



BP MS 150 » HOUSTON » AUSTIN

APRIL 16-17, 2016 » 2 DAYS



NEW RIDER ORIENTATION



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1st Year BP MS 150 Cyclists

- **New to the Ride? Here's what you need to know:**

- ✓ Visit one of the Official Bike Stores
 - Get fit to your bike (small adjustments make a difference)
 - Inquire about cycling gear, apparel and accessories
- ✓ Participate in Recommended Rides
- ✓ Train in different conditions to get accustomed to the hills, riding in a group, wind, weather conditions, etc.
- ✓ Become a responsible cyclist: Take a Group Riding Skills Course
- ✓ Fundraise!
 - Set up your personal web page and tell everyone you know! Spread the word! Check out all our Fundraising Tools and great prizes to encourage and help you exceed the required \$400 minimum!



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What to Expect on the Route

- **Starts** – Three Official start locations on Day One: Houston, Katy, and Waller, Texas
- **Breakpoints** - Rest stops for cyclists as they travel the routes. Breakpoints occur approximately every 10-15 miles. All breakpoints will provide water, CytoMax, snacks, fruit, portalets, First Aid, and bike store support.
- **Lunch** - Lunch stops are available on Day one and Day two. Complimentary sandwiches & beverages are provided (*vegetarian option available*). Each lunch stop will also include – portalets, First Aid, and bike store support.
- **Accommodations and transportation**
 - Riders are responsible for arranging hotel accommodations during the BP MS150. (a complete list of motels/hotels is available on the **bpms150.net** web page on the Lodging & Transportation section.
 - Complimentary shuttle bus service available to transport cyclists to area motels/hotels
 - A free camping area (walk in/first come basis) is available Saturday night at the Fayette County Fairgrounds in LaGrange, Texas
 - RVs, campers, and travel trailers are allowed to enter the Fayette County Fairgrounds on Thursday and Friday only – limited space available
 - Complimentary shuttle bus service available to transport cyclists to event parking lots and off site showers at La Grange High School.
- **Overnight Locations** Fayette County Fairgrounds in La Grange, Texas and Camp St. Mark's provide team tent space (reservations required) or individual camping areas (no reservations required).
 - At the fairgrounds, the National MS Society provides the following: complimentary dinner (*vegetarian option available*) and breakfast, beverages, entertainment, shower trucks, First Aid stations, Bike Compound, event information, Customer Service Headquarters and exhibitors.
 - Complimentary shuttle service to off-site parking, off-site showers at La Grange High School and area hotels/motels (*list of hotel/motels on bpms150net on the Lodging & Transportation section*).



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What to Expect on the Route

- **Routes** (maps available on bpms150.net in March)
 - Day One (three routes)
 - Houston, Tully Stadium: 100 miles to Fayette County Fairgrounds
 - Katy, Rhodes Stadium: 83 miles to Fayette County Fairgrounds
 - Waller, Waller ISD Stadium: 76 miles to Fayette County Fairgrounds
 - Day Two (two routes)
 - Bechtel challenge Route to Austin: 77 miles
 - Genzyme One to One Lunch Express Route to Austin: 66 miles
- **Luggage and transport of bikes to Houston**
 - a. The National MS Society will provide complimentary transport of luggage from Houston, Katy, and Waller start locations to the Fayette County Fairgrounds in La Grange. On Sunday morning, luggage will then be transported to Austin, Texas for pick up by cyclists..
 - b. Transportation is available from Austin to the start locations (Houston, Katy and Waller) on Sunday for \$35(bikes are loaded onto trucks – coach buses for riders). Bike loading is located at the end of the finish line chute. Be sure to load your bike onto the truck headed to the location you started on Saturday. To purchase transportation, visit bpms150.net Event Details – Lodging/Transportation section

FINISH – AUSTIN, TEXAS Photo opportunity on Congress Avenue with the State of Texas Capitol building in the background will provide an incredible moment for you to treasure

The BP MS 150 is more than a ride — it's camaraderie, personal accomplishment and the knowledge that you have the opportunity to make a difference in the lives of those living with multiple sclerosis making every mile that much more rewarding.



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Route Support

Ride Marshals

Ride Marshals are registered riders who volunteer and act as Good Will and Safety Ambassadors for the BP MS 150 and the BP MS 150 Recommended Ride series.

