

The Official Newsletter of the
PERMIAN BASIN BICYCLE ASSOCIATION

WINDBUSTERS

Volume XIV, Number 10
OCTOBER 2008



The **P**ermian **B**asin **B**icycle **A**ssociation 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. 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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CALENDAR OF EVENTS

Local
Rides

Sunday Ride – Leaves the Cumulus Radio Parking Lot (1788 & 191) at 2:00. Everyone is welcome from beginners to racers. For more info email brammer10@aol.com or call 559-5346. Be sure and bring your helmet and plenty to drink.

Tuesday - Ladies Ride – Leaves the Grande Stadium's North parking lot at 6:00PM. This is a slow pace ride, everyone is welcome (and Yes, Guys can come too!). For more information email Kelly Brammer at brammer10@aol.com or call Kelly @ 559-5346

Tuesday & Thursday - From Race Pace to Intermediate - Leaves S.E. corner of Loop 338 & Hwy 191 (The Professional Center) at 6:00 P.M.

Wednesday - Peyton's Wednesday Evening Ride. Beginner to Expert! Distances from 17 – 28 miles. Ride off at 6:00 PM

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 8:30 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.

October 2008	4 – Ride The Wind 08	Roscoe, TX	Lindsey Turner 325-236-9499
	5 – Buffalo Springs Chainbreaker WT MTB Race	Abilene, TX	
	10 – 12 River Region Bicycle Classic Tour	Garner State Park Concan, TX	800-210-0380
	11 – Paluxy Pedal Bike Tour	Glen Rose, TX	
	11 – Monahans Moonlight Ride	Monahans	Kathy Hester 699-7006
	19 – Chaparral Challenge WT MTB Race	San Angelo, TX	
	24 – 25 MyoMed Ragnar Relay Race	San Antonio to Austin, TX	800-83-RELAY
November 2008	2 – Bent Wheel Bash WT MTB Race	Buck Creek, Abilene, TX	
	16 – Hub Buster Classic WT MTB Race	Lubbock, TX	



MONAHANS MOONLIGHT RIDE 2008

Come to the Monahans Sandhills State Park on Saturday, October 11 for a fun evening of fellowship and riding by the light of the full moon.

Have your headlights and reflectors in working order and as always wear your helmet.

We will eat at 6:30 pm and begin the ride soon after we eat. You may need some warmer clothes if temperatures are the same as last year.

Riders hoping for more distance can meet at the railroad house/picnic pavilion at 4:30 for an hour out and back ride.

Ride The Wind™ '08

Bikeathon to benefit Children's Miracle Network

Rider Registration For Oct. 4th

Rider's Name _____

Rider's Age _____ Rider's sex _____

Rider's School (if current student) _____

Rider's Legal guardian(s) (under 18) _____

Address _____

Telephone(s) _____

E-mail _____

Emergency contact _____

T-shirt size – YM AS AM AL XL XXL XXXL

Please Circle your desired route

Experienced Route – 80 miles, some intense hills and curves \$30

Adult route – 35 miles, some intense hills, \$25

Children's / Family route – 10 miles, some smaller hills, tired children can
be carpooled back to start after 5 miles, \$15

*The event will begin at 9am, at Highland School on FM 608 Roscoe, Texas. All riders
are encouraged to arrive early. Cost include T-shirt, food, and entertainment.*

Please mail or drop off the completed page to...

Lindsey Turner
West Texas Wind Energy Consortium
119 E. 3rd St. Ste 301
Sweetwater Texas 79556

Reflections From a Two Time Ironman

Submitted by Craig Freeman

I have just arrived home from Ironman Wisconsin. There are still many emotions and thoughts rolling around that I am sorting out. I guess that Ironman racing messes up the chemical balance in your brain (some would say that your chemical balance is messed up first and then you race) anyway it keeps you from being able to think clearly. Perhaps that is a result of too many gels or it's your mind's attempt to block out what has been an attack on every living cell of your body. After such experiences in life some feel compelled to write. At least I do. You want to tell the world about how you took on a huge challenge and beat it. Even greater still you want to tell others "Aim higher!! Don't be afraid!! Commit, train, fail, train more, work harder, you will succeed!!" Being a part of the Ironman fellowship is a privilege available only to those who are willing to work harder and sacrifice more than most, and are blessed with a body that can endure the stress. But, it is a fellowship, a brotherhood, that is open to all who are willing to take on the challenge and welcomes all who succeed.

