

The Official Newsletter of the  
PERMIAN BASIN BICYCLE ASSOCIATION

# WINDBUSTERS

Volume XIV, Number 7  
JULY 2007

## From the President's desk

I don't know about the rest of you but it is really hard for me to believe that half of this year's cycling season is almost over. My cycling list of "to do's" has very few check marks on it. We certainly can't complain about the season so far though, it hasn't been this cool and green in a long time. There has even been enough moisture for those pesky gnats to be out in force. I finished a ride recently and it looked like someone had sprinkled me with pepper. It was, of course, gnats that had committed suicide by sticking themselves to the sun block lotion I cover myself in. I noticed it in the checkout line at HEB when people kept giving me funny looks and wouldn't stand close to me in the line. Good thing was I didn't have to stand in a long line to check out.

We had a good meeting again this month with hamburgers cooked fresh out on the grill, and all the usual fixins--- Delicious! After we had eaten and swapped some tall tales for a bit, David Ham gave us a program on maintaining your bike. It was a good time. Keep in mind that the MS 150 is coming up and we need to be well represented again this year, so now is the time to register and start your training. Also Cyclefest will be here before you know it! Kelly Brammer's Monday evening Ladies Ride is going, so if you know of someone who would like to get started riding recommend it to them. Along those lines, now that some of you are not training so hard, it might be a good time to ride with the back group on one of the Wednesday Peyton's rides. I have had favorable comments from novice riders about the support they have been getting. I know they appreciate it when someone takes time out of one of their rides to visit and give support. Hope to see you at the next meeting- Steve



The Permian Basin Bicycle Association 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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<b>Meetings Program</b>	<b>Nigel Cowan</b>	<b>550-8006</b>	<a href="mailto:nigelcowan@grandecom.net"><u>nigelcowan@grandecom.net</u></a>

## 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 Women's Ride** – Leaves the Grande Stadium parking lot at **6:00 PM**. Everyone is welcome from beginners to racers. For more info email [brammer10@aol.com](mailto:brammer10@aol.com) or call Kelly @ 683-3018 or 682-2617. Be sure and bring your helmet and plenty to drink.

**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: Slower riders - **8:30 AM** or Faster riders - **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 **June 2<sup>nd</sup>** we will move start time to **8:00 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 [scottemichael@hotmail.com](mailto:scottemichael@hotmail.com) or Danny Zumwalt at 432-208-1011 or email at [deadlegend36@yahoo.com](mailto:deadlegend36@yahoo.com) .

<b>June 2007</b>	<b>29, 30, July 1</b> – PBBA Ruidosa Club Ride	Ruidosa, NM	Fred Hunley
<b>July 2007</b>	<b>4</b> – Blistering Sands Challenge Bike Tour	Monahans, TX	432-943-2187 <a href="mailto:fheslin1@nwol.net">fheslin1@nwol.net</a>
	<b>14</b> – Peach Pedal Bike Tour	Weatherford, TX	
	<b>14</b> - Cattle Country Stampede Bike Ride	Dimmit TX	<a href="http://www.teamcure.org/cattlecountrystampede.htm">www.teamcure.org/cattlecountrystampede.htm</a> call Andy Williams 806-647-2974 awilliams@agsupplyltd.com
	<b>15</b> – <a href="#">Ironhead Dallas</a> – 1500 M, 41K, 10K	Grand Prairie, TX	
	<b>21-22</b> – <a href="#">Cactus &amp; Crude MS Bike Tour</a>	Midland, TX	432-699-1718
	<b>29</b> – <a href="#">Tumbleweed Triathlon</a> – Odessa YMCA	Odessa, TX	
<b>August 2007</b>	<b>4</b> – YMCA Tall City Triathlon	Midland, TX	432-699-1718 800-373-4764
	<b>12</b> – Wool Capital Triathlon	San Angelo, TX	
	<b>14-19</b> <a href="#">Great Hudson Valley Pedal</a>	Albany, NY	518-434-1583
<b>September 2007</b>	<b>15-16</b> Fort Davis Cyclefest Tour	Fort Davis, TX	800-373-4764
	<b>29</b> – <a href="#">Conquer The Coast Bike Tour</a>	Corpus Christi, TX	361-881-1836
<b>October 2007</b>	<b>13</b> – <a href="#">Texas Hill Country River Region Classic Tour</a>	Garner State Park	800-210-0380