Bike Police

Bike Police are volunteer riders and certified law enforcement officers who serves along the route implementing safety protocol and directing traffic when needed.

Bike Medic

Bike Medics are volunteer riders and licensed medical care providers who provide basic medical assistance along the route until advanced medical care arrives.

Motorcycle Marshals

Motorcycle Marshals patrol the route to assist with cycling traffic and respond to emergencies and traffic situations.

SAG (Support Vehicles)

Special Assistance Group (SAG) vehicles provide transportation to riders who need a lift to the next breakpoint. SAGs do not stop to make bike repairs, but they will bring riders to the next breakpoint. SAGs only move a rider forward along the route.

To signal a SAG vehicle driver follow these steps:

1. Move safely off the road and well out of the path of other riders
2. Dismount and stand near your bike
3. Remove your helmet and wave it at the SAG vehicle

Medical Support Team

Certified medical professionals (EMTs, paramedics and nurses) who administer first aid and who are trained in CPR. They assist along the route, at breakpoints, lunch sites, overnight sites and at the finish line.



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Safe Cycling Zone

Safety Information

The BP MS 150 website contains an entire section of safety related information that all riders should study prior to the ride. The Safety Resources listed below can be accessed by visiting the Safety & Training section of the BP MS 150 website at www.bpms150.net.

Group Riding Skills

Bicycling in a group is one of life's more enjoyable activities when done safely. Cyclists have several options for obtaining the knowledge and skills that will make their cycling safe, courteous, efficient and enjoyable. By far the best option is to take the Group Riding Skills course offered by the League of American Bicyclists and a League Cycling Instructor. This course is designed to provide you with the principles of group riding so you can safely enjoy riding in the BP MS 150 and other group rides.

Safe Cycling Challenge

This online quiz is intended for educational purposes to increase a rider's knowledge and awareness of cycling safety. The quiz has been prepared by the BP MS 150 Safety Committee whose aspiration is for you to complete this annual event with zero harm to its riders, volunteers, organizers, and the wonderful communities who open up their hearts and doors to us. The Safe Cycling Challenge can be accessed through the Safety & Training section on the BP MS 150 website.

Additional Safe Cycling Resources in the Safety & Training section

- **Cycling Tips** – include tips for riding in wet weather, basics of riding in a group, helpful tips for etiquette on the route, information on bicycle laws and group cycling communication.
- **Bike Care**
- **League of American Bicyclists** – Education has been the core activity of the LAB since the late 1970s. LAB is designed to work with experience levels ranging from brand new cyclists to experienced cyclists who want to refine their skills and teach others.
- **Bike MS Safety Brochure**
- **Youth Riders**
- **NHTSA Bicycle Safety Tips Video**



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Group Riding Skills

Benefits to taking the Group Riding Skills (GRS) Class

- Do you know what gear to carry every time you ride?
- Do you know how to ride in cold, hot, and wet weather? Are you prepared if you encounter more than one type of weather on the same ride?
- Do you know how to check your bike before every ride to be sure you have a safe, enjoyable ride?
- Do you know the lingo to communicate with the riders around you?
- Are you prepared for the organized rides?
- Do you know how to stop you bike safely in an emergency?
- Do you what to improve your bike handling skills?

If you answered yes to all of these questions, chances are you are teaching the GRS classes. If you want to answer yes to these questions, then register for one of the GRS classes offered in the Houston area.

This part classroom, part on the bike course will teach you the skills known by many veteran riders of the BP MS 150 and will raise your awareness of how to enjoy your ride to Austin with 12,999 of your closest cycling friends.

After the classroom section you'll move on to spend time on basic bike handling techniques all the way to emergency stopping, all without crashing.

Whether you are a brand new rider or a 20+ year veteran, the GRS class can teach you that one tip which can transform your BP MS 150 into a safe and enjoyable ride.

Don't delay, the sooner you take the class, the more opportunity you have to practice your new skills on the training rides between now and the BP MS150.

Classes start in January

Visit bpms150.net to sign up for a Group Riding Skills Class

Cost per class is \$30



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Training & Conditioning

The BP MS 150 is a two day 180 mile ride. Day 1 is considered 100 miles. Rather than think of the BP MS 150 as one long ride each day, Break each day's ride down into 7-10 twelve mile rides between rest stops. Build up your training so that no matter what, you can always go another 10-12 miles.

