

The Official Newsletter of the
PERMIAN BASIN BICYCLE ASSOCIATION

WINDBUSTERS

Volume XIV, Number 5
May 2007

President's Notes



April is about to fly away, literally. We have certainly had our share of wind this month, and some of this wind definitely showed up at Hammerfest on Saturday. As many of you know, the speed limit in Ft. Davis is 25 mph, but I guess all the tumbleweeds that blew by me on main street weren't the law abiding type. Hammerfest was still a great success, and I think the race did the club proud. Kuddo's to David Ham and all of the volunteers who made it possible. We had several stellar performances; Teresa Newman tore up the Women's cat 3 and very likely will be upgraded to a category 2 racer by the next newsletter, and Jason Kinman had a very strong showing in the very competitive Men's cat 4 as well. At the other end of the spectrum I raced a little differently, it reminded me of when I was in Japan years ago and they had all these people walking along the highways with brooms sweeping them. Just give me a broom, I was definitely a sweeper! The team kit is finally in much to David's relief I am sure, if you ordered be sure and pick yours up. There was some discussion at the last meeting about a "general club jersey" for next year. I will present some ideas on that for discussion at the next meeting. There was also some discussion about updating and streamlining the club's web pages and we have been pursuing that and will have some ideas to present next meeting as well. We should have an update on cycle fest and a presentation on the MS 150 so the next meeting looks interesting.....see you there

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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Safety	John Floyd	366-7606	
Meetings Program	Nigel Cowan	550-8006	nigelcowan@grandecom.net

