

Subject: 2010 BP MS150 Training Series - Ride 8, Fayetteville - Mar 13, 8:00 am (Sneak Preview)
From: "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>
Date: Wed, 10 Mar 2010 08:55:47 -0600
To: Undisclosed recipients;

Today, I am going to do something a little different...
...I'm just sending a sneak preview with the key details on the coming ride.
...There will be more details about parking and the route coming tomorrow.

Don't worry! We have an approved route, volunteers (except one team is still MIA on their volunteer list), law enforcement, etc all lined up...
...What we don't have 100% yet is a few details documented to share about how/where to park and the "pretty" version of the map.

Today's note includes the following:

- **2010 BP MS150 Training Series - Ride 8, Fayetteville - Mar 13, 8:00 am**
- **Sun & Ski Sports Would Love to Support Your 2010 BP MS150 Team!**
- **Bike Mechanic Feedback**
- **Packet Pickup Help Needed**
- **Band Against MS Happy Hour & Silent Auction, Mar 10, 6-9 pm**
- **Hydration Update - Hyponatremia - the danger of over hydrating**
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Here we go...

2010 BP MS150 Training Series - Ride 8, Fayetteville - Mar 13, 8:00 am

This week, we are making our longest drive of the season but it's worth every minute of the drive. Just ask former BP Captain, Critz Cullen - Critz has a beautiful home in Fayetteville and can almost make the drive blind-folded - almost - safety dictates otherwise!

Our ride will offer routes of approx. 42 or 59 miles. The difference will be an extra 17 mile loop in the middle of the long route. The roads will be quiet and rolling - very similar to last week.

Fayetteville prides itself on being VERY bike friendly. If you haven't been there, you are in for a treat. It's not too late to make a reservation at one of the small hotels or bed & breakfasts in town for Friday, Saturday, or both and have a delightful weekend in town. Here are a couple of helpful links:

<http://www.fayettevilletx.com/> - Note the link to bicycling events right on the home page!

<http://www.fayettevilletx.com/lodging.html> - Lodging options

Note all the places with porches out front - Porches are wonderful places in Fayetteville!

Directions to the start (Fayetteville town square):

From Houston, drive west on I-10 to exit 695 (just west of Columbus); veer right on Highway 71 west. Drive 14.8 miles to FM 955 (~1.8 miles past Ehlinger); turn right on 955 and go ~4.7 miles to the stop sign which is the junction with Rusk St/Highway 159. Turn right to the town square, or left for parking at the school.

Note that Fayetteville knows we are coming and that we will be a large group. I will send some details on where to overflow tomorrow. The long drive and small community mean carpooling is required again. I have a van full of stuff but already have my carpool set up for this week - it saves gas and makes the drive more fun. You can also bet that we'll be walking to one of the cafes on the town square for lunch before the drive back to town. We'll have home cooked food, home baked pie and maybe even some ice cream!

Sun & Ski Sports Would Love to Support Your 2010 BP MS150 Team!

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.

Bike Mechanic Feedback

I visited with our mechanics and they shared some news with me. Some of you are taking unfair advantage of the offer to provide free minor service work and bringing in bikes that need significant repairs. Please note that the purpose of having the mechanical support team at the ride is to provide minor work at no cost. If your bike needs a tune-up, new tubes, or other significant work, please make an appt at the bike shop to have this worked on before you ride. It ties up a scarce and valuable resource and is not fair to all the riders to monopolize the great Sun & Ski Tech Team.

The Tech Team may help you change a flat if you bring a spare tube along but they are not there to hand out free tubes, etc either.

Please honor the need to handle major work back at the bike shop and on your nickel so we can continue to offer this great support to all our riders.

Volunteer Corner

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 by end of February. Interested parties can email jean.cleghorn@hp.com for more information and to sign up.

