

Subject: 2010 BP MS150 Training Series - Ride 7, Columbus, Mar 6, 8:00 am
From: "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>
Date: Wed, 3 Mar 2010 10:33:28 -0600
To: Undisclosed recipients;

First of all, I wanted to say "THANK YOU!" to all of you who ran or volunteered at the 2010 ConocoPhillips Rodeo Run! 12,514 runners and walkers plus at least 1,220 volunteers enjoyed a spectacular day downtown. Speaking of volunteers, one of our riders who volunteered for the bike support team won one of the volunteer prizes - a Continental Airline ticket. Way to go Randy McFarlane!

We are now over the hump - so to speak! We have completed six training rides and have six to go. Thanks for your feedback on the rides so far. I am already at work on some builds for 2011 that will address the improvements identified. We have to get started real early to ensure the level of quality and safety you all deserve.

You will note some differences in the second half of the training series. Here are a few:

- We are now heading out to small communities every week - carpooling is required except for support volunteers

Check the carpool forum on our web site: <http://www.conocophillipsbikeclub.org>

- Most roads will be quiet and narrow with limited shoulders - riding single file, communicating and using passing etiquette is critical

- All six of our remaining starts will use our wave start by speed

- The waves will be a bit smaller and spread out to minimize the need for passing at the start

Please honor this system, it really makes a difference in the safety and enjoyment of our ride

- We planned or were consulted on the count of port-a-lets for all our remaining rides

This week, we'll have 12 at the start, 16 at RS1 and 8 at RS2

- The SmartDrinks truck will be a regular feature before and after our rides

I sure enjoyed my classic Strawberry/Banana w/ a touch of protein and honey smoothie in Willis!

- ALL six rides will be hilly!

Don't worry - we will build up and by the time we ride to Austin, you will all enjoy the challenge

OK, we have a great second intro to the hills this week plus some good feedback and other cycling news so read on - here are the headlines...

2010 BP MS150 Training Series - Ride 7, Columbus, Mar 6, 8:00 am

Sun & Ski Sports - Support Program and Upcoming Events

Feedback Corner

2010 BP MS150 - Safety Quiz

Volunteer Corner - BP MS150 Packet Pickup Help Needed

2010 BP MS150 Training Series - Ride 7, Columbus, Mar 6, 8:00 am

This week, we have a fairly long drive to our ride but within the first miles, you will understand why. Shortly after you turn off of FM-109 onto Brune's Mill Road, the road gets really rockin'. This is a quiet country road - a little bumpy at the start so leave plenty of room between riders and start to enjoy the roller coaster ride! There aren't any long climbs but this is a beautiful ride. Wait until you see the view from Rest Stop 1 at St. Mary's Church!

The main route is just under 47 miles. The long option adds about a 10 mile loop on the north leg of the route. I recommend that most of you stick to the main route at this point. The addition of the hills will give you plenty of additional work this week and you will probably finish quite a bit later than in previous weeks and still have a long drive (with your carpool!) back to town. Those of you already averaging at least 17 mph may have time to add the north loop. It's more of the same rolling, quiet roads. The ride gets flatter for the final 12-15 miles so you have an "active recovery" period after the rolling roads earlier in the route.

To get to the start of the ride, take I-10 west and keep going... Exit at the first Columbus exit. The frontage road veers off to the right and becomes Hwy 90 leading into Columbus. Our start is in Beason's

Park which is on the left just before you get to the bridge over the Colorado River.

The sign-in area is in the pavilion on the main drive towards the back of the park. There is parking back in the park as well as in the front. We'll fill the back parking first and then, fill the front. If you arrive alone, you should leave early so you have time to drive on into Columbus and park and ride back to the start. The ride is less than 2 miles and fairly quiet. Carpooling is much more enjoyable for a long drive like this and puts less strain on the local community resources.

Sun & Ski Sports - Support Program and Upcoming Events

Whether you're riding on an experienced team, a beginner team or individually, Sun & Ski Sports would love to support you and your team! Sun & Ski Sports provides each and every rider with FREE support during the 2010 BP MS150.

5% pledge rebate program:

5% of all Sun & Ski Sports purchases made using your tracking number is credited to YOUR MS 150 pledge fund. You'll receive a unique tracking code that can be passed out to friends, family members and supporters. Share your tracking number with all of your friends, family members and supporters. When they shop at Sun & Ski Sports and use your tracking number, you will receive a credit for 5% of their purchases to your Individual MS150 pledge fund as well.

Store Discounts:

- 10% off bikes (non-sale items)
- 10% off cycling apparel & accessories (non-sale items)
- 35% off bike labor
- FREE basic bike fit

Signing up is easy! Visit www.sunandski.com/events, click on the My Team Support icon and fill out your information. You'll receive your pledge rebate card and store discount card in one business day.

Upcoming Events at Sun & Ski Sports

Spin Classes, Wednesdays @ 6:30 - 8:00 pm (through Apr 14)
6100 Westheimer
\$10 w/ your trainer or \$15 to use a store trainer

BBVA Tour de Houston, Sunday Mar 21, 7:00 am
Houston City Hall
20, 40 & 70 mile routes
\$25 (adults), \$15 (12 & under), \$35 on ride day

Feedback Corner

I can't share all the feedback but I did want to share a few notes to help us all hold a mirror up and see that while we are much better than the general cycling population, there are areas where we can focus and improve. Please read the notes below with an open mind. If you think you see yourself, don't get defensive but do see you (or someone similar) from a different perspective and think what can be done to improve...

