

## TOP 10 THINGS YOU DID NOT KNOW ABOUT CITISLICKERS AND THE MS 150

- # 10 Our halfway point tent was voted "Best Team Tent" in 2006.
- # 9 We are the only 501(c)(3) team in the Frisco-Fort Worth MS 150.
- # 8 We have three generations of one family as team members: **Robby Moy** (our Membership Director) and his mother **Ann Moy** (volunteer) and his daughter **Camiryn Moy** (rider).
- # 7 We are the only team that has **PEGGY BERTRAND**.
- # 6 We have one volunteer for every two riders.
- # 5 There is no # 5.
- # 4 We have the youngest registered solo rider (**Camiryn Moy**, age 8).
- # 3 We have the oldest registered rider (**Jerry Halliburton, Sr.**, age 78).
- # 2 We have the loudest registered rider (**Elizabeth Schopmeyer**, aging fast).

### ANNUAL MEETING Saturday, May 5, 5pm

The next team meeting is the Annual Meeting which will be held at the team tent at the Texas Motor Speedway, the mid-point on the Frisco to Fort Worth MS 150 Bike Tour. If you are not familiar with the MS 150 by this stage of the game then you are in serious trouble!

See the MS 150 link on the team website for more details on the ride.

**AND THE # 1 THING YOU DID NOT KNOW ABOUT CITISLICKERS AND THE MS 150** is that our team is composed of MANY families including:



Stephanie and Peggy Bertrand

Mother / Daughter: **Peggy and Stephanie Bertrand** (riders)

Father / Son: **Milton and Alex Woodall** (riders)

Sisters: **Debbie Hines and Laurie Guzman** (riders)  
**Mary Payne and Jane Schopmeyer** (volunteers)

Brothers: **Andrew and Ed Vidales** (riders)  
**Brian** (rider) and **Richard Wharton** (sponsor)



Alex and Milton Woodall

Mommy / Puppy: **Elizabeth and Southbound Hondo Schopmeyer** (riders)

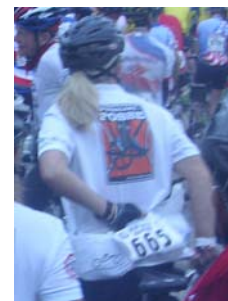
Princess and her Belongings: **Jennifer Wall** and her **4 bananas, 17 Clif bars, 12 packets of Gu, moisturizer, hairbrush, and 3 tubes of lipstick** (she rides with all this stuff in her jersey back pocket, seriously).

Families: **All CitiSlickers Team Members!**

**Tony Arredondo and Judy Long**, and daughter **Onsuree** (volunteers).  
**Ann Moy** (volunteer), her son **Robby** and granddaughter **Camiryn** (riders).  
**Karl** (rider) and **Jane Schopmeyer** (volunteer), and their children, **Doug** and **Elizabeth** (riders) and **Mary Cobb** (volunteer).



Guess who???



Princess and Her Stuff

Spouses: **Mike and Sue Baker** (riders)  
**Matthew** (rider) and **Kathy Dann** (volunteer)  
**David** (volunteer) and **Jana Diminnie** (rider)  
**Rusty** (volunteer) and **Debbie Hines** (rider)  
**Keith** (rider) and **Michele Hollar** (volunteer)  
**Wayne Levan** and **Madeleine Le** (volunteers)  
**Bahram** and **Susan Meymand** (sponsors)  
**Lou and Cindy Ramon** (riders)  
**Doug** (rider) and **Sally Schopmeyer** (volunteer)  
**Andrew and Shaun Vidales** (riders)



Rusty and Debbie Hines

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Everything else you can think of pretty much relates back to us!

# LOCAL NEWS

## HOUSTON RIDERS JOIN TEAM

CitiSlickers is honored to have a number of riders coming all the way from Houston to join us on the Frisco to Fort Worth MS 150. When you see them give a CitiSlickers greeting (the friendly type, not that other one) to **Mike Schlei**, **Cindy** and **Lou Ramon**, and **Johnston Wu**.

