

# Cycling News

*Keeping you informed and upright!*

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## Board of Directors and email links

President .....	Jon Tate
Vice President .....	Jerry Lagos
Treasurer, Kits .....	Jeff Boulton
Secretary .....	Scott Kerbow
Membership .....	Jennifer Kerbow
Advocacy .....	Jeff Williamson
Ride Coordinator .....	David Mayo
Website .....	Curtis Duvall
Race Director .....	Tim Fox
Newsletter .....	Christopher Huffman

## Message from the President

**Y**ou are the best. Last month, I put out an invitation to become a part of the Dr. Fenner McConnell-Matt Wantz Memorial Ride also known as the Fenner Ride. It was truly amazing to see the number of cyclists and support personnel. Of course, we all wanted to be out there on that fantastic Saturday, but some of you chose to ride Fenner virtually and still signed up, supporting Big Brothers Big Sisters of Northwest Florida.

A tip of our helmets goes to Dana Hall and Felicia Rabb from BBBS as they spearheaded this awesome event. We would also like to draw attention to their staff and volunteers as without them, this celebration of life would not be possible. Also, as many of you know, the military sent volunteers to help direct traffic and provide



THE EASTERN SHORE IS THE PLACE TO SEE SOME VIVID SUNSETS. KAY HART GRABBED THIS PHOTO ON A RECENT RIDE. ALMOST LOOKS LIKE ARMAGEDDON.

support at the relief station throughout the route. We are indebted to them.

This Wednesday, November 11, we will be hosting the Veterans Day Ride from Veterans Park (200 S 10th Ave, Pensacola, FL 32502) at 7:00 AM. We will have three ride groups.

Please check this issue for three other special rides—the BikeMS Century, the Thanksgiving Trek and the Black Friday Escape.

Our end of year banquet is set for December 6 at Cactus Cantina (5121 N. 12th Ave.) at 5:30 PM. Please make every effort to attend as there is no cost to members.

I want to personally thank Scott and Jen Kerbow for all of their work over the past three years. It has truly been an honor to serve with you and we have all benefitted from your dedication!

Presently, we are acquiring new Board members for 2021. We are excited that Mike Gross has offered to serve as Secretary/Recorder and Konrad Gill has volunteered to take the position of Advocate. Jeff Williamson has agreed to move up from Advocate to Vice President and Chris Huffman will be taking over Membership.

Finally, we have begun our 2021 Membership campaign. Thank you for those of you who have already signed up. Here is the [link](#) for the 2021 registration and there is a t-shirt option at an additional cost. Thank you and I will see you out there! —Jon



# VETERANS DAY RIDE

Wednesday, November 11, 2020

Veterans Park (200 S 10th Ave, Pensacola, FL 32502)

7:00 AM

A Group (22+ MPH) 48 Miles

B Group (16-18 MPH) 26 Miles

C Groups (14-16 MPH) 17 Miles

Check our calendar at [westfloridawheelmen.org](http://westfloridawheelmen.org) for additional details and to download Ride with GPS routes.

## THANKSGIVING TREK

Thursday, November 26, 2020

Walmart Neighborhood Market (6670 Mobile Hwy.)

Near Pine Forest intersection

7:00 AM

A Group (22+ MPH) 53 Miles • Snake Road Loop

B Group (16-18 MPH) 27 Miles • Hurst Hammock

Check our calendar at [westfloridawheelmen.org](http://westfloridawheelmen.org) for additional details and to download Ride with GPS routes.



## BLACK FRIDAY ESCAPE

Friday, November 27, 2020

Summit Blvd. and Jerry Maygarden

Plenty of parking at old fire station lot.

(2750 Summit Blvd.)

7:00 AM

A Group (22+ MPH) 38 Miles • UWF Scenic Hills

B Group (16-18 MPH) 38 Miles • UWF Scenic Hills

Check our calendar at [westfloridawheelmen.org](http://westfloridawheelmen.org) for

additional details and to download Ride with GPS routes.



Saturday, November 28, 2020

Summit Blvd. and Jerry Maygarden

Plenty of parking at old fire station lot.

