

## June 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 or 13 MPH with C2CK.*  
*Helmets are required but not spandex. Come on out for a casual nearly flat ride. Beginners welcome.*

### 5:45 PM: Taco Tuesday Ride

WSRE Parking Lot 12th and College Blvd.  
*Enjoy this every other Tuesday ride cruising through the nice neighborhoods of Pensacola's east side. 20 miler. B/C groups. No drop ride.*  
*Afterwards we eat tacos, etc. at the nearby Cactus Cantina or Tacos El Amigo!*

### 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.*

### 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 16 miles at 13 MPH.*

### Departs 5:30 PM 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: 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*

### 6:30 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 (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). C2CK (13 MPH).*

### 8:00 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/B/C Groups.*

### 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

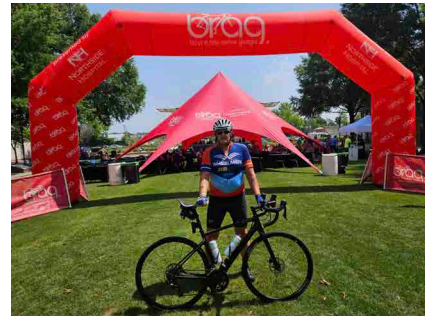
*Please always check the calendar at [westfloridawheelmen.org](http://westfloridawheelmen.org)*



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



Psychle Century Ride  
for Mental Health  
July 9th, 2023  
Villa Rica Middle School  
Temple, GA



SOME PICS FROM  
BRAG. PLAN TO JOIN  
US NEXT YEAR!



**#emmastrong**

Emma came in third at the 2023 World Triathlon Para Series in Yokohama, Japan. Emma is the 2022 USA Paratriathlon National Champion in her Division. Congratulations, Emma, as you tackle your next goal!



ONE RIDE SPORTING THEIR NEW KITS!



ERIC AND TREBA AT FARM TO FORK.

**Patriotic Kits Available until June 21  
Order Now!**



These jerseys are light weight and they are our go-to kits for all of the Wheelmen patriotic rides: Dr. MLK, Memorial Day, Independence Day, and Labor Day. Of course, they can be worn on any ride and you will receive attention as we celebrate living in freedom. Click on this [link](#) or on the photo above to be taken into our Ascend store. Please don't hesitate



**Registration Now Open!  
Fenner Ride 2023  
October 28th**



# 2023 Championships Cycling

## Georgia's Grass Roots Olympic Style Sports Festival

### ROAD RACE

July 8, 2023

Cass High School  
City of White, GA

### TIME TRIAL / CRITERIUM / OMNIUM

July 9, 2023

West Oak Business Center  
Marietta, GA



#### Road Race Schedule: July 8<sup>th</sup>, 2023

\*All times are TENTATIVE and fields may be combined\*

Category	Laps/Miles	Start Time
Masters 35+	3/57	8:00 am
Masters 45+	3/57	8:00 am
Masters 55+	3/57	8:00 am
Masters 65+	3/57	8:00 am
Women 1/2/3	3/57	8:10 am
Women 4/5	3/57	8:10 am
Pro 1/2	4/76	10:30 am
Cat 3	4/76	10:30 am
Cat 4	3/57	10:40 am
Cat 5	3/57	10:40 am

#### Road Race

Early Registration: (until June 23 @ 5:00pm) = \$40.00 per adult  
Regular Registration: (between June 23-July 6) = \$45.00 per adult  
Late Registration: (after July 6 through walk-up) = \$50.00 per adult  
\*Out of state residents add \$5.00 to entry fee.  
Online-Registration will be closed at 5:00 p.m. on Thursday, July 6  
Walk-Up Registration Begins at 6:30am on Saturday, July 8.