Benefits of Training

- Build physical strength and endurance
- Builds Confidence that you can complete the ride
- Feel good at the finish of each day's ride
- Understand your body's Hydration and Nutritional needs for long distance riding
- Improve Safety and Bike Handling Skills
- Learn how to use proper gearing to "conquer" the hills
- Enjoy the MS 150 ride instead of "struggling through it"

How to Train

1. Ride at least 1 long training ride per week of increasing distances (build endurance)
2. If possible, add 1-3 short (one - two hour) training rides (build strength)
 - On road or use a bike trainer (roller)
 - Make the shorter rides aerobic (intervals help increase riding speed)
3. Ride "hills" whenever possible
4. Ride in different weather conditions (colder / warmer temperatures, wind and rain)
5. Take a Group Riding Skills Class and practice the skills every week



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2016 BP MS 150

Training Schedule – 16 Weeks

100 Mile Goal Distance

Notes:

- 1.) Weekday (M-F) workouts are typically about 1 hour, and can be done on any day with a rest day in between.
- 2.) Weekday (M-F) workouts are encouraged, and will help build endurance and speed.
- 3.) OK to substitute Gym, Bike Trainer, or Spin Class workout instead of riding (M-F) .
- 4.) Weekend (Sat and Sun) workouts can be done either day.
- 5.) Recommended: Within 3 weeks of the event ride both Sat. and Sun., or 2 back to back longer mile days.
- 6.) Workout Zones:
 - "Endurance" = Easy, All-Day Pace, Heart Rate 70-85% of Max.
 - "Tempo" = Increased Pace, "Spirited" (Requires Concentration to Maintain), Heart Rate 85-95% of Max.
- 7.) Intervals:
 - 2-3 Minutes of Hard (all out Max effort), followed by equal period (2-3 minutes) of Very Easy, Almost, no Pedaling, SLOW, effort. Repeat 10 times.

Training Plan prepared by:

Coach Alan Bazard - USA Cycling Level 2 Coach

Contact: asbazard@yahoo.com



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2016 BP MS 150 Training Schedule

16 WEEKS

100 Mile Goal Distance

Week	Purpose	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
Week of December 29	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	20 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record your Results								
Notes:			Optional		Optional			
Week of January 5	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	25 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of January 12	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	30 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of January 19	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	35 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of January 26	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	40 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of February 2	Base Miles	Off	10 mi or 30 mins	Off	10 mi or 30 mins	Off	45 miles	Off
Workout Zone			Endurance		Endurance		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of February 9	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	50 miles	Off
Workout Zone			Tempo		Tempo		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of February 16	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	55 miles	Off
Workout Zone			Tempo		Tempo		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of February 23	Build Strength	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	60 miles	Off
Workout Zone			Tempo		Tempo		Endurance	
Record Your Results								
Notes:			Optional		Optional			
Week of March 2	Strength and Hills	Off	15 mi or 1 hour	Off	15 mi or 1 hour	Off	45 miles	Off
Workout Zone			Tempo		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of March 9	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	55 miles	Off
Workout Zone			2 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of March 16	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	65 miles	Off

Workout Zone			2 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of March 23	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	75 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of March 30	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	80 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of April 6	Strength and Hills	Off	10 sets	Off	20 mi or 1 hour	Off	85 miles	Off
Workout Zone			3 min Interval		Tempo		Hills	
Record Your Results								
Notes:			Optional		Optional			
Week of April 13	Rest	Rest	10-20	Rest	Rest	Rest	BP MS 150	BP MS 150
Workout Zone			Endurance				Endurance	Endurance
Record Your Results								
Notes:			Optional		Optional			

Notes:

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2-3 Minutes of Hard (all out Max effort), followed by equal period (2-3 minutes) of Very Easy, Almost NO Pedaling, SLOW, effort. Repeat 10 Times.

Training Plan prepared by:
Coach Alan Bazard - USA Cycling Level 2 Coach
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Nutrition & Hydration

- **Fluid Consumption and Hydration**

- Climate dependent
- Hot temperatures may require more fluids and electrolytes to make up for sweat loss
- Cold temperatures may not require as much fluids
- Goal is to consume enough fluids to avoid losing greater than 2% body weight from fluid loss
- Determine fluid losses by measuring weight both before and immediately following exercise after drying off
- A good starting point is to consume 4 - 8 oz. fluid every 15-20 minutes during exercise
- For long training rides, as much as 500-1000mg of sodium may be needed each hour
- Sodium can be consumed from sports drinks, salty snacks such as pretzels, salt tabs, gels
- Shorter rides, sodium needs can be met through normal daily diet alone
- **Hyponatremia** – Can occur when too much fluid is consumed, diluting blood sodium levels
- Riders should not be gaining weight over course of the ride, this is an indication they are consuming too much fluid

- Start training rides well hydrated. Consume water before you are thirsty. Begin to learn what your individual fluid needs are while you are training. Experiment with sports drinks and water. Learn while you train. Develop a food and fluid ride plan.

