

**Subject:** 2010 BP MS150 Training Series - Focus Note: Ride Day Overview  
**From:** "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>  
**Date:** Thu, 21 Jan 2010 05:33:28 -0600  
**To:** Undisclosed recipients;

**OK, MY BAD...**

...In my haste to get the ride note out yesterday, I missed an important update...

**...WE WILL BE DEPARTING FROM KATY MILLS AT 7:30 AM this Saturday!!!**

This means you want to arrive by 6:30 am. Sun & Ski will be open for us at 6:00 am so you can come in for anything you need before the ride.

Now, on to the real topic of this note - the ride day overview - what to expect on ride day for the next 12 weeks...

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Since we start our official training series this week, I wanted to give you an overview of what to expect on the day of the ride.

**Actually, let's start the night before...**

...If you are not already doing this, you should get into the habit of getting all your clothes, drinks, snacks, etc. ready the night before our ride. For many years, I used one of those plastic mesh swim bags - I put the clothes I was going to ride in next to the bag and my shoes, helmet, gloves, sport gel, etc in the bag. The handle broke two years ago so I got a real bike bag. As I already noted in the Winter Wear note, this was a GREAT move! The bag has multiple specialized and general compartments for shoes, helmet, etc. I leave my basic items in the bag all the time and pack the specific weekly items I need on Friday night.

Here's another tip - get your drinks ready Friday night. If it's going to be cool, I just mix up a sport drink and a water and put them in the fridge. If it's warm, I make a full bottle of sport drink and half a bottle of water and put them in the freezer. Then, I put the tops to my bottles ON TOP of my car keys by the door. This ensures that I don't forget my drinks in the morning. I top off the water bottle in the morning so the water is mostly melted but cold when we start and the sports drink melts as we ride - it's really great when it's cold and slushy on a warm day!

Oh yes, don't forget to set your alarm clock!

**Saturday morning will look like this...**

Wake up and get a good breakfast. I'm not going to tell you what to eat but you don't want to ride on an empty tank. There are quite a few good articles on nutrition as well as many experienced riders on each of your teams. Experiment (within reason) if you are new - there are general guidelines but we're each a little different.

Load your bike (fill the tires w/ air in the morning or bring your pump with you) - if you have to remove the front tire, put it in the car before loading the bike. I've seen riders arrive without their front tire and the bike is fairly useless w/o it! Then load your clothes, drinks, etc - the ones you packed Friday night. Head out to meet your carpool - be sure to allow time to meet the carpool and load bikes when setting your alarm clock.

Here's a useful carpool tip - if there are no riders in your immediate area, you can arrange to meet somewhere on the way. There are a number of Starbucks, Panera Bread, etc that open at 5:30 or 6:00 on Saturday. If you do business and let them know, they are usually OK with you leaving a car or two - just don't park right in front so customers can come and go while you are gone (this also reduces the chance of door dings...).

**When you arrive at the ride, you will do the following:**

**- ONLY RIDERS WHO ARE ENROLLED WILL BE PERMITTED TO RIDE!**

If you are not on the sign-in list, you are not enrolled and can't ride - NO EXCEPTIONS

I send the weekly notes to all enrolled riders so if you receive this note directly from me - you are enrolled

The cut-off to enroll each week is 11:59:59 pm on Thursday prior to the ride - I need time to download and validate the enrollment.

**- Sign in Process**

For the first three weeks, the sign-in list will be divided into two lists - those of you who are paid and those who aren't. Please read the steps below...

The unpaid sign-in list will be at a separate table where you will need to pay before you can ride

If you have not paid yet, ask where the unpaid table is and proceed to this table with a check for \$115 or \$115 in cash

Please write the full name(s) of each rider the payment covers. If cash, bring in an envelope with the names on the outside

After you pay, the volunteer at the table will issue you a brightly colored Tyvek band that you loop through the FRONT of your helmet

The paid sign-in list will be divided into 6 alphabetical sections: A-De, De-La, etc...

We'll have red pens, use one to initial the started column by your name

All riders who paid up will be on this list.

