

The Official Newsletter of the  
PERMIAN BASIN BICYCLE ASSOCIATION

# WINDBUSTERS

Volume XIV Number 1  
January, 2007

## FROM THE PRESIDENT

Dear PBBA Revellers and you guys and gals who missed our Christmas Party:

During this busy time of year it is hard to cover all the bases and if you weren't there, please know that we missed you, and hope you can make it in '07.

First of all, Thanks to you all for bringing all the wonderful food and gifts to share. It was a memorable party indeed. As usual the gift exchange brought with it lots of theft!! And to my old friend Ken Pittaway, I still haven't forgiven you for stealing my CO2, but what goes around came around, and you lost it anyway!!

I owe particular thanks and an apology to a special person, who more than once a year donates his talents to the Club. One of the first friends I made in the Club. After all the thank you's were said, where was my mind?! **David Shaw**, you are the Rock of Gibraltar, when it comes to suiting up and taking care of us with music and entertainment not only at the Christmas Party every year, but for the Cyclefest Party also. . A million thanks to you. Our parties just wouldn't be the same without you.

We also owe a Big Thank You to our special Christmas Party Committee: Billie Schulze, Kathy Hester, Ruth Shields and Kelly Brammer for the table decorations and coordination of all the planning that goes into pulling off a successful party. "It ain't easy" as the old song goes. That was absolutely one of the best meals we will enjoy anytime or any place. But let's not forget our "no-longer-Secret Ingredient" - Jeff Brammer, Champion Barbequer! Jeff prepared four briskets in a special marinade, and then cooked them all day long - What a Treat!. Thanks to you Jeff for producing what my wife, Joy, described as the best barbeque she had ever eaten.

**And now for a complete surprise, I am proud to announce your new Officers and Committee, who took our two wheels over after the Christmas Party:**

President - Steve Betton  
Vice President and President Elect - Paul Heyroth  
Treasurer - Vacant  
Secretary - Peggy Smith

### Committee Chairs:

Kelly Brammer - Newsletter Editor  
Mike Hester - Race Team  
Kent Crowell - Tours  
Scott Michael - Mountain Biking  
John Floyd - Safety  
Billie Schulze/Kathy Hester/Ruth Shields – Food  
Nigel Cowan - Monthly Meeting Programs.



We are Blest indeed to have such a multi-talented and enthusiastic committee for this next year. Thank you all from myself especially, for volunteering your time and talents to help our Club continue to climb to new heights.



I do want to want to say another special thank you, (and then I will shut up!) to Steve and Paul for stepping up to the plate and calling me. It's that kind of spirit that makes PBBA so special. This is the second or third time Steve will have been our Pres. and we know, Steve, that your experience will be invaluable. Paul will be helping Steve directly this year, by taking over the helm, when Steve is gone at times, on some well earned trips he has been trying to take since he supposedly retired from his veterinary practice almost 2 years ago. So please be patient and remember, when Steve is out of pocket for a while, Paul will be there to cover.



Lastly, but by no means leastly, while I have your "undivided", we still have a vacancy for Treasurer, and I am here to tell you that only insane Accountants take on Treasurer positions, so don't even ask!!! If you have even a mild interest in keeping a small set of books, we really need your help. Please won't you make our Committee complete, and give us a call.



Thanks for having me as your Pres. it has been a wild ride, and I truly enjoyed making so many new friends.



And Finally, Thanks to my 2006 Committee by whose leadership and hard work we all enjoyed a marvellous year of Cycling:



Clare Murphy – Thanks for a great job as Newsletter Editor these past two years.



Betty Blew – Thanks for I have lost count of how many years you have been our faithful Treas.



Peggy Smith – Thanks for taking on the Secretary's job for yet another year.



Mike Hester – Thanks for being there to support the Race Team and for another year.



Kent Crowell – Thanks for your infectious enthusiasm for Tours and for another year.



Scott Michael – Thanks for building and rebuilding after floods our Mountain biking course, and for another year.



John Floyd – Thanks for the leadership and hard work on the Ride of Silence and the Highway Cleanup and for another year.



David Shaw – Thanks for heading up our Publicity and again for the Parties.