- **Pre Exercise Nutrition**

- Goal of pre exercise meal is to increase glycogen (storage form of carbohydrates) so cyclists have energy available
- Pre exercise meal should be easy to tolerate and familiar to the rider. Consider experimenting with different pre exercise meals
- Carbohydrates should be consumed. Protein, fiber, and fat can be limited as these slow down digestion and can lead to stomach discomfort
- If eating less than 60 minutes before exercise, consume about 30g of carbohydrates
 - Ex; Banana,
 - Ex: Half a bagel
 - Ex: 2 slices of toast
- Further in advance meal is consumed, the more volume of food athletes can comfortably tolerate
- Grains, cereals, fruits, sports drinks, can also be consumed prior to exercise to provide carbohydrates
- If riders tend to get hungry during training, can consume some protein/fat such as peanut butter or yogurt prior to exercise along with breakfast



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Nutrition & Hydration – *cont.*

- **During training**

- Rides 90 minutes or less
 - Do not need carbohydrates during ride. Fluid needs can be met through water alone
 - Low calorie electrolyte containing sports drinks can be consumed if high sodium loss through sweat occurs. This will be noticed by salt appearing on jersey or skin feeling gritty from salt.
- Rides greater than 90 minutes
 - Glycogen levels only able to last for 1.5-2.5 hours of training, to avoid hypoglycemia, must consume carbohydrates during training
 - Cyclists should consume 30-60g of carbohydrates per hour.
 - Carbohydrates can be consumed through sports drinks, gels, sports bars, solid foods
 - Ex: 20-32 oz. sports drink
 - Ex: 1-2 gels each hour
 - Ex: 1 large banana
 - Ex: 1 gel + 20 oz. sports drink
- Rides greater than 2.5 hours
 - Can consume up to 90g of carbohydrates per hour. It is not necessary to do this nor is it recommended for everyone.
 - For most cyclists, 30-60g of carbohydrates each hour can continue to be consumed, but more can be consumed if tolerated

- **Recovery**

- The purpose of recovery is to rehydrate, replenish glycogen levels with carbohydrates, and repair muscle tissue with protein
- For rehydration consume 20-24 oz. fluid for every pound lost. Fluid should be preferably consumed as part of a meal as this will help retain fluids better
- For shorter rides, a recovery meal can be consumed although it is not a necessity.
- For longer or harder training sessions, consume up to 1/2 g of carbohydrates for every pound of body weight within 60 minutes. Should consume approximately 0.1g of protein per pound of body weight.
 - Ex: 150 lb. cyclist could consume 75g of carbohydrates + 15g of protein:
 - Bagel with peanut butter and banana
 - 16 oz. chocolate milk and a handful of frozen grapes
 - 1 cup yogurt + fruit and honey



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Nutrition & Hydration – *cont.*

- Wrist posture
 - Do not ride all day in wrist extension (hand numbness)
 - Some hand numbness is normal on long rides
 - Shake out the arms and hands
 - Extreme or prolonged numbness that does not resolve in a few minutes should prompt a brief rest period
- Pudendal nerve irritation (numbness of the penis)
 - Men must occasionally get off the saddle
 - Rest for 30 or 45 seconds while coasting and standing on the pedals
 - Pudendal nerves run along the midline of your seat
 - Let them “breathe” every 30 minutes or so
 - Cut-out seats and padded seat centers facilitate prevention of nerve irritation
 - Pudendal nerve irritation (numbness of the penis)
- Low back stiffness, neck pain, knee pain and forearm discomfort are minimized with proper training. Rest stops and light stretching of tired and sore muscles is very helpful and highly recommended on longer rides.

BP MS 150 weekend

Have fun, eat big meals, enjoy the day and use your new knowledge to ride smart, eat smart and stay hydrated. No calorie counting today!