Before I share my thoughts and the events of the day I want to thank a few people. I want to thank four time Ironman Rob Crumpler. I had bought a bike and was pushing myself trying to ride with the lead pack on the local Wednesday night rides. Rob noticed my quiet determination and persistence and asked me one evening while heading out for a ride, "What would it take to talk you into trying an Ironman." I was flattered because I knew that Rob knew what it took and he would not have asked me if he thought I did not have the right stuff. So, thanks Rob for believing in me. I would never have tried it without you. To my wife Linda, thank you for letting me have the freedom to chase a dream. Thank you for supporting me and for being proud of me. I love you. And finally, my coach, Andrea. Thanks for getting me ready. Your expertise has gotten me to the starting line in race after race injury free and ready to go. Even though I have no affiliation with the University of Texas I am always proud to wear the Texas Iron colors and race as a member of the Texas Iron family.

Ironman Wisconsin has a reputation for weather, usually bad. This year God smiled and gave us a glorious day for racing. High in the low seventies, and a nice tailwind home on the bike. As in all Ironman races this race was well organized. Registration went without a hitch, and the expo had everything you could want or need. I arrived at noon on Friday and was through registration and had my bike picked up in about an hour. Andrea, the voice of experience, advised that I go drive the course. Not only was it a beautiful drive but it prepared me for the hills. Wisconsin is loaded with ups and downs. Knowing what to expect on Sunday was a huge advantage. I saw fifteen or twenty riders out on the course some as far as thirty miles from home late Friday afternoon. Those fools really need a good coach.

I slept well the night before the race. The alarm went off at 5:00am. A quick peek outside confirmed that it was dark. Further examination revealed that it was not raining, and not too cool. So far so good. After my pre race meal of two pieces of bread with jam I headed out. On my walk to the start area I passed a threesome of college students, two girls and a boy headed home after what had obviously been a long night of partying. There is something strange about starting your day just as someone is ending theirs. Am I getting a head start on them or did I get shortchanged on the previous day?

Once I got to the race start I ran through the check lists one last time to confirm everything was done. Lists really take the pressure off on race day and allow you to not fret

over the details. I got in the water early to secure a good spot to start. Soon the canon fired and we were off. About four hundred yards out I got caught in the right eye by a perfectly thrown elbow, unintentional but dead on target. Luckily my goggles stayed put, (thanks Rob for the tip on putting your goggles under your swim cap). I could not see out of my eye, but it did not hurt to bad so I paddled on. Twenty-five minutes later my vision had returned to normal and I was fine. The water felt good and the crowd scattered out by the start of the second lap. I got in a nice rhythm and stroked out the last half of the swim without any other mishaps. Upon exiting the water I was delighted to see that I was ahead of schedule with a swim time of 1:11 and change, twelve minutes faster than last year at Louisville and two minutes ahead of my goal. It's a long run to transition up a parking garage ramp to the changing rooms inside the convention center. Fans line the whole way and cheer you on. I had decided to make a game time decision on what to wear on the bike. I had packed plenty of options in case it was cold or wet. With the weather looking great I opted for just my trusty Texas Iron jersey and tri shorts. On the way to the bike the Port-A-Johns caught my eye and I realized that I was under pressure, if you know what I mean, so I made a pit stop. Should have locked the door. Twenty empty potty's in a row and sure enough someone else picks the same one as me. Hello....my bad.....

Off on the bike, wheee my favorite part of triathlon. From driving the course I was mentally ready for what was coming and knew to take it easy. Wisconsin is beautiful and the course has lots of turns and crooks so the miles pass quickly. I lost count of the number of times I saw a rider throw their chain off dropping from the big ring to the small one at the start of a climb. Never underestimate the value of a good bike mechanic. Nutrition can make or break your race. With the cool temperature fluid loss would be less than the two bottles per hour that I can easily use in the hot desert of West Texas so I supplemented extra gels to help increase calories and reduced the fluid intake. I got a little scare from a side cramp about mile twenty but it did not last to long. In Louisville I was cramped up from mile twenty to mile ninety so I was really relieved when it started to get better this time after only about twenty minutes. I think the salt tablets with a little water kept things from getting out of control. At the end of the first lap my average speed was up to 19.2 and I was feeling good. A breeze had picked up and we had a headwind back out on the second loop. I am use to wind so I felt right at home and knew that it would provide extra speed on the way in. Second time around the hills start to take their toll and the climb into Verona told me that I did not have much pop left in my legs. But now the wind was at my back and I was cruising home at well over twenty miles per hour. By the time I could see the Monona Convention center and the end of the ride my average speed had increased to 19.5. My 5:45 bike split was faster than my goal. Two legs complete and I was ahead of my time goal. I was having a great day.