#### Criterion Schedule: July 9<sup>th</sup>, 2023

\*All times are TENTATIVE and fields may be combined\*

Category	Minutes/Laps	Start Time
Juniors	30 min	8:30 am
Women Cat 1/2/3	40 min	9:00 am
Women 4/5	40 min	9:00 am
Men Cat 5	40 min	9:45 am
Men Cat 4	45 min	10:30 am
Masters 35/45/55/65+	50 min	11:15 am
Men Pro 1/2/3	60 Min	12:15pm

#### Time Trial Schedule: July 9<sup>th</sup>, 2023

Races Begin at 7:30am

#### Criterion

Early Registration (until June 23 at 5:00pm): \$40.00 per adult  
Regular Registration (between June 23-July 6): \$45.00 per adult  
Late Registration (after July 6 through walkup) \$50.00 per adult  
\$10.00 for 2nd/3rd Crit category entry in same event.  
\*Out of state residents add \$5.00 to entry fee.  
Early Deadline: June 23 @ 5:00 pm



**REGISTER AT: [www.georgiagames.org](http://www.georgiagames.org)**

EMAIL: [info@georgiagames.org](mailto:info@georgiagames.org)





## Fred Meijer White Pine Trail State Park

REPRINTED FROM WEBSITE

The Fred Meijer White Pine Trail State Park connects a bustling Grand Rapids community to the forests, farmlands, and friendly towns of Northern Lower Michigan. At nearly 93 miles, it is the state's second longest rail-trail.

The trail is paved from Comstock Park north to Howard City and from Big Rapids north to Cadillac. Currently, the 22 miles between Big Rapids and Howard City remain unpaved.

Beginning near the stadium for the West Michigan Whitecaps Minor League Baseball team just north of Grand Rapids, you'll head north 28 miles through mostly rural terrain. After passing through Cedar Springs, Sand Lake, Pierson, and Howard City, the pavement ends about 19 miles past Rockford.



FRED MEIJER WHITE PINE  
TRAIL STATE PARK

You can connect to the Big Rapids Riverwalk to head into town to grab a bite or take a rest stop. Leaving town, a 319-foot bridge provides a scenic Muskegon River crossing.

Six miles north is Paris, where the trail runs through Paris Park, featuring camp-in cabins, a canoe launch, and a fishing concession along the banks of the Muskegon River. Continuing 6.4 miles to Reed City, trail users can catch a view of the Yoplait Yogurt factory and cross the junction with the Pere Marquette Rail-Trail before taking a covered bridge over the Hersey River. The trails intersect at the Depot, a reconstructed replica of Reed City's historic downtown railroad depot.

For more information on the trail click [here](#).

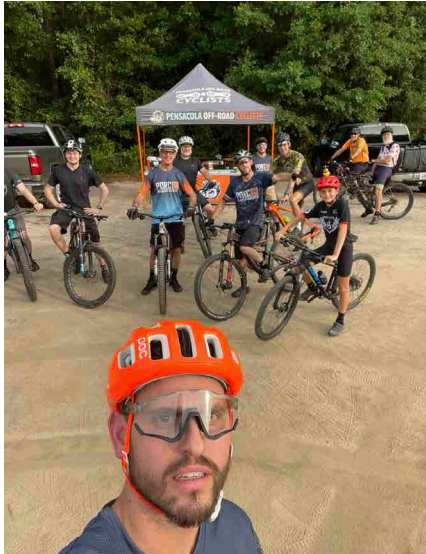
## Memorial Day Rides







June 24, 8:00 AM  
Muscogee Mountain Bike Trails  
742-830 River Annex Rd.  
Cantonment, FL 32533



### 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 tornado watch just to make fun of those who had a little more sense.

[Download](#) it or go to [slack.com](https://slack.com) then click on this [link](#) to get into the action.



WEDNESDAY  
WORLDS.



## Our 2023 Gold Sponsors!



# Saltmarsh

Saltmarsh, Cleaveland & Gund

CERTIFIED PUBLIC ACCOUNTANTS AND CONSULTANTS



**SUSAN**  
**BASTAJIAN**  
850.516.7732  
**REALTOR**

## Cycling Etiquette in Group Rides

### *Veteran Cyclists*

Cycling etiquette is critical to the safety of every group ride. It is the duty of the more experienced riders to make sure that every member of the club or group is well-versed so that all participants are safe. The following are some of the most important group ride safety tips:

