

To Benefit



Clyde L. Gracey Community Center 5629 Byrom St. Milton, FL 32570 Starting at 7:30 AM

> 18, 42, 62, 100 Mile Options Medals for Century Riders











This cycling event is dedicated to the memory of Fenner McConnell and Matt Wantz. Both men were avid cyclists and former members of the West Florida Wheelmen. Dr. Fenner McConnell, a medical examiner for a four-county district in the Panhandle, was killed in 1998 by a hit-and-run driver as he rode his bicycle across the Bob Sikes Bridge, which connects Pensacola to Santa Rosa Island. Matt was tragically killed while working in a local bike shop.

Register at bbbsnwfl.org/events SPONSORS NEEDED!



Our 2023 Gold Sponsors!





Saltmarsh

Saltmarsh, Cleaveland & Gund

CERTIFIED PUBLIC ACCOUNTANTS AND CONSULTANTS





New Tech Shirts.
Now Available.
\$15 Pickup \$20 Delivered
to order, text Chris at
850.375.7239



JONATHAN AT HIS PEAK.



2125 N Palafox St, Pensacola, FL 32501 (850) 434-8100



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: <u>Join/Re-join WFW</u> (if you are already a WFW member, skip to Step 2).

Step 2: <u>Join the WFW Club account w/ Ride with GPS.</u>

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!

If you have any problems, please reach out to membership@westfloridawheelmen.org





August 2023 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. C2CK 12-14 mph. Helmets are required but not spandex. Come on out for a casual nearly flat ride! Beginners encouraged!

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 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.

5:45 PM: Taco Tuesday Ride

WSRE Parking Lot 12th and College Blvd. *Join One Ride as we ride through East Hill and visit historic neighborhoods. 23 mile B pace ride.*

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, 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. C2CK 17 miles at 12-14 mph.

Departs 5:30 AM Sharp: 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 20 mph+, (drop ride) B group - 17-20 mph (no drop ride) Regather at Cumberland Farms Store in Navarre. The wind direction will dictate which direction to do this great 42 miler.

5:45 PM: Thursday Girlz Only Sunset Ride

Park West 1235 Ft. Pickens Rd.

Our women are invited for this picturesque ride to Ft. Pickens. Meet at Park West (approx. one mile east of Ft. Pickens guard station gate) and ride to the fort and back. Moderate to fast pace.

5:45 PM: Every Other Thursday Breeze

Gull Point 7000 Spanish Trail

Join us for a beautiful ride through the East side, downtown and over/back on the Three Mile Chappie James Bridge bike paths! The is a 26 mile ride at a B group pace (17-20mph moving pace). No Drop Ride

6:00 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 <u>calendar</u> 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 (19 mph) although A Group cyclists are known to split off from the peloton. The B Group is a no-drop ride. C Group (17 mph).

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 22-mile loop from the north to downtown Pensacola. Stay together C group ride.

Special Ride Calendar

Please always check the calendar at westfloridawheelmen.org

JOIN US FOR OUR LABOR DAY RIDE

LABOR DAY

ALL TOGETHER RIDE WITH TRI GULF COAST

Monday, September 4 6:30 AM

Veterans Memorial Park

200 South 10th Avenue Pensacola





MIKE, JEFF B., DAVID M, AND BRAD



JASON HAS THE ANSWER.



BOB, CHRIS AND PAM.



C2CK
WELL, MAYBE A LITTLE
GAS.



September Slow Ride! Saturday September 20th 10:00 AM Malaga Square East Hill 1501 N. 11th Ave.

Join Bike Pensacola for the most popular bike ride in town—the Slow Ride! Each month we explore the quiet, scenic streets of Pensacola's many historic neighborhoods for a fun and leisurely ride among friends. Next month we start at

Magala Square Park in East Hill.

Because most cyclists are "self taught," each month we offer information about bicycle laws, safety tips, and addressing different bicycling skills that will help keep rides safe and enjoyable. There is no charge for the ride and no registration required.