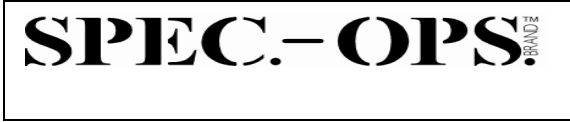
**BLISTERING SANDS CHALLENGE BICYCLE TOURS**

PROCEEDS SUPPORT SCHOLARSHIPS AND OTHER CHARITABLE ACTIVITES OF ST. JOHN KNIGHTS OF COLUMBUS

More info: Monahans Chamber of Commerce 432/943-2187, Fax -6868 or fheslin1@nwol.net

**Wednesday, July 4, 2007, Hill Park, Monahans, Texas**

Odessa, Midland, Kermit, Monahans [www.wtstatebk.com](http://www.wtstatebk.com)



[www.specsbrand.com](http://www.specsbrand.com)

**Free 10-Mile Tour**

**\$17 Early Entry Fee (Receive Gift Certificate)**

**\$20 Fee at Registration (Gift Certificate)**

All rides will start and finish at Hill Park, behind the courthouse at Fourth St. & Bruce Ave.

The 22- and 54-mile tours will start at 8:00 AM

The 10-mile tour will start at 8:05 AM

We may vary the routes and distances of some rides. The courses cover flat to rolling terrain. Extreme heat can be expected. Sag wagons and water stops will be available, but riders should also carry water. All riders are advised to wear helmets and they are mandatory for the 22- and 54-mile tours.

Showers available after you ride

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**Stay and enjoy the Freedom Fair**

A Festival of Freedom for the Whole Family

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Please send **REGISTRATION and \$17** to:  
St. John Knights of Columbus, PO Box 286, Monahans, TX 79756

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

AGE \_\_\_\_\_ EMAIL \_\_\_\_\_@\_\_\_\_\_.\_\_\_\_\_

TOUR MILES \_\_\_\_\_ 10 \_\_\_\_\_ 22 \_\_\_\_\_ 54

Choose you \$12 Gift Certificate

\_\_\_\_\_ Peytons Bikes, Midland

\_\_\_\_\_ Bicycles Etc., Odessa

## **FROM KENT CROWELL**

### **TOUR DIRECTOR**

**HEAVEN IN THE HILLS (GEARFEST)** IS JUNE 29, 30 AND JULY 1<sup>ST</sup>. FRED HUNLEY IS THE HOST AND HE IS GOING OUT OF HIS WAY TO MAKE THIS A MEMORABLE RIDE FOR EVERYONE. PLEASE CALL FRED AT 432-638-5715 IF YOU WOULD LIKE TO

Any ideas about an overnight /camp out tour??  
We are open to new ideas, places to go, let's here about it.

Thinking about going up Quitaque and riding on the rails to trails trailway from Cone down hill toward the East and camping out ATTEND THIS RIDE.

Bob & Mary Ann Elliot from Midland recently rode their new red tandem 496 miles across Kansas along with 700+ other hardy souls ages 8 to 80. Did someone say NE Kansas really does have hills?  
<http://www.hutchnews.com/bak.shtml>

Roy & Terri Cason recently rode from south to north in the Oklahoma Freewheel 2007. Roy says there are sections of highway where the "potholes" are smoother than others. I was going to ask him some questions about the tour but by the time I caught my breath on the MS 150 practice ride—he was gone. I would like to do this sometime.

<http://www.okfreewheel.com/Archives/2007/FW2007.asp> Everything you would want to know about the 2007 OK Freewheel

[http://www.stillwater-newspress.com/local/local\\_story\\_165111054.html](http://www.stillwater-newspress.com/local/local_story_165111054.html) 1000 riders, 464 miles Next year June 8<sup>th</sup> – 15<sup>th</sup> 2008

<http://www.crazyguyonabike.com/doc/anotherfreewheel> Story of a 5 day self-contained ride to the start followed by the 7 day cross state tour.

