



NOT TAYLOR'S! MILTON PEYTON ADAMS IS HEADED TO CALIFORNIA BUT NOT BEFORE GRABBING THE WEDNESDAY WORLDS KOM FROM TAYLOR. I BELIEVE ALL OF THESE GUYS BUMPED TAYLOR FROM THE TOP 10!



MIKE GROSS PACKS HIS NEW WFW PATRIOTIC JERSEY INTO HIS WATER BOTTLE TRUNK.



MEMORIAL DAY RIDE TO BAMAHENGE. IN ELBERTA, AL.

CycleSports
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A big benefit of membership in the West Florida Wheelmen Club is Ride with GPS. All WFW members have free access to Ride with GPS premium navigation features on all club routes and events. This enables Wheelmen members to download turn-by-turn navigation on their cycling computers or smartphones.

Features Include:

- Voice navigation in the Ride with GPS mobile app
- Offline maps in mobile app
- PDF maps and cue sheets
- Advanced turn notifications with TCX files
- Estimated time of route

[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!

August 2022 Ride Calendar

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. Choose your number of laps. 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 miss the 6:00 PM start from RMB, the group cruises through Summit & Maygarden around 6:30 PM so feel free to hop in there.

8:00 AM: Wednesday Wild 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 has developed into a faster paced ride (18-22). 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, loop. A Group speeds along at 20+ mph (drop ride), B Group rides at 17-20 mph (no drop ride) and C Group cruises at 16-18 mph (no drop ride).

6:00 PM: Thursday Beach Ride

Around the Sound Loop

3 Casino Beach Boardwalk Pensacola Beach
Enjoy the world class beauty of our beaches! A & B groups leave from the Casino Beach parking lot (by the beach ball water tower) and do one of our favorite routes. A group 20mph+ (drop ride), B group - 17-20mph (no drop ride) The wind direction will dictate which direction to do this great 42 miler.

6:30 AM: Saturday WFW in the City

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 distance of the ride will vary from 42 to 55+ miles and is typically posted by Thursday afternoon on the Blackwater Cycling Facebook page.

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

7:00 AM: Sunday S'cool Ride

Summit and Maygarden

Are you looking for a ride which will get you home in time for church? This is a slower paced recovery ride which should have you home by 9:00 AM. Join us for this 21-mile loop from the north to downtown Pensacola. Stay together C group ride.

Special Ride Calendar

Please always check the calendar at westfloridawheelmen.org

for special announcements as well as changes in the scheduled rides. In addition, we post rides and events which change from month to month.



MIKE MULVANEY
PREPARES TO PLOW.



Are we still riding?

Have you ever wondered why you did not get the message that a ride was postponed or cancelled? Or you may want to invite others on a special ride you've created. Well, we'd like to cut you some slack.

Yep! Slack is a communication app which we tested last year and found it to be a useful tool for your saddlebag. Well, not really, it's for your phone or computer. No extra cost. And, yes, one more thing to keep up with, because you really wanted to have a hail of a time in that storm.

Download it or go to slack.com then email membership so we can let you in. Inside the app, you will discover threads or channels on special rides, events and subjects which may interest you.

Don't be the last to know what is happening with cycling in West Florida.

MIKE VANWORMER
SWAN MTB ROAD
TRIP.



RECENT RIDE
TO THE HIGHEST
POINT IN
FLORIDA.



Sunset Ride on Pensacola Beach!
Thursday, August 11, 2022

Roll out at 6:45 PM if weather permits

1336 Fort Pickens Rd, Pensacola Beach

Don't miss this super scenic cruise ride which is great for the family on this beautiful secluded part of Pensacola Beach. Any kind of bike will be fine on this 15 mile round-trip to the Fort and back. Bring your lights and pass or \$10 in case needed for the park entry. We usually have enough passes to cover everyone, if there is a park ranger at the gate (usually there isn't).

