

NEW TEAM WEBSITE UNVEILED

Thanks to the hard work of Team Captain Elizabeth Schopmeyer, our new website is up and running, more or less. The sleek new site is more user-friendly, easier to navigate, and includes some highly strange photos.

Check out some of the new links:

News: Current and past issues of Saddle Source plus general team info.

Education: Cycling-related articles on everything from fixing flats to climbing hills to designing your own training program and surviving a thunderstorm. Also health-related ar-

ticles on diet and nutrition plans, cardio conditioning and fluid intake.

Fundraising: Information on fundraising in general, get to know our top team fundraisers, and find out more about the charitable causes supported by our cycling.

MS 150 Info: Everything you need to know about the year's biggest ride including preparations, submitting donations, e-donate links and more.

Members: Specific information for our riders, volunteers and sponsors, including "virtual riding."

CITISLICKERS BECOMES A 501(c)(3)

After months of hard work and anxious waiting CitiSlickers has achieved the coveted status of a 501(c)(3) charitable organization. In layman's terms, it means the IRS has granted public charity status to our team so we are now eligible to receive tax-deductible contributions.

The road to obtaining 501(c)(3) status is an arduous one filled with atypical paperwork. The 26-page application requires comprehensive financial projections; detailed justifications of the organization's charitable purposes; and exhaustive descriptions of projects and activities. Once the application and supporting documents are submitted to the IRS, awaiting a decision can take anywhere from two months to two years.

What is a 501(c)(3) organization?

A 501(c)(3) is a non-profit organization exempt from certain federal income taxes because it is operated exclusively for an "exempt purpose."

What is our "exempt purpose"?

CitiSlickers' exempt purposes are charitable, educational, and literary.

Specifically, we raise and distribute funds to other 501(c)(3) organizations, promote cycling as a healthful activity, provide education on charitable fundraising and cycling events and related activities that benefit nonprofit causes; and produce and distribute printed material related to our exempt purposes.

How will having 501(c)(3) status help CitiSlickers?

Having 501(c)(3) status will enhance our tradition of giving back to the community. We will be able to reach out to a broader support base such as businesses that only contribute to exempt charities and individuals who favor the tax deductibility of donations to a 501(c)(3).

CitiSlickers is now the only 501(c)(3) cycling team in the Frisco to Fort Worth MS 150 and we are one of only a handful of family and friends cycling teams in Texas to achieve that status.

Will CitiSlickers become boring now that it is a 501(c)(3)?

Absolutely not! While being a tax-

TEAM MEETING Saturday, March 24

The next team meeting will be at the Texas Motor Speedway in Roanoke where USA Cycling Elite Level Coach Richard Wharton will guide us through a unique, all-day training clinic. New riders will learn bike safety, road etiquette and group riding while experienced riders can practice paceline riding, emergency maneuvers, and address specific concerns with Coach Wharton. Everyone will learn to ride smarter, farther and better.

The clinic is open to CitiSlickers members only. Riders must dress in proper cycling attire (which includes helmets) and be properly fitted for their bike prior to arriving at the clinic. Bring water, snacks, and some cash for the lunch break. See the Calendar of Events for more details.

exempt charity does involve more regulations and restrictions, CitiSlickers has informally operated as a 501(c)(3) organization since we started. We have always had the theme of fun and friendship in the context of helping others and we will maintain our unique character.

So many of us will gladly file our taxes in April because right now the IRS is our best friend!

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EDITORIAL BOARD: Us
LAYOUT DIRECTORS: Us
ART DIRECTORS: Us
CONTRIBUTING WRITERS: Us

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

LOCAL NEWS

FEBRUARY MEETING RECAP

The February team meeting was even better than the January one! Thanks to Uptown Cycles for the amazing opportunity to learn proper bike maintenance! If you did not make it, keep searching for that teammate to provide you with the details.



