

EIGHT-YEAR-OLD CYCLIST RIDES “FUN, COOL, AND STINKY” MS 150

“Fun, cool, and stinky,” **Camiryn Moy** wrinkles her freckled nose when describing riding in last year’s MS 150 Bike Tour. “Stinky” being the 78 miles of roadkill she endured, not the 3,000 other fragrant cyclists with her.

The youngest registered solo rider in the 2006 Frisco to Fort Worth MS 150, then 7-year-old Camiryn pedaled 78 miles on her mountain bike -- without clipping in. It was her first year riding her own bike but her second participating in the event. In 2005, she rode in a burley behind her dad **Robby Moy**, our Membership Director.

Unhappy with her father’s perplexingly slow speed while pulling 110-lbs. of burley and daughter behind him, the third-grader decided to ride her own bike the next year. She unashamedly confesses her “bottom and legs hurt” after 78 miles but insists she had energy to ride further except her father wisely refused to allow her on the narrower, heavily trafficked roads, much to the relief of Camiryn’s worried grandmother **Ann Moy**, a longtime team volunteer who proudly watched as her spirited granddaughter crossed the second-day finish grinning from ear-to-ear and cheerfully waving to applauding onlookers.

The tiny biking terror loves being a part of CitiSlickers though she regards our Team Captain as “definitely crazy” (a sentiment shared by all). She also appreciates the teammates who formed a protective riding ring around her throughout the MS 150 but freely admits being frustrated when the adult cyclists slowed their speed to accommodate her. Camiryn wanted faster. So they rode faster to satisfy their pint-sized leader who averaged an amazing 12 mph on the ride.



Camiryn Moy at the start of the 2006 Frisco to Fort Worth MS 150.

“We’re very proud of Camiryn,” says “definitely crazy” Team Captain Elizabeth Schopmeyer who shamelessly drafted off our littlest cyclist for one entire leg of the ride. “She rode smart and rode strong.”

Camiryn enthusiastically describes going through the Texas Motor Speedway tunnel as the “coolest” part of the ride but frowns when noting that the busier roadways made the route “kinda sorta more ‘dangerous-er.’” She also encourages the National MS Society to provide chocolate fondue fountains at each rest stop and vary the lunch menu with mac & cheese, pizza, biscuits with butter, and lemonade.

Camiryn’s advice for first-time participants is to ride cautiously, sleep by 7pm the two nights prior to the MS 150, drink more water, and keep their bike seat dry at the overnight stop by covering it with a baggy.

“Oh yes, and you need to train (on

TEAM MEETING Saturday, April 14

The next team meeting will be held after the Lancaster Rally on April 14. Come to the meeting location whenever you complete the ride. Teammate Andrew Vidales will discuss cycling diet and nutrition and he will also provide us with valuable nutrition tips for endurance bike rides. This is also the last team meeting before the MS 150 so stop by to swap war stories and learn more about the big May ride.

If you are not pushing the tax filing deadline we would enjoy seeing you. Check the Calendar of Events for more details on the meeting.

your bike) at least a month before the ride,” she adds as a serious afterthought. She then announces she is already training to reach her goal of riding “maybe one more mile” than last year and calling on family, friends and neighbors for fundraising pledges.

“You can do it,” the diminutive MS 150 veteran says encouragingly. “Just trust in yourself.”

So next month look for a bouncy bundle of energy toggled out in our team jersey. And if you are riding less than 12 mph you may just want to move out of her way.

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

Health

Many, many thanks to **Jane Schopmeyer** and **Mary Payne** for hosting a brilliant volunteer dinner on March 1. Over 25 volunteers and a handful of party-crashing riders enjoyed the family's famous cooking and learned about volunteer activities and opportunities with CitiSlickers. Attendees were especially delighted to learn that careful dieting was not a requirement for volunteers, unlike riders. The dinner featured tenderloin, roast pork, chicken casserole and at least half a dozen different desserts. Oh right, and there was also healthy rabbit food like salads and carrots. DELICIOUS!

Nutrition Facts	
(of the Volunteer Dinner)	
Serving Size	<i>All you could hold!</i>
Amount Per Serving	
Calories: <i>of course!</i>	Calories from fat: <i>does it matter?</i>
% Daily Value *	
Total Fat	100% scrumptious
Saturated Fat	whassis?
Monounsaturated Fat	one saturate
Polyunsaturated Fat	more than one saturate
Cholesterol	definitely
Sodium	100% yummy
Total Carbohydrates	hope so
Protein	For sure! This is TX!
Vitamin A - think so	Vitamin C - dunno
Calcium - maybe	Iron - probably
* Based on an unlimited calorie diet	

Classifieds

SEEKING

SPONSORS in search of tax write-offs. Contact Captain@CitiSlickers.org for more information.

