

Subject: 2010 BP MS150 Training Ride #11 - New Waverly, Apr 3, 8 am - Ride Updates
From: "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>
Date: Fri, 2 Apr 2010 07:57:24 -0500
To: Undisclosed recipients;

As promised, here is a bit of late news about the ride tomorrow as well as some other cycling news...

First of all, the start time and ride distances!

- We will be starting at our usual 8:00 am start time. (Last week, it was 8:00:03 when we started!)
- The short route is 32+ miles and the long route is a bit over 51 miles.

I suspect most of us will do the long route but if you have an early time commitment or don't want to go 51+ miles, you have the 32 mile option. Both options still hit the challenging final stretch of Veteran's Memorial and a very quiet, limited access and rolling stretch of the Hwy 45 frontage rd.

Please remember that all the long riders will start first, then we'll allow a short break and send the riders doing the short route. Please honor the dual start - it makes the start safer and avoids potential confusion.

One more note about the routes - they are both VERY easy to follow! Here is the short route turn list: Left, Right, Left, Right! See the attached map.

Weather

The good news is that it looks like the rain probability will pass by this evening. The current forecast is for mostly sunny w/ occasional clouds. The low will be 57 degrees climbing to 84 with a very high UV index. Bring sunscreen and hydrate well. There should be very little wind and if there is any, it will be at your back on the way home!

Directions to the Start - IMPORTANT!

Thanks to a few of you wrote to tell me that you were able to look up our start location on Google or MapQuest and that the directions I sent on Wednesday needed one minor correction. Let me repeat an important fact...

...Google and MapQuest ARE WRONG!

When you exit at the New Waverly exit, make a RIGHT turn, go to Hwy 75 and make another RIGHT turn (Google and MapQuest say go left here). The track and high school are about a mile south of New Waverly. I added a dotted red line on the enclosed map to illustrate the route to the start.

Unless someone moved the entire school and track in the last week, please ignore Google and MapQuest and follow the tried & true (& real) directions above.

Please carpool too!-)

Snack Update (Passover Macaroons)

In addition to the trail mix and some of our other snack items, there will be nine canisters of Passover macaroons at each rest stop. Please reserve these for our riders who can't eat many of our usual snacks this week. We will also have five cases of Girl Scout cookies in addition to our usual menu. Also, a big THANKS to the Kroger cycling team who started getting us our bananas last week!

Route Map

You may not believe this but our entire ride support team also have real jobs so the maps have had to wait until work was complete.

I have attached a copy of the weekly map for those who like to look it over ahead of time.

Safety Corner

More of your feedback with my notes added...

Going to Single File...

Last Saturday I was on a downhill, trying to pass a couple who were riding two abreast. I called out "On Your Left" twice, but the woman refused to move over into single file and allow me to pass safely. When I was finally able to pass them, the woman pulled up next to me and cussed me out for wanting to pass, claiming that she wanted to ride next to her husband and that she did not know how to safely drop into single file. She again then cussed me out. First time in eight years of cycling that I've been cussed out, so I guess I was due. However, you might share this incident with our group and explain the simple process of dropping into single file when riding downhill as well as the fact that marital status does not trump cycling protocol. Thanks much...

Good suggestion! Here's my comments...

Basically, the process of consolidating from riding two abreast to single file is a simple one that does require a brief interruption of conversations and some communication and cooperation of the riders involved.

Any time you are riding two abreast on a group ride, you also need to remember that there are other riders out and you have a responsibility to be alert to their locations and courteous and cooperative when rider(s) need to pass. This makes the ride safer and more enjoyable for everyone.

If you hear riders approaching - they should first make some noise which hopefully sounds something like: "Riders approaching". As soon as you hear this if there are just two of you, you should pause your conversation and the rider on the left should say to the rider on the right: "I will speed up and pull in front of you". This allows the two of you to maintain a steady and predictable pace. As the passing rider(s) get close, they will call out: "On your left, four riders" or something similar and make their pass. The approaching riders should also know to start calling their approach sooner (and louder!) if there are rider(s) two abreast so you have time to get to single file for the pass.

If there are multiple riders in a dual line, the last rider will hear the approach first so they should call out: "Rider(s) approaching, go to single file". The riders on the right spread out enough to let the riders on the left pull over - each rider on the left should pull in front of the rider to their right. Again, don't slow suddenly and especially DON'T apply your brakes when someone communicates the approach and pass - keep riding steady and gradually pull to the right. It's a good idea to practice this, especially if you ride with a group because the group process requires that you all work together to be safe and predictable.

