

# Cycling News

*Keeping you informed and upright!*

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## Board of Directors and email links

President.....	<a href="#">Jon Tate</a>
Vice President .....	<a href="#">Jeff Williamson</a>
Treasurer, Kits .....	<a href="#">Jeff Boulton</a>
Recorder .....	<a href="#">Michael Gross</a>
Membership, Newsletter..	<a href="#">Christopher Huffman</a>
Advocacy .....	<a href="#">Konrad Gill</a>
Ride Coordinator.....	<a href="#">David Mayo</a>
Website .....	<a href="#">Curtis Duvall</a>
Race Director.....	<a href="#">Tim Fox</a>

## Message from the President

I hope that you are getting in some cycling as recently, there has been no excuse not to spin your wheels!

We are making some great plans for April and May. Several of you have asked to revisit the route we utilized during last year's Bike MS100. We will be cycling that route again as we are hosting our own Tour de Brew on April 18.

This will be a supported ride; however, you must be a current West Florida Wheelmen member to participate. Additional information is contained in this issue of Cycling News. Remember to [register early](#) to avoid a slow start.

Daylight Savings Time is now here and with it, comes all of the promises of spring and summer with the temperatures being anywhere between



ENA AND CAROL SNAPPED THIS DURING A RECENT RIDE IN OKALOOSA COUNTY.

45 and 85 degrees! Often, we are reminded of the challenges the change in temperature brings.

Some of our rides are now beginning earlier on Saturday and our evening rides bring their own issues. Fog and early morning mist decreases visibility and the sun sets prior to the ending of our evening rides. Remember to use your lights and wear highly visible jerseys.

What do you want from *your* cycling club? We enjoy hearing from our members to entertain new ideas. Do you have a route you would like us to ride? Consider how we could be better at what we do. Please reach out to me or any of the Board members so we may entertain growth.

Remember, we are adding slower rides but keeping the longer distances. If you come out for a Saturday city ride, *you will not be dropped*. If you fall back, members from the B group will wait and even assist you if you have a mechanical issue.

David Murphy does a tremendous job in leading the Monday Meander. If you haven't joined us for a ride and want to get acquainted with other members, this is an excellent format to do so.

Presently, we are engaged in three major commitments: the Ride of Silence, our cycling billboard campaign and revamping the WFW website. These are just a few of the projects which are funded by membership and sponsors so please don't forget to [renew your membership!](#)

Thank you and be safe! —Jon

# WEST FLORIDA WHEELMEN Tour de Brew

April 18, 2021

7:00 AM

McGuire's Irish Pub

600 E. Gregory St.  
Pensacola, FL



A & B Groups 100 miles (B Group 6:30 AM start)  
C Group 45 miles  
D Group 30 miles

Four Rest Stops along the way:

- #1 Mile 25.5 Big Country's Food Stop
- #2 Mile 52.6 Bon Secour Pic-N-Pay
- #3 Mile 74 Tom Thumb
- #4 Mile 87 Thrift Store

[A/B Route](#)

[C Route](#)

[D Route](#)

Meet in the parking lot on the  
far east side of the restaurant.

Please park along Heinberg St. or in  
the parking area behind Bagelheads.

For more info, contact David Mayo  
([dmayojr@gmail.com](mailto:dmayojr@gmail.com) or 850.572.3000)



**May 19, 2021**

**5:30 PM**

Pensacola State College  
12th Avenue and College Blvd.  
Pensacola

**7 Mile Honor Ride**

**12 MPH**

Join us for this short, slow speed ride as  
we remember friends and other cyclists who  
have been injured or killed by motor vehicles.

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*The mission of the world wide Ride  
of Silence is to honor bicyclists killed by  
motorists, promote sharing the road, and  
provide awareness of bicycling safety.*

## Let's Not Be Silent!

You know the individual benefits of being a part of the Wheelmen as they are listed in this issue. Each one of us has received much more than the cost of our yearly membership. Some of the things you may not know are the extra elements which happen behind the scenes.

