

The Official Newsletter of the
PERMIAN BASIN BICYCLE ASSOCIATION

WINDBUSTERS

Volume XIV, Number 9
SEPTEMBER 2008



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. 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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Meetings Program	Nigel Cowan	550-8006	nigelcowan@grandecom.net

**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**

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 Kelly @ 683-3018 or 682-2617. 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. Be sure and bring your helmet and plenty to drink.

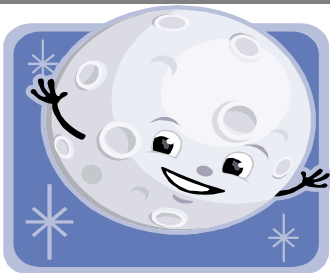
Tuesday & Thursday - From Race Pace to Intermediate - Leaves S.E. corner of Loop 338 & Hwy 191 (The Professional Center) at 6:00 P.M.

Wednesday - Peyton's Wednesday Evening Ride. Beginner to Expert! Distances from 17 – 28 miles. Ride off at 6:15 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.

September 2008	4 – SABA Mountain TT	San Angelo, TX	
	6 – Amish Country Bike Tour	Dover, Delaware	
	6 – Comanche Warrior Sprint Triathlon	Big Spring, TX	
	7 – Bull Taco Hills WT MTB Race	Canadian River, TX	
	11 – SABA Road TT	San Angelo, TX	
	20-21 Fort Davis Cyclefest Bike Tour	Fort Davis, TX	432-699-1718 800-373-4764
	20 – Red Bull Burner 12 Hr DH MTB Race	Angel fire, NM	505-350-5855
	27 – St Anns 5K to the Fair Run (kids 1M, 5K & 10K)	Midland, TX	432-687-7575
	27 – Tour de Ruidoso Century & 100 K	Ruidoso, NM	575-336-1151
	27 – Conquer the Coast Tour	Corpus Christi,	
	27 – Waco Wild West Century	Waco, TX	
	28 - Chili Pepper Challenge	El Paso, TX	
	28 – Pain on the Plains WT MTB Race	Palo Duro Canyon, TX	
	27 – Oct 4 – Cycle North Carolina	Black Mountain, NC	
October 2008	5 – Buffalo Springs Chainbreaker WT MTB Race	Abilene, TX	
	10 – 12 River Region Bicycle Classic Tour	Garner State Park	800-210-0380
	11 – Paluxy Pedal Bike Tour	Glen Rose, TX	
	11 – Moonlight Ride	Monahans TX	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



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 a hour out and back ride.

TxDOT Replaces Existing Signs

Communications with TxDOT (Texas Department of Transportation) over several accidents has resulted in the ongoing replacement of existing signs with the new larger, high visibility signs. Glen Larum, District Public Information Officer, was contacted to review possible actions to increase bicycle awareness. He requested information regarding current bicycle routes used by the local cycling community. The SH-191 – Midland to Odessa, SH-158, and Gardendale loop, the Chemical Loop, and the Crane ride route were sent to him. He took this information to Kelli Williams, District Traffic Engineer. She directed the district maintenance department to replace all existing signs with the larger high visibility signs. This will be an ongoing project until all the signs are replaced. The signs will be replaced in different areas as they are contracted. Additional review into additional signs will occur upon completion of the sign replacement.



Many riders have commented on the increased visibility of the new signs. Glen Larum was contacted by a local television station about the new signs. They were surprised to learn that the bicycle signs had been there for several years, and were just being replaced by the high visibility signs. This indicates the new signs are a definite improvement. Club members are encouraged to send a note of appreciation to Glen Larum (glarum@dot.state.us) and Kelli Williams (kwillia@dot.state.us).