The ride will be about one hour and ten minutes long, at a casual pace. Nobody will be "dropped" or left behind. Children ages



10 - 16 must be accompanied by an adult; no kids under 10 on their own bicycle. Cyclists under 16 must wear a helmet by law; ages 16 and up helmets are recommended but are not required by law. And we will enjoy a ride escort by officers of the Pensacola Police Department.

A few more things:

- no dogs or other pets they're not covered by our insurance
- bicycles only please, and only selfpropelled or electric-assist; trikes are fine; elliptigos are fine;
- no bicycles with training wheels
- no Segways, skateboards, scooters, or gasoline-powered motorized bicycles; again, bicycles only
- no alcohol consumption during the Ride
- please make certain that both you and your bicycle are healthy and well-maintained so that you can safely ride about six miles. Please do not attempt the Ride if you cannot ride six miles at 6 mph.

Our 2023 Silver Sponsors!











Our 2023 Bronze Sponsors!







 $\begin{array}{c} \text{Joel learning to add} \\ \text{and Divide.} \end{array}$



BILOXI BREAKFAST RIDE. GOTTA LOVE TAMMY AND MARTHA'S JERSEYS AS THEY GET READY FOR LABOR DAY.



James' Mountain Goat.



PAUL AND BECKY TAKING IN THE HOH RIVER TRAIL



ONE RIDE.



RE-TIREMENT CELEBRATION



LLOYD'S BIRMINGHAM GROUP (BCC) GETTING READY TO HEAT IT UP!



Join Chris, Darla, Konrad, Teresa and Patrick as they lead us on Monday, Wednesday and Saturday to learn how to ride longer and stronger!

The C2CK program is designed for people who can ride a bike albeit they need to improve their skills. Many cyclists need help in learning how to ride in groups and how they can increase their strength and endurance.

The weekly calendar is posted on westfloridawheelmen.org/calendar and it is listed under the C2CK heading. Each week, the mileage increases although the speed of the cyclist does not. Basically, you should be able to ride 13 mph (5 minute mile) on level ground.

If a rider completes the program, he or she will be able to ride 100K (62 miles) on the Fenner Ride held on the last Saturday in October.

What you need to bring:

1. A healthy you. This does not mean you have to be fit, just active. Cycling can be an intense sport. Please contact your doctor before beginning any fitness program.



- 2. Reliable bike. We do not have time to adjust, fix or properly fit a rider to their bicycle. All repairs and fitting should be done prior to ride participation.
- 3. Helmet. Again, this must be a good bike helmet in excellent condition and fits properly.
- 4. Small repair kit/bike bag. Stuff happens. We get that, but you have to be prepared. At the very least, you should have a new tube (not a patch kit), tire levers, and a pump or CO2 canisters.
- 5. Bike lights. This is not required but lights increase visibility and safety.
- 6. An awesome attitude to learn, contribute and ask questions.
- 7. Membership in the West Florida Wheelmen. You do not need to be a member for your initial ride; however, you will be asked to sign a waiver so you and others will be covered by insurance. The waiver may be viewed by beginning the registration process from our website at westfloridawheelmen.org/about

If you just desire to ride with the C2CK group but do not intend to eventually ride 100K, that is fine. We do not take any sworn statements or blood commitments.



701 E Cervantes St. Pensacola, FL 32501 850.912.6858

www.trekstoregulfcoast.com

REGISTRATION OPENS MAY 2023 • REGISTRATION OPENS MAY 2023 • REGISTRATION OPENS MAY 2023

RIDEYEL ...more than just a bike ride



September 16, 2023 • 7 a.m. • Bay Minette, AL • rideyellow.org



In case you missed it. Doug ranked #1 in his Age Group again for Off-Road Triathlon. Typical Doug fashion: "Big shout out to Mark Woolson and the boyz at #trulyspokin for keeping my steed in top racing form all these years."



BIKES, BLUES AND BAYOUS!