Band Against MS Happy Hour & Silent Auction, Mar 10, 6-9 pm

Band Against MS is hosting a Happy Hour / Silent Auction tonight (Wednesday, March 10th) from 6-9 pm at the Howl at the Moon location on 612 Hadley, Midtown (Houston). This event is supporting the National

MS Society and Clay Walker's Band Against MS. A \$5 cover (donation) charge gets you into the event and for the rest of the evening when the dueling pianos start. 1/2 price drinks all night. We will have an autographed Clay Walker guitar, sports memorabilia (Texans, Astros, Oilers), Saint Arnold Divine Reserve, and much more! For more info about the event, go to the event page on Facebook (<http://www.facebook.com/event.php?eid=345637948202>) or call Hilary (281.216.6681) or Aaron (281.610.5768)

For more info about Howl at the Moon visit their website:
<http://www.howlatthemoon.com/locations/location-houston>

Rider Feedback

Hydration Update - Hyponatremia - the danger of over hydrating

After my short reminder on hydrating properly last week, I received some very useful and important feedback from a rider who, through a personal very serious close call, learned about the danger of drinking too much. Here is their feedback...

"Many thanks for your email and all you do for us riders!

I wanted to let you know about an experience I had with hydration this past summer, with the hope that you might mention it along with your recommendations to stay hydrated and drink plenty during the rides.

To keep a very long story short, I participated in a century ride last July and did exactly as you suggest, drank plenty of fluids. However, I over hydrated and ended up with a nasty case of Hyponatremia (low sodium), which landed me in the intensive care unit and could have cost me my life.

I had never heard of exercise-induced Hyponatremia before this past summer. If you consume too much water, you dilute the sodium levels in your body, possibly to a dangerously low level. Gatorade, while better than water, can still be dangerous if over-consumed, I have learned.

The difficulty with Hyponatremia is that the symptomology is similar to dehydration: lack of need to urinate, headache, etc. The reason for the lack of need to urinate is that your body begins to retain water to attempt to keep the sodium concentrate up.

When I went to a dietician following this incident, these are the recommendation she gave me:

1. Hydrate very well the weeks before a long-distance ride (over 2-3 hours). Drink half of your body weight in fluid ounces daily.
2. Drink one bottle of water the morning of a ride.
3. Drink 4-5 ounces of water every 15 minutes the first hour of exercise.
4. Drink 4-5 ounces of Gatorade every 15 minutes following.
5. Consume carbs for breakfast, at hourly increments throughout a ride.

While I am not a physician or dietician and would not make recommendations to others, I feel as though it is important to educate others on Hyponatremia so they don't make the same mistake I did. I do have some articles and a PowerPoint if you're interested. I also have a dietician who may be willing to generate an email to your group if you'd like.

I'm not sure what the forecast might be for April, but if we get a hot weekend, it may be especially important. And most importantly, we should all be sure to eat our salty Lay's Potato Chips at lunchtime!

Reminder - continue to drink (appropriately) after the ride...

Here's another hydration related reminder...

"From my experience the next big mistake is to go home after a event, climb into bed or onto the couch or whatever and failing to continue to hydrate throughout the day post-ride / run / etc... Much pain can be

avoided if you hydrate before, during and even AFTER an endurance event!!

Thanks, as always, for all your efforts! See you on the road...

Question - Address for the Start...

Here was a good question I have not had this a lot but three of you asked last week...

"Can you post an actual address of the place where we will meet and start the ride? Most of the people here will use GPS or other map software to figure out their own route to get there, and an actual address will be handy for us. Reading the direction instruction is not easy to visualize the route. I know I can figure out the actual address by myself by spending several minutes on the Google. However, it is easy to make mistakes."

Team BAMS Co-Captain, Aaron Jacks, has been posting the actual latitude/longitude for each start on the ride calendar and there is a reason for this. In some of the small towns where we are starting, they are pretty casual about an actual street address so, if you looked up Beason's Park in Columbus last week, you got all kinds of information, mis-information, and no physical address!

Aaron has posted a very detailed and well illustrated explanation of the issues and why we are posting lat/long for the start online. You can read the entire technical treatise online at:

<http://www.conocophillipsbikeclub.org/docs/DrivingDirectionsHowToGuide.pdf>

THANKS Aaron for your tireless and excellent web support

OK, watch for the details about parking in Fayetteville. It looks like Spring has arrived just in time for Spring Break...

Thanks!

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