Billie Schulze – Thanks for all the fab' food, for all the cooking you did, so we didn't have pizza every month! and for doing it for another year.



See you out there!



Sir Will Ride-A-Lot-More!

Nigel.

Past-Pres. PBBA.



## MEALS FOR 2007 MONTHLY MEETINGS

Meals for the 2007 PBBA monthly meetings are in the process of being planned. Look at the plan and see if your specialty is there to sign up for. If your specialty isn't there, then let the hostesses know and we will adjust the plan for you. This plan is a guideline so that we don't have a lot of repetition and members don't have to think of something to bring. Your hostesses will be in charge of paper goods, utensils, ice and bottled water. Members will have a sign up sheet at each meeting to prepare for the following month. Three people signed up each month should make it a light load for all involved. A hostess will send you an e-mail reminder or phone you.

Contact your hostesses with questions or suggestions.

Kathy Hester 699-7006

Billie Schulze 694-0476

Ruth Shields 689-3557

### January

Chili  
Beans (side or in chili)  
Cornbread  
Dessert

### February

Baked Potatoes w/  
various toppings  
Dessert

### March

Chicken Spaghetti  
Broccoli Spears  
Dessert

### April

Grilled chicken  
(or chicken fajitas and beans)  
Broccoli and rice casserole  
Dessert

### May

Lasagna  
Salad  
Breadsticks  
Dessert

### June

Hamburgers  
Chips and dip, Vegetables to dip  
Cantaloupe  
Dessert

### July

Brisket  
Potato salad  
Watermelon  
Dessert

### August

Tacos with fixings  
Dessert

September (This meeting is after  
cyclefest so it needs to be easy)

Pizza  
Salad  
Ice Cream

### October

Soup and Sandwich night  
Dessert

### November

Gumbo  
Dessert

### December

Christmas party – all participate in  
covered dish



**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

**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 Afternoon Ride** - A 1:00 fun ride. Moderate pace. Meet at the SE corner of Loop 338 and I20 in Odessa, call Joe Hassell for details; 432-366-2136.  
**Wednesday** - Peyton's Wednesday 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.  
**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.  
**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](mailto:scottmichael@hotmail.com) or Danny Zumwalt at 432-208-1011 or email at [deadlegend36@yahoo.com](mailto:deadlegend36@yahoo.com) .

Date	Event	Location	Contact
<b>January 2007</b>	<b>19</b> Peyton's Party (Details Below)		
	<b>21</b> Friendship Ride (Details Below)		
<b>February 2007</b>	<b>10-11</b> Tour of New Braunfels Texas Cup Road Race		
	<b>17</b> Jalapeno 100 Bike Tour	Harlingen, TX	800-531-7346
	<b>18</b> <u><a href="#">Mas O Menos MTB Race</a></u> – Texas Cup #1	Terlingua, TX	
	<b>24 – 25</b> Walburg/Pace Bend Texas Cup Road Race		

