

The Official Newsletter of the
PERMIAN BASIN BICYCLE ASSOCIATION

WINDBUSTERS

Volume XIV, Number 4
APRIL 2007



President's Notes

Beware the idleness of March. March is here, DST has begun and so far there have been some very good days for training. We are well into the race season and racers have been training for some time now. For you tour guys now is the time to start, so that when the end of May comes and the snows further north finally melts you are ready. There have been some hardy club members who did "Hell Week" over the spring break and rumor has it that some members are contemplating the Durango race the train to Silverton. The Wednesday evening ride has begun in full swing so be sure and catch it. We have James Eldridge scheduled for the April meeting and with the new funding for UTPB he may have some interesting information for us. Anyway see you on the road.

Steve

The **P**ermian **B**asin **B**icycle **A**ssociation was created to promote bicycle safety and education. Based in Midland/Odessa, Texas, the P.B.B.A. is associated with the League of American Bicyclists, the United States Cycling Federation, the National Off Road Bicycle Association, Texas Bicycle Coalition and many local organizations. They are involved in sponsoring local bicycle touring events, USCF Racing, mountain bike rides, safety programs, riding clinics and many local civic programs. The membership is dedicated to providing a safe riding environment and to help achieve this they are educating both cyclists and motorists on the rules of the road. Remember, cyclists use the **same roads** and have the **same rights** as any other vehicle, but also remember we must obey the **same rules**. Everyone must SHARE THE ROADS!

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April Club Meeting

The PBBA Club Meeting will be on Monday, April 16th at 7:00pm. Please plan to attend!
Meeting Location – Meetings are held at the Knights of Columbus Building on Hwy 1788 (at the intersection with CR 60) between Midland and Odessa. Meetings are held the third Monday of the month with food at 7:00 pm and business starting at 7:30 pm.

Calendar of Cycling Events

Peyton's has entry forms for many of these events - contact us

Ride
Calendar

[Permian Basin Bicycle Assn.](#) Club meetings - 3rd Monday of each Month in the Knights of Columbus Building on FM 1788 at CR60 between Midland & Odessa. Food and social at 7:00, program at 7:30.

Local
Rides

Monday - Ladies Ride – Leaves from NW Corner of Grande (football) Stadium at 6 pm. Call 682-2617 or 683-3018

Tuesday & Thursday - From Race Pace to Intermediate - Leaves S.E. corner of Loop 338 & Hwy 191 (The Professional Center) at 5:00 P.M.

Wednesday - Peyton's Wednesday Evening Ride. A fun ride for every level of rider. It leaves from Peyton's Bikes at 6:15 for a 15, 24, or 27 mile ride.

Monday, Wednesday and Saturday Morning Rides – Odessa to Crane Ride – 40 Miles round trip. Medium paced ride on one of the smoothest roads around. Leaves the Wilson's Grocery Store at **9:00 AM** (10 Miles south of I20 on Hwy 385 – the Crane Hwy in Odessa). Call 563-0179 for information

Saturday – Race to Moderate pace, 25-50 Miles (depending on group) - Leaves S.E. corner of Loop 338 & Hwy 191 at 7:30 AM.

Saturday - Moderate Paced group ride; emphasis on group riding skills in a non-threatening atmosphere; Distance 20 - 30 miles; ride starts @ Peyton's; 9:00 AM.

Sunday - Medium pace, 23 Miles - Leaves Odessa Golden Corral on 42nd St. at 7:30 A.M. , Call Joe Hassell for ride details - 432-366-2136.

Sunday – PBBA Development Ride. CALL 699-1718

Sunday - Mountain Bike Rides - 2:00 at PBBA lease on Flag Ranch near Notrees. PBBA Members only (Guests are welcome for one trial ride). Call Scott Michael @ 432-586-2072 email scottmichael@hotmail.com or Danny Zumwalt at 432-208-1011 or email at deadlegend36@yahoo.com .