As I am writing this, we are preparing for the Ride of Silence. This event requires police escorts, billboards and advertisement materials which all cost money. In addition, we just put together a brochure which can be found at all of our area bike shops.

Billboards serve two purposes: to advertise the Ride of Silence and to raise the awareness of motorists, police and city officials that cyclists have a legal right to the public roadways.

Many of us remember the young mother who was killed on SR 87 last year. Others recall Amy Hawkins who was killed riding the Eastern Shore in 2018. And the West Florida Wheelmen participate in the Remember Roger Ride hosted by Roger Grooters' wife, Vicki. Roger was struck and killed by a motor vehicle when he was cycling across the United States. A much longer list of cyclists will be published next month.

Your membership helps provide advocacy tools to engineer, educate and push enforcement of laws which will save riders in the future—you and me. Now is the time to do something for each one of us. There is strength in numbers so become an active voice by making our numbers larger!

Please join or renew your membership in the West Florida Wheelmen so we may continue to fight this battle in Sharing the Road! And make plans now to ride with us on May 19th at Pensacola State College for the annual Ride of Silence. —Chris H.



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

# TREK

PENSACOLA  FLORIDA

701 E Cervantes St.  
Pensacola, FL 32501  
850.912.6858

[www.trekstoregulfcoast.com](http://www.trekstoregulfcoast.com)



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!

## Cycling Miles as of April 5th!



Don't forget to renew your [membership](#)! Sometimes we miss members who would like to have their miles included on the leaderboard. If you'd like to have your miles posted for 2021 please reach out to Chris Huffman at [wfw.membership@gmail.com](mailto:wfw.membership@gmail.com)

Robert Walker	4736	Kevin Kropp	1023	Brandon Hempler	486	Ramie Gougeon	176
Ian Lintner	3282	Jeffrey Boulton	1020	Alvin Furtner	478	Macy Williams	170
Joe Schuhbauer	3116	Karl Layug	1005	Christine Sternjacob	476	Dorothy Berry	169
Rachel Smith	2852	Doug Jones	992	Isaac Kelly	466	Larry Schultz	168
Lloyd Maisonville	2677	Robert Brady	992	Dean Kelly	464	Curtis Duvall	157
Jorge Gamarra	2569	Michael Taber	983	Perry Vath	458	Andy Williamson	153
Tyler Wilkins	2366	Bruce Wrede	964	Timothy Talcott	453	Konrad Gill	144
Gerry Faw	2322	Richard Roselli	955	Jason Cawby	444	Sarah Bastajian	141
Terry Mead	2289	David Mayo	951	Troy Dudash	423	Darrell Blanchard	139
Fred Carlson	2159	Thomas LeDew	928	Felix Hotard	421	Kyle Condry	120
Graydon Patterson	2080	Troy Floyd	927	Dean Ward	384	Anthony Avallone	114
Megumi Jones	2062	Jeffrey Williamson	918	Douglas Gehman	344	Demetrius Bailey	107
Bill Cocanour	2004	Joshua Lute	886	Casey Jones	341	Mitch Smith	100
Ken Rahaim	1934	Scott Boulton	885	Eduardo Seoane	340	KC Byers	90
Amelia Zwiener	1870	Harry Hewson	880	Aaron Duesing	334	Darla Huffman	89
Lewis Britt	1855	Zachary Mitchell	868	Roy Noble	333	Scott Kerbow	81
Michael Gross	1839	Jeff Bisson	851	Jesse Ivarra	328	Roman Spear	75
Brandon Blanchard	1802	John Morgan	825	Jeannie Harper	314	James Schwab	63
Luke Trione	1800	Jerry Lagos	821	Chris Andrew	290	Gene Strickland	52
Stefanie Von Brock	1788	Eraena McKenzie	821	William Casler	290	Corrine Carlson	47
Austin Bowman	1782	Tracy Gilbert	819	Tim Price	288	Jonathan Stone	45
Jason Biel	1701	Barbara Kerby	804	Michele Coleman	283	Mary Lis Norris	39
Jeff Robinson	1682	Brannon Deugan	797	Laura Henson	276	Millanie DeKlerk	39
Chris Becker	1616	Michael Percy	765	Carl Duellman	256	Karen Sue Allen	36
Doug Schroeder	1568	Stephen Reyes	763	Manuel Villanueva	242	Andrew Carlson	32
Lisa Stanley	1557	Pam Jones	758	Andrew Spencer	236	Malcom Marsh	29
Scott Whitney	1537	Jeffrey Kwan	735	Matt Marco	225	Ryan Von Brock	26
Travis Coleman	1493	Gene Mitchell	730	Nestor Arguea	211	Alastair Casler	26
Robby Quina	1438	Carol Gentry	725	Kathy Stinson	210	Jacquelyn Boulton	24
Joshua Bastajian	1420	Scott Holmes	723	Barbara Maisonville	187	Chris Kerby	23
Derek White	1395	Tom Impastato	720	John Floyd	183	Daniel McKeown*	22
Mike Mulvaney	1377	Kimberly White	719	Mark Calvert	181	Alastair Casler	26
Tom Johnson	1363	Jordan Lampert	705	Ron Hornbrook	180		
Jon Tate	1362	Jason Laing	622	Jack Robie	177		
Michael Watkins	1329	Jason Gardner	614				
Phyllis Johnson	1248	Richard Loiselle	599				
Byron Havard	1238	Shireen Knowles	584				
Austin Bray	1218	David Sweet	577				
Larry Drake, Jr.	1209	Ernie Conner	553				
David Murphy	1172	Alan Como	552				
Paul LaRose	1169	Evan Castillo	542				
Brian Murley	1142	Eric Nelson	534				
David Hiott	1125	Chris Jernigan	525				
Jonohon Berry	1099	Christopher Huffman	523				
Craig Goad	1082	Dennis Bruens	516				
Ed Sarfert	1052	Josh Sharpe	509				
Marty Haake	1026	Tim Schossow	497				