Start/Finish at [Park West parking lot](#) - Soundside

We will stop and regroup at the Ft. Pickens fishing pier and watch the sunset before returning back to the parking area.



PART OF BRAD'S 50 ON HIS 50TH WITH JOEY!
THANKS, DOM!



RED ROCK TO HOLT HILL AFTER DOUG'S COVID BOUT.



In Honor of Teresa Rose

Megumi Jones traveled to Tellico Plains, TN for the Cherohala Challenge on June 4. The event boasts 10,000 feet of elevation gain as riders climb through the Tail of the Dragon and the Cherohala Skyway and finishes with 115 miles.

This year, she rode with the race number of Teresa Rose who was tragically killed while on a training ride just days before the Challenge. Some of you may remember Teresa from her first place performance at Scratch Ankle this year. Megumi reflected a quote of Teresa from an earlier ride, "Days like this remind me why I love riding!"

Megumi said, "Teresa is gone too soon but she will always be in our hearts." Megumi related she rode with Teresa's spirit just like she was riding beside her.

Thank you, Megumi, for being there for Teresa and for allowing us to know her better.



TO FT. PICKENS...
OR NOT.



TERRY GRABBING
SOME MULTI-USE.

Tour De France

Fred, Corrine and Jeremy Carlson were able to watch the Tour from the front row! In addition to seeing the maillot jaune, they rode through various spots on the Tour including, on Day 18 Tour de France/Pau to Summet du Col de Spanelles when the Tour winner was mostly decided.



Great Divide Ride

Pete Marco and Eddie Sanders completed the Great Divide Mountain Bike Route in 33 days! Bob Wilson joined them for the first few days. Although 200 began the event, less than half finished with 12 riders having to be rescued by helicopter.

The GDMBR began in Banff, Alberta, Canada and finished at the US/Mexico border in Antelope Wells, New Mexico.

Hail, snow and peanut butter mud were common place during the 2696 mile and 149,664 elevation gain. To read more about the GDMBR, a New York Times article may be found [here](#).

Congratulations, Pete and Eddie!



Thank you to our Sponsors!

We are honored to have our sponsors join us in making cycling the most attractive sport in Pensacola. Subway®, Lloyd's Glass and Zarzaur Law are our Gold Sponsors.

As you know, The Paint & Body Shop of Pensacola and Globe International have become partners with the West Florida Wheelmen for 2022. In addition, Primary Residential Mortgage Inc. (PRMI); Saltmarsh, Cleveland & Gund; Centennial Imports; and J. Chandler Custom Homes have committed to yet another year of growth and direction within our club.

Thank you also goes out to Salvator & Associates Insurance Agency who renewed their Bronze Sponsorship!

Each one of these sponsorships was made possible through the dedication and work of WFW members who work, own or are an important element in these companies. Thank you for making this happen!



100 Palafox PL.
Pensacola, FL 32502
850.444.9299

Our Silver Sponsors



17 West Government St. Suite C
Pensacola, FL 32502
850.473.0070



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



3050 Navy Blvd.
Pensacola, FL 32505
877.759.7297



22 E Johnson Ave.
Pensacola, FL 32534
850.457.3220

Our Bronze Sponsor



BIG DAM BRIDGE 100

North Little Rock, Arkansas

Saturday, Sep 24, 2022

SAVE THE DATE **SAVE THE DATE** **SAVE THE DATE**

Infirmary Health
RIDE YELLOW 
...more than just a bike ride

October 1 • 7 a.m. • Bay Minette, AL • rideyellow.org

6 to 62 mile options



FIRST PRACTICE RIDE FOR LEADVILLE STAGE RACE
w/DOUG J., TJ, DOUG S. AND JAMES S.



DEREK WHITE STEELS SOME THUNDER!



COACH JADE CAPTURES THE GROUP AFTER A RECENT RIDE.



MORNING RIDE FROM MOSSY HEAD.



Saturday, November 5
Meridian, MS

Register now for
reduced rate!





