

WINDBUSTERS

Volume XIV, Number 2
February 2007



FROM THE PRESIDENT

Welcome to 2007. Some of you will remember that I last took my turn at the helm in the mid eighties. Since then I have observed the usual ups and downs typical of any recreational club. Our Club has always been a melting pot of individuals. Some want to race, some want to tour, and a lot of our members just want to ride for health and the social aspect. I have watched racing campaigns boil and then cool to a simmer, and avid touring bloom and then fade. This is normal I suppose, as most of us are really like " Clark Kent" when it comes to our cycling. The majority of the time we are average Joe's or Jane's with jobs and families and commitments. For a small percent of the time we change into "spandex" super heroes riding around on incredible machines. Or at least this is what I have been telling my wife all these years when I went to ride instead of mowing the lawn- she absolutely refused to let me wear the cape though! Through all this the club has always been a constant, a "safe harbor", for those of us who ride irrespective of how our riding program is going. Our fitness, skills and objectives may have changed with the years, but the PBBA and it's members continue to be there for us.

In 2007 I hope we can turn the flame up a bit. This seems to be one of those "flat" times. In the following year I would like to see us do some of the following:

- 1- Encourage and increase the number of individuals racing for PBBA, especially Jrs. and new entry level riders.
- 2- Develop a schedule of interesting multiday tours for Club members to attend as a group, similar to a racing calendar.
- 3- Schedule pertinent and interesting club presentations for the meetings.
- 4- Work on a "new rider" friendly environment that will encourage new riders and hopefully increase membership and activity.
- 5- Make Hammerfest and Cyclefest premier racing and touring events in Texas.

If you have suggestions or ideas for the club this year please let me know. I am going to have a period each meeting for input and ideas, or you can mail me at betonvet@aol.com

Looking forward to seeing you- Steve

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

Tue. & Thur. - 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 Wed. Evening Ride – Over for the Season. Will Resume with Daylight Savings Time.

Wednesday 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 **10:00 AM** (10 Miles south of I20 on Hwy 385 – the Crane Hwy in Odessa). Call 563-0179 for information.

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

Saturday – 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 **10:00 AM** (10 Miles south of I20 on Hwy 385 – the Crane Hwy in Odessa). Call 563-0179 for information.

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 .

Date	Event	Location	Contact
February 2007	10-11 Tour of New Braunfels Texas Cup Road Race		800-531-7346
	17 Jalapeno 100 Bike Tour	Harlingen, TX	432-366-0970 (See Announcement below)
	17 Sixth Annual Tamale Ride	Odessa, TX	Carl Murdock at 366-0970
	18 Mas O Menos MTB Race – Texas Cup #1	Terlingua, TX	
	24 – 25 Walburg/Pace Bend Texas Cup Road Race		sanangelobicycle@hotmail.com
	25 – The Big Dam MTB Race	San Angelo State Park	
March 2007	3-4 Lago Vista x 2 Texas Cup Race	Lago Vista	
	10-11 The Warda MTB Race – Texas Cup #2	Warda, TX	
	17-18 Fayetteville Texas Cup State Race	Fayetteville, TX	http://www.abilenetx.com/Recreation/index.htm#Bike
	24 Steam –N- Wheels Bike Race & Fun Ride	Abilene, TX	

***** February 19th Meeting Program *****

GEARFEST WITH A DIFFERENCE

Bring your bike junkie to our much anticipated **Swap Meet**. You can put a price on it and/or just trade. This is for all ages, so bring your younger family members: maybe someone will bring a bike, to trade, that is too small for them. This is for all bike related items – spare parts, tires, clothing, trainers, rollers etc.

Remember, your junk is someone else's treasure!!

TAMALE RIDE

The Sixth Annual Tamale Ride is scheduled for Saturday, February 17. We will meet at Carl's place, 7550 Andrews Hwy in Odessa. His building is located at the entrance to Schlemeyer Airport. The ride off time is 12:00 Noon. The ride will be an hour or so depending on the weather. It could be on the chilly side in February but you will quickly get warmed up with the hot tamales and Mary Ann's taco soup topped off with her famous sweets. As always, family and guests are welcome. We hope to see you there. For more information call Carl Murdock at 366-0970.

February Mountain Bike Race



The San Angelo Bicycling Association will be holding the 1st Annual BIG DAM mountain bike race on Sunday February 25 at 9:00. The event will be held in San Angelo State park and will include Expert, Sport, and Beginner classes. Course lengths will be 27 miles (Expert), 18 miles (Sport), and 6 miles for the beginners, with entry fees ranging from \$15 to \$25 for pre-registered racers.. Visit the SABA web site at <http://www.sanangelobicycle.com/> for details.

DID YOU KNOW?