Calendar of Cycling Events

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

Ride Calendar	Permian Basin Bicycle Assn. Club meetings - 3 rd 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.
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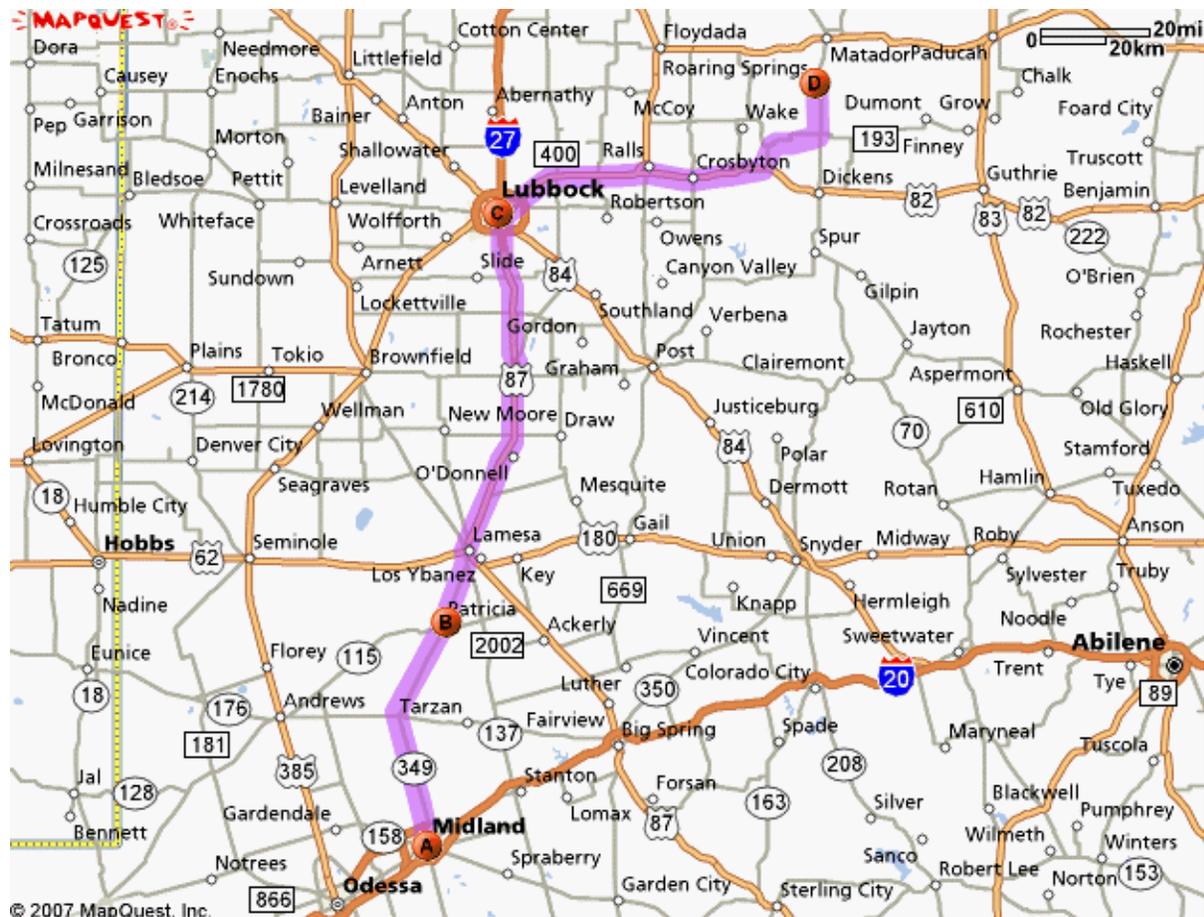
Local Rides	<p><u>Monday</u> - Ladies Ride – Leaves from NW Corner of Grande (football) Stadium at 6 pm. Call 682-2617 or 683-3018</p> <p><u>Monday, Wednesday and Saturday Morning Rides</u> – Odessa to Crane Ride – 40 Miles round trip. Medium paced ride on one of the smoothest roads around. Leaves the 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</p> <p><u>Tue. & Thur.</u> - From Race Pace to Intermediate - Leaves S.E. corner of Loop 338 & Hwy 191 (The Professional Center) at 5:00 P.M.</p> <p><u>Wednesday</u> - 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.</p> <p><u>Wednesday</u> 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.</p> <p><u>Saturday</u> – Race to Moderate pace, 25-50 Miles (depending on group) - Leaves S.E. corner of Loop 338 & Hwy 191 at 7:30 AM.</p> <p><u>Saturday</u> - 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.</p> <p><u>Sunday</u> - Medium pace, 23 Miles - Leaves Odessa Golden Corral on 42nd St. at 7:30 am, Call Joe Hassell for ride details - 432-366-2136.</p> <p><u>Sunday</u> – PBBA Development Ride. CALL 699-1718</p> <p><u>Sunday</u> - 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 or Danny Zumwalt at 432-208-1011 or email at deadlegend36@yahoo.com .</p>
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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	
	5 – Lake Colorado City Bike Tour – 25 & 42 Miles http://www.tpwd.state.tx.us/newsmedia/calendar/calpage=s0092	Colorado City, TX	325-728-3931 325-728-3403
	4-5 – Tour de Nine Zero – 7, 31, 50, 84 or 101 miles Caprockcycling.org/ninezero/	Roaring Springs, TX (NE of Lubbock	806-795-7552
	5 – 3 State Mountain Challenge	Chattanooga TN	
	6 – Spillway Hill Offroad Duathlon	San Angelo, TX	
	12 – 13 Cougar Crit & Houston Grand		
	13– MPD Memorial Rid	Midland, T	John Kerrigan 685- 7964 See Details below
	16– Ride of Silence	Midland, TX	John Floyd 967-4232
	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, TX	
June 2007	9 – Spindletop Spin Tour – 12, 45, 72 miles	Beaumont, TX	409-839-2332
	9 – PBBA Alley Oop Ride – Leader Needed	Iraan, TX Lions club	
	10 – Metroplex Sprint Triathlon – 800M, 27K, 5K	Grand Prairie, TX	
	10 – 16 Oklahoma Freewheel – Ride across OK	Comanche, OK	
	16-17 National 24 Hour Challenge	Middleville, MI	
	30 Firecracker 100 Bike Ride		
	29, 30 & July 1 – Heaven in the Hills	Ruidoso, NM	Fred Hunley Details below



2007 Tour de Nine-Zero May 4-5, 2007 <http://caprockcycling.org/ninezero/>

Update. For every \$50 in donations that a rider raises, they will get a door prize ticket. This group has \$1300 in prizes to give away on Saturday May 5th at Roaring Springs NE of Lubbock. Roaring Springs is about 190 miles from Midland or 75 miles north of Post. Come try the 101 or 85 mile ride with us.



SPILLWAY HILL OFFROAD DUATHLON

The 3rd Annual Spillway Hill Off Road Duathlon is almost here. It's scheduled for May 6, and will be a fun 2.5 mile trail run, 10 mile mountain bike, 2.5 mile trail run. The race venue is Middle Concho Park in SW San Angelo on the Middle Concho River. Camping is available at the race site. Visit http://www.teamsanangelo.com/uploads/SPILLWAY_HILL_DUATHLON.pdf for an event flyer.