(2750 Summit Blvd.) 7:00 AM

A Group (22+ MPH) 47 Miles • Perdido Bay/Osceola Golf Course Cruise

B Group (16-18 MPH) 47 Miles • Perdido Bay/Osceola Golf Course Cruise

Check our calendar at [westfloridawheelmen.org](http://westfloridawheelmen.org) for additional details and to download Ride with GPS routes.

Meander through the city to Perdido Bay, then cruise past Osceola Golf Course and the Country Club

*.Four Bayous; Three Bays; Two Golf Courses!*

## Perdido Bay Bongo





## 100 Mile Century

Join us for our rescheduled event!  
No cost for Wheelmen members.

Start at McGuire's Restaurant  
600 E Gregory St, Pensacola, FL 32502

November 14, 2020

B Group Start: 6:30 AM

A Group Start: 7:00 AM

*An extraordinary experience marked by passion, inspiration, determination and fun. Feel the electricity at the starting line and the remarkable support throughout your journey as we unite in our mission to end MS.*

All Wheelmen members are invited whether you make a donation or not.

If you would like to make a donation, join team [West Florida Wheelmen!](#)

Presently, we have received over \$800 in donations!

Jeff Williamson is our WFW team Captain and you can call him at 850.384.1627 with any questions.

*Please note: due to COVID-19, BikeMS has made this a virtual event; however, we are still riding. Special thanks goes out to David Mayo for creating the route.*







## Dr. Fenner McConnell Matt Wantz Memorial Ride

Enjoy these photos from the Fenner Ride which was held on October 31. Thank you to all who participated this year. Yes, the event was sold out due to all of you wanting to enjoy a great ride while supporting Big Brothers Big Sisters of Northwest Florida.

Please check out more photos on BBBS Facebook page by following this [link](#).







### Florida Ironman

We are honored to have three Ironmen Wheelmen! Many try, but few actually go through the training and dedication to finish the 2020 Florida Ironman which was held November 7 in Panama City.

Kim White (pictured right) finished in 17th place in her Division finishing in 12:51:24.



Carol Gentry,



who is pictured to the left, completed the Ironman in 15:24:53. This earned her a 7th place finish in her Division.

On the bottom of the page is Vic Bindi who was able to finish in 13:01:17. He placed 43rd in his Division.

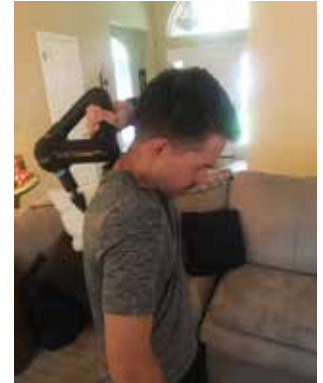
Congratulations goes out to all participants! We hope that we had a little something to do with your greatness.

Finally, a special thank you goes out to Tracy Gilbert and Valerie Shows for capturing these athletes in motion. An athlete is only as good as his or her support team.



### Another Benefit of Club Membership

Several club members are participating in the Therabody Better Together 180 on Strava. Donna Stone (wife of Brian Stone of CycleSports) recently donated a Theragun Elite® for the Wheelmen so we can optimize our warmup and recovery on club rides.



The Theragun is a massage tool that utilizes percussive therapy to treat muscle soreness and relieve pain. The device has increasingly been used by, and found effective for, everyone – from professional athletes to weekend warriors and everyone in between.

DEREK STOLER USES THE THERAGUN TO RELIEVE PAIN IN HIS UPPER BACK.

It is an effective warmup tool to use on muscle groups in only 30 seconds prior to a ride. In as little as two minutes after a ride, it provides more therapeutic comfort than a 15 minute massage.

Donna is a massage therapist and has been using the Theragun on clients for two years with excellent results. If you are looking for a sports/ wellness massage therapist, or have questions about Therabody, please contact her through a through text or voice at 850.433.3050.

To try out the Theragun® text or call Chris at 850.375.7239.



800.724.5277

Call for the location nearest you!

