

WINDBUSTERS

December 2021



Interim President-Cameron Hamer

Mountain Bike Director – Stephen Mitchell pbbamtb@gmail.com

Secretary – Dan Saxton
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Treasurer – Kye King pbbatreas@gmail.com

Ride Director– Open
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Newsletter – Kathy Hester khes-ter4205@gmail.com

Cyclefest Chairman – Bob Haskell pbbacyclefest@gmail.com

Webmaster – Jessica Godinez



CHRISTMAS LIGHT RIDE

The Annual Christmas Light Ride will take place on **Wednesday, December 15th at 7p.m.** The ride will start at Stonegate Fellowship Church located at the corner of Wadley and Crowley. The ride will start PROMPTLY at 7. Please don't be the one holding up the group.

The ride will be a slow pace through Grassland Estates and will last just about an hour depending on weather. Being that this is a night ride, headlights are required by law.

In past years, riders have decorated their bikes with Christmas lights. We even had Santa Claus ride with us a few years ago.

This year we're going to try to keep it simple and not do a party after the ride. We could probably do hot chocolate in the parking lot after the ride. If anyone would like to volunteer to take on that task let me know. See you there!

Editor's note: This is family friendly so children are welcome. The extended forecast predicts 54 degrees at 6 p.m. dropping to 49 degrees by 8 p.m. Those temperatures sound balmy compared to some past years. The forecast may change so stay informed and dress warmly. Gloves and jackets are a must! Decorating your bike is not required so please don't let the constraints of the holidays prevent you from participating. Thank you to John and Bobbie Kerrigan for leading this ride. Come join us!





ANNUAL MEETING

There are four elected officers: **President, Vice President, Secretary and Treasurer.**

These officers were elected at the annual meeting held on November 15.

2022 Officers

President: Eric Burkhart

Vice President: Jason Haislip

Secretary: Cameron Hamer

Treasurer: Kye King

Other positions:

Cyclefest Director: Bob Haskell

MTB Director: Stephen Mitchell

Webmaster: Jessica Godinez

Newsletter: Kathy Hester

We still need a tour/ride director, race director and publicity person. Please consider getting involved by taking on a role in PBBA.

The PBBA is governed by the board of directors comprised of the executive board and the committee chairpersons. There are five committees; thus, **five committee chairpersons** which are appointed by the president with the approval of the executive committee. The five committees are: tour, race, publicity, mountain bike, and Cyclefest which can have an indefinite number of members.

These nine people present all proposed major activities to the membership for ratification.

WHERE DO YOU FIT IN?? There are lots of choices and opportunities.



MOUNTAIN BIKING – Steve Mitchell

The trails at the Odessa Mountain Bike Park and the Midland Trail Park are 100% open and in great shape. It's been nearly 6 months since I have been able to say that. It required serious and concerted effort to get the trails back in shape after the torrential rains we received in early summer.

The PBBA meeting in early November was the first "in person" meeting we have had since early 2020. We elected new officers and discussed plans for 2022. Everyone was enthusiastic about scheduling group mountain biking activities. We discussed having time trials and bringing back the "Rockstacker" race. Additionally, there was talk about weekly group rides at both the OMBP and the Midland Trail Park. Many members expressed interest in scheduling group destination rides. We are going to try to make all this happen next year. It will require club members becoming more active and volunteering. Already I have about ten individuals that want to get involved and that's a good start to getting things organized. I encourage anyone in the club that is interested in being involved to contact me. I will post additional info and update our progress on our website soon.



Odessa Mountain Bike Park

The trail is in great shape however there are a few sandy spots and rocky spots that could use some cleaning. If you ride the trail, then you know where these trouble spots are located. There are also several spurs off the main trails that make the trail difficult to follow for some riders. We will have a workday soon to re-mark the trail with paint and signs. Next time you are out at the park, please spend a little time cleaning a section of trail. Even if it's just ten minutes throwing rocks off the trail, it makes a difference.