Bill Cullins
Race Director

POLICE MEMORIAL RIDE

The Police Memorial ride will take place on Sunday, May 13th at 2:00 pm. The ride will be 14 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.

NATIONAL RIDE OF SILENCE

Where: TBA

When: May 16, 2007, 7pm

Why:

- to mourn those cyclists already killed by motorists
- to raise awareness (among motorists, police, and city officials) of cyclists on the road
- to have motorists know we only want to share the road we ride on
- to show that cyclists are not going away

THE RIDE OF SILENCE WILL NOT BE QUIET

On the third Wednesday of May, at 7 PM local around the world, cyclists will take to the roads in a silent protest of the carnage taking place on the streets.

QUESTIONS: CONTACT JOHN FLOYD @ 432-366-7606

HEAVEN IN THE HILLS (hosted by Fred Hunley)

We have some very good tours, then we have some great ones, but some of the tours go over the top! This is one of them. One of these days I wish that all PBBA members could make this ride together. But we will take what we can get and miss the rest. If a couple of little hills and clean air so fresh you can smell the trees and hear the breeze coming through the pines right at you instead of RIGHT AT YOU if you catch my drift, sounds good, then this ride awaits you. Please if you have done this ride before talk someone into going with you. Who knows....they may like this ride so much that they will cover most of the hotel cost. Last year Nigel and I sat on the patio after the Saturday Cloudcroft ride and chatted, smoked a cigar and drank a beer until it was so chilly we had to go in. Remember when we go (June 29, 30 and July 1st) the days are usually cooler than they are here. I can't say enough about Ruidoso, nor can I ride enough while I am there. I will be working a little while I am there, but will find time to ride. I will be there June 27 through July 1st so any one who would like to ride during that time can call my cell. I try to get most of my rides in before everyone arrives on the 29th because this ride is all about YOU. I plan on going out of my way to make sure this is a very nice ride for everyone and if I get to ride then that is a bonus.

OK. Lets get started.

Friday, June 29th Whiteoak Ride - will leave at 1:00 pm. (Great start to the Weekend). Will try to get together after for dinner or can go separate ways. Can't lose either way with the great restaurants.

Saturday, June 30th. Options and more options. We have a Capitan ride which Jay and the Gang have had going for quite some time. Now if you don't know Jay and Georgia before the ride, you will know them after. Then there is the Cloudcroft ride 'Wow' I don't think this ride is any better, just longer and harder. As Nigel would say "ja a bit". Sunday, July 1st, we have always done the Ski Apache Hill Ride (except for last year it was too dry and they would not let us up the hill). For those who do not want to do the hill ride we have a very easy mostly downhill ride back to the motels, which is a wonderful ride in its self. I just want to warn you not to enjoy it too much while the rest of us are climbing probably the most scenic ride in West Texas...Oh, that's right we are in New Mexico, huh? If the weather holds it promises to be a great weekend. I talked with Jay and don't think he will be there but lets hope, since he is the person who got me involved with this ride that I can't let go of, that he might show up. Oh and I forgot to tell you about your free meal Saturday night (on the Patio of the Best Western Ruidoso Inn). If you show up I gotta cook for ya and anybody you bring. No Problem. Please tell me if you will come, so I can be ready for the load.

Motels and Rates for Club Member's (be sure and mention PBBA)

Sitzmark Chalet

505-257-4140 \$40.00 single \$50.00 double No Breakfast

Best Western Ruidoso Inn

505-257-3600 \$TBA

Continental Breakfast

Indoor pool and Hot tub

Fort Davis Hammerfest

We had a great weekend of bike racing in Fort Davis. Saturday was a little breezy (OK, WINDY), but that did not take anything away from the quality of the racing.

We had 331 racers start the Saturday morning Time Trial. The first riders rode in pretty calm conditions, but by the afternoon we had 40 mph winds. But everyone raced anyway and had nothing but good things to say about the race and all of the volunteers and referees that made this race happen.

Here is a sampling of what the racers had to say:

I guess I'll be the one to start this thread. The racing this weekend was fantastic! Everything from the organization to the friendly atmosphere was top notch. Like I told my wife last night, there are very few races I will drive 8 hours to do...but this is definitely one of them. To all those who raced, it was great suffering with you! Until the next episode...

Yep - every year the racing gets better and better.

Congrats to everyone who raced - it is definitely one of the more memorable races of the year.