## 2020 Cycling Miles as of November 5th



We try to stay on top of your miles for the year; however, sometimes we miss a West Florida Wheelmen member who would like to have their miles listed. Please reach out if you would like to have your miles published by emailing Christopher Huffman at [advocate.wfw@gmail.com](mailto:advocate.wfw@gmail.com)

Ian Lintner	11300	Carol Gentry	3204	Aaron Duesing	1297
Fred Carlson	9364	Philip Faris	3157	Ramie Gougeon	1273
Joe Schuhbauer	8998	Dean Ward	3136	Jason Laing	1234
Lloyd Maisonville	8934	Larry Drake, Jr.	3113	Jason Cawby	1226
Robert Walker	8571	Gene Mitchell	3082	Felix Hotard	1224
Graydon Patterson	8298	Kevin Kropp	3077	Kathy Stinson	1185
Troy Dudash	7655	Brandon Hempler	3055	Larry Schultz	1183
Gerry Faw	7236	KC Byers	3020	Sarah Bastajian	1182
Stefanie Von Brock	6406	Perry Vath	2960	Carey McKinney	1173
Amelia Zwiener	6368	David Mayo	2905	Laura Henson	1168
Brandon Blanchard	6327	Paul LaRose	2853	Mary Lis Norris	1116
Tom Impastato	5549	Evan Castillo	2837	Pam Jones	1100
Austin Bray	5493	Bruce Wrede	2793	Malcom Marsh	1090
Jerry Lagos	5339	Tracy Gilbert	2764	Shireen Knowles	994
Lewis Britt	5293	Ernie Conner	2744	Curtis Duvall	988
Barbara Kerby	5217	Richard Loiselle	2653	Andrew Carlson	945
Tom Johnson	5200	Taylor Curry	2574	Chris Kerby	934
Michael Watkins	5193	Jorge Gamarra	2541	Joshua Lute IR*	867
Jeff Robinson	5174	Kimberly White	2517	Ryan Von Brock	867
Scott Whitney	4970	Karl Layug	2449	Macy Williams	764
Dean Kelly	4932	Alan Como	2426	Mark Calvert	751
Lisa Stanley	4838	Scott Boulton	2422	Jack Robie	744
Jason Biel	4834	Zachary Mitchell	2346	Carl Duellman	692
David Hiott	4799	Dennis Bruens	2291	Scott Warren	683
Stephen Reyes	4672	Doug Jones	2251	Gene Strickland	673
Doug Schroeder	4650	John Floyd	2194	Tim Fox	624
Thomas LeDew	4560	Michael Taber	2188	Phil Littrell	592
Travis Coleman	4555	Jonohon Berry	2158	Jason Ellington	585
Michael Percy	4547	John Morgan	2091	James Monroe	542
Michael Gross	4544	Austin Bowman	2052	Andy Williamson	531
Richard Roselli	4501	Michele Coleman	2009	Darrell Blanchard	521
Jeff Bisson	4484	Christopher Huffman	1983	Joshua Bastajian	466
Chris Becker	4375	William Casler	1935	Anthony Avallone	461
Byron Havard	4373	Jonathan Stone	1800	Catherine Brankin	449
Derek White	4297	Mitch Smith	1787	Scott Kerbow	412
Marty Haake	4293	Douglas Gehman	1739	Konrad Gill	402
Brian Murley	4177	Kurt "Gordo" Ackenhausen	1684	Shawn Gomez	379
Jon Tate	4171	Christine Sternjacob	1681	Michele Tierney	379
Jeffrey Boulton	4156	Eric Nelson	1679	Alastair Casler	378
Robert Brady	4022	Jordan Lampert	1678	Maisey Kent	369
David Murphy	3979	Tim Price	1678	James Schwab	336
Alvin Furtner	3889	Nestor Arguea	1646	JR Tierney	273
Robby Quina	3723	Kyle Condry	1634	Jennifer Kerbow	148
Ed Sarfert	3649	Roy Noble	1593	Millanie DeKlerk	133
Scott Holmes	3589	Ron Hornbrook	1526	James Amos	115
Eraena McKenzie	3587	Jesse Ivarra	1507	Jacquelyn Boulton	76
Andy Mull	3557	Matt Marco	1414	Roger Andrews	72
Mike Mulvaney	3555	Corrine Carlson	1403	David Stubbings	67
Chris Jernigan	3552	Josh Sharpe	1402	Daniel McKeown IR*	46
Jeffrey Williamson	3366	Chris Andrew	1342	Luis Berrios	38
Jason Gardner	3291	Timothy Talcott	1334		
Demetrius Bailey	3217	Tim Schossow	1305		