<http://www.youtube.com/watch?v=fojSmMgQVh4> Freewheel song on you tube.  
[Ride The Rockies 2007](#) [www.ridetherockies.com](http://www.ridetherockies.com)

Registration forms for the 2008 Ride The Rockies will be available online February 3-22, 2008. Cattle Country Stampede Bike Ride Benefits the

*The following is a blog from a female rider's perspective. Also check out the time lapse photography. I've got 2 brothers doing the RTR. They had to go around a forest fire.*

[http://www.denverpost.com/search/ci\\_6166060](http://www.denverpost.com/search/ci_6166060)

Posted by Ingrid Muller @ 10:11 am

Two disclaimers:

First, I am not a hard-core cyclist by any means. I'm what you'd call the weekend warrior type — or weekend warrior wannabe. I've got a decent bike, I know how to change a tire, I ride from time to time, but I don't think you could say I trained for this ride. So I can't really talk about correct form and pedal strokes, paceline etiquette and what to do when your derailleur starts acting funky. Instead, I may refer to certain anatomical problem areas in interesting terms, sing the praises of chamois butter, complain about Port-a-John etiquette (I don't care how tired you are — AIM) and hang out in the beer garden to hear everyone's war stories. Second: I'm not a reporter, not really. As design director at the Post, I'm what referred to as one of those "visual people," so I'm more apt to clumsily ask questions while gazing at the glaring typographical abominations occurring on roadside signs. You'll have to pardon a slightly offbeat, distracted perspective. That said, we're off on a small, 422-mile bike ride through the Rocky Mountains, a unique and slightly painful Colorado experience that is unforgettable in just about every way.

Ingrid Muller Follow the link for the day by day Ride the Rockies blog.

<http://blogs.denverpost.com/category/shifting-gears/>

RAGBRAI 2007 [www.ragbrai.org](http://www.ragbrai.org)



Lance doesn't have to be in France during July anymore. Here are a couple of interviews:

[ABC News Interview #1](#)

[ABC News Interview #2](#)

If you want to go in 2008 get signed up in Feb. Officially they cut off at 8000 riders for the whole week but some days last year estimates ranged up to 20,000 riders and no vehicles operating on the route.

I'll be riding with Team Army Reserve again this year on my 12 speed Marushi (not a recumbent). Kent

## Recumbent Corner

By David Eggleston

People and vehicles is my subject this month. Ours is a society in which vehicles have a prominent position. Bicycles are vehicles too. To learn to ride a bicycle is something we have all managed to do. Bicycles, except for trikes, are inherently unstable and you have to learn how to balance to keep them going in the direction you want to go. Most people turn by leaning to one side, although if you ask them how they turn they will tell you "with the handlebars." This is but one example of the fact that most people do not investigate the details of what we in engineering call the "handling qualities" of a vehicle.

We hear all the time of people who lost control of their cars and crashed, many times with fatal consequences. Just this week, a 20 year old lady and her baby were killed in a crash on FM 1788 and Hwy 191. She evidently turned left in front of a tank truck at high speed. This is another probable example of the consequences of letting young people drive cars with no training in the handling qualities of a vehicle in unusual circumstances.

I learned about vehicle stability going down a grassy hill in a pasture in a little red wagon. I was having fun until I saw I was about to hit a cow. I turned sharply at high speed, tipped over the wagon, and cracked a bone in my left arm. I had a lot of pain for a while and the experience drove home in my brain that you can't turn wagons quickly at high speed without rolling them over. I also learned how to steer a sailboat from riding that wagon backwards with my knee inside and pushing off with the other leg. This is a good way to learn tiller steering. Some people have the hardest time learning to steer a sailboat, and others never really figure it out.