Midland Trail Park

The Blue and Green Trails are getting a lot of use and are generally in great shape. There are a few sandy spots and also areas where a few weeds are falling into the trail. Otherwise, the trails are great. Justin Thompson with help from Liviu Husoschi and a few of us, finished constructing the bridge on the north side of the park. The Bridge is about 100 feet long and up to 4 feet high where it crosses over Scharbauer draw. It's a burly bridge and we feel confident it can handle a big flood.

Several months ago, I was approached by Bill Priebe regarding a scout named Bryce Hebert. Bryce needed to complete a community service project to fulfill one of his eagle scout requirements. I met with Bryce and he proposed building some custom metal benches for the park. This was a good fit for Bryce since he had experience working with metal at his dad's machine shop. We explored the park and decided on three benches. Two of the benches were placed in the skills park area and one was placed on the south end of the lake with a great view looking north. Bryce put a lot of effort into constructing the benches, digging the foundation holes, mixing cement, and erecting the benches. He also spent some time researching benches construction so they would be comfortable and just the right height to accommodate most people. Another part of Bryce's project involved managing a group of younger boy scouts to help fabricate the benches and then install them. I want to acknowledge Bryce for choosing the PBBA and the Midland Trail Park for his eagle scout project.



Have you joined or renewed your membership for 2022?

- 1) Go to www.pbbatx.com/join or hit the “Join PBBA” button from anywhere on the website
- 2) Select the type of membership you would like to purchase
 - Family:** Annual; Immediate Family only - minimum 2 / maximum 5 members
 - Individual:** Annual; one member
 - One Day:** Single day access to the mountain bike parks for one person
- 3) Complete the membership information form, and submit payment

The image is a screenshot of the PBBA website. At the top left is the PBBA logo and the text 'PERMIAN BASIN BICYCLE ASSOCIATION'. To the right are navigation links: 'About', 'Ride', 'News', 'Contact', and a Facebook icon. A red box highlights the 'Join PBBA' button, with a red arrow pointing to it and the number '1' below. Below the navigation is a large orange banner that says 'BECOME A MEMBER TODAY!'. Underneath the banner, there is text: 'Annual membership is from November 1, 2021 through December 31, 2022. Membership fees are not prorated. New members can access the Odessa Mountain Bike Park and Midland Trail Park immediately. For park location and information, visit the [Mountain Biking](#) page. Helmets are required for all riders at these parks.' A red arrow points to this text with the number '2' above it. At the bottom, there are three membership options, each with a logo and price:

Membership Type	Price
PBBA 2022 Family Membership	\$35.00
PBBA 2022 Individual Membership	\$30.00
PBBA One Day Membership	\$5.00



Kim is a West Texas girl through and through still residing in her home town of Odessa. She has been a steady figure in her community as a Fitness and Nutrition expert with backgrounds in twirling, dance, aerobics, figure body building, cooking, running, and 70.3 Ironman triathlons. It's been Kim's passion to help others achieve their fitness and health goals through [personal training](#), [group exercise](#), [nutritional counseling and programs](#), [healthy cooking classes](#), videos, writing, life coaching, and more.

Balancing Act: The Importance of Functional Fitness

By Kim Clinkenbeard CPT, FNS

Everything in life seems to be a balancing act: family, work, friends, the checkbook! (Well, I'm still old school and use a checkbook.) How many times do you think of your health as a balancing act? From your exercise routine, daily diet, hormones, to your spiritual life and relationships, you must find the proper balance to live a healthy and fulfilling life.

Stepping off the curb - or for some of us more gracefully-challenged souls, walking across the parking lot - takes some degree of balance. Balance is something that most people are born with and develop in the first few years of life. As we age, we begin to lose balance at a steady rate.

