

The Official Newsletter of the
PERMIAN BASIN BICYCLE ASSOCIATION

WINDBUSTERS

Volume XIV, Number 3
March 2007

President's Notes



Can you believe it, we are already approaching the end of February! After some sputtering, we did get the winter camp in Ft. Davis fired up. Attendance was light, but everyone seemed to benefit and enjoy themselves. Some of us were surprised however, to find that the climb to the observatory had not gotten any less steep. I for one was sure considerable erosion would have done that by now, but alas I must report that the @#&* hill is as steep as ever. We are trying to get a jump on planning for the camp next year. We hope to have Perry Fields, the originator of the camp, back to present it. There is a possibility we may have a training coach down as well as someone to speak on physical mechanics. Additionally there has been some talk of having a summer camp somewhere, after the first hectic portion of the racing season has ended. I will keep you posted on that.

At the February meeting we had some good food and a first look at a very good pamphlet that Russell and David put together for the club to present to new riders who might want to join our rides. Minor changes were suggested and a committee was appointed to develop strategies for selecting ride mentors and departure points to coincide with the scheduled Peyton's Wednesday ride. We should iron that out at the next meeting. Mike gave a report on the Jersey's and showed artwork. Hopefully they will be in soon! Dan is starting early this year and already has a lot of Cyclefest nailed together, it looks very promising. It was decided to support the Helmets for Kids effort again this year, but John is writing about that so I will leave it to him. Lastly we discussed some of the "wish list" tours our members are attending this year. We are starting to compile a list of tours, and the club members who will attend and might be willing to serve as informal contacts should you decide the tour sounds good to you as well.

Last but not least we did some bartering, and thankfully this year I managed to bring home less than I took out.

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 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 Wed.Evening Ride (All Levels) Will resume March 14 – Leaves from Peyton's at 5:45 pm

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 am, 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 .

March 2007	3 – 4 Lago Vista x 2 Texas Cup Road Race	Lago Vista (Austin), TX	
	10 – PBBA Club TT #2	Odessa, TX	Scott Anderson/ Jim Waner
	10 – 11 The Warda MTB Race – Texas Cup #2	Warda, TX	
	10 – Ross Creek 10K Trail Run	Abilene, TX	325-672-9165
	17 – 18 Fayetteville Texas Cup Stage Race	Fayetteville, TX	
April 2007	1 STORM Hill Country MTB Challenge–Texas Cup #3	Comfort, TX	
	14 – 15 Heights Crit & Cold Spring Texas Cup RR		
	14 – 15 Yeti/Mad Duck Bar H MTB Bash – Texas Cup #4	Saint Jo, TX	
	14 – Ride on the Wild Side @ King Ranch	Kingsville, TX	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, TX	817-707-0500

PERMIAN BASIN BICYCLE ASSOCIATION and

PEYTON'S BIKE SHOP

PRESENT THE

1ST ANNUAL

ONE WHEEL DRIVE

"TWO-A-DAY"

SPRING CHALLENGE

**Two MTB events at Flag Ranch
race course in Notrees, Texas**

on

**Sunday, March 18,
2007**

#1- Hill Climb Time Trial- (Yes, a HILL climb in "flat" West Texas)- 1 mile

#2- Short course XC- 6 mile loop

START TIMES:

#1 Hill Climb - 10:00 am first rider and then at 1 minute intervals

#2 Beginners-1:00 pm; Experts-1:15 pm; Sports-1:30 pm

ENTRY FEE: Includes access fee, lunch and awards

All riders/cats: \$20 for both events \$15 for one event only
JUNIORS RACE FREE!

MORE INFORMATION: Event Director: Scott Michael @
432-586-2072 or email: flagranchtrailboss@yahoo.com

WED PM NO DROP RIDE

Mark your calendars Midlanders for March 14th Wednesday Night No Drop Ride. This is the first one of the year with Daylight Savings Time. Old man winter should be gone by then. Think of this as a make up ride for the New Years' Day ride and the Friendship ride.

I'm starting from Peyton's Bike Shop at 6:15 sharp. Some plan to start at the Sports Complex as well. We plan to have a team to help those that are not "racers" but like to ride and not get dropped. Russell Livingston, Kelly Brammer, Kent Crowell and David Hamm have agreed to ride with anyone that comes out for the Wednesday Night No Drop team.

The purpose of the NO DROP RIDE is to introduce riders to road riding skills and etiquette and to make pack riding enjoyable and safe.

Come ready to listen, learn and have fun.

If you avoid riding in groups because you are unsure of your handling skills and road riding etiquette, these rides are for you.