*\*Injured Reserve*



800.724.5277

*Call for the location nearest you!*



# THE GRACE RAGLAND



*Birmingham to Fairhope*

presented by



**28th Annual  
Cheaha Challenge Gran Fondo  
Century, ULTRA, & Time Trial  
(And Chief Ladiga Cruise Family Ride)  
Saturday, Sunday, May 15 & 16 2021  
Jacksonville, Alabama**



**REGISTER NOW**

**REGISTER NOW**

**REGISTER NOW**

**REGISTER NOW**

Infirmary Health

**RIDEYELLOW**  
...more than just a bike ride



**June 19 • 7 a.m. • Bay Minette, AL • [rideyellow.org](http://rideyellow.org)**

## Bike MS: Tour de Beach 2021

[Register](#)

[Donate To This Event](#)

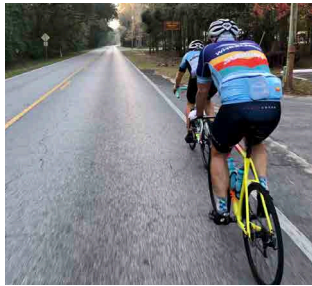
**September 18 - 19, 2021  
Gulf Shores, AL**



**W**e are full gas 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 April including special meet-ups!

This would be an excellent time to review your goals for 2021. Objectives are short-term goals. 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 an great opportunity to control your weight and improve your immune system! We had exceptional miles throughout the year and our ultimate goal for you is more miles unless you were in our Top 20. Try to move over a column or up a few places this year.



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 [wfw.membership@gmail.com](mailto:wfw.membership@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. Presently, the board meetings 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). (This helps in knowing the numbers in attendance.)

Lastly, we appreciate you—our members! Thank you for sharpening each other. Our club would not exist without you!



### 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 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 2021 such as our local Tour de Brew, 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 membership! Please take a moment, click on the link and sign up!

