

Team Shell Information for the
2008 MS150 Weekend Only

Houston to Austin April 12 & 13, 2008



Tight Timeline on Saturday Morning (12 Apr)

Team Shell Start at 200 North Dairy Ashford

- Take I-10 to Eldridge Exit (753A) and go North about 300 yards and turn right on North Dairy Ashford. This will put Shell Woodcreek on your left.

- 5:30am – Arrive at Woodcreek
- 5:40am – Sign-in, setup your bike, eat and potty
- 6:05am – Safety and Announcements
- 6:20am – PICTURE!!!
- 6:40am – Ride On!!!

Special Guest and Rider: Malcolm Brinded - Executive Director of Exploration & Production and a Member of the Board of Royal Dutch Shell plc.



Fundraising

Minimum NMSS pledge requirement per rider for 2008 is \$400



Team Shell's Stretch Goal – try to raise **at least \$700 per rider**

Team Shell's goal is **\$225,000!!**

How can you do this?

- 1) Set up an e-Donate link at http://www.ms150.org/ms150/donate/edonate_link.cfm
- 2) Send an email to friends, family & colleagues with your eDonate link and a personal message about the MS150 – mention why you're riding, info about your pedal partner, and the journey itself.
- 3) Online pledges are secure and allow donors to print their donation forms instantly for tax records (if paid by cash or check, donations must be at least \$250 for a receipt from NMSS).
- 4) Print a donation form and hang outside your office door.
- 5) Tell others about your adventure – many will hang up donation forms for you (doctors, dentists, hairdressers, etc).
- 6) Check out Fundraising Welcome page on NMSS website for more ideas.



Expectations

*Some people find it helps to use a mantra
“Hills are your Friend, Wind is your Friend”*

1. **The MS150 is a “RIDE” Not a “Race”**
2. **Time**
 - Day 1 = 100 miles
 - Avg 10 mph = 10 hrs ride time + 2 hrs Break = 12 hr day
 - Avg 15 mph = 6.6 hrs ride time + 2 hrs Break = 8 hr day
 - Avg 20 mph = 5 hrs ride time + 1 hrs Break = 6 hr day
 - Avg 25 mph = 4 hrs ride time + 0.5 hr Break = 4.5 hr day
3. **Don't focus on DISTANCE, focus on time in the saddle**
4. **Remember WHY you ride – to help end MS!**



Best Practices

- Carry ID, health insurance card, cell phone & money on the bike - Put into a Ziploc bag, use Road ID, or fill your pockets
- Use energy bars and electrolyte replacement drinks – find what works for you & use it on the MS150
- Eat well, and eat healthy
- Make sure your bike is fit to YOUR body
- Stretch! Stretch! S-t-r-e-t-c-h!!!
- Massage Therapy – not just for relaxation
- Get plenty of rest
- Drink water!
- Get your bike inspected at an NMSS-approved bike shop & fix worn or broken parts, especially tires, chain & saddle
- Practice SAFE riding whenever you are on your bike
- Have fun



Hydration & Nutrition Tips

HYDRATION

- At least one (1) 24 oz. water bottle every hour
- More if temperature is above 70 degrees
- Hydrate well, several days before the ride
- Night before – 3 trips to the bathroom
- Alternate water and sports drink
- Increase Sodium intake at rest stops (**Sport Drink is NOT ENOUGH**)
- Pretzels, other salty foods
- Continue hydration for several days after ride

NUTRITION

- Carb-Load on Thursday, some on Friday before MS150
- Day 1 Breakfast – Bagel / Toast, Banana / Fruit, cereal and juice
- Maintain high carb intake – include protein through day after
- Carry foods if you have special dietary requirements



Cycling Gear – What to Wear?

