



WINDBUSTERS

April 2024

SPRINGTIME: TIME TO RIDE



Letter from the Editor

Have you renewed your PBBA membership for 2024?

Several groups are organizing rides which should create opportunities for everyone to select rides based on their schedule and riding ability. I included information that I have seen regarding each ride by the day the ride occurs. The best way to keep up with exact start times and potential adjustments is to follow the Friends of the Permian Basin Bicycle Association Facebook page or the organization/ individual leading each ride. If I missed any rides, please email me the information and I will be glad to keep cyclists informed about all the riding opportunities.

Temperatures are warming up and spring winds are often in the forecast. The cover photo is of a field of buttercups on the Avalon course. Riders do not have to “stop and smell the roses” as the fields of wildflowers are very fragrant riding by.

I included an article about my recent trip to Florida to encourage you to support cycling tourism and rail to trails. Members would enjoy hearing about your bike riding experiences through articles in the newsletter too.

Find a ride and I look forward to seeing you on the road!

Kathy Hester

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Cyclists look for ways to avoid flats. I have tubeless tires which have performed well for me. Mike uses Slime tubes which have sealant in the tubes. On a recent ride, he had an audible puncture and there was a visible gash in the tire. I was surprised that with a boost of CO₂ that he was able to ride the additional ten miles home without having to change the tube. A lot of green slime oozed out, but getting home without a rear tire change is a win. If you are not convinced that tubeless is the best option, then you might want to consider Slime tubes as a great option too.

Mondays: Paved, Gravel or Kids Ride?



M&M Ride from Mission Fitness in Odessa hosted by WTGO at 6:15 p.m.



Weekly Gravel Rides

6:00 PM Monday & Wednesday

Location: Coahoma
Football Field Parking Lot

Everyone welcome!
Bring your family!

Starts Monday March 11



LITTLE RIDERS RIDE

Get your little rider ready for some summer fun. We can't wait to get this ride started. We have some fun upgrades for all to enjoy!

This ride will be every other Monday when we get it started until the end of August.

COMING SOON!

CHECK @LATITUDERACING FOR MORE INFORMATION

Tuesdays: Women, Kid's MTB, or Slow Social Ride?



Friends of the Permian Basin Bicycle Association...
Odessa Mountain Bike Park

TUE, MAR 19 AT 5:30 PM AND 28 M...
Tuesday Night Kids Ride
Mildly structured group ride for kids. Mainly just getting kids out there and riding together. All ages and skill levels welcome



6:15 p.m. Tuesdays

Wednesdays: Race, Neighborhood Ride, or Gravel?



Wednesday Night Worlds

A and B race groups ride at Avalon.

There is a group that rides Greentree and Fasken too.

Ride off is from Trek Midland at 6:15 p.m.

Weekly Gravel Rides

6:00 PM Monday & Wednesday

Location: Coahoma

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Everyone welcome!

Bring your family!

