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May Issue 2008

Dallas, Texas

ARE YOU READY FOR THE BIG RIDE OF THE YEAR?

You've trained and prepared for months. Now is your big moment. The MS 150 is here! Here is some last minute info.

MS 150 INFO. The MS 150 page on the team website has been updated to provide you with the answers to all your ride questions. If you can't find the answer on the website, then contact Crash@CitiSlickers.org.

JERSEYS. Jersey pickup times and locations have been sent to all registered MS 150 riders. If you did not receive the information, then contact

Crash@CitiSlickers.org.

HOTELS. If you are staying at the team hotel on Saturday night, we suggest you check in at the hotel soon after arriving at the Texas Motor Speedway if you want a specific room type, i.e. double beds. Although you may have booked a room with double beds there no guarantee



that you will have two beds in your room because the rooms are given on a first come, first basis. Typically, by 3pm on Saturday, the double bed hotel rooms are all taken. The hotel rooms are all non-smoking and there will be shuttles, volunteers, and limited limo service to take you to and from the hotel.

RIDER CHECKIN. Riders should check in at the information table in the team tent which will have information on Day 2 start times, shuttle times to and from the hotels, etc.

Ride safe and have fun!

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CARB LOADING FOR ENDURANCE RIDES by Andrew Vidales

Carb loading isn't necessary unless you've done it before and it's worked. Adjusting carb intake to reflect your anticipated needs should be sufficient. But don't wait until the day before the ride. At your discretion start the week of the ride, e.g. start Wednesday before the Saturday ride.

On the Education page of the team website is a sample Ride Plan that includes a modified nutrition log for the day of the ride. If you want to log/count your calories during the week of the ride you can log them in

a notebook or create your own word document to reflect your calorie intake.

Anticipate your calorie expenditure for the ride, so that you know what and how much to take in for replenishment and recovery. Include your favorite recovery meal and drink that has worked best for you. Don't short yourself for the day 2 ride of the MS 150 or you will surely bonk.

Last, but not least, your post ride chocolate consumption may be whatever your heart and taste-buds desire. A few studies have

shown dark chocolate to be beneficial for various ailments because of the flavonoid content. My all-time favorite is chocolate covered strawberries.

So, for a successful ride the bottom line is to fuel yourself according to your needs be they light or heavy, depending on your activity level. Keep in mind to hydrate properly, get plenty of rest in between, and indulge in your favorite libation. After the ride, keep the chocolate covered strawberries coming.

Chow and happy riding!

MAY RIDES CALENDAR

This is the big one, the one for which many of us have been training hard. The **Sam's Club Frisco to Fort Worth MS 150** starts May 3, 150 total miles over two days, with an overnight at the Texas Motor Speedway. Day 1 is essentially flat so a good tailwind will give you a great boost of speed. However, be VERY CAUTIOUS the first 10 miles from the start line to the first rest stop. This route takes you along the tollway access road which can be slick in some places and there will be MANY unsteady newbie riders crowding us. The majority of crashes occur during the first leg of the ride. In 2007, there were five serious crashes in the first 10 miles of Day 1. From the first rest

stop to the third rest stop is some pretty riding along the back roads around Prosper. Day 2 tests your climbing legs. Check out the elevation charts on the Members Only section of the team website which show a 1,200 climb. The final approach from the last rest stop into Fort Worth has many potholes and rough road so ride carefully.

So you didn't get enough miles in at the MS 150, eh? Well, the **Head for the Hills** rally in Cedar Hills on May 10 will put all of your skills to the test. All of the routes (20, 41, and 60 miles) are sure to include some good hills. This area has the highest point in Dallas County, and one of the drops down toward Joe Pool Lake will give you

speeds upward of 40 mph. This ride is co-sponsored by B&B Bicycles who joined our team to ride with us for this year's MS 150 and benefits the Cedar Hill Rotary Club Foundation.

The **Richardson Wild Ride** on May 17 is a very good, well supported ride with an added bonus this year: Lance Armstrong is serving as the honorary chair! The ride distances are 16, 40, and 64 miles which are mostly flat except for some rolling hills. There will be lots of food and drink at the end of the ride. All net proceeds of the WildRide! benefit the Lance Armstrong Shaped Beam Surgery™ Program at Richardson Regional Cancer Center.

May 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 <small>MS 150 Annual Team Meeting</small>
4 <small>Frisco-Fort Worth MS 150</small>	5	6	7	8	9	10 <small>Head for the Hills Bike Rally</small>
11 <small>Mother's Day</small>	12	13	14	15	16	17 <small>Wild Ride!</small>
18	19	20	21	22	23	24 <small>Board Meeting</small>
25	26 <small>Memorial Day</small>	27	28	29	30	31

Schedule of Events

- May 3. Annual Team Meeting, 6pm, at the team tent at the Texas Motor Speedway.
- May 3-4. Frisco to Fort Worth MS 150 to benefit the National Multiple Sclerosis Society.
- May 10. Head for the Hills. Benefits the Cedar Hills Rotary Club Foundation, Food Pantry, Bridges Safehouse, and local schools.
- May 11. Mother's Day. Give mom a gift of love—a new Trek 5000.
- May 17. WildRide! benefits the Lance Armstrong Shaped Beam Surgery Program at the Cancer Center at Richardson Regional Medical Center.

