



**Houston – Austin BP MS150
April 16 - 17, 2011**

Pre-Tour Logistics Meeting

**Team Chevron Cycling
March 29, 2011**

<http://www.cvxcycling.com>

Agenda

- Safety Moment
- Weather Cancellation/Emergency Procedures
- Team Chevron in 2011
 - Mission
 - Goals & Requirements
 - Fundraising
- Logistics for Riders
 - Luggage Pick Up
 - Team Start Location, La Grange/Austin
 - Transportation to Houston
 - Rider Checklist
- Logistics for Volunteers
 - La Grange Parking
 - La Grange Logistics
 - Austin Logistics
 - Contact List
- Tour Maps





Safety Moment

- Majority of medical visits during the MS are due to dehydration
 - Proper hydration starts before the ride
 - Sports drink: carbohydrates, electrolytes and proteins to enhance absorption and retention, and help muscles recover
 - Mix of sports drink and water if upset stomach
 - One 20 oz. bottle for every hour (or between rest stops)
 - Combination of hydration and nutrition during the ride helps maintain energy level throughout the ride

- Headphones, cell phones, ear buds, radios and similar audio devices used in, on or around the rider's head or ears are not permitted while riding.



Safety Moment – Cont'd

- Most accidents occur in groups. Communication is the key to a safe ride:
 - Ride defensively and avoid unsafe riders
 - Let others know where you are: "I'm behind you", "I'm on your right"...
 - Make your intention known: "Slowing", "Stopping", "Passing On Your Left"...
 - Call out road obstacles: "Cars back", "Cars up", "Debris", "Crack", "Hole"...

- Don't ride in any paceline unless you are experienced at it, you know the people you are riding with, and it is safe for other riders as well.

- Have your emergency contact info written on the back of your number

Weather Cancellation/Emergency Procedures



- Emergency Response Plan created by BP MS 150 Steering Committee ensures participants' safety. In case of severe weather before/during ride:
 - Captains will be send out team emails on Apr 14 if weather is questionable
 - Check www.ms150.org for updates
 - Call weather hotline * 281-854-4269 * for updates
 - Register to receive text alerts regarding weather, route changes, emergencies, etc. by texting BPRIDER to 777111
- Attend the team meeting at 7:00 PM Saturday in La Grange





Team Chevron Mission

- The Chevron Cycling Club is formed to:
 - Promote the fitness of its members through cycling
 - Leverage the shared interest in cycling to work with the Company in supporting community engagement activities such as the MS150
- The Chevron Cycling Club is open to Chevron employees, retirees, contractors, family members and friends. Chevron employees and retirees can sponsor club membership for any of their immediate family members, as many as two relatives, and as many as two friends. To sponsor family and friend riders, Chevron employees or retirees must be active club members.
- The Chevron Cycling Club believes zero accidents is attainable.

Mission:

To promote the health and well being of the Chevron community of cycling enthusiasts of all abilities by providing the opportunity to participate in club cycling activities and community cycling events.



Team Chevron Goals & Requirements

- Team Goal: No accidents for riders and volunteers, and earn the MS Society's Gold Safety Award for safe riding
- 153 Registered MS150 Riders
- 185 Team Members
- Membership Requirements
 - Chevron Cycling Club Membership Application & Dues (annually)
 - Safety Training (every 3 years) + Safety Quiz
 - One Volunteer Event (annually)





2010 Fundraising

- Team Fundraising Target: \$150,000
 - Average: \$1000+ /rider
 - \$1,099,406 total 2003-2009
 - 2010 Team fundraising currently at \$70,162
 - Currently in 16th Place (normally top 10)
- \$400 min. pledge by May 18, 2010



RIDER LOGISTICS





Luggage Transport

IF YOU HAVE NOT PAID YOUR TEAM MEMBERSHIP & COMPLETED THE SAFETY TRAINING REQUIREMENT, YOUR LUGGAGE WILL NOT BE TRANSPORTED

- Luggage Pick Up: Thursday, Apr 14
 - 1500 Louisiana (loading dock): 12:00 – 2:00 PM
 - Bellaire (4800 Fournace): 2:30 – 4:00 PM
- Luggage Pick Up: Friday, Apr 15
 - Out-of-town riders only
 - Friday Apr 15 (Bellaire Only) 2:00 – 4:00 PM
- Packing: 2 light, carry-on size with MS150 luggage tags
 - Color coded tag by last name
 - Riders to load luggage onto truck
 - Sleeping bag and exercise/yoga mat, towel
 - Change of clothes, camera, toiletries, medications, sunscreen, bug repellent, lip balm, additional cycling shorts/jersey...