Mike is captain of Team Mission Control in Houston and rode with CitiSlickers last year in the Frisco to Fort Worth MS 150. He recently completed his 13th Houston to Austin MS 150 and will ride in the Bike to the Beach MS 150 in October to finish his Texas MS 150 triple crown. Great job, Mike!



Mike Schlei

To learn more about Mike, check out his member bio on the Corral section of our team website.

Cindy is returning to ride with CitiSlickers once again (guess we did not scare her off when she rode with us last year!) and has “corralled” her husband, Lou, a seasoned Houston to Austin MS 150 veteran, into joining us this year as well. Lou has really gotten into the team spirit and will be sporting his own unique CitiSlickers jersey to ride with us. We cannot divulge the details but be on the lookout for him!

Johnston is new to CitiSlickers and the MS 150. He recently completed his first MS 150, the Houston to Austin, in April. Johnston has a very interesting background that includes finance, track and field athletics, and professional acting and modeling. He is happily married and his wife is joining us at the team tent at the TMS

so give them both a warm welcome.

Mike, Lou, and Johnston all rode the Houston to Austin MS 150 on April 21-22 and Cindy provided SAG support for her family. Each of them deserves applause for the incredible feat of participating in TWO MS 150s within TWO weeks!

So very special thanks and a big welcome aboard to our Houstonian CitiSlickers for riding and fundraising with us for the MS Society!



Cindy Ramon (left) with her daughter Aimee, a Ride Marshal, at the start of the 2006 Frisco to Fort Worth MS 150.

# Health

-- by Andrew Vidales

If you missed the fun-filled Lancaster ride here is a synopsis of the post event meal/ training:

- Eating and hydrating before, during, and after a ride or rally are essential components of a successful ride.
- Carb-loading means increasing the amount grams of carbohydrates; the key is to increase several days before your ride NOT just the night before.
- Eating before a ride should be 2-3 hours before and should be something that will not cause gastrointestinal distress.
- Proper hydration involves increasing the amount of fluids before, during and after. This means whatever drink you prefer is what you should drink. Just have plenty of it to replace the electrolytes that are lost.
- Post-event meal should contain a high carbohydrate content to help replenish glycogen stores. Consumption of 125–200 grams within two hours after an event causes a more rapid restoration of glycogen stores.

- Chronically fatigued athletes require 48 hours to restore normal glycogen levels. (Inadequate nutrition)

## Is it possible to over hydrate?

The answer is “yes.” It is called hyponatremia which essentially means water intoxicification. The person has replenished with water more than an electrolyte drink and that retention along with the low sodium retention has caused water overhydrating. The sodium and potassium that are in electrolyte drinks are essential replacements for proper cellular function. If they are not adequately replaced from diet or hydration a person is susceptible to muscle twitch function (homeostasis), aching, cramps, anorexia, vomiting, headaches, seizures, and coma.

*Andrew Vidales holds a Bachelor of Science degree in Kinesiology and has worked in exercise research for The Cooper Institute for three years. He started cycling on a mountain bike in 1997 and progressed to a road bike three years ago. He will be riding in his second Frisco to Fort Worth MS 150 along with his wife and brother who are both riding their first MS 150.*

# Fashion and Beauty

-- by Jennifer Wall (aka "Princess" or "Blondie")

Wow! I can't believe the MS 150 is almost upon us! I had a blast last year and can't wait to do it again, but this year I intend to be better prepared. I've even started my own beauty and fashion column to hand out gratuitous advice to all the lovely ladies on our team so you too can look stunningly gorgeous along every one of those 150+ miles. Let's be frank, we women all care about the way we look on rides. If we didn't, we'd be out shaving horses rather than engaging in a sport where the men outnumber the women 8 to 1.

**HAIR:** This is Texas, the Land of Big Hair, so don't allow that pesky cycling helmet to ruin your perfectly coiffed 'do.