THE 4 PRIMARY COMPONENTS OF GOOD BALANCE ARE:

- 1) Proprioception (the bodies awareness in space) – coordination, agility, balance
- 2) Vestibular system (inner ear) – controls equilibrium, balance, and your orientation to upright
- 3) Vision
- 4) Strength – primarily core, hip, and ankle

If you are deficient in any of the four, the body must compensate through the other three components to maintain balance. This is like someone who is blind developing a good sense of smell and hearing to make up for their inability to see. While some people are either born with or work hard to develop (like professional athletes) these balance components, not all people will ever reach superior components of balance.

Editor's note: Thank you to Kim Clinkenbeard for responding to my request for information about her services and new cookbook.

As we age and become more sedentary; Proprioception, vision, strength, and the Vestibular system begin to decline. As balance declines in older adults, a couple of things happen:

Fear of falling promotes lack of movement which in turn weakens the systems further.

For fit, exercising adults (cyclists, weekend warriors, runners...) the lack of variety in workouts/sports and lack of training multiple systems leads to overtraining, weaknesses, skeletal misalignments, and inflammation of the joints (the -itises: tendonitis, bursitis, etc.).

These can be delayed by exercising and maintaining each system through *Functional Training*.

Functional (or balance) Training isn't just beneficial to professional athletes and the elderly. Kids benefit greatly from functional training as it aids in their physical development. You will see children excel in sports at a higher rate with fewer injuries in comparison to their classmates who overlook this aspect of training.

It's also important for us "middle agers" who are still competing in recreational sports. How many friends do you know (25-55 age groupers) who have come home from a weekend ski trip or flag football game with a torn ACL or "pulled" hamstring? Functional training is a key element in the prevention of these types of injuries.

We tend to move in forward and backward movement patterns (Sagittal Plane) during our basic exercise routines of weight / strength training and cardio training while neglecting lateral and diagonal movement exercises (Frontal and Transverse Planes). By implementing some functional training into your workouts, you can add that extra insurance and edge lacking in your fitness. Ask any of my clients, you get an AMAZING workout by adding a little balancing act to your routine.

Everyone must grow, adapt and change as our bodies' age, finding the "new" balance along the way. Change is hard especially when what used to work for you in the past has become just that – a thing of the past. Don't be so stuck in your routine that you fail to find a healthier (and happier) balance in your life and risk your health.

Feel free to contact me with any questions regarding balance training or functional training, or schedule training sessions with me! You can contact me through my website at www.getfitwithkimtoday.com where you can also download FREE resources.

Want more tips, tricks, and how to really take charge of your health through fitness, nutrition, and faith? Check out my books available on Amazon!

FITNESS. FOOD. FAITH.

Your Eternal "Why" for Everlasting Results

By Kim Clinkenbeard

This is *not* another self-help, weight loss, quick fix, or "my way is the best way" book.

In this book, I will take you on a journey through everything I have learned over the past 26 years – my mistakes, successes, failures, and struggles – which have all lead me to discover the true meaning of health, how to get lifelong results, ...

**...and MY SECRET to EVERLASTING RESULTS
which has NOTHING to do with FOOD or EXERCISE!**

<https://www.amazon.com/Fitness-Food-Faith-Eternal-Everlasting/dp/0692989587/>

Kim Clinkenbeard's *NEW* Cookbook

HOW TO EAT PIE, TOO!

Deliciously Healthy Recipes for Real Life

Change Your Life and Your Body ... One Meal at a Time.

- What if by focusing on only one meal a day, you could dramatically change your health for the better?
- What if you could make dietary swaps easily without the restrictive diets and the frustration that comes with them?

What if you could reach your fitness and health goals, without avoiding the foods you enjoy sharing with others?

How to Eat Pie Too! Deliciously Healthy Recipes for Real Life is your answer.

https://www.amazon.com/dp/0578469561/ref=sr_1_3?