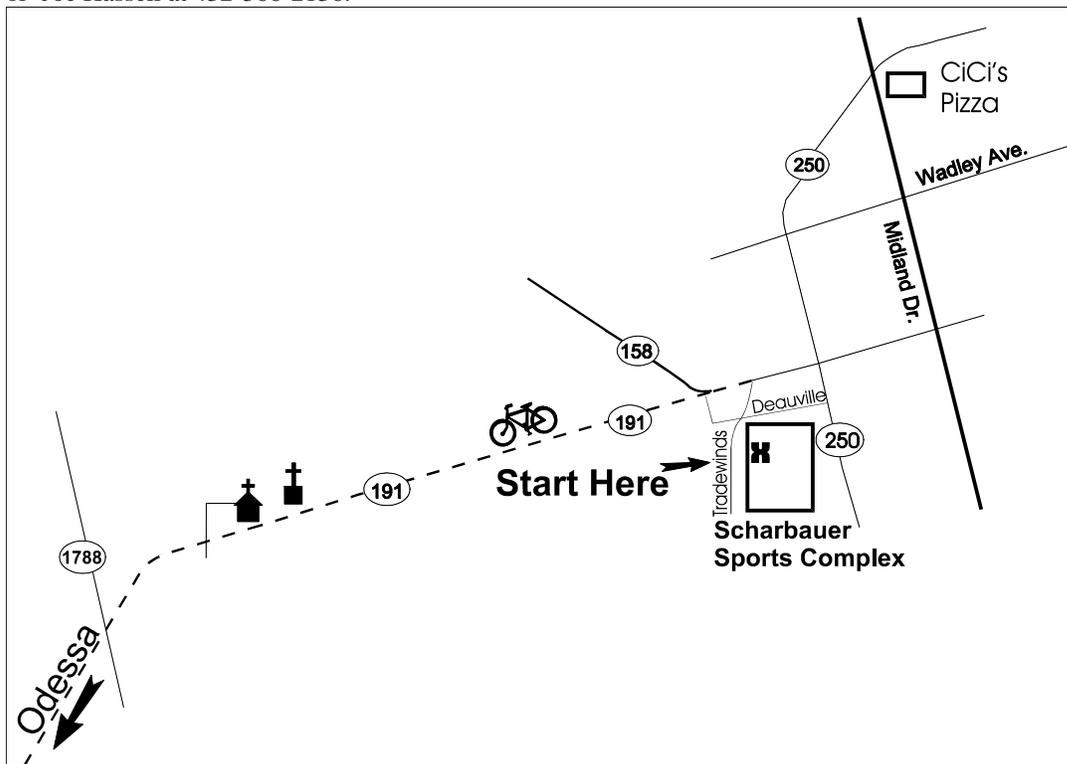
## Friendship Ride

Get ready, get set, go – 2007 is right around the corner and it is time to get your bike out and start off a new year of riding. And what better way than with our annual PBBA Friendship Ride on January 21<sup>st</sup>. We all enjoy this great activity of cycling and we need to introduce it to all of our friends so the object of this ride is for EVERYONE to come out to ride AND bring a friend. Who knows, maybe they will enjoy it as much as we do.

Another thing about cycling is that it is a family affair so we want to encourage you to bring your kids and introduce them to our sport (or your grandkids or a friend's kid...). The ride will start at the Scharbauer Sports Complex in West Midland at 2:00 PM. We will ride out Hwy 191 for 30 – 45 minutes and then return to the start for a 1 – 1 ½ hour ride. No one is left behind. The faster riders go further, the slower riders look around and enjoy the scenery on a shorter ride and everyone finishes together.

For the older kids – join us on a portion of the ride out Hwy 191. For the younger kids, representatives from Peyton's Bikes and the Midland Police Department will go over some riding safety and have an area set up for cycling games and contests. You can go for your ride while the kids enjoy theirs. Or you might find that their ride is more fun than yours and want to join in on the Junior Friendship Ride!

After the ride, we will all converge on CiCi's Pizza and show them how much "all you can eat" really is. The ride is sponsored by the PBBA and everyone who rides (Club Members, Friends and Kids) is invited to join us for free Pizza and soft drinks. So mark it on your calendar – Sunday, January 21<sup>st</sup>, 2007. Get there a little early and be ready to ride off at 2:00. AND bring a Friend and a Kid! Let's introduce them to cycling in the Permian Basin and to the PBBA. For more information contact David Ham at 432-699-1718 or Joe Hassell at 432-366-2136.



## **Peyton's Party**

We haven't had a party in a while and we are always looking for an excuse to have one, so here goes. On Friday, January 19<sup>th</sup> in the new year of 2007, Peyton's Bikes would like to invite all PBBA members and their friends to an all day affair. We will have door prizes. We will have store specials. We will have snacks and drinks. And, if everything works as planned, we will have the Cannondale Demo Truck. The Cannondale folks will be here to discuss their products and will have most sizes of their new System6 and Synapse carbon road bikes along with the Carbon Rush, Prophet, Judge and 29'er Mountain Bikes. So come by and enter to win special prizes, shop a little and try out these new Cannondales.