TIPS: Use industrial strength hair spray and massive amounts of gel to prevent that "helmet-head" look. The advantages of spray and gel are many: your hair will harden into a second helmet of sorts for added protection, it will help repel rain, and your hair will be so stiff it becomes aerodynamic. But always remember -- beauty over speed.

**MAKEUP:** There is no such thing as natural beauty. I work hard to look as good as I do. With men, what you see is what you get. With women, we can choose to look like Audrey Hepburn or Roseanne Barr depending on our mood and the attractiveness of the male specimens in each individual rally.

TIPS: I recommend Mary Kay beauty products because (1) they are a Dallas-based corporation and (2) I own stock in the company. Hahaha! Seriously, though, you should canvass the ride route in advance to learn which rest stops have restrooms with mirrors where you can refresh your makeup. In those desperate circumstances where only port-a-potties are available, you can easily use the rearview mirror attachment on your helmet for quick touch-ups.

**LIPSTICK:** Protecting luscious lips along the ride is a principal beauty point.

TIPS: Most riders carry chapstick to prevent cracking but I use lipstick because it has the same effect plus the advantage of brightening your facial color. Also, take at least three tubes of lipstick with you. Last year when riding in a paceline with my CitiSlickers riding group (all men), I lost my only tube of lipstick crossing an intersection. I forced the entire paceline to stop so I could retrieve my lipstick. The guys didn't understand but I know you girls will.

**NAILS:** Oh, they are SO important! When we point lost riders in the right direction (this will happen often because, as I said, the men outnumber the women on bike rides) or drink from our water bottle, we need our nails looking their best.

TIPS: That terrible chip seal pavement is horrid to ride on, but it can be useful as a great nail file or find the nearest convenient rock wall for use as well. And that MS 150 bandana makes a great nail buffer for shine and gloss.

**SKIN:** Let's face it, cycling will endow you with a constant tan without the cost of a tanning salon or trip to Club Med. However, continuous riding in the wind, sun, heat and cold will age your skin faster than Oil of Olay can repair it. Also, avoiding a "farmer's tan" from your sunglasses, bike shorts, and jersey is nearly impossible.

TIPS: Sunblock that contains moisturizer or aloe vera will keep your skin fresh and one with Vitamin E will help prevent premature skin aging. Use a water-based foundation with SPF to prevent sunburn and keep grease and oil from clogging your pores and causing more zits and acne than a hormonal teenager. The water bottle or your camel back can also be used a spritzer to moisten your facial skin.

**CLOTHING:** This year's jerseys look fabulous, don't they?! Green is a color I wear very well (but then what color does not look good on me!) but it can be a difficult color for many others who do not have my stunning Irish shamrock eyes.

TIPS: Do not color coordinate the green jersey with matching colored shorts, helmet, and shoes or you'll end up looking like a wheeling leprechaun and the cows in Justin will think you are lunch. Wear well-padded shorts for comfort and protection, and a well-padded bike bra just to look good. You can also insert shoulder pads into your jersey to accompany your big hairdo to complete that 80s fashion look. Remember, Girls Just Wanna Have Fun!

**ACCESSORIES:** I have so much to say on this but Saddle Source is limiting my space.

TIPS: Don't forget your sunglasses to promote that mysterious look (yes, and protect your eyes too) and your gloves (stave off bruised boxer knuckles). Instead of a purse, I use my emergency bag to carry my makeup, nail polish, and other beauty necessities. Only men pack that emergency bag with needless items like a spare tube, tire levers, CO2 cartridge, etc. Women only require a bikini in that bag so we can flag down a MAN to change flats for us and protect our manicured nails from chipping and grease.

# Business/Finance

Help our sponsors help our team!

## **CITIGROUP SMITH BARNEY**

Elizabeth Schopmeyer, CFP®, is there for you if you need a portfolio review, investment planning or to figure out what to do with that old 401(K). Call 972-450-6604.

## **LAPGEVITY**

Steve Lapensohn is there if you need promotional supplies for your company or cycling team. Call 972-789-1777.