By Mike Hester

2008 State Individual TT and Team TT

This event was again held in Pattison, which is just northwest of Katy. This means it was hot and HUMID which can lead to some serious fluid loss even when just standing around for some of us desert rats. This was the first race I had been to where the promoter had the good sense to start the Junior and Masters categories before the skill categories. This of course did not sit well with everyone, but hey, you can't please everyone all the time and whining will get you nowhere. Individual time trials were on Sat, August 2, and teams were Sunday, August 3. So, enough of this; here are results for PBBA racers and other local racers who are on other teams (sorry if I left anyone out; I could have been delirious.) Complete results/times are at southernelite.org

Individual TT

Master Men 55 – 59	John Colburn	12 th	1:03:47:87	PBBA
Master Women 45 – 49	Teresa Newman	1 st	1:02:43:88	PBBA
Master Women 50 – 54	Clare Murphy	2 nd	1:10:45:56	PBBA
Master Men 45 – 49	Andy Orsa	11 th	1:00:08:91	Chaparral
Men Cat 5	Michael Ramsey	6 th	59:37:67	PBBA
Master Men 35 – 39	Eric Burkhart	5 th	1:01:43:03	Solar Eclipse

Team TT

Master Women 30+ Clare Murphy, Carol Gogas, Teresa Newman, Lezlie Castleberry
2nd Place 1:05:25:98

Master Men 60+ Ken Pittaway, Steve Betton, Dean Wilkinson(Matrix), Wallace Swanson (TBI)
1st place 1:04:34:14

The Bike Helmet Myth: Slow Riders Don't Need to Wear Helmets

Check out this article at

<http://www.stevespangler.com/archives/2006/03/12/the-bike-helmet-myth-slow-riders-dont-need-to-wear-helmets/>

or search

Raleigh Burt - Colorado State Science Fair Winner

or search

[the-bike-helmet-myth-slow-riders-don't- need-to-wear-helmets](#)

Click on the Audio MP3 box or arrow and turn on your speakers to hear the podcast. About 13 minutes long.

Listen to this Colorado 8th grader talk about his Science Fair project on why we should wear helmets even if you are not moving or going slow.

The pdf link doesn't work but I'm working on it for next month.

My helmet saved me from bad news after the Golden Corral ride on 8/10. Doing better now. Thanks to all the calls and emails.

Sincerely,

Kent Crowell

Goddard Jr High School

Midland TX

Donate to the MS 150 Bike Tour:

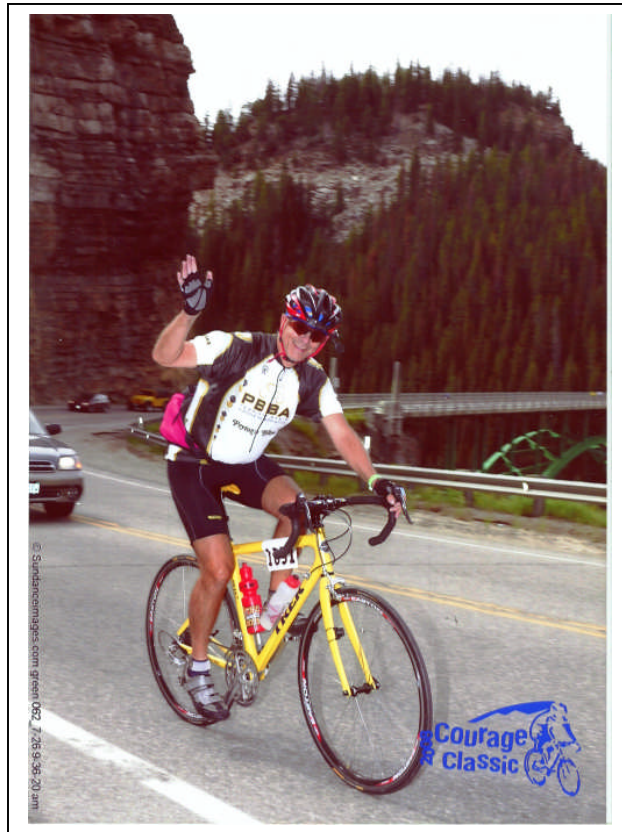
<http://main.nationalmssociety.org/goto/KentCrowell>

Courage Classic – Colorado - July 26 – 28, 2008

By: Bob Elliott

The Courage Classic is a great ride for a great cause. It is a charity ride, like MS 150, for the Children's Hospital in Denver. Three mountain passes in three days and about 150 miles. Each night is in Copper Mountain with the start at Leadville (10,152'). About 2500 riders, but since it is not a mass start you never feel crowded. From Leadville we rode over Tennessee Pass (10,424') and down past Camp Hale (9,400'), site of the 10th Mountain Division of WW II fame. Then we rode over Battle Mountain (nearly 10,000') and down through Minturn to the bike path (7,800') along I-70 for a lunch break at west Vail. From there it is a long climb up Vail Pass (10,666') with a quick descent into Copper (9,750') and a free beer at Endo's Bar.