**RENEW**

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





## April 2021 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. Check out the new traffic circle 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 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 15 and 17 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.*

### 9:00 AM: Wednesday Gulf Breeze Ride

Whataburger 1135 Gulf Breeze Highway  
Gulf Breeze, FL 32561

*The bridge is still out but Mike and Paul have barged in. They lead a group ride down Santa Rosa Island. This morning event is a solid B Group ride (17-19 mph) and will be between 25-40 miles depending on consensus of the riders. This is a no-drop ride. Notify [Mike](#) to get on the email list.*

### 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 an 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 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

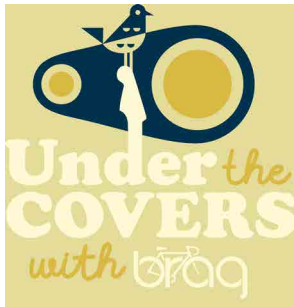
### 2:00 PM: Sunday WFW All Together

NAS Back Gate Loop  
Bayview Park 2172 E. Mallory St.  
*This is a fun 30-mile loop to the west side. No Drop Ride. Moderate to Fast pace.*



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

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



## Come join the West Florida Wheelmen as we ride BRAG this year! BIKE RIDE ACROSS GEORGIA!

June 5 – 12, 2021

### The West Florida Wheelmen Itinerary

**Start** June 5 (Sat) at Lookout Mountain, GA  
[The Garden Walk B&B](#) 706.820.2002 'Ed' \$140

**Day 1** (Sun) LaFayette - 56 miles  
[Key West Inn](#) 706.638.8200 'Tina' \$75

**Day 2** (Mon) Cave Spring - 62 miles  
[Hearn Inn](#) 706.381.2060 'Calie' \$85

**Days 3 & 4** (Tue/Wed) Carrollton - 57/17 miles  
[Hampton Inn Carrollton](#) \$96

Layover in Carrollton and enjoy a music festival.  
[Holiday Inn Express Carrollton West](#) \$113  
[Courtyard by Marriott Carrollton](#) \$146

[Canoeing/kayaking](#) and one of the world's longest zip lines.

**Day 5** (Thur)  
 Senoia - 65 miles  
[Crowne Plaza:](#)  
 Atlanta SW–  
 Peachtree City \$99

**Day 6** (Fri)  
 LaGrange - 50 miles  
[Holiday Inn](#)  
[Express & Suites](#) \$89  
[Courtyard by Marriott LaGrange](#) \$136

**Day 7** (Sat) Columbus - 56 miles  
 Start driving home around noon.

1. Details and to Register: <https://www.brag.org/brag/> Select "West Florida Wheelmen" as your team.
2. Bus Shuttle leaves Columbus 10 am to Lookout Mountain on Saturday, June 5. \$80/pp.
3. Black Dog Luggage will deliver your luggage to your hotel/B&B every day. \$95 per bag
4. Mass Start 7 am/Shower Truck 11 am–10 pm Local Shuttle Service / Live Music & Entertainment
5. Outdoor & Indoor Camping available, which most do. [more info]

#### Cost Options:

- \$380 registration+\$80 shuttle = \$460 (camping either outdoor or indoor in your own tent)
- \$380+\$80+renting tent ('First Class BRAG') \$350 single or \$250 dbl=\$810
- \$380+\$80+\$840 hotels+\$95 luggage delivery=\$1,395

The West Florida Wheelmen invite you to join us as we ride across Georgia! Each year, WFW members do this and we know it is an opportunity not to be missed.

Presently we have several members going and if we have a group of at least ten, we will be provided with Wheelmen BRAG jerseys.

So check out the schedule and sign up. When you register, use our team name, West Florida Wheelmen. *We have recently learned that you must sign up by Monday, March 1st to get in on the free jersey offer.*



From the BRAG website: On Big BRAG, cyclists will average about 55 miles per day for a week with a day off in the middle. It sounds like a lot, but they offer SAG and provide well-stocked rest stops every 12-18 miles

with your favorite snacks and drinks, fun activities, and great views!

BRAG routes take bike riders through some of the most friendly and welcoming towns and features some of the best food Georgia has to offer.