## **CERTIFIED MASTER BUILDER CORPORATION**

Skip Burks III is there if you need a referral for home construction or remodeling. Contact [www.certifiedmasterbuilder.com](http://www.certifiedmasterbuilder.com).

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Dr. Bahram Meymand is there if you need a snap, crackle, or pop to make you feel better. Call 972-239-1010.

## **ONLINE BIKING COACH**

Richard Wharton is there to provide coaching and/or advice on cycling techniques. See [www.onlinebikecoach.com](http://www.onlinebikecoach.com).

## **ATLAS LEGAL RESEARCH**

Rocky Dhir is there if you want to save on over-priced legal fees. Call 214-526-8811.

## **MARKETECH ASSOCIATES**

It has been said, "To the Victor, go the spoils." Candidly, we don't know anyone named Victor or why he would want something that was spoiled. He may need marketing help. If you do, contact 972.960.0551.

## **SHINER BOCK**

Is there to supply your favorite beverage. Just drink the beer with a smile.

## **UPTOWN CYCLING**

Donovan Dawson is there to help with a new bike or an addition to your cycling collection. Visit his store or call 214-295-5325.

## MAY SPONSOR PROFILES

### **STEVE LAPENSOHN**

*Lapgevity*



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Owner Steve Lapensohn describes his company as a "promotional marketing concierge" which is no exaggeration for this fast-growing promotional merchandise and event management firm that started in August 2004. Headquartered in Addison, Texas, Lapgevity is a strategic promotional marketing company focused on building relationships, designing creative campaigns, and finding innovative solutions to client needs. The company philosophy is to elevate client brands with impeccable service and creative excellence through superior execution by utilizing a talented team of experienced professionals. Basically, Lapgevity is a one-stop shopping resource for events, promotional merchandise, creative design, fulfillment, Interactive, and Incentive travel programs.

Last year Steve generously donated all the CitiSlickers team jerseys and his company is once again in the midst of preparing our jerseys for this year. So contact Steve and his team when ready for your next big promotion.



### **BRIAN MORAN**

*MarkeTech Associates*

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For nearly 25 years, Brian Moran, Founder and President of MarkeTech Associates, has avoided any formal federal, state or local indictments for the perpetration of marketing fraud. Of course, someone may yet catch up with him. MarkeTech Associates is a full service marketing company that has worked with Fortune 500 firms, brand new startup companies, mom and pops, and virtually every size in between by providing marketing, advertising, public relations, design and creative services, and Internet marketing.

MarkeTech Associates has a history with CitiSlickers because they designed our logo, only the first design had training wheels., and are honored to support and sponsor our efforts. Call Brian if you want more business, a better image, better customer relationships, and seek to exceed your sales numbers for the month, quarter and year, *AND*, be dandruff free and remove unsightly wrinkles. (OK, we may have exaggerated...wrinkles can be a problem).



## WELCOME ABOARD

A hearty welcome to the following new members (who do not yet know what they are in for with this team . . . hehehe!):

**Blake Baker**  
**Cherri Rapp**  
**Jan Rapp**  
**Greg Treece**  
**Ed Vidales**

## CONGRATULATIONS

**Mike Baker, Sue Baker, Kathy Boyett, Matthew Dann, David Dierkes, Russell Downey, Clark Harbaugh, Darlene Hess, Debbie Hines, Keith Hollar, Lyn Kruger, Greg Treece, and Jennifer Wall** for already meeting or exceeding the minimum pledge requirements of the Frisco to Fort Worth MS 150 Bike Tour.

**Cindy Ramon, Lou Ramon, Mike Schlei, and Johnston Wu** for participating in the Houston to Austin MS 150.

**Debbie Hines, Ed Vidales, and Shaun Vidales** for safely completing their first ride rally.

**Southbound Hondo Schopmeyer** for sleeping through his first ride rally. (The Team Captain forced us to include this comment).

