring your Bike and gear to ride!
A parent or guardian must be present during the Clinic

For directions visit:

Bear Creek's Website: <http://www.pct3.hctx.net/ccBearCreek/>
or our website: <http://www.ms150.org/ms150/riding/amigos.cfm>

For Questions:

email: ajeane@nmsslonestar.org or call 713-526-8962, press 2 and ask for Aaron Jean

THIS IS THE FIRST DAY OF DAYLIGHT SAVINGS TIME, SO WATCH THE TIME:)

Special thanks to H-GAC's Dan Raine and Bike Houston's LAB League Certified Instructors for volunteering their expertise.

We will provide water, bring snacks!

Weather Reminder

The forecast looks like we may avoid any rain Saturday or Sunday morning but we're not into the woods yet...(we will be into the woods this weekend)

In case of bad weather check Bike Club messages @ 281-293-2931 I will check the forecast at 4:30 and, if there is any severe weather, update the bike club line.

Don't forget that you can see this message, all my "greatest hits" and find carpools, great used bikes, etc at our club website:

<http://members.tripod.com/arcc2/ConocoBikeClub.htm>

I'll see many of you at the ConocoPhillips Rodeo Run Saturday and in New Waverly Sunday...

Stephen Moskowitz

Team Captain, ConocoPhillips

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