April 2007	1 STORM Hill Country MTB Challenge – Tx Cup #3	Comfort, TX	
	14 - Great American Clean Up Trash Pick Up	Midland, TX	Kent Crowell 687-5292 See Details Below
	14 – 15 Heights Crit & Cold Spring Texas Cup		
	14 – 15 Yeti/Mad Duck Bar H MTB Bash –Texas Cup #4	Saint Jo, TX	
	14 – Ride on the Wild Side @ King Ranch	Kingsville	800-333-5032
	15 – Cactus Challenge Triathlon	Austin, TX	

	21 – 22 Fort Davis Hammerfest Texas Cup Stage Race	Fort Davis, TX	800-373-4764
	21 – 22 Highland Outback MTB Blowout – Texas Cup #5	Waco, TX	
	21 – Striders Duathlon	San Angelo	817-707-0500
	29 – PBBA Ft. Davis to Balmorhea Ride	Balmorhea	David Johnson 432-337-1672 Nelson Schott 580-6623 See Detail Below
May 2007	5 – 6 TBI Crit & Mineral Wells Texas Cup RR		
	5 – 6 bhp billiton big ring MTB challenge – Texas Cup #6	Cold Spring, TX	
	4 - 5 Tour de 9 Zero (2nd year) Fundraiser 100, 84, 50, 31, 7		http://Caprockcycling.org/nonzero 806-795-7552
	13 – MPD Memorial Ride	Midland, TX	John Kerrigan 685-7964 See Details below
	16 – Ride of Silence	Midland, TX	TBA
	19 – 20 X-Bar MTB Shootout – Texas Cup #7	Eldorado, TX	
	20 – The Santa Fe Century	Santa Fe, NM	
	26 – 28 Skill Based State Criterium Championship	Fort Worth	

Balmorhea Ride

Meet April 29th, at 9:15 a.m. inside Balmorhea State Park at the pick nick area. Leave your vehicle here and SAG to Prude Ranch. Ride off at 10:00 a.m. back to Balmorhea. This ride is mostly downhill. The newly paved road will be perfect for a bike ride. Lunch will immediately follow at the State Park <http://www.tpwd.state.tx.us/spdest/findadest/parks/balmorhea/fee.phtml>. Questions call David Johnson @ 432-337-1672 or Nelson Schott @ 580-6623.

Memorial Ride

The Police Memorial ride will take place on Sunday, May 13th at 2:00 pm. The ride will be 12 miles long. The ride will leave from the front of the Midland Police Department at 601 North Loraine. If any riders are interested in riding please call John Kerrigan at 685-7964 so he can get a head count.

RIDE OF SILENCE

The National Ride of Silence is May 16. Details will be announced

Great American Cleanup/Keep Midland Beautiful

PBBAers,

We are signed up with Keep Midland Beautiful for the Adopt a Highway cleanup set for April 14th & 15th.

New this year (for us) is a free KMB t-shirt and a free lunch at Midland's Hogan Park for all participants. Odessa residents have a similar program at Woodson park.

<http://www.keepodessabeautiful.com/>

Like last year, I'll ask Kent Oil Co & Kent Kwik to help us out with some free drinks.

Sign up on the list at Peyton's Bikes with the day you want and your t-shirt size.

Or send me an e-mail and I'll include you on my list.

Let's meet at the Gardendale Kent Kwik located at the intersection of Hwy 1788 and Hwy 158 at 1:00 Saturday & Sunday. Our 2 mile section was last cleaned up not long ago so it should go pretty fast. Many hands make light work.

John Floyd will have safety work vests and trash bags. I'll have some extra trash picker uppers to loan out.

My pre-ride list includes: hat, sunglasses, sunscreen, bright shirt, gloves, boots, long sleeves, camera & trash picker. See you there.
Kent Crowell 432 528 2891

(John I can do either day. Is there a day that works better for you?)

