Dear Team Houston Methodist Riders,

We are 294 riders strong and have raised $109,878 so far. The Team goal is $125,000. Keep up the good work!

Just 16 days – 2 weekends – till BP MS 150. Are you as excited as we are? We are all doing the same things, or should be: training, checking our bikes, browsing the BP MS 150 website for details and news. We’ve seen those Houston Methodist jerseys out there on the roads! Keep on riding! This is a long email, but filled with important information and several attachments. Over the next couple of weeks, Team emails will come a bit more frequently. Please be sure to read each one. We’ll highlight lots of information you need to know about the event weekend. Be sure to visit the BP MS 150 website often to review the announcements and rider information there. Also check the Team website and the Team Facebook page for more information and to see this and other posted communications.

Bike MS: Champions underwritten by Noble Energy

"My advice for anyone living with MS is to remember you can still do whatever you like. Live your dreams today so you can enjoy them tomorrow. Because of the National MS Society, no one has to fight this battle alone. People with MS and their families have someone on their side. Whether it’s financial, emotional or psychological, the MS Society has a team of people in place to help in various areas of need." >>Read Nicole’s full story. Bike MS Champions bring the Society’s mission to life through their personal MS story. Everyone’s MS story is unique and we are thankful to have these featured Bike MS Champions to share how MS has impacted their lives.

Event Roadmap

Again, the newly completed Event Roadmap is attached for your review. Please read it. If you need bus transportation back to Houston, follow the instructions in the Roadmap to reserve your seat soon. Attached, and included in the Roadmap, is an updated map of the Team start location at Houston Methodist West Hospital, and morning instructions. Changes were made due to construction on the campus.

Stuff Happens

Are you still planning to ride in the event? Terrific! But, stuff happens. And, if it happens to you (like the fractured elbows 2 Team members already had – ouch!), please let us know if you need to withdraw. And, you’ll need to let the BP MS 150 organizers know as well. Email them at bpms150@nmss.org. Email the Team organizers at ms150@houstonmethodist.org. Thanks!

Sign up for text alerts

Remember last year? Soggy, wet and even dangerous weather caused the cancelation of ride Day 1. There are things beyond our control that could affect our weekend. You can
get text alerts to your cell phone during the event weekend. Text “BP” to 68686 to opt-in for text alerts. Standard rates apply.

**RV parking at Camp St. Marks and the Fayette County Fairgrounds**

As stated in the Event Roadmap, there will be no RV parking at Camp Schramm. If you plan to bring an RV, you’ll need to park it in designated areas at Camp St. Marks or the Fayette County Fairgrounds. Click [HERE](#) to go to the BP MS 150 website for a map and information. **NOTE:** RV parking is allowed on Thursday and Friday only – first come, first serve. Please plan ahead. Remember, there will be no Team tent at the La Grange locations. All our tents and amenities will be located at Camp Schramm. No shuttles will operate between Camp Schramm and La Grange.

**Jerseys**

Primal Wear confirmed this week the jerseys are shipping for delivery FRIDAY - April 1. If your order is not received as promised, please call Primal’s customer service number as soon as possible to check on your shipment: 800-275-6953.

**It’s a Century!**

We confirmed it. The Day 1 ride from Houston Methodist West Hospital to our overnight campground at “Camp Schramm” measures 101 miles – a **CENTURY** ride milestone! That’s a tremendous accomplishment. We hope you all have trained well. Pace yourself, stay hydrated, be sure to take advantage of those break points, and remember – **it’s a ride, not a race!** When you reach Camp Schramm, we will have a special reward for you. Just check in when you arrive, mark your arrival time on the rider posters, and let us know that you rode a **full century**!

**Packet Pick-Up Dates**

Each rider is responsible for picking up his/her own rider packet. There will be no bulk pickups for the team. If you cannot pick up your packet, please arrange for a fellow rider, friend or family member to pick it up for you. You must provide that person with your **Rider Acknowledgment Form** (form is attached to this email for you to print, if needed) or they will not be able to pick up your packet.