FELICIA L. AT THE BBB.



ANDY MULL FINISHED SIMON SAYS BIKE. CLICK ON THE PICTURE FOR MORE INFORMATION ON HOW WE CAN HELP PROVIDE AWARENESS FOR PROSTATE CANCER.



CHRIS BECKER (L)
KENTUCKY CYCLING CHALLENGE.



Glassner Autumn Challenge October 14th, 2023 Alabama State University Montgomery, AL



THE HARTMAN ZEPHYRS!



Ride Yellow September 16th, 2023 Bay Minette, AL



Sunset Ride
Pensacola Beach!
Sunday, August 20, 2023
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 <u>Park West parking lot</u> - Soundside

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



Registration Open! Fenner Ride 2023 October 28th



Glacial Drumlin State Trail

REPRINTED FROM WEBSITE

The 52-mile Glacial Drumlin State Trail between Cottage Grove and Waukesha provides a glimpse into the past when glaciers bore down on southeastern Wisconsin in the last Ice Age. The rail-trail in fact runs concurrently with the Ice Age Trail, a 1,200-mile hiking path across Wisconsin, for about 2 miles near Wales.

Wood-planked bridges now provide popular

features on the trail as viewpoints for the wetlands, where a host of wildlife thrives.

Beginning in Cottage Grove, you'll head east for about 40 miles on a crushed-stone surface until you hit pavement in Dousman, one of many small towns along the trail



GLACIAL DRUMLIN STATE TRAIL

providing rest, refreshment, and exploration.

Camping is available at Sandhill Station State Campground, 1.3 miles south of the depot on Mud Lake Road. While you journey through small towns and the communities of Helenville, Sullivan, Dousman, and Wales, you'll find nearby restaurants and grocery stores.

Outside of Dousman, the crushed-stone surface ends, and the final 13 miles to Waukesha are smooth pavement. Even with the smoother surface, you might notice the grade increase as you pass south of the Lapham Peak Unit of the Kettle Moraine State Forest.

State campgrounds are located in Lake Mills, Dousman, and Delafield.

NOTE: A State Trail Pass (\$25 annually/\$5 daily) is required for bicyclists and in-line skaters ages 16 and older. State Trail Pass.

For more information on the trail click <u>here</u>.

SUBWAY

Membership and its Privileges

- Several weekly rides which are published in this issue and on our <u>website</u>.
- 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 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 2023 such as Couch to 100K, Labor Day Ride, Tour de Beach, the Fenner Ride and others to be announced.
- Taco Tuesday and Tempo Tuesday Rides.
- Girlz Only Sunset Rides.
- Gulf Breeze Thursday Ride and Thursday Breeze Ride with One Ride Cycling Club.
- Please check out our kit in this issue.
- And always, additional rides added monthly.

Here is the link for 2023 West Florida Wheelmen membership! Please take a moment, click on the link and sign up!

RENEW

westfloridawheelmen.org











Click on PORC's logo to stay updated on events on the trails.





COURT IS IN SESSION AS JUDGE MEGUMI BANGS THE GRAVEL.



AMF DISPLAYS THE
KIT FOR THEIR NEWEST
RIDER. CONGRATS IAN
AND NICOLE!



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, 'cause you really wanted to ride your bike during a 105° day just to make fun of those who had a little more sense.

<u>Download</u> it or go to <u>slack.com</u> then click on this <u>link</u> to get into the action.



\$12! See Prez Jeff Williamson or Memz Chris Huffman to purchase a couple of these.



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Finish Line Info:

After crossing the finish line, please go through the checkout process. This helps us ensure the safety of all riders. Then join us to get your medal and for some red beans and rice, music and fellowship.

Swag Info:

The first 150 people to register will have their names added to the tshirt! (artwork will be posted prior on our FB page.) *Full registration inc. tshirt, medal and use of all rest stops, afterparty. No swag incl. rest stops and afterparty. No medal or tshirt. Finisher jackets will be avail. for purchase for all distances & riders full swag or no swag.

