



Saddle Source

OUR SPONSORS

Elizabeth K. Schopmeyer,
CFP

Discovery Back and Body
Center

Online Bike Coach

Amish Furniture Showcase

MarkeTech Associates

The UPS Store

Spring Issue 2008

Dallas, Texas

Team Captain Update and Thank You

Congratulations!!! You made it through the holiday season. If you are like me then this is the month to dust off your bike and prepare to ride again. The holiday yummys have added up and landed directly on me so I need to work on losing them.

The question I always hear this time of the year: "Is CitiSlickers still a team?" Yes, we are . . . in more ways than one. Three members have stepped up to help keep the team running. Thank you **James Herrod** (Roads Director), **Debbie Hines** (Membership Director), and **Michelle Mades** (Volunteer Coordinator) for your bravery in taking us on. Please join me in thanking these dedicated volunteers for the extra time and effort they are giving to our cause.

So you ask what else has been going on with CitiSlickers?

- Check out the re-vamped team website. *Thank you, Kathy Beck!*
- Our new website calendar lists all the team's recommended rides for the year. *Thank you, James Herrod!*



Team Captain Elizabeth Schopmeyer pulling a burley carrying the Team Mascot during the 2007 Frisco-Fort Worth MS 150.

- Team meetings have been scheduled and the details are being finalized. The first team meeting is February 9th, 3-5pm, at Shuck 'n Jive in Addison. See the Calendar for more details.
- Hotel rooms have been blocked for the MS 150 overnight stop on May 3 at the Texas Motor Speedway. Contact Crash for details.
- Two riders are traveling all the way from

(Continued on page 3)

Inside this issue:

Captain's update 1

Annual fundraiser 1

Calendar of Events 2

Who the heck is "Bud?" 3

2008 Sponsors 4

Members Update 4

Write your own Saddle Source article

Team Fundraiser on February 17, in Addison, TX

The BIG fundraiser for CitiSlickers will take place on **Sunday, February 17, 4:30-9pm at Memphis Nightclub in Addison.**

We will be accepting donations for our team at the event. There will be door prizes, free crawfish (while it lasts), and the cool sounds of four local bands including the world debut of the Mullet Boyz.

Led by our intrepid new Volunteer Coordinator, **Michelle Mades**, we will strive to raise the crucial funds that enable us to continue riding and supporting such respected nonprofit causes as the National Multiple Sclerosis Society and the American Diabetes Association. The fundraiser will benefit the team's efforts in the upcoming year by sustaining our

activities and programs that support other charities by bringing attention to nonprofit causes that benefit from cycling-related events, educating members about charitable fundraising, and promoting the health benefits of cycling. The Memphis fundraiser will also help offset some of the costs

(Continued on page 2)



Kelly Dooley, Honorary CitiSlicker and Team Development Director for the nonprofit National Multiple Sclerosis Society, informed last year's fundraiser attendees about the importance of charitable bike rides.

Annual Team Fundraiser, *continued from page 1*

for our MS 150 team tent at the Texas Motor Speedway in May.

Drop by Memphis to show your support for our team and appreciation to the four bands (Channel 15, Chant, Diver-sion, and the Mullet Boyz) who are selflessly putting forth their talent on our behalf. And don't forget to thank Michelle and her helpful staff at the Memphis Nightclub for the free use of their venue and the free provision of boiled crawfish. Meet and thank the many business owners who are generously donating free door prizes and goodies for the fundraiser. And have a BLAST



Chant onstage at Memphis during last year's fundraiser.

at the best nightclub in town!

Don't miss this unique once-a-year opportunity for you to help your team in two ways: keep us rolling for the next year and personally thank the many generous individuals and business who sustain our efforts to better the community and benefit charitable causes.



Michelle and Elizabeth at the 2007 benefit.

CitiSlickers members, especially riders, are encouraged to stop by Memphis wearing their green team t-shirts to meet and thank donors whose generous contributions will help keep our team going in 2008.

February 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Board Meeting
3	4	5	6	7	8	9 Team Meeting
10	11	12	13	14 Valentine's Day	15	16
17 Team Fundraiser	18	19	20	21	22	23
24	25	26	27	28	29 Leap Year Day	

Schedule of Events

- Feb. 2. BOARD MEETING. Check the website calendar for details.
- Feb. 9. TEAM MEETING, 3:30pm at Shuck n Jive, in Addison, TX. Learn about fundraising and bike safety.
- Feb. 14. Valentine's Day – kiss your bike!!!
- Feb. 17. ANNUAL TEAM FUNDRAISER, starting at 4:30pm, Memphis Nightclub in Addison.
- Feb. 29. Leap Year Day. That extra day that comes only once every four years where you are either thrilled to have extra riding day or irate because you have an extra day of work.