Day 1, Team Start

- Team Start: Rhodes Stadium, ride start at 6:45 AM
- Arrive by 5:30 AM at the start line for last minute safety discussion, team photos... Team Chevron will try to section off team start area.
- Reminder: helmet, shoes, front wheel, rider number/wrist band, ID, cell phone, emergency contact info, sunscreen...
- No Team Luggage pick up at Rhodes!!!



Day 1, La Grange

- Distance: approximately 83 miles
- Team Tent location #412
- Luggage (will be in color-coded groups) & shower, food, drink, snacks...
- Wrist band required for tent entry and alcohol consumption, will be given out to registered and paid Team Chevron members at tent check-in in La Grange
- Massage Therapists – pre-paid by Team Chevron, tips by riders much appreciated
- Team meeting at 7:00 PM: Safety Review & Day 2 Plan
- Lights out at 10:00 PM





Day 2, La Grange Start

- Morning alarm: 4:30 AM
- Pack and load your own luggage onto truck. Luggage on the ground will be left with MS150 support
- Start and distance options:
 - Left turn to Bechtel Challenge (~ 77 miles)
 - Right turn to Pfizer Express (~ 66 miles)
 - Offsite start at Camp Wal-Mart
- Choose your distance option **BEFORE** getting to the start since you cannot turn around.



Day 2, Austin Finish

■ Austin Tent

- Team finish
- Team tent #14 (Green lot)
- Snacks, drinks, showers available
- Luggage must be picked up by 5:30 PM or be left with MS150 staff
- No glass containers or alcohol consumption in streets



■ Transportation back to Houston

- Prepaid bus ticket: load your bike on bike truck immediately after crossing the finish line then proceed to bus loading area when ready
- Others: bus tickets available on first come first serve basis
- Personal cars: refer to attached map for Austin parking

MS150 Bubble Bistro Tent

- A 'cool' place for those with MS that want to come out and be a part of the ride cheering on the cyclist and celebrating with bubbles.
- There will be stations in Fayetteville, La Grange (to the right as you ride in) and in Austin of course (also on the right) ... **LOOK for the bubbles and wave to them as you cycle past.**





Rider Checklist

- Did I pick up my MS150 packet and rider number?
- Did I pay my tent food fee?
- Did I complete membership application, pay the team fee and any additional items I ordered?
- Did I get my bike inspected and my rider numbers posted on the bike/helmet/jersey?
- Did I pack and drop off my luggage?
- Did I remember to include emergency contact information?
- Did I make arrangements for transportation back to Houston?
- Did I set the alarm so I can be at Rhodes Stadium **before** 5:30 AM Saturday?

VOLUNTEER LOGISTICS





La Grange Parking

Access Passes Required After 9 a.m.

- No parking passes for volunteers
- *Must have pass posted*
- No Parallel Parking on Street
- No access after 1 p.m.
- Team parking in designated parking areas
- **Team Tent location #412**



La Grange Logistics

Friday

- Volunteers should arrive by 1 PM
- Tent set up and decoration (see diagram next slide)
- Unloading luggage truck when it arrives by 6 PM
- Volunteers dinner

Saturday

- Volunteers need to eat breakfast before they arrive to tent
- Volunteers should arrive at the tent by 9 AM
- Additional set up as needed
- No need for food preparation this year, caterer will provide
- Cheering for fellow CVX riders
- Check-in riders and pass out wrist bands
- Help with anything else needed to make riders comfortable and safe