Riding two abreast...

Steve - a quick bit of feedback on our riders.

I know you go over and over this, but the "riding two abreast" problem persists.

There were several points on the ride Sunday where it was CLEARLY necessary to ride single file. Much of the ride was on roads with very little or no shoulder. Several times during the ride where there was no or little shoulder, we came upon riders riding two abreast. I would clearly announce "riders approaching" and was ignored. I would announce it again and be ignored. Several times I simply had to ask them to please ride single file so that I could pass safely, on a couple of occasions, they just ignored me. Unfortunately these folks all had the green CP paid tags on their helmets.

Obviously this is not just a matter of courteous riding, its a matter of safe riding. I thought you would like to know about this situation.

Thanks again for all you do for us riding with you! Your hard work is GREATLY appreciated!!!

Aggressive riding...

One rider was about to make the left turn into the mall at the end of the ride - they looked to their left to make sure no riders were coming and started to turn to the left. At the same time, a rider who had been coming on pretty quick was passing on the right side. The faster rider pulled over after passing but did not leave enough room and clipped the front wheel of the rider they just passed. The rider went down and suffered a broken collarbone.

This accident was preventable.

First of all, you NEVER pass on the right in a group ride - please remember that never means never - please!

Second, it may be fun to push yourself out on the route but when you are so close to the finish and many riders are easing back into cool down mode as they finish their ride, please slow down and allow for the fact that there will be many riders moving at a slower pace. The time for all-out effort is not coming back into a busy suburban mall on a weekend. This may seem obvious but some riders don't think on this level until it is too late.

Reminder - Think before you act...

Just before the first rest stop we were behind two riders. As coming to the rest area, stayed back and did not pass. There were two volunteers giving directions at the rest stop. Suddenly the lead rider recognized one of the volunteers and swerved to give the volunteer a high five. The volunteer raised his hand for the high five. As the volunteers were standing almost in front of the guardrail I don't think she saw it, I know I did not see it before the accident. She lost her balance and ran into the guard rail. She immediately went down. She was able to make it into the rest stop with help and an ambulance was called. Do not think she was seriously hurt, I hope not.

Obviously the rider should not have tried to give a high five, not at 15 MPH in a crowd and the volunteer should not have tried to reciprocate. Really glad we had spaced out before the rest stop or the accident could have been much worse

Multiple riders abreast (pt 2)...

Note saw again two cases of riders holding up traffic riding two and three abreast.

Give credit to riders in the three abreast case many riders yelled car back, move over. They were successful and the riders moved.

Also notice that some riders were very hesitant to cross the rumble strips to get on the shoulder. I have crossed them many times and do not see an issue with them, but it seems riders are a bit leery of crossing them.

Congested start...

We really enjoyed the ride Saturday, but for some reason the first 3 to 4 miles seemed a lot more congested than on previous rides. Riders seemed anxious to pass and were 3 to 5 riders across in those first few miles when previously they seemed better about waiting to pass until further on. In a few instances it became less than ideal with riders moving in back of one car and in front of the next completely in the lane with traffic. If I had been driving one of those cars I would have been very uncomfortable. Thank you for all the emails.

Steve's Response: I suspect many of our riders noticed this because this ride started riders by distance rather than by speed the way we normally start. Our wave start makes a big difference in how congested the riders are and how quickly they spread out. The BP MS150 start will be similar to the start last Sunday - riders of all paces will start together. The key is to be patient and wait until the group starts to thin out to settle into your desired pace. If you are slow, place yourself in towards the back as a courtesy to the faster riders. Remember that this is NOT a race.

The good news is that all six of our remaining rides will use the wave start by pace.

2010 BP MS150 - Safety Quiz

I've mentioned this before. Now that we are halfway through our training series, it's time to start looking forward. That means it's time for each of you to set aside about 15 minutes to take the 2010 BP MS150 safety quiz online.

Shell Captain, Afif Halal, did a wonderful job of pulling together a lot of good questions & answers that will educate and, even entertain you.

Here is a link to the safety quiz:

<http://www.ms150.org/ms150/SafetyZone/index.html>

Volunteer Corner - BP MS150 Packet Pickup Help Needed

HP is helping the MS Society man the various packet pickup locations during March and April. Most of the locations are at local Toyota Dealerships. They need about 10 volunteers (minimum) for each location. There's a couple locations in Austin too.

Duties/responsibilities are very easy --- setting up, folding t-shirts, passing out rider packets, assisting w/rider questions, greeting the riders, etc.

They are hoping to fill all slots soon. Interested parties can email jean.cleghorn@hp.com for more information and to sign up.

OK, I will send a short update out Friday so help expedite the sign-in process. There will be six lists on three tables from left to right. We'll spread the tables further apart since we have plenty of room so there will be room for you to leave after you initial in. No paperwork is needed unless you need to bring a check or cash to pay your (overdue) fees.

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

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