*\*Injured Reserve*



## Bike Pensacola Ride Squad Designing Livable Streets

Mon, November 16, 2020  
7:00 PM – 8:00 PM CST  
Online Event

Would you like to see safer and more pleasant streets for walking and bicycling? Join Escambia County transportation engineer Christine Fanchi as she shares her experience transforming existing streets into safe corridors for all modes, focusing on reducing fatalities using Vision Zero principles. She'll share how the project process works for implementation of bike projects, how best to work with agencies to get ideas considered, and when the best time to get involved in projects and give the most useful input. Click [here](#) to register.



## Florida Bicycle Best Practices

Another awesome education opportunity is listed below:

The Florida Bicycle Best Practices Workshop will be virtual via the Zoom platform on Saturday, November 14, from 2pm-4pm. This workshop is open to anyone who wishes to learn or share ideas with other bicycle enthusiasts to be part of the solution for Florida bicycling concerns. The workshop is FREE but you MUST register in advance to receive the Zoom online link. <https://floridabicycle.wufoo.com/forms/msxa7vx0x1mxke/>



Bikes Plus on 9th  
6307 N. 9th Ave. #4  
Pensacola, FL  
32504

Bikes Plus  
Downtown  
194 N. Palafox St.  
Pensacola, FL



**Saltmarsh**  
Saltmarsh, Cleaveland & Gund  
CERTIFIED PUBLIC ACCOUNTANTS AND CONSULTANTS

900 N. 12th Ave.  
Pensacola, FL 32501  
850.435.8300



## STOLEN BIKE ALERT!

Please call the police if seen.

Pivot Trail 29 full suspension mountain bike was stolen from private residence in Niceville. It is blue with white letters, yellow grips, silver flat deck pedals, specialized handlebars, sram eagle 1X 11 speed drivetrain.

If you see it, please call the nearest police department. It has been reported to the Niceville Police Department, (850) 729-4030



BRIAN MURLEY CAPTURES THE AMF TEAM ON A RARE STOPPED MOMENT.

**appriver**  
a zix company

1101 Gulf Breeze Pkwy.  
Gulf Breeze, FL 32561  
850.932.5338





GARMIN  
DETERMINED  
WHAT WE  
ALL KNOW  
ABOUT TRACY  
GILBERT.

JEFF ROBINSON TOOK  
THIS PHOTO OF  
JONOHON HEADING  
INTO THE SUNRISE.



ED SARFERT WENT  
OVER A HUNDRED,  
SO NOW HAS HAS  
TO POST BALE.

LAURA HENSON  
AND BILL VEST  
ON A RAINY  
SATURDAY.



DEREK  
WHITE  
CAPTURES  
HIS GROUP  
PRACTICING  
COVID  
SAFETY  
PROTOCOL.



EMILY KOPAS  
TOOK THIS PHOTO  
WHILE RIDING  
CONNECTICUT.

THE THIRST FOR  
HURST.



RECOUNT!  
HOW DID THEY ALLOW  
IAN'S WATERBOTTLE TO  
VOTE?!