Definitions:

- **Glycogen** – the body stores of carbohydrate for immediate use in the liver and muscles
- **Hypoglycemia** – when blood sugar becomes too low because carbohydrate intake is not enough to match energy expenditure during exercise
- **Hyponatremia** – loss of sodium from heavy sweating causing an inability to properly hydrate; water is consumed but not absorbed at the cellular level



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Cycling Gear, Apparel & Accessories

BODY ESSENTIALS

- Helmet
- Shoes
- Socks
- Sunglasses
- Gloves – Summer and Winter
- Padded Cycling Shorts and/or Tights
- Chamois Butter
- Cycling Jersey *
- Cycling Jacket
- Leg Warmers, Arm Warmers, Toe Covers and Ear Protection

**Primal Wear* – Official Jersey Partner of the BP MS 150

SAFETY ESSENTIALS

- Mirror/Bell/Horn
- Rear Flashing LED
- Lighting System

HYDRATION & NUTRITION ESSENTIALS

- Water Bottles & Cages/Hydration Pack
- Energy Bars/Gel/Drink

FITNESS ESSENTIALS

- Computer/Heart Rate Monitor

PERFORMANCE ESSENTIALS

- Clipless Pedals

TRANSPORTATION ESSENTIALS

- Car Rack/Hitch/Roof/Trunk

SECURITY ESSENTIALS

- Bicycle Lock/Car Rack Lock

REPAIR & MAINTENANCE ESSENTIALS

- Floor Pump/Frame Pump/Co2 Inflator
- Multi Tool/Tire Levers
- Spare Tubes/Patch Kit
- Chain Lube/Derailleur & Cable Lube
- Work stand/Tools

CARRY-ON BIKE ESSENTIALS

- Seat Bag/Handlebar Bag
- Rear Rack/Trunk Bag/Panniers



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Bicycle Maintenance & Care

What To Check Before You Ride :

- Tire Pressure
 - What is the Correct Pressure?
 - How do you check Tire Pressure?
 - Presta & Schraeder Valve - What is the difference?
- Brakes
 - Pads & Calipers
 - Quick Adjustments
 - Wheels – Are they true?
- Chains
 - Cleaning
 - Lubrication
 - Checking for wear
- Skewer/Axle Tightness
- Shoe Cleat Tightness

Tires & Flat Repair

- What Size Tire Do I Have?
- How to Change a Flat?
- Replacing a Chain
- Broken Spokes
- Flat Fixing Tricks
 - Tire Boot
 - Wrong Size Tube

Tools & Equipment

- Seat Pack
- Pressure Gauge
- Floor Pump
- Co2/Frame Pump
- Chain Tool
- Tire Levers
- Patch Kit
- Multi-Tool
- Tubes
- Presta Valve Adapters

Bike Safety Inspection

- Bike Safety inspections for participants are not mandatory, but are strongly encouraged by the National MS Society to promote a safe BP MS 150 .
- Bike Safety Inspections are performed by Official Bike Stores only.
- Once your bike passes the Safety Inspection, you will receive a BP MS 150 Safety Inspection Sticker to display on the stem of your bike
- With this sticker you are eligible for FREE labor (parts and materials are extra) if you need any mechanical repairs during the BP MS 150
- Bike store safety inspections start February 15, 2016 through April 8, 2016 at NO COST. Starting April 9, 2016 through April 15, 2016, the safety inspection will be \$15.
- Visit the [BP MS 150 website](#) for a list of Official Bike Stores



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Bicycle Maintenance & Care – *cont.*

Road Bike Terminology



Cycling 101

EQUIPMENT

- Bike proper sizing & fit is the MOST important thing!
- Helmet – NEVER ride without one! Snug fit – if push from front, helmet should not move
- Sunglasses – any type of glasses will protect eyes from flying objects, shatterproof are ideal
- Water Bottles (and cages to hold them mounted to bike) &/or *Camelbak* (backpack & fanny pack styles)
 - H2O and electrolyte replacement drink
- Cycling Shoes – “Clipless Pedal System” (allows you to push & pull your pedals) or Cages
 - SPD – recessed into the shoe, easier for walking, often on gym spin bikes
 - Look – protrudes from bottom of shoe, difficult to walk in, will wear down & need to be replaced
 - Cages – attach to pedals and allow you to wear tennis shoes, more efficient than pedals alone.
- Floor Pump – Road bike tires should be aired up before every ride, usually about 100 psi (check tire for psi)
- Under Seat Bag – to store many of the items listed in “OTHER” below
- Cycle Computer – tracks distance, cadence (how fast you’re pedaling) speed & various other metrics