When you pull into camp after your ride, you'll have access to the BRAG Bar where you can grab your favorite drink. Each day after the ride there are BRAG-tivities like bike trivia, one legged bike races, educational classes, yoga, massages, etc.

Every night features tomfoolery in the towns where we stay, like DJs, festivals and a different cover band each night covering the 80's—the Beatles, Neil Young, the Allman Brothers, the Cars and much more!





# DIRTYDURO BACK FOR 2021!



## STARTS APRIL

APRIL CHALLENGE - Up for a challenge?

Give this segment a go! <https://www.strava.com/segments/27604522>

The **#Dirtyduro** is a unique club cycling challenge that includes monthly STRAVA segment challenges featuring different sections of trails at various locations of where we ride. The primary goal is to promote our trails and continue growing club membership.

**FOR MORE INFO**

**WWW.PORC.ORG/DIRTYDURO**

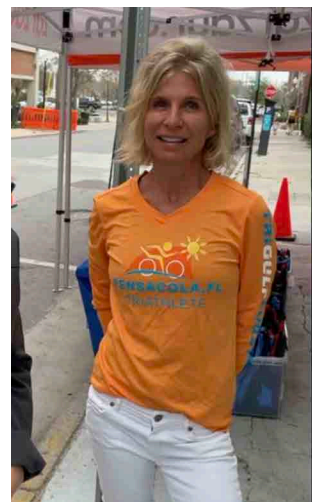


## ZARZAUR LAW MARITIME DE LUNA YOUTH DUATHLON

120 youth ages 6-15 participated in this year's duathlon which was held March 28th at Vince J. Whibbs, Sr. Community Maritime Park in Pensacola.

The number of participants was down a little this year due to post COVID-19 issues; however, everyone seemed to have a great time as you can see with the pics from the event.

Many thanks goes out to the volunteers who helped make this happen and a special thank-you goes to Mindi Straw who spearheaded all of the effort!







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

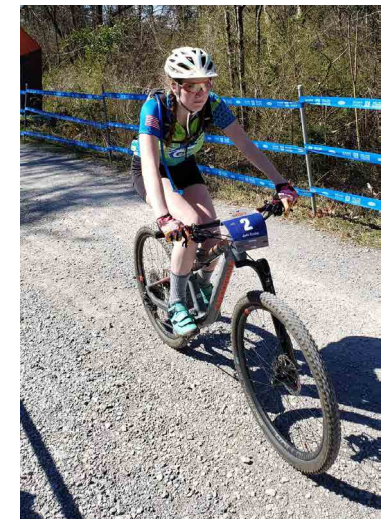
The Gulf Coast Composite Mountain Bike Team, aka The Dirt Sharks, had a great performance at The Melee at McLellan held March 20-21, 2021 at Fort McClellan, Anniston

Every athlete performed well and they had two podium spots. Eli Forehand placed 5th in

the 8th Grade Boys category while, Kayla Liles also placed fifth in the Freshman Girls category.

Great job to every one that raced, and thank you to the coaches and parents for your support!

Visit the Gulf Coast Composite Mountain Bike [Team site](#) for updated information!





## Our Sponsors

Everyone should know that we could not do what we do without our support system. We are very grateful to these businesses and the individuals who made this happen!

We appreciate our Gold Sponsors—Subway® and Lloyd's Glass who, once again, signed up for this year.

Our Silver Sponsors are Primary Residential Mortgage Inc. (PRMI); Saltmarsh, Cleveland & Gund; AppRiver; Centennial Imports; and J. Chandler Custom Homes.

Our Bronze Sponsor is Salvator & Associates.

All of our sponsors have been with us prior to this year and it is through their commitment we will be able to accomplish greater things as we look forward to an exciting year!



800.724.5277

*Call for the location nearest you!*



**Primary Residential  
Mortgage, Inc.**

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



# Saltmarsh

**Saltmarsh, Cleveland & Gund**

*CERTIFIED PUBLIC ACCOUNTANTS AND CONSULTANTS*

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



1101 Gulf Breeze Pkwy.  
Gulf Breeze, FL 32561  
850.932.5338



3050 Navy Blvd.  
Pensacola, FL 32505  
877.759.7297





The Skyway Epic race was held on April 11th. It was a 104ish mile MTB race from Lake Howard (Sylaward Trails) to the gate at Cheaha State Park, AL and back featuring 10,000 feet of climbing.