DARK...  
ALONE...  
COLD MEANDER

CHRIS JERNIGAN





## November 2020 Weekly Rides

### 5:30 PM: Monday Meander

WSRE Parking Lot 12th and College Blvd.  
*The Wheelmen Club version of the "Slow Ride"! The pace is 16-18 MPH. The route has been adjusted due to the construction on Langley Ave. Helmets are required but not spandex. Come on out for a casual nearly flat ride! Beginners welcome!*

### 6:00 PM: Tempo Tuesday Loop

Ride More Bicycles 59 E. Gregory St.  
*The WFW Tempo Tuesday ride is very fun and popular and starts downtown at the RMB store! Moving pace 17-21 MPH. If you drop off the back we have several re-group points along the route. If you miss the 6:00 PM start from RMB, the group cruises through the Summit & Maygarden around 6:30 PM so feel free to hop in there.*

### 9:00 AM: Wednesday Touring Ride

Different starting locations (usually in Santa Rosa County). Please see the full information for each ride, including changes to the ride day due to weather which are posted on the Blackwater Cyclists Facebook page: <https://www.facebook.com/groups/Blackwatercyclists/>

*The ride concept is a slower paced social ride averaging between 13 and 15 mph. Most rides will involve a group meal stop mid-ride or at the end of the ride. Average distance will typically be between 40 and 60 miles.*

### 5:30 PM: Wednesday Worlds

WSRE Parking Lot 12th and College Blvd.  
*Each Wednesday, we gather at Pensacola State College for a 25 mile, no drop loop. A Group speeds along at 20+ mph, B Group rides at 17-19 mph and C Group cruises at 16-17 mph.*

### 6:00 PM: Thursday Night Sunset Ride

Trek Bicycle Store 701 E. Cervantes St.  
*If you are looking for a quick-paced B+ Group ride, come on out and give this a try! This route is approximately 32 miles but it also has a 18 mile drop-off if you need a shorter option. Come out and join us for some cool evening fun! Lights are required.*

### 7:00 AM: Saturday Long Ride

Groups normally ride out from Summit & Maygarden or from behind Bagelheads at 916 E. Gregory St. Please check the WFW [calendar](#)  
*The ride on Saturday rotates through six different courses; however, at times, the route and start time can change depending upon conditions. The ride length is between 40-60 miles. This is normally a Solid B Group ride (17-19 mph) although A Group cyclists are known to split off from the peloton. The B Group is a no-drop ride.*

### 7:30 AM: Saturday WFW in the Country

Blackwater River State Forest  
*Meet in the parking lot across the street from Truly Spokin' 5172 Stewart St. Milton. The ride has been a staple of the area for 19+ years and counting with anywhere from 20 to 50 riders on any given Saturday. There are seven convenience stores located 15 to 28 miles from the trailhead start/finish. One of these stores is the usual Saturday destination. The distance of the ride will vary from 42 to 55+ miles and is typically posted by Thursday afternoon on the Blackwater Cycling Facebook page. The pace varies as well. You can typically expect 2 to 3 groups of riders with a Blackwater pace scale as follows:*

A group—Riding speeds of 22 to 30 MPH

B group—Typical riding speeds are 18 to 24 MPH

C group and lower—Anticipate riding speeds of 15 to 20 MPH

### 2:30 PM: Sunday WFW All Together

#### NAS Back Gate Loop

Bayview Park 2172 E. Mallory St.  
*Fall marks the return for this fun 30-mile loop to the west side. No Drop Ride. Moderate to Fast pace.*



59 E. Gregory St.  
Pensacola, FL 32502  
850.912.8805  
[ridemorebicycles.com](http://ridemorebicycles.com)

# 2020 West Florida Wheelmen Kit

*Still Available!*



## 3rd Annual Witches Ride



THANKS GOES OUT TO MINDI AND TRACY FOR PROVIDING THESE PHOTOS. WE WONDER IF THEY'LL DO IT ON PENSACOLA BEACH NEXT YEAR. NOTHING LIKE A BUNCH OF SAND WITCHES.



STEPHEN REYES AT  
THE CANYON BELGIAN  
WAFFLE RIDE.



RICHARD ROSELLI CELEBRATES HIS 73RD BIRTHDAY A  
LITTLE EARLY BY RIDING 74 MILES WITH TOM, GAIL AND  
STEFANIE.