1. Cold

- Dress in Layers
- Protect Fingers, Toes, Ears and Nose
- Leg & Arm Warmers under 55 degrees

2. Heat

- Hydration, Hydration, Hydration
- Sodium / Electrolytes
- Carbs along the ride
- Suntan lotion / shade at stops

3. Rain (You will get wet, but not melt!)

- Rain Gear / Jacket – outer layer keeps you dry
- Protect valuables (cell phone, wallet, etc. w/ a Ziploc bag)
- Pack dry clothes for destination change quickly
- Limit / reduce stops and stop time

4. Wind

- Slightly lower gearing (spin more) – faster cadence, less “grinding”
- Draft carefully with other riders



Ride Safely in a Large Group



- 1. COMMUNICATE ! COMMUNICATE ! COMMUNICATE !**
 - Hand Signals
 - “Call Outs” ... “On your Left”, “Slowing”, “Stopping”
- 2. Be PREDICTABLE !**
 - Avoid sudden / jerking movements
- 3. CONCENTRATION**
 - Eye Focus
 - Protect Your Front Wheel AT ALL TIMES!!
- 4. OTHER THINGS**
 - Keep Right & Pass Left (Do not cross Center Line!!)
 - No Headphones
 - No Aero bars in a pace line
 - Helmets are required!!



You can't be too safe – more safety!



- Day 1 – Start
 - Tons of riders all over – be aware.
 - Look for obstacles ahead through the crowd.
 - Protect your front wheel.
 - Call out when passing and identify obstacles.
- Both Days
 - Pull fully off road and into break areas (don't stop on road).
 - For SAG support, pull fully off road and waive your helmet in your hand.
- Day 2 – Finish
 - Very narrow lane with cones into Austin.
 - You are tired and anxious – slow down and enjoy.



What to Pack for MS150?

On the ride:

- ✓ **Helmet -- REQUIRED**
- ✓ Padded bike shorts and jersey
- ✓ Cycling gloves and shoes
- ✓ Sunglasses, lip balm and sunscreen
- ✓ Tire patch kit, spare tubes and tire pump/CO₂
- ✓ Identification (driver's license)
- ✓ Emergency cash and credit card
- ✓ Water bottles and hydration pack
- ✓ Rider numbers and wristband
- ✓ BP MS 150 Bike Tour Guide and route maps
- ✓ Medications
- ✓ Camera and film
- ✓ Rain poncho

In your overnight bag:

- ✓ Sleeping bag, air mattress and pillow
- ✓ Ear plugs for sleeping on Sat night
- ✓ Travel alarm clock
- ✓ Towel for shower
- ✓ Toiletries including soap and shampoo
- ✓ Medications
- ✓ Change of clothes for Saturday evening
- ✓ Hat and sunscreen
- ✓ Plastic cover for bike seat on Saturday night
- ✓ Riding clothes for Sunday
- ✓ Change of clothes for bus trip home
- ✓ Preferred energy bars and drink mix
- ✓ Tennis shoes



Friday April 11th - Pre-ride

Team Shell baggage collection – 2 bags per person

- Riders are allowed 2 bags each (that includes chairs, cots, sleeping bags, your clothes, etc.)
 - Weight limit of 40 lbs per bag
- Label your bags with MS150 numbers from the Rider Packet
- Drop off your bags at Shell Woodcreek location on Friday April 11th from 7am-5pm
 - Saturday morning drop-off will be available at MS150 official starting locations, but bags won't be delivered to Shell Tent
- Shell Truck will leave for LaGrange Friday evening
- Truck will be unpacked in Shell Tent early Saturday by volunteers in LaGrange
- Riders are responsible for their own transportation from Austin back to Houston, including luggage, bikes, etc.
 - MS150 organized buses will be available for you in Austin for a fee (see MS150 website and pay in advance)
- Lube chain, wipe down bike, air up tires, take a 15-20 minute check out ride, have a good dinner, drink lots of water and get plenty of rest

The MS150 Expo is also Friday night at the Omni West Hotel (west of Woodcreek at end of Dairy Ashford) - Last chance to pick up packets, buy gear, get bike inspected, meet CHAMPS, have fun, etc.



