

# WINDBUSTERS

July 2023



Pictured above: Odessa Mountain Bike Park after recent rains.

## Important Dates

**July 9th, 16th** Sunday Lawn Concert Rides

**July 17** PBBA meeting

**July 15-16** Cactus & Crude MS RIDE

**September 16-17** Fort Davis Cyclefest

### June PBBA Meeting

Who: All PBBA members

What: In person meeting

When: Monday, July 17th at 7 p.m.

Where: Mission Fitness, Classroom A,B  
8050 Highway 191 Frontage, Odessa

Announcement: The new PBBA jersey is in the final edit stage and the Jakroo store should open soon. The jerseys will be sold at cost. The more jerseys sold results in price decreases. Information will be posted as soon as it becomes available.



July 15-16, 2023  
Midland, TX

## The Cactus & Crude Bike MS is just around the corner!

Enjoy a full two-day experience across the flat desert terrain of West Texas and pedal to the finish line at English Newsome Cellars. Along the way, take photos of cactus, a sunrise as far as you can see and your ice cream when you stop to rest in Klondike. The hardest part of this ride isn't the desert heat or miles – it's leaving the incredible memories you'll make with friends new and old as we come together to reach our goal: a world free of MS.

Register today & have at least \$250 in donations turned in to ride.

We have several shuttles including a bus ride back to Midland from the finish line in Lubbock on Sunday.

The Society's mission is:

**We will cure MS while empowering people affected by MS to live their best lives.**

Our vision is a world free of MS.

Lyndee Klein is our tour director.

I'll be helping as a SAG van driver again this year.

Kent Crowell 432.538.2891



## 46th Annual Fort Davis Cyclefest

**September 16-17, 2023**

Arguably the best and most scenic Bike Tour in the State of Texas with beautiful vistas, easy novice routes and challenging hills. **Cyclefest is a must do for every cyclist.** The annual Fort Davis Cyclefest Bike Tour and Hill Climb is held in the scenic "Texas Alps" in Fort Davis, Texas. The tour provides three distance routes: 27, 55 and 76 miles on Saturday, September 16 departing from Prude Ranch. Sunday you may race to the top of Mt. Lock in a 6-mile hill climb.

Friday, September 15

5-10 PM Packet pick up at Prude Ranch

Saturday, September 16

7:45 AM Rider instructions

8:00 AM Ride off

11-4ish Party at the Prude Ranch Patio

3:30 PM Last rest stop closes and SAG stops

Sunday, September 17

8:00 AM Hill Climb number pick up at Solar Panels

9:00 AM *SHARP* Race starts (prizes picked up at solar panels after the race)



REGISTRATION LINK: <https://www.bikereg.com/cyclefest2023>

More information: <https://pbbatx.com/cyclefest> facebook page– FortDavisCyclefest

Lodging information: <https://fortdavis.com/visiting/accommodations>





To all PBBA members:

Cyclefest is approaching quickly with several tasks to still be accomplished . One of the major tasks to accomplish that everyone can help with is securing Cyclefest sponsors. Please read the letter below. It can be downloaded at [pbbatx.com](http://pbbatx.com) or easier yet, scan the above QR code. Your help is needed!



Permian Basin Bicycle Association

46th Annual Fort Davis Cyclefest September 16-17, 2023

Cyclefest is the PBBA's largest fundraiser. Proceeds from this event allow the PBBA to support many activities in the Permian Basin including financial support of the Odessa Mountain Bike Park and Midland Trails Parks with regard to maintenance, insurance, trail building and volunteer time. Local recreational rides (Friendship Ride, Veteran's Day Ride, Ride of Silence, etc.), bike rodeos, local races, and support of the Trail Warrior Veteran Bikepacking are priorities for the bike club. The PBBA contributes some proceeds of Cyclefest to the Fort Davis EMS, volunteer fire department, Lions Club and the Big Bend Amateur Radio Club for their support of the event. Please consider sponsoring our event and the Permian Basin Bicycle Association.

Sponsorship payment levels for t-shirt :

- \_\_\_\_\_ \$ 1000 Platinum sponsor 3 1/2 inch logo
- \_\_\_\_\_ \$ 750 Gold sponsor 2 1/2 inch logo
- \_\_\_\_\_ \$ 500 Silver Sponsor 1 1/2 inch logo
- \_\_\_\_\_ \$ 250 Bronze sponsor name listed in 18 pt. font

Sponsor business name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Email address \_\_\_\_\_ Phone \_\_\_\_\_ Contact person \_\_\_\_\_

Shirt sizes (select for 2 shirts) \_\_\_XS \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL (men's sizing)

Logos should be in JPEG format sent to [khester4205@gmail.com](mailto:khester4205@gmail.com) by **August 17, 2023**.

