



Cycling News

Keeping you informed and upright!

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Message from the President

there are so many events on the horizon. Our annual Remembering Roger Ride is taking place on October 12. Roger Grooters was riding across the United States to bring awareness for mental health issues surrounding the BP Deepwater Horizon Oil Spill when he was tragically killed by a distracted driver. The RRR cycling event will start at 7:30 AM from Vicki Grooters house which is located at 1236 Ceylon Dr. Gulf Breeze (Tiger Point). It will have three ride options and lunch will be served immediately following.



SCOTT WARREN TOOK THIS PHOTO OF THE MORNING SUN DURING A RECENT RIDE.

The annual <u>Fenner Ride</u> is scheduled for October 26. We are excited to be partnering once again with Big Brothers-Big Sisters for this cycling event which attracts people from all over the Gulf Coast. I am honored to be the presenting sponsor this year with my company, PRMI! Please register early for the discounted cost of \$45. Several ride options are available from 18 to 100 miles.

I hope you all have had the opportunity to see our <u>Instagram</u> feed. We recently began following fellow cyclists and we would like you to hashtag us (#wfwrides or #westfloridawheelmen) so we can include some of your photos in upcoming Cycling News issues.

Many of you have probably noticed we have made a change with our WFW Strava Club. The club is now private and we have also removed many people who are not attached to the WFW. This helps in maintaining our leaderboard.

Don't forget about joining us at our monthly board meetings. We meet on the fourth Thursday of each month at 100 E. Garden St. Pensacola at 5:30 PM.

In closing, I would like to thank each of our ride leaders who help make our rides safe and enjoyable. We would not have a club if it were not for the leadership of those who direct and guide us. Recently, WFW members have started new routes and others have assisted in leading our weekly rides. Thank you and ride safely! —Avi

2019 Strava Cycling Miles as of September 30, 2019!

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 Chris Huffman at advocate.wfw@gmail.com

Ian Lintner	10,334	Carol Gentry	2765	Timothy Talcott	1286
Philip Faris	7379	David Stubbings	2691	Phil Littrell	1275
Fred Carlson	7162	Jeffrey Boulton	2669	Corrine Carlson	1235
Graydon Patterson	5565	Curtis Duvall	2594	Carey McKinney	1231
Stefanie Von Brock	5318	Laura Henson	2588	Jesse Bertone	1172
David Hiott	5239	Emilio Malave	2466	Michael Sims	936
Jerry Lagos	4896	Chris Andrew	2244	Andrew Carlson	902
Jon Tate	4840	Ron Hornbrook	2244	Jordan Kidd	899
Barbara Kerby	4770	Christine Sternjacob	2208	Patrick Willi	886
Doug Schroeder	4734	John Morgan	2028	Jeff Nelson	868
Thomas LeDew	4497	Scott Holmes	2021	Andrew Spencer	817
Jason Biel	4237	Tracy Gilbert	1942	Mark Calvert	760
Richard Roselli	4036	Scott Kerbow	1893	James Amos	657
Brandon Blanchard	4031	Scott Warren	1888	Kathy Stinson	622
Mitch Smith	3960	Chris Becker	1849	Andrew Williamson	573
Stephen Reyes	3791	Mike Gross	1843	Daniel Hayes	520
Erik Winfree	3705	Ramie Gougeon	1806	Jonathan Roberts	472
Ernie Conner	3680	Richard Loiselle	1806	Michael Howell	409
Mark Wilson	3559	Doug Jones	1775	Steve Marmillion	332
Amelia Zwiener	3355	Perry Vath	1679	Daniel McKeown	318
Mike Mulvaney	3229	Brian Murley	1675	Teresa Hess	315
Malcom Marsh	3129	Christopher Huffman	1570	Jacquelyn Boulton	262
Paul LaRose	3053	Sarah Bastajian	1547	Mark Snyder	241
David Murphy	2896	Tim Fox	1547	Chris Fehrenbacher	219
Jeffrey Williamson	2802	Gene Strickland	1491	Ryan Von Brock	119
Derek White	2785	Chris Kerby	1446	Darrell Blanchard	63
Dean Ward	2777	Brandon Hempler	1347	Kaylie Sims	44
	I	Jason Laing	1295		

If you have not joined West Florida Wheelmen on Strava, simply download the app on your mobile device. If you do not see your name and you wish for your miles to be posted, please email us.







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START OF RIDE TO RED ROCK. PHOTO CREDS TO PERRY VATH.



Join us for our **10th Annual Ride** at the Baldwin Bike Fest!

Start / Finish on October 5, 2019 at

Heritage Park - Foley, Alabama

7 a.m. Start: 97 Miles (Century Ride)

8 a.m. Start: 57 Miles / 25 Miles / 6.8 Miles

On-Site Registration: 6-8 a.m.