A brevet or randonné is an organized long-distance bicycle ride. Cyclists - who, in this discipline, may be referred to as randonneurs - follow a designated but unmarked route (usually 200km to 600km), passing through check-point controls, and must complete the course within specified time limits. These limits, while challenging, still allow the ride to be completed at a comfortable pace - there is no requirement to cycle at racing speeds or employ road bicycle racing strategies. Randonneuring is long-distance unsupported endurance cycling, with the rides being non-competitive in nature self supported. When riders participate in randonneuring events, they are part of a long tradition that goes back to the beginning of the sport of cycling in France and Italy. Friendly camaraderie, not competition, is the hallmark of randonneuring.

The San Angelo Brevet series takes place in January and February of 2007. The events were a 200K (129 miles) ACP brevet on January 13, and an upcoming 300K (192 miles) brevet on February 17. Both rides begin at 7:00 am. The January brevet started from the Town and Country store at the intersection of Highway 67 and FM 2288. Turnout was light with high temperatures for the day in the 20's and freezing rain and sleet falling throughout the day. Three "brave" souls did complete the 129 mile ride, but reported having to kick the ice off their derailleurs several times during the day. Hopefully the February brevet will see better weather. This ride will start at the Town and Country store on south Knickerbocker Blvd across from the Lake Nasworthy swim beach. RUSA membership is required to participate, and

more information is available by calling Dennis Cook at (325) 763-9993 or email dennis.cook@verizon.com.

MESSAGE FROM YOUR TOUR DIRECTOR

Calling all touring riders. Yes it's that time again to put together a calendar of events with a club ride every month or so.

You may like the security of riding with folks that you can visit with and pedal at the same time. You may use a club tour to help you train up for The MS 150 or other "major ride". Or you need a good excuse to do a little traveling to one of our far flung adventures. Whatever the reason, if you have headed up a club tour in the past or not and want to have another go --- send me a note with the date(s) that will work for you and we can spread the word.

FYI Here is a list of big rides that I am looking at for warmer days ahead.

May 2007 Tour 9 Zero, benefit for Fetal Alcohol Syndrome, Roaring Springs TX, one day ride up to 90 miles

June 9 – 16 Biking Across Kansas

June 10 – 16 Oklahoma Freewheel, Cross State Tour

July 14 RAIN Ride Across INdiana

June 17 – 23 Ride The Rockies,

July 21 & 22 EOG Cactus and Crude MS 150

July 21, 22, & 23 Colorado Courage Classic

July 22nd – 28th RAGBRAI --Route announcement Friday Jan 26th --Going for sure.

August 25 Hotter than Hell Hundred

Sept 30 Cotton Pickin Ride -- Tahoka TX

Kent Crowell
kcrowell@apex2000.net

Billy Sims Trailer Town

***"If we can't service it,
we don't sell it."***





Colder weather indicates that the annual Winter Time Trial series is right around the corner. Jim Waner and Scott Anderson have been planning the series and are putting together some incentives for participating. Cost for the series will remain \$5.00 per event. Those that sign up for all three events will receive a t-shirt. Trophies will be awarded at the end of the individual series in each category. Other swag is in the works. Mark your calendars now and plan to make as many TT's as you can!

PBBA 2007 Time Trial Series

Individual Series

February 10th = 7 Miles

March 10th = 10 miles

April 7th = 17 miles

Launch from the Harvest Time Church on Hwy.191. First rider off at 10:00am

Division

Men Open

Men A

Men B

Women

Juniors Men

Junior Women

Team (2 person) Time

April 28th Distance TBD

Launch from the Harvest Time Church on Hwy.191. First rider off at 10:00am

Division

Men

Women

Junior

Mixed

The View From Back Here

By: Russell Livingston

Winter is in full bloom and personally, I would prefer that it leave on the same train as it arrived. By now everyone knows that I am a “fair weather friend.” Or is it that I am a friend of fair weather? The weather has been abysmal. If the wind isn’t blowing trees over, it is freezing cold. Or in many circumstances over the past two weeks BOTH.

“No problem,” One might say. I’ll just bundle up and ride anyway. Well, for some that is the answer... Not for me though. First of all, I don’t own the correct gear to ride in cold weather. Secondly, no matter how you bundle up, something is going to get cold. Your face, your ears, your fingers, your feet.. something is going to get cold. Some folks can function when they get a little cold. For me, please refer to the first paragraph of this article.

The second alternative is to just wait it out. You know... wait for the Spring Thaw. One of the absolutes of life is that immediately after Winter, Spring comes. Alas, that is looking like months away. We really can’t wait that long.

Thirdly, there are Spin Classes. This alternative is met with mixed reviews. Personally, I have never tried one, so I really can’t speak one way or the other. It appears to me that it boils down to a great big group sweatfest. Probably works for some, but not for me.