BENEFIT BRINGS BIG BUCKS

CitiSlickers held its inaugural fundraiser at **Memphis Nightclub** on February 11 when four bands and an entire nightclub staff graciously gave their time to help us out for three remarkable hours. We received more than \$6,000 thanks to the support of team members, family, friends, and strangers who saw a worthwhile endeavor and wanted to be a part of it. You are all the BEST!

HUGE THANKS to the Queen of Memphis, Michelle Mades, and the incredible staff for coordinating everything for us -- servers Joseph Englund and Sunni Grunwald, bartender Ian Miller, and busboy Fonzi Torres very generously donated their time and services for our benefit. Cooks Oscar Serrano and Mario Portillo fixed up those edible crowdads that went in about two seconds, yummy!

Stop by Memphis sometime to listen to some great live music and have a few cold ones, and be sure to introduce yourself to Michelle and thank her and her dedicated crew for their hard work and unwavering support for our team. We could not have done it without them!

SPECIAL thanks to a wonderful gentleman who had no previous knowledge of our team but has a personal connection to the multiple sclerosis cause and made a very generous donation to our team during the fundraiser. Thank you for sharing

your story with us and we hope to see you at MS 150 in May!



CHANNEL 15. A huge “THANK YOU” to the incredible guys from Channel 15 for the great rock n’ roll dance music at our Memphis benefit! David Kirkwood, Chuck Mabrey, Mitch Spencer, and Terry Vieregge, will be performing again at Memphis on March 5, 19, and 29. Check out their website at www.channel-15.com for more venue locations and dates for this popular band and find out when they will be performing in your neighborhood.



CHANT. Many, many kudos to the Chant musicians for donating their time at the Memphis benefit! Chant Duplantier, Cedric Goodman, and Jerry Smith, Jr., will return to Memphis on March 26. If you miss that date then follow “The Rhythm of the Blues” on the road to Arkansas, Colorado and the other venues frequented by this fabulously talented band. Find times and locations, and purchase band logo items and CDs at www.chantmusic.com.



DIVERSION. Lots of noisy applause to Diversion for helping make the Memphis fundraiser a smashing success. You can catch Darrell Files, Danny Jacobs, Grant Pittman, Jim Reed and Mike Spay performing their “today’s rock” music at Austin Avenue Grill & Sports Bar in Plano on March 29 and 30. Find out the details of their next gig and more about the band

including bookings by visiting their website at www.diversionband.net.



THE FACTORY. No words can properly express our gratitude to The Factory band members Stephanie Nadolny, Bruce Cline, Kelly King, John Nix, and Tracy Stone for supporting our fundraising at Memphis! You can listen to their musical talents again at their cool website at www.factoryband.com or hire them to turn your own party into as spectacular an event as the Memphis benefit!



MANY THANKS to big-hearted Mike and Debra Stepp from **CooperStepp** for designing and providing the awesome t-shirts for the Memphis benefit.



BIG THANKS to Jan Kennedy for donating the very generous store gift certificate to **Clotheshorse Anonymous**.



LOTS OF THANKS to Russell Denault from **At Your Service Limo** for the gracious and exceptionally generous donation.



Please contact the above businesses and bands if you need their services and to show your reciprocal support for their generosity to our team.

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 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.

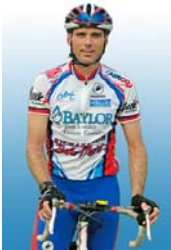
SHINER BOCK

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.

MARCH SPONSOR PROFILES



RICHARD WHARTON *Online Bike Coach*

www.onlinebikecoach.com

Richard Wharton is a USA Cycling Elite Level Coach and certified ACSM Health Fitness Instructor who holds an MBA in Sports Management and has been coaching cyclists since 1994. In 2000, he became Director of Development at the Superdrome cycling facility in Frisco, Texas. Several of his articles have been published in the USA Cycling coaching journal *Performance Conditioning for Cycling* and he has participated in scientific studies at the Cooper Institute for Aerobic Research, and interned at Tailwind Sports, the sports management corporation for Lance Armstrong's U.S. Postal Service Professional Cycling Team. Most recently, Coach Wharton has been involved in the creation of the iBike Power Meter, a product built and designed in Dallas, Texas, that uses a novel approach toward measuring power generated by a cyclist. He is actively involved in promoting cycling as a safe, healthy, and effective mode of transportation and sport.