ENTRY FEE: \$40 / ALL RIDES CLOSE AT 2 P.M. Ride for charity! Proceeds go to the Foley Lions Club and Foley Kiwanis for community service projects.

Preregister at TourDeFoley.com

Children 15 years and younger must be accompanied by a parent or guardian. Routes will be well-marked. Security provided at start/finish. Thanks for your participation!









PRESENTED BY



Primary Residential Mortgage, Inc.

OCTOBER 26, 2019

Milton Community Center 5629 Byrom Street Milton, FL

REGISTER BY VISITING WWW.BBBSNWFL.ORG

For more information, contact by calling 850.433.KIDS or by emailing dhall@bbbsnwfl.org

Thank you to our current 2019
Sponsors:
Emmanuel Sheppard and Condon
Flora McConnell Hammond
Carolyn McConnell Reeder
Subway
Zarzaur Law, PA
Fraley Deli

Proceeds benefit Big Brothers Big Sisters of Northwest Florida. Choose from 100, 62, 42 or 18-mile routes. Registration starts at 6:50 a.m. Century ride starts at 7:50 a.m. All others start at 8:00 a.m.



CYCLING OR NOT.





GENE NEAR HOSPITAL BRIDGE.



SATURDAY RIDE BY TRACY



Dawn by Jeff Williamson



Nemesis eyewear found during recent ride. If these are yours, contact ADVOCATE.WFW@GMAIL.COM



800.724.5277 Call for the location nearest you!



3050 Navy Blvd. Pensacola, FL 32505 850.432.9903



CHRISTINE AND GENE ON FULL MOON RIDE. 2 Months before delivery! #fitness



ZARZAUR TRI TEAM

	GulfSport Timing				
	2019 Tri Gulf Coast - MOT				
Re	sults	Menu			
1	Jonathan Roberts	1:24:43			
2	Emily Kopas	1:24:45			
3	Alejandro Hernandez Torres	1:25:28			
4	Gabor Levai	1:26:38			
5	Macy Williams	1:26:58			
6	Robert Barth	1:29:08			
7	Anthony Guarini	1:30:32			
8	Evan Malone	1.22.55			

RESULTS FROM TGC Members Only Triathlon. So proud of our Wheelmen and LOCAL ATHLETES!

Thank you to 2019 New and Renewing Members as of October 2!

Kurt Ackenhausen Christina Alsop **James Amos** Jason Andersen Chris Andrew Catherine Barich Bill Barnard Avi Bastajian Sarah Bastajian Joshua Bastajian Chris Becker Bill Benson **Jesse Bertone** Jason Biel Darrell Blanchard Brandon Blanchard Jeff Boulton Jacquelyn Boulton Jennifer Boulton Mark Calvert Fred Carlson Corinne Carlson Andrew Carlson William Casler Alastair Casler Brian Chiulli Ernie Conner **Bobby Cooley** Phyllis Cooley Taylor Curry Enrique Diaz Guzman Allene Doucette Troy Dudash Aaron Duesing Curtis Duvall

Phil Ehr

Philip Faris Hunter Feazel Christopher Fehrenbacher Dana Foster Tim Fox Carol Gentry Sue George Nicole Gerke Tracy Gilbert Konrad Gill Ramie Gougeon Joan Grey Vicki Grooters Michael Gross Jim Hagon Byron Havard Daniel Hayes Brandon Hempler Laura Henson Teresa Hess David Hiott **Scott Holmes** Ron Hornbrook Roger Hosmer Michael Howell Christopher Huffman Darla Huffman Joseph James Bonnie Johannemann John Johannemann Phyllis Johnson **Doug Jones** Pamela Jones Scott Kerbow Jennifer Kerbow



Barbara Kerby

Your Power Meter Specialists

At Power Meter City, we focus on ONE area
ONLY: *Power Meters*

Our singular focus means we can offer you the best possible value, selection, advice and support!