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Thursdays

THURSDAY

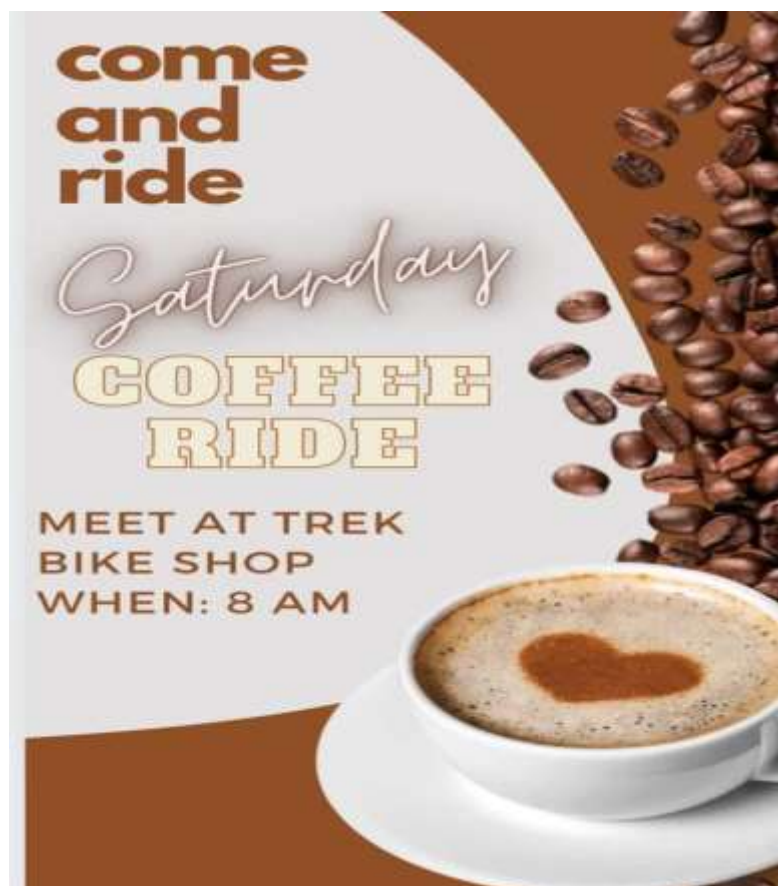
*Ride
&
Social*

Time: 6 pm
Where: meet up at Trek Bike Shop
Miles: 26
Level: 17-18 mph

Saturday: Town or Country?



Please look for updates regarding the Energy City Bike Shop Ride. There will be A and B group rides with the route varying at times.



Bike MS Cactus & Crude MS 150 2024

Time to Start Pedaling and Fundraising for Multiple Sclerosis

By Kyle Farmer



Many Permian Basin Bicycle Association Members have participated in Bike MS events over the years. It is time to start getting your legs and lungs ready for the Cactus & Crude MS 150!

Bike MS is a series of cycling events organized by the National Multiple Sclerosis Society. These events aim to raise funds and awareness for multiple sclerosis (MS), a chronic autoimmune disease that affects the central nervous system. Participants in Bike MS rides raise money through sponsorships and donations, and the funds go toward supporting MS research, programs, and services for people living with MS. To participate in Bike MS Cactus and Crude Ride 2024, each cyclist had to raise a minimum of \$250.

The largest Bike MS ride in Texas is the Texas MS 150. Over five thousand cyclists participate each year. Cyclists will start from three locations in the Houston area and two locations in the Austin area to ride to a stopover in LaGrange, then on to College Station. Last year, \$7,248,000 was raised for Bike MS. It is an amazing event!



My bike leaning against the Stevie Ray Vaughan Memorial while training in Austin.

Cactus and Crude Ride 2024 will be bigger and better than ever before! Now in its 35th year, Cactus & Crude is a fun and rewarding event. Bike MS has set an aggressive goal of \$420,000.00 to be raised at Cactus & Crude. The 150-mile course runs through oil fields, ranch lands, and cultivated lands from Midland to Lubbock with an overnight stay in Lamesa.

Many cyclists from West Texas and afar will ride this year. If you have not ridden this event, this could be your year. It is a fully supported ride, with frequent rest stops, Support And Gear Wagons, (SAG Wagons) and everything a beginning cyclist needs. It is the perfect opportunity for newer cyclists to take on their first big ride. This is an excellent opportunity to get friends and co-workers interested in cycling. There is plenty of time to train.

Last year, I participated in the Cactus & Crude MS 150. It was my first Bike MS event and I had a blast. This year, I have started training by taking a few solitary rides. I plan to ride in PBBA rides on Wednesday evenings and Saturdays. I rode in the Rattlesnake Gravel Grind in Sweetwater and had a great time.



Cyclists getting ready to give their best at the 2024 Rattlesnake Gravel Grind, Sweetwater, Texas.


To prepare for a course that has more hills than I experience here in Midland County, I participated in the Easter Bike Tour in the Hill Country of Kerrville, Texas. I took a 42 mile ride over numerous hills, some of which were very challenging. I also rode a 19 mile ride with some big hills. If you are looking for hill training, check out the Easter Bike Tour next year!