VOLUNTEERS needing to deduct miles driving to & from charity events. Contact Volunteer@CitiSlickers.org.

WANTED

GREEN ASTROTURF (the thin, cheap version) to protect against a repeat fire-ant infestation at CitiSlickers team tent.

NASCAR-THEMED ITEMS suitable to decorate team tent.

DISPOSABLE PLASTIC FLATWARE because no one wants to wash dishes at the MS 150.

And do not forget that **FIRETRUCK** and **NASCAR RACE CAR** for our team tent at the MS 150 overnight reststop.

If you have or know someone willing to donate or sell any of the above items at low cost, call Jane at 972.239.0466.

JOBS

Virtual Riders. Duties include sleeping in on ride days, relaxing at TMS spa, and enjoying brunch in Sundance Square. Salary: new friends and new experi-

ences. Benefits: same as regular Riders. For more info. check the Members link on team website and click "Riders."

PERSONALS

RIDE BUDDIES. We are new riders to the MS 150 or cycling in general. You are a rider who has survived the Frisco to Fort Worth MS 150. We do not know clipless pedals from toenail clippers. You know the difference between "on your left" and "outta the way!" If we could join up for camaraderie and training then you will be our perfect ride buddy. Please contact us by e-mailing Crash@CitiSlickers.org.

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.

DISCOVERY BACK & BODY CENTER (formerly Discovery Chiropractic)

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 help you with your cycling techniques if you are looking for a coach or just need some advice. See www.onlinebikecoach.com.

ATLAS LEGAL RESEARCH

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

SHINER BOCK

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

UPTOWN CYCLING

Donovan Dawson is there to help you with that new bike or if it is time to add another one to your collection. Check out their new store or call 214-295-5325.

APRIL SPONSOR PROFILES



DR. BAHRAM MEYMAND *Discovery Back & Body Center*

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Dallas, Texas 75248
972.239.1010
www.discoverychiro.com

Dr. Bahram Meymand has been performing chiropractic adjustments for over 14 years and has operated his own chiropractic clinic in Dallas, Texas, since 2001. He is licensed by the Texas Board of Chiropractic Examiners, is a Fellow of the International Academy of Medical Acupuncture (F.I.A.M.A.), and recognized as an Approved Doctor by the Texas Workers' Compensation Commission. In addition, he is currently working on a speciality in Chiropractic Sports Physician. Dr. Meymand is trained in over 13 different adjusting techniques and is therefore able to tailor his treatments to meet the particular needs of each and every individual. He comes from a family of chiropractic doctors so he has been living and breathing the wonders of chiropractic care as long as he can remember. Even his dog gets adjusted!

For the second consecutive year, Dr. Meymand will generously offer his skills and services at our MS 150 team tent. So if you are in need of adjustment, stop in to see Dr. Meymand and bring your bike with you because he probably knows how to adjust it as well!



ABHAY "ROCKY" DHIR *Atlas Legal Research*

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Rocky started Atlas Legal Research with the vision of establishing a company that would enable corporate legal departments and law firms to operate more efficiently and effectively. To achieve this, he trains lawyers in his native India to perform high quality legal research and writing services for U.S. corporations and attorneys at affordable prices. The company maintains a strict commitment to ethics and quality with each project being reviewed by a licensed U.S. attorney before being forwarded to the client. Rocky graduated with general and special honors from the University of Chicago and earned his law degree from the University of Michigan where he served as a law review editor. He is also a frequent speaker on legal out-sourcing, appearing at bar conferences and in newspapers across the globe.

This is Atlas' second year as a CitiSlickers sponsor. Call Rocky if you need legal representation when signing that multi-million dollar Colnago endorsement contract or need a Delhi Elvis impersonation to liven up those dull corporate board meetings.



WELCOME ABOARD

Greet the following new CitiSlickers team members with a friendly wave (of your hand, people!):

RIDERS

Jason Brown
Jay Easley
Paul Eldridge
Molly Herrick
Debbie Hines
Justin Kvasnicka
Donny McIver

Brandon Proctor
Leslie Rister
Jim Seal
Southbound Hondo Schopmeyer
William Spencer
Doris Wu
Jane Zeman

VOLUNTEERS

Onsuree Arredondo
Tony Arredondo
Mary Boyter
Rusty Hines
Sharon Knight
Judy Long

Michelle Mades
Peggy Neal
Chris Sanders
Jeannette Tiffany
Pat Walters

CONGRATULATIONS

Peggy Bertrand for receiving the first war wound of the day at the bike training clinic (very pretty scratch, **Peggy Bertrand!**).