**Elizabeth Schopmeyer** for finding time to participate in her first bike rally of the year (pulling the snoozing **Southbound Hondo Schopmeyer**). (This comment the Saddle Source writers inserted on their own as payback to the Team Captain.)

**Jennifer Wall** on her brand-new bicycle which she has barely ridden in an apparent attempt to keep it looking shiny and new for the MS 150.

## THANK YOU

**Gary Coleman** for serving as team point person for the Tour Dallas ride in April and the brave CitiSlickers Riders who rode in the snow and wet.

**Andrew Vidales** for delivering a highly informative and interesting presentation on diet and nutrition for cyclists at our last team meeting and also for writing up the article in this newsletter about nutrition and hydration preparation for long rides. (This means a 10-mile ride for the editor of Saddle Source).

**Mike Baker, Sue Baker, and Debbie Hines** for finding Nascar items for the MS 150 team tent.

**Jack LaBarbera** for donating all the Cadbury Schweppes soft drinks for the MS 150 team tent.

**CitiSlickers Members** who have donated items for the MS 150 team tent but no one told Saddle Source about your donation. It is suggested and welcomed for you to tell us about your achievements and assistance for the team so we can brag about you in the newsletter.

## THINKING OF YOU

**Patrick Dokupil** battling a rotator cuff injury that is preventing his participation in this year's MS 150 but he wishes everyone a great time!

**Brian Wharton** battling tendonitis but still intending to ride with us in the Frisco-Ft. Worth MS 150.

**Elizabeth Schopmeyer** battling insanity and we hope she survives the week leading to the MS 150 and the ride itself with no permanent damage.



This month's featured ride is the Frisco to Fort Worth MS 150 Bike Tour on May 5-6 to find the cause, cure and improved treatments of multiple sclerosis. The bike tour benefits the Lone Star Chapter of the National Multiple Sclerosis Society which is the largest such chapter in the U.S. The NMSS is a 501(c)(3) organization that supports more MS research, offers more services for people with MS, provides more professional education programs, and furthers more MS advocacy efforts than any other organization of its kind in the world. See [www.nationalmssociety.org](http://www.nationalmssociety.org) for more information.

The Frisco to Fort Worth MS 150 is a two-day, 150-mile ride that begins in Frisco and ends at Sundance Square in Fort Worth. It is a well-supported ride that includes all levels of riders, from racers to beginners. By now you all ought to know who to contact about this ride or else we have not been properly doing our jobs.

## FRISCO TO FORT WORTH MS 150 BIKE TOUR

Led by their fanatical leader, an obsessed cycling cult embarks on a grueling journey through the legendary rain forests and beaches of North Texas in search of the mythical Sundance Square.

Showtime: *SAT-SUN, MAY 5-6, 7am both days*

Starring: **The Entire Cast**

Director: **National Multiple Sclerosis Society**

Information: [www.dallasms150.org](http://www.dallasms150.org)

## HEAD FOR THE HILLS

This cuddly animated adventure finds the Easter Bunny and his best friend, a fashion-obsessed Aardvark, recovering from post-egg blues in a mountain hideaway above the DFW metroplex.

Showtime: *SATURDAY, MAY 12, 8 am*

Director: **Cedar Hill Rotary Foundation**

Information: [HeadForTheHillsRally.com](http://HeadForTheHillsRally.com)

## WILDFLOWER RIDE

A bumbling, chain-smoking supermodel discovers the secret to eternal youth: Lemon Pledge and animal crackers.

Showtime: *SATURDAY, MAY 12*

Location: **Richardson, Texas**

Director: **Richardson Regional Cancer Center**

Information: [www.bikemart.com](http://www.bikemart.com)

## CROSS TIMBERS CLASSIC

Hundreds of cyclists experience a strange feeling of déjà vu when they repeat a similar ride from the same starting point on another day.

Showtime: *SATURDAY, MAY 19*

Location: **Texas Motor Speedway**

Director: **Flowermound Rotary Club**

Information: [www.crosstimbersclassic.com](http://www.crosstimbersclassic.com)