

Subject: 2010 BP MS150 Training Ride #3 - Puddle for the Ducks, Sat, Feb 6, 7:00 am
From: "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>
Date: Wed, 3 Feb 2010 09:25:35 -0600
To: Undisclosed recipients;

Yes, you read that headline right - 7:00 am Start!

That means arrive between 6:00 and 6:15 or plan on missing the start.

I suspect this is related to being a large ride and the Katy authorities wanting to get us on the road before the traffic starts to pick up in the area.

This week, there are a few changes to our protocol so this note is fairly short to let you focus on the upcoming ride changes

Our short news includes:

- **Ride 2 Wrap-up**
- **2010 BP MS150 Training Series - Ride 3, Puddle for the Ducks - Sun & Ski at Katy Mills - 7:00 am Start**
- **It's ConocoPhillips Rodeo Run Time!**

Time to get reading...

Ride 2 Wrap-up

Wow, what a difference 30 degrees makes...64 degrees at the start of Ride 1 and 34 degrees at Ride 2.

For Ride 1, 1,104 of you signed in to ride...

...for Ride 2, only 492 of you showed up...

...and MANY of you e-mailed me last weekend to say you quit before you started and forgot to sign out!!!

The persistent cold north wind was NOT fun but it did build character and, if you rode, you now have a story you can tell your grandchildren! You can bet that the three layers I wore on my upper body included Smartwool and the Windstopper cycling jacket. I had on thin glove liners under heavy gloves and a pair of heavy cycling tights w/ fleece inside plus heavy Smartwool socks and the Toasties covers over my shoes.

For the most part (98%), I was quite comfortable...

...EXCEPT for the other 2% of my body - my cheeks and jaws - that screamed for ALL my attention on that first brutal leg heading north! The most unusual aspect of the ride was the several minutes it took at the rest stop before my jaw thawed enough to chew some M&M's - Honest!

Hopefully, last Saturday was our miserable ride of the year. I may have to break down and get one of those full face covers for cold, really windy days. It was sure fun coming back though! THANKS to TJ Allen, Randy Kleen and Donna Plewa-Allen for waiting on me and for keeping our speed reasonable - we all were paying our dues last Saturday...

Once again you all did a very good job on the wave start and allowed more room between the waves as well as individual riders. We will continue to work to get better - the weather and (relatively) small turnout helped.

2010 BP MS150 Training Series - Ride 3, Puddle for the Ducks - Sun & Ski at Katy Mills - 7:00 am Start

This coming Saturday, if the weather remains as forecast, we will see one of our largest rides of the

season. There are some special details this week so please read this note carefully and completely, keep it where you can refer back to it and reread as needed.

This Saturday is the first of four Partner rides scheduled during the season. For our partner rides, we work with a local ride to help ensure the planning and support are up to our standards and then, we pay a reduced fee for each of our riders that participates. We don't get the t-shirt or the free lunch* after ride lunch but we do get a well planned and well supported ride.

This week, we are partnering with the Ducks Unlimited "Puddle for the Ducks" bike ride. Ducks Unlimited conserves, restores and manages wetlands and associated habitats for North America's waterfowl. These habitats also benefit other wildlife and people. This is a MS150 Recommended Ride so you should expect a good size crowd and a well planned and supported ride.

* - There will be sausage and buns on a stick plus beer/sodas after the ride this week. You can buy a lunch or, if you want a free meal, see the note further down about the Rodeo Run Registration which is also taking place this Saturday.

Directions to Katy Mills (from in town)

Take I-10 to the Katy Fort Bend exit and make a LEFT turn on Katy Ft Bend Rd. Go to the 2nd street (Katy Mills Dr) and make a RIGHT turn. You will go a few hundred yards to the loop road around the Katy Mills parking - Sun & Ski is straight ahead. Make a left and then turn into any of the parking aisles on the right.

