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# Board of Directors and email links President ... ... Jeff Williamson Vice President ... ... Michael Gross Treasurer, Kits ... ... Jeff Boulton Secretary/Recorder ... ... Karen Emmanuel Membership, Newsletter ... Christopher Huffman Advocacy ... ... Konrad Gill Ride Coordinator ... ... David Mayo Director at Large ... ... Mario Purifoy

#### **Message from the President**

ome on! As David Mayo would say, "Light the Burners!" Presently, we have over 225 members who have signed up or renewed for the year. Thank you and please take a moment to register by clicking the logo on the next column if you haven't renewed yet.

May is National Bike Month and there are a lot of events and rides which are contained in this issue. On this Tuesday, there is a Summit Boulevard Lane Repurposing Feasibility Study Public Workshop at the Vickrey Resource Center on Summit at 6:30 PM. We'd like to have Wheelmen in attendance and we may have a short ride to the meeting.

Please make every effort to attend the annual Ride of Silence Wednesday at PSC. Your membership assisted us in paying for the billboards and officers who will escort us. We all

NORTHWEST FLORIDA/EASTERN SHORE

# Cycling News

Keeping you informed and upright!



May 2023

SUNSET RIDE.
PHOTO CREDS KIMBERLY BLAIR.

want safer streets and for drivers to be aware of cyclists on the streets.

Our Couch to 100K group began last month. If you are looking for a beginners program on cycling, this is it. We have five leaders who have undertaken the task of making you comfortable in group riding and preparing you for the 100K Fenner Ride which is held in October. There is additional information in this issue.

Our new kits are now available! An earlier email was sent announcing the new design allowing you the opportunity to purchase them.



Please order by May 20. The cost is dynamic pricing, meaning that it continues to drop until the last order day.

We have received our new tech shirts. Again, thank you for your patience as we ran out of smalls and mediums. You had the option to purchase a tech shirt when you renewed. If you bought one and have not received it, please email Chris at <a href="membership@westfloridawheelmen.org">membership@westfloridawheelmen.org</a>. The new look and design may be found in this issue.

Please stay hydrated. Our summer schedule is now posted which means earlier starts. In closing I would like to thank Docs Hops for hosting our Tour of the Lost Bay. Although the weather was somewhat uncooperative, we enjoyed the ride and the hosting!—Jeff W.



# SILENCE

Wednesday, May 17, 2023 5:30 PM
Pensacola State College
12th and College Blvd.
Near the WSRE Building

The West Florida Wheelmen, Tri-Gulf Coast and Pensacola Off-Road cyclists are inviting all bicyclists age 16 and above to join us as we once again ride to honor cyclists killed and injured by motorists in our 10th annual Ride of Silence.

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.

This ride will travel at approximately 11 MPH for seven miles around the Pensacola Airport.

#### Helmets are required.

#### Day of the event

- Park in the lot to the west of the WSRE building.
- Please refrain from parking in the coned area.
- All riders should wear a black armband which are at the table in the tent.
- Those who have been hit by a vehicle should also wear a red armband provided at the WFW tent.
- Only non-WFW members need to sign a waiver.
- Please consider signing up for <u>membership</u> as this greatly helps in paying for the billboards and police officers.
- Please Thank Santa Rosa Pipes and Drums and Trahan Family Funeral Home for their continued support.

