

The Official Newsletter of the  
PERMIAN BASIN BICYCLE ASSOCIATION

# WINDBUSTERS

Volume XX, Number 4

April 2015



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**

## Officers of the PBBA

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**Tour Director:** Doug Randel [bikerider\\_1192@yahoo.com](mailto:bikerider_1192@yahoo.com) (432-254-8905)

**Newsletter:** David Eggleston; [dmeengr@suddenlink.net](mailto:dmeengr@suddenlink.net) (432-352-3681)

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**Cyclefest Chairman:** Jasha Cultreri [jashac@aol.com](mailto:jashac@aol.com) (432-559-8948).

**Webmaster:** Matthew Hinman [mrhinman@gmail.com](mailto:mrhinman@gmail.com) (325) 203-7926)

Other people will be asked to help by agreeing to take over the other jobs necessary to run the PBBA for another year.

## CALENDAR OF WEEKLY RIDES

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**Tuesday & Thursday** - From Race Pace to Intermediate - Leaves S.E. corner of Loop 338 & Hwy 191 (The Professional Center) at **5:30 P.M.**

**Tuesday** – Tuesday Night ride - Grande Stadium Midland (Meet in the Northwest parking lot) 6:00 p.m. ride off. Medium Pace/ Recreational/Training Ride. Distance will vary due to weather etc., but usually 25+ miles. 1.5 - 2 hours. For up-to-date info contact Kelly Brammer (432) 559-5346, brammer10@aol.com.

**Wednesday** - Regular evening ride, leaves from Peytons at 6 pm, Easy to race pace. Dinner afterwards at Rosa's on Midland Drive.

**Thursday** - City ride by John Beane. Call Peytons for info. Leaves from Windlands Park, ride off at 6 pm, bring lights as the ride will be after dark. Ride to a restaurant, eat, return.

**Monday, Wednesday and Saturday Morning Rides** – Odessa to Goldsmith - Call 563-0179 for information

**MTB Rides** - Daily at the Odessa Mountain Bike Park

**Sunday** - Easy Rider 3 pm from Peyton's Bikes no drop ride.

## ANNOUNCEMENTS

**April 9<sup>th</sup>. 6 to 8 pm.** The MISD is giving a Health Fair and the Chap Center. The PBBA will have a booth, set up by Kent Crowell. David E, Jasha, and Roger Masters are planning to help. This is a great opportunity to pick up new Club members and introduce Midlanders to bicycling, and to promote our sport as a healthy addition to lifestyles. Come in your favorite jersey and let the attendees benefit from the fun you have had riding with the PBBA. You can bring your bike and a trainer if you like.

### April 11<sup>th</sup>. MOUNTAIN BIKE TIME TRIAL

This is a reminder that the PBBA Time Trial Race located at the Odessa Mountain Bike Park is scheduled for this **Saturday, April 11th** and will start at **10 AM**. Registration will open at **9 AM** at the pavilion. We will have a beginner, intermediate, and advanced course which will be 3.5 miles, 8.5 miles, and 9.9 miles long, respectively. We are only charging \$5 dollars per entry but appreciate any additional donations. We will be serving Burgers after the race and will have prizes for the winners.

The Weather looks good at this point. WE hope to see you and please encourage your friend to come too. You do not have to be a PBBA member to race but will be required to sign a waiver.

We hope to see you **Saturday Morning**,  
Stephen Mitchell - PBBA Mountain Bike Director

**April 18. Ride the Loop?** A group is planning to “warm up” for the Prude-Balmorhea ride by riding the 75 mile loop on Sat. April 18<sup>th</sup>. Check with Doug Randel for info.