Going into the race I knew that the difference in a good time and a great one for me would depend on how well I could run. The race clock read 7:09 when I crossed the timing mat to start the last and most difficult part of any triathlon. The weather was still wonderful and the crowds were doing all they could do to get you going. They did too good a job and I ran the first mile in 7:50. Dang, got to slow down and get under control. Around mile five I felt the energy going away. It's at this point of the race when the mental part really comes into play. Your mind hears your body crying for mercy and says "HEY YOU IDIOT YOU ARE KILLING ME!!!! STOP!!!!" I see a mile marker that reads "5/18" and know that I am only on mile five and it will be a long time before I am here again for eighteen, and when I finally get back here I will still have eight more miles to run. A bunch of guys are on their front lawn grilling hamburgers, sipping cold drinks yelling "your looking strong", but I know they are

thinking " that poor guy looks like crap, my grandmother runs better than that." These are the times during the race when Andrea's coaching really helps. She says you must look inside and ask, "Am I really doing the best I can right now?" If the answer is "no" then now is when you find out what kind of competitor you are. I realized that I had fallen behind in my nutrition and was running out of gas. A shot of cola at the next aid station along with a handful of pretzels and another delicious gourmet tri-berry gel helped me refuel. The cola kicked in quickly and I was able to recover and moved along really well for the next few miles. I hit the turn around halfway point with 1:59 split showing on my watch. Only thirteen miles to go.... Ouch, I remember the first time I ran just five miles without stopping. Was that really only four years ago? It seemed like such a long way then. And sadly, it seems like a long way right now.

Everyone is hurting at this point. I encourage others around me when I pass them and they encourage me when they pass me back a few minutes later, and so it goes. This is when the understanding comes. The appreciation for fellow Ironman athletes and the battle we each go through to finish a race. As the last painful miles wind down and I am happy to run by each marker and know that I am now on the big number on each sign. Finishing is now within my grasp and I know I will complete this race. In an insane way I am sad that it is almost over, it's such a long road to get here. In a totally sane way I am delighted to see the finish and my daughter coming out of the crowd to run the final yards with me. I finished the run with a 4:23 split and the race with a total time of 11:33:43.

Looking back, obviously I struggled through the last half of the run and perhaps went out a little too fast but I can say that each time I looked inside and asked " Am I doing the best I can right now" I was able to answer the call and keep going. Thanks Andrea, no regrets.

Bumps on the Head:

Submitted by Kent Crowell

What can you expect if you or a cycling partner receives a severe head injury?

The National Institute of Handicapped Research defines severe head injury as, "serious traumatic injury to the brain requiring extensive services over an extended period of time." Much remains to be learned about the incidence and course of severe head trauma, but some facts are known about head injuries: The exact damage is hard to predict. The symptoms of severe head injury can vary greatly depending upon the extent and location of brain damage. Damage is not always confined to the point of injury. In many cases of brain injury the brain crashes violently against the skull on several sides causing diverse injury and symptoms unrelated to the functions associated with the specific part of the brain suffering acute injury. Damage at a specific location will cause specific symptoms. Person with damage to the left side of the brain often experience communication problems related to speech, comprehension, and reading and writing skills. They also often suffer paralysis or impaired functioning of the right side of the body. Person with damage to the right side of the brain often have impaired function of the left side of the body. Spatial perception and judgment are particularly vulnerable. Damage to either side can result in sensory impairments related to touch, vision, pain, and temperature and position sense. Often both sides of the body are impaired. Usually some communication, judgment and perception problems occur regardless of which side of the brain was damaged. Furthermore, people working with head injured clients often report their clients suffer from varying degrees of memory loss and impaired learning ability. Personality

changes and lack of emotional control are also common. This then results in complications with the client's relationship to family and friends -- resources critical to successful rehabilitation.

In addition to the deficits discussed above, several secondary conditions are common, including the following:

Medical

- Muscle contractures
- Spasticity of muscles
- Bowel and bladder dysfunction
- Urinary tract infections
- Pneumonia
- Seizures
- Shoulder problems.

Mental/Psychological

- Depression
- Loss of Judgment
- Memory loss
- Lowered self-esteem
- Impulsiveness
- Headaches (may be medical or psychological).

About 10 to 25 percent of brain injured people return to work within two years if they rely on the existing service system. Almost all brain injured people are able to live in community, non-institutional settings, using minimal local resources. Early intervention and timely rehabilitation services are critical to attaining maximum independence. Sheltered workshop settings are appropriate for many of the severely injured people who could not work full-time or meet competitive job standards.