CLOTHING

- Cycling Shorts – chamois = padding (tip don’t wear underwear) *the 1st piece of clothing you should buy!
 - Try on several brands & styles, worth investing in a good pair
- Cycling Gloves – fingerless & full – cushion provides shock absorption & protects hands in case of fall
 - Layer a pair of mittens or gloves over your fingerless cycling gloves for cold rides
- Cycling Jersey – (back pockets provide a place to stash snacks, cell phone, jacket, etc.)
 - If using a *Camelbak* w/storage capability you can use that before investing in a jersey, but consider wearing a top (long enough to cover your back when reached forward on handle bars) that will wick sweat away from your body
- Socks – cycle specific not needed, but moisture wicking is important (and a nice warm wool pair for cold rides)
- Arm & leg warmers (easy to remove as it warms up)
- Jackets – back pockets are handy & removable sleeves let you turn jacket into a vest as it warms up.
 - Since the upper body is fairly inactive & you generate wind when riding it often needs extra protection
 - Consider washing your clothing in a Laundry Treatment the provides UV protection



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Cycling 101

NUTRITION & HYDRATION

- Hydration & Nutrition – on the ride (most organized rides offer water, sports drink & snacks at rest stops)
 - Electrolyte replenishment drink mixes/powers – for longer rides you'll need more than just water.
 - Energy & Protein Bars – a compact & easy way to re-fuel during a ride.
 - Energy & Power Gels – not a necessity, texture takes some getting used to.
 - Items listed above have many options on the market, compare nutrition facts or talk to a knowledgeable representative to find the best option for you. Buy individual packets to find a brand & flavor you like. Sample them while at the gym to find out how they react w/your body before using them on a ride.
- Trail mix – easy to carry & eat – many pre-made options or mix your own selection of nuts, dried fruits, etc.
- HYDRATE PRIOR TO the ride! – in the days before a long ride, be sure to drink plenty of fluids (mainly water) so you start your ride fully hydrated. You can't catch up, if you start dehydrated.
- Pre-ride nutrition – Carbohydrates (your body's source for energy – gel & keep you going) Eating well is always important, but as training get longer & before the BP MS 150, its ideal begin properly fueling your body several days in advance.
- Whole grains, lentils, potatoes, bean, fresh fruits (eat foods as close to natural as possible)
- Average cyclist needs about 400-450 grams of carbs a day
- Post-ride nutrition – Protein (to help repair and build muscles) chocolate milk or a slimfast type drink is a quick & easy option & helps to quickly replace vitamins & nutrients too.
- Protein – eggs, low fat or soy milk, tuna, chicken breast, pork chop, lean beef, firm tofu, salmon, lentils soybeans, peanut butter
- Endurance athletes (cyclists) need a minimum of .5 grams of protein per lb. of body weight

OTHER

- Chamois cream – apply liberally to skin and/or chamois prior to and during long ride to prevent chafing
- Sunscreen & chap stick (look for a chap stick with SPF 30 or higher)
- Cell – always stop & pull over to check & use
- Route map
- ID, credit card, insurance card, cash
- Tire tube – Correct size & valve for your bike (presta=thin; Schrader=thick) store in a Ziploc w/powder (makes tube easier to replace) & place in an old sock (protects tube from punctures and handy to wipe hands)
- Patch kit & tire levers
- CO2 cartridge &/or frame pump
- Kleenex
- Orange Clean (for chain grease removal from hands after changing tire tube)
- Keys
- Medication