If you enjoy riding with groups but find the racer groups a little too fast or want to ride a little slower some days, these rides are for you.

Skills such as pace lines (rotating, double, echelon), riding comfortably close together, tips for being more comfortable on your bike, will be discussed and practiced on these rides. Bring your helmet, water bottles, flat kit & **COME JOIN THE FUN!**

KENT

Helmet Education

By: John Beane

Two years ago we were blessed with new club members who came here from California. Their names are Russ and Kim Sawyer. He is a vascular surgeon at Midland Memorial Hospital. Kim works hard at raising their daughter. They have been avid riders for years even before they came to Midland; in fact they had to scope out the local bike shop before they committed to move here.

During their family rides they noticed that a very large part of the population both adult and children do not wear helmets. They were very concerned for the health of all, especially since he is in the medical field, and decided to make it their mission to try and get a city ordinance for kids under 18 in Midland to be required to wear a helmet. He took it to the city council and instead of an ordinance it was decided to start with the education of the public and more importantly the kids, and then if necessary make it an ordinance.

With this in mind both Russ and Kim have been working with Chief Urby of the Police Department, Chip Balzer and Jeff Meiner of the Fire Department and City Councilman Wes Perry, to get an education plan into the schools to teach the kids the need for helmets. The fire department is already working with MISD to put RISK Watch into action. It is a program to teach kids about fire protection, drug and alcohol abuse, what to do when strangers try to get them and many other things that kids need to be aware about. It just seems natural to put the teaching of bicycle safety and the use of helmets into this same program.

For the last couple of years Texas J RAC (Regional Advisory Council) has put on a Trauma Awareness Day. It will be held May 16th this year and will give school aged kids from a 17 county area an opportunity to play hooky. They get to come to Citi Bank Ball Park for a day of learning about injury prevention and watching a baseball game. To help kick off the bicycle safety and helmet awareness campaign they are going to bring in Jeff Lenosky for several trials shows. Jeff is known for his trials riding (riding thru all sorts of obstacles), and he will speak about the need for helmets and bicycle safety after each show. It should be a great way to get the kids interest and hopefully even the adults and parents that are there to get them to wear their helmets.

We appreciate PBBA for taking an interest in this campaign and for donating to help Peyton's Bikes, the City of Midland and Texas J RAC get Jeff Lenosky here for the event.

Recumbent Corner

BY: David Eggleston

We ride in reasonably level territory, certainly not mountainous (except for Ft. Davis), and we have to deal with wind and cold and heat. We have practically nothing in the regard of bike facilities, but we have very wide roads and highways so bikes can integrate with traffic on the streets.

My impression of the Netherlands is that their roads and highways are quite narrow, bikes would not fit there at all well, and so their system of bike paths (fietspads) is for them, a necessity. So their conditions for riding are quite different. But they also have fierce winds (gusts over 100 mph this year and had to carry heavy sandbags in their velomobiles) and they certainly have cold. They also had really hot weather last summer and generally don't have air conditioning. So the heat really got to them. Many died from the heat in France. I guess Climate Change is much more important to them than to us, as if sea level rises 10 or 20 feet they are likely to lose their land entirely. If sea level rose that much it wouldn't seem to affect us directly.

The Dutch just seem to really enjoy biking. No wonder they have 24 recumbent bike manufacturers and five velomobile manufacturers. Of course due to their penchant for bike riding, given great impetus during the first and second World Wars, their general public has bikes and they ride them incredibly more often than our general public.

When our weather gets uncomfortable for bike riding we pretty much give up on it, waiting for warmer weather. We sneak in a few afternoon rides when it warms up. After camping out with Dutch guys in the winter, and seeing them leave their tents at freezing temperatures and wash up in an outdoor sink area, beginning with splashing freezing cold water on their faces to wake up, there seems to be a difference. Of course our ancestors operated in the cold, but we have gotten so that we can mostly avoid it.

There is one area where the Dutch are way behind West Texas though, and that is in barbeques. I was really excited when I learned that the Saturday night meal during their Easter Tour would be a barbeque. My mouth was watering as I thought of the great flavors we know. But that evening we got a paper plate, a fork, and had several tables of raw meat, some of it marinated. It was entirely do-it-yourself! But they only had three barbeque stations for perhaps 60 people. So you try to force your way through 3 or 4 layers of people to the front and then find an open space to put your meat. Of course you then have to retreat and can't see it cook, nor can you tend it and see when it gets done. You may not even remember which is your stuff.

My stuff was finally done, but was not that good and worlds less tasty than our good old West Texas barbeque.