**April 19. Prude Ranch to Balmorhea ride.** It is time for the Prude Ranch to Balmorhea ride. This year it will be on **April 19 (Sunday)**. This will give Nigel and others that have to work on Sat. the time to ride with us. We will leave the parking area with bikes loaded on the trailer at **9:00 AM**, ride to the Prude Ranch entrance for a **10:00** ride off. After the ride we will all meet at La Cueva De Sol restaurant in Balmorhea.(209 N. Elpaso St.) The club will pick up the tab. If you have any Questions please call:

Kenneth Bristow [432-553-2178](tel:432-553-2178)  
Jay Kelly [432-563-0179](tel:432-563-0179)  
Carl Murdock [432-553-4909](tel:432-553-4909)

**April 20, PBBA Monthly Meeting** Monday 7 pm, Beal Park Clubhouse. John Kerrigan will discuss the legal requirements for riding bikes on Texas highways. David E will present you with facts on bicycle stability and control.

**May 20<sup>th</sup>.**Hello everyone. Please consider this your invitation to participate in the 2015 Ride of Silence. The ride details are as follows:

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Distance 12 Miles

When: Wednesday, May 20, 2015

Where: CEED Building on the Southwest corner of the intersection at Highway 191 and FM 1788

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This will be the tenth year that the Ride of Silence takes place in the Permian Basin. Please help spread the word about this ride. Thank you all.

Respectfully,

John Floyd  
Public Health Preparedness Coordinator  
Midland Health & Senior Services  
3303 W. Illinois  
P: [432-681-7648](tel:432-681-7648)  
F:[432-681-7634](tel:432-681-7634)

*"We will relentlessly pursue perfection, knowing that we will not attain it, for nothing is perfect. But in the pursuit of perfection, we will capture excellence."*

*Vince Lombardi*

## June 19-21. Ruidoso Gearfest, From data from Fred Hunley

Fred has planned the Ruidoso Tour for June 19-21, 2015. Fred was offered good rates, about \$70 for a single and-\$80 for a double, for the Sitzmark Chalet, but they will not hold a block of rooms for the PBBA. If you plan to go on this tour, you need to make your reservations right away, 575 257-4140. If you end up not going, you need to determine the lead time for cancelling without penalty. Fred is negotiating with Rod Slayton to see if he can host a lunch on Sat. for those that want to ride up to Cloudcroft. Due to a bad experience on the Lajitas ride, Fred will not SAG this ride. Ruidoso is a beautiful locale for riding, and the elevation promises cooler riding than back in Midland-Odessa. There are some uphill to challenge you and downhill to enjoy in the mountains. The group will enjoy lunches and dinners together, which is a good part of the fun. Ride to eat, or eat to ride, the perennial philosophical question...

## Ride Schedule for 2015

Thanks to Doug Randel for updating the following ride schedule for 2015. You can lay out your riding schedule from this.

Confirmed	Date	Description	Ride Leader	Contact #
yes	25-Jan	Friendship Ride	Doug Randel	432-254-8905
yes	Feb 7-8	Big Bend/Terlinqua	Kelly Brammer	432-559-5346
yes	28-Mar	Tamale Ride/Mountain Bike Park	Steve Mitchell	432-254-8905
	Spring	Robert Lee	Doug Randel	432-254-8905
	Spring	Coleman Ride	Gary Pitts	<a href="mailto:gpitts@centex.net">gpitts@centex.net</a>
	19-Apr	Balmorhea Ride	Open	
yes	20-May	Ride of Silence	John Floyd	<a href="mailto:jfloyd@midlandtexas.gov">jfloyd@midlandtexas.gov</a>
yes	10-May	Police Memorial Ride	John Kerrigan	432-553-1432
yes	25-May	Memorial Day Ride	Kent Crowell	432-528-2891
yes	June 18-21	Ruidoso Ride	Fred Hunley	432-638-5715
yes	July 25 & 26	MS 150 Midland-Lamesa-Lubbock	Kent Crowell	432-528-2891
	August	Watermelon Ride/MTB park	Steve Mitchell	
yes	September 19 & 20	Cyclefest	Jasha Culteri	432-559-8948
		Moonlight Ride/Monahans Sandhills	Open	
yes	December	Midland Christmas parade	Kent Crowell	432-528-2891
yes	December	Christmas Light Ride	John Kerrigan	<a href="mailto:jkerrigan@midlandtexas.gov">jkerrigan@midlandtexas.gov</a>
Confirmed	Date	Rides of Interest	Place	
Yes	March 14-21	Hell Week 2015	Fredericksberg, Tx	
Yes	21-Mar	Steam N Wheels	Abilene, Tx	
Yes	28-Mar	LBJ 100	Fredericksberg/Stonewall, Tx	
Yes	April 3-5	Easter Hill Country Tour	Kerrville, Tx	
Yes	9-May	Fredericksberg Gran Fondo	Fredericksberg, Tx	
Yes	May 30-31	24 hrs in the Canyon	Canyon, Tx	
Yes	June 27-28	Rough Riders 200	Angel Fire, NM	
no	July	Tour de Gap	Buffalo Gap/Abilene, TX	
Yes	29-Aug	Hotter Hell Hundred	Wichita Falls, Tx	
	Oct	MDA Ride	San Angelo, Tx	
Yes	7-Nov	Tour de Gruene	Gruene/New Braunfels, Tx	
	Nov	Fredericksberg Fall Foliage Frolic	Fredericksberg, Tx	