Handling qualities of recumbent bikes are quite different from standard bikes. To start out on a recumbent bike you should shift to your lowest gear, put your starting pedal in the upward "power position," and push off strongly. It is even harder to steer a recumbent at low speed than a diamond frame bike. Until you get up to a minimum speed, you wobble a lot and worry about falling over. Most male kids can do

it easily, as they already have lots of experience handling bikes, wagons, and all manner of other vehicles. Some females of this age group have very little such experience, while others are just as apt as their male counterparts.

Bikes vary all over the map in their handling qualities, from docile to very difficult to learn. Criterium racing bikes need to be able to turn quickly, while touring bikes need to be more stable. Airplanes vary over a wide range, from docile that almost anybody can fly to "high performance" that have tricky tendencies and can only be flown safely by very experienced test pilots. There is a whole body of knowledge on the handling qualities of airplanes, and FAA certification requires testing and evaluation of any new design.

If you really want a challenge, try learning to ride a Flevobike. For more information, just Google Flevobike. The Flevobike is a recumbent with front wheel drive. The frame is hinged just in front of the seat, on an axis that is perhaps 15 degrees forward from vertical. The pedals are in front too. The whole front of the bike will just flop sideways if you let it. You have to master the trick of keeping the front from flopping over by differential pressures on the right and left pedals. I learned to ride one in a beach parking lot in Santa Monica. The bike I learned on is actually a Flevotrike, so the rear has two wheels and at least that half of the machine doesn't require constant attention. If you can learn to ride a Flevotrike you have some hope of learning to ride a Flevobike, which only has one rear wheel. Experienced Flevobike riders can ride no hands forever. They could use both hands on a camera and still steer to go exactly where they want to go. I guess somebody around here should buy one so any hotshots who think they could ride one could try it. Of course unicycles require balancing on only one wheel, very tricky.

The champions of bike handling are the trials riders, who can balance in all manner of weird positions, do wheelies on either front or back wheels, and all sorts of other tricks we more sane people do not even want to try. But trials riders really understand the handling qualities of their vehicles, in a way that the rest of us will never know

## The View From Back Here

By: Russell Livingston

Summertime is my favorite. Always has been and I guess it always will be. I find it easier to cool down than to warm up. The summer days are longer, the weather is nicer and people are generally in a better mood. Of course, Summer means more time to ride on the warm West Texas roads.

It seems that everyone is preparing for the Cactus and Crude 150. As the miles rack up I constantly remind myself that the 150 is not a race and therefore does not require the competitive mentality of preparing for a triathlon or other type of race. However, that little competitive edge creeps in on occasion. The early morning rides I am so fond of bringing up are no exception.

Robert Thomas is my riding partner on those rides. I must admit that he is getting the better of me on the early riser bit. We have a prearranged meeting area that allows for us to leave from different locations and meet somewhere along the way. The tell tale blinking Cat Eye head lights let us know who got there first. Robert nearly always beats me to the spot and therefore is doing laps around the parking lot waiting.

The unpardonable happened the other day. Somehow, the alarm did not get set the night before. At 5:36 I woke up feeling a “Disturbance in the Force.” It was Robert saying “ugly things” about me over 4 miles from my house. The accountability aspect of our partnership came into play when Robert called me at work at 8:15 to inquire as to why I missed the ride. Confession is good for the soul and there was no good excuse.

The next ride (Wednesday) was discussed and agreed to. There was no way I was going to sleep through that one too. Up at 4:45 and ready to go.... Well, sort of. I checked outside and could hear the wind blowing. Great, that’s all we needed was a good ole headwind at 5:00. Then, there it was... Placed there by the Creator of the Universe. Yep, there was lightning. The perfect excuse. Back to bed and I’ll deal with Robert later.

All day long and no call. Then Wednesday afternoon and a nice cooling rain shower. Everything cleared off and a few hearty souls showed up for the weekly Peyton’s Ride. The ride was conspicuous for the absence of those not wishing to get their new bikes wet etc. etc. etc. Jasha Cultreri and I partnered up and rode together. We watched the younger riders fade into the sunset. It was a good ride and I really enjoyed the visit with Jasha.

Just because there weren’t a lot of riders on the ride, that was no excuse to forego going to Rosa’s afterward. I placed my order and was getting my drink when a familiar voice in an unfamiliar place asked me if I rode this morning. It was Robert and he saw the same lightning that I saw and cancelled his ride too.

