

**Subject:** 2010 BP MS150 Training Series - Ride 4 Feedback  
**From:** "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>  
**Date:** Sun, 14 Feb 2010 12:15:43 -0600  
**To:** Undisclosed recipients;

Saturday's ride was a first on several accounts...

It was the first time, in our four weeks of official training rides, that the weather on Saturday was not the best weather of the weekend. Sure, it was miserable on Saturday two weeks ago but it was even miserabler the Sunday after as wet was added to the cold and wind. Today is exactly what the weather dudes had forecast yesterday would be like cool and sunny at 8:00 and getting better by the minute. The weather yesterday did keep many of you home but 624 of you did come out and enjoy a GREAT ride!

This was also the first time we partnered with Faith West Academy. This could be the start of something big... They did a LOT of planning up front and had a LOT of enthusiastic volunteers on hand yesterday to pull off an outstanding ride. The routes were well supported, there was a LOT of choices at every rest stop and the route signage was the best I have seen. Due to the cold weather, they had LOTS of hamburger supplies so, those of you who did remember to come sign out were treated to free burgers, chips, cookies and drinks after the ride.

And there was one more first...

...I'm pretty sure this was the first time I GAINED WEIGHT ON A TRAINING RIDE!!!

Did I mention all the home baked brownies at each rest stop? The really soft ones at stop 2 or the other soft ones with chocolate chunks they put out when the first ones got low? Did I mention the ones at RS 4 that were so soft they had to put them in baggies and that they turned into really chewy chocolate dough when left in your back pocket (in the baggie) for 18 miles? I'm pretty sure I didn't mention the really thick soft brownies the ride director baked and forgot were in her back seat - she cut me two brownies to take home and enjoy later. One is gone and one is waiting for tonight...

I'm not back to my June '09 weight but I'm pretty sure I must have gained some weight yesterday. One of the great things about a ride hosted by a school is all the home baked goods the parents make. This is a ride you DON'T want to miss next year!

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#### **Ride Feedback - Keep it Coming (via official feedback form)**

Several of you sent me feedback about the ride as well as thoughts about the Puddle for the Ducks ride the week before. That reminded me that the MS (and I) want your feedback on their recommended rides. Those of you who are not participating in the training series or who are looking for a second ride on the weekend can get information on all the rides at the link below. Please note that you can provide feedback on each recommended ride you attend at the Survey link included in the ride listing. It is very helpful to the ride organizers to get feedback, negative and positive on their ride.

Here is the link to see all the MS Recommended Rides and to provide feedback:

<http://www.nationalmssociety.org/chapters/bp-ms-150/ride-information/recommended-rides/index.aspx>

I am meeting with the ride organizers for the Puddle for the Ducks this week and I do have several areas of improvement to share with them based on my observations and reinforced by your feedback. This includes:

1. More Porta-Lets
2. More and smaller waves at the start to reduce congestion
3. More snacks and more variety of snacks
4. More visible SAGS (they actually had plenty but they were not well marked)
5. Rider/Flow control at the rest stops
6. More signage

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### **FAQ - Why do we partner with some rides?**

In the past, we planned all our rides on our own but, as the BP MS150 has grown in popularity, so has the need to get out on the weekends and train. This has put a lot of demand on the local communities and local roads as thousands of Houstonians head to the nearby communities to train. Because we start planning our series very early, we had the option to reserve early ride dates in Katy and nearby communities but this would have wreaked havoc with the official MS Recommended Ride scheduled on the same date so we decided that, if we did not feel there was an option to avoid a route conflict, we would approach a recommended ride and offer to partner and provide guidance and logistical assistance if they would meet criteria we have for our rides.

This does result in a few larger rides but, if the ride uses the wave start properly and has enough support, this is not a problem. It does offer our riders a chance to get a feel for what the actual BP MS150 will be like when they are riding among riders who go through our extensive ride/safety/etiquette training as well as some foolish yahoos who don't seem to have a clue how to ride in a group.

This approach also reduces the strain on local communities and reduces conflicts between our large group and the Recommended Rides.

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### **Volunteers Needed - Training Series**

Most of you probably know that our training series is supported by the excellent volunteer efforts of the teams who plan and participate in the series. Each team is responsible for helping on three rides during the season. Some of our teams consistently send me more volunteers than their target and others struggle to get volunteers.

Please take a moment to check with the volunteer coordinator for your team and see what dates you are scheduled to help. We need rest stop volunteers as well as SAG drivers every week. Most teams also have 2-4 riders who volunteer as Water Wizards. All you need to do is bring a truck, SUV or mini-van with room to carry 4-6 water coolers. Wait after the ride to get the coolers (not the same ones, just the same quantity), take them home and clean them and bring them back to the next ride (an hour early) clean and with 8 gallons of tap water in each cooler. This job is critical but it's also easy and you still get to ride.

I want to brag on my ConocoPhillips riders - We need about 70-80 volunteers to cover all the training series activities and I had over 250 offer to help this year! I have a waiting list of volunteers!

Please put your team captain in the same place and offer to help. This way, they can send me their volunteer lists on time and not lose sleep on whether the team will be invited to participate in the 2011 Training Series.

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### **Volunteers Needed - ConocoPhillips Rodeo Run, Feb 27**

The ConocoPhillips Rodeo Run is just 13 days away - Saturday, Feb 27. Note that we are riding on Sunday, Feb 28 that weekend. That means that those of you who are not running the 10k or 5k or doing the 5k walk have some spare time and I have some GREAT opportunities for you to volunteer.

Here is what we need...

#### **Green Team**

Help place the regular and recycling containers in the post race party area, place identifying stickers on the recycling containers and help the participants to note which container is which. This is our first year and we recognize that it will take a few cycles to get runners accustomed to the multiple waste stream idea so we want an enthusiastic team to help make the first year effort visible and share notes after the event to have a good idea how to improve this for 2011.

**Movers and Shakers (5k and 10k)**

At the finish line for each event (there are two finish lines at opposite ends of the block), the Movers and Shakers greet the runners as they finish, shake some hands, congratulate them on how well they did and keep them moving through the finish line area and onto the post race party.

**Rave Routers/Road Guards**

Most of these volunteers are posted along the route letting runners know about turns on the course, 5k/10k merge points, etc. A few are stationed at intersections not to control traffic but to ensure the drivers are aware of the event in progress and the runners are safe.

ConocoPhillips employees can click the link below to volunteer.

<http://corpapps.conocophillips.net/VolReg/Main/Signup.aspx?event=2010COPRR&initialized=true>

The rest of you should please drop me a note ASAP. The work is fun and helps provide college scholarships to Houston area kids.

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Training Series Enrollment Closes at 11:59:59 pm on Tuesday, Feb 16.

Please note that enrollment for the training series ends this Tuesday, Feb 16. Please DON'T pass this news to any riders who are not members of our core teams that support the series but if you know someone who was on the fence, they need to commit now.

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OK, that's plenty of feedback for today. Everyone have a great week and I'll see many of you up north (Willis) for something completely new next Saturday...

Thanks!

**Stephen Moskowitz**

Team Captain, ConocoPhillips

281 293-2599

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

<http://www.conocophillipsbikeclub.org>