MIKE VAN WORMER  
SENT THIS IN OF  
THE IRONBULL RED  
GRANITE GRINDER 80.  
YEA, WE'LL TAKE THE  
HUMIDITY OVER THIS.



JEFF BOULTON CAPTURED THIS SUNSET.



BYRON HAVARD TOOK THIS PHOTO ON  
THE TRAIL. SPEED KILLS, PLAY IT SAFE,  
BUY A HUFFY.



JEREMY, CARL AND ANDREW AT THREE GAP.



TROY AND THE  
GANG RIDING  
TO HURST  
HAMMOCK.  
PHOTO CREDITS TO  
JEFF ROBINSON.



CORRINE AT  
THREE GAP AFTER  
DROPPING THE  
BOYS.



We have opened registration for 2021 Membership! The COVID-19 virus may have slowed us down a little; however, we are still planning divided group rides and other events for the final part of the year!

This would be an excellent time to review your goals especially with the holidays coming up. As posted earlier in the newsletter, we have rides throughout November and we will be posting rides for December. This is an excellent time to control your weight and improve your immune system! Whatever your remaining goals are, allow us to help you.

We had exceptional miles throughout the year and we will continue grabbing your miles for our ultimate goal of 500,000 miles. In order for us to tally your miles, please join us on Strava by asking



to join the [WFW Strava Club](#). Remember, you do have to be a Wheelmen member to join.

The West Florida Wheelmen club exists because of you and me and our love to ride our bikes. WFW is always open to new ideas so feel free to reach out to any of your board members. You can email us at [advocate.wfw@gmail.com](mailto:advocate.wfw@gmail.com) or check out our club website at [westfloridawheelmen.org](http://westfloridawheelmen.org). We are also on [Facebook](#), [Twitter](#) and [Instagram](#).

You always have a voice and we encourage our membership to be involved. There are many ways to do this such as attending a board meeting. Presently, these are being held at our president's home with social distancing or on Zoom. If you would like to attend one of these meetings, please contact Jon Tate at [wfwprez@gmail.com](mailto:wfwprez@gmail.com).

Lastly, we appreciate you—our members! Thank you for sharpening each other! Our club would not exist without you. Now, let's go out and *light the burners!*



### Membership and its Privileges

- Supplemental accidental insurance coverage on all WFW rides!
- Membership in Ride with GPS to download routes and acquire turn-by-turn navigation. This is a \$60 value!
- 10% off at participating bike shops.
- Complimentary use of three bike travel cases.
- Make our voice stronger for cycling advocacy, safety and public education.
- Receive a bi-monthly email with all the local cycling news, rides, special events, etc.
- Free use of Theragun Elite® massager.
- Free use of portable PA system.
- Be invited to several fun social events throughout the year.
- Participate in the Pensacola Cycling Classic.
- WFW has several events on the calendar for 2021 such as the Battleship Ride, the Ride of Silence and two social events at Truly Spokin' and CycleSports. We will be hosted by Vicki Grooters for the Remembering Roger Ride; the Big Brothers Big Sisters Dr. Fenner McConnell – Matt Wantz Memorial Bicycle Ride and our end-of-year celebration will be held as always. We are looking forward in seeing you out there!

Here is the link for 2021 West Florida Wheelmen memberships! Please take a moment, click on the link and sign up!

RENEW

[westfloridawheelmen.org](http://westfloridawheelmen.org)







The West Florida Wheelmen Club is pleased to add another BIG benefit as part of your membership. All WFW members will have FREE access to RIDE with GPS premium navigation features on all club routes and events. This will enable ALL Wheelmen members to download turn-by-turn navigation on their cycling computers or smartphones!

Features Include:

Voice Navigation in the RWGPS mobile app  
 Offline Maps in mobile app  
 PDF Maps + Cuesheets  
 Advanced Turn Notifications with TCX files  
 Estimated time

[Club Account Member Benefits Page](#)

*How do I get this?*

Step 1: [Join/Re-join WFW](#) (if you are already a WFW member, skip to Step 2).

Step 2: [Join the WFW Club account w/ Ride with GPS.](#)

Step 3: You will receive an email from our club administrator to activate your membership.