The first time you sign in this year, please request a Tyvek band from one of the volunteers and loop it through the front of your helmet

Pick up a map - groups only need 1-2 maps to share

**- Sun & Ski Sports** will have expert bike techs at each ride to help with any tweaks/minor repairs

The techs will also be at each rest stop and back at the finish after the ride

**THANKS to Sun & Ski Sports for being our Bike Shop Sponsor for the entire series**

**- Smart Drinks** (optional) - the Smart Drinks van will be at each ride with gourmet coffee, lattes, etc.

**- Pit Stop** (optional) - We'll have 8-12 porta-lets to keep the lines reasonably short (plus rest rooms in Sun & Ski and the mall in weeks 1-3)

**- Get you and your bike ready** (Set your computer to zero miles so it's easy to follow the turns on the map)

**- We don't have water and snacks before the ride** so please bring filled water bottles and pre-ride snacks

**- Come to the starting area and get in line for the start**

We start in waves with the fastest riders going first (this is the "21+" group)

Then we start 19-21, 17-19, 15-17 and under 15. These groups are quite large so they will start in 2-3 waves

If you don't know your average speed yet, start with the last groups at your first ride

If you pass a lot of riders at the beginning of the ride, move up a group next week

If you get passed a lot, move back a group

If you pass or get passed a moderate amount, move up or back within the group you are in

If you pass or get passed very little, you are in the right spot

It is critical for every rider to honor the wave start and figure out the right place to start - this reduces the congestion at the beginning of the ride

**- We'll have some pre-ride route reminders** - it is critical to be at the start and hear these

I am not as tall as I seem - I will be assisted by a heavy duty step-ladder

Speaking of assistance, you will get familiar w/ the Mother of All Megaphones and several relatives!

The sign-in process will quickly become routine and, after we close enrollment, your name should be on the same page each week.

The routes will start short and flat and build up with added miles and hills. There will be a short route and a long route to choose from. The earliest rides are so short that there will be one rest stop on the short route and two on the long route.

The rest stops will have 6-12 porta-lets plus a LARGE selection of snacks and water and sports drink. Be sure to slow and signal well ahead if you are going to stop and don't come to a complete stop at the entry but gradually slow and stop - be predictable so no one clips you and you both take a spill. Please be sure to thank the volunteers - they make these rides possible.

Along the route, we will have plenty of SAG drivers keeping an eye on you. If you need assistance, take your helmet off and wave it to get their attention. The SAGs are volunteers - their primary role is to keep an eye on the riders and provide a lift if you have a problem that can't be fixed and call for assistance if there is an emergency. They should have a tire pump and some may be able to help change a flat but this is a bonus and not required.

You will also see quite a few Ride Marshals on each of our rides. They will be wearing the distinctive red MS150 Ride Marshal jersey. They will help control the waves at our starts and will be coaching you when needed. If you are riding dangerously or rudely, you can expect coaching from a Ride Marshal - please listen and learn from their experience.

When you complete your ride, please remember to initial the Finished column on the sign-in sheet. This lets us know that you have completed your ride. If you forget, I will try to call you later to confirm you are OK. I find that it is best to give you time to get home so the calls will come at 2:00 am on Sunday morning. I get more answered calls at this time of day!

After the ride (except at Katy Mills Mall), Smart Drinks will be there with wonderful smoothies. I highly recommend a classic strawberry banana with a little honey and protein. It's delicious and gets you started on the post-ride recovery.

After the ride, please be sure that to put banana peels, wrappers, etc in the trash and patrol around your car to pick up everything you brought. If it's cold, we may have a lot of bananas left since we have to order a fixed quantity at the beginning of the season. If you know of an agency in your area that can use fresh food, please take bananas. You can also take some for yourself - we can't save them for the next ride - everything else will last.

On the way home, you may want to stop for a meal - especially if it's a long drive. This is another benefit of carpooling - company for lunch! Occasionally, I will mention a spot I know of but if you know some good spots in an area where we will be riding, please drop me a note with details ASAP so I can get these in my weekly notes.

OK, I think we have covered the high points. I will be sending a carpool focus note soon. We start the series at Katy Mills Mall so that those of you who are still working on a carpool have time. There is plenty of parking but we still need to get our carpools set up now before we head out into the countryside to small towns to add some elevation to our rides.

I look forward to seeing many of you this Saturday - watch your inbox for updates...

Thanks!

**Stephen Moskowitz**

Team Captain, ConocoPhillips

281 293-2599

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

<http://www.conocophillipsbikeclub.org>