

Subject: 2010 BP MS150 Training Ride #11 - New Waverly
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Date: Wed, 31 Mar 2010 08:28:03 -0500
To: Undisclosed recipients;

This year, it looks like April is packed with a lot of News...
...or maybe I should say April is our New month of the year.

That's right, the two rides we have left to do are New Waverly and New Ulm!

I've never been to Waverly or Ulm so I have to take someone's word for it that these are the "New" versions but the rides are beautiful and moderately to very hilly so here we go...

Wait, one more heads-up while I have your attention...

...The weather looks good but there is some possibility of rain. I will send an update Friday morning with the sign-in breakdown and any notes if the weather is on the fence. If you are off Friday, please check your inbox or, if you can, set up a rule to forward a copy of my note to your home address or cell phone. Sorry - I can't change/add e-mail addresses for the weekend.

2010 BP MS150 Training Ride #11 - New Waverly

This week, we are dropping the distance and hills back just a bit to recover from a beautiful and challenging ride last week at Chappell Hill. Don't worry - you will not lose any conditioning and some of us can use the active recovery ride to get stronger. For our final ride, you will have plenty of hills once again with the option to repeat some or all as long as you make it in under the time limit.

This Saturday, we'll be starting in New Waverly and riding up to the south edge of Huntsville. Please see the reminder below that I-45 is under construction in Conroe so everyone needs to leave early enough to allow plenty of time to get past Conroe, park, sign in, and get ready to roll...

Remember - We are going to a small town so you need to carpool! This is critical...

NOTE - The long and short routes split almost immediately so we will send all the long route riders first followed by the short route riders. Please honor this split start as we have law enforcement officers in New Waverly and it will confuse them if all the first riders aren't turning left where the long ride turns not to mention that many of you may find yourself on the wrong route if you start with the wrong group. This is a classic example of how hanging with the wrong crowd can really get you into trouble!

The long and short routes are basically large triangles. The first two legs are mostly gently rolling with a few modest climbs. The final leg for both parallels I-45 and then, uses a long, quiet stretch of the I-45 frontage for the last stretch. This leg offers a "roller-coaster" ride according to noted local expert, Marshall Cohen. This stretch of road was one of Marshall's favorites in his youth. Veteran riders, please note that we will not be riding on the I-45 frontage road until a point well south of Huntsville. We tried this last year due to resurfacing on the frontage road and this was quite a pleasant stretch of quiet road..

The final stretch has some more challenging climbs and we all climb and descend at different rates so spread out in the hills and allow more room to anticipate the rider in front slowing and/or weaving as they climb and descend. Please don't spread out across the road but be patient and only pass slower riders when you have confirmed that it is safe to do so. Please also remember to stick to single file, respect other riders and local traffic and use effective communications when passing or being passed.

Directions to the start of the ride:

We are starting at the New Waverly ISD Track Field, 9434 Highway 75 South, New Waverly, TX 77358. (Note - MapQuest still can't find this address - it shows the track north of 1375 so please follow the directions below.)

Take I-45 north to exit 102. Go east (right) to New Waverly on FM-1375. Turn right in New Waverly on

Highway 75 South. The parking lot is about a mile outside of town on the right past the public library. There is a school just past the track facility

NOTE - New Waverly is about 15-20 miles north of Conroe so allow plenty of time to get to the start.

Reminder - Road Construction on I-45 at Conroe

The HP planning team sent a reminder that there is construction on I-45 through Conroe. Please allow a few extra minutes on the drive to New Waverly and be patient on the drive home.

More Good Rider Feedback...

Just a comment to let some others know on the future notes. We have been in hill country for a few weeks now and with spring, we are getting a lot more bugs in the fields. May be a good time to remind riders to look over their bikes prior to getting back on the seat for any insects. I found a few spiders on my handlebars. May have gotten bit at the wrong place unexpectedly!

The only problem we had on the ride was with a couple of riders who insisted upon riding two abreast.

Even though we yelled "CAR BACK" numerous times on that last, well-traveled road into Chappell Hill. I don't know if the cyclist we were warning had headphones on, or whether she couldn't hear very well, or whether she just chose to ignore us, but I ended up passing her eventually by riding way out into the street, and when I called out "on your left," she didn't budge either. I couldn't tell whether she was one of our riders or not, but she didn't have a number on her back. Harry noted the same behavior in this rider, as well as a young man he was riding behind. None of our warnings seemed to make a difference.

This bothers me for two reasons:

- #1 the rider I saw was putting herself in great danger riding on a busy highway in the path of traffic
- #2 those of us who passed her put ourselves in danger, trying to go around her by getting way out into the road.

...Anyway, each year you surprise me with one thing or another. Never in my wildest dreams did I think I would get a chance to "run with the bulls," but there I was yesterday. I was just "riding my ride," and Toro appeared. Truly. A young – huge – bull came into the road prancing around. No one yelled "slowing" or stopping." We didn't have to. It was understood.

Toro ran back and forth. A few guys decided to sprint as Toro BRIEFLY went back into his pasture. I said to my friend, "Where are the guys when you need them?" A male voice behind me answered, "I'm right behind you and not moving!"

And so it goes....

2010 BP MS150 - Safety Quiz

If you have not already done so, please take advantage of the long weekend and complete the MS Safety Quiz. This will be a very informative and entertaining way to review some key safety concepts to make sure you know what to expect and reinforce what we have been practicing on our rides since January.

Here's a link to the quiz:

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

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.

Bicycling Comedian Show Benefiting BikeHouston Set April 6

HOUSTON – Tom Snyders, The Bicycling Comedian will bring his new show to Houston's Radio Music Theatre April 6 in a benefit appearance for BikeHouston, the bicycle advocacy group. You Can't Bring that Bike in Here is Snyder's new show. The performance will be at 7:30 p.m. on April 6. The theater is located at 2623 Colquitt. Tickets are only \$12 to the performance. A cash bar will be available.

Snyders has been pedaling a fully-loaded touring bicycle to his stand-up comedy performances for the past 23 years. In that time he has pedaled more than 150,000 miles, to all 50 states (Hawaii was not easy) and in 33 countries on six continents. He has made ten national television appearances and performed in more than 200 comedy clubs. Tom just completed a solo bike trek from Cancun, Mexico, to Ushuaia, Argentina. "It is not just a comedy show, it is an adventure," Snyders says.

Ticket are available in advance at Urban Bicycle Gallery, 4814 Nett Street (just off Durham) and online through Active.com.

Tickets will be available at the door on the night of performance (Cash or Check Only)

For more information on the event go to www.bikehouston.org or call 713-222-BIKE.

More information on The Bicycling Comedian is available at www.bikecomedy.com or www.myspace.com/bicyclingcomedian.

For more information, contact Paul SoRelle at psorelle@bikehouston.org or 281-687-5666.

OK, I'll see many of you in New Waverly this Saturday...

Thanks!

Stephen Moskowitz

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