Sponsorship payment due by **August 17, 2023** to: PBBA/ Cyclefest, c/o Kathy Hester, 4205 Greenbriar, Midland, Texas 79707

Please contact: Cyclefest Director, Bob Haskell (432-212-0901) or Kathy Hester (432-638-7038) with questions.

For children:



For adults:



For our communities:



Wednesday worlds						
A Race	6/7/2023	6/14/2023	6/21/2023	6/28/2023	7/5/2023	total
Clif Coleman	3	3	1	7		14
David Ruvalcaba			3	3	7	13
Whakin Traslosheros	5		7			12
Justin Wiloughby	1	7				8
Lee McAuilffe	7					7
Carlos Traslosheros		5			1	6
Calvin Layman			5			5
David Golden				5		5
Eric Burkhardt					5	5
Shawn Harris					3	3
John Cornejo		1				1
Randel Morgan				1		1

Wednesday worlds						
B Race	6/7/2023	6/14/2023	6/21/2023	6/28/2023	7/5/2023	total
Justin Harrison	7	5	7			19
Mike McEnaney	3	7	3	1	5	19
Zack Esterly		3	1	5	7	16
Von Doria	5			7	3	15
Ivan Dominguez			5	3		8
Matt Rodriguez	1	1				2
Ricky Guadarrama					1	1
Isaac Trujillo						



June 4th  
**MIDLANDAIRES**  
 @ 7:00PM

June 11th  
**SMALL TOWN**  
 @ 7:00PM

June 18th  
**SARAH JOHNSON**  
 @ 7:00PM

June 25th  
**THE WEST TEXAS CHAPTER  
 OF THE GOSPEL  
 WORKSHOP OF AMERICA**  
 @ 7:00PM

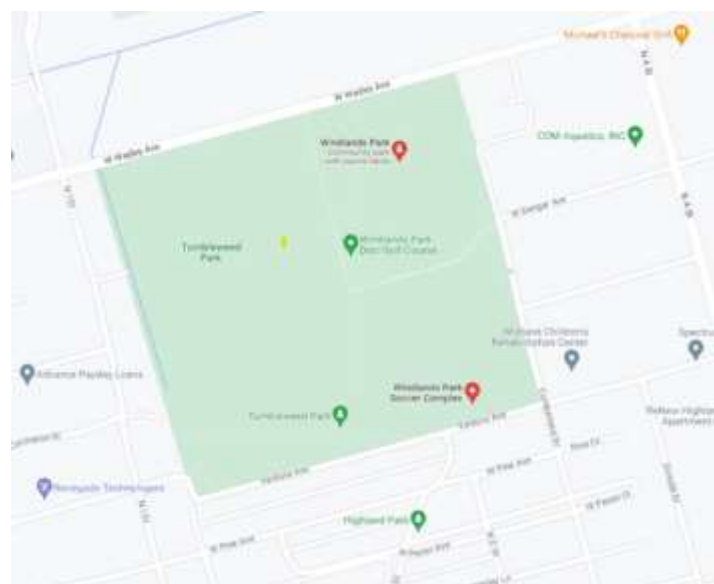
July 9th  
**TALL CITY BAND**  
 @ 7:00PM

July 16th  
**UNSWEET T'S**  
 @ 7:00PM

July 23rd  
**DIRTY GLASS**  
 @ 7:00PM

July 30th  
**THE CROAKIN' TOADS**  
 @ 7:00PM

Summer is upon us, so meet the PBBA and friends for the Museum of the Southwest Lawn Concert Rides! Ride off at 6:15 from Windlands Park (1000 W Dengar Ave). All ages are welcome, but helmets and lights are required. This is an easy group cruise through old Midland riding back on your own or with the group after the concert is over around 8:30ish. For more info call Tom Elliott at [432-638-2600](tel:432-638-2600). Hope to see you there!



Congratulations to Abundant Energy. Eric Burkhart and Erin Reedy both captured second place on the podium at the UCI World Cup Series. They will be heading to Italy in October for the World Championships.

Eric is also the PBBA president so our club is very proud of this accomplishment!