For the second straight year, CitiSlickers will benefit from Coach Wharton's expertise in an all-day training clinic at the Texas Motor Speedway. Call Coach Wharton if your bike speedometer never goes higher than 7 mph.



DONOVAN DAWSON *Uptown Cycles*

3839 McKinney Ave., Ste. 105
Dallas, Texas 75204
214.295.5325
info@uptowncycles.com

Donovan Dawson is the owner of Uptown Cycles which "just ain't your average bike shop." Located on the north side of the West Village at the corner of Blackburn and Cole, UC carries a unique range of road, mountain, and commuter bikes, and offers completely custom street bikes and vintage works of art along with repair and rental services. While visiting the store, you can lounge out, listen to some phat beats, watch a little video on the flat screens, or get some work done using the free WiFi.

UC has also established a unique weekly ride, the Sunday Bike Party, which is a very slow leisurely ride for two-wheelers of all levels that travels to some of the coolest spots and events in the Uptown neighborhood. If you want to meet new people and see new things while riding your bicycle then join the ride which starts every Sunday at 6pm in front of the store.

This is Uptown Cycles first year as a CitiSlickers sponsor and we hope for a long relationship. Visit their store for all your cycling needs (and that means your bicycle, not your mid-life crisis motorbike).

Classifieds

SEEKING

ROOMMATES. Some CitiSlickers are looking to share hotel space at the MS 150 overnight stop at the Texas Motor Speedway on May 5. Contact Crash@CitiSlickers.org if you want a roommate of the same gender (we run a clean establishment here).

SPONSORS to help CitiSlickers Cycling Team continue riding and fundraising for charitable causes. For more info. contact Captain@CitiSlickers.org.

VOLUNTEERS to experience camaraderie in its extremest (is that a word?) form by joining peculiar cycling team. Contact Volunteer@CitiSlickers.org.

DONATIONS for brand-new 501(c)(3) organization! Cash, in-kind items, gift certificates, etc., you name it we can use it! Contact Captain@CitiSlickers.org.

RENTALS

MS 150 HOTEL ROOMS. Last chance for hotel rooms at MS 150 overnight stop. All rooms will be released April 1 so plan to bring your sleeping bag and tent after that date. Contact Crash@CitiSlickers.org for info.

WANTED

GREEN ASTROTURF (the thin, cheap version) to protect hungry fireants from gnawing on our toes at the team tent.

NASCAR-THEMED ITEMS to decorate team tent.

PLASTIC FLAT-WARE for biking team that eats and drinks a lot.

And still shooting for the moon . . .

FIRETRUCK and **NASCAR RACE CAR** for water and PR at team tent.

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

FOR "SALE"

AD SPACE ON TEAM JERSEY. Close-out special on quality, one-of-a-kind ad space on brand spanking new biking jerseys. Prices and details by contacting Captain@CitiSlickers.org.

JOBS

VIRTUAL RIDERS to enjoy all benefits, except aching muscles, of the Frisco to Fort Worth MS 150. Contact Crash@CitiSlickers.org for more info.

RIDE BUDDIES needed to teach new team members the tricks of the bikin' trade. Interested parties should contact Crash@CitiSlickers.org.

Editorials

Dear Saddle Source Editor,

My name is **Peggy Bertrand** and I, **Peggy Bertrand**, have been a CitiSlickers Rider for well over a year now. I, **Peggy Bertrand**, also happen to be a faithful reader of Saddle Source who enjoys the stories and loves the layout design but why is it that the same names repeatedly appear in your newsletter? Each month I, **Peggy Bertrand**, search for my name (**Peggy Bertrand**) in Saddle Source but you never mention me, **Peggy Bertrand**.