Saturday April 12th - Start at Woodcreek

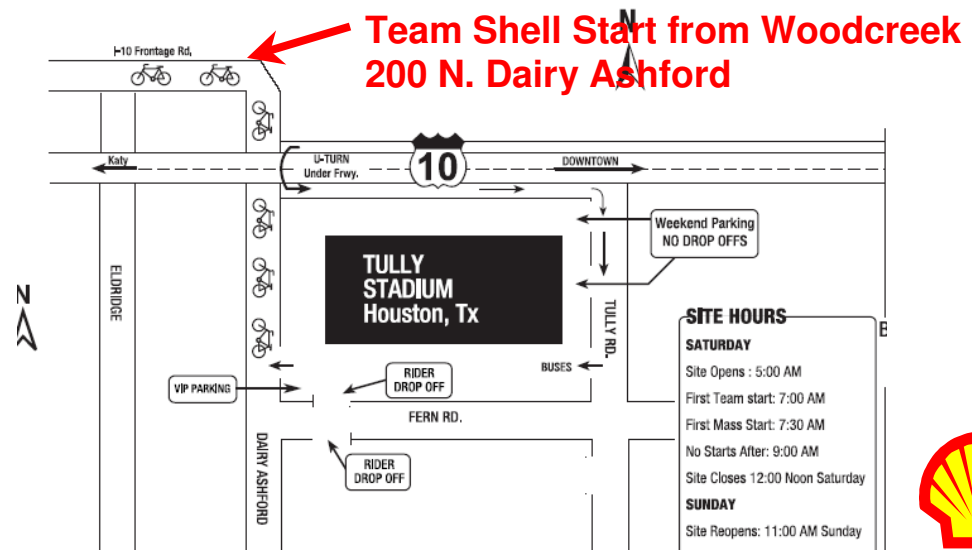
Team Shell start at Woodcreek, I-10 & Dairy Ashford

- **Arrive at WCK by 5:30am**
- *Check in with Team Shell & ensure emergency contact #s are correct*
- 5:40am Sign-in, prepare bike and gear
- 5:50am Eat a small snack, drink 8 ounces of water and potty
- 6:05 - 6:20am Safety, Announcements and Team Photo
- Team Start at 6:40 AM - sharp
- Vehicles are secure in Shell lot over the weekend