Why have a party in the middle of January? Because there are not a lot of other things to do that time of year. The days are still a little short for a Wednesday Night Ride (without lights) and the weather is too unpredictable to plan a weekend in Fort Davis. The only thing left is to come by Peyton's and hang out for the day and talk about riding. And besides, we missed our Birthday Party in 2006. We were 50 years old and too busy to have this party then. Plan now to set aside January 19<sup>th</sup> for our RIDER APPRECIATION WINTER STORE SALE CANNONDALE DEMO TRUCK BIRTHDAY PARTY!!! We will see you then.

## **ADOPT-A-HIGHWAY**

The Texas Department of Transportation recently sent the PBBA an Adopt-a-Highway Award for outstanding effort and generous contribution of time and energy to maintain the beauty of Texas roadsides through dedicated voluntary participation in the Adopt-a-Highway Litter prevention Program over the past two years.

Thanks to the many club members that have given up a little time over a weekend to help keep our little section of Hwy 158 clean. These efforts help show the residents of West Texas that the Permian Basin Bicycle Association is a valuable asset to our area. We have recently renewed our contract with TxDOT for another two years. Let's work together to keep Texas Clean – especially our section of Texas!





# ADOPT A HIGHWAY

## Adopt-a-Highway Award

The Texas Department of Transportation  
presents this award of merit to

### Permian Basin Bicycle Association

for outstanding effort and generous contribution of time and energy  
to maintain the beauty of Texas roadsides through dedicated  
voluntary participation in the Adopt-a-Highway Litter Prevention Program  
over the period

March 1998 to December 2006



*Lawyer D. Garduño*

District Engineer

*12.05.2006*

Date

## The View From Back Here

By Russell Livingston

As you read this Christmas is past and the New Year has arrived. Hopefully everyone's stocking was full and your team won in whatever Bowl Game was played. We have all of 2007 in front of us and fond memories of 2006 behind us.

Club members at the Christmas party all appeared to have a good time. The popularity of three crisp five dollar bills was established. The conversation quickly turned to, "What have you been doing lately?" It was time for True Confessions. Our newly elected Vice President, Paul Heyroth advised he had ridden a recumbent bike recently... in rehab. Others had maintained a good schedule and had ridden at least once a week.

Knowing that the subject would be raised at the party, I was careful to make sure that I rode on Sunday afternoon before the party. It was the same short ride that I had taken at least 100 times during 2006. Same streets, same red lights, same stop signs, similar traffic patterns, same flat stretch of highway... the same only different.

I have ridden up and down the service road of Hwy. 191 in every stage of daylight and almost every weather pattern. I have watched the roadside vegetation flourish and suffer in our sometimes harsh climate. I guess the last time I rode was at the end of daylight savings time and everything was still green and alive.

That mid December ride was starkly different. The weeds, grasses and trees (well at least mesquite) were bare and brown. There might have been a few migrating water fowl in the pond at the CEED Building, otherwise no creatures were moving. No creatures were moving... except for the cyclists. I rode alone, however I observed numerous riders stealing a ride on one of the nicest December weekends in memory.

There we were, no less than a dozen riders enjoying ourselves, getting a bit of fresh air and probably remembering Summers past and looking forward to future rides along our familiar route. We were in front of a disbelieving public that were busily on their way to wherever they were going.... At 70 miles per hour instead of our 20 mph. Not a single motorist or passenger passing the CEED pond heard the big white swan honking it's superiority to the little black ducks. They don't recall the spots along the road where we had a flat at 8:30 pm or where someone might have fallen.

So, as Old Man Winter really sets in, let's not forget to get out whenever we can. Enjoy a ride, just for the sake of the ride. There will be plenty of time later to hammer out our training rides. Just enjoy nature and the changing seasons.

Have fun and ride safe.



## **Bicycle Advocacy**

There are several groups that work hard to ensure that we have a place to ride our bicycles. The PBBA, as a club, supports and is a member of most of them. Two, in particular, are asking for your individual help this next year. Both have major agendas that they are up against.

The League of American Bicyclists wants to get more people on bicycles. Did you know that half of all trips we make are shorter than 3 miles – the equivalent of a 15 minute bicycle ride? Yet only 0.9% of all trips are made by bicycle.