#### 2023 Ride of Silence Memorial List

Kohltan Ward	October 22, 2022
Jessica Bibza	September 24, 2022
Raymond Butler	August 29, 2022
Travis Hurd	August 15, 2022
Teresa Rose	May 31, 2022
Mark Lyle Miller	December 15, 2021
Patric Vitek	November 1, 2019
Christopher Usher	November 9, 2018
Jonathan Cox	Sept. 24, 2018
Chad Berridge	May 6, 2018
Amy Hawkins	March 25, 2018
Rob Dollar	October 29, 2017
Alexander Cox	October 14, 2017
Kevin Frick	Sept. 6, 2017
Deligha Rose-Clark	•
Martin Curran	May 18, 2017 August 1, 2016
Thomas Dorttch	February 17, 2016
John Richard Vos	•
Lawrence Anderson	May 27, 2015 October 29, 2014
Dario Ballesteros	
	October 11, 2014 June 13, 2014
Jamie Lynn Roberts	March 22, 2014
Joseph Giampapa	
Zachary Kerns Thomas Steinhert-Threlkeld	March 18, 2014
	,
Haley Richard Baker Bob Hemme	May 28, 2013
	April 9, 2013
Harry Crawford	April 8, 2012 October 10, 2010
Roger Grooters David Allison	
Elizabeth Dawn Allmon	October 9, 2009
	June 10, 2009
Clint Malone William Frederick Imle	October 13, 2007
	Sept. 3, 2007
Archie Leroy Clemons, Jr.	Sept. 3, 2007
Jeffrey Edward Roth	August 9, 2006
Larry McDuff Ann McDuff	June 14, 2005
	February 5, 2003
Jennifer Brooks Bradstock Matthew Wantz	October 14, 2002
Dr. Fenner McConnell	December 11, 2000
	July 5, 1998
Dr. Yves L. Lautier	May 21, 1994



WE MISS YOU, JESSICA.

#### Our 2023 Billboard Campaign

Have you seen them? These are out there and just like last year, be the first to send me a cylphy (cycling selfie) with one of these billboards in the background and you will score one of the new tech shirts.

Thank you goes out to all of our supporters, our members and PORC brother Dave McDuff of Lamar Advertising for this year's cycling advocacy drive!

Send the photo to Chris at <a href="membership@westfloridawheelmen">membership@westfloridawheelmen</a>.org. Of course you could be like Jason C. last year who sent me a cylphy of each!











#### Kids' Slow Ride! May 20, 2023 9:00 AM Adult Slow Ride 10:00 AM

This is the first ever Kids' Slow Ride followed by a Bike Safety Rodeo, all at Malaga Square at 1501 N. 11th Ave. Kids will ride (and parents can join them) a little less than a mile to a nearby East Hill park and back, escorted by motorcycle

officers of the Pensacola Police Department.

After the Ride there will be a Bike Safety Rodeo with a ride course setup in the Square to teach safe riding



skills. Children must wear helmets by law, and free bicycle helmets will also be given away. The Pensacola Association of Realtors is our cohost for this event, which we greatly appreciate.



A ROSE AMONG THORNS.



COUCH TO 100K WEDNESDAY NIGHT PHOTO CREDS TERESA H.

#### The Store is Full Gas!

Our 2023 jersey kits are now available through Jakroo. Click on the jerseys below to be taken to our store site. You will be able to see and purchase different jersey styles and types; bibs and shorts; gloves; and sleeves. Please order by May 20. This is dynamic pricing which means the cost continues to decrease with the amount of orders.

Don't be left out!





Don't know your size? Click on the DesignLab logo for guaranteed size recommendation.







Sunset/Full Moon Ride on Pensacola Beach! Sunday, May 21, 2023 Roll out at 7:00 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.



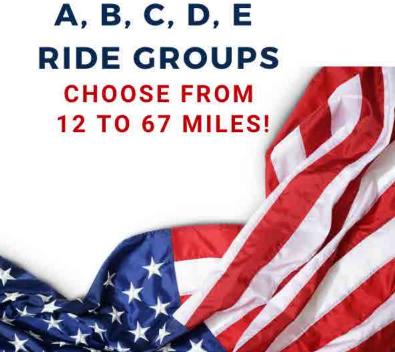
May 29, 2023 6:30 AM

200 SOUTH 10TH AVE. PENSACOLA, FL

VETERANS MEMORIAL PARK

WEAR YOUR
PATRIOTIC
JERSEY!







MARIN, DENNIS AND JESSICA'S LITTLE ONE, IS KICKIN' IT ON MAYGARDEN. SHE HAS THE METTLE BUT SHE WANTS A MEDAL. WATCH OUT SEA TURTLE TRIATHLON!



DEREK W. GIVES US THE GRAVEL FRENZY..