Packet Pick-Up Requirement: To receive a Rider Packet, each registered rider MUST meet the $400 Minimum Fundraising Requirement and complete the **Rider Acknowledgment Form**.

**NOTE:** RIDER PACKETS ARE NOT AVAILABLE AT ANY NATIONAL MS SOCIETY OFFICE. YOU MUST ATTEND ONE OF THE THREE PACKET PICK-UPS LISTED BELOW.

**11 a.m. - 7 p.m. Wednesday, April 6**

Memorial Park
Training and conditioning – Words of wisdom from your co-Captain, Dr. Bill Bryan, and the physical therapy and rehab services of Houston Methodist

With just a couple of weeks left, you should begin now to focus on some physical conditioning to help prepare for those long hours in the saddle. Here are a few movements to add to your training:

- Isometric neck exercises – You can do these sitting at a desk or in your car waiting at a stop light.
- Be mindful of your posture - Walk with your heart held high.
- Planks to strengthen the core
- Push ups
- Dumb bells for the back
- Stairs for the legs

Final 4 recommended rides

It's all about your safety and success. Join one of the Recommended Rides in and around the Houston and Austin area to practice group cycling and train for the BP MS 150. Fees vary per ride.

- Saturday, April 2 - Schlumberger Education Expedition
- Sunday, April 3 - Grand Fondo: Texas TMCO. The Gran Fondo Texas TMCO would like to invite everyone training for this year’s BP MS150 to join us on Sunday, April 3 for a fantastic ride through the Sam Houston National Forest in northwest Montgomery and Grimes counties. The ride will start at the Montgomery High School in historic Montgomery, TX with routes ranging from 32, 46, 68 & 90 miles accommodating all rider abilities while supporting two great causes, The Texas Medical Center Orchestra and the National MS Society.
- Saturday, April 9 - Katy Ram Challenge
- Sunday, April 10 - Bike for Little Heroes

Need we say it?
Many of you have been in the bike saddle a good many years and have ridden in group settings before. Some of you know your way around a bike but are new to the concept of group riding. Some of you are honest-to-goodness novices at both – welcome to the road! Whatever the level of expertise, it is important we all remind ourselves of the need to be safe and courteous. Just as when we are behind the wheels of our cars, we need to follow the rules of the road. There will still be auto traffic on the roads, so be aware and give them plenty room to pass safely. Do the same with your fellow riders who may be riding a little faster than you. You know the rest. Refresh your knowledge with the attached “Road Rules” and “Safety First Messages.”

**Speaking of Safety**

**Be prepared:** Don’t forget to take these items on any cycling outing!

- **Identification (ID):** always carry a driver’s license or similar identification which is important in case of emergency or if you need to provide ID to a police officer.
- **Emergency Contact Info:** always write your emergency contact information on the back of your event bibs (if provided). If you have identification tags or wristbands (like RoadID), make sure you regularly update your medical and emergency contact information with those companies. Of course, let someone know if you are participating in any event, in case of emergency.
- **Medications:** every rider is responsible for carrying his or her own medications and should consider bringing pain relievers, allergy medications, eye drops and items like inhalers, if you suffer from asthma. With a mild winter this year, asthma and allergy season is going to be a challenge in 2016.
- **Emergency Money:** You never know when you may need or want to buy something while cycling so always be prepared with some cash and even a credit card. Remember that during the BP MS 150, you may want or need help from the fabulous bike mechanics during the event and while inspected bikes get free labor, you do have to pay for any supplies you may need.
- **Bike Repair Tools:** Before each ride, make sure you have the appropriate repair supplies such as tubes, patches, tire levers and an air pump for your bicycle. You should know how to change your own tire and if you don’t, please see one of the BP MS 150 bike shops for guidance and the supplies you need to safely complete a ride should you have a mechanical issue.
- **Ride Marshal Reminder:** Please note that BP MS 150 Ride Marshals (who assist cyclists during the BP MS 150 and BP MS 150 Recommended Rides) do not provide medications to riders and while they assist riders with mechanical issues, they do not provide tubes, patches and other repair tools.