[keywords=eat+pie+kim&qid=1559760658&s=gateway&sr=8-3](https://www.amazon.com/dp/0578469561/ref=sr_1_3?keywords=eat+pie+kim&qid=1559760658&s=gateway&sr=8-3)

Follow her on Social Media and contact her on her website here: www.getfitwithkimtoday.com. She would love to hear from you!

Social Links

Facebook https://www.facebook.com/getfitwithkimtoday/?ref=page_internal

Instagram <https://www.instagram.com/getfitwithkimtoday/?hl=en>

You Tube <https://www.youtube.com/channel/UC9ds1tSUsB7eJQEUFBU5zA>

Kim's certifications include:

- NASM Certified Personal Trainer
- NASM Fitness Nutrition Specialist
- CrossFit Endurance Coach
- USA Triathlon Coach
- NASM Youth Exercise Specialist
- NASM Senior Exercise Specialist
- Positional Isometrics Coach
- Rossiter Coach
- AFAA Group Exercise Instructor
- R.I.P.P.E.D. Certified Instructor

And many sub-categories

RECIPE from *How to Eat Pie Too! Deliciously Healthy Recipes for Real Life*

TURKEY TACO SOUP

1 pound turkey or chicken, shredded or ground
4 cups organic low sodium chicken or vegetable broth
2 cups water (plus more if needed to thin the soup; optional)
½ red bell pepper, chopped into small pieces
1–2 jalapeño peppers, diced (optional)
¼ cup roasted green chiles, diced, or **GREEN ENCHILADA SAUCE** (see recipe in cookbook)
4–5 scallions, diced (green parts only)
½ yellow onion, chopped into small pieces
1 cup frozen mixed vegetables
Handful dried beans (any variety)
1 cup chopped fresh tomatoes or canned organic tomatoes
1 tablespoon dried cilantro
Kosher salt (to taste)
Black pepper (to taste)
1 tablespoon garlic powder
½ teaspoon chili powder
1 tablespoon paprika
½ teaspoon unsweetened cacao powder
2 teaspoons dried parsley
2–3 frozen corn tortillas (optional)
Juice of 1 lime

Add the turkey, broth, water (if using), bell pepper, jalapeños (if using), green chiles, scallions, onion, mixed vegetables, beans, tomatoes, cilantro, salt, black pepper, garlic powder, chili powder, paprika, cacao powder, and parsley to a large stockpot or Crock-Pot. If you are using raw turkey, cook the soup 2–3 hours over low heat or on high for 2 hours in a Crock-Pot. If you are using cooked turkey, cook the soup over medium-low heat for about 30–60 minutes (until the onions and peppers are cooked through) or on high in a Crock-Pot for about 1 hour. The slower and longer you cook this soup, the better it tastes!

If you want a thicker soup, throw the frozen corn tortillas in about halfway through the cooking time. They will dissolve and thicken the soup. Add the lime juice right before serving.

Top your soup with **BAKED CHILI TORTILLA CHIPS** (recipe in cookbook).

Nutritional information per serving (without corn tortillas): 161 calories, 1.6g fat, 7.5g carbohydrates, 28.6g protein

Tip:

Replace the turkey with beans for a vegetarian soup. Use fresh or frozen veggies; any leftover veggies you have on hand work great.



Congratulations to all these riders that earned points in the 2021 series!

- Eric Burkhart - 137
- Zack Belew - 90
- Jim Waner - 54
- Fidel Ruvalcaba - 39
- Clif Coleman - 35
- Justin Willoughby - 34
- Oscar Salazar - 33
- Shane Menter - 16
- Shawn Harris - 16
- Randal Morgan - 11
- Justin Harrison - 7
- Kenneth Priebe - 7
- James Struble - 5
- Jordan L. Hester - 4
- Manny Pena - 4
- Jason Haislip - 1
- Von Doria - 1
- Zach Risher - 1
- Matt Visio - 1

We are looking forward to 2022!



2021 Veterans Day Ride



Join us for the Big Bend Expedition!
December 18-21



Visit www.trailwarrior.org for information.