



### ***Dear Team Houston Methodist Riders –***

Here are a few important reminders, and a sneak peek at the event weekend plans. All riders should please read the Team Store announcement, even if you already purchased your jersey.

### ***Team Store – Last day to order your Team jersey is February 11***

If you have not yet ordered your Team jersey, the Team Store at Primal Wear is open through February 11. The Team will cover the cost of one sport cut jersey per rider, up to the first 250 riders. That's a discount of \$34. Just use the coupon code **2016Methodist** when you place your order. The discount will be applied when you check out. There are two color themes to choose from this year. You may order the color of your choice. Some riders have ordered two jerseys - one in each color, but the Team pays for only one free jersey per rider.

**Very important** - Please be sure you use the discount code **ONLY ONCE** when ordering. If you place multiple orders, and use the code multiple times, some of your orders are at risk of being canceled. If you already ordered your jersey and/or other cycling garments, and think you may have mistakenly used the code more than once, please call Primal Wear customer service at 800-275-6953 to correct your order.

If you have not ordered from Primal before, follow this link to [Create an account at Primal Custom Pro](#).

If you already have an account with Primal Custom Pro, no need to create another. Follow this link to login: [Log into Primal Custom Pro](#)

All orders will be delivered by April 1, in plenty of time for the event weekend. If you have any questions please contact Nicole Hadnott or Brenda Moore at [MS150@HoustonMethodist.org](mailto:MS150@HoustonMethodist.org), or Primal customer service at 800-275-6953.

## ***Team Kickoff -***

Our **Team Kickoff** event is this Saturday, February 6, 1:00 – 3:00 pm, at the Houston Methodist Orthopedics & Sports Medicine facility, 3100 Timmons Lane #120, Houston, TX 77027.

All riders – new and returning – are welcome. New Team members are especially encouraged to attend. You could win a basic bicycle maintenance kit! Here's what you can look forward to:

- Seasoned Team cyclists will be on hand to answer your burning cycling questions.
- Bike Barn – A bicycle expert will discuss and demonstrate such things as bike fit, tools and maintenance, and the all-important bike inspection.
- Houston Methodist Wellness – A wellness representative will talk about the benefits of exercise and training, spin classes, and how Houston Methodist employees can earn Pick Up Your Pace points for training.
- Houston Methodist Human Performance Lab – Talk to an exercise physiologist about the benefits of a performance assessment.
- National Multiple Sclerosis Society – Learn about the reason we ride! What is MS, and how does our fundraising benefit patients with MS?
- Enjoy snacks from Katz's and sample some GU Energy Gel (*Cycling food, yum! No kidding – yum!*)
- We'll have some 2015 Team jerseys to give away. **NOTE:** Not all sizes are available. These are for new Team members who do not already have a 2015 jersey.

Put this on your calendar, come out and meet some of the Team Houston Methodist riders you'll be sharing the road with. See you there!

## ***Houston Methodist Training Ride for New Team riders – February 13, 2016, 8am***

Team Houston Methodist is hosting a beginner ride through and around Sienna Plantation – approximately 20-30 miles

Who: Special invitation for new Houston Methodist Team riders

What: Come join us for an organized Houston Methodist Team Ride

When: Saturday Feb. 13, 2016, wheels down at 8am

Where: Ride will depart from 46 Hope Farm Road, Missouri City, Texas - Click [HERE](#) to see a location map.

Questions: If you have questions about the ride, please email to [ms150@houstonmethodist.org](mailto:ms150@houstonmethodist.org).

## ***Event Weekend –***

For those of you who are wondering just what the weekend plans are, here is a sneak peek. More specific information will come in the next few weeks.

### **Saturday, April 16 – Team Start at Houston Methodist West Hospital and Camp Schramm**

Start Location	Houston Methodist West Hospital: 18500 Katy Freeway
5:00 am	Drop off luggage at luggage trucks. Check in at registration tables and pick up a few goodies. Enjoy coffee and biker breakfast foods.
6:45 am	Team Photo
6:55 am	Team prayer led by a Houston Methodist Chaplain
7:00 am	Team Houston Methodist departure begins with security escort
11:00 am	First wave of riders begin arriving at Camp Schramm, our Team's overnight location just a few miles from the official BP MS 150 camp grounds
1:00 - 8:00 pm	Massage therapists will be on hand from 1:00 pm – 8:00 pm DJ entertainment starts at 2:00 pm; dinner starts at 4:30 pm

### **Sunday, April 17 – Camp Schramm to Austin finish line**

5:30 – 7:00 am	Breakfast provided at Camp Schramm
6:45 am	Riders begin departing for Austin
11:00 am	First wave of riders begin arriving in Austin (based on rider speed). Go to the Team Houston Methodist tent (location to be announced). A catered lunch will be provided for all Team Houston Methodist riders, volunteers and family members/friends who are meeting riders at the finish.
12:00 pm	Chartered Team buses begin boarding for departure from Austin to Houston Methodist West Hospital. Rider luggage returned from Camp Schramm will be ready to pick up upon arrival.

We're just a little more than 10 weeks from the event weekend, April 16-17. Hope you all are as excited as we are!

Regards,

Dr. Bill Bryan and Kevin Burns  
Co-Chairs, Team Houston Methodist Cycling Committee