Here is a google map:

<http://maps.google.com/maps?ie=UTF8&oe=UTF-8&hl=en&q=&om=1&z=11&ll=32.013898,-102.201691&spn=0.251519,0.451813>

<http://www.keepmidlandbeautiful.org/>
Great American Cleanup/Don't Mess with Texas Trash-Off

This citywide cleanup, sponsored by KMB, is Saturday, April 14. Lunch will be provided for all registered participants at Hogan Park, 10:30 a.m. - 12:30 p.m.

The event is open to anyone interested in making Texas' public spaces litter-free. Adopt-a-Highway groups are in charge of highway cleanup, while Keep Midland Beautiful volunteers focus on neighborhoods, city streets, parks, and waterways.

From Midland, more than 1568 volunteers from 122 groups collected hundreds of bags of litter at the 2006 event.

The Don't Mess with Texas Trash-Off began in 1985 to highlight the call to action to refrain from littering. In 1987, the Trash-Off expanded to include all of the Adopt-a-Highway groups in a one-day, statewide litter pickup. Research has shown that people are less likely to litter when roadsides are clean. Volunteers from Adopt-a-Highway and KTB work year-round to keep their communities and roadsides clean.





Fayetteville Race Report

By Brian Singletary

Well the 9th annual Fayetteville Stage Race has come and gone once again. For me it was my first sanctioned TXBRA/USCF race and I am just glad to have survived all three stages.

There were six PBBA race team members that were on hand for all the fun. In the 35+ 4/5 group we had Lance Bowers, David Gardner, Ruben Holguin and Jim Waner. In the Cat 3 group we had Tom Warren. And in the Cat 5 group myself. There were also several former PBBA race team members that were also in attendance: Kelly Brown (35+, Team Solar Eclipse), Damon Wiseman (35+, Team Solar Eclipse), Eric Burkhart (35+, Colavita Racing), James Nisbet (Cat 4, Team Delirium Racing) and Jordan Hester (Cat 3, G S Tenzing/Wheels in Motion).

After a long drive down to Fayetteville Friday, the race started off Saturday morning with a 51 to 75 mile road race, depending on your category. The weather was great with temperatures in the 60s-70s all weekend and 10 – 15 mph winds. The 35+ 4/5 guys had a great race, with Jim placing 6th on the day and Ruben finishing in the same group. I wish I could say that my first road race went as well as the 35+ 4/5 guys race, but it didn't. I ended up getting in a good solo training ride after getting dropped pretty early in the race, but I did not finish last and I learned some important lessons. Tom Warren also had a great showing in the Saturday Cat 3 road race, finishing with the main field in 15th. As for the former PBBAers, Kelly and Damon lit it up in the 35+ race finishing 5th and 7th respectively and James finished one spot out of the top ten in the Cat 4 race.

Saturday afternoon brought on the 6.6 mile time trial and after my bad morning race, I was a little concerned that I was going to really embarrass myself. Fortunately, I surprised myself and had a great ride, finishing 28th overall and moving up one spot in the GC. In the 35+ 4/5 group, Jim tore it up once again, placing 8th overall and keeping his 6th spot in the GC. The former PBBAer's also had some impressive results in the time trial. Damon blew by the entire 35+ field to win the stage, edging Lance Armstrong's buddy, "College" (John Korieth of Team Six) by one second. Kelly also finished 9th on the day keeping him in contention for the overall GC.

Sunday brought the third and final stage, a 48 to 94 mile road race, again depending on your category. I definitely didn't know what to expect of myself after a hard day Saturday, but I was ready to give it my all and see what happened. Using some of the lessons learned the hard way on Saturday, I was able to have a much better showing on Sunday. I stayed with the lead group until mile 42 of the 48 mile race and finish 22nd on the day and moved me up to 24th for my final overall GC. The goal of the day for the 35+ 4/5 guys was to keep Jim safe and help him gain a few seconds so that he could finish in the trophies. They did a great job and Jim was there for the sprint at the end, but unfortunately because of a bottom bracket problem he was unable to stand to contest the sprint. That being said, his 35+ 4/5 teammates did a great job and he still managed to finished 6th on the day which is amazing if you could have seen how loose his broken bottom bracket was at the finish. For the final overall GC Jim finished 7th, just one second out of the trophies. As for the former PBBAer's, Lance Armstrong's buddy, College, repaid Damon for the day before by winning the finale; Damon solidified his 6th place on the overall GC by finishing second on the day. Kelly also had a great showing finishing 7th on the day and moving up to a final GC spot of 3rd.