That's all you need to do! So for just a \$35 (\$50 family) WFW membership, you will receive this helpful RWGPS benefit (\$60/yr value!) plus all of our other benefits!



MIKE MULVANEY PUT OUT A TRAIL BLOCKAGE THIS MONTH. THANKS TO MIKE FOR KEEPING US INFORMED AND NOT LEAVING US OUT ON A LIMB.



800.724.5277

*Call for the location nearest you!*



JASON ELLINGTON SHOWS WHY BIKES ARE PERFECT FOR THE ZOMBIE APOCALYPSE. BTW HAS ANYONE SEEN JASON? YOU MAY WANT TO STAY AWAY FROM HIM FOR A WEEK OR TWO.



JORGE TOOK THIS PHOTO DURING A TEMPO TUESDAY RIDE. SPEED IS NOT OPTIONAL WITH THESE PEOPLE.



REGISTER NOW FOR 2021!

## Thank you to our New and Renewing 2020 Members as of November 9th!

Kurt "Gordo" Ackenhausen	Brannon Deugan	Jennifer Kerbow	John Robie
James Amos	Larry Drake, Jr.	<i>Barbara Kerby*</i>	Jeff Robinson
Chris Andrew	Bob Driscoll	<i>Chris Kerby*</i>	Richard Roselli
Roger Andrews	Jane Driscoll	Shireen Knowles	<i>Matthew Salvator*</i>
Nestor Arguea	Brian Dube	Michael Kohler	Ed Sarfert
Anthony Avallone	Troy Dudash	Shannon Kohler	Robert Sauls
Jill Awkerman	Carl Duellman	Kevin Kropp	Tim Schossow
Demetrius Bailey	<i>Aaron Duesing*</i>	Jeffrey Kwan	Doug Schroeder
Edward Baker	Curtis Duvall	Jerry Lagos	Joe Schuhbauer
Robert Baker	<i>Jason Ellington*</i>	Jason Laing	Larry Schultz
Catherine Barich	Philip Faris	Jordan Lampert	James Schwab
Bill Barnard	<i>Gerry Faw*</i>	Michael Lang	Josh Sharpe
Lisa-Marie Bartusik	William Fisher IV	Candace Lang	Betty Sheets
Avedis Bastajian	<i>John Floyd*</i>	Molly Lang	Dan Smith
Sarah Bastajian	Troy Floyd	Randal Langley	Mitch Smith
Joshua Bastajian	Tim Fox	Paul LaRose	Roman Spear
Chris Becker	Charles Fraley	Karl Layug	Lisa Stanley
Deborah Becker	Alvin Furtner	Thomas LeDew	Christine Sternjacob
Luis Berrios	Jorge Gamarra	Ian Lintner	Lee Stevens
Jonohon Berry	Jason Gardner	Phil Littrell	James Stinson
Jason Biel	<i>Douglas Gehman*</i>	Richard Loiselle	Kathy Stinson
Jeff Bisson	Carol Gentry	Joshua Lute	Brian Stone
Jennifer Bisson	Sue George	<i>Lloyd Maisonville*</i>	Jonathan Stone
Brandon Blanchard	Tracy Gilbert	Peter Marco	<i>Gene Strickland*</i>
Darrell Blanchard	Konrad Gill	Matt Marco	<i>Cole Strickland*</i>
Jeffrey Boulton	Ted Godfrey	Malcolm Marsh	David Stubbings
Jacquelyn Boulton	Shawn Gomez	Joann Massey	<i>Michael Taber*</i>
Jennifer Boulton	Ramie Gougeon	Joel Mathews	Timothy Talcott
Scott Boulton	<i>Joan Grey*</i>	David Mayo	Jon Tate
<i>Austin Bowman*</i>	Nancy Grogan	John McDaris	Michele Tierney
Jessica Bradley	<i>Vicki Grooters*</i>	Sandra McGuire	JR Tierney
Robert Brady	<i>Michael Gross*</i>	Eraena McKenzie	Brian Tilton
Catherine Brankin	Marty Haake	Daniel McKeown	Luke Trione
Austin Bray	<i>Jim Hagon*</i>	Carey McKinney	Perry Vath
Lewis Britt	Byron Havard	Gene Mitchell	John Viglione
Rush Brown	Brandon Hempler	Zachary Mitchell	<i>Ryan Von Brock*</i>
Dennis Bruens	Stephen Hendrix	James Monroe	<i>Stefanie Von Brock*</i>
KC Byers	Laura Henson	Michael Montgomery	<i>Robert Walker*</i>
Mark Calvert	<i>David Hiott*</i>	<i>John Morgan*</i>	Dean Ward
Fred Carlson	Scott Holmes	Andy Mull	Scott Warren
Corinne Carlson	Ron Hornbrook	Mike Mulvaney	<i>Michael Watkins*</i>
Andrew Carlson	Roger Hosmer	Brian Murley	Joshua Weemhoff
Alastair Casler	Felix Hotard	Davd Murphy	Amy Weissman
William Casler	<i>Christopher Huffman*</i>	Susan Naile	Derek White
Evan Castillo	<i>Darla Huffman*</i>	<i>Eric Nelson*</i>	Kimberly White
Jason Cawby	Tony Hughes	Roy Noble	Scott Whitney
Carol Ann Chandler	Mia Hughes	Janet Noble	Tyler Wilkins
Woody Chandler	Tom Impastato	Mary Lis Norris	Macy Williams
Mark Cole	Jesse Ivarra	Angelica Padro	Andy Williamson
Barbara Cole	Chris Jernigan	Graydon Patterson	<i>Heidi Williamson*</i>
Travis Coleman	Phyllis Johnson	Michael Percy	<i>Jeffrey Williamson*</i>
Michele Coleman	Tom Johnson	Paul Pound	Bruce Wrede
Alan Como	Pamela Jones	Tim Price	Christopher Zareefeh
Kyle Condry	Douglas Jones	Robby Quina	<i>Angela Ziebarth*</i>
Ernie Conner	<i>Dean Kelly*</i>	Angelica Ramirez	Amelia Zwiener
Taylor Curry	Maisey Kent	<i>William Rankin*</i>	
Millanie DeKlerk	Scott Kerbow	Stephen Reyes	