SPONSORED BY:  
AJE MOTORSPORTS, TRUFUSION, PREMIUM MOTORS, CARE CHIROPRACTIC, MIDLAND ATHLETIC COMPANY, CENTURION UJS RENTALS & SERVICES, QUIKNET INTERNET PROVIDER, GT TUBING TESTING, FORT AMARILLO RV RESORT, SAY IT WITH FLOWERS, HAMMER NUTRITION



Go to [www.pbbatx.com/join](http://www.pbbatx.com/join) or hit the "Join PBBA" button from anywhere on the website



Pictures are from the June 10, 2023 Odessa MTB park clean up efforts.

Trail adoptions are:

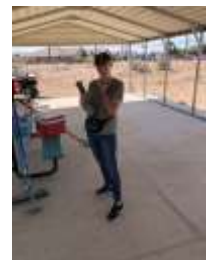
- Mile markers
- Start -1:VIM team
- 1-2 no adoption
- 2-3 Tom Elliott
- 3-4 Latitude team
- 4-5 Steve Mitchell and group
- 5-6 Landy Atkins
- 6-7 Zack Esterly
- 7-8 Jack Henry
- 8-9 Brandon Dennis
- 9-Finish VIM team



These are people responsible for these sections and we all could use help especially now that grass and weeds are encroaching the trails. Foliage needs to be cut back 18" on either side of trail (mainly so you can spot snakes,spiders etc.) Mile 1-2 is flat and easily maintained.so please let me know if someone can adopt that.

Thanks  
Jack Henry

Editor's note: There was also a clean up at Midland Trails on July 1st led by Jeff Ledford. I understand they cleaned up 90% of the trails. The trail on the west side of the lake still needs some weeding.







Monday 6:15 pm All levels	WTGO M& M Ride 6:15	Mission Fitness Parking Lot ,Odessa
Tuesday 6:00 Women of all levels	Latitude's Women's Ride	Fasken Elementary, Midland
Wednesday 6:15 All levels	Greentree Ride	Trek of Midland
Wednesday 6:15 A & B Race levels	Trek's Wednesday Night World Race	Trek of Midland
Thursday 6:15 Fast pace (not no drop)	TNT Valley View	
Saturday All levels Time varies	Saturday Holy Cross Ride (Join the FB group)	5110 N. Garfield Midland
Sunday 6:15	Lawn Concert Ride	Windlands Park , north of soccer fields

Note: There are other rides that are posted on Friends of the Permian Basin Bicycle Association Facebook page; therefore, it is recommended that you join to keep updated on ride off times and schedules.



# My Escape Pod Adventure by Kathy Hester

What if you have car trouble? What if you have a flat on your bike that you can't fix or a mechanical problem? What if you run across some really bad people?

Perhaps, but what if I stay at home waiting for the perfect time to venture out and that opportunity doesn't come or my ability to participate in my planned adventure passes due to health or injury?

I set out solo in my van for a 2200+ round trip drive to Alabama and Georgia to ride a couple of my bucket list trails: The Chief Ladiga and the Silver Comet. I did not make any camping reservations as I was not sure of my travel timeline. I spent my first night at Caddo Lake State Park arriving early enough to enjoy bayou views and the ancient bald cypress trees. I departed the next morning not sure of how far I would drive that day. I made it all the way to Anniston, Alabama finding a city campground at the trailhead of the Chief Ladiga. I have to admit that I was a bit more tense as this campground was in a more urban area, but any fear was unfounded. My magnetic window covers made me feel secure in my little escape pod.

The next morning I set out to ride the Chief Ladiga which is a 66 mile round trip. I rode through the trailhead parking lot and was greeted by Stevo. He asked if I was riding to the Georgia state line and I said that the state line was my goal and to please stop if they see me stranded. He was waiting for his riding buddy to show up so I started. The trail is paved and goes through part of the Talladega National Forest making for some great scenery. I arrived at the state line to find several people taking a break and enjoyed visiting with them. My jersey and how I talk gave away that I am from Texas. Everyone was very friendly. Stevo and his friend arrived. Stevo's friend needed to get back quicker so Stevo hung back to make the return trip with me which I greatly appreciated. He was riding a Creo pedal assist e-bike, but slowed enough for me to keep up. We returned successfully and I headed out to find a campground near the midpoint of the Silver Comet.