# Safety in Group Riding

By David Eggleston

With fighting winds, riding bikes in a group, or peleton, becomes very appealing. The draft of the riders ahead cuts your drag by about 33%, and that allows you to go a lot faster. But riding in a group has real safety concerns, for along with that boost, there is a need to be very careful, do no sudden moves, give verbal warnings of hazards, and monitor the relative position and speed of riders ahead, beside, and behind very closely. It is terribly easy to lose track of your position and speed relative to the group, with disastrous results. You have to look up and keep careful track of what the riders ahead of you are doing and still be conscious of your front wheel follow distance. This actually takes scanning, similar to what a pilot has to do when flying on instruments. So riding safely in a group is something you have to learn and practice on every ride.

To achieve the boost from the draft, you usually have to follow very closely, with maybe a foot or two between your front wheel and that of the rear wheel of the rider ahead of you. But you cannot safely ride with your head down watching your front wheel. You have to look up at the body of the rider ahead of you and judge how close your wheels must be as the group speeds up or slows down. You learn to keep track of crosswinds and to stay in the draft of the riders in front. You have to stay very alert with your hands close to your brakes, and yet not do any sudden hard braking.

. Only the lead riders can see if the pavement ahead is clear, and various types of trash can be deadly: plastic bags, glass, coat hangers, etc. Particularly deadly are sticks or metal bars, since if you don't ride exactly over their centers, they can flip up and enter your or somebody else's front spokes, lock against the back of your front fork, bring your front wheel to a sudden stop, resulting in a sudden "over the handlebars summersault" at high speed. This causes a disastrous crash to the key rider, and successive crashes to all the riders behind. You see crashes happen rather frequently even among professional riders in TDF videos. These crashes often send a rider or two to the hospital and cause injuries that result in abandonment of the tour. Also their bicycles are damaged or broken.

Another hazard is to find your front wheel overlapping that of the rider ahead and pushing it sideways. I was instructed early on to lock my handlebars in such situations and force my front wheel to stay straight ahead, even if I shove the forward rider's wheel sideways.. You don't have to worry about the rider ahead, since their automatic response will be to steer out of any disturbances. But if you allow your front wheel to turn sideways, you will certainly fall, and perhaps be injured badly.

In my 70 years of bike riding experience, I have used the "hold your handlebars rigid" technique to avoid a number of crashes. It happened once while riding our tandem near the end of a group in a brutal crosswind. I was able to avoid a crash but the bike suddenly wandered into the traffic lane and we could have been run over, had a car been close behind. But we were lucky, and no crash resulted.

