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CFP

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March Issue 2008

Dallas, Texas

JOIN THE "SPCA" (Sponsor Puppy's Cycling Adventure)

I'm more famous than Lassie but if you don't know, I'm Southbound John Russell Hondo Crouch Schopmeyer, the Team Mascot of CitiSlickers. The Team Captain lives in my house, the Team Lieutenant upkeeps my vacation home, and the dirty gossip I know about the Saddle Source editor got me this front page spot.

I'm writing to ask for the help of the CitiSlickers team because I am an honest-to-goodness *registered fundraiser for the 2008 MS 150*. I rode two MS 150s last year but the National MS Society booted me off this year's rides. Probably because I haven't quite perfected that potty training thing, or more likely because I consider Kelly Dooley (Team MS guy) my personal fire hydrant.

No one understands that a pup can want to help end multiple sclerosis. Puppies don't get MS but their mom-



Visit Hondo's website donation page to help him earn a spot in the MS 150 Bike Tour Top 100 Club.

mies do. MS makes mom too tired to play with me sometimes and gives her awful migraines that keep her from getting out of bed some days to go to work so we can afford my day care fees. Her fingers are too numb to brush my fur or feel me licking her hand, and she has to be extra careful to keep her many MS drugs away from me.

My mommy is an amaz-

ingly strong and brave person but it's hard on her when she isn't able to care for me like she wants to. I try to be her good pup when she gets sad and make her laugh with my silly antics like chasing squirrels and falling off the bed. If cyclists can ride one mile at a time to end MS, then banned puppies can make a difference one smile at a time. Won't you please help me?

Last year I rode to help end MS but they won't let me do that anymore. All I can do now is raise funds for a cure. **I hope to be in the bike tour Top 100 Club for fundraisers.** I have my very own page on the team website where you can learn about me and mom, and visit my e-donate link to make a donation in my name. I would be especially grateful if riders could send me any funds they raise over the \$300 requirement so I could help fight MS too.

Thanks and woof on!

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MEMPHIS FUNDRAISING SUCCESS

Another awesome time at Memphis! Kudos to **Michelle Mades** and crew for engineering another fundraising success. Many thanks to Chant, Mullet Boyz, and Channel 15, and special thanks to JR Byrd for the last minute substitution. A big thank you to all CitiSlickers

who showed up or donated to support our team!



The final tally is still counted due to generous members who are still sending donations, but we netted over \$3,000 at the door!

Contact Elizabeth at captain@citislickers.org if you want to make a last minute donation. Remember, it's tax deductible!

MARCH RIDES REVIEWS

The riding season kicks off March 8 with a training ride at the Texas Motor Speedway in preparation for the Frisco to Fort Worth MS 150. Don't worry if you want that extra weekend to sleep in because next month you have a far more educational chance to ride the TMS during our team's all-day cycling seminar there in April.

The real fun begins with our first team training ride on March 15. It should be a laugh since no one has been on their bikes since we dressed up and impersonated cyclists over Halloween. This is the inaugural team training ride so there is nothing to review. In other words, don't show up with any expectations.



The three-day **Easter Hill Country Classic** through the scenic Texas Hill Country will help improve stamina and bike handling skills. This is a great ride to build stamina and strength, and get friendly with all the gears on your bike. The ride

features staggered starts, varying routes, and HILLS! But you aren't required to ride all three days. Thank goodness! It's recommended that you reduce by half the number of miles you think you can ride because of those HILLS!

The **Ride for Heroes** is another chance to learn all about that last gear on your bike while riding the hills around Aledo, Texas. Back road routes of varying lengths are available for cyclists of all skill levels. But watch out for those March winds! Keep control over your bike and be alert for cross winds. Though windblown, you'll feel great about supporting the American Heart Association and various local nonprofits.

March 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 Board Meeting
2	3	4	5	6	7	8 <i>MS 150 training ride</i>
9	10	11	12	13 Volunteer Meeting	14	15 Team Ride & Meeting
16	17	18	19	20	21 <i>Easter Hill Countryride</i>	22 <i>Easter Hill Country ride</i>
23 <i>Easter Hill Country ride</i>	24	25	26	27	28	29 <i>Ride for Heroes</i>
30	31					

Schedule of Events

- March 1. MS 150 bike inspections begin. Check www.ms150.org for listing of participating bike shops.
- March 1. BOARD MEETING. See website calendar for details.
- March 13. VOLUNTEER MEETING. Jane Schopmeyer and Mary Payne host a gourmet feast for volunteers and certain party-crashers. Great chance to learn about team volunteer opportunities and logistics for the MS 150.
- March 15. TEAM TRAINING RIDE and MEETING. Ride White Rock Lake and learn about exercise nutrition and health. See website for details.
- March 21-23. Easter Hill Country Classic in Fredericksburg and Kerrville. Practice gearing in the famous Texas Hill Country where Lance Armstrong trained.
- March 29. Ride for Heroes in Aledo, Texas. Benefits the American Heart Association, area fire and sheriff depts., and local schools.

CITISLICKERS WORKS TO FEED THE HUNGRY

CitiSlickers has adopted two garden plots at the Plano Community Garden. The site was once a dump but has been turned into a food producing garden thanks to the collaborative efforts of the Plano Junior League and the City of Plano.