Sunday

- Assist with breakfast
- Clean up crew (5:30 – 7:30 AM), pack supplies
- Assist with loading luggage truck with supplies
- Fold down and stack tables and chairs
- Drive to Austin



Austin Logistics

Sunday

- Team tent #14 (Green lot)
- Everyone needs to be in the tent by 9 AM
- Unload luggage (9:00 – 10:30 AM)
- Cheering Team Chevron at finish line
- Greet and Check-in riders
- Help hang their bikes
- Help with finding and distributing luggage
- Hand out snacks and drinks
- Clean up crew (4:00 – 5:30 PM)
- Luggage must be picked up by 5:30 PM or be left with MS150 staff



Contacts

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Team Chevron Co-Captain

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Jane Burns

Volunteer Coordinator

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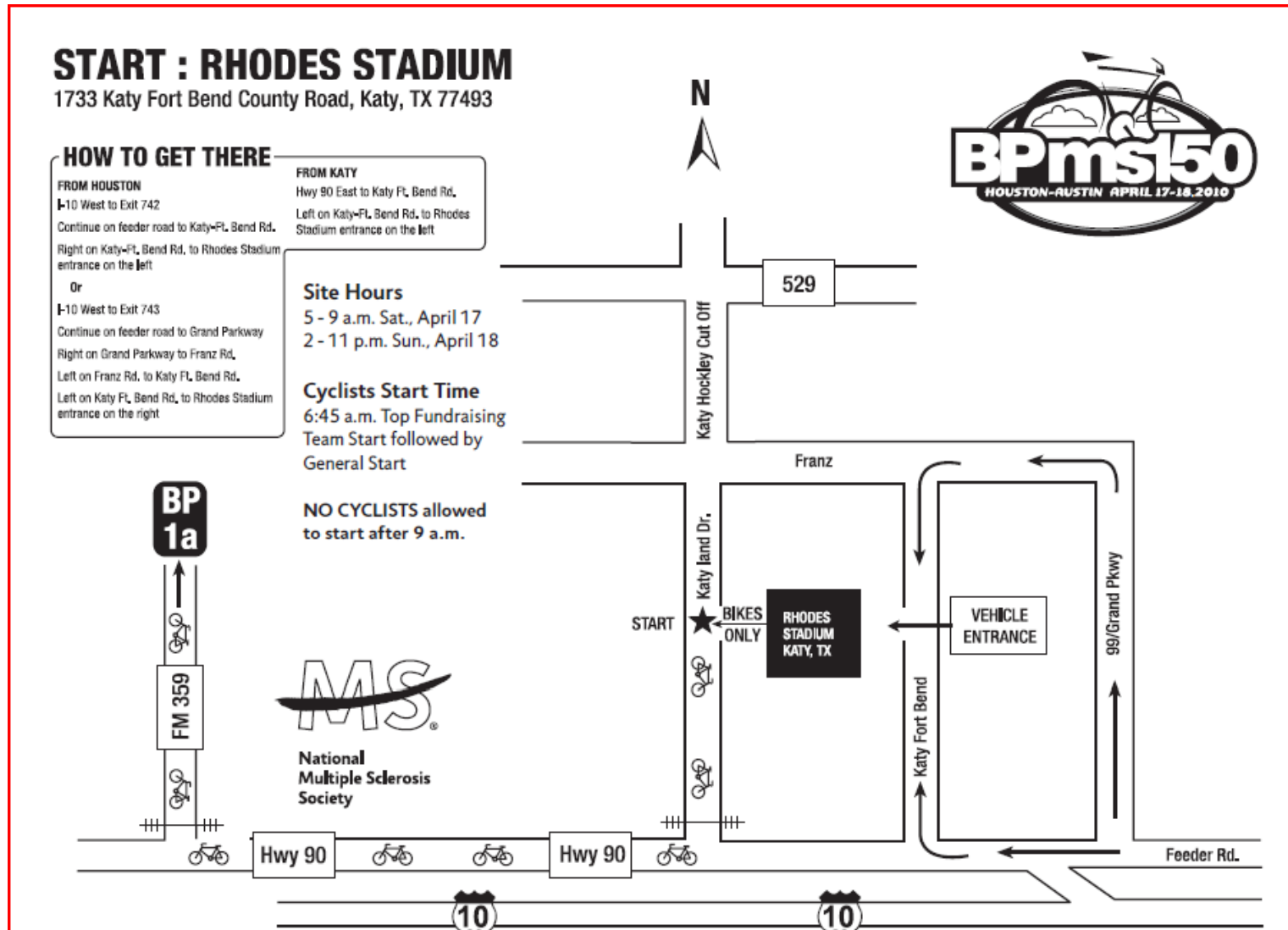






