

THE MS150 Training Times

Sunday May 8, 2005

By Ted and John Burriss

Saturday was our first official training ride for the MS 150 that exceeded 50 Miles.

We hope to encourage others to join us on the next ride. We estimated the ride would be 75 Miles. The ride went really well and we ended the day with 70 Miles on the trip meter.

We started at our home at 47th and Leavenworth Rd. and at 5:30AM we loaded our minimum supplies - 2 apples each, 2 quarts of ice water each, a spare inner tube each, a patch kit and tire pump, a first-aid kit, cell phone, and Ham Radio handy talkie. We put on our safety equipment - Bright Shirts, Reflective tagged shoes, Helmets with attached rear lights, padded gloves, safety glasses and reflective riding harness. We turned on our head and tail lights, left a copy of our proposed route on the dining room table and headed for Mill Creek Park near Edwardsville. This section of the ride we thought would be 16.9 Miles. It ended up being only 15.0 according to my bicycle's odometer.

We stopped near Turner to take a picture of John on a rock bluff overlooking the railroad tracks and the Kaw river.



(Continued on page 2)

A quick note: I don't think there is a bicycle trip that John and I have taken where we haven't been witness to at least one person on a bike with little or no safety equipment.

John and I have been riding regularly for less than a year and both of us have had incidents where a bicycle helmet prevented serious injury or death.

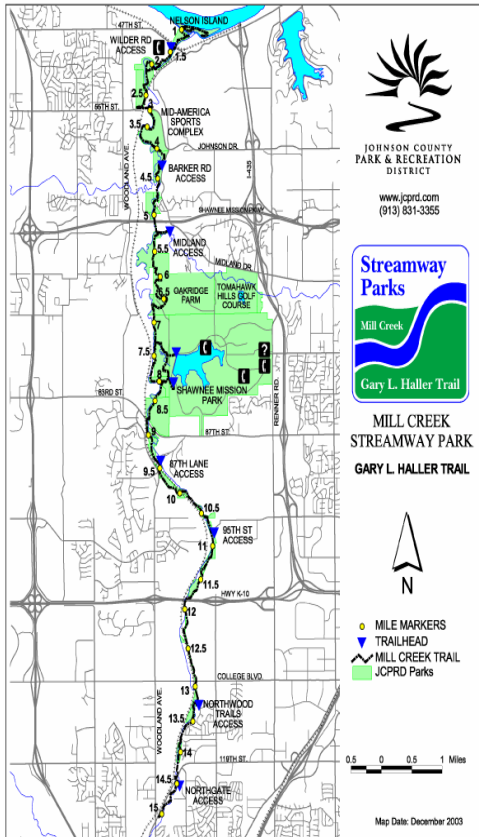
John and I are collecting donations for the Multiple Sclerosis Society. We are required to collect a minimum of \$200 each to ride in the MS150 but we are hoping to raise considerably more. It's a worthwhile cause and worthy of your donation. Please make your check payable to: The MS Society and call me I will gladly pick it up. All your donations are greatly appreciated.

We are at \$40 of the \$400 minimum.



Proceeding on we reached the Trail head of The Gary Haller Trail at Mill Creek park We Arrived at 7:40AM. The Gary Haller / Mill Creek bicycle trail runs 17 Miles from near Edwardsville KS. past 119th St. in Olathe. With other trails, loops, and access points its easy to ride as many miles as you like on this trail system.

We stopped for a picture at the Mahaffie Farmstead in Olathe.



We had an apple from our rations and then at about 10:30 AM. we started the 20 Mile ride back to the trailhead at Mill Creek Park.

We met another rider training for the MS150 on the trail and thanks to a little friendly competition we all made it back to the trailhead tired but well ahead of schedule.

After another apple John and I had to make a decision; do we head straight home or do we head for the nearest food? Hunger won and we decided to take a short detour into Edwardsville for lunch.

When John and I reached the end of this trail we had only 32 Miles on the trip meter for the day so we decided to add a trip around the Mahaffie Loop in Olathe. This brought us up to the 35 Miles we had planned on having by this point in the trip.

Just a short ride up Wilder Road, then a short stretch of 7 Hi-way North and a little ride on K 32 Hiway East. 5.5 Miles later with a total of 57 Miles on the trip meter, at 1:00 PM we were ready for the sight of the Sonic Drive-In on the horizon.

A short break to fill up the fuel tank (our bellies) and refill our water bottles and we were off again headed for home.

We stopped off at Edwardsville park for another photo and then continued our trip.



We had one flat tire and thankfully no major mechanical problems or health or safety issues. However this is a good time to mention that Safety is always our number one concern while riding or anytime. Nearly 10 years with Praxair Surface Technologies in North Kansas City Missouri (one of the most safety conscious corporations anywhere) has provided me with a great deal of quality training regarding safety. Thanks to Red Cross First Aid and CPR training provided by Praxair Surface Technologies and a small first aid kit I always carry with me, a 2 meter amateur radio and a cell phone we are prepared for just about any emergency.

By the time we got home at 2:30PM we determined there was one piece of safety equipment we needed to add to our collection. SUNSCREEN!

Want to join us for our next ride?
Weather permitting John and I participate in at least 2 rides a week plus a few 30 min lunch time rides at work.

On Saturday Mornings we ride a Show and Go. Currently we are meeting at my house at 3036 N 47th Terrace. Just south of Leavenworth Rd. but that will change as we add riders. Saturdays ride is slow paced at about 10-12 MPH average and we regroup regularly. Mileage runs 25 to 40 miles with an occasionally longer ride planned in advance and we have an emergency only SAG wagon available in the event of a problem.

On Monday Nights we meet at 6:00PM at the Wheel Cyclery Just North of the Antioch Rd – Vivion Rd intersection in Kansas City, North. We leave at 6:15PM. The ride is slow to moderate paced averaging 10 to 15 MPH and lasting 10 to 20 Miles. No one is left behind and the goal is to get back to the bike shop well before dark. Beginning mid May the Bike shop will sponsor a barbeque when we get back.

Both rides are open to all and we are always looking for riders and sponsors so give us a call to ride a ride or sponsor an MS150 rider. (913) 596-2759