Sunday there are beginning in Copper. We Breckenridge for lunch. After lunch we rode up until we encountered road shoulder so we returned and back up to Copper. It hill to Copper. It was time Monday it was up Fremont low point of 9,100'. I had to my surprise I averaged 9 Pass back to Leadville is a except the last mile. Too wind. At Leadville you can around Turquoise Lake for it wasn't even 11:00 am I Turquoise Lake. Its about 4 and then steep ascents up steep descents of 900' to side climbs only about 600' dam. Then it was back to 1000' up to the finish.



several choices chose the family ride to Nice, mostly downhill. towards Hoosier Pass construction and no through Breckenridge looks flat but it is up for beer in Copper. Pass at 11,318' from a planned on 6 mph, but mph. Down Fremont blast. All downhill bad we had a head go to the finish or loop an extra 18 miles. Since opted to ride around miles and 1,000' down about 900' followed by the lake level. The far and back down to the Leadville, 5 miles and

This ride is really fun, especially if you join a team or form one. I found a team when Mary and I rode the Santa Fe Century. While buying jerseys I saw a friend from Biking Across Kansas 2007 who introduced me too Susan who was riding Biking Across Kansas 2008 and was team captain of Team Rio out of Denver. We only had 5 team members, but had a great time riding and partying together. Courage Classic had live bands every night until 9:00 pm (Got to some sleep for the next day so its early to bed ya know.) and a terrific fireworks display on Saturday night. It was right in front on our condo. Mary opted not ride, which worked out since she had to fly back to Midland for 4 days of inservice for MISD. I prepared for the altitude by riding Fred's Ruidoso ride in June, riding at Snowmass where I had a business meeting and riding and fly-fishing at Leadville. It helps a lot to acclimate if you're going to ride in the Rockies.

Last year we said we would not do it again. But when winter came our minds drifted back to the fun memories of the ride. This year Mary was wondering what the route would be for next year even before we got back to Midland. We are planning to do the KATY Trail across Missouri next June. But next year will be the 35th BAK. They sell jerseys only on the 5th anniversaries. So we'll just have see about next year. Maybe we'll do Kansas and Missouri back to back. You're all welcome to join us next year.

Recumbent Corner

By David M. Eggleston

Would you believe we are read the world over? I just got the following note:

*Dear, Mr. Eggleston , Hello, my name is Seiko Yoshida and I am e-mailing you from Akita, Japan. I read your Recumbent Corner posted in official newsletter of the Permian Basin Bicycle Association on the web site. It is still illegal to ride recumbent on the road in Japan and it is a very sad fact. I have met recumbent solar bicycle in Akita in 1994. Actually, I should say I met Myhee and his bike here in Japan. I have been trying to get hold of him and thought maybe you could help me with this. Would you be so kind to let me know if you could provide me information of Mhyee. I would really appreciate for your help.
Seiko.*

Of course I sent her Mhyee's email address. If you recall, Mhyee helps build velomobiles, and is an ultramarathon cyclist who set a record of 600 miles in 24 hours in about 1993 or so. He has raced all around the world, so is widely known. He did come to one or two PBBA monthly meetings. So, probably due to clever search engines, this mention of Mhyee was tagged, and she found it. Oh, the miracles of modern information access.

Lois and I continue our 5 am Hwy 191 ride. This morning our compatriots were close behind at the turn at Hwy 1788, and we expected them to catch up. Since they didn't, we expect they are shepherding a neophyte rider and going slower than we are.

You never know what you will find in the morning dark on Hwy 191. This morning there was a beautiful yellow full moon peeking through clouds above the western horizon. But all sorts of things happen on Hwy 191. During the past 4 or 5 years there have been practically no cottontails or jackrabbits zooming across the road just ahead of our headlights. In previous years we might see rabbits zipping across the highway ahead of us five or so times on the ride. Whether it is lack of water or very efficient owls or other predators limiting the population we don't know.

Some months ago we were riding West before reaching the churches and saw the shadow of a man walking with a wagon of some sort. He had 3 dogs on leashes in his right hand and the wagon in his left. He was walking East (wrong way) in the fast lane of the service road, completely without lights or reflectors. He was almost invisible. I couldn't see much, but Lois could see the man and the dogs. Perhaps he is the homeless man we sometimes see along I-20 on the Sunday morning ride in Odessa.

