

**Subject:** 2010 BP MS150 Training Series Chappell Hill Wrap Up

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**Date:** Sun, 28 Mar 2010 12:33:15 -0500

**CC:** "timothy.allen3666@sbcglobal.net" <timothy.allen3666@sbcglobal.net>, ConocoPhillips - Steve Moskowitz <moskose@swbell.net>

I have some good news for everyone who came out to ride yesterday...

The ride to Austin will have some hilly stretches but none will be as consistently hilly for as long as the ride yesterday. In other words, if you completed the medium or the long route, you are ready to ride to Austin!-)

If you had trouble finishing, don't give up. We still have two weeks so we'll ease back just a little next weekend with a beautiful ride up north in New Waverly followed by a final ride in New Ulm with rolling roads and a few memorable climbs thrown in for good measure. The next two rides will offer enough hills and mileage to tune you up for the BP MS150.

One more note - while I can't make any promises, the prevailing wind in this area is out of the southeast and we'll be heading west and north almost all the way to Austin. I know the last two years were both exceptions to this but the law of averages says we're due for mostly tailwinds any year now - I can remember long stretches to Austin where we have been cruising almost effortlessly...

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**Water Wizard Critical Reminder - Need to Pick Up Coolers This Week!**

We only have two weeks to go and we need all our Water Wizards step up for two more rides to ensure we have plenty of water at the rides. TJ Allen and I brought 22 coolers back from Chappell Hill and the ride director is bringing me four more coolers tomorrow. It is fairly easy to bring empty coolers home but it will be impossible for two of us to bring all these coolers back with water next week. It is critical that our Water Wizards contact us ASAP so we can arrange to hand off empty coolers for next week.

Please e-mail TJ (CC'ed on this note) and I ASAP so we can arrange to transfer the coolers.

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**No More Unpaid List at the Rides**

Since there are only two rides left, we will be focusing all our volunteers on normal sign-in and getting the rest stop and SAG teams ready for the ride. If you have not paid, you won't be listed and there won't be any way to verify you are enrolled and permitted to ride.

If any of you have not paid and really do want to ride, you can still send payment via PayPal (\$128) to the club c/o my e-mail address - [steve.e.moskowitz@conocophillips.com](mailto:steve.e.moskowitz@conocophillips.com).

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**Ride Feedback**

Thanks for a great ride. The hills were fun.....the wind.....ppffft.

I would like to share that near the end if the ride, my chain came off as I was changing gears and I had to pull over. A very kind woman that unfortunately I did not get her name, stopped to help. We could not get it unjammed and another rider was approaching that she knew and he stopped and with some work got it fixed. His name was Chuck. Both of them ended up with greasy fingers and I am certain that they wanted to get to the finish and head home. I would say the best experiences that I have encountered in training are the people that I have met.

thanks for all the hard work that you and the gang put into it. I look forward to day when I am confident/able to stop to help.

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## **Lost & Found**

I still have a few unclaimed items that have been turned in after the rides.

Nothing was turned in to me after the ride yesterday - I had a report of a lost drivers license but it was claimed before it got to me. Thanks to everyone who helped find the missing keys (in the parking field) and the missing bike (another rider grabbed the wrong bike). I do have a rider who reported a missing Cateye computer head that was probably lost at rest stop 1 if anyone found one.

I have several bike computer head units and some misc cool weather things plus an iPod/Speaker unit bagged with the riders name that has been unclaimed since the Willis ride. These items are all at the sign-in tables each week in a bag in or near our sign-in supply case. Please remember to check at the sign-in tables for these orphan items.

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## **April 2-4 - Easter Hill Country Tour**

For those of you who are not signed up for our training series or are looking for some REAL hilly riding next weekend, here's a three day ride weekend note for April 2-4.

The Houston Bicycle Club welcomes you to the 37th Annual Easter Hill Country Tour. Since 1974, the tour has been sponsored in rotation by the Houston Bicycle Club, the Lubbock Bicycle Club, the Fort Worth Bicycling Association and the San Antonio Wheelmen. Beginning in 2011, the Austin Cycling Association will replace the Lubbock Bicycle Club in the rotation. The event has become noted as one of the premier cycling events in Texas and we hope it continues in that tradition for years to come.

Each year, anywhere from 800 to 1200 bicycle riders from all around the state meet to experience the beautiful scenery of the Texas Hill Country. The rides are fully supported and routes vary from 20 to 100 miles in length to suit every riding taste. This year, in addition to three days of riding, we will offer a Saturday night dinner with entertainment by the bicycling comedian, Tom Snyders.