Pensacola area riders took the podium in the Singlespeed Category! Nic Patterson came in first, Justin Lewis finished in second place and Anthony Aukamp arrived at the finish line in third place!

Ena McKenzie came in second place in the Female Masters 50+ category of the 60ish race! Travis Coleman crossed the finish line in 10th place in the Open category while Joseph Bolton

#### Race winners » 100ish miles Male - Singlespeed

Place ^	Bib ^	Racer name ^	Category ^
1	590	Nic Patterson	Singlespeed
2	565	Justin Lewis	Singlespeed
3	463	Anthony Aukamp	Singlespeed
4	528	Graham Skardon	Singlespeed
-	484	Buck Elrighteous	Singlespeed

arrived in 21st place. Mike Mulvaney finished in 25th place.

Bruce Wrede finished 11th in the Mens Master 50+ category. Scott Boulton came in 16th and Jeff Boulton finished in 24th.

Katie Bolton placed 7th in the 60ish Female Open category.

Congratulations goes out to all of the riders in this year's Skyway Epic! Please feel free to send additional photos or missed finishes to [wfw.membership@gmail.com](mailto:wfw.membership@gmail.com)





## Aerobic Exercisers Needed for Study

We have been contacted by Patrick B. Wilson, PhD, RD who is a faculty member of Old Dominion University in Norfolk, Virginia. He has reached out to the West Florida Wheelmen about a virtual study one of their masters students is conducting.

The study is 100% virtual and is looking at how two weeks of relaxing music listening affects psychological factors and GI symptoms in people who regularly do aerobic exercise. Many endurance athletes deal with occasional gut issues, so they are hoping to get some of us to participate. Please click on the flyer below to contact the masters student directly if you are interested. They have expressed their appreciation on any assistance we can offer.

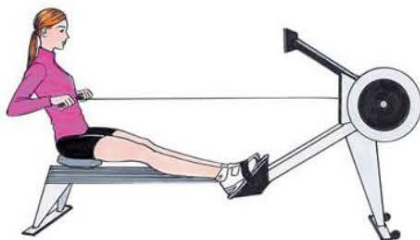
## Aerobic Exercisers Needed for a Study



This study is evaluating the effects of daily relaxing music listening on psychological factors and gastrointestinal (GI) symptoms in aerobic exercisers.

### Participation involves:

- Completing daily 30-minute music listening for 2 weeks
- Tracking information about your aerobic exercise for one week before and two weeks during the intervention
- Completing an electronic survey before and after the two-week intervention



### To be eligible, you must:

- Be 18 years or older
- Do aerobic exercise for at least 120 min/ week
- At least sometimes have gut symptoms during exercise
- Have at least mild anxiety
- Have access to the internet
- If you're taking medication for a mental disorder, you must be on a stable dose for the past 3 months
- Not currently listening to relaxing music for >60 minutes/ week

**Contact Halie Maass: [hmaass@odu.edu](mailto:hmaass@odu.edu)**



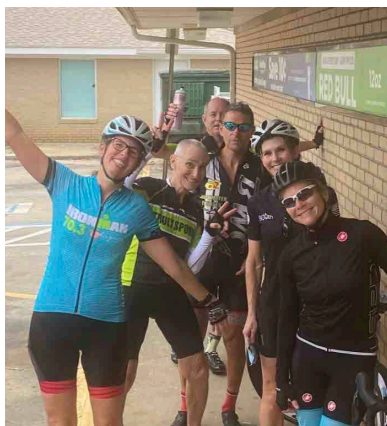
CHRIS JERNIGAN  
GETTING A LEG UP ON  
THE COMPETITION.  
THIS IS WHAT SAND  
DOES TO YOU DURING  
A WINDSTORM AT  
WHITING FIELD.



