

Subject: 2010 BP MS150 Training Series - Ride 5, Willis - Sat, Feb 20, 8:00 am
From: "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>
Date: Wed, 17 Feb 2010 08:20:41 -0600
To: Undisclosed recipients;

This week, we have a few new items to share on our training ride...

...The route will be brand new... (THANKS to the team from HP who have been working diligently to put the route together!)

...We will be heading north on I-45 to Willis for one of our two northern rides of the season...

...The road will curve in more dimensions than just left & right...

...that's right, this week, we have our introduction to hills!

Keep reading because I have a lot of news about the ride as well as the training series and safety and volunteer news...

2010 BP MS150 Training Series - Ride 5, Willis - Sat, Feb 20, 8:00 am

As I noted, we are heading north to Willis this Saturday. This means we'll ride some pleasant, rolling roads in the edge of the east Texas pine forest.

Before I go any further, a note that even though we start at 8:00 am this week, you need to set your alarm clock earlier if you live out west to allow for a longer drive as well as to allow for some construction on I-45 in Conroe.

Also, we are now officially out in the small outlying communities so carpooling is not optional! There are 29 postings on our carpool exchange (www.conocophillipsbikeclub.org - click the Carpool link on the left) and if you can't find one in your area, add a posting. Note that each posting states the neighborhood in the subject line so it is easy to scan for a neighborhood. Also note that you can meet at a Starbucks, Denny's, IHOP, etc a few miles from home as long as you stop in for a coffee or snack, let the manager know and don't park right out front - park on the edge of the lot where it's easier to meet and transfer bikes and bags and not block parking all morning.

OK, let's head north to Willis...

The ride this week will offer approx 38 or 54 mile options. We dropped the distance back slightly because we're adding some elevation to the ride.

The hills won't be real tough - we want you to start getting used to the effort and shifting your gears to climb. Please note that you want to leave extra room between the rider in front of you. They may not be as strong as you and/or their speed may vary as they get used to climbing. Take it easy, allow extra room and communicate as needed. You will get used to the hills and learn to adjust to the riders you are riding with but allow time and room. We still have 7 rides so there is no rush to become a climbing expert on our first hilly ride. Experienced riders, please use this ride to mentor the newbie's in your group. Help them learn to anticipate the shifts so they don't shift under load and help them figure out how to decide when to shift the front or rear.

Directions to the Start of the Ride - Brabham Middle School

For most of us, we'll take I-45 north past Conroe. There is construction on I-45 in Conroe so allow extra time and be prepared for delays. Stay on I-45 about three exits past Conroe to FM-830. This is one exit past the League Line Rd exit (Conroe Outlet Mall). Make a LEFT (west) over I-45 and drive about 1/2 mile to the middle school which will be on your right. The main parking is just past the school bldg.

There is a circular drive in front where we will line up to start. Only the volunteers working Saturday or bringing food/drinks will park in the circular drive. Everyone else will carpool and park in the main lot. There is an elementary school nearby which will handle overflow. Watch for more details on parking this Friday and get to work on your carpools now - PLEASE!

After the ride, you may want to start an annual tradition like I have done for our north rides. I will stop at the Conroe Outlet Mall on the way home to see if there is anything I need at the Nike outlet or anywhere else. There is also a Cracker Barrel on the west side of I-45 across from the Outlet Mall at League Line Rd. This is a great stop before or after a ride up north. In a pinch, you could arrange to carpool from here - parking will be TIGHT at the school.

2010 Training Series Enrollment is Closed

I wanted to remind everyone that enrollment for the 2010 training series is closed. We have as many riders as we can safely accommodate.

If you plan to participate in the rides and have not paid yet, please note that payment is due for all unpaid riders by Feb 28. The payment is \$125. If you plan to ride this week, please don't mail your check, bring it to the ride because it will arrive too late to be credited on the sign-in sheets. You can also pay \$128 online via PayPal. This is much easier than mailing a check - please send the payment to steve.e.moskowitz@conocophillips.com and note the rider or riders that are covered by the payment.

We will stop collecting fees after Feb 28. Riders who are not paid can remain on the e-mail distribution but will not be permitted to participate in the rides. Sorry but we have to move on and can't be devoting resources to collecting payments after the mid-point of the season.

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.

Volunteer Corner

Spring is coming which means there are several opportunities to get out and help the local cycling community and the community at-large. Here are a few easy, fun and worthwhile ways you can make a

difference. Note that none of these interfere with any of our training rides and that, if you are a parent or teacher and have high school students looking for fun group community service opportunities, two of these are ideal...