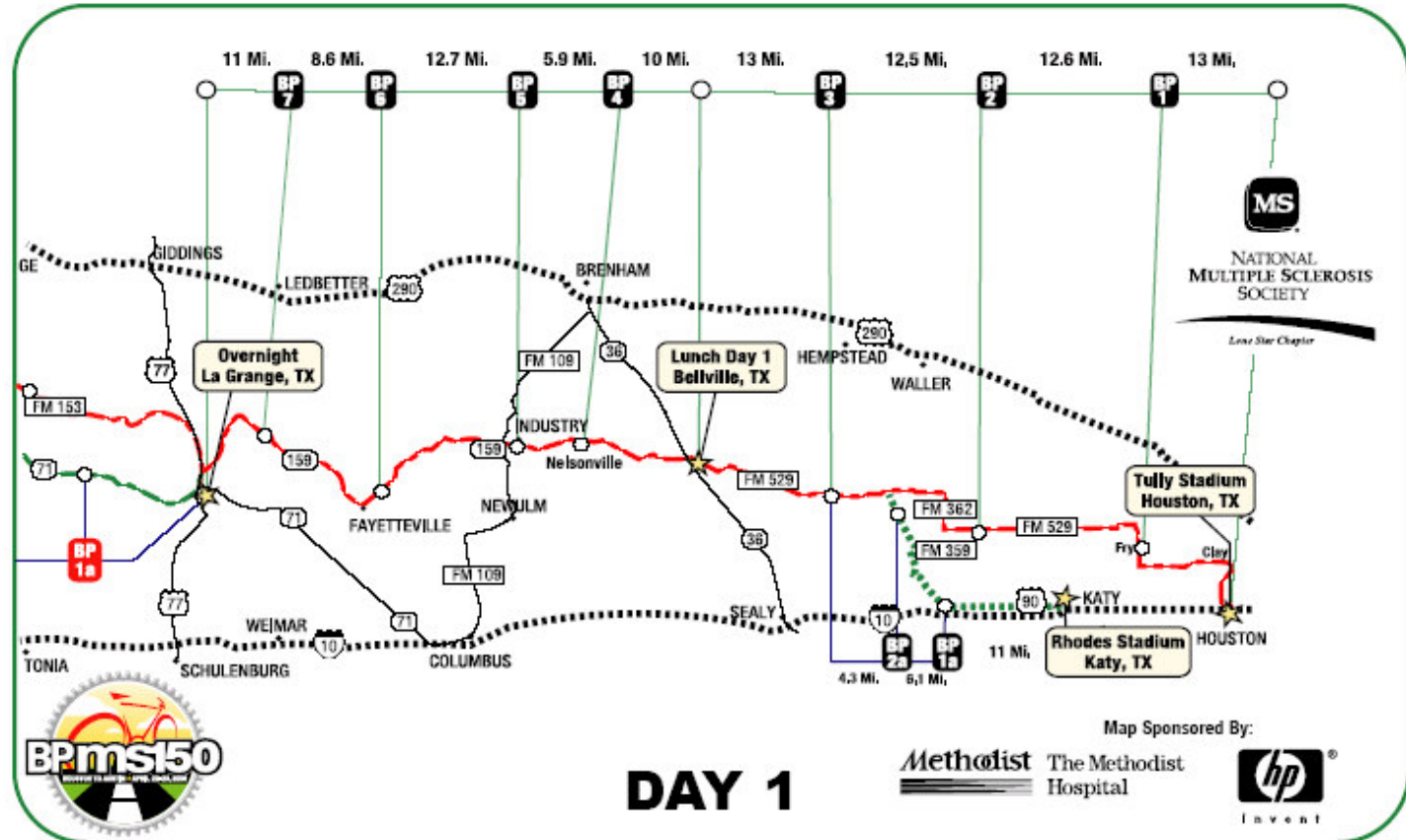


START: TULLY STADIUM

1050 Dairy Ashford Houston, Texas 77079



Saturday April 12th - MS150 1st Day



The Ride – 1st Day

Note: 2006 map – route subject to change
Check www.ms150.org for updated details

- Rest stops every 12 – 15 miles on route with food/snacks
- Lunch in Bellville – approximately 50 miles from WCK, look for Shell tent
- Food & beverages provided by NMSS
- Total mileage for Day 1 is approximately 100 miles from WCK to LaGrange



Saturday April 12th - LaGrange



Team Shell tent in LaGrange – Arrival, Massage & Showers

- Team Tent #504 (same location as last year, just to the left of the finish line)
- *Please check in so we know you've arrived, even if you don't plan to stay for dinner or overnight* – this lets us know how many Team Shell riders are still on the course & helps us w/massage timing
- Snacks & Beverages are provided, meet family & friends
- Shower trucks provided by NMSS, also showers at school (via bus)
- Plan your massage either before shower OR do not sign up until you return from shower – avoids problems with timing
 - **15 minute massage in LaGrange is paid for by Team Shell**
- Pickup your bags in the Shell tent if you put them on the Shell baggage truck



Saturday April 12th - Evening



Dinner & Overnight

- Catered dinner is provided by Team Shell – Brisket, Sausage, Chicken, Potatoes, etc.
- NMSS has food as well – awesome BBQ chicken, noodles, etc
- Private portable toilets and wash sinks provided by Team Shell
- Entertainment in LaGrange provided by NMSS – including live music and events
- Bikes can be locked up at NMSS Bike Compound, or left *outside* Team Shell tent on ropes
- **Be prepared to sleep on the ground. Bring an air mattress or small cot. The Ground is rocky!**
- Lights out at Team Shell tent at 9 PM!

Remember: You are sleeping on the ground!!!