All in all, it was a great experience for my first bike race and I will definitely see everyone in April at Hammerfest. And for those of you that are procrastinating participating in your first race for whatever excuses, all I can advise is just go do it. Sure it will be painful, but you just might have fun.

Saturday Road Race Results

Cat 3	Tom Warren	PBBA	15 th
	Jordan Hester	G S Tenzing/Wheels in Motion	63 rd
Cat 4	James Nisbet	Team Delirium Racing	12 th
Cat 5	Brian Singletary	PBBA	42 nd
35+ Cat 4/5	Jim Waner	PBBA	6 th
	Ruben Holguin	PBBA	23 rd
	Lance Bowers	PBBA	39 th
	David Gardner	PBBA	41 st
35+	Kelly Brown	Team Solar Eclipse	5 th
	Damon Wiseman	Team Solar Eclipse	7 th
	Eric Burkhart	Colavita Racing	30 th

Saturday Time Trial Results

Cat 3	Tom Warren	PBBA	18 th
	Jordan Hester	G S Tenzing/Wheels in Motion	44 th
Cat 4	James Nisbet	Team Delirium Racing	19 th
Cat 5	Brian Singletary	PBBA	28 th
35+ Cat 4/5	Jim Waner	PBBA	8 th
	Ruben Holguin	PBBA	29 th
	Lance Bowers	PBBA	38 th
	David Gardner	PBBA	49 th
35+	Kelly Brown	Team Solar Eclipse	9 th
	Damon Wiseman	Team Solar Eclipse	1 st
	Eric Burkhart	Colavita Racing	20 th

Sunday Road Race Results

Cat 3	Tom Warren	PBBA	35 th
	Jordan Hester	G S Tenzing/Wheels in Motion	52 nd
Cat 4	James Nisbet	Team Delirium Racing	9 th
Cat 5	Brian Singletary	PBBA	22 nd
35+ Cat 4/5	Jim Waner	PBBA	6 th
	Ruben Holguin	PBBA	27 th
	Lance Bowers	PBBA	DNF (mechanical)
	David Gardner	PBBA	31 st
35+	Kelly Brown	Team Solar Eclipse	7 th
	Damon Wiseman	Team Solar Eclipse	2 nd
	Eric Burkhart	Colavita Racing	DNF

Overall Final GC Results

Cat 3	Tom Warren	PBBA	20 th
	Jordan Hester	G S Tenzing/Wheels in Motion	52 nd
Cat 4	James Nisbet	Team Delirium Racing	11 th
Cat 5	Brian Singletary	PBBA	24 th
35+ Cat 4/5	Jim Waner	PBBA	7 th
	Ruben Holguin	PBBA	25 th (Txbra is incorrect)
	Lance Bowers	PBBA	DNF
	David Gardner	PBBA	32 nd
35+	Kelly Brown	Team Solar Eclipse	3 rd
	Damon Wiseman	Team Solar Eclipse	6 th
	Eric Burkhart	Colavita Racing	DNF

CONGRATULATIONS!

Jimmy Waner for finishing 3rd last year for the overall season in the Men's Texas Road Cup Racing Men's 35+ 4/5 Category.

The View From Back Here

By: Russell Livingston

Winter appears to have breathed its last. Spring is here, or at least just around the corner. The trusty bike is being hauled out. The new Christmas bikes are being readied for their first season and all is well. Hope springs eternal, the flora is awaking and we are beginning to see our compatriots riding on Hwy 191 at just about any hour of the day and any day of the week.