Used Bikes Needed - the 2010 Art Bike Project

The MS Society needs your old bikes to use to create a series of "Art Bikes". Local artists will convert our old bikes into works of art on two (more or less) wheels! If you have an old bike you can donate, please drop a note to: barry.turner@txh.nmss.org

ConocoPhillips Rodeo Run - Need Group Volunteers

The ConocoPhillips Rodeo Run is just 10 days away - Saturday, Feb 27. Note that we are riding on Sunday, Feb 28 that weekend. That means that those of you who are not running the 10k or 5k or doing the 5k walk have some spare time and I have some GREAT opportunities for you to volunteer.

Here is what we need...

Green Team

Help place the regular and recycling containers in the post race party area, place identifying stickers on the recycling containers and help the participants to note which container is which. This is our first year and we recognize that it will take a few cycles to get runners accustomed to the multiple waste stream idea so we want an enthusiastic team to help make the first year effort visible and share notes after the event to have a good idea how to improve this for 2011.

Movers and Shakers (5k and 10k)

At the finish line for each event (there are two finish lines at opposite ends of the block), the Movers and Shakers greet the runners as they finish, shake some hands, congratulate them on how well they did and keep them moving through the finish line area and onto the post race party.

Water Holes

These volunteers work with a team at one of the water points along the course to serve cups of water to the participants as they pass.

ConocoPhillips employees can click the link below to volunteer.

<http://corpapps.conocophillips.net/VolReg/Main/Signup.aspx?event=2010COPRR&initialized=true>

The rest of you should please drop me a note ASAP. The work is fun and helps provide college scholarships to Houston area kids.

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

Ride Feedback - Safety Tips

Please DON'T stop in the riders path

Here is a near-miss a rider sent to me...

"Basically, we were barreling along US 90 inbound for Katy Mills and a man was stopped on the hard shoulder close to the verge while a lady was making a phone call. Unfortunately the lady's back wheel was close to the white line separating the shoulder from the road, while her front wheel was pointing at the guy. She seemed totally unaware that about fifty people were heading her way and was oblivious of the carnage she could have created. Warnings were shouted and she eventually moved."

The moral of their story is if you need to stop, please remember several key safety tips:

1. DON'T stop suddenly - call out "Slowing!" and, as gradually as possible, slow down and move to the right when you have confirmed it is clear to do so
2. DON'T stop in the path of riders. Pull off the road/shoulder completely
3. DO communicate and be predictable
4. DO take your helmet off if you need SAG assistance

2010 BP MS150 - Safety Quiz

There is a new safety quiz online on the MS150 Safety Zone. Our own Shell Team Captain and Excel/Safety guru, Afif Halal, did a GREAT job of overhauling the online safety quiz. The new quiz is educational, and entertaining! I promise that each of you will have at least one "A-ha" moment while taking the exam and you will get very thoughtful feedback after answering each question.

The exam is on the MS150 Safety Zone. Click the link below and then, click the link to the safety quiz on the lower end of the bar on the left edge.

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

This is an outstanding way to increase your Safety IQ with questions and answers that are very appropriate to participating in the BP MS150.

Ride Feedback - Rude Rider Alert

I'll keep this short - this is a reflection of one of our riders - if it was you, please make a note that if you read all your e-mails, you will significantly shorten your sign-in time and reduce your pre-ride stress.

One of our sign-in volunteers reported last week that one of the "O - Smith" riders got upset when they showed up in the sign-in line without a ride registration form. They got more upset because they had to go to the registration table to complete the form and come back to the sign-in line. The rider came back with the form, grabbed their number and refused to record the number on the sign-in sheet and slammed the pen down which flew across the table.

This is pretty childish behavior and could have been avoided by reading the note that accompanied the blank registration form that went to all paid riders. I know that some of my notes get long but there are a lot of details, safety tips, and other useful information to share. I don't put stuff in these notes for some random reason. The details are for your benefit!

Please take a few minutes to read each note and if there is a form to complete and bring along, print it and bring it. We only need to bring a paper registration form two more times (Feb 28 and Mar 27).

OK, that's plenty to cover today. Please watch for the Friday update on parking and any late details/updates. The Friday note will be as short as possible so please read it (and this note) in it's entirety.

See many of you this Saturday...

Stephen Moskowitz

Team Captain, ConocoPhillips

281 293-2599

steve.e.moskowitz@conocophillips.com

<http://www.conocophillipsbikeclub.org>