To make it safer to ride a bicycle, the League would like to:

- Expand the reach of bicycle safety education
- Improve the quality of education materials
- Increase the availability of educational materials
- Increase the number of new League Instructors
- And, of course, protect the rights of cyclists to share the roads

The League would like to bring the bicycle movement and other broader partners together to build upon the benefits of bicycling and to discuss our next steps to reach the goal of developing and implementing a National Strategy for Bicycling. For more information on how you can help or to make a tax deductible contribution, contact them at [www.bikeleague.org](http://www.bikeleague.org) or you can phone them at 202-822-1333.

The Texas Bicycle Coalition is another group that needs your help. The TBC is closing its 15<sup>th</sup> anniversary and is preparing for another legislative session in 2007. They have successfully passed legislation in each of the past three sessions and blocked legislation that could have negatively impacted Texas cyclists.

In 2007, the TBC will be pushing for the passage of a “Safe Passing” bill which will require that motorists pass a cyclist in a safe manner. They will also be trying to get funding for bikeway projects reinstated in the TxDOT budget. These and many more challenges will be faced in the upcoming year and they need your help to fight our battles. For more information about the Texas Bicycle Coalition go to [www.BikeTexas.org](http://www.BikeTexas.org) or you can call 512-476-7433. Peyton’s Bikes also has information available about these and other worthwhile organizations. You can give us a call at 432-699-1718 or email [ride@peytonsbikes.com](mailto:ride@peytonsbikes.com).

## Recumbent Corner

Just a few notes regarding developments, and on recumbent activities in the center of the recumbent world (the Netherlands).

There has been a persistent topic on the HPVA Velomobile list regarding short cranks. The good old 170 mm cranks became a sort of standard due to their use in the Tour de France. It is not clear that 170 mm cranks are optimal for all recumbent riders. Recently a number of people have been trying shorter cranks. If we categorize short cranks using 170 mm as the standard, cranks as short as 110 mm (65%) have been tried, and many people find their optimal crank length for recumbent riding to be in the range of 152 to 155 mm (89% and 91 %, respectively). If there were a recumbent bicycle fit consultant around here they could let you try a whole series of different crank lengths on a dynamometer to see under what conditions you can put out the most power over a given length of time. Obviously it will take some time to get used to any crank length, so a few hours of testing may not suffice.

Shorter cranks have aerodynamic benefits to velomobiles and speed bikes. The nose of a faired bike can be less blunt with short cranks. In velomobiles the amount of dip of your heels is thereby reduced, perhaps allowing complete sealing of the heel holes for winter riding.

Recumbent Guru John Tetz (<http://www.recumbents.com/mars/pages/proj/tetz/projtetzmain.html> ) routinely drills and taps standard cranks to make them shorter. This operation can be done with a minimum amount of machinery, but is best done by experienced people. Mark Stonich in Minneapolis has established a business, Bikesmith Design and Fabrication, to shorten cranks in a professional manner. See <http://bikesmithdesign.com/> . Sheldon Brown has a page on crank length at his web site, <http://www.sheldonbrown.com/cranks.html> you can consult for a crank length discussion.

The point seems to be that for many recumbent riders, going to shorter cranks does not reduce power output, and may in fact increase it. It seems that people with shorter legs and people who are good at spinning may benefit from shorter cranks. One of Lance Armstrong's "secrets" was to spin faster and not try to push big gears. The angle of articulation of the knee is an important variable in what crank length you are used to and what length may be optimal for a given style of riding. Any changes in crank length that you make need to be done gradually.

Women in the Netherlands have a special event each year, the Leontines Ladies Ride. This tradition continues, and this year there were about 8 dozen ladies and girls riding 65 km at fairly low speed. Several of their recumbent racing ladies participated, a bit strange. It would be like Clare and Teresa spending all day showing off their bikes and doing only a metric century. But they just relaxed and answered questions from the ladies riding diamond frame bikes, and enjoyed their company.

The annual Olliebollentocht ( Christmas pastry tour) will be Dec. 28<sup>th</sup> in the NL. Last year they had about 65 velomobile riders participate. With velomobiles you can get too hot riding in below freezing weather, so winter is no problem.

That's the way to do it, ride to eat!

David Eggleston