Maps

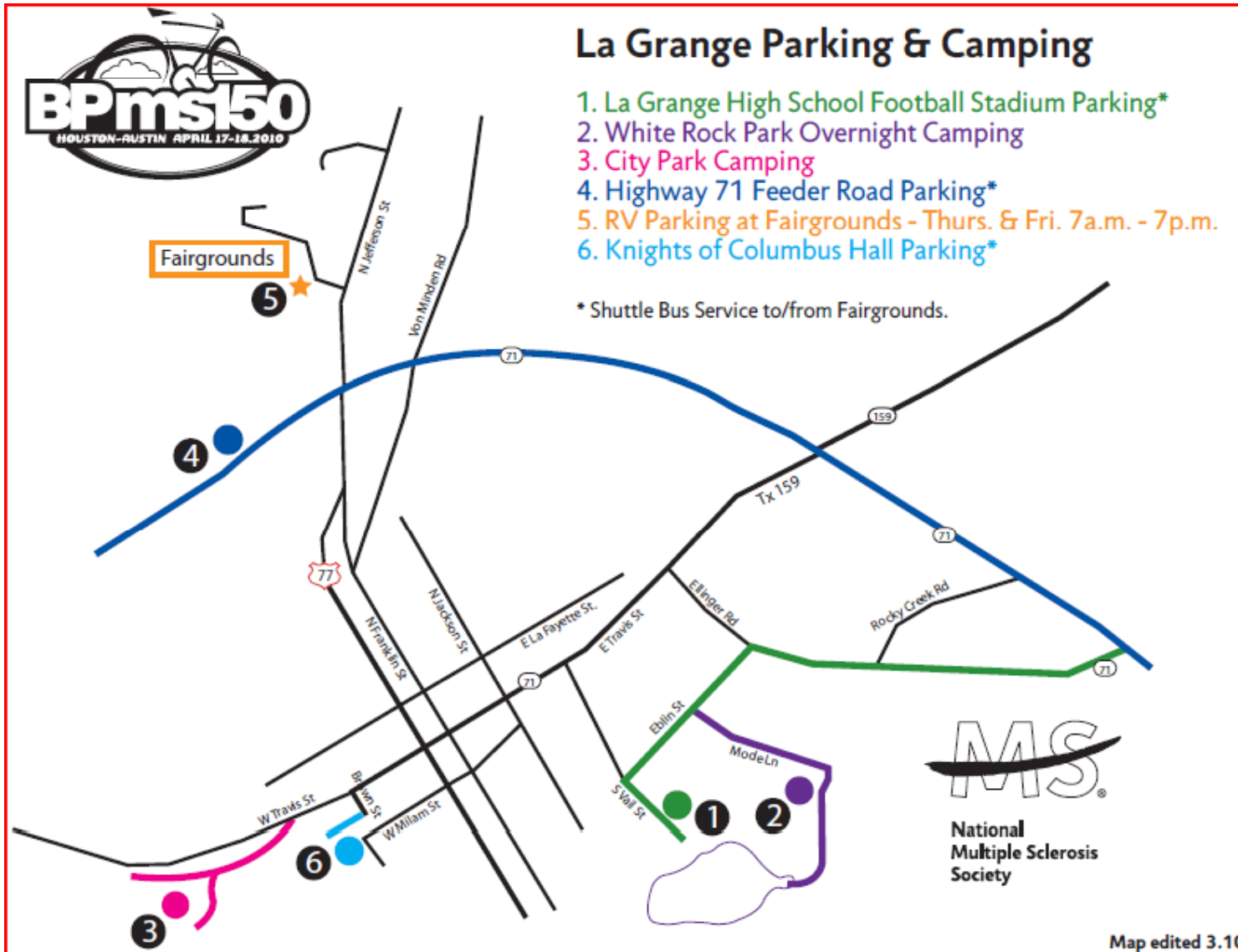
Tour Maps – Rhodes Stadium



Route Map

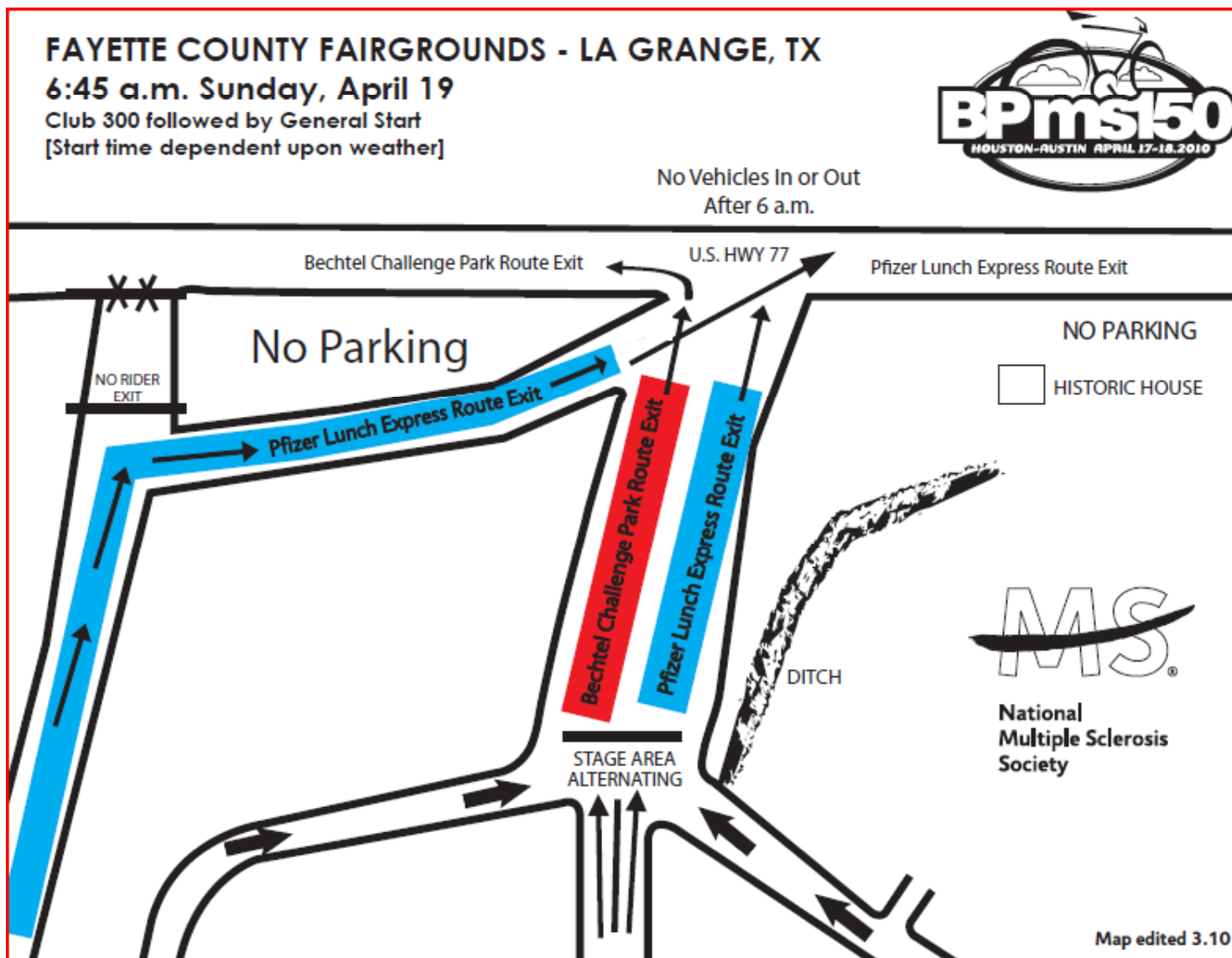


La Grange – Offsite Parking & Camping

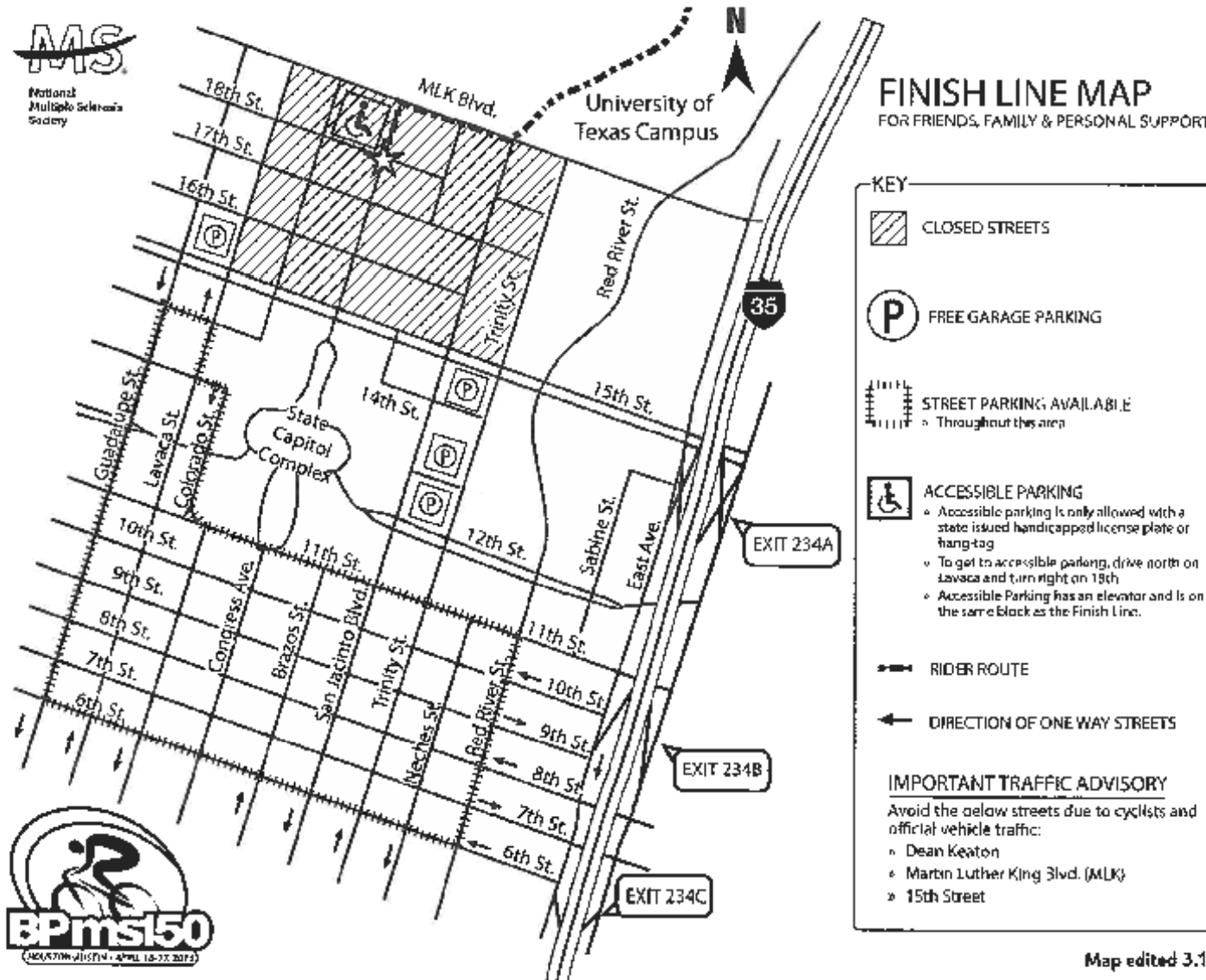




La Grange – Sunday AM Exit Routes