A few more thoughts about passing.

- Any time you are riding three abreast or more, it's time for you to go to bike safety training! It is dangerous and inconsiderate to do this.

- Bicycles are vehicles and must obey laws that apply to vehicles

- This means it is legal to go to the left lane to pass if there is no yellow line on your side of the road and you can complete your pass before going past a yellow line

- This also means it is illegal (and dangerous!) to pass when there is a yellow line on your side of the

centerline

This also means it is illegal to ride for long periods on the wrong side of the road
A quick pass is OK but not riding the wrong way
Be courteous, sensible and safe!

Volunteer Corner

SAGs needed May 1 and May 15 (Fulshear Rides)

In order to show our support for the Fulshear-Simonton community, we will help them with two rides in May. I know that no one is required to help but this is a GREAT way to say "thanks". Since there are two Fulshear area rides in two weeks, volunteer for one and ride the other! That's what I'm going to do.

If you can help SAG at the May 1 or May 15 (or both!) ride, please RSVP and let me know the dates you can help.

Life After the BP MS150 - Spring Ride List

Thanks for your input - the list is growing...

Apr 10 - Jasper Dam to Dam Ride

Those of you who are not registered for the training series or who are looking for a great out-of-town ride for your final tune-up, here is a great ride that is very well supported in the small community of Jasper...

The Dam to Dam Ride consists of four events (10/30/70Miles) and a 100 mile ride/race called The Dam Buster 100 with cash prizes for first 3 places. The area is known for rolling hills, pine forests, Red Bud & Dogwood trees (in full bloom this time of year), rivers & lakes, Blue Skies and the friendliest folks on earth. The ride is fully supported with sag vehicles, rest stops, fajita lunch, Coca-Cola products and Subway cookies. Long sleeve t-shirts are included in registration. Massages will be available for \$1 per minute.

The ride is a fund raiser for the Jasper Lake Sam Rayburn Area Chamber of Commerce. You Can Open The Registration Brochure at <http://jaspercoc.org> for more info.

Apr 24 - Downtown Brenham Country Flavors Festival

This is kind of a vague idea right now but let me share a few key facts/details:

- Brenham is just west of Chappell Hill so there are a LOT of beautiful rides
- The festival will be offering all kinds of free samples of local sausage, coffee, wine, etc
- There will be a Bake off and BBQ cook-off
- Blast from the past car show
- Lots of family activities and vendors
- The festivities begin at 10 am

Does this look like a recipe for a great, unsupported after-the-BP MS150 drop-in ride followed by some fun in Brenham...

...did I mention the deal sweetener...

...All you can eat Blue Bell Ice Cream - ALL DAY for \$6!!!

May 1 - Fulshear-Simonton Lions Club Cycling for Sight, Estates at Whispering Oaks

If you want to show your appreciation to the Fulshear/Simonton community for being tolerant of riders out there every weekend, this will be one of two opportunities to do so in May. This ride will be start in Richmond (real close to the end of the Westpark Tollway) and should be well organized, well organized and a lot of fun.

If you are not going to Frisco for the Bike MS: Sam's Club Ride (see below), pencil this ride in for a great time in town...

More info at: <http://www.active.com/cycling/richmond-tx/cycling-for-sight-2010>

May 1 - Greater Houston & Austin Shiner Pedal

The big news is that this ride will offer a start in Houston again this year (Austin start only in 2009). I'll be out supporting the Fulshear-Simonton ride but those of you who are not doing the Bike MS: Sam's Club ride or the Fulshear ride and looking for a more adventurous ride that gets you home the same day, here's the ticket...

More info online at: <http://shiner.com/shinerghasp/registration.html>

May 1-2 - Bike MS: Sam's Club Ride

This will be the second MS event in two weeks. Count on the same high level of organization, great support and a great cause. Just don't count on 13,000 riders showing up!

There are options to ride both days (164 miles) or do the 86 mile ride on May 1 only, a 48 mile May 1 route or a 30 mile May 2 route which starts with a lap around Texas Motor Speedway.

More info at: <http://www.nationalmssociety.org/chapters/sams-club/index.aspx>

May 2-7 - American Red Cross Tour de Rouge, Houston to New Orleans

The American Red Cross is hosting the Second Annual Tour du Rouge May 2-7, 2010. It is a 529-mile, 6-day cycling tour from Houston to New Orleans. Registration is limited to 150. For more details go to www.tourdurouge.org

This event will benefit the Greater Houston Area Chapter of the American Red Cross so that we may continue to help people prevent, prepare for, and respond to emergencies.