\*2021 Members and  
Renewals





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JEREMY CRUSHING  
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Mountain biking has helped many of us clear our heads, stay healthy, and it's been an important escape from isolation. Chances are, as mountain bikers, we've looked down a familiar trail and appreciated it more than ever.

However, most of us are seeing more people on the trails than ever before. More people riding is a good thing. But, overcrowded and overused trails also create new challenges. Trails need advocates and stewards and your IMBA Local Partner needs you!



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### Upcoming Trail Work UWF

Sunday, November 22, 2020  
7:30 AM CST – 12 PM CST  
UWF Bike Trails

*Continuing our efforts to restore trails at UWF from Hurricane Sally and Zeta. We need all the help we can get as there is still much to do.*



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# Looking for new, fun adventures? Check out the Dirt Sharks!



For more information about the National Interscholastic Cycling Association or the Alabama Interscholastic Cycling League, visit these sites:

[www.nationalmtb.org](http://www.nationalmtb.org)

[www.alabamamtb.org](http://www.alabamamtb.org)



**NICA**



## The Gulf Coast Composite Dirt Sharks

is a mountain bike team comprised of cyclists from Florida, Alabama, and Mississippi who compete in the Alabama National Interscholastic Cycling Association (NICA) race series. Our mission is to encourage riders to develop strong minds, strong bodies and strong character through teamwork, dedication, and perseverance...

one pedal stroke at a time!

**#dirtsharknation**



Contact us at:



@gulfcoastcomposite



[gulfcoastcomposite@gmail.com](mailto:gulfcoastcomposite@gmail.com)

Brett Liles - Team Director

John Haataja - Head Coach

Middle School and High School Divisions

Public School, Private School, and  
Homeschool Students

Boys and Girls

**No experience  
necessary!**

