

**Subject:** 2010 BP MS150 Training Series - Ride 5 Feedback  
**From:** "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>  
**Date:** Sun, 21 Feb 2010 15:08:23 -0600  
**To:** Undisclosed recipients;

Wow, our attendance still is tracking up and down in lockstep with the temperature at start time. This was our third warmest day and our attendance (929 riders) was also our 3rd highest of the year.

I want to extend a big THANKS to Cara Baez, Kenneth Berntsen and Pam Kindle-Landry at HP and any unsung heroes they did not mention for doing a marvelous job of getting a new route put together and well planned and supported. This route was a perfect intro to the hills, none were too steep but there were enough short and longer climbs to help you get used to finding the right gear for climbing.

The ride started out a bit cool and overcast but, just as TJ Allen predicted, the sun did come out and it was a glorious day for a ride in the gently rolling piney woods. Thanks to (almost) everyone for reading the late breaking news and helping us all squeeze into the limited parking. This is a challenge in many of the small communities so please keep your carpools going and, if you don't have one yet, keep looking or post a listing on the online forum (on the left side of our club site - [www.conocophillipsbikeclub.org](http://www.conocophillipsbikeclub.org) ).

Also thanks to everyone for getting better each week at finding the right wave to start and taking it easy until we are spread out and you can fall into your normal riding pace. The wave start by pace really does make the ride safer and more enjoyable since you spread out more quickly and the need for passing is minimized.

A quick reminder that next week, we are riding on Sunday, Feb 28. That is because many of us are running or volunteering at the ConocoPhillips Rodeo Run on Saturday, Feb 27.

Registration for the ConocoPhillips Rodeo Run is already past 11,000 but you can still register online until 11:59:59 tonight at [www.conocophillipsrodeorun.com](http://www.conocophillipsrodeorun.com) or come to Luke's Locker on West Gray about 1 block east of Shepherd this Wed-Fri from 10 am to 7 pm. Registration is capped at 13,000 so if you are on the fence, you need to get off before Friday to ensure you will have a spot.

Next Sunday, we will participate in the 3rd of our 4 partner rides - The Spring Breakaway. This is an MS Recommended Ride so there may be a large crowd but we'll be starting at Sun & Ski Sports at Katy Mills Mall. Any of you who have paid your fee for our training series will not need to pay to participate in the ride next week but will need to sign and date the registration form. The form this week is very short, sign it, print your name and date it. All paid riders will get the blank form on Thursday morning. Our sign-in area will be in the mall just outside Sun & Ski. We'll change the layout slightly to allow six complete lines to get to the sign-in tables. Watch for details next Friday morning.

A big THANKS to the Sun & Ski Sports tech support team. They are taking good care of us all season long. There is still plenty of time to take advantage of the Sun & Ski Sports team support program so I am including the full info below.

Before I add the Sun & Ski Sports team support program info, here is a GREAT fundraising tip for the 2010 BP MS150:

1. Sign up for the S&S Team Support program (see below)
2. Make electronic and paper copies of your rider membership/discount card
3. E-mail and/or hand these out to your friends who are getting ready for spring break skiing, hiking, boating, cycling or other active trips
4. Remind them that they get a discount at Sun & Ski Sports AND you earn donations to the MS150 in your name!

This is a true Win-Win deal so here is the info on how to join - it's real easy...

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### **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](http://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.

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OK, I'm off to Bartlesville, OK for the evening and all day Monday so don't expect much e-mail from me. This week is my BUSIEST week of the year getting the final details in place for the Rodeo Run so please don't be upset if I can't reply to many e-mails until next week. Please check with your team captain or our FAQ online for many of the common questions.

Have a safe week and I'll see many of you next Saturday at the ConocoPhillips Rodeo Run and/or Sunday at our training ride.

**Stephen Moskowitz**

Team Captain, ConocoPhillips

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