I have to agree. The people in Fort Davis really know how to put on a race and the courses are absolutely fantastic. I'm still not sure which stage was the most difficult or the most fun.

Definitely the highlight of the season...great location, great town, great organization, great course, great competition...

beautiful course, great competition. def. worth the drive.

Thank you in advance, and props on a great race weekend! It was well worth the drive!

First let me say what a wonderful race you guys put on! I think it was the most professionally run stage race I have ever attended. Kudo's.

Thanks for a great weekend of racing once again. We always love coming out to Fort Davis.

I just got back into town. **THANKS** again for a great event. Me and my friends from Wichita Falls had a great time, the housing and the spaghetti dinner was especially cool!

PBBA Race Team Results

Mens Cat 4		Masters 45+	
Jason Kinman	6th	David Gardner	23rd
Cliff Cyphers	44 th	Scott Anderson	28th
Mens Cat 5		Lance Bowers	DNF
Brian Singletary	9th	Masters 55+	
Steve Dodd	13th	Ken Pittaway	10th
Read Johnston	21st	Steve Betton	11th
Blair Roberts	24th	Women Cat 3	
Junior Open		Teresa Newman	1st
Trevor Anderson	DNF		

For complete results – go to www.peytonsbikes.com

HAMMERFEST PICTURES



Recumbent Corner

BY: David Eggleston

Well, the weather is getting nice and riding is picking up. One question people ask is, "Who rides recumbents." There are many answers. The wife of one of my Dutch friends (herself a nationally-ranked racer) says, "old cyclists that have money" and there is more truth to that than one might expect. When you get old you get touches of arthritis (no, young people have no idea what that is: it simply means that you start to get pains in some joints such as fingers, neck, knees, elbows, backs, etc.) And yes, no matter how young you are, you are assured of getting old, unless of course you die first, which is no fun at all. I am of the age that some of my friends and associates are passing on. When that happens you get a heads-up that you are mortal too, and you won't last forever either.... So you better enjoy riding while you can.

Back problems are one of the primary reasons people switch to recumbents. Riding on the drops is great for low drag on an upright bike, but you can reach an age when your back and neck don't want to do that anymore. The luxury of recumbent seats is a major reason people switch to recumbents. The Euro seat, shaped to fit your buttocks and your back, eliminates the need to adapt to a narrow seat. So you can ride all day with very little buildup of pain, as the loads to support your body are spread out over a much larger area.

Another reason to ride a recumbent is the possibility of going faster. Yes, there are recumbents on which you will be faster than you could be on an upright bike. I think that is one of the reasons for all the enthusiasm for recumbents in the Netherlands. They have flat polders in the West, but they also have strong winds. The physics of wind are such that the lower to the ground you are, the slower is the wind. And since the Dutch have fietspads (bike paths) almost everywhere, they hardly ever have to ride in car or truck traffic, so being very low to the ground carries no danger of not being seen. We, on the other hand, have to ride in traffic all the time (except for MTBs off-road), so many people are scared to ride very low bikes in traffic.

I had the same fear when I met Jeff in Minneapolis. He is about 6'5" or so, but rides a home-built, front wheel drive recumbent that is as low to the ground as I have ever seen. When he rides it his bottom is but a few inches off the ground, and his seat is very reclined. At stoplights he simply balances the bike with his bike-gloved hands to the ground. He compensates for his lowness with a very loud horn (like an Air-Zound). I couldn't believe it as I saw him ride off, down the street with car traffic. He cut across a pedestrian path at a stop light, turned the corner, and was gone. Later I saw that he raced that bike in the HPVSC races (Human Powered Vehicles Speed Championships). The HPVA is the sanctioning body for recumbent racing. Greenspeed, which manufactures many models of recumbent trikes in Australia, has one model, the SLR (which I am told stands for 'stupidly low recumbent') with 16" wheels. It is tiny and very low to the ground. A 50 year old lady from Connecticut loves her SLR, and the standing joke is that she could ride under a parked 18 wheeler and not hit her head. ☺ Greenspeed also makes a recumbent tandem trike that is probably about 12 feet long, where the riders are practically sitting on the ground. Yet people have ridden it safely through China and Asia on tours (they got lots of attention!). So there is just no telling what some people will do.