Team Captain Update, *continued from page 1*

Mississippi to join us on this year's MS 150! Yay! We crossed state lines!

- We are very excited to have five sponsors on board with us already. *Thank you Amish Furniture Showcase, Discovery Back & Body Center, MarkeTech Associates, Online Biking Coach, and UPS.* Oh, right, I can't forget myself! And other potential sponsors are just awaiting final confirmation.
- Our theme for this year is "Luckenbike." For other exciting new plans – check the website.
- The CitiSlickers team fundraiser will be at Memphis Nightclub on February 17th.

As you can tell, we have been keeping busy behind the scenes, but now we

NEED your help. The February 17 fundraiser is VERY important to raising the funds that will support our team and also for spreading the word about CitiSlickers.

Remember: the funds raised on February 17 will help us continue supporting other nonprofit organizations as well as offset costs for the two-time MS 150 "Best Team Tent." Of course, we plan to win the award again this year!

We ask that you wear last year's green team t-shirt to Memphis on February 17 to meet and thank those who attend the fundraiser. Let's share our passion for the causes we support and the community we have built.

CitiSlickers is also looking for more sponsors for our team. If you have any contacts that could help us in this area please e-mail

the information to me at my captain address. Because everyone is so busy, I will be glad to handle this important detail for the team.

On a personal note . . . thank you to everyone who sent me their well wishes, help, support, and prayers during the last six months. For those who are unaware, I have been living with a debilitating headache since last August. It has been a struggle in many different ways with no answers as yet. I still have the migraines but I am also blessed to have the best people around to help me out. Thank you everyone!

P.S. Hondo celebrated his First Birthday on January 20. He now weighs 10 lbs, his favorite color is pink, and he rode his second MS 150 in Mississippi last October.



"Let's share our passion for the causes we support and the community we have built."

Just call me "Bud" by James Herrod, Roads Director

For some weird reason, the team nicknamed me "Bud." Odd because I'm a Shiner Bock man (gotta go with the team sponsor!) but Crash tells it's because I'm a friendly, outgoing guy who'd like to be everyone's buddy. So, I'm "Bud."

I'd like to say I became Roads Director by a coup overthrowing the former director, but there was no former director, I was asked to do it! My job is to keep the team up-to-date on rallies and riding, coordinate bike education, and help train riders. The calendar on the team website will be updated frequently regarding bike events and bike education activities.

I know that winter is a tough time to get out and ride, but any regular physical activity this time of year will help. If the weather warms up then get in the saddle

for a brisk ride. Cross training is good this time of the year, too. If it's too cold to ride, bundle up for a walk or short run. If you have a gym membership, do some weight training or spin classes. You are eligible for free spin classes at Richardson BikeMart if you are a CitiSlickers member who is registered for the MS 150.

In March and April we will have education rides and fundraising bike rallies on most weekends. Each ride has its own focus, some rallies are flat and fast while others have killer hills. All of these will help with your cardiovascular health and educate you about the feel of your bike.

If there is anything that you want to ask or suggest, feel free to email me at jamesherrod@sbcglobal.net and I'll try help you out.



James Herrod, our new Roads Director. Contact "Bud" with any questions about bike rallies or bike education and training.

CITISLICKERS 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 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



FROM THE HORSE'S MOUTH

CONGRATULATIONS

Jane Schopmeyer on your new 1940's antique tandem bike. It's a beauty!

received from a crazy puppy at his doggy day care)

THANK YOU

Jana Diminnie, James Herrod, Debbie Hines, Stephanie Hudson, Christina Lepsis, and Elizabeth Schopmeyer for working at the Bike Swap Meet.

WELCOME ABOARD!

Stephanie Hudson (Rider)
Javier Torres (Rider)
Vaughn Wascovich (Rider)
Mac Weber (Rider)

WARNING!

Saddle Source rarely receives any juicy gossip on team members. If long-lost teammates do not start writing in to say "hi" then we'll makeup ridiculous stories about you. And they won't be pleasant stories either!

THINKING OF YOU

PEGGY BERTRAND's mother and Stephanie Bertrand's grandmother inspiring us with her bravery and courage while facing serious illness.

Jerry Halliburton, Sr. (AKA "Old Man on a Bike") is hanging up his pedals on long bike rides. We'll miss you!

Christina Lepsis' father is having health challenges.

Michelle Pisecco (recovering from back surgery)

Elizabeth Schopmeyer (still having those migraines)

Southbound Hondo Schopmeyer (recovering from a severe neck bite)