- Always ride bar-to-bar with the cyclist next to you – riders should be riding side by side in a two by two formation
- Never peel off without warning, make sure that the riders behind you know that you are going to steadily peel off to the back
- Once the riders in front of you peel off, it is your responsibility to pull through and keep the group riding along at a solid pace
- Group rides are not races, be sure to stay with the group pace
- Fill gaps as much as possible
- Use hand signals to notify riders behind about slowing speeds, holes on the road, etc.
- Avoid yelling to the riders behind you, they can rarely hear what is being said
- Maintain your bicycle just slightly to the side of the cyclist in front of you to avoid a crash when slowing occurs
- Always be predictable when in traffic
- Avoid any overlap from your front wheel and the rear wheel of the cyclist in front
- While controversial, it is best not to ride in aero bars when you are following another rider closely
- Be aware of the grade of your group – do not attempt to ride with a group above your pay grade
- Riding in groups is an excellent way to engage in the local cycling community, push your personal bests, and improve overall. In Florida, understanding and applying group ride safety rules is absolutely imperative for the well-being of all involved. Never be afraid to speak up if your group is not following the rules.



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



STRICKLY  
BUSINESS.



SO TROY SHOWS HOW HE GETS 1080.3 MILES IN ONE WEEK. HIS LONGEST RIDE: 376 MILES IN ONE DAY.

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



## *Our 2023 Silver Sponsors!*



## *Our 2023 Bronze Sponsors!*





Join the peloton for [2023 Membership](#)! We are having divided group rides and other events throughout the year including special meet-ups.

Now would be an excellent time to review your goals for the summer. 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, and we have begun training with our Couch to 100K group.

This is a great opportunity to control your weight and improve your immune system as we roll through Spring. As you noticed, we published our fourth leaderboard in 2023 in this issue and we are proud of those who have renewed. If you have disappeared on the mileage leaderboard simply [sign up](#). By the way, we post your miles for the entire year no matter when you register.



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.

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](mailto:membership@westfloridawheelmen.org) 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. Presently, the board meetings are being held at Saltmarsh, Cleaveland and Gund on the fourth Tuesday of each month. If you would like to attend one of these meetings, please contact Jeff Williamson at [jeffreyw615@gmail.com](mailto:jeffreyw615@gmail.com). (This lets us know to expect you and let you in the doors after hours.)

Lastly, we appreciate you—our members. Our club would not exist without you!



### Membership and its Privileges

- Several weekly rides which are published in this issue and on our [website](#).
- 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, Independence Day Ride, Tour de Beach, the Fenner Ride and others to be announced.
- Monday Meander and Wednesday Worlds returned in March.
- Girlz Only Sunset Rides.
- Thursday Rides with One Ride Cycling Club.
- Please check out our new 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](http://westfloridawheelmen.org)







### 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.com](http://theGulfCoastBicycleClub.com) and on the Southern Magnolia Facebook event page.

\*Please no earbuds



**15th ANNUAL  
SOUTHERN  
MAGNOLIA**

**100**  
2023

Helmets  
Required!

Registration begins May 1st!  
[theGulfCoastBicycleClub.com](http://theGulfCoastBicycleClub.com)

**SUNDAY, 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 t-shirt or medal.)

### PACKET 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 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

#### 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](http://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](http://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 250 members signed up for this year!*