Route Info:

All routes available on thegulfcoastbicycleclub.c om and on the Southern Magnolia Facebook event page.

*Please no earbuds

Registration begins May 1st! theGulfCoastBicycleClub.com

SUNDRY, SEPTEMBER 10TH

Latimer Community Center 10908 Daisy Vestry Road Biloxi. MS 39532

Distances are 20, 40, 54, 62, 100 and the 124 Double Metric!

REGISTRATION INFO

5/1 registration opens w/ a one-day cost of \$35. For GCBC members and \$40 for non-members.

5/2 - 6/2 \$45 for GCBC members and \$50 for non-members.

6/3 -8/31 \$50 for GCBC members and \$55 for non-members.

9/1 - 9/8 \$55 for GCBC members and \$60 for non-members.

9/9 & 9/10 ride day \$40 ride only (no swag)

No swag registration - \$20 for GCBC members and \$25 for non-members. (registration provides unlimited use of all rest stops during the ride and the afterparty celebration, but no tshirt or medal.) PRCKET PICKUP

*September 5th- TriHard Sports,

430 Porter Ave, Ocean Springs, MS 39564 (4-6 pm)

*September 6th- Biloxi Bicycle Works,

993 Howard Ave, Biloxi, MS 39530 (4-6 pm)

*September 7th- Run N Tri,

9133 Carl Leggett Rd, Gulfport, MS 39530 (4-6 pm)

*September 8th- Everything Kayak & Bicycles,

15240 Creosote Rd, Gulfport, MS 39503 (4-6 pm)

*September 9th- Cyclist Choice,

1927 25th Ave, Gulfport, MS 39501 (10am-12 noon)

*September 10th- Latimer Community Center,

10908 Daisy Vestry Rd, Ocean Springs, MS 39564 (6-6:45 am)



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 Transportation850.981.3000

Ferrovial Road

Maintenance Services850.494.1859

Pensacola

Gulf Breeze

Milton

Dead animals, vicious animals
Santa Rosa Animal Control 850.983.4680
Malfunctioning traffic lights
Public Works
Ambulance, Fire, Police
Central Dispatch
Escambia County
Road hazards, debris, low hanging limbs
Pubic Works
Dead animals, vicious animals
Animal Control
Malfunctioning traffic lights
Public Works
Ambulance, Fire, Police
Central Dispatch
Santa Rosa County
Road hazards, debris, low hanging limbs
Public Works
or submit a Citizen Work Order Request @
santarosa.fl.gov
Dead animals, vicious animals
Animal Control
Malfunctioning traffic lights
Public Works
or submit a Citizen Work Order Request @
santarosa.fl.gov
Ambulance, Fire, Police
Central Dispatch 911



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 2023 Members

We have over 270 members signed up for this year!

James Amos Niels Andersen Chris Andrew Kitty Andrew Katharine Angelopoulos Nestor Arguea Paul Babikow Joel Balistreri Marco Barlow Guv Bartlett LisaMarie Bartusik Susan Bastajian Sarah Bastajian Joshua Bastajian Chris Becker Mike Bennett Jonohon Berry Dorothy Berry Eric Blomberg Daphnie Boone **Jeff Boulton** Jacquelyn Boulton Jennifer Boulton **Emily Boutcher** Kathryn Boylan Thomas Braddock Tammy Branan Jim Britnell Kathy Brockett Crayton Brogdon Iade Brown **Dennis Bruens** Derek C.S. Burr **Jason Caddell** Mark Calvert Mark Carr William Casler Alastair Casler Jason Cawby Carol Ann Chandler Woody Chandler **Bob Charlebois** Brian Chiulli Seth Christian Laura Clark Hunt Michele Coleman Travis Coleman Alan Como **Justice Constantine** Andy Costa Fernando Coy Ryan Crisco **James Crittenden** Taylor Curry Andrea Dagostino John Dagostino Ioane DelaCruz