CATCHING 65 MILES  
ON THE ALABAMA  
TRAILS.



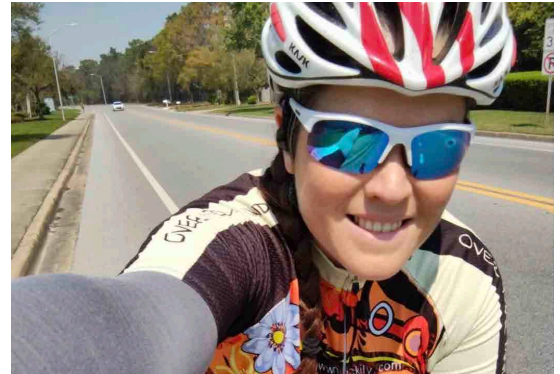
BIKE PENSACOLA IS NOW IN SESSION.



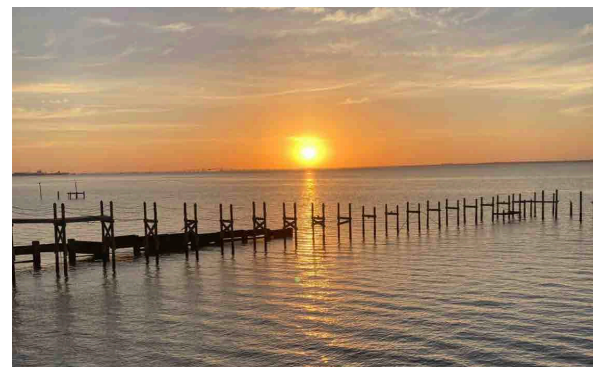
BLACKWATER  
RIDERS FLY EVEN  
DURING THEIR  
RESTS.



BRIAN MURLEY CAPTURES TEMPO TUESDAY.



CARRIE ON!



CHRIS BECKER GRABBED THIS PIC OVER PERDIDO BAY.



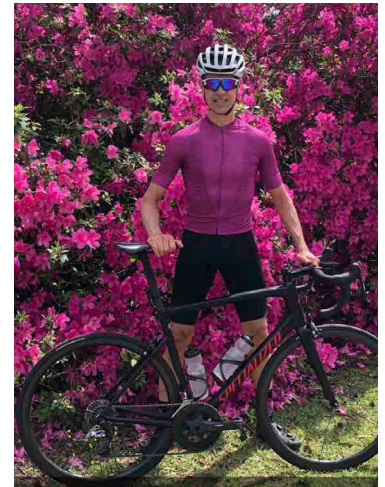
JEFF W., CHRIS H. AND DOUG G. GETTING  
READY FOR THE SECOND HALF.

## Thank you to our 2021 Members as of April 12th!

Karen Sue Allen  
James Amos  
Edward Baker  
Bill Barnard  
Lisa Marie Bartusik  
Avedis Bastajian  
Sarah Bastajian  
Joshua Bastajian  
Chris Becker  
Jonohon Berry  
Dorothy Berry  
Jeff Bisson  
Brandon Blanchard  
Jeff Boulton  
Jacquelyn Boulton  
Scott Boulton  
Austin Bowman  
Jim Britnell  
Dennis Bruens  
William Calvert  
Fred Carlson  
Corinne Carlson  
Jeremy Carlson  
Jason Cawby  
Woody Chandler  
Brian Chiulli  
Bill Cocanour  
Michele Coleman  
Travis Coleman  
Taylor Curry  
Jay Dahl  
Larry Drake  
Brian Dube  
Carl Duellman  
Aaron Duesing  
Ken Duff  
Sandy Duff  
Jason Ellington  
Gerry Faw  
John Floyd  
Troy Floyd  
Dana Foster  
Jorge Gamarra  
Jason Gardner  
J. Douglas Gehman  
Sue George  
Tracy Gilbert  
Konrad Gill