JamJames Amos	Zachary Dreher	Pam Jones	Roy Noble	Katie Snowdon
Niels Andersen	Alan Duff	Barbara Kerby	Janet Noble	Michael Stangeland
Chris Andrew	Dominique Ellis	Chris Kerby	Mary Norris	Lee Stevens
Kitty Andrew	Ryan Elrite	Michael Kickliter	Carey Oberholtzer	James Stinson
Nestor Arguea	Karen Emmanuel	Michael Kohler	Luke ONeill	Kathy Stinson
Joel Balistreri	Jessica Evans	Marcus Lackey	Charles Overholt	Brian Stone
Marco Barlow	Kelly Fahnestock	Gerald Lagos	Melody Overholt	Jonathan Stone
Guy Bartlett	Gerry Faw	Molly Lang	Katherine Owen	Mindi Straw
LisaMarie Bartusik	Vince Flores	Michael Lang	Michael Owen	Gene Strickland
Susan Bastajian	Russell Fortune	Candy Lang	Megan Peller	Cole Strickland
Sarah Bastajian	Dana Foster	Harrison Lantz	Austin Peller	David Sweet
Joshua Bastajian	Alan Freeman	Steve Larkin	Roarke Peller	Micheal Taber
Chris Becker	Jorge Gamarra	Paul Larose	Jeff Peller	Joshua Taube
Mike Bennett	Jason Gardner	James Laughlin	Michael Percy	Marisa Terry
Jonohon Berry	Douglas Gehman	Tom LeDew	James Philpott	Brian Tilton
Dorothy Berry	Carol Gentry	John Leonard	Robert Pike	Troy Timmons
Eric Blomberg	Sue George	Felicia Lett	Brad Plante	Luke Trione
Daphnie Boone	Tracy Gilbert	Victor Lett, Jr.	Bruce Pope	Eric Tymoshenko
Jeff Boulton	Konrad Gill	Ian Lintner	Timothy Price	Martin Uraga
Jacquelyn Boulton	Ramie Gougeon	Richard Loiselle	Trish Price	Perry Vath
Jennifer Boulton	Michael Gross	Skeet Lores	Kirwan Price	Inocencio Ventura Jr
Emily Boutcher	Carol Gross	Chris Macpherson	Martha PrietoMoreno	Deana Vess
Kathryn Boylan	Marty Haake	Lloyd Maisonville	Mario Purifoy	John Viglione
Thomas Braddock	Jim Hagon	Barbara Maisonville	Robby Quina	Pam Viglione
Tammy Branan	James Hallman	Evan Malone	Stephen Reyes	Stefanie Von Brock
Jim Britnell	Miyuu Handa	Tracey Mann	Dom Risola	Robert Walker
Kathy Brockett	Robert T. Harden	Peter Marco	Jack Robie	Dean Ward
Crayton Brogdon	Jeannie Harper	Steve Marmillion	Jeff Robinson	Michael Watkins
Jade Brown	Angelica Harris	David Martin	Kevin Ronan	Harold Weber
Dennis Bruens	David Hartman	Joann Massey	Vicki Ronan	Robert Wetherington
Derek C.S. Burr	Jim Hartnett	Jay Massey	Richard Roselli	Derek White
Jason Caddell	Scott Hatten	James Matos	Glenn Rudolph	Kim White
Mark Calvert	Byron Havard	David Mayo	Barbara Rudolph	Paul Wiese
Mark Carr	Jeremy Hayes	Beverly Mayo	Matthew Salvator	Jeremiah Wiesner
William Casler	Stephen Hendrix	Miles McDaniel	Scott Sanderson	Patrick Willi
Alastair Casler	Laura Henson	Grant McDonald	Ed Sarfert	Jeffrey Williamson
Jason Cawby	Alex Hernandez	Sandra McGuire	Tim Schossow	Heidi Williamson
Carol Ann Chandler	Teresa Hess	Daniel McKeown	Lisa Schossow	Andy Williamson
Woody Chandler	Timothy Hickey	Carey McKinney	Douglas Schroeder	Garrett Williamson
Bob Charlebois	Rand Hicks	Zachary McLin	Joe Schuhbauer	Bruce Wrede
Brian Chiulli	Steve Hilliard	Dawn McLin	Petra Schuler	Eric Young
Seth Christian	Scott Holmes	Ned McWilliams	Larry Schultz	Treba Young
Laura Clark Hunt	Ron Hornbrook	Terry Mead	Stuart Shippey	Clark Youngblood
Michele Coleman	Roger Hosmer	Donald Meyer	Rodney Smith	Angela Ziebarth
Travis Coleman	Felix Hotard	Emma Meyers	Sally Smith	
Alan Como	Christopher Huffman	Gene Mitchell		
Justice Constantine	Darla Huffman	Roderick Mitchell		
Andy Costa	David Huhn	Michael Montgomery		
Fernando Coy	Josh Husband	Mercedez Montgomery		
Ryan Crisco	Tom Impastato	Michelle Moore		
James Crittenden	Taylor James	Thomas Moore		
Taylor Curry	Sarah Jansen	John Morgan		
Andrea Dagostino	LeRoy Johnson	Matt Munson		
John Dagostino	Phyllis Johnson	David Murphy		
Ioane DelaCruz	Megumi Jones	Terrence Nash		
Flormina DelaCruz	Doug Jones	Eric Nelson		