Flormina DelaCruz Zachary Dreher Aaron Duesing Alan Duff Dominique Ellis Ryan Elrite Karen Emmanuel Iessica Evans Kelly Fahnestock Gerry Faw Vince Flores Russell Fortune Dana Foster Mike Fox Alan Freeman Alvin Furtner Jorge Gamarra Jason Gardner Douglas Gehman Carol Gentry Sue George Tracy Gilbert Konrad Gill Ramie Gougeon Michael Gross Carol Gross Angie Grubbs Marty Haake Jim Hagon James Hallman Sheri Hamilton Miyuu Handa Robert T. Harden Jeannie Harper Angelica Harris David Hartman Iim Hartnett Scott Hatten Byron Havard Jeremy Hayes Stephen Hendrix Laura Henson Alex Hernandez Teresa Hess Timothy Hickey Rand Hicks Steve Hilliard Scott Holmes Ron Hornbrook Roger Hosmer Felix Hotard Christopher Huffman Darla Huffman David Huhn Josh Husband Tom Impastato

Taylor James

Sarah Jansen LeRoy Johnson Phyllis Johnson Megumi Jones Doug Jones Pam Jones Scott Kerbow Barbara Kerby Chris Kerby Michael Kickliter Michael Kohler Marcus Lackey Gerald Lagos Molly Lang Michael Lang Candy Lang Harrison Lantz Steve Larkin Paul Larose James Laughlin Tom LeDew John Leonard Felicia Lett Victor Lett, Ir. Ian Lintner Richard Loiselle Skeet Lores Chris Macpherson Lloyd Maisonville Barbara Maisonville Evan Malone Tracey Mann Peter Marco Steve Marmillion David Martin Joann Massey Jay Massey **James Matos** David Mayo Beverly Mayo Miles McDaniel Grant McDonald Sandra McGuire Daniel McKeown Carey McKinney Zachary McLin Dawn McLin Ned McWilliams Terry Mead David Mehta Donald Meyer Emma Meyers

Mercedez Montgomery Michelle Moore Thomas Moore John Morgan Aiden Morgan Andy Mull Matt Munson David Murphy Terrence Nash Eric Nelson Roy Noble Janet Noble Mary Norris Carey Oberholtzer Luke ONeill Charles Overholt Melody Overholt Katherine Owen Michael Owen Megan Peller Austin Peller Roarke Peller **Ieff Peller** Michael Percy James Philpott Robert Pike **Brad Plante** Bruce Pope Timothy Price Trish Price Kirwan Price Martha PrietoMoreno Mario Purifoy Robby Quina Stephen Reyes Dom Risola **Jack Robie Ieff Robinson** Kevin Ronan Vicki Ronan Richard Roselli Glenn Rudolph Barbara Rudolph Matthew Salvator Scott Sanderson **Ed Sarfert** Tim Schossow Lisa Schossow Douglas Schroeder Joe Schuhbauer

Petra Schuler Larry Schultz Stuart Shippey Rodney Smith Sally Smith Katie Snowdon Michael Stangeland Lee Stevens **James Stinson** Kathy Stinson Brian Stone **Ionathan Stone** Mindi Straw Gene Strickland Cole Strickland David Sweet Micheal Taber Ioshua Taube Marisa Terry Brian Tilton **Troy Timmons** Luke Trione Eric Tymoshenko Martin Uraga Perry Vath Inocencio Ventura Jr Deana Vess John Viglione Pam Viglione Stefanie Von Brock Robert Walker Dean Ward Michael Watkins Harold Weber Robert Wetherington Derek White Kim White Paul Wiese Ieremiah Wiesner Patrick Willi Jeffrey Williamson

Heidi Williamson

Andy Williamson

Eric Young

Treba Young

Garrett Williamson Bruce Wrede

Clark Youngblood

Angela Ziebarth



James Miller

Gene Mitchell

James Monroe

Roderick Mitchell

Michael Montgomery