I once had a coyote come from behind the fence and lope alongside. I was worried he might be rabid, but no, he was just racing for the fun of it, and he turned off after a while. During the day we often see birds apparently racing us. They are usually faster but seem to tire quickly and fly off and rest.

I guess the adventure of the road is part of the magic of bicycling. You have all these experiences and get a good workout besides.

The View From Back Here

By: Russell Livingston

The stars and planets were in alignment. A most forgettable ride offered a perfect opportunity for quality family time and the rare opportunity for my loving and patient wife and me to combine our two passions.

For my daughter and me to catch a ride down Hwy 191 on Saturday is not that unusual. We have made the ride on many occasions this past spring and summer. On this occasion though, my normally trusty steed did the unthinkable. I broke down. Not a catastrophe, but enough to end the ride.

Now is where the cosmos and things unexplained come into play. Toni, my wife is the consummate consignment store shopper. It is awesome to see her in the “zone” shopping in “her stores.” She knows where to go, when to go and exactly what to look for. Her thrift and perseverance through our years as husband and wife make me proud.

When my daughter and I left the house, Toni left on one of her excursions. She has a circuit of stores in Midland. She had checked over these stores over the past two weeks so after going to an estate sale, she decided to go to Odessa. She decided to drive over to Odessa on Hwy. 191 instead of going her usual route on Old Hwy. 80. When she was at the churches the now famous and familiar cell phone call arrived.

Since we were stranded approximately one quarter of a mile past FM 1788 she was in the opportune position of being less than one minute away. My once gray storm cloud was beginning to reveal its silver lining. Well, not exactly.

Toni was going shopping, she views those trips as therapeutic and since beggars can not be choosers, I was along for the ride..... Wait, “I can’t be out in public in my riding clothes,”? It was like a gauntlet had been tossed. Toni, the ultimate shopper was going to take me shopping and she was going to buy me something to wear in the process. “No wait, I can’t walk around in my riding shoes. Besides, it’s going to cost to get my bike fixed.”

The challenge was before her. She stated she would buy me a pair of shorts, a shirt and sandals and spend less than \$3.00. AND, she would get me new shoes! It was now a game and a challenge.

Her first stop was the Dollar General store in Odessa. She emerged after a purchase of \$1.60 with an almost suitable pair of sandals. Her next stop was the Goodwill Store, two doors down. Her triumphant exit let me know I was indeed going shopping. Her next stop was another of her haunts. She got a little creative and since Saturday is half price day for men, she gave me the money to purchase the shirt.

Humbled to be in the presence of greatness, I proudly donned my “new” outfit and proudly followed her through the rest of her shopping trip. We even ate out and no one accused me of being a “Second Hand Rose.”

Eight dollar and sixty six cents to repair my rear wheel, one dollar and sixty cents for a new pair of one size fits all, camo, water proof sandals, ninety nine cents for a pair of Ralph Lauren shorts, sixty five cents for a Roundtree and York silk shirt, Walking through the better shops of Odessa laughing with my wife and daughter -- Priceless.

Everyone, ride safe and have fun.

PBBA NEWS

FROM THE FOOD COMMITTEE

We had a variety of quiches to choose from, but I think the chicken and quiche lorraine were the favorites. I'll know what to prepare the most of for next year. Carl Murdock brought melon and Cherie Bales provided dessert. Thanks for everyone's help.

Kathy Hester

PBBA MEETING
September 15th
KNIGHTS OF COLUMBUS BUILDING
CORNER OF 1788 AND CR60

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

FOR SALE

One pair size 12 camo, water proof sandals. Worn once (with socks).
Name your price. Contact Russell Livingston

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 682-2617

The PBBA has socks available that are left from an order from last year. We have 1 pairs of L/ XL and 34 pairs of S/M which are available for \$8.00 a pair. The socks are 75% ultra wicking micro denier acrylic, 15% nylon, 10% spandex. (See picture)
Sizing:

	<u>S/M</u>	<u>L/XL</u>
men	5-9	9-13
women	6-10	10-14
Euro	37-42	43-48

If you are interested in purchasing socks, please contact Kathy Hester at 432-699-7006 or khester@esc18.net. I am especially interested in hearing from members with smaller feet!

