

Subject: 2010 BP MS150 Training Series - Ride 4 - Pedaling the Prairie - Feb 13, 8:00 am
From: "Moskowitz, Steve E." <Steve.E.Moskowitz@conocophillips.com>
Date: Wed, 10 Feb 2010 08:07:59 -0600
To: Undisclosed recipients;

OK, this is not a highly scientific study but our number of participants seems to be going up and down in sync with the temperature...

...With the temperature back up to the 40's to upper 50's, 1,020 of you enjoyed a great ride last Saturday!

...many of you also took advantage of the free pizza at the ConocoPhillips Rodeo Run registration on your way back to town

The weather forecast I saw this morning calls for 38 at the start warming to 58 so layering will be very appropriate to staying comfortable.

I'm trying to get the weekly ride note as short as possible so let's get right to the weekly ride news. One critical reminder first...

...We are now heading further out of town which means less traffic and more scenic routes but it also means no highways and smaller parking lots. PLEASE read the Carpool Corner note below if you are not already in a carpool. This will be critical for most of the rest of our rides to squeeze into the smaller parking venues, reduce the congestion, and enjoy the longer drives to/from each ride. The ONLY exception to this requirement is the weekly volunteer support team.

2010 BP MS150 Training Series - Ride 4 - Pedaling the Prairie - Feb 13, 8:00 am

This week, we have another special treat - we're partnering with Faith West Academy for the Pedaling the Prairie ride!

The route will be all new for this year and there will be options to ride 28, 41, 56 or 70 miles. The two short routes will be fairly flat while the 56 and 70 mile routes will include our first preview of some hills on FM-529 and FM-331 out to Bellville.

At this point in the season, I DON'T recommend the 56 or 70 mile options unless you have been riding all year and are ready to stretch things out. Next week (Feb 20), we'll have another brand new route (THANKS HP!) which will give all of us our true introduction to the hills at more reasonable distance options for our new riders.

Directions to the start of the ride - Waller County Fairgrounds (22000 Fairground Rd, Hempstead, 77445).

If you live inside the Sam Houston Tollway:

Take the tollway (or the 610 loop, if closer) to Hwy 290. Take 290 northwest approx 33 miles past the Sam Houston Tollway to the 359 exit. Turn LEFT (South) on 359 and go just over a mile to Old Houston Hwy. Turn LEFT and then, the entry to the fairgrounds is on the right shortly after you turn.

If you live west of the tollway:

Take I-10 west to the first Brookshire exit. Turn RIGHT, go to the light and turn LEFT on Hwy 90. Go to the 2nd light and make a RIGHT on FM-359. Take FM-359 north approx 18 miles to Fairgrounds Dr. The Fairgrounds will be on your right.

NOTE - Since there will be a lot of us heading to Hempstead, you want to do five things:

1. Arrive early
2. Carpool
3. Arrive early!
4. Come out 290 if you live inside or near the tollway or come up 359 from Brookshire if you live farther west

5. Arrive early!!!

You can see/print the ride map (THANKS to Greg Schindler from El Paso!) at the ride web site:
<http://www.pedalingtheprairie.org/>

We will have our own sign-in tables and I will send each paid participant a copy of the registration form Thursday just like we did last week.

If you don't receive a copy of the form by Thursday evening, you can find and print a copy online at:
http://fwa.babiesareblessings.com/2010_FWA_Bike_Registration_Form.pdf

Carpool Corner (required)

I have written about carpooling on several occasions and most of you are already doing this - THANKS!

Now that we are moving out to the communities surrounding Houston, it is critical that we all (except the weekly support volunteers) carpool to the rides. We will overwhelm the local facilities if we each arrive in one car and the traffic will be very congested if 1,000 of us each drives alone. Did I also mention that carpooling makes the longer drives to our starting locations more fun?

If you have not already found a carpool, PLEASE don't waste another minute!

We have a Carpool Forum on the club web site - www.conocophillipsbikeclub.org. Click on Carpool on the left side.

There are currently 27 listings on the carpool forum so you will need to click the Next Page link at the bottom right to look through all three pages of carpools. If you see one that may work, click on the e-mail address of the person who posted the carpool to contact them.

If you don't find a carpool that would work, click the New Entry link on the top right of the listings.

- Note the neighborhood you want to start from in the subject
- Include your riding speed and any other notes that will help find a match.

Note that you can meet in a parking lot near home, your office, etc - it may be hard to find someone who lives real near but you can meet at a location 5-10 miles from home where a Panera Bread, Starbucks, McDonald's, Denny's, etc would be open early for some coffee and carpool from there. If you do this, don't park right in front of the business, park across the lot so you don't block customers all day. Also let the manager know - they are usually OK with this if you come in for coffee, juice and/or a snack before you head off.

Carpooling is not rocket science - it's just plain old common sense and a few minutes of your time. The time you invest now will pay off big time over the rest of the season. PLEASE get going on your carpools now...

OK, that's it for today - watch for the registration form Thursday if I have received your fee by midnight tonight (Wed, Feb 10). If you need to pay after today, please bring your check (\$125) to the ride.

I'll see many of you in Hempstead this Saturday...

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