

Subject: 2010 BP MS150 Training Series - FAQ Update - Paid Version
From: "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>
Date: Fri, 22 Jan 2010 08:22:14 -0600
To: Undisclosed recipients;

I can tell that the beginning of the training series is almost here because MANY of you are sending me questions...

The bad news is that I won't have time to answer these individual questions...

...the good news is that so far, 100% of the questions I have glanced at have already been answered...

...in previous e-mail you received from me!-)

In order to help you all find the answers to your questions, I am sending a very short FAQ (frequently asked questions) to all our riders. PLEASE read this note - it will save you and your captains a LOT of time. If you don't find what you need here, then please read and re-read the tip below about the AMAZING work Aaron Jacks is doing on our club web site...

Top 3 Questions...

Here are the top 3 questions I have seen this week:

Q: How do I enroll for the weekly ride?

A: You don't need to! You already enrolled for the entire season. You simply sign in when you come to each ride

...and PLEASE sign out when you finish the ride each week so we know you made it back!

The sign-in list is divided into sections (i.e. A-FR, FR-LE, etc...) to keep the lines short.

Each section is on a clipboard so there is a line for each section to speed things up

If you can't remember your last name, please ask your parents or spouse as appropriate...

Q: How do I know if I am paid or not?

A: The easiest way is to look in your checkbook or your credit card or PayPal account if you paid online.

If you are so rich that you don't record your payments, here is a one time shortcut but I CAN'T do this again...

...this note is going out in two versions - Paid or Unpaid.

Please check the Subject line above. It will indicate which group you are in as of 4:30 am today

This is the list you will be on tomorrow - the lists were printed at 4:30 am and are packed and ready to go.

If you paid online after 4:30 am on Jan 22, please print out a copy of the PayPal confirmation and bring it to the Unpaid table tomorrow

If you enroll after 4:30 am on Jan 22, please print a copy of your enrollment form BEFORE you submit it (so your name is visible)

...Bring this to the ride tomorrow or the volunteers will not know that you are enrolled and will not permit you to participate

Q: I enrolled late or deleted all the WONDERFUL and HELPFUL e-mail Steve sent me. How can I re-read his classic notes by the fireplace tonight?

A: Aaron Jacks, Co-Captain of Team BAMS and our Web Wizard is doing an AMAZING job of cataloging ALL my e-mail on our web site!

Click on the Training Calendar link on the left and the calendar opens

Click on any of our current/past rides and Aaron has links to the ride map, all the e-mails I sent that week, map to the start and even GPS files

THANKS to Houstonian GPS Guru Mike Parmet for the GPS files!

The future ride details will be put up as they are completed. There are a lot of details to confirm before we put the maps online, etc.

Aaron has also started a VERY helpful FAQ online.

Q: I've never been to Katy Mills - How do I get to Sun & Ski Sports?

A: Read the Jan 20 weekly training ride e-mail The 4th paragraph of the weekly training ride (Heading:

Directions to Katy Mills...) contains directions to Sun & Ski

See the Q&A above - this e-mail is archived in the calendar under the Jan 23 ride so it's easy to find

You can also get a map to the start by clicking the calendar map link on the Where details for the Jan 23 ride

The weekly training ride e-mail will ALWAYS include directions to the start as well as any critical tips about parking details, etc.

Q: This is a Top 3 questions FAQ - why are there more than three questions?

A: You obviously don't know Steve Moskowitz very well yet!-)

OK, this note may set the record for shortest note of the season. I am trying to keep some of the notes shorter!

For tomorrow, please remember:

- Pre-pack all your clothes, helmet, shoes, glasses, sun-block, etc tonight
- Get your water and Sport Drink ready tonight - put the bottles in the fridge and the tops to the bottles on top of your keys so you don't forget
- Arrive NO LATER THAN 6:30 am!

We usually have our BIGGEST crowd at our first rides and the weather makes it look like this year will be the same as recent years

Don't expect to arrive at 7:00 am or later and be ready in time to start with our group

- Sun & Ski Sports will be open for us at 6:00 am so you can get accessories, clothing and bike adjustments before and after the ride

I'll see some of you tonight at Sun & Ski Sports on Westheimer between Voss and Chimney Rock for the Bike University (6:00 - 900 pm) and many of you tomorrow morning at Sun & Ski Sports at Katy Mills Mall for our first ride of the season!

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