Join the peloton for [2022 Membership](#)! We are planning on having divided group rides and other events throughout the end of summer and into the fall, including special meet-ups.

Now would be an excellent time to review your goals for the second half of 2022. If your goal is to complete a century, your objectives should be to complete 40, 50, 60, and 75 mile rides. Many of our rides fit into these distances, but we all have to stay at it.

This is a great opportunity to control your weight and improve your immune system as we approach the fall! As you noticed, we published our fourth leaderboard of 2022. Now is the time to compete with your friends or just yourself. Try to move up a place or two before the next Cycling News issue.

In order for us to tally your miles, please join us on Strava by asking to join the [WFW Strava Club](#). Remember, you 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, please feel free to reach out to any of your board members. You can email us at membership@westfloridawheelmen.org or check out our club website at westfloridawheelmen.org. We are also on [Facebook](#), [Twitter](#) and [Instagram](#).

You always have a voice and we encourage our membership to be involved. Presently, the board meetings are being held at Saltmarsh, Cleaveland & Gund. If you would like to attend one of these meetings, please contact Jeff Williamson at [850.384.1627](tel:850.384.1627). (This helps us in knowing the numbers for attendance.)

Lastly, we appreciate you—our members! Thank you for sharpening each other, and keeping each other safe during this time. Our club would not exist without you!



Membership and its Privileges

- Several weekly rides which are published in this issue.
- 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 two bike travel cases.
- Make our voice stronger for cycling advocacy, safety and public education.
- Receive a bimonthly newsletter 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 our published leaderboard.
- WFW has several events on the calendar for 2022 such as our Labor Day Ride, Bike MS Tour de Beach, the Matt Wantz-Fenner McConnell Ride and others to be announced.
- Join us for Monday Meander, Tempo Tuesday, Wednesday Worlds and Threshold Thursday Beach Ride.
- Don't forget to check out our new club kit which can be found [here](#).
- And always, additional rides will be added monthly.

Here is the link for 2022 West Florida Wheelmen membership! Please take a moment, click on the link and sign up!

RENEW

westfloridawheelmen.org



Bicycle & Pedestrian Safety Law Recap

Reprinted from Florida Bicycle Association

Jim Dodson

<https://floridabicycle.org/2021/07/bicycle-pedestrian-safety-law-recap/>

For far too long Florida has led the country in the number of injuries and fatalities suffered in bicycle crashes. Fortunately an effort to mitigate that sad statistic and to increase safety for cyclists on our roads is being made.

The state legislature has passed a new bicycle safety law [F.S. 316.003] effective July 1, 2021, and the following is a seven-point summary of its key features. Some of the features are new and some are tweaks to existing law.

- Vehicle drivers overtaking a bicycle, electric bicycle, or non-motorized vehicle occupying the same travel lane or bike lane must pass the bicycle at a distance of at least 3 feet. If motorists cannot safely make such a pass, then they must remain at a safe distance behind the bicycle until they have a 3-foot buffer space and can safely clear the rider.
- In no-passing zones, drivers may briefly drive to the left of the center of the roadway and/or a double yellow line to pass a bicycle or other non-motorized vehicle or electric bicycle.
- At right turn intersections, when drivers are overtaking and passing a bicycle rider proceeding in the same direction, they must make the turn as close as practicable to the right-hand curb or edge of the roadway. They must also signal and make the turn only if the cyclist is at least 20 feet from the intersection. That is what the state legislature has determined to be the distance required for a safe turn, hopefully preventing right-hand hook crashes. In my view this distance is far from adequate in the real world.
- Cyclists intending to turn left in an intersection are entitled to the full use of

the lane from which the turn may legally be made. They must, whenever possible, make the left turn in that part of the intersection to the left of the center of the intersection.