The Easter Bike Tour was organized and presented by the Waco Bicycle Club and sponsored by Hill Country Bicycle Works and others!

The Cactus & Crude MS 150 is a fun, challenging event for cyclists of all levels. I encourage you to ride in the event and raise money to fight this awful disease.

TREK

MIDLAND  TEXAS

Wednesday Night Worlds 2024

March 14

1. Justin Wiloughby ViM
2. Eric Burkhart AE
3. James Slawson AE

March 21

1. Randal Morgan ViM
2. Justin Wiloughby ViM
3. Zack Belew ViM

March 28

A group

1. Whakin Traslosheras ViM
2. Clif Coleman ViM
3. Justin Willoughby ViM

B group

1. Shane Hoffman
2. Isaac Trujillo ViM
3. Rachel Harvey ViM





Bike Florida Coast to Coast

By Kathy Hester

Where can we go? In December, I was so tired of cold temperatures and layering up to ride during the winter.

I love to ride rail trails and Florida has moderate temperatures in February and March so we traveled east. Mike and I signed up for the Bike Florida Leap Day 55+ Coast to Coast Tour . Bike Florida is a non-profit organization which supports cycling in Florida. Bike Florida offers many tours throughout the year in various parts of Florida targeted at many age groups.

This was my first multi day bike tour. I had some reservations about it in that I don't like hotels and I don't like being on a set schedule. The four day, three night tour started in St. Petersburg on the west coast and ended in Titusville on the east coast. Our first dilemma was parking our oversize van in downtown. None of the public parking garages accommodated the oversize vehicle so we resorted to parking at the airport and taking a taxi back to the hotel. That created a problem with getting our bikes and luggage to the ride off at Demming's Landing, but a fellow rider helped with the luggage and we took the quick bicycle ride to the start.

A dolphin frolicked in the bay while we gathered for ride off. That was not a novelty for most of the Florida riders, but I was delighted by the change of scenery and the opportunity to ride in shorts and a summer weight jersey.

Thirty-nine riders gathered Thursday morning ranging from 50-80 years of age. E-bikes comprised about 30% of the riders. Baggage was loaded on a charter type bus. There were riders from Minnesota, Texas, Alabama and many from Florida. The ride began on the Pinellas trail through the city of St. Petersburg. Yes, Florida is flat, but I lost count after eight overpass climbs on this beautifully maintained trail.





Florida has an amazing number of bike trails many of which are rail to trails along with trails built by county entities. Much of the coast to coast utilizes only parts of each trail. For example, the Suncoast is a 50 mile paved trail, but we only road a portion of it.

Day 1 Pinellas Trail, Tri County Trail

Day 2 Starkey Park Trail, Suncoast Trail, Good Neighbor Trail, Withlacochee Trail

Day 3 South Lake Apopka Trail, West Orange Trail, Seminole Wekiva Trail

Day 4 Seminole Wekiva Trail, Cross Seminole Trail, East Central Regional Rail Trail

There is a fifty mile gap currently under construction which we were transported over by bus. There are options for riding the gap on roads with vehicle traffic, but this tour was focused on the safety of the trails

My first reservation about hotel stays was quickly overcome when we arrived for our first night stay at the Hampton Inn in Odessa, Florida. We were greeted with cold bottled water, wet towelettes, and a buffet of fruits, vegetables, cheese/ crackers and hot chocolate chip cookies. The rooms were very clean and the hotel was bike friendly allowing bikes in the room. We had a brewery trip and several dining options for the evening.

My other concern about being on a schedule was unfounded too. We did have to meet for ride off each morning at 8:30 a.m. , but riders could take the day at any pace desired taking advantage of the provided rest stops and interesting sites along the way.

The second night at the Holiday Inn Express greeted us with cold water. The dining options were not close, but we had transportation options provided to several. The last rest stop of the day served pizza so we were not hungry enough to indulge in a big dinner. It had been a 60 mile day so we just snacked and chilled out for the evening.