 $\label{eq:mikebound} \begin{tabular}{ll} Mike $B$. Met $T$wiggy after one of our recent storms. \end{tabular}$ 



# **Summit Boulevard Lane Repurposing Feasibility Study Public Workshop May 16**

The City of Pensacola is hosting a public workshop on Tuesday, May 16 to gather input from the community about the Summit Boulevard Lane Repurposing Feasibility Study, as the city begins to explore options for potential lane repurposing on Summit Boulevard.

The workshop will take place from 6:30-7:30 p.m. at the Vickrey Resource Center, located at 2130 Summit Blvd. All members of the community are encouraged to come learn more about the feasibility study and provide their input.

The City of Pensacola is completing a lane repurposing feasibility study of Summit Boulevard from North 12th Avenue to Spanish Trail. The purpose of the study is to evaluate a lane repurposing and its impact on bicyclists, pedestrians, and motor vehicles.

A lane repurposing study looks at the feasibility of reassigning roadway space to achieve other purposes such as economic development, safety and mobility for all users.

There is currently no funding set aside for design or construction, but the city is exploring options for Summit Boulevard based on the community's wants and needs.

The purpose of the meeting is to present roadway data analysis, conceptual roadway graphics, and collect public input. For questions, please contact City of Pensacola Transportation Planner Caitlin Cerame at <a href="mailto:cerame@cityofpensacola.com">cerame@cityofpensacola.com</a>.

#### Leaderboard as of May 12



If your miles disappeared, you forgot to renew. No problem. Renew right <u>here</u>. If we are missing you on the leaderboard, please direct questions to <u>membership@westfloridawheelmen.org</u>

Joe Schuhbauer	5151	Robert Wetherington	1773	ı Paul Wiese	867 ı	Patrick Willi	270
Bob Walker	5091	Guy Bartlett	1711	David Sweet	854	Darla Huffman	267
Mike Bennett	3900	Chris Becker	1659	Jonohon Berry	851	Gene Strickland	261
Jorge Gamarra	3859	Miles McDaniel	1655	Ryan Crisco	850	Marco Barlow	247
David Hartman	3498	Dean Ward	1649	Victor Lett, Jr.	850	Josh Husband	241
T.C. Moore	3155	Timothy Hickey	1642	Derek C.S. Burr	800	Flormina DelaCruz	237
Barbara Kerby	3146	Andrea Dagostino	1634	Stefanie Von Brock	729	Martin Uraga	224
Megumi Jones	3137	Doug Schroeder	1629	Laura Henson	720	Grant McDonald	220
Terry Mead	2949	David Mayo	1543	Felicia Lett	701	Mark Calvert	217
Michael Watkins	2758	John Viglione	1538	Molly Lang	646	Pam Viglione	215
Michael Gross	2732	Micheal Taber	1479	Jeannie Harper	637	Rodney Smith	214
Luke Trione	2731	Carol Gentry	1457	Douglas Gehman	617	Jack Robie	206
Marty Haake	2604	Jeffrey Williamson	1433	Luke O'Neill	616	Teresa Hess	188
Stephen Hendrix	2580	Bruce Wrede	1367	David Huhn	596	James Crittenden	187
Derek White	2580	Robby Quina	1328	Chris Macpherson	577	Konrad Gill	181
Marcus Lackey	2547	Pam Jones	1299	Timothy Price	560	Jessica Evans	180
Gerry Faw	2528	Ryan Elrite	1283	Fernando Coy	554	Tracey Mann	180
Jeff Robinson	2476	Joel Balistreri	1255	Daphnie Boone	553	Sandra McGuire	180
Vince Flores	2431	Scott Holmes	1239	Tim Schossow	547	Kitty Andrew	180
Terrence Nash	2351	Karen Emmanuel	1135	Kathy Stinson	512	Andy Williamson	179
Kathryn Boylan	2324	Seth Christian	1128	Steve Larkin	493	Ron Hornbrook	176
Robert Pike	2322	Jeffrey Boulton	1103	Kim White	490	Jacquelyn Boulton	146
Steve Hilliard	2244	Carey Oberholtzer	1095	Jerry Lagos	475	Mary Norris	134
Ed Sarfert	2195	Michael Percy	1094	Brian Chiulli	456	Eric Blomberg	130
Josh Taube	2190	Tom LeDew	1086	Iim Hartnett	453	Taylor James	128
John Dagostino	2188	Steve Marmillion	1073	Tracy Gilbert	429	Katherine Owen	122
Russell Fortune	2163	Mario Purifoy	1007	Alex Hernandez	421	Larry Schultz	104
Dom Risola	2144	David Murphy	977	Alan Como	419	Dorothy Berry	78
Doug Jones	2140	Jade Brown	975	Shawn Stangeland	415	Taylor Curry	77
Stuart Shippey	2053	Carol Gross	958	Jason Caddell	396	Lisa Schossow	76
Dennis Bruens	2020	Stephen Reyes	957	Michelle Moore	385	Jeremiah Wiesner	72
Glenn Rudolph	2011	John Morgan	950	Niels Anderson	381	Robert T. Harden	66
Barbara Rudolph	2011	Christopher Huffman	947	Roy Noble	376	Charles Overholt	59
Crayton Brogdon	1969	Jason Cawby	941	Roderick Mitchell	369	Daniel McKeown*	55
Ian Lintner	1963	Ioane DelaCruz	925	Felix Hotard	361	Katie Snowdon	54
Paul Larose	1959	Kathy Brockett	923	William Casler	356	Zachary Dreher	49
Michael Kickliter	1928	Tommy Braddock	919	Nestor Arguea	352	Sarah Bastajian	39
Richard Roselli	1899	Brad Plante	912	Ned McWilliams	346	Carey McKinney	36
LeRoy Johnson	1857	Richard Loiselle	905	Sarah Jansen	313	Matt Munson	17
Jason Gardner	1838	Clark Youngblood	889	Mark Carr	280	Alastair Casler	13
Tom Impastato	1791	Chris Andrew	888	Bruce Pope	277 l		
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\*Injured Reserve