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Cycling 101

TRAINING

- On the road – “time in the saddle”
 - get your body used to the cycling position being on the seat (saddle)
 - 30 min cycling in the neighborhood with the kids is better than nothing
- Safety Training course – if your team doesn’t offer one, check with the National MS Society
- Spin Classes – some locations offer classes where you bring your bike and place it in a trainer
- Strength training
 - Core strength – helps hold your upper body up so that your lower body can more freely pedal (glutes) and helps prevent putting too much pressure on your hands in an attempt to hold your body up on the handle bars and tensing up your shoulders – planks, situps, obliques – bicycles
 - Upper body – chest & core – ball pushups, quads & shoulders – squat shoulder press, back – pull ups or lat pull downs, triceps – skull crusher
 - Leg extensions, single leg squats & leg presses w/feet shoulder width apart (similar to your feet on the pedals) & lunges
- Learn to use your gears – they are your friend on hills ☺ - practice shifting on flat road & feel the change in resistance
 - The closer in size your front gear and back gear are the easier it is to pedal, use for uphill
 - A larger size difference in the front and back gear – the more resistance, use for downhill
 - You must be pedaling as you shift for the chain to move from gear to gear
 - Shift gears to maintain a relatively constant cadence (how fast you pedal)
- Injury Prevention
 - Hydrate & eat properly
 - Ride safely – follow all traffic laws & skills learned in bike safety training & always be alert
 - If experiencing pain while riding, get your bike fit checked (even if you were fit, something could have moved on your bike or you need an adjustment)
 - Stretch at rest stops and after the ride (especially if you will be sitting in the car for a long ride back home)
 - Muscle groups to stretch – quadriceps, hamstrings, lats, trapezius & triceps, lower back, calves, hip & lower back, hip flexors and shoulder



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2016 BP MS 150 Recommended Ride Series



Sunday, January 10, 2016	Bike the Bend Ride for Literacy	www.ftbendliteracy.org
Saturday, January 16, 2016	Texas Independence Bicycle Tour	www.deerparkrotary.org
Saturday, January 23, 2016	Bike Through the Forest	www.kingwoodfillies.net
Sunday, January 24, 2016	Frost Bike 50	www.frostbike50.com
Saturday, January 30, 2016	Clay Walker's Band Against MS Ride	www.bandagainstmis.org
Saturday, February 06, 2016	Pedaling the Prairie	www.pedalingtheprairie.org
Saturday, February 13, 2016	Humble Lions Bike Ride	www.humblelionsclub.com
Sunday, February 14, 2016	Tri-County Hill Hopper	www.hillhopper.org
Saturday, February 20, 2016	The Bulldog Bike Ride	www.bulldogbikeride.com
Sunday, February 21, 2016	Sun & Ski Sports Spring Breakaway	www.sunandski.com
Saturday, February 27, 2016	Gator Ride	www.gatorride.org
Saturday, March 05, 2016	The Raven Ride - Huntsville	www.huntsvillravenride.org
Sunday, March 06, 2016	SpringFest Metric Century	www.thecenterhouston.org/springfest
Saturday, March 12, 2016	Pedal Thru the Pines - Bastrop	www.pedalthrupines.org
Saturday, March 12, 2016	B-GeO Magnolia Miles	www.magnoliamiles.org
Sunday, March 13, 2016	Tour de Houston Presented by Apache	www.tourdehouston.org
Saturday, March 19, 2016	Just Ride for a Just Cause	www.passionforhumanity.net/justride
Saturday, March 19, 2016	Riverside Ride - Victoria	www.riversideride.com
Sunday, March 20, 2016	Bluebonnet Express	www.bb-x.bike
Saturday, April 02, 2016	Schlumberger Education Expedition	www.fortbendis.com/foundation
Sunday, April 03, 2016	Grand Fondo: Texas TMCO	www.granfondo-texas.com
Saturday, April 09, 2016	Katy Ram Challenge	www.katyranchallenge.org
Sunday, April 10, 2016	Bike for Little Heroes	www.redwhiteandbike.org
Sat. & Sun., April 16-17, 2016	BP MS 150	www.bpms150.net
Saturday, April 30, 2016	Pedal for a Purpose Bike Ride	www.boysandgirlscountry.org
Sunday, May 1, 2016	Tour de Braz	www.tourdebraz.org
Saturday, May 7, 2016	Bike for Mike	www.bikeformikefulshear.com
Saturday, May 14, 2016	Tour de RACHA	www.familytiesfrs.org
Sunday, June 5, 2016	Fayetteville Good Old Summertime Classic	www.northwestcyclery.com



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2016 BP MS 150 Official Bike Stores



HOUSTON AREA STORES

Bay Area Schwinn
2049 South Richey
Pasadena, TX 77502
(713) 472-6651
www.bayareaschwinn.com

Bay Area Schwinn
16864 Hwy 3
Webster, TX 77598
(281) 332-6433
www.bayareaschwinn.com

Bicycle World - Memorial City
14536 Memorial Dr.
Houston, TX 77079
(281) 556-0923
www.visitbicycleworld.com