In a peloton riders often come so close sideways they need to shove other riders a bit to stay clear. Usually this is safe, but this too can be deadly. One time a rider came up behind me so close that his handlebars caught inside my brake cables. I was trying to think of what to do, but he went down and to the hospital, and was in recovery for about 3 months. I held my handlebars rigidly straight and I was able to

avoid crashing. If he had braked lightly instead of panicking, he could probably have disengaged without crashing. Quick thinking has enabled talented pilots to avoid crashes, and can do so also for bicyclists.

Another big danger in a peleton is sudden slowing of the lead riders. This can happen for a number of reasons, such as a traffic light that suddenly turns red. That happened to Lois and me on 42<sup>nd</sup> street near the Stripes station. The riders ahead of us could see the light and slow down, and I was able to slow too, but the riders behind us didn't react in time and crashed into us from behind. Our bike fell with our shoulders next to the curb and our heads and helmets on the curb. We didn't have any broken bones, but the skin on Lois's arm was peeled back and we had to get antiseptic and bandage it ASAP.

Somebody went back to get our car and we headed for the Walgreens for bandages. Skin damage can be serious if an infection starts, but we were lucky and her arm healed well. If you are a lead rider in such a situation, you should consider running the light, if this is safe, to avoid crashes behind you. Usually auto drivers will allow the whole peloton through the light without problems. If you decide to stop and can do so gradually, yell "stopping" to alert the group.

If you see a beginning rider that obviously doesn't understand the dangers of riding in a group, you need to give them a wide berth and warn them not to try to ride with the group. They may get dropped, but they and the others may avoid crashes. You can pull them aside later and tell them of the dangers and give advice on how to learn to ride in groups. Bike crashes can put you out of commission for bike riding, work, and other activities for months.

It is a long way down from an upright bike, and you can get broken bones just falling over in place, perhaps from failing to unclip your foot. Lois suffered a broken femur in just such an accident, and my face was bashed against our car bumper. Instead of going in to the restaurant for coffee and breakfast, we were in an ambulance headed for the hospital. Lois got surgery the next day, but I had 8 very painful stitches done in my lip. It was about the most painful thing I have ever endured.

I used to teach aircraft stability, control, and handling qualities, and bike riding has quite a few similar aspects. Most bike riders cannot explain how they do a turn on their bike. I will be explaining bike stability and control soon, if I can arrange a bike safety class for the PBBA, as I am an LAB LCI or League-Certified Instructor. I would like to give such a class in late April or in May, at the beginning of the summer riding season. I am working to arrange it. It is usually done with a Fri. night session, combined with parking lot exercises and group riding morning and afternoon on Sat. Help me choose a date.

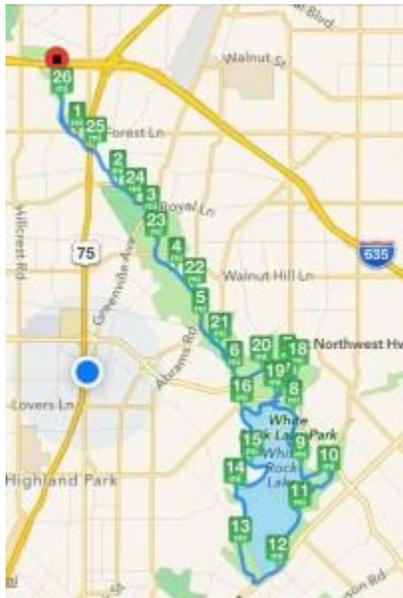
## **Riding the White Creek Trail, by Berry Simpson**

Last week I rode my bike on the [White Rock Creek Trail](#) located northeast of downtown Dallas, Texas. It was my first time to ride this entire trail, and my first time to circle the lake on a bike rather than on foot.

After lunch on Friday I parked in the parking lot of [Anderson Bonner Park](#), just south of 635, the northern trailhead, and changed into my cycling kit in the backseat of my Toyota Tacoma. Changing clothes in the car is something of a family identifier for us. Cyndi and I have changed into running gear in the parking lots of some very classy places. However, I must add, changing into cycling bibs and jersey was much harder than running shorts and T-shirt. There were several moments when I could have been arrested had anyone cared to look inside the tinted window.