- If a bike lane is available, cyclists must ride in it.
- When cycling on a roadway or in a bike lane, riders may not ride more than two abreast except on a designated bicycle path. If the bicycle lane of a roadway is too narrow to allow two persons to ride abreast, they must ride single-file within the bike lane. On roads that are substandard in terms of width cyclists may temporarily ride two abreast only to avoid hazards or to overtake another cyclist.
- When cyclists riding in a group stop at a stop sign—after coming to a full stop and obeying all traffic laws—they may proceed through the stop sign in a group of 10 or fewer at a time. Motorists are required to allow such a group to ride through an intersection before proceeding.



ONE RIDE CYCLING CLUB.



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

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



Thank you to our 2022 Members as of 7.28.2022

We have 250 members signed up for this year!

James Amos	Kenneth Duff	Timothy Klausutis	Graydon Patterson	Mindi Straw
Jill Amos	Sandra Duff	Michael Kohler	Drew Pemberton	Cole Strickland
Niels Andersen	Ryan Elrite	Kat Kowar	Michael Percy	Gene Strickland
Chris Andrew	Karen Emmanuel	Kevin Kropp	Jay Philpott	David Sweet
Nestor Arguea	Kelly Fahnestock	Gerald Lagos	Bruce Pope	Micheal Taber
Jill Awkerman	Gerry Faw	Colette Landreneau	Tom Pusateri	Jennifer Talley
Andrew Baggett	Thomas Fischer	Michael Lang	Tim Price	Jon Tate
Edward Baker	Vince Flores	Candy Lang	Mario Purifoy	Josh Taube
Joel Balistreri	John Floyd	Molly Lang	Robby Quina	Jack Thompson
Guy Bartlett	Troy Floyd	Steve Larkin	Stephen Reyes	JR Tierney
LisaMarie Bartusik	Dana Foster	Paul LaRose	Carolyn Riggs	Michele Tierney
Avi Bastajian	Alvin Furtner	Eric Larson	Jack Robie	Brian Tilton
Joshua Bastajian	Jorge Gamarra	Mike Larson	Jeff Robinson	Charles Trinque
Susan Bastajian	Jason Gardner	Glenda Larson	Richard Roselli	Missy Trinque
Sarah Bastajian	Douglas Gehman	Eric Larson	Jacob Ruiz	Luke Trione
Mike Bennett	Carol Gentry	Timo LaTour	Matthew Salvator	Martin Uraga
Jonohon Berry	Sue George	James Laughlin	Eddie Sanders	Dawn van den Berg
Dorothy Berry	Tracy Gilbert	Thomas LeDew	Ed Sarfert	Deed Vann
Jeff Bisson	Konrad Gill	Jordan Legg	Robert Sauls	Perry Vath
Steve Blair	Ramie Gougeon	David Lewis	Tim Schossow	John Viglione
Kimberly Blair	Joan Grey	Ian Lintner	Lisa Schossow	Pam Viglione
Brandon Blanchard	Michael Gross	Richard Loiselle	Doug Schroeder	Stefanie Von Brock
Eric Blomberg	Carol Gross	Joshua Lute	Joe Schuhbauer	Ryan Von Brock
Dale Borgsteede	Marty Haake	Chris Macpherson	Petra Schuler	Robert Walker
Jeff Boulton	Jim Hagon	Lloyd Maisonville	Larry Schultz	Dean Ward
Jacquelyn Boulton	James Hallman	Barbara Maisonville	Josh Sharpe	Michael Watkins
Jennifer Boulton	Mary Jeannie Harper	Evan Malone	Stuart Shippey	Harold Weber
Scott Boulton	David Hartman	Peter Marco	Michael Sims	Holly Weber
Robert Brady	Byron Havard	Joann Massey	Kaylie Sims	Kim White
Thomas Braddock	Laura Henson	David Mayo	Natasha Skrypek	Derek White
Jim Britnell	Teresa Hess	Beverly Mayo	Rodney Smith	Paul Wiese
Kathy Brockett	Rand Hicks	Sandra McGuire	Sally Smith	Patrick Willi
Jade Brown	David Hiott	Daniel McKeown	Katie Snowdon	Jeffrey Williamson
Jason Caddell	Scott Holmes	Carey McKinney	Amanda Stallings	Heidi Williamson
Mark Calvert	Ron Hornbrook	Terry Mead	Lisa Stanley	Andrew Williamson
Fred Carlson	Roger Hosmer	Sally Miller	Margaret Stanny	Tildon Williamson
Mark Carr	Felix Hotard	Fitz Miller	Marsha Stanton	Jennifer Williamson
William Casler	Christopher Huffman	Taylor Milleson	Lee Stevens	Mark Wilson
Alastair Casler	Darla Huffman	James Monroe	Kathy Stinson	Bruce Wrede
Jason Cawby	David Huhn	Mike Montgomery	James Stinson	Clark Youngblood
Carol Ann Chandler	Tom Impastato	Mercedez Montgomery	Brian Stone	Angela Ziebarth
Woody Chandler	Jesse Ivarra	Tom Moore	Jonathan Stone	
Brian Chiulli	Sarah Jansen	John Morgan		
Seth Christian	Phyllis Johnson	Andy Mull		
Travis Coleman	LeRoy Johnson	Bill Mundy		
Michele Coleman	Megumi Jones	Matt Munson		
Bobby Cooley	Casey Jones	Brian Murley		
Fernando Coy	Pamela Jones	David Murphy		
Taylor Curry	Doug Jones	Terrence Nash		
Andrea Dagostino	Don Jones	Eric Nelson		
John Dagostino	Linda Jones	Jason Nix		
Danny DeWitt	Scott Kerbow	Roy Noble		
John Dolan	Jennifer Kerbow	Janet Noble		
James Dominy	Barbara Kerby	Christian Notte		
Larry Drake	Chris Kerby	Carey Oberholtzer		
Aaron Duesing	Michael Kickliter	Luke O'Neill		
Alan Duff	Matthew Kim	Katherine Owen		