All is well, well almost. The only thing that West Texas cyclists have to complain about is the wind. We have long, straight and well maintained roads to use. We have sunshine most of the time. We are members of a dynamic and active cycling club. We have a growing number of riders of various age, physique and ability. So what can we complain about? Certainly not the absence of hills or mountains. (Those are available with only a nominal expenditure of time and effort). No, just about all we have to complain about is the wind.

I have heard riders from other parts of this great land proclaim that West Texans don't need mountains. We've got the wind. Once considered, our winds offer all of the benefits and possibly more than riding up a hill and down a hill. The resistance offered by our winds is constant and unrelenting. We certainly don't have to worry about what is around the corner. The physical effects are much the same. In my limited hill and mountain riding experience, I get tired, my pulse goes up and my speed decreases as I go through my gears advancing up the hill. Then, I get to ride DOWN the hill.

So, what does the wind do? I get tired, my pulse goes up, I go slower as I go through my gears until I turn around and the result is that glorious TAILWIND ride. Should we have the misfortune of riding with the tailwind at first, we have that "uphill" ride to anticipate. In both instances, things pretty much even out, don't they?

But wait, there are still more advantages to riding in the wind as opposed to hill and mountain riding. Ever try to draft with anyone going uphill? What about the double whammy of a headwind while going up a hill? Now, that would be something to complain about.

Perhaps the best answer to our West Texas head winds was addressed by our friend and inspiration, Joe Hassell during the Tamale Ride last February. Joe simply had a buddy carry him out several miles and then rode with a tailwind the entire ride back to the party! What insight, what a solution!

My novice riding daughter is rapidly learning to appreciate the tailwind. The mantra given us by another wise rider.... "The wind is our friend... Half of the time."

As the riding season progresses, let's just count our blessings and resolve to take our turn pulling the rest of the group through the wind and anticipate the tailwind. Those poor riders in the Hill Country or mountainous regions will never know the benefits of a good Out and Back Wind Ride.

Have fun and ride safe.

REFEREE CLINIC

PBBA held a referee clinic on March 17, 2007. Our new club referees are Kelly Brammer, Jeff Brammer, Kathy Hester, Ed Singletary, Linda Shortes and Lisa Anderson. Linda Betton-Price, from El Paso also completed the clinic and will be helping out at Hammerfest.

FOOD COMMITTEE

I (Kathy) did my turn as main dish supplier by making chicken spaghetti. Thank you to Kelly Brammer for the delicious broccoli spears. Tom and Bob Elliot brought a large variety of French breads and Betty Lewis prepared a tempting chocolate cake for dessert. Mike Mathis has settled in the role of keeping up with the drinks. Everyone's efforts are greatly appreciated.

At the April meeting, we can look forward to Fred Hunley's chicken fajitas. The planned meals with members signing up are working well so far. "Many hands are making light work" for the food hostesses. Billie Schulze is out with some health problems; therefore, we are missing her and keeping her in our prayers. Ruth Shields is keeping us supplied with paper goods, ice and water.

A few requests came up for the chicken spaghetti recipe. It is prepared as follows:

QUICK AND EASY CHICKEN SPAGHETTI

12 oz. pasta
10 oz. can diced tomatoes with green chili peppers
1 can (10.75 oz) cream of chicken soup
8 oz. Velveeta cheese
2 cups chopped, cooked chicken breast
4 oz. sliced mushrooms
salt and pepper to taste

Directions: Cook chicken and dice. Reserve the water to cook the spaghetti in. Cook spaghetti for 10 minutes. Drain spaghetti, reserving the liquid. Add the diced tomatoes with peppers, soup, cheese, chopped chicken, mushrooms and salt & pepper. Cook over low heat until cheese is melted and mixture is heated through. You may add some of the reserved liquid if it is too thick.

Note: You can change the soup to mushroom and omit the chicken for a meatless version.

Thanks for everyone's help!!
Kathy Hester

Deadline for Newsletter is the 23rdnd of each month
Please Submit all Articles for the Newsletter to:
Kelly Brammer Email – brammer10@aol.com or call 682-2617