Chris Kerby Iordan Kidd Benjamin L Konell Josh Kuhnell Gerald Lagos Jason Laing Michael Lang Candace Lang Harrison Lantz Paul LaRose Mike Larson Glenda Larson Eric Larson Thomas LeDew Ian Lintner Phil Littrell Daniel Lloyd Richard Loiselle Emilio Malave Greg Manuel Steve Marmillion Malcolm Marsh Billy Martin Peter McDonough Daniel Mckeown Carey McKinney Fred McLaughlin Leslie Mead Jim Merry **Jeff Michaud** Fitzhugh Miller Sally Miller James Monroe John Morgan Scott Mulkey Mike Mulvaney Brian Murley David Murphy Susan Naile **Jeff Nelson** Roy Noble Ianet Noble Marc Oger William Osterman Angelica Padro **Emily Palmier**

Graydon Patterson

Michael Percy

Karin Pomerantz Paul Pound Trish Price Kirwan Price Abraham Quesada Cheyanne Quigley Bill Rankin Stephen Reyes Rachel Reyes Scott Roberts Ionathan Roberts Richard Roselli Dan Schebler Doug Schroeder Michael Sims Kavlie Sims Kristi Sims Mitch Smith Mark Snyder Andrew Spencer Stephen Stepp Christine Sternjacob **James Stinson** Kathy Stinson Gene Strickland Cole Strickland **David Stubbings** Timothy Talcott Ion Tate

Jon Tate
Brian Tilton
Emily Tucker
Perry Vath
Bill Vest

Manuel Villanueva Stefanie Von Brock Ryan Von Brock Robert Walker Dean Ward Scott Warren Derek White Patrick Willi

Andrew Williamson Jeffrey Williamson Mark Wilson Erik Winfree Josh Yaskoff Angela Ziebarth Amelia Zwiener

October 2019 Weekly Rides

5:30 PM: Monday Meander

Truly Spokin 6103 Tippin Ave. Pensacola The Wheelmen Club version of the "Slow Ride"! The pace is 16-18 MPH. The route is a seven mile lap around the Pensacola Airport. You can do one to four laps with the group. Helmets are required but not spandex. Come on out for a casual nearly flat ride! Beginners welcome!

6:00 PM: Taco Tuesday Loop

Ride More Bicycles 59 E. Gregory St. The 'delicious' WFW Taco 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. For more details contact Ernie Conner at ecconnerjr@aol.com

5:30 PM: Wednesday Evenings

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. It is led by Jon Tate. It is a no drop ride. Come out and join us for some cool evening fun! Lights are required.



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

6:30 AM: Saturday Long Ride

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 (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: 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.



Bike Pensacola's Slow Ride

October 12, 2019 4:30 P.M.-6:00 P.M. From Ride More Bikes 59 E. Gregory St. Pensacola, FL 32502

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.

For October our host and sponsor is Ride More Bicycles. They'll have live music and shop specials after the Ride.

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 self-propelled or electric-assist
- no bicycles with training wheels
- no Segways, skateboards, or gasolinepowered motorized bicycles
- 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.

For much more information about the Slow Ride please visit Bike Pensacola on Facebook or call 850-687-9968 or bike@pensacolacan.org



Membership and its Privileges

- Supplemental accidental insurance coverage on all WFW rides!
- 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.
- Be included/invited to several fun social events throughout the year.
- WFW has already hosted some events such as
 the Ride of Silence and a social event at Truly
 Spokin' but there are a number of rides and
 events still in the future: We are being hosted
 by Vicki Grooters for the Remembering
 Roger Ride; the BBBS Dr. Fenner McConnell

 Matt Wantz Memorial Bicycle Ride is in
 October; and our end-of-year social event at
 Scenic Hills Country Club. We still have a lot
 of cycling to go!

If you have not paid for your 2019 West Florida Wheelmen membership, please take a moment, click on the link and sign up!

RENEW

westfloridawheelmen.org









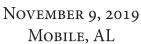




OCTOBER 26, 2019

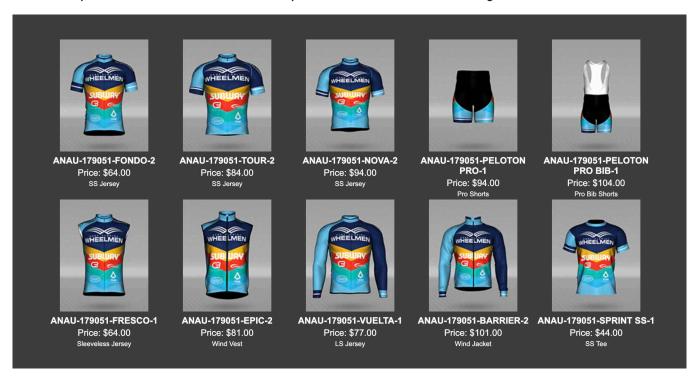
October 5, 2019 Memphis, TN







If you haven't ordered one already, the kits are available through the Jakroo Store



3RD ANNUAL PORC

CAMPN' RIDE

OCTOBER 25-27 | BEAR LAKE CAMPGROUND-BLACKWATER

Friday

7pm outdoor movie-bring a chair

Saturday

9AM MORNING RIDE.

4PM FACE PAINTING AT PORC TENT

5:30PM TRUNK OR TREATS
TO HAND OUT

DECORATING YOUR
SITE IS ENCOURAGED!