Not only was this my first time to ride this particular trail, it was my first attempt to travel with my bike simply to ride for fun and not for a race or large group event. I'll admit it is much easier to travel as a runner. Everything I need fits in a small gym bag. Cycling is a lot more equipment-rich. For starters, there is the bike and the helmet, and those take up lots of space.

But I wanted to try this and see if it is a picture of my future. I simply can't run very far, if at all, on my knees, nowadays, and I am not sure how much running I'll be able to do after knee replacement, so I wanted to find a friendly and familiar place to ride and explore whether this might be my future.



It was a great ride. The weather was phenomenal: sunny and just cool enough that I didn't turn into a sweat bomb. There was a strong north wind blowing down the creek and it gave me some trouble, but if a Midland cyclist can't ride in the wind ...

My ride on Friday afternoon was easy. The trails were uncrowded and I had mostly paths ahead the entire way. Saturday was different. It was much more crowded. The beautiful weather brought out every family in the Dallas area and they were all having fun on or around the trail. I dodged lots of dogs and toddlers, cyclists and runners, and even a few long boarders. I passed one gentleman riding a skateboard while carrying his pit bull in his left arm. I don't know what that was about. I don't think it counts as walking your dog if you carry him.

I passed one group of young cyclist on a long hill and felt very proud of my flatlander self for being so strong ... that is, until I got to the top and was passed myself by a gentlemen ten years older than me. And he was eating a sandwich as he flew by.

My usual purpose for squeezing a run (or a ride) into a busy travel day is to reinforce an old memory. Memory is so fragile, and it changes over time in ways we aren't aware, so I like to retrace old routes to reestablish the details. I like to find significant trails and go back to them over and over. After all, if all I wanted out of cycling was exercise I could sit on an exercise bike in the gym.

But I'm not after more aerobic exercise, I want to go somewhere, see the new sights, and breathe the local air. And in the case of White Rock Lake, watch the boats sailing, the families fishing, the picnics happening, and be part of the greater community.

When you go to a place where athletes congregate, such as the White Rock Trails, it is energizing. The cumulative adrenalin fills the air, and I find I will move further and faster than when at home.

I highly recommend it.

## Ride the Rockies?

Kent Crowell provides the following info for people who want to refresh their souls and prove their fitness by climbing beautiful mountains in Colorado for a week in June 2015.

<http://www.bicycletourcolorado.com>

Here is a link to the texting & driving discussion. I would encourage cyclists to contact Mr. Tom Craddick and let him know how you feel about riding or driving where distracted driving is widespread & preventable.

<http://kxan.com/2015/03/05/support-growing-at-capitol-for-statewide-texting-and-driving-ban/>

Test your cycling safety skills with these 25 questions.

<http://bikesafety.caa.ca/practice-test/index.php>

Bicycle humor. One got fat 1963.

<https://m.youtube.com/watch?v=cQgAMkMmsfg>

Need to publish the dates & times of our board meetings.

**The Permian Basin Bicycle Association  
Would Like to Thank These Sponsors**



**IT IS TIME – Renew your PBBA Membership Now!!**

PBBA Memberships are now on an annual basis with all memberships expiring on January 1<sup>st</sup>

So, unless you have joined or renewed after September, 2014, we need for you to fill out a Membership Application and mail it to us as soon as is convenient.

**NEWSLETTER DEADLINE IS THE 25<sup>TH</sup> OF EACH MONTH. PLEASE SUBMIT ALL ARTICLES, PICTURES OR ANNOUNCEMENTS TO David Eggleston [dmeengr@gmail.com](mailto:dmeengr@gmail.com).**

Note from the editor

Thanks to all who contributed. If you get this newsletter via snail mail, you are missing out on pictures in color and live links to associated websites. If you would prefer to get it via e-mail, please let me know.

Dust off your writing, photography, and humor skills with articles for next month.