MS 150 THEN AND NOW *by Cindy Ramon*

On New Year's Day 1993, three friends and I decided to do our first MS 150. We had never ridden more than 30 miles and had no idea what to expect. We trained hard but did not do group rides. We finished the MS 150 in good physical condition and extreme euphoria. I will never forget that ride or how good I felt about accomplishing something I never dreamed I could do. It even benefited people. Wow! I can conjure up that sensation today and I still



Cindy and her husband, Lou, with Team Captain Elizabeth (far left) and Volunteer Coordinator Michelle at the 2007 team tent.

wear my finisher's t-shirt, though it is now quite thin.

The 9th Annual MS 150 was held on April 17-18, 1993 and 5100 riders raised \$1.4 million for the National MS Society. There were no umbrella sponsors like BP or Sam's, just the MS Society and lots of smaller businesses. A few large teams had perhaps 20 riders while smaller teams had maybe three or six. There were a few team jerseys, largely generic, but most riders still wore T-shirts. None of the riders sported the dramatic and

"I will never forget that ride or how good I felt about accomplishing something I never dreamed I could do."

colorfully designed jerseys that we enjoy today. The helmets were heavier and bulkier, and I saw my first Camelback. I thought I would never want one on my back but you would have to fight me to take mine away today. There was a huge general sleeping tent, a few smaller tents some riders brought for themselves, and you could still find a hotel room then. Dinner was served to every rider in a big-top tent where we all ate together – and the food was good!

It was 2004 the next time I rode the MS 150. Besides the 11,000 riders, the 100+ member corporate teams, and the brilliantly designed jerseys, the difference that struck me most was the campground at LaGrange. It was literally covered with team tents where riders enjoyed meals prepared by volunteers and had a place to throw down their sleeping bags. The green space of the 90's had been replaced by a tent city. I know this it's a necessity today, but I still miss the open space around us.

Today that ride is called

the BP Houston to Austin MS 150 and has become the largest MS 150 in the country. Participation is limited to 13,000 registrants and last year, we raised \$14 million toward fighting MS. That is fantastic, but it was probably the last year my family and I will ride that 150. It's still a fun ride but the crowded roads, crowded campgrounds, unavailable hotel rooms, and too many serious accidents have turned my attention away from Houston/Austin towards Dallas and the CitiSlickers.

For the last three years, my husband Lou and I have driven from Houston to Frisco where we meet my daughter, Aimee, and ride as a family in the Sam's Club MS 150. We have found our MS 150 home with you all – the CitiSlickers. We cannot imagine a team that cares as much about its members having fun, great food, being safe, and completing the ride –



whether on the bike or in a limousine. We even have free jerseys! No one, short of well-funded corporate teams, provides jerseys at no cost to riders. And, (drum roll) what other team provides not one, but two limousines for their SAG wagon? Now that is class.

I think we're hooked.



Cindy Ramon is a veteran of numerous MS 150s. This is her third year riding with CitiSlickers. Cindy resides in Houston where she helps coordinate our Houston riders who are participating in the Frisco to Fort Worth MS 150.



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a nonprofit 501c3
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We're on the Web!
www.citislickers.org

EDITORIAL BOARD

No one*

* Not one person wants to admit contributing to this publication.

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

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 CITISLICKEERS

David and Jana Diminnie
Rusty and Debbie Hines
Keith and Michele Hollar
Pearl City Glass Shop

Loren Standifer
Lou and Cindy Ramon
Jane Schopmeyer (our Best Friend)

FROM THE HORSE'S MOUTH

CONGRATULATIONS

Jay Jackson, Mike Schlei and Johnston Wu for safely riding the Houston to Austin MS 150.

Southbound Hondo Schopmeyer graduated as valedictorian of his advanced dog training class from PetSmart. (There were only two dogs in the class).

THINKING OF YOU

PEGGY BERTRAND and Stephanie Bertrand (passing of wise and loved grandfather).

Keith Hollar (eye and knee problems).

Stephanie Hudson (on her first biking injury — falling

in the MS 150 packet pickup line).

Doug Schopmeyer (knee injury).

Elizabeth Schopmeyer (scraped up after her first ever fall off her bike).

Andrew Vidales (injured knee).

Shaun Vidales (recovering from pneumonia).

THANK YOU

Richard Wharton for coaching us in an amazing cycling workshop at the TMS.

PEGGY BERTRAND and Stephanie Bertrand for both volunteering and riding in the Tour Dallas.

Gary Coleman for leading us on the Tour Dallas (without snow this year).

James Herrod for getting his newspaper article about CitiSlickers and the MS 150 published in the Dallas Morning News.

WELCOME ABOARD!

Gary Fain (Rider)
Brandon Greer (Rider)
Meredith Hatch (Rider)
Rob Hrnicek (Rider)
Jay Jackson (Rider)
Malea Jaffe (Rider)
Scott Maness (Rider)
Steve Miller (Rider)
Carl Pickett (Volunteer)
Aimee Pingnot (Rider)
Laura Standlee (Rider)
Tom Willard (Rider)