The Saturday ride around the Lake Mary area was not a rail trail and included some climbing, but nothing overwhelming. There was a large outdoor Market in Winter Garden to stop and browse. We stayed at the Westin that evening which was another nice hotel experience with an exceptional breakfast buffet.

Sunday was a fifty mile day into Titusville which is part of the Space Coast. We had an hour rain delay, but by 9:30 a.m. the skies cleared for another beautiful day of riding. One of our rest stops was near a beautiful spring which included alligators.



We hung out at the Titusville visitor center and a nearby bakery waiting for all riders to come in. I rode the three blocks over to the ocean view for the true coast to coast experience. Transportation back to St Petersburg was provided by charter bus. Bikes were carefully loaded in a nice rack system in a U-Haul.

After spending the night in St Petersburg, we went to Universal in Orlando and became traditional Florida tourists. Overall, I would recommend the bike tour experience. Having support, rest stops with food and beverages, SAG if needed, hotel arrangements and transportation made the 210 mile ride relaxing and stress free. It was also beneficial to know what side trips along the way were available. That said, if I chose to ride coast to coast again, I would enjoy the challenge of riding it independently. I have the RidewithGPS routes, know the hotels and have gained confidence. The cost of the tour was \$845 per person double occupancy which was very reasonable compared to other tour offerings (note: the price has gone up even since our tour, but still seems reasonable compared to for profit companies).

I will probably elect to use a tour company when I have the opportunity for the Katy Missouri ride which is on my bucket list. It is 240 miles of mostly crushed granite. I feel like most of the trails that are on my list could easily be ridden in one day or with an overnight at one end; therefore, I could ride them independently. I will probably afford myself the luxury of a tour group once per year as it does make for a relaxing experience.



**“CYCLISTS SEE
CONSIDERABLY MORE OF
THIS BEAUTIFUL WORLD
THAN ANY OTHER CLASS OF
CITIZENS.”**

- Dr. K.K. Doty

DISCOVERING
CYCLIST



**Have you joined or renewed your membership for
2024?**

Go to www.pbbatx.com/join or hit the “Join PBBA” button from anywhere on the website



Have you considered your role in regard to Cyclefest 2024? It's not too early to mark your calendar for the weekend of September 21st.

Fort Davis Cyclefest is the major PBBA yearly fundraiser. Please consider where you fit into making this event a success.

Considering volunteering before or during the event?

Will you help enlist a sponsor for the event?

Please contact Kathy Hester, Cyclefest Volunteer Coordinator. (khester4205@gmail.com)

BEAT ²⁰²⁴ THE STREET



1/2 MARATHON * 10K * 5K

CYCLING CHALLENGES

APRIL 27, 2024

GRAVEL RACES

SWEETWATER TX

BENEFITTING CORNERSTONE CHRISTIAN SCHOOL



<https://runsignup.com/Race/TX/Sweetwater/BeattheStreetforLittleFeet>

***Participants registering BEFORE 4/13/2024 will be guaranteed a shirt.**

****Cash prizes will be awarded!****

Awards given in the following divisions include:

79-Mile Bike Race - Men's 1st - \$1,000

Women's 1st - \$1,000

51-Mile Bike Race - Men's 1st - \$300

Women's 1st - \$300

33-Mile Bike Race - Men's 1st - Bragging Rights

Women's 1st - Bragging Rights

NEW 60-Mile Gravel Race - Men's 1st, 2nd & 3rd

Women's 1st, 2nd & 3rd

NEW 30-Mile Gravel Race - Men's 1st, 2nd & 3rd

Women's 1st, 2nd & 3rd

1/2 Marathon - Men's 40+ - 1st (\$400), 2nd (\$200) & 3rd (\$100)

Women's 40+ - 1st (\$400), 2nd (\$200) & 3rd (\$100)

Men's 39 & Under - 1st (\$400), 2nd (\$200) & 3rd (\$100)

Women's 39 & Under - 1st (\$400), 2nd (\$200) & 3rd (\$100)

All who complete the 1/2 marathon will receive a finisher medal.

