

Subject: 2010 BP MS150 Training Series - Ride 7 Update
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Date: Fri, 5 Mar 2010 06:07:57 -0600
To: Undisclosed recipients;

Let me open this brief update with a REALLY useful safety tip...
...Start drinking today!!!

The #1 medical treatment issue at the BP MS150, year after year, is dehydration. I have been on the Safety Committee since it was started so I can confirm that this is the case - when we get a high level wrap-up report, this has always been the #1 issue by a large measure.

That means you need to drink plenty on the ride but it's just as important that you are well hydrated before you ever start. You really want to be drinking plenty all the time but if you have a hard time remembering, put a reminder in your calendar for the next seven weeks to drink several times a day. We're talking mostly water here!

Sign-in Update

The sign-in lists are printed and labeled and ready to go. Here is the breakdown for the six paid sign-in lists:

1. A - Collins
2. Colmenares - Green, Gavin
3. Green, Mike - Leach
4. Leal - Nguyen, Quynh
5. Nguyen, Tanya - Shapiro
6. Sharemet - Z

The sign-in lists will be in the pavilion towards the back of the park. They will be on three tables, two to a table as usual. We'll spread the tables out so there is plenty of room to exit the line after you sign in.

Reminder - Allow plenty of time to get to Columbus!

Remember, this is one of our longest drives of the year. Many of you will need to park in the large front parking area so please allow plenty of time to arrive, park, get ready, come to the back and sign in, optionally use the restroom and/or get a hot coffee (Smartdrinks) and get in line to hear the pre-ride notes and get going. There is one way in/out of the park and traffic will back up so if you arrive late, you can expect a very stressful morning and you may be turned away from the park if you arrive after we are lining up on the road to get started.

Please arrive no later than 7:15 in order to have time to get in, park, etc.

Pre-Ride Notes

Please note that there is a short climb as we exit the park and there will be a police officer at the park entry to stop traffic as each of our waves departs. We will send you out in at least 8-10 waves so there will be breaks between waves to let the traffic come through. I will work closely with our Ride Marshals and the police officer but you need to be prepared to stop on an incline if the officer directs you to do so.

After each wave departs, there will be traffic backed up waiting to come through so you need to ride single file as soon as you pull out of the park and head into Columbus. You will be single file all the way to Brune's Mill Rd where a police officer will be controlling traffic as we turn off FM-109. Brune's Mill is a fairly quiet local road so you can ride two abreast but you do need to remember our group ride etiquette and don't ride two abreast until the riders are well spaced out and there is very little need to pass.

Here's a hint - if you like to ride two abreast, start in the last group. There will be very few riders who may need to pass until later in the ride so you can visit once we are spread out and on the quiet local roads. We won't be on any roads where more than two abreast is OK so please don't spread across the road and be mindful of riders who want to pass. Be patient if you are passing and be careful and communicative on Brune's Mill where you will have delightful rolling roads with some bumpy patches.

The weather report I saw called for partly cloudy with a low in the upper 40's climbing to 70 degrees plus or minus. A perfect cycling day other than how cloudy it may be. Be sure to apply sunscreen early and bring along some to reapply - you may spend some time on the roads. This is also a day when arm warmers are perfect for the cool start and quickly get rolled up and go in your back pocket at Rest Stop 1. If you bring more clothing and give it to a volunteer, please remember to claim it after the ride.

I'll see many of you in Columbus tomorrow...

Thanks!

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