**Did you complete the Safe Cycling Challenge yet?** It is a great learning tool and we hope every one of you will go online to complete this. Even if you’ve done it in previous years, consider it a refresher.
The online Safe Cycling Challenge is intended for educational purposes only. The questions have been designed to increase your knowledge and awareness of a broad range of cycling safety practices that you are likely to experience during training rides and the BP MS 150. Go here to take the quiz: Safe Cycling Challenge.

NHTSA video on bicycle safety tips – Please watch this very helpful video soon. BP MS 150 features this bicycle safety video on their website. Watch this today and put these tips into practice while you are training. Open the link HERE and scroll down to the video.

Group Riding Skills Course – Just 2 dates remaining for this course. Details below. The Group Riding Skills Course is conducted by the League of American Bicyclists. The LAB is the Society's education partner and a national organization dedicated to cycling, cycling advocacy and cycling education. Official BP MS 150 Calendar – Includes Group Riding Skills Courses, Recommended Rides, and more!

Course Requirements:
- Course Fee is non-refundable and non-transferable.
- Students must be 18 years of age or be accompanied by a parent or legal guardian age 21 or older.
- Course consists of 2 hours of classroom instruction and 1 hour of hands-on parking lot drills.
- Students must attend the entire class to receive course completion certification.
- Students must bring their own bike and helmet to participate in the course.
- Students should dress appropriately for cycling and bring their water bottles.

Course Description:
Bicycling in a group is one of life’s more enjoyable activities when done right. Cyclists have several options for obtaining the knowledge and skills that will make their cycling safe, courteous, efficient and enjoyable. By far the best option is to take the Group Riding Skills course offered by the League of American Bicyclists and a League Cycling Instructor. To ride safely in a group, you should first be familiar with the techniques for riding predictably, on public roadways, as an individual — such skills as proper lane positioning and emergency bike handling. However, cycling in a group places added responsibilities on each cyclist, so all must understand and practice the principles of group riding. This course is designed to give you the principles of group riding so you can safely enjoy riding in the BP MS 150 and other group rides.

Questions & Information:
Contact: bpms150@nmss.org
Remaining Courses Scheduled in April

- **April 2, 2016**
  Saturday, 9am - Noon or 2 pm - 5pm (Registration closes noon Friday April 1)
  $30 non-refundable, non-transferable fee
  Bicycle World of Houston
  14536 Memorial Drive
  Houston, TX 77079
  9 am to Noon course [Sign me up!](#)
  2 pm to 5 pm course - [Sign me up!](#)

- **April 9, 2016**
  Saturday, 9am - Noon or 2 pm - 5pm (Registration closes noon Friday April 8)
  $30 non-refundable, non-transferable fee
  Bicycle World of Houston
  14536 Memorial Drive
  Houston, TX 77079
  9 am to Noon course [Sign me up!](#)
  2 pm to 5 pm course - [Sign me up!](#)

*Bike inspections*

Not only does your body need to be in the best shape possible for the BP MS 150, but your bike should be finely tuned and road worthy as well. To ensure your bike is in the best shape please take it, along with your clipless cycling shoes, to one of the BP MS 150 Official Bike Stores for a FREE professional safety inspection. Pedal inspection is a critical component of the overall safety inspection, so don't forget your clipless cycling shoes. Please view the [2016 Bicycle Safety Inspection Form](#) to learn what is included in the safety inspection.

- Bike Safety Inspections are not mandatory, but are strongly encouraged by the National MS Society to promote a safe BP MS 150.
- Bike Safety Inspections are performed by Official Bike Stores only.
- Once your bike passes the Safety Inspection, you will receive a BP MS 150 Safety Inspection Sticker to display on the stem of your bike (sample at top-right).
- With this sticker you are eligible for FREE labor (parts and materials are extra) if you need any mechanical repairs during the BP MS 150.
- Bike Safety Inspections NO COST from February 15 through April 8.

*Don’t wait!!* Starting April 9 through April 15, the safety inspection will be $15.

*Remember,* Team Houston Methodist is a Bike Barn sponsored Team. You can get your safety inspection at any of their [8 locations in the Houston area](#). And, mention you are a member of Team Houston Methodist for special discounts.
Regards,

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