All who sign up for the HALF MARATHON and 10K will receive a FREE pair of Goodr sunglasses!

10K - Men's 1st (\$100), 2nd (\$60) & 3rd (\$40)

Women's 1st (\$100), 2nd (\$60) & 3rd (\$40)

5K - Men's age 20+ - 1st (\$25 gift card & Entry Fee for BTS 2024), 2nd (\$15 gift card) & 3rd (\$10 gift card)

Women's age 20+ - 1st (\$25 gift card & Entry Fee for BTS 2024), 2nd (\$15 gift card) & 3rd (\$10 gift card)

Boys age 13-19 - 1st (\$25 gift card & Entry Fee for BTS 2024), 2nd (\$15 gift card) & 3rd (\$10 gift card)

Girls age 13-19 - 1st (\$25 gift card & Entry Fee for BTS 2024), 2nd (\$15 gift card) & 3rd (\$10 gift card)

Boys - 12 & under - 1st (\$25 gift card & Entry Fee for BTS 2024), 2nd (\$15 gift card) & 3rd (\$10 gift card)

Girls - 12 & under - 1st (\$25 gift card & Entry Fee for BTS 2024), 2nd (\$15 gift card) & 3rd (\$10 gift card)

*Participants must complete the race entered to be eligible for placings and prizes.

*Road bikes only will be allowed for cycling events - no electric bikes will be permitted.

*Mountain bikes will be allowed ONLY IN THE 33-MILE BIKE RACE.

*Support for all cycling events stops at 12:00pm.

Start times are as follows:

60-Mile Gravel Race - 7:05 am

30-Mile Gravel Race - 7:05 am

51-Mile Bike Race – 7:30 am

10K - 8:00 am

5K - 8:15 am

Race routes are as follows:

60-Mile Gravel Race - TBA

30-Mile Gravel Race - TBA

33-Mile Bike Race - 7:30 am

Half Marathon - 7:15 am

79-Mile Bike Race - 7:30 am

Saturday, April 27, 2024

SUNSET ON THE SQUARE

7:00 PM TO 10:00 PM

Join us after
Beat the Street &
The WASP Homecoming Fly-In
In Downtown Sweetwater at
Oak Street & Broadway
For LIVE MUSIC & Food Trucks

SWEETWATER

BEAT THE STREET

NATIONAL WASP WWII MUSEUM



LIVE Music
Featuring
Fox Fire Trio

Event sponsored by
The Chamber
Sweetwater & Nolan County
CHAMBER OF COMMERCE



Beat the Street for Little Feet

The Beat the Street for Little Feet is on Saturday April 27, 2024. It includes the following events: 79-Mile Bike Race, 51-Mile Bike Race, 33-Mile Bike Race, Half Marathon, 10K, 5K, 60-Mile Gravel Race, and 30-Mile Gravel Race.

runsignup.com



Wheelbrothers.com is an excellent resource to find ride events/ tours in Texas. Check the site for current ride information, links and opportunities.



PBBA 2024 Officers and Chairpersons

President: Eric Burkhart

Vice President: Clif Coleman

Secretary: Justin Willoughby

Treasurer: Kye King/ Brent Hoke

Mountain Bike Director: Stephen Mitchell

Committees and Chairpersons:

Tour Committee

Chairperson: Sarah Kate Epperson

Members:

Race Committee

Chairperson: Oscar Salazar

Members:

Publicity Committee

Chairperson: Kathy Hester (Newsletter), Tyler Putnam (Webmaster), Texas King

Mountain Bike Committee

Chairperson: Stephen Mitchell

Odessa MTB Park: Jack Henry, Erik Urquidi

Midland Trails: Jeff Ledford, Justin Thompson

Cyclefest Committee

Chairperson: Bob Haskell

Members: Kathy Hester, Eric Burkhart, Ron Appling , Javier Morales