But I do enjoy riding their bike paths. To be able to travel 50 to 100 miles between major towns (including Amsterdam) along quiet and scenic bike paths, along canals (they have an incredible system of waterways, rivers, and lakes), past (or perhaps through) farms with chicken houses and piggeries, is lots of fun.

Still I dream of riding from Midland down to, say. Fredericksburg or Leakey, camping out along the way. I congratulate our president Steve for suggesting multi-day tours, and hope to get back into biking much more this year.

The View From Back Here

By: Russell Livingston

Winter has exacted its toll. The months of December, January and now February have been devoid of the nice days we have experienced in years past. I knew that I was out of shape, but the first half of our recent Tamale Ride was a real shocker. This could not be happening, there is no way I could have slid this far in so short a time.

The Tamale Ride was my opportunity to shine. My daughter, Whitney is back from school and was eager to try out cycling. When she left home on her education odyssey her Ole Dad was a fairly plump, sedentary typical middle aged grump. Much of the change has been due to my association with the PBBA and riders. Though not a fitness junkie, exercise has played a major role in my life since Whitney left home.



So the Girl is back and she wants to ride. Cool, I have the perfect “hand me down bike,” and she can start relatively inexpensively. She got a helmet for Christmas and was ready to go. We had

performed the requisite short rides in the neighborhood and she seems to be enjoying our sport.

The Tamale Ride was her very first organized ride. She was anxious and I was the Proud Papa. We arrived in plenty of time, got the bikes ready and even had air in the tires. In true beginner form, we started near the back of the pack and headed north at a leisurely pace. There was a bit of a headwind (16 to 17 mph) and a slight grade. We were doing famously. She was cranking and I was giving out that Fatherly advice that parents are prone to do.

Since we were on a major highway, for safety sake, we rode single file. After about 5 miles something was going wrong. Whitney was pulling ahead of me. She had her head down, had a steady cadence and appeared to be in the zone. On the other hand, I was laboring. I wasn't able to keep up with her. What's worse, my heart rate was climbing and next thing I knew I was in uncharted heart rate range. The seeds of doubt were being planted. After all, I had years of experience, thousands of miles on a bike and much better equipment. Was I just getting old and feeble? Were my best days behind me? Was I destined to ride a tricycle around the block for exercise and adventure?

Finally, mercifully, my daughter stopped for a drink. (She is still not comfortable enough to reach for her water bottle while moving) I huffed and puffed up to her and stopped. After my heart rate calmed down, I was reluctantly ready to start. It was then that I discovered my front brake had moved and was dragging my front wheel! I had been riding against the wind, going up hill with my front brake dragging!

Relief, new life, a renewal of hope! I fixed the problem and was able to resume our ride without further incident. Again, I can look forward to Spring and Summer!

Ever eager to glean a Life Lesson from my experiences, I found that things really aren't as bad as they seem. Usually there is a reason for life's little downturns and once addressed things are back to normal.

Have fun, ride safe and check your front brake.

PBBA ANNOUNCEMENTS

A big thank you to Russell Livingston for his efforts in baking potatoes for the February 19th meeting. There were plenty of toppings provided by Billie Schulze, Kelly Brammer and Kathy Hester. Doug and Linda Randel provided salad and Lance Bowers supported Girl Scouts and PBBA by bringing cookies for dessert. We appreciate Michael Mathis for providing drinks.

The March meeting will feature chicken spaghetti, french bread and broccoli spears. Be sure to come and enjoy the fellowship of other riders and the food.

*Your food committee,
Billie Schulze, Ruth Shields and Kathy Hester*

Thank you Mary Ann and Carl for hosting the Annual Tamale Ride. Mary Ann provided taco soup, tamales and her famous sweets. Carl provided the place and entertainment. Everyone had a great time!

***** NEW COMFORT BIKE FOR SALE *****

Brand new Raleigh SC30 Comfort Bike. Plenty of gears, easy to ride and a comfy seat. Please call Nigel Cowan for details and make him an offer. 661-0263 (Cell)

Ride leader needed for the Prude Ranch to Balmorhea ride in April. New pavement, nice shoulders, perfect for a bike ride. One or two weeks before Hammerfest should be good. If interested call Kent Crowell @ 528-2891 or 687-5292 or email him kcrowell@apex2000.net

**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**

REFEREE CLINIC

SATURDAY MARCH 17, 2007

New refs can take the test for a "C" level license, current refs need to brush up on the new rules. Contact Paul Heyroth at 349-6550 or John Beane at 699-1718 for more details.