Because we are partnering with the ride, here are some differences to our normal routine you need to be aware of:

- In addition to our riders, there will be many local riders who are not part of our series

This will be a good reality test to see what it will be like on the MS150 when we are riding alongside riders who have not had the safety/etiquette focus we have

Please remember what we have communicated and practiced regarding passing, communicating, being courteous, etc

- We will have our own separate sign-in area

Please enter the mall at the entry just south of Sun & Ski (to the left as you face the store)

Walk down to the mall entry to Sun & Ski (on your right)

We will either be just outside the store or just inside the store by the mall entry

This will allow our riders to line up in the mall to sign in

After you sign in, feel free to go into the store to shop and to use the restrooms in the mall.

I will send a summary of the printed lists again this Friday so you know which line to get in.

- If you ride this Saturday, you need to complete a paper registration form for this ride and turn it in - keep reading...

- Each of you who is paid up by 6:00 pm today (Wed, Feb 3) will receive an e-mail Thursday morning with a ride registration form with your information all filled in

Print this form, sign and date the waiver (or have your guardian do this) and bring it to the ride

If you don't want to receive any communications from Ducks Unlimited, the sponsor, please check the No box on the registration form

Come to our sign-in table and turn in the form (or fill one out if you forgot your copy)

You will be issued a number to wear on the ride this week

After all our riders sign in, I will pay the ride organizers a negotiated rate for our entire block of riders.

- If you still need to pay, you can pay online via www.PayPal.com (\$128).

Send payment to steve.e.moskowitz@conocophillips.com

Please use the PayPal notes field to indicate the rider(s) covered by the payment

Today is too late to mail checks to be credited this week

You can also bring a check (\$125) to the ride

Here are a few more items to note::

- Four ride distance options - 28, 37, 46 or 70 miles!
- LOTS of community volunteers at 5 rest stops!
- LOTS of SAG support!

In addition to our team supporting the 45 mile route, Ducks Unlimited, the MS Society and Red Cross will have SAG teams - one per route
You will be well supported!

The bottom line is allow a little extra time this week and expect a crowd. The weather forecast is 42 to 60 degrees which is MUCH nicer than last week so the riders will be out in large numbers. If you need to buy something, arrive early or, if it can wait, stop in after the ride when the lines will be shorter and there is no rush to get going.

It's ConocoPhillips Rodeo Run Time!

If you have been checking out the calendar, you have noticed that 11 of our 12 rides are on a Saturday. The one exception is Feb 28 when we ride on a Sunday. The reason for this is because the 2010 ConocoPhillips Rodeo Run is coming up on Saturday, Feb 27! Many of you will be running on Saturday and quite a few of us will be involved as volunteers supporting the run.

This Saturday, you have an opportunity to pick up your packet or register for \$22 (the price increases at midnight Saturday) AND enjoy a free meal after the ride!

Registration Director, Marshall Cohen sent the following information...

Aside from bike riding, running and walking are excellent cross-training ways to improve your endurance. Don't miss out on the 23rd annual ConocoPhillips Rodeo Run to be held on Saturday, February 27 in downtown Houston. This 5K/10K event is the second largest running event in Houston and with 1,300 company employees, families and retirees, will attract a record 13,000 participants. The event starts just before the Rodeo Parade and best of all, entry fees are donated to the Houston Livestock Show and Rodeo Educational Fund providing college scholarships to Texas youth.

On Saturday, February 6 from 9 a.m. - 2:00 p.m. at the ConocoPhillips Headquarters at 600 North Dairy Ashford, the event will host a registration and packet pickup. After the bike ride, stop by and sign up for the event while enjoying some pizza and refreshments (while supplies last!). The cost to sign up is \$22 on Saturday and cash, checks and credit cards are accepted. To get to ConocoPhillips, take I-10 and exit either Dairy Ashford or Eldridge. Travel NORTH on either roads and look for the signs. Thank you in advance for your support!

OK, because there is a lot to digest, I won't overload you with more news.

If you are paid up by 6:00 pm today, watch for your personalized registration form in your inbox tomorrow morning. Print it, sign and date it, and be sure to bring it to the ride. I'm going to put my form right on my bike so I don't forget it...

...on 2nd thought, maybe I'll put it on the dashboard of my van Friday night!-)

I will send a short update on Friday with late breaking news and the breakdown of our sign-in lists.

I'll see many of you this Saturday...

Stephen Moskowitz

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<http://www.conocophillipsbikeclub.org>