Craig Goad  
Ramie Gougeon  
Joan Grey  
Vicki Grooters  
Michael Gross  
Marty Haake  
Jim Hagon  
Gregg Hansen  
Jeannie Harper  
Byron Havard  
Stephen Hendrix  
Laura Henson  
Harry Hewson  
David Hiott  
Scott Holmes  
Ron Hornbrook  
Roger Hosmer  
Felix Hotard  
Christopher Huffman  
Darla Huffman  
Tom Impastato  
Danny Irby  
Della Irby  
Chris Jernigan  
Phyllis Johnson  
Tom Johnson  
Pamela Jones  
Doug Jones  
Don Jones  
Linda Jones  
Megumi Jones  
Casey Jones  
Dean Kelly  
Isaac Kelly  
Barbara Kerby  
Chris Kerby  
Kevin Kropp  
Molly Lang  
Michael Lang  
Candy Lang  
Paul LaRose  
Thomas LeDew  
Ian Lintner  
Phil Littrell  
Richard Loiselle  
Lloyd Maisonville  
Barbara Maisonville  
David Mayo

Ian Lintner  
Vivian McDaniel  
Sandra McGuire  
Daniel McKeown  
Carey McKinney  
Terry Mead  
Sally Miller  
Fitzhugh Miller  
Gene Mitchell  
James Monroe  
Michael Montgomery  
John Morgan  
Michael Mulvaney  
David Murphy  
Jeff Murray  
Eric Nelson  
Roy Noble  
Janet Noble  
Mary Lis Norris  
Graydon Patterson  
Michael Percy  
Robert Quina  
Kenneth Rahaim  
William Rankin  
Stephen Reyes  
Jack Robie  
Jeff Robinson  
Richard Roselli  
Matthew Salvator  
Tim Schossow  
Lisa Schossow  
Joe Schuhbauer  
Larry Schultz  
Eduardo Seoane  
Josh Sharpe  
Rachel Smith  
Andrew Spencer  
Amanda Stallings



DOUG WITH AZALEA  
CAMOUFLAGE.

Lisa Stanley  
Brian Stone  
Gene Strickland  
Cole Strickland  
Tim Sweeney  
David Sweet  
Micheal Taber  
Jon Tate  
Brian Tilton  
Luke Trione  
Manuel Villanueva  
Stefanie Von Brock  
Ryan Von Brock  
Robert Walker  
Michael Watkins  
Kim White  
Derek White  
Scott Whitney  
Jeffrey Williamson  
Heidi Williamson  
Andrew Williamson  
Angela Ziebarth





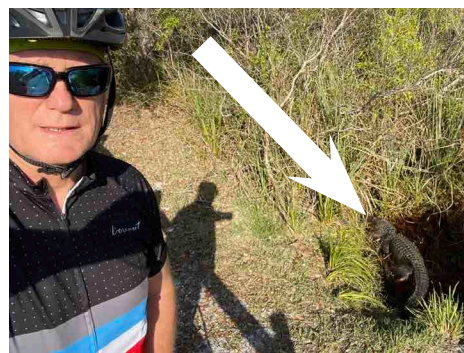


EASTERN SHORE PACELINE.

EDDIE SANDERS  
GETTING READY.



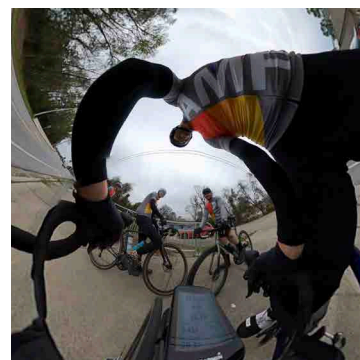
DEAN KELLY  
WITH LEFTY  
THE GATOR.



MORE OF THE  
'SHORE.



IAN GETS JOE  
AND DANIEL TO  
STRETCH!



CRAIG'S RIDE IN  
THE CHEROKEE  
NATIONAL FOREST  
IN TENNESSEE.



JAMES FRITSCHLE  
FOUND THESE. LOOKS  
LIKE IT'S HAMMERTIME!



SUNSET/FULL MOON RIDE.



KEN RAHAIM WITH HIS OTHER CREW.