59 E. Gregory St.
Pensacola, FL 32502
850.912.8805
ridemorebicycles.com

Call for Help!

Here is a list of numbers and contact information which will come in handy (probably this week) when you are cycling.

Outside of City limits on State Routes

Road hazards, debris, low hanging limbs
Department of Transportation 850.981.3000
Ferrovial Road
Maintenance Services 850.494.1859

Pensacola

Road hazards, debris, low hanging limbs
Public Works 311
Dead animals, vicious animals
Animal Control 850.595.0097
Malfunctioning traffic lights
Public Works 311
Ambulance, Fire, Police
Central Dispatch 911

Gulf Breeze

Road hazards, debris, low hanging limbs
Public Services..... 850.934.5108
Dead animals, vicious animals
Animal Control 850.934.5121
Malfunctioning traffic lights
Public Services..... 850.934.5108
Ambulance, Fire, Police
Central Dispatch 911

Santa Rosa Island Authority Pensacola Beach

Road hazards and debris
Public Works 850.595.4719

Milton

Road hazards, debris, low hanging limbs
Public Works 850.983.5410
Dead animals, vicious animals
Santa Rosa Animal Control 850.983.4680
Malfunctioning traffic lights
Public Works 850.983.5410
Ambulance, Fire, Police
Central Dispatch 911

Escambia County

Road hazards, debris, low hanging limbs
Pubic Works 850.494.5860
Dead animals, vicious animals
Animal Control 850.595.0097
Malfunctioning traffic lights
Public Works 850.595.3440
Ambulance, Fire, Police
Central Dispatch 911

Santa Rosa County

Road hazards, debris, low hanging limbs
Public Works 850.626.0191
or submit a Citizen Work Order Request @
santarosa.fl.gov
Dead animals, vicious animals
Animal Control 850.983-4680
Malfunctioning traffic lights
Public Works 850.595.3404
or submit a Citizen Work Order Request @
santarosa.fl.gov
Ambulance, Fire, Police
Central Dispatch 911



510 Fairhope Avenue
Fairhope, AL, 36532
251-929-7060