Being alone, I did not have the luxury of riding the trails that connect at the state line all the way from start to finish and making the return trip so I decided to park in the middle of the Silver Comet which is 62 miles long one way. Out and backs worked best for me on this trail. Again, beautiful scenery including the 700-foot Brushy Mountain Tunnel. Plenty of shade from the trees. The trail passed through many small towns with signage to restaurants. The east end of the Silver Comet is in Smyrna just outside of Atlanta, Georgia.

Camping in the van was such a fun adventure. We have a travel trailer, but I don't feel comfortable pulling it especially for such a long distance. The van is so easy—no set up as with an RV or tent. The temperature in May was very moderate in the daytime and comfortably chilly for sleeping at night. One thing that pleasantly surprised me—no mosquitos. A local told me there aren't any because there are too many creatures that eat the larvae. That made sitting outside the van eating, reading and relaxing a pleasant experience. The drive home could have offered a couple of diversions including the Tanglefoot or Longleaf trails in Mississippi, but I had visited them last spring and both were several hour detours off of Interstate 20. The Chief Ladiga and Silver Comet are both not far from I-20 which made for long, but easy driving days.

I hope this is the one of many riding adventures in my escape pod/van.



The Midland –Odessa area experienced over two weeks of days exceeding 100 degrees. High temperatures make it challenging for cyclists to ride as much as desired. The early morning offers a respite from the heat, but the limited daylight before work can make early morning rides impossible for some. Be careful exercising outdoors as the summer continues!

# HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
<b>HEAT STROKE</b>	
<ul style="list-style-type: none"><li>• High body temperature (103°F or higher)</li><li>• Hot, red, dry, or clammy skin</li><li>• Fast, strong pulse</li><li>• Headache</li><li>• Dizziness</li><li>• Nausea</li><li>• Confusion</li><li>• Losing consciousness (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Call 911 right away-heat stroke is a medical emergency</li><li>• Move the person to a cooler place</li><li>• Help lower the person's temperature with cool cloths or a cool bath</li><li>• Do not give the person anything to drink</li></ul>
<b>HEAT EXHAUSTION</b>	
<ul style="list-style-type: none"><li>• Heavy sweating</li><li>• Cold, pale, and clammy skin</li><li>• Fast, weak pulse</li><li>• Nausea or vomiting</li><li>• Muscle cramps</li><li>• Tiredness or weakness</li><li>• Dizziness</li><li>• Headache</li><li>• Fainting (passing out)</li></ul>	<ul style="list-style-type: none"><li>• Move to a cool place</li><li>• Loosen your clothes</li><li>• Put cool, wet cloths on your body or take a cool bath</li><li>• Sip water</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• You are throwing up</li><li>• Your symptoms get worse</li><li>• Your symptoms last longer than 1 hour</li></ul>
<b>HEAT CRAMPS</b>	
<ul style="list-style-type: none"><li>• Heavy sweating during intense exercise</li><li>• Muscle pain or spasms</li></ul>	<ul style="list-style-type: none"><li>• Stop physical activity and move to a cool place</li><li>• Drink water or a sports drink</li><li>• Wait for cramps to go away before you do any more physical activity</li></ul> <p><b>Get medical help right away if:</b></p> <ul style="list-style-type: none"><li>• Cramps last longer than 1 hour</li><li>• You're on a low-sodium diet</li><li>• You have heart problems</li></ul>
<b>SUNBURN</b>	
<ul style="list-style-type: none"><li>• Painful, red, and warm skin</li><li>• Blisters on the skin</li></ul>	<ul style="list-style-type: none"><li>• Stay out of the sun until your sunburn heals</li><li>• Put cool cloths on sunburned areas or take a cool bath</li><li>• Put moisturizing lotion on sunburned areas</li><li>• Do not break blisters</li></ul>
<b>HEAT RASH</b>	
<ul style="list-style-type: none"><li>• Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases)</li></ul>	<ul style="list-style-type: none"><li>• Stay in a cool, dry place</li><li>• Keep the rash dry</li><li>• Use powder (like baby powder) to soothe the rash</li></ul>





## **PBBA 2023 Officers and Chairpersons**

**President:** Eric Burkhart

**Vice President:** Clif Coleman

**Secretary:** Isaac Navarrete

**Treasurer:** Kye King/ Brent Hoke

**Mountain Bike Director:** Stephen Mitchell

Committees and Chairpersons:

### **Tour Committee**

Chairperson: Sarah Kate Epperson

Members: Angie Kayastha

### **Race Committee**

Chairperson: Oscar Salazar

Members: Martin Vega

### **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