If you would like further information, or prefer to discuss this in person please contact me at 713-313-1668.
Dory Cayten
Deputy Director, Fund Development
Greater Houston Area Chapter
American Red Cross

May 8 - Rolling Hills Challenge, Columbus

25, 50, 62.5 and 100 mile routes plus DELICIOUS cooked to order burgers with GREAT sautéed onions at the finish...I've enjoyed these burgers MANY times!

More info online at: <http://www.columbuslionsclub.org/lions/rollinghillschallenge2010.htm>

May 15 - 2010 2nd Annual Bike for Mike Ride, Fulshear

Join us at the Union Chappel Vineyards/Bar O Ranch on Saturday, May 15th when Fulshear will hold its highly anticipated 2nd annual Michael T. McCann Memorial Bike Ride throughout our great community.

The ride will feature a 63, 43, and 21 mile route, as well as a Pedal Pusher 3-mile ride for families with children of all ages to enjoy. All proceeds of this family event will directly benefit the beautification of our city, as he so cherished.

Bike for Mike is proud to support Fulshear and the Keep Texas Beautiful campaign, and annually selects a special project specifically for the beautification of the city. We look forward to seeing you in the vineyard for the after ride celebration!

More info online at: <http://www.bikeformikefulshear.com/>

May 22-23 - American Diabetes Association Tour de Cure, San Antonio to Austin

I would like to notify you of our upcoming cycling event May 22nd and 23rd. We would love to have you join us for this important cause. It is the only cycling event in Texas dedicated to finding a cure for diabetes.

There are currently 24 million Americans living with diabetes and another 57 million have pre-diabetes, which if left unchecked, will likely develop into diabetes. Diabetes is the 7th leading cause of death and the costs for treating diabetes has already topped 174 billion dollars in America. One out of every five Texans is diagnosed with diabetes, there being a marked increase for our children due to obesity.

From 1990 to 2000, there was a 61% increase in Americans with diabetes because every 21 seconds, someone is diagnosed with diabetes.

Please join us in what is guaranteed to be a wonderful weekend of friendship, fun, and fitness. Please register at <http://main.diabetes.org/AustinTourdeCure>.

June 6 - Fayetteville Good Old Summertime Classic

Here is a great opportunity to go back to Fayetteville and enjoy their hospitality and the beautiful roads in the area. Activities include a reception on Saturday night and BBQ lunch after the ride on Sunday. For a real treat, book a room now and spend a cycling weekend in Fayetteville.

More info online at:
<http://www.active.com/cycling/fayetteville-tx/fayetteville-good-old-summertime-classic-2010>

Bicycling Comedian Show Benefiting BikeHouston Set April 6

HOUSTON – Tom Snyders, The Bicycling Comedian will bring his new show to Houston's Radio Music Theatre April 6 in a benefit appearance for BikeHouston, the bicycle advocacy group. You Can't Bring that Bike in Here is Snyder's new show. The performance will be at 7:30 p.m. on April 6. The theater is located at 2623 Colquitt. Tickets are only \$12 to the performance. A cash bar will be available.

Snyders has been pedaling a fully-loaded touring bicycle to his stand-up comedy performances for the past 23 years. In that time he has pedaled more than 150,000 miles, to all 50 states (Hawaii was not easy) and in 33 countries on six continents. He has made ten national television appearances and performed in more than 200 comedy clubs. Tom just completed a solo bike trek from Cancun, Mexico, to Ushuaia, Argentina. "It is not just a comedy show, it is an adventure," Snyders says.

Ticket are available in advance at Urban Bicycle Gallery, 4814 Nett Street (just off Durham) and online through Active.com.

Tickets will be available at the door on the night of performance (Cash or Check Only)

For more information on the event go to www.bikehouston.org or call 713-222-BIKE.

More information on The Bicycling Comedian is available at www.bikecomedy.com or www.myspace.com/bicyclingcomedian.
For more information, contact Paul SoRelle at psorelle@bikehouston.org or 281-687-5666.

I will see many of you in New Waverly tomorrow...

Stephen Moskowitz

Team Captain, ConocoPhillips

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<http://www.conocophillipsbikeclub.org>

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