Local organizations and individuals adopt one of the 8 x 20' garden beds to plant and

cultivate various vegetables which are harvested throughout the year by volunteers. The vegetables are then donated to area food banks and homeless shelters. Last year, the Garden produced over 1300 lbs. to feed the hungry.

E-mail the Team Captain if you are interested in gardening and feeding others.



SEEN IT ALL, DONE IT ALL by Debbie Hines, Membership Director

I speak from experience about CitiSlickers membership because I've been a volunteer and now rider. I'm often asked which is tougher. My answer: BOTH!

As a rider it's been Elizabeth, our Team Captain, bossing me on the road, telling me to hold my line, ride single file, wear my helmet properly, support the charities, exercise regularly, etc., etc. She's a stickler for biking safety!

As a volunteer, it was her mother, Jane, herding me in back breaking work at the team tent: decorating, cleaning, picking up trash, scrubbing dishes, loading and unloading trucks, etc., etc. Jane's goal is to give each team member a day of inspiration and appreciation for their hard work.

So I've seen behind the scenes as both a rider and a volunteer. The months of planning, weeks of preparation, and days of exhausting work from every member. Riders train for miles upon miles through brutal weather and long hills, and burn up phone and email lines to raise funds for non-profit causes. Volunteers scramble for decorations, food, beverages, and sacri-

fice their weekend for the MS 150 starting at the unholy hour of 5:30am to transport necessities and set up the team tent then collapse exhausted at midnight only to wake the next day to take down everything we set up the day before.

Then I joined this crazy Bored of Directors which is far from boring. The last day of the MS 150 is the first day of the next ride year. Summer is spent planning, fall sees those plans organized and spring is to execute. Plus continue supporting other rides and charities, maintain the team, and provide educational programs and services!

Why do I do it? Sure, I'm as crazy as the next board member but I've watched the Schopmeyers and Paynes work hard for years and I want to support their efforts anyway I can. I'm honored to be part of a team that welcomes and values each person.

This is our year of growth as returning members step up as leaders, new recruits join our team, and more of us realize the costs associated with our education and support programs. This year the reins of the team tent

are handed to our new Volunteer Coordinator, Michelle Makes, who has strong support from our hardworking returning and new volunteers. We filled a new board position as James Herrod enthusiastically became Roads Director, and Andrew Vidales brings his diet and nutrition expertise to his role as Education Coordinator.

Through all the growth and changes we've kept our sense of community. Sure, CitiSlickers isn't for everyone. But it is the team for those looking for a home in a welcoming neighborhood. We've won Best Team Tent two years in a row, not only because of the luxuries but also because of the warmth. The tent is a place we come together as a team in the spirit of camaraderie and selflessness.

It's been a lot of work on both sides of membership but I'm grateful to the team for the chance to contribute, both as a rider and a volunteer, help others and improve our community.

Contact me if you know any rider or volunteer looking for a home. I look forward to greeting each of you!

"I'm honored to be part of a team that welcomes and values each person."



Debbie Hines, our new Membership Director.

CITISLICKER CYCLING TEAM
a nonprofit 501c3
organization

E-mail

Team Captain
Captain@CitiSlickers.org

Team Lieutenant
Crash@CitiSlickers.org

Communications Director
Webmaster@CitiSlickers.org

Membership Director
Membership@CitiSlickers.org

We're on the Web!
www.citislickers.org

EDITORIAL BOARD

No one*

* Not one person wants to admit responsibility for this publication.

Our mission is to put the "FUN" back into FUNdraising.

The CitiSlickers Cycling Team is a 501(c)(3) nonprofit community open to all levels of cyclists, volunteers, and virtual riders seeking FUN for the purpose of Fitness, Friends, and Fundraising. We are a young team focused on education, safety, and support through our meetings and great members. The membership is free but our desire to help others is priceless. We are always looking for new friends to join our family.

Contact our Team Captain at captain@citislickers.org for more information.

ELIZABETH K. SCHOPMEYER, CFP



FRIENDS OF CITISLICKERS

David and Jana Diminnie
Keith Hollar

Pearl City Glass Shop
Jane Schopmeyer (our Best Friend)

FROM THE HORSE'S MOUTH

CONGRATULATIONS

Kenny Berg on his new job. (The job requires a lot of traveling which we know is a clever excuse to keep his backside away from his bike).

Mary Payne's 7-year-old grandson J.C. Payne on being the top fundraiser in his class on the American Diabetes Association walk in San Antonio.

THINKING OF YOU

Christina Lepsis' father, John Brinton, and sister-in-law, Jenny Brinton.

THANK YOU

Wayne LeVan for designing our team jerseys for 2008 (They have a pretty flower design on them. Didja hear that, guys? Hehehe!)

Michele Mades and the gang at Memphis Nightclub for hosting and organizing our

team fundraiser for another successful year!

WELCOME ABOARD!

T. Ray Baker (Rider)
Julie Ball (Volunteer)
Kathy Dann (Rider). Note: Kathy has been a team volunteer since we started riding and is now trying out the riding side.
Kathy Evans (Volunteer)
Shannon Featherson (Rider)
Ryan Fleming (Volunteer)
Albert Garza (Volunteer)
Aaron Maestas (Rider)
Johna Neal-Baker (Rider)
Rusty Thompson (Volunteer)
Wilton Touns (Rider)

FOLLOWUP WARNING!

We are not kidding! Send gossip to Saddle Source or be gossiped about in the newsletter.