Finally, the only remaining choice...break out the ole trainer and get to cranking. We talked about the trainer at the last PBBA Club meeting. I found that most members would do anything to avoid getting on the trainer. On Sunday morning, January 13 we saw a well known cyclist doing his dead level best to stay off the trainer. He was riding in the cold and ice. After admiring his fortitude, I found out that shortly after seeing him, he turned around, went home and got on the trainer.

Simply put, the trainer is boring. I try to watch television while on mine but can’t keep my mind on both things. (television and pedaling) Training videos get stale pretty quickly. Besides, the world keeps turning while I am spinning my wheels, getting absolutely nowhere, except tired. So how can I survive that ride?

Visualization... That’s it! I can visualize something while pedaling. Visualize what? There are four walls and two weenie dogs that wonder what in the world is going on. Then I remember that other childhood pet. The little Gerbil... remember him? You know the little critter... with no goals that got inside the spinner and ran his little legs off because it was there, then stopped only to start up again. We had to remove the device every night because the noise continued all night long.

So now, we have the Gerbil Ride. Full tilt ahead, stop for a drink of water and then back at it. Only to find ourselves in the very spot we started. Enjoy your Gerbil Rides and we’ll see you after the Spring Thaw. Have fun, stay warm and ride safe.

SPECIAL THANKS TO:

EOG Resources Gift to the PBBA Racing Team and the MS 150

A very significant event in the history of our racing Team also took place in December, as our member, Larry Brazile, wearing his other hat as a representative of EOG, presented the Racing team with a check for \$2,500 to enable us to further advance and increase our participation in racing at all levels. We owe a very Special Thank you to you, Larry and EOG, for your generosity to our Club. This is the second year now that EOG has supported the Team at this level. One request I believe we need to honor is that EOG would like to see us **increase the number of racers and general members participating in the MS 150 fundraiser. Let's make that one of our goals in 2007.**



FOOD AT JANUARY MEETING

Many thanks to members that helped with the food for the January meeting! Chris Robichaud warmed up a chilly evening with her great chili recipe complemented by Scott Anderson's beans. Paul Heyroth's specialty of green chili cornbread and Gary Covington's chewy chocolate chip cookies made for a great meal. Thanks to Clair and Bill Murphy for the drinks and Mike Mathis for providing the ice.

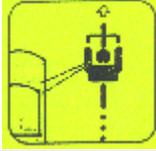
Come meet and eat for the February meeting. Baked potatoes with lots of toppings, salad and dessert will be available.

If you haven't been to a meeting lately, there are plenty of reasons to go besides a good meal. The meetings are a great opportunity to learn to recognize your fellow riders without their helmet and sunglasses on. Also, you have the advantage of not being out of breath from riding; therefore, you can actually carry on a conversation and get to know everyone.

HOPE TO SEE YOU THERE!!



Bicycle Safety Tips

Bicycle Safety Tips			
	OBEY TRAFFIC SIGNS AND SIGNALS - Bicycles must drive like other vehicles if they are to be taken seriously by motorists.		NEVER RIDE WITH HEADPHONES; WEAR A HELMET - Always wear a helmet. Never wear a headphone while riding a bike.
	NEVER RIDE AGAINST TRAFFIC - Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles.		HAND SIGNALS - Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.
	DON'T WEAVE BETWEEN PARKED CARS - Don't ride out to the curb between parked cars unless they are far apart. Motorists may not see you when you try to move back into traffic.		RIDE IN MIDDLE OF LANE IN SLOW TRAFFIC - Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.
	FOLLOW LANE MARKINGS - Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."		CHOOSE THE BEST WAY TO TURN LEFT - 2 Choices: (1) Like an auto: signal move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far side crosswalk. Walk your bike across.
	DON'T PASS ON THE RIGHT - Motorists may not look for or see a bicycle passing on the right. Learn to scan the road behind you while riding. Look back over your shoulder without swerving, or use a rear-view mirror.		MAKE EYE CONTACT WITH DRIVERS - Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.
	SCAN THE ROAD BEHIND - Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.		AVOID ROAD HAZARDS - Watch out for parallel-slat sewer grates, gravel, ice, or debris. Cross railroad tracks at right angles.
	KEEP BOTH HANDS READY TO BRAKE - You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since breaks are less efficient when wet.		USE LIGHTS AT NIGHT - The law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind).
	DRESS APPROPRIATELY - In rain wear a poncho or waterproof suit. Dress in layers so, you can adjust to temperature changes. Wear a sturdy helmet to protect your head. Wear bright colored clothing.		KEEP BIKE IN GOOD REPAIR - Adjust your bike to fit you and keep it working properly. Check brakes and tires regularly. Routine maintenance is simple and you can learn to do it yourself.

Deadline for Newsletter is the 22nd of each month
Please Submit all Articles for the Newsletter to:
Kelly Brammer Email – brammer10@aol.com or call 682-2617

