

Subject: 2010 BP MS150 Training Series News - Beginner 1 Ride Canceled, Bike Safety Class on Sat, 1/9

From: "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>

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CC: Apache - Lisa Nutting <lisa.nutting@apachecorp.com>, Band Against MS - Aaron Jacks <aaronjacks@gmail.com>, Band Against MS - Hilary Trammell <Hilary.Trammell@mustangeng.com>, BP - Critz Cullen <critz.cullen@gmail.com>, BP - Eric Cioti <eric.cioti@BP.COM>, BP - Todd Hauser <todd.hauser@BP.COM>, CGGVeritas - Jesse Rivera <Jesse.Rivera@cggveritas.com>, CGGVeritas - Machel Warrick-Brazile <Machel.Warrick-Brazile@cggveritas.com>, CGGVeritas - Pamela Ray <Pamela.Ray@cggveritas.com>, ConocoPhillips - Steve Moskowitz <moskose@swbell.net>, Consolidated Graphics - Kelly Butts <kbutts@groverprinting.com>, El Paso - Greg Schindler <Gregory.Schindler@elpaso.com>, Granite - Mary Butler <MButler@graniteprop.com>, Houstonian - Lisa Rainey <rainey.lisa@corp.sysco.com>, HP - Cara Baez <cara.baez@hp.com>, HP - Jacob Hernandez <jbenh@hotmail.com>, HP - Kenneth Berntsen <kenneth.berntsen@hp.com>, IBM - David Olson <david.olson@us.ibm.com>, ION - Erin King <erin.king@iongeo.com>, Kroger - Craig Winkler <craig.winkler@kroger.com>, Lime Rock - Lori Jordan <lJordan@limerockresources.com>, Marathon - Alison McCaslin <almccaslin@marathonoil.com>, National Oilwell Varco - Jason Bozic <Jason.Bozic@nov.com>, National Oilwell Varco - Thomas Downey <Thomas.Downey@nov.com>, Shell - Afif Halal <A.Halal@shell.com>, Shell - Chris Holan <chris.holan@shell.com>, "St Catherine's Montessori - Chuck D" Angelo <cdangelo@ix.netcom.com>, Sun & Ski Sports - Natalie Moreno <nmoreno@retailconcepts.cc>, Susman Godfrey - Trey Peacock <tpeacock@susmangodfrey.com>, Team DODI - Evan Jones <ej4311@gmail.com>, Team DODI - Neil Hall <nhall@dodi.com>, "Texas Children's Hospital - Jill Simon" <jksimon@texaschildrenshospital.org>, WellFit Group - Mark LeBlanc <mleblanc@thewellfitgroup.com>

First of all, I wanted to confirm that based on the VERY cold weather predicted with lows in the teens, we are canceling the beginner ride that was scheduled for tomorrow.

There will be another beginner only ride next Saturday, Jan 16. This ride is a 22 mile out and back route but there will be an option to turn around sooner if 22 miles is a bit too far for some of you. I will send full details on this ride next Wednesday morning.

Since our beginners have a bit of extra time on their hands, there is time to shop for some winter wear (see your inbox for yesterday's first focus note on winter wear) or to take one of the two bike safety classes being offered by the MS Society tomorrow. I realize that it will still be cold out but the classes won't go outdoors until the 2nd half of the session so the morning group won't be outside until 10:30.

If you do enroll for the safety class, you can, just this once, ignore my tip that you will get too warm if you are dressed to be comfortable when you start. Since the on-bike portion of the class is a series of bike handling and control exercises, you won't be riding long distances and warming up significantly so you dress warm from head to toe and come take advantage of an excellent safety training opportunity before the masses find out about these classes.

Read on for more details about the safety classes and enroll ASAP as attendance is limited and one or both sessions may be full already.

- Bike Safety Classes - Sat, 1/9, 9-noon or 1-4

This is another GREAT deal and highly recommended. The MS Society as well as our coordinating teams are each offering several classes to help riders learn to ride more safely as well as how to be comfortable handling your bike in a group and how to safely avoid hazards, look behind you, etc. This class starts with a classroom presentation for a bit over an hour and then, about two hours of on-bike exercises. This is a great opportunity for any riders who are new or new participants in large group rides to get some excellent hands-on training. There will be 4-5 instructors and a maximum of 30 students per class so this is a GREAT opportunity. The class does cost \$30 but this is a bargain for the skills you will learn.

The first two classes are being hosted by ConocoPhillips here at our main campus this Saturday, Jan 9. There will be a morning session from 9 am to noon and an afternoon session from 1-4 pm. Please read the info below from the MS and click the link if you want to participate. Hurry because there is a 30 rider limit per class. I know it will be cool Saturday but the morning class won't be going outside until about 10:30 and the afternoon class will head out about 2:30.

Saturday, January 9, 2010 [Choose morning or afternoon class]

- Morning Class from 9 a.m. to noon
- Afternoon Class from 1 to 4 p.m
- Conoco Phillips @ 600 North Dairy Ashford, Houston, TX 77079

Course Requirements

- Course Fee is non-refundable and non-transferable.
- Students must be 18 years of age or be accompanied by a parent or legal guardian age 21 or older.
- Course consists of 2 sessions; 1 hour of classroom instruction and 2 hours on the bike instruction.
- Students must attend both sessions in their entirety to receive course completion certification.
- Admittance to course will be denied if student is not able to attend both sessions.
- Students must bring their own bike and helmet to participate in the course.
- Students should dress appropriately for cycling and bring their water bottles.

Description of Course: Bicycling in a group is one of life's more enjoyable activities when done right. Cyclists have several options for obtaining the knowledge and skills that will make their cycling safe, courteous, efficient and enjoyable. By far the best option is to take the Group Riding Skills course offered by the League of American Bicyclists and a League Cycling Instructor. To ride safely in a group, you should first be familiar with the techniques for riding predictably, on public roadways, as an individual — such skills as proper lane positioning and emergency bike handling. However, cycling in a group places added responsibilities on each cyclist, so all must understand and practice the principles of group riding. This course is designed to give you the principles of group riding so you can safely enjoy riding in the BP MS 150 and other group rides.

<http://www.nationalmssociety.org/chapters/bp-ms-150/safety-information/safety-and-training/group-riding-skills/index.asp>

Click the link to sign up (\$30 fee)

OK, we all have work to do...

I'll see some of you tomorrow at the bike safety class.

Stephen Moskowitz

Team Captain, ConocoPhillips

281 293-2599

steve.e.moskowitz@conocophillips.com

<http://www.conocophillipsbikeclub.org>