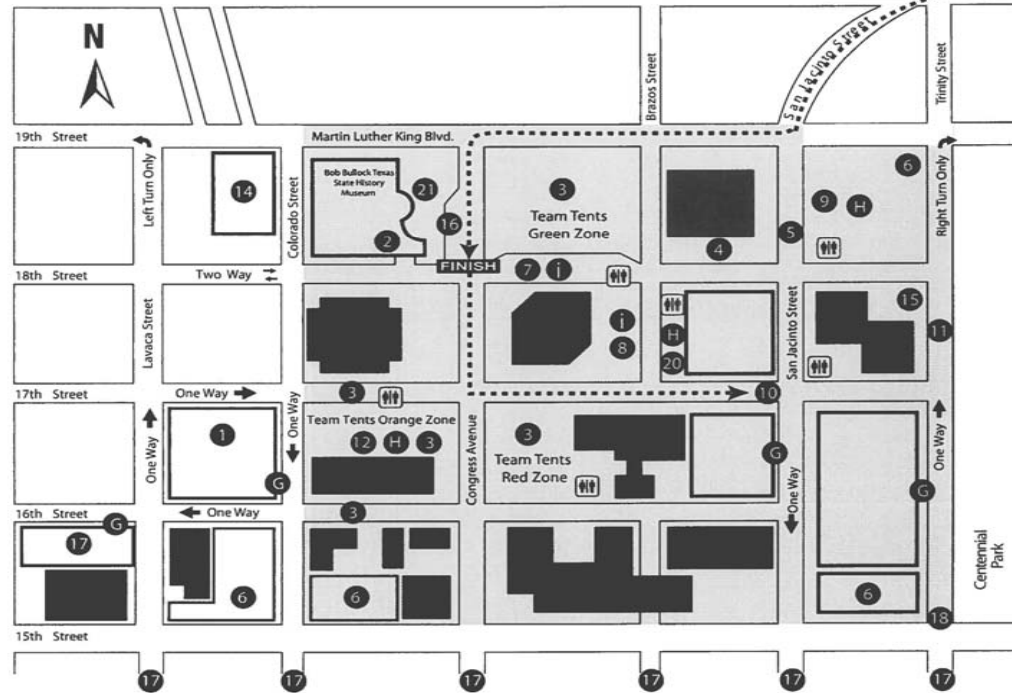
Austin Site Map



Austin Site Map



2011 BP MS 150 FINISH LINE SITE MAP



Accessible Parking	2	Medical	4
Bike Compound	8	MS Information	7
Bike Truck Loading	10	Museum Visitors Parking	1
Bus Loading	11	Official Merchandise Sales	7
Bus Tickets	15	Public Parking	7
Bubble Bistro	16	Pure Protein	7
Club 300 Parking - Yellow Permit	2	Rider Certificates & Pins	7
Club 300/VIP Reception	2	Shower Trucks from Mattress Firm	5
Communications	4	Staff Parking	1
Community Coffee	12	Team Bus Loading	11
Concessions	21	Team Parking - Green Permit	6
Food Service	12	Team Tents	3
Goya Food	20	Team Vehicle Access until 11 a.m.	18
Lost & Found	7	VIP Parking - Yellow Permit	2
Luggage Pick-Up	9	Volunteer Check-In	8
Media Parking	14	Volunteers Parking	1