The following CitiSlickers Riders for investing in new bicycles or upgrading their old ones to start or continue riding: **Matthew Dann, Laurie Guzman, and Debbie Hines** (hope the saddles are padded!).

Paul Edridge, Molly Herrick, and Jennifer Wall for completing their Member Bios (lotta dirt on this trio! Read their bios on the team website).

Donny McIver and Debbie Hines for climbing back onto bicycles after a loooooong hiatus (no speeding please!).

Herb Kuter for climbing onto his bike to train prior to the MS 150 (the MS 150 is typically Herb's first, and only, ride of the year).

THANK YOU

Coach Richard Wharton for leading a phenomenal biking clinic last month specifically for our team (and surviving our ragged bike handling skills).

Wayne Levan for generously donating his time and talent to designing our team jerseys this year. Wayne will be at the team tent graciously accepting accolades.

“Crash” Diminnie for keeping the team safe by staying off her bike at the training clinic. So the “Crash” count is still holding at 206.

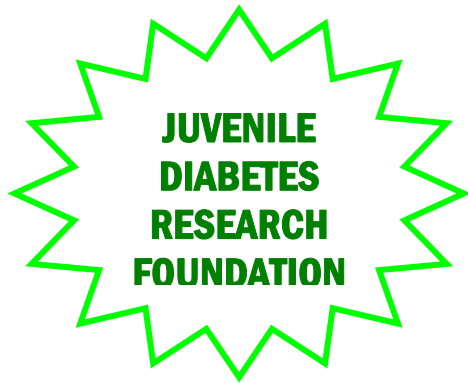
THINKING OF YOU

CitiSlickers procrastinators dreading those days to April 15.

Keith Hollar, our Elvis impersonator who is also a CPA, because of the April 15 deadline and his wife, **Michele Hollar**, who has to live with his work schedule until after the deadline (and don't forget there are extensions).

Peggy Bertrand and Laurie Guzman recovering from some fabulous cycling strawberries received during the bike training clinic (we are taking a collection to buy them training wheels).

Entertainment (April)



This month's featured ride is the Tour Dallas on April 7 benefiting the Juvenile Diabetes Research Foundation to find a cure for diabetes and its complications. JDRF is a 501(c)(3) organization that is the leading charitable funder and advocate of type 1 (juvenile) diabetes research worldwide. Since its founding in 1970, JDRF has awarded over \$1 billion to diabetes research including over \$122 million in FY2006 that funded 500 centers, grants and fellowships in 20 countries. See www.jdrf.org for more information.

The Tour Dallas is a true family and friends leisure ride through downtown Dallas and around White Rock Lake. It is a good ride for beginning cyclists seeking to practice defensive riding with a large riding group. No racing, please! Contact team member Gary Coleman, our point person for the ride, for more information. He can be reached at gurfc77@hotmail.com.

TOUR DALLAS

Amidst the glitz and glamour of Big D, two star-crossed lovers find each other . . . only to lose each other in a pack of 3,000 avid cyclists.

Showtime: *SATURDAY, APRIL 7, 8:00 am*

Location: **American Airlines Center**

Director: **Juvenile Diabetes Research Foundation**

Information: www.tourdallas.org

HILL COUNTRY EASTER TOUR

The hills are alive with the sound of pedaling in this Texas adaptation of the Tour de France that features the classic songs of Riders & Hammergelstein including "My Favorite Chain-rings", "Exercise", and "These Hills are too High."

Showtime: *FRIDAY-SATURDAY, APRIL 6-8*

Location: **Fredericksburg and Kerrville, Texas**

Director: **Houston Bicycling Club**

Information: www.ehct.com

LANCASTER COUNTRY RALLY

The bluebonnets are out and so are Uncle Sam's hands when cycling procrastinators discover the existence of a mysterious entity known as "The Filing Extension" which possesses magical powers that allow the cyclists to abandon their income tax forms for a peaceful country bike ride.

Showtime: *SATURDAY, APRIL 14*

Location: **Lancaster, Texas**

Director: **Greater Dallas Bicyclists**

Information: www.greaterdallasbicyclists.com

EDS MS 150 TRAINING RIDE

The riveting tale of a group of wide-eyed newbie riders who lose their innocence when they embark on their first MS 150 training ride.

Showtime: *SATURDAY, APRIL 21*

Location: **Frisco, Texas**

Director: **EDS**

Information: www.ms150.org

METRIC CENTURY BICYCLE RALLY (Muenster Germanfest)

An idyllic sightseeing vacation through the American heartland turns traumatic for a busload of German tourists who find a small Texas town celebrating Oktoberfest in April.

Showtime: *SATURDAY, APRIL 28, 11 am*

Location: **Muenster, Texas**

Director: **Town of Muenster**

Information: www.germanfest.net/bike.htm