Sunday April 13th - LaGrange Morning

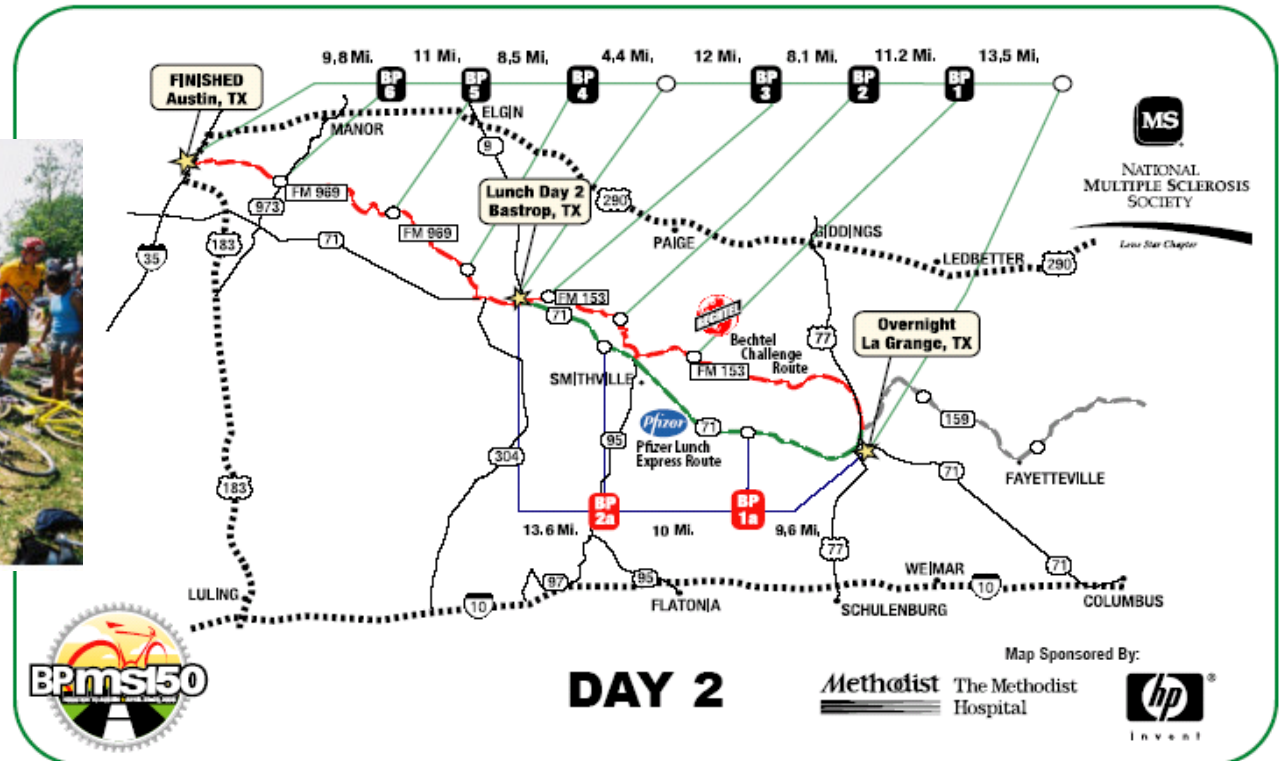
Morning

- Private portable toilets and wash sinks provided by Team Shell
- Team Shell provides breakfast tacos, donuts, etc. Sunday morning
- Bags loaded on truck in LaGrange Sunday morning and transported to Austin
- NMSS provides excellent pancake breakfast for all riders too
- Catholic mass is available onsite before ride
- Get out early or you will have to wait through several waves of riders – NMSS releases cyclists in waves on Sunday morning



Sunday April 13th – MS150 2nd Day

Note: 2006 map – route subject to change
Check www.ms150.org for updated details



Day 2 of the MS150

- Route opens at 7am with staggered starts for groups of ~200 cyclists at a time
- 2 separate starts – one for Express route, the other for the longer route
- Longer route includes optional Bastrop Park choice – AWESOME choice
- Lunch in Bastrop, approximately 45 miles from LaGrange on long route & 33 miles on Express route
- Approx 33 miles to the finish line from Lunch in Bastrop
- **Save some energy as the last 8 miles into Austin have lots of hills**

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Sunday April 13th - Austin



Day 2 Finish

- Finish line in downtown Austin at TX State Capitol
- Be careful cycling into Austin – most accidents occur here!!!
- If you want the MS Society to transport your bike to Houston, then take your bike to the trucks immediately after the finish line.
- Hydrate if it has been hot.
- Music, entertainment, and showers at end
- Team Shell “Meet & Greet” tent at finish (in Red Lot Tent #16)
- *Final check-in at Team Shell tent – please let us know you’ve finished. Volunteers will be working until ALL Team Shell riders are in – but they want to go home too!*
- Truck will be unpacked at Shell Tent by volunteers in Austin
- Snacks, beverages and massage therapist at tent
 - **Austin massage is at your own cost (\$1/min), so bring cash!**
- NMSS provides meal, ride completion certificates & pins at the finish
- Many good restaurants & hotels nearby