Bicycle World -West University
2519 Rice Blvd
Houston, TX 77005
(713) 529-0140
www.visitbicycleworld.com

Bicycle World - Katy
23233 Kingsland Blvd
Katy, TX 77494
(281) 665-1016
www.visitbicycleworld.com

Bicycle World - The Woodlands
32623 FM 2978
Magnolia, TX 77354
(281) 259-2000
www.visitbicycleworld.com

Bike Barn
629 Mason Rd
Katy, TX 77450
(281) 492-7433
www.bikebarn.com

Bike Barn
25807 Northwest Freeway
Cypress, TX 77429
(281) 463-2200
www.bikebarn.com

Bike Barn
2422-B Bay Area Blvd
Houston, TX 77058
(281) 480-9100
www.bikebarn.com

Bike Barn
12118 Westheimer
Houston, TX 77077
(281) 558-2234
www.bikebarn.com

Bike Barn
6935 Cyrpresswood Drive
Spring, TX 77379
(281) 320-0399
www.bikebarn.com

Bike Barn
5339 Wesleyan
Houston, TX 77005
(713) 529-9002
www.bikebarn.com

Bike Barn
7506 FM 1960 East, Suite F
Humble, TX 77346
(281) 812-8423
www.bikebarn.com

Bike Lane
17937 I-45 South,
Suite 101
Shenandoah, TX 77385
(936) 321-0200
www.bikelanehouston.com

Bike Route
2633 Town Center Blvd
Sugar Land, TX 77479
(281) 265-3900
www.bikeroutesugarland.com

Bike Werks
4554 Kingwood Drive
Kingwood, TX 77345
(281) 361-7171
www.bikewerks.biz

Handlebar Cyclery
26440 FM 1093 a100
Richmond, Texas 77406
(832)-437-7584
www.handlebarcyclery.com

Houston Cycling Centres- Northwest
17458 NW Freeway
Houston, TX 77040
(713) 466-1240
www.northwestcyclery.com

Houston Cycling Centres - Southwest
6607 South Braeswood
Houston, TX 77096
(713) 777-5333
www.northwestcyclery.com

Houston Cycling Centres - Spring Valley
9414 Gaylord
Houston, TX 77024
(713) 464-8277
www.northwestcyclery.com

Sun & Ski Sports
6100 Westheimer # 126
Houston, TX 77057
(713) 783-8180
www.sunandski.com



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Sun & Ski Sports
900 Gessner # 326
Houston, TX 77024
(713) 464-6363
www.sunandski.com

Beaumont Bicycle Sports
2770 I-10 East
Beaumont, TX 77703
(409) 860-5959
www.bicyclesports.com

Sun & Ski Sports
16000 Stuebner Airline, Suite J
Spring, TX 77379
(281) 537-0928
www.sunandski.com

AUSTIN AREA STORES

Bicycle Sport Shop
517 South Lamar Blvd
Austin, TX 78704
(512) 477-3472
www.bicyclesportshop.com

Sun & Ski Sports
1355 West Bay Area Blvd
Houston, TX 77598
(281) 823-5154
www.sunandski.com

Bicycle Sport Shop
10947 Research Blvd
Austin, TX 78759
(512) 345-7460
www.bicyclesportshop.com

Sun & Ski Sports
5000 Katy Mills Circle #505
Katy, TX 77494
(281) 944-5291
www.sunandski.com

Bicycle Sport Shop
9900 West Parmer Ln
Austin, TX 78717
(512) 637-6890
www.bicyclesportshop.com

Urban Bicycle Gallery
4814 Nett Street
Houston, TX 77007
(713) 863-0991
www.urbanbicyclegallery.com

Bicycle World
300 South Lamar Suite L
Austin, TX 78704
(512) 472-5646
www.visitbicycleworld.com

West End Bicycles
5427 Blossom
Houston, TX 77007
(713) 861-2271
www.westendbikes.com

Nelo's Pro Cycles
8108 Mesa Dr #B105
Austin, TX 78759
(512) 338-0505
www.neloscycles.com

SURROUNDING AREAS

Aggieland Cycling
817 Texas Avenue South
College Station, TX 77840
(979) 696-9490
www.aggielandcycling.com

Sun & Ski Sports
2438 West Anderson Ln #B1A
Austin TX 78757
(512) 467-2782
www.sunandski.com



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