6:30PM GLOW AND DINE POTLUCK DINNER.

PLEASE BRING A SIDE, SALAD OR DESSERT.







8:30PM NIGHT RIDE

Sunday 9am ride

for more info please visit: www.porc.org











ello and welcome to the club...the 2019 West Florida Wheelmen (WFW)! Whether you are new to WFW or rejoining, we are looking forward to an exciting year of riding. Take a few moments to think about your goals for 2019 ... maybe it's to do your first century (100 mile ride), speed up your base pace, participate in a race, make friends, get healthier, just ride more or ... ALL OF THESE!

Whatever the goal, don't forget to look us up on Strava and join in on the fun. We had

impressive riding in 2018 and a fun top five line-up! Kudos to those beasts.

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 2019 board members. You can email us at wfw.membership@gmail.com or check out our club website at westfloridawheelmen.org. We are also on Facebook and Twitter.

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 (just make sure to let us know you plan on coming so we can add you to the agenda). These are usually held the 4th Thursday of every month at our president's work office at 5:30 PM (PRMI located at 100 E. Garden St.). You could join our FINE group of ride-leaders (so awesome and valued), volunteer at one of our great events, host a ride, become a sponsor, or attend City of Pensacola Bicycle Advisory meetings to help build safe cycling in our community (we all know we need help in this area)! Don't be shy and let us know where you'd like to help. So saddle up ... let's make 2019 a year to remember.



1765 E. 9 MILE ROAD, SUITE A03 PENSACOLA, FLORIDA 32514

Sunset/Full Moon Ride October 13th 6:15 PM - 8:00 PM



Join us for this tremendous fun time on this super scenic cruise ride to Fort Pickens. Great for the family on this secluded part of Pensacola Beach. Any kind of bike will be fine on this 15 miler. Bring your lights and pass or \$10 in case needed for the park entry.



TALLY TANGO 2019 OCTOBER 5TH

Weems Road Mini Trailhead Parking Lot 3430 Weems Rd Tallahassee, FL 32317



CAROL GENTRY
GOING APE DURING
HER RIDE LAST YEAR.

<-CLICK ON PHOTO FOR LINK







Tour de Beach MS 150 with Tim and Jeff..



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

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



Pensacola, Florida

2125 N Palafox St. Pensacola, FL 32501 850.434.8100

CLOUDS SELDOM GET IN THE WAY WHEN STEFANIE RIDES.





RIDE MORE BY TRAVIS.



FULL MOON RIDE TO THE FORT.

MAKE PLANS FOR THIS MONTH'S
RIDE ON OCTOBER 13TH.

PHOTO CREDS. CHRIS GROSSO

RAGBRAI 2019!
Thanks goes out to Laura Henson and Bill Vest for the photos!





















Primary Residential Mortgage, Inc.

100 East Garden St. Pensacola, FL 32502 850.473.0070





Labor Day Ride by Sarah Bastajian.



Berrydale. Photo by Derek White





Monday Meaner P hoto creds Sarah Bastajian





RUSTY PETALS ACROSS WISCONSIN WITH DAUGHTER, ANNA. NOTE THE CHEESE CURD BURGER! RIDE STARTS IN MADISON THEN TAKES A 350 MILE LOOP THROUGH WHITEWATER, NEW GLARUS, AND SPRING GREEN BEFORE RETURNING TO MADISON.









OCT 25TH - OCT 27TH BEAR LAKE CAMP GROUND BEAR LAKE RD, MILTON, FL

PORC Trail Maintenance

October 12th and 13th 9:00 AM - 12:00 PM UWF Bike Trails

PORC Club Meeting and Social

November 20th
6:30 PM
A Little Madness Brewing Company
9838 N Davis Hwy (6.93 mi)
Pensacola, Florida 32514



701 E Cervantes St. Pensacola, FL 32501 850.912.6858

www.trekstoregulfcoast.com



5172 Stewart St. Milton, FL 850.983.2488 103 Tippin Ave. Pensacola, FL 850.505.0092



New Interest Meeting!

Gulf Coast Composite Mountain Bike Team Thursday, October 24, 2019 at 6 PM – 7 PM Ashton Brosnaham Park 10370 Ashton Brosnaham Rd, Pensacola, Florida 32534

Want to know more about what we do? Want to meet some of the coaches and athletes? This is your chance!

We are an inclusive cycling club for any student in grades 6-12. No Experience Needed. No bike required. Everyone is welcome. We focus on fun and ride bikes together! Racing is optional!

We will meet under the pavilion near the stadium. Look for the Dirt Shark flag!

Season will officially kick-off on December 1st.

Pre-Season will be underway on 10/15.