Back to Houston

Getting back to Houston after the ride

- **Getting back to Houston is your own responsibility**
- Bus transport is provided by NMSS for fee; bikes are brought back in tractor-trailers and laid out by Rider #
- Purchase your bus ticket and check in your bike just past the finish line as soon you arrive in Austin, so that your bike is waiting for you in Houston

Official MS Info and Answer:

The MS Society provides bus transportation from Austin back to Tully Stadium; bikes are brought back in tractor-trailers and laid out by Rider #. Bus tickets can be purchased [online](http://www.ms150.org/ms150/transportation/) (<http://www.ms150.org/ms150/transportation/>) for \$25 until the cutoff date on Wednesday, 4/9 @ Noon; and will be available for purchase in Austin near the bus pickup point (in 2007 the location was at 18th and Trinity three blocks east of finish line). Bikes are collected just past the finish line in Austin – get your bike on the truck ASAP so it is waiting for you in Houston.



Back to Woodcreek (from Tully)

Getting back to Woodcreek

If you parked and left for the ride from Woodcreek, Team Shell will have a shuttle going back and forth from Tully on Sunday afternoon. The Team Shell Shuttle will have magnetic Shell signs on it. Get off the bus in Tully, ride the Team Shell Shuttle to Woodcreek to get your car and then go back to Tully for your bike and luggage.

If you left from another location, you will need to make arrangements to have someone pick you up at Tully. Many Team Shell cyclists also have family that meet them in Austin and drive back with them. And if you are an avid bicyclist, just turn around and ride back!



Other LOGISTICS

Packet Pick-Up (PPU) & Jersey Distribution

- PPU is your own responsibility.
- PPU requires a signed paper copy of the NMSS waiver form for each rider.
- The NMSS offers several pick-up dates and locations around Houston, as well as on Friday April 11th at the NMSS Expo at the Omni West Hotel (check the MS150 website for details: www.ms150.org/ms150).

NMSS Packet Pick-ups Left:

- Memorial Park - Mon., April 7, 11 a.m. - 7 p.m.
- National MS Society - Austin @ 9600 N. Mopac, Ste. 150, Wed., April 9, 4 - 7 p.m.
- BP MS 150 Expo, Omni Houston Westside Hotel - Fri., April 11, 2 - 10 p.m.

Jersey Pick-ups Left:

- April 2nd, 11:00am-1:00pm, at the new Fitness Center at Woodcreek.
- April 11th, 7:00-9:00am and 11:00am-1:00pm, at Woodcreek (same location as luggage drop-off – visitors lot).
- April 12th, 5:30am-6:00am, at the ride start at Woodcreek.



Volunteers for the MS150

We need volunteers all weekend to support the team:

WCK Start

- Rider sign-in & emergency contact check
- Answer questions about the ride
- Assist with refreshments

Drivers

- Transport massage therapists to/from LaGrange Saturday
- Drive Shell truck with baggage to LaGrange & LaGrange to Austin
- Return empty truck to rental company in Houston

LaGrange

- Assist with rider check-in & massage therapy sign-up
- Set-up tables & chairs
- Cook breakfast
- Break-down of tables & chairs on Sunday

Austin

- Man Team Shell tent
- Final rider check-in, assist with questions

Contact Mark Poindexter
Ph: 281-544-3881
mark.poindexter@shell.com



Q&A

PLEASE check Team Shell's website for the latest team info:
www.shellcyclingteam.com

For general questions about the MS150 – including fundraising, transportation, cycling tips, maps, etc. please consult the NMSS website at <http://www.ms150.org/ms150/>

For inquiries about Team Shell, please check the team website and the weekly e-mail team communications. If you're unable to find Answers to your questions, please send us an e-mail to:
shellcyclingteam@shell.com