The National Head Injury and Spinal Cord Injury Survey studied the extent of head and spinal injury in the U.S. and determined the following figures:

- In the early '70s, about 422,000 Americans per year were admitted to hospitals with head injuries. This figure represents about 200 out of every 100,000 persons.
- In 1974, the estimated cost of head injury in the 48 contiguous states was \$2.4 billion (\$3.9 billion in 1980 dollars).
- The incidence of head injuries among males is almost twice that among females.
- Males fifteen to twenty-four years of age incurred more head injuries than any other age group.
- Motor vehicles accidents (including bicycle victims) cause nearly one-half of all head injuries. Sporting activities are another major contributor. The more serious the injury, the greater the likelihood that it was caused by a motor vehicle accident.
- Head injuries occur most frequently on weekends.

Tragically, the severity of many brain injuries is controllable by preventative measures. Adapted from "Rehab Brief", Vol V, No. 5, National Institute of Handicapped Research

The View From Back Here

By Russell Livingston

Summer is a fading memory as we settle into our Fall routine. For me, my early morning rides are rapidly coming to an end and only one or two afternoon rides are going to fit themselves into my schedule. By the time this is read, Cyclefest will have come and gone and this time next month, I will be writing about that annual classic ride.

The past few weeks have been this cyclist's worst scenario. Basically, I am a fair weather friend and the buckets of rain that have fallen have really put a damper on our riding. It was Monday, September 7 that the misery started.

Our morning ride began as usual, at 5:15 AM. Lit up like a Christmas tree, we made our way to our appointed rendezvous point with fellow sleep deprived riders Robert Thomas and John Gould. We could see the lightning, and it seemed to be far away, past Odessa to the West. The streets were dry and the wind was not severe and we continued our ride to Highway 1788 without thinking too much about it.

Later, Robert confessed that he noticed the lightning getting closer to us, but instead of stating the obvious, continued to pedal to the house. My daughter, Whitney, and I were oblivious to the whole situation and simply enjoyed our ride at our normal pace back to the house. It was still dry when we got to the front door at 6:30. Going about our normal morning routines, we were shocked by a clap of thunder and dark skies and rain at 7:30.

We had lucked out on missing the beginning of a very wet and rainy week.

Even the weekly Wednesday ride was cancelled due to weather. I would estimate there was water in every curb in Midland by that time. Not to be totally shut down, the heartiest met at Rosa's at our appointed time and told lies about our hard Wednesday rides. Those evenings, eating a taco and swapping tall tales has grown into a weekly highlight for us.

Of the memories shared was one of our friends, Mary Elliott. Now Mrs. Elliott, as her students would address her, is a fun loving free spirit of a rider. Mary and Bob Elliott ride a tandem much of the time. Since Mary is the stoker, she finds a multitude of ways to occupy herself. Apparently, the Elliotts have begun sharing music with each other. Bob and Mary wear headphones and even have an intercom system they use to communicate with each other.

There was no doubt about their taste in music on that fateful Wednesday though. The View From Back Here observed Bob, head down and pedaling with all his might. Mary, on the other hand was straight up in her saddle playing the air guitar and doing the hand motions of that famous classic tune, YMCA. An image indelibly etched in my mind. Thank you Mary for the memory of the Summer of 2008.

Here's hoping your memories of the Summer of 2008 are good. In the meantime, have fun and be safe.

PBBA NEWS

The National Multiple Sclerosis Society
Proudly Awards
PBBA
Mike Hester, Team Captain
Largest Team



W WILLIAMS OIL COMPANY

Cactus & Crude
Ride 2008

The National Multiple Sclerosis Society
Proudly Awards
PBBA
Mike Hester, Team Captain
Top Fundraising Team Total



W WILLIAMS OIL COMPANY

Cactus & Crude
Ride 2008



Soup is on for the October meeting!
We will be having soup and grill cheese with a dessert. Thanks to Peyton Thorn for preparing spicy beans and to Tom Elliot for his brownies that went well with the chopped BBQ on a bun. Let me know if you have a special dish that would go well for the November meeting.
Kathy Hester

PBBA MEETING
October 20th
KNIGHTS OF COLUMBUS BUILDING
CORNER OF 1788 AND CR60

Dinner @ 7pm \$3.00
Meeting starts @ 7:30pm



Fort Davis and West Texas are about to burst onto the world cycling scene!! For more see this link:

<http://www.txbra.org/forum3/index.asp?page=loader&forumID=23>

THANK YOU KATHY HESTER FOR THE GREAT PICTURES YOU TOOK AT CYCLEFEST!
HERE IS THE LINK:

<http://cyclefest2008.shutterfly.com/>

NEWSLETTER DEADLINE

DEADLINE FOR THE NEWSLETTER IS THE 15th OF EACH MONTH. PLEASE SUBMIT ALL ARTICLES, PICTURES ETC. TO KELLY BRAMMER - BRAMMER10@AOL.COM OR CALL 559-5346.