I met some touring recumbent cyclists that had ridden from northern Washington State down to Portland, OR. They were riding low recumbents, heavily loaded with baggage. They said they were initially afraid to ride a low recumbent in traffic too, but riding with their Club they got so used to it they were no longer afraid, and now they ride their low recumbents everywhere. Of course you have to do what you feel is safe, so I guess you have to call these people daredevils. But are they really? They don't think so. 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

As cyclists and athletes, we are constantly training and comparing our performance to our last workout. It may be how far we rode, how long it took or how many calories we burned. Whatever, the measurements, we typically get ourselves into a set way and place to exercise. I am less competitive than I used to be, however, my typical rides are pretty much the same as they have been for over four years. I still check my distances and times from previous rides for comparison.

The tires on my bicycle are on a first name basis with every rock, every bump and every hole on the service roads of Hwy 191. People in my neighborhood see me leave my house and can pretty much set their clocks that I will be returning in about one hour and 25 minutes. If variety is the spice of life, I am cold oatmeal.

The route of our Wednesday club rides from Peyton's was recently changed due to changing traffic patterns and the desire to make things a little less threatening to the newer riders. Low and behold, this has been met with a bit of resistance. After all, that same route has been used for how many years. I have found it a bit refreshing to alter our route. We can see different things and observe life from a slightly different angle.

As most know, I drive all over the Permian Basin and West Texas as a part of my work. The highways in this part of the world can get pretty boring. My mind begins to wonder and the next thing I'd do is daydream, evaluating my current route for possible future bike rides or tours.

Without considering elevation changes, prevailing winds or transportation to and from the starting/finishing point here is at least a partial list of rides that I would like to make.

I would like to ride from Rankin to Iraan, Texas. I would also like to ride from Crane to McCamey and then to Iraan. The West Texas "mountains" provide a somewhat scenic backdrop for a rather flat and straight ride. Also, the roads from Iraan to Interstate 10 look rather challenging.

I would like to ride from Balmorhea to Fort Davis. Okay, I know that this is a club sponsored ride, but I have never been able to participate. That road is pretty and scenic again in a West Texas way.

There are a number of tree covered lanes and back roads in Irion County in, near and around Mertzon, Texas. Given the lack of trees in our immediate area; I think that would be a fun afternoon of leisurely riding. There are a number of historically significant spots that would offer enough of a diversion that the day would pass all too quickly.

During the right time of the year, the roads around the farming community of St. Lawrence. This is south east of Midland and there are miles and miles of irrigated and dry land cotton. There is something about a well cared for cotton field that is refreshing.

Whatever rides we would like to take, sometimes just varying our route a little is enough to get us out of a rut and back on the highway of enjoying our pastime and chosen means of exercise. Whatever your route, have fun and ride safe.

PBBA ANNOUNCEMENTS

We found out at April's meeting that Fred Hunley can not only ride a bike well, but is a great cook. Fred's chicken fajitas and guacamole were delicious. Paul Heyroth provided tortillas that were so fresh that they were still warm. Teri Cason made sure that there was plenty of cheese. Teresa Newman provided tasty refried beans. Doug and Linda Randal gave us a choice of cake or pie. I appreciate Mike Mathis for being dependable to bring drinks every month.

Lasagna, salad and breadsticks will be served at the May meeting. See you there!

KATHY HESTER
FOOD COMMITTEE

Some of you may have received an email indicating PBBA has a new email address. Please disregard this email (it is for newsletter distribution only) and continue using

pbba@peytonsbikes.com

PBBA CLUB MEETING

MONDAY MAY 21ST

KNIGHTS OF COLUMBUS BUILDING
CORNER OF 1788 AND CR60

PROGRAM – UPDATE ON MS150 AND
CYCLEFEST

Ride leader needed for the PBBA Alley Oop Ride (Lions Club) The date is June 9, and the place is Iraan, TX. This is a fun ride. If interested call Kent Crowell @ 528-2891 or 687-5292 or email him kcrowell@apex2000.net

LEGISLATION COULD CREATE “SAFE PASSING LAW”

Cyclists are asking lawmakers for help in providing added safety on state roads. Approximately 50 people die each year from bicycle-automobile crashes in Texas, according to Robin Stillings, spokesman for the Texas Bicycle Coalition.

For more info go to:

http://woodlandscycling.org/index.php?option=com_content&task=view&id=83&Itemid=9

HB 1790/SB 248: Safe Passing Bill

HB 1790 passed the House Transportation Committee and will go to the Calendar Committee to be added to the House Calendar for a floor vote. Go to: <http://www.biketexas.org/>

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