More info online at: <http://www.houstonbicycleclub.org/ehct2010/>

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## **Will the World (As we know it) End After the BP MS150?**

While our large, well supported training series will end, there will be plenty of local rides and, on a semi-regular basis, we will announce "drop-in" rides. Anyone who wants to ride will drop-in and ride. Bring snacks and full bottles and money for snacks/water at convenience stores along the way and show up ready to ride. The Spring/Summer rides will start at 7:00-7:30 to beat the heat. Watch your inbox for more details after the BP MS150.

Here is a quick list of the rides coming up in the first few weeks after the BP MS150. This is not a definitive list - just a quick list of rides that have already shown up in my inbox or mailbox...

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## **May 1 - Fulshear-Simonton Lions Club Cycling for Sight, Estates at Whispering Oaks**

If you want to show your appreciation to the Fulshear/Simonton community for being tolerant of riders out there every weekend, this will be one of two opportunities to do so in May. This ride will be start in Richmond (real close to the end of the Westpark Tollway) and should be well organized, well organized and a lot of fun.

If you are not going to Frisco for the Bike MS: Sam's Club Ride (see below), pencil this ride in for a great time in town...

More info at: <http://www.active.com/cycling/richmond-tx/cycling-for-sight-2010>

NOTE - We will be looking for SAG support to help on both Fulshear rides. Watch your inbox for the call for SAGs...

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**May 1-2 - Bike MS: Sam's Club Ride**

This will be the second MS event in two weeks. Count on the same high level of organization, great support and a great cause. Just don't count on 13,000 riders showing up!

There are options to ride both days (164 miles) or do the 86 mile ride on May 1 only, a 48 mile May 1 route or a 30 mile May 2 route which starts with a lap around Texas Motor Speedway.

More info at: <http://www.nationalmssociety.org/chapters/sams-club/index.aspx>

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**May 2-7 - American Red Cross Tour de Rouge, Houston to New Orleans**

The American Red Cross is hosting the Second Annual Tour du Rouge May 2-7, 2010. It is a 529-mile, 6-day cycling tour from Houston to New Orleans. Registration is limited to 150. For more details go to [www.tourdurouge.org](http://www.tourdurouge.org)

This event will benefit the Greater Houston Area Chapter of the American Red Cross so that we may continue to help people prevent, prepare for, and respond to emergencies.

If you would like further information, or prefer to discuss this in person please contact me at 713-313-1668.  
Dory Cayten  
Deputy Director, Fund Development  
Greater Houston Area Chapter  
American Red Cross

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**May 8 - Rolling Hills Challenge, Columbus**

25, 50, 62.5 and 100 mile routes plus DELICIOUS cooked to order burgers with GREAT sautéed onions at the finish...I've enjoyed these burgers MANY times!

More info online at: <http://www.columbuslionsclub.org/lions/rollinghillschallenge2010.htm>

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**May 15 - 2010 2nd Annual Bike for Mike Ride, Fulshear**

Join us at the Union Chappel Vineyards/Bar O Ranch on Saturday, May 15th when Fulshear will hold its highly anticipated 2nd annual Michael T. McCann Memorial Bike Ride throughout our great community. The ride will feature a 63, 43, and 21 mile route, as well as a Pedal Pusher 3-mile ride for families with children of all ages to enjoy. All proceeds of this family event will directly benefit the beautification of our city, as he so cherished.

Bike for Mike is proud to support Fulshear and the Keep Texas Beautiful campaign, and annually selects a special project specifically for the beautification of the city. We look forward to seeing you in the vineyard for the after ride celebration!

More info online at: <http://www.bikeformikefulshear.com/>

NOTE - We will be looking for SAG support to help on both Fulshear rides. Watch your inbox for the call for SAGs...

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**May 22-23 - American Diabetes Association Tour de Cure, San Antonio to Austin**

I would like to notify you of our upcoming cycling event May 22nd and 23rd. We would love to have you

join us for this important cause. It is the only cycling event in Texas dedicated to finding a cure for diabetes.

There are currently 24 million Americans living with diabetes and another 57 million have pre-diabetes, which if left unchecked, will likely develop into diabetes. Diabetes is the 7th leading cause of death and the costs for treating diabetes has already topped 174 billion dollars in America. One out of every five Texans is diagnosed with diabetes, there being a marked increase for our children due to obesity.

From 1990 to 2000, there was a 61% increase in Americans with diabetes because every 21 seconds, someone is diagnosed with diabetes.

Please join us in what is guaranteed to be a wonderful weekend of friendship, fun, and fitness. Please register at <http://main.diabetes.org/AustinTourdeCure>.

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Watch your inbox Wednesday for the weekly ride information...

Thanks!

**Stephen Moskowitz**

Team Captain, ConocoPhillips

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