Opportunity missed! I won’t get another chance to “one up Robert again.” I confessed that I didn’t ride as well. The “smart answer” would have been to stretch the truth and make him feel just a little inferior because he exercised a little discretion and a lot of common sense and didn’t ride. I guess I’ll just have to leave earlier in order to get to the meeting area first, if I’m going to get bragging rights.

Have fun and ride safe.





The 2007 Winter Time Trial Series has come and gone with great success. This year Jim Waner and Scott Anderson volunteered to host the series. Along with these two, many others helped out along the way.

The kick-off event held on 2/10/2007 as a 10-mile individual event. A total of 25 riders participated. Event number two was held on 3/10 as a 27-mile individual event. Participant numbers were fantastic with 39 riders.

The third and final individual series was a little tricky. Scheduled for 4/07, Old Man Winter paid a visit and brought rain, sleet and snow. Naturally some wanted to race but the 24-mile event was rescheduled for and held on 4/28. The culmination of the series was held on 6/02 as a two person team time trial. Twelve teams participated on the 24 mile course.

To close out the series, awards, trophies and door prizes were handed out after the TTT. Thanks to Chef Waner, some really tired riders and their cheerleaders were treated to BBQ sandwiches.

Trophies went to the following folks for the Individual Series.

Kelly Brown – Men's Open

Tim Claire – Class A

Stephen Dodd – Class B

Teresa Newman - Women

Kye King – Jr. Women

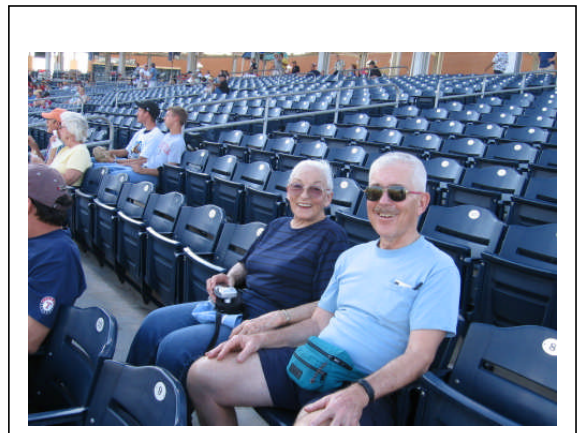
Trevor Anderson – Jr. Men

Adrian Kinman Jr. Men

Many thanks go to those who assisted with the event. Please thank Peyton's Bikes for providing assistance with officiating. Kye and Texas King of King's Image designed and printed our really sharp looking t-shirts. In addition, thanks so much to those who sponsored door prizes; Peyton's Bikes, Bicycle Etc., Sock Guy.

Enjoy the summer heat and hope to see you all back on the cold TT course next winter!

# PBBA NIGHT AT THE ROCKHOUNDS



# PBBA NEWS

Many thanks to Michael Mathis for grilling up some great hamburgers at the June PBBA meeting. Steve Betton brought the hamburger buns and cheese for all us cheeseburger fans. Fixings were provided by Bill and Claire Murphy. Kent Crowell provided chips and guacamole. Paul Heyroth cooked some delicious potatoes and green beans. Doug and Linda Randel provided chocolate cake and banana pudding for dessert. Ruth Shields made sure we had condiments and paper goods. Many thanks to all for making the meals run smoothly. It was great to see Billie Schulze back at the meeting ! In July, we will be serving up brisket, beans, potato salad and watermelon.

KATHY HESTER  
FOOD COMMITTEE

**PBBA MEETING  
JULY 16<sup>TH</sup>, 2007  
KNIGHTS OF COLUMBUS BUILDING  
CORNER OF 1788 AND CR60**

**PROGRAM –**

**BRISKET DINNER**

**Deadline for Newsletter is the 23rd<sup>nd</sup> of each month Please  
Submit all Articles for the Newsletter to:  
Kelly Brammer Email– [brammer10@aol.com](mailto:brammer10@aol.com) or call 682-2617**

THANK YOU!