STREETS CLOSED

Port-O-Lets

Information

Rider Route

Garage Entrance

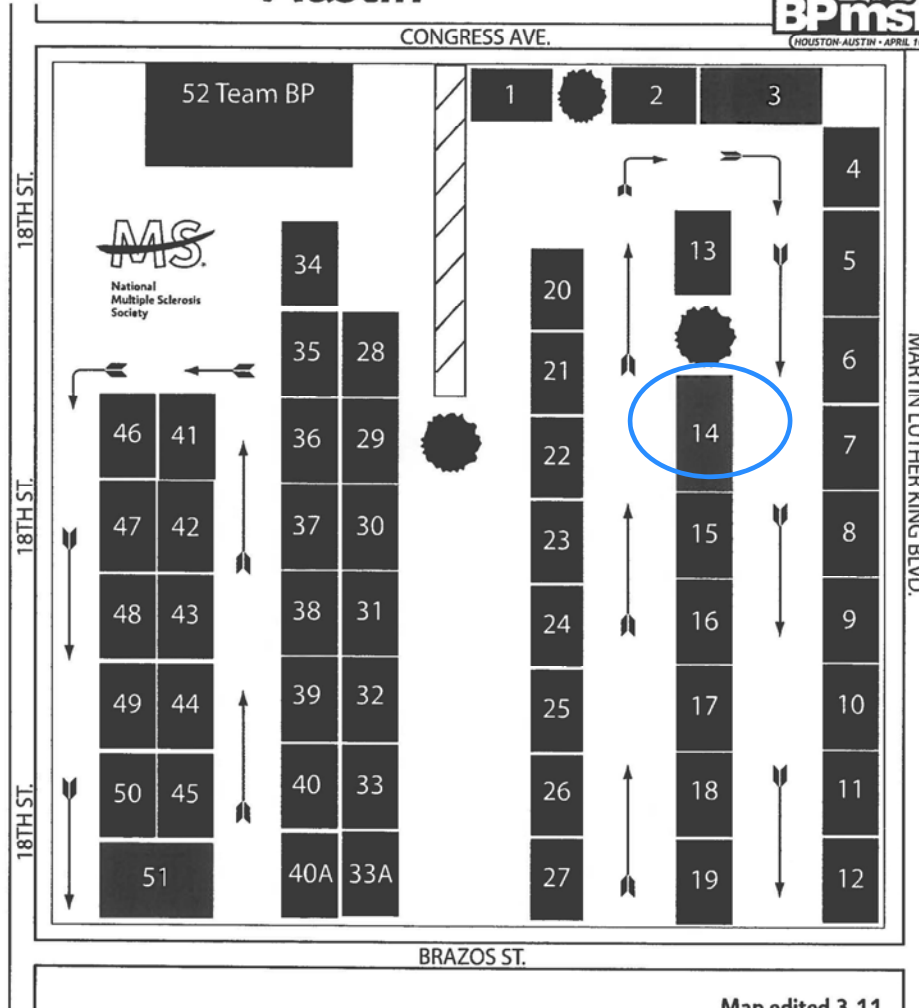
Hydration

Map edited 3.11

Austin Team Tent



Green Zone Team Tents Austin



Map edited 3.11

Team Name	Tent Number
Accenture	23
Air Liquide	35
Anadarko	2
Apache	16
Baker Hughes	49
BHP Billiton	31
Bike Barn	5
BP	52
Center Point	1
Chevron	14
ConocoPhillips	3
Continental Airlines	50
Deloitte Team	10
El Meson	17
El Paso	38
Emergent Energy	47
FMC Energy Cyclers	28
Fugro	6
Gardere	46
GE Aero Energy	19
Halliburton	13
Horizon Wind	30
Houston Builders	40
Houstonian Hammerheads	36
HP	8
Kelsey	32
KPMG	27
Lime Rock	39
LyondellBasell	48
Mattress Firm	29
Memorial Hermann	18
Noble Energy	20 & 21
NRG Energy	12
Panera Pedalers	41
Pfizer	33
Repsol Riders	43
Republic Services	34
Saint Arnold Brewery	51
Scooter Store/Team Freedom	7
Sense Corp.	40A
Shrader Engineering	26
St. David's	15
Subsea 7	33A
Sun & Ski Sports	4
TacoDeli	42
Team WG	22
Texas Children's	45
Total	25
Toyota	9
Transocean	24
Traveling Light	37
Urban Bicycle	11
Weatherford	44



Q & A

Additional Q&A?

<http://www.nationalmssociety.org/chapters/bp-ms-150/about-the-ride/rider-resources/index.aspx>