Even my daughter, Stephanie Ernst (and do not dare bold her name because she gets more publicity than I, her mother **Peggy Bertrand**), has had her name written in the newsletter so why not include me, **Peggy Bertrand**? (And please keep in mind that my name is spelled **P-E-G-G-Y B-E-R-T-R-A-N-D**).

I, **Peggy Bertrand**, have participated in all our team rides and have been fundraising like crazy for the MS 150 in May. As a dedicated and well-loved member of the team, what must I, **Peggy Bertrand**, do to get you to print my name (**Peggy Bertrand**) just once?

Thank you for listening to my (**Peggy Bertrand**'s) frustrations.

Sincerely,
PEGGY BERTRAND

Dear **Peggy Bertrand**:

We at Saddle Source appreciate the loyalty that you, **Peggy Bertrand**, have shown by regularly reading our news rag. We certainly understand your frustration at not seeing your name, **Peggy Bertrand**, in our newsletter. We try not to continually highlight the same CitiSlickers each

month and we do make an effort to give space to each team member's name in at least one issue.

Please accept our sincere apology for not printing your name, **Peggy Bertrand**, in our newsletter. We assure you that excluding your name, **Peggy Bertrand**, in Saddle Source was a mistaken oversight we will make every effort to correct by mentioning your name, **Peggy Bertrand**, in a future edition. So continue to read Saddle Source because you will surely see your name, **Peggy Bertrand**, in an upcoming issue.

By way of an apology we are giving you a free one-year subscription to Saddle Source. Again, we regret the inadvertent omission of your name (**Peggy Bertrand**).

Respectfully,
SADDLE SOURCE EDITOR



CONGRATULATIONS

CitiSlickers Riders who have registered to ride in the 2007 Frisco to Fort Worth MS 150.

CitiSlickers Volunteers who have signed up to help with bike rallies or tours like the MS 150.

THANK YOU

Uptown Cycles for the incredible class on bike maintenance and giving time to specially fit our team!

Jane Schopmeyer for her annual over-the-top donation to keep our team rolling. Thanks, SuperMom!

Karl Schopmeyer of Inova Europe for his extraordinarily generous donation (and he takes great photos too!).

THINKING OF YOU

Mike Baker is recovering from a couple broken ribs received while riding around White Rock Lake (told ya it was too cold to start riding).

CitiSlickers Riders who must return their backsides onto their bikes to start training this month.

CitiSlickers Team Members who receive but do not bother to read Saddle Source because we will find a way to embarrass you in print.

WELCOME ABOARD

Congratulate the following new CitiSlickers who completed the painful task of filling out the necessary paperwork to become official team members:

RIDERS

David Bermea	Andrew Vidales
David Dierkes	Shaun Vidales
Jaws Hansen	Brian Wharton
Nicole Montoya	Johnston Wu
Larry Newman	

VOLUNTEERS

Donna Forsyth	John Nix
Karen Kovacl	Oliver Serrano
Kirk Lewis	

Entertainment (March)

MS 150 KICK-OFF PARTY AND TRAINING RIDE

It's the blockbuster of the year when yawning, scratching, scary-looking cyclists come out of their extended winter hibernation to begin the long journey known as MS 150 training.

Showtime: *SATURDAY, MARCH 10*
Location: **Texas Motor Speedway**
Director: **National Multiple Sclerosis Society**
Information: www.ms150.org

CITISLICKERS CYCLING CLINIC

The training wheels come off as superhero Richard Wharton attempts to galvanize a group of grumpy, lethargic CitiSlickers to ride safely to prevent the destruction of those smooth, beautiful Texas roadways.

Showtime: *SATURDAY, MARCH 24*
Location: **Texas Motor Speedway**
Director: **CitiSlickers Cycling Team**
Information: www.citislickers.org