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 12 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

#### City to Launch Employee Bikeshare Program and Celebrate Bike to Work Day May 19

The City of Pensacola is excited to announce the launch of an Employee Bikeshare Program at City Hall on May 19, in conjunction with National Bike to Work Day.

The city invites the public to celebrate this new program and National Bike to Work Day with a short bicycle ride around downtown on Friday, May 19. Members of the public are invited to meet at City Hall with their bicycles at 10:45 a.m., and the ride will start promptly at 11 a.m. The ride will leave from City Hall, go to Community Maritime Park, come up North Palafox Street, and then head back to City Hall via Romana and Spring streets.

Through the Employee Bikeshare Program, six bicycles will be available to City of Pensacola employees to check out for professional and personal purposes during business hours.

The benefits of a bikeshare program include:

Mobility for employees – Providing transportation options that assist city employees to conduct their duties and responsibilities in an efficient, environmentally-friendly manner.

Reduced motor vehicle traffic – Reducing the amount of motor vehicle traffic in areas with complicated infrastructure or high pedestrian volumes.

Health through increased physical activity – Providing methods for employees to add more movement into their daily routine, thus impacting alertness, health, longevity and more.

Environmental benefits of reduced motor vehicle traffic – Internal combustion engine vehicles emit harmful greenhouse gas. Taking a bike instead helps reduce these emissions.

This program is funded by the Florida Blue Wellness dollars received from the Health Plan to incentivize wellness initiatives. The city is excited to add a third pillar to the city's wellness program, which already includes a physician engagement incentive and annual health fair.



Resources on bicycling confidently and understanding the rules of the roads can be found at the League of American Bicyclists website and FDOT's Pedestrian and Bicycle Focused Initiative.

For more information about the Bike to Work Day event, please contact City of Pensacola Transportation Planner Caitlin Cerame at <a href="mailto:ccerame@cityofpensacola.com">ccerame@cityofpensacola.com</a>



SILENCE

May 17, 2023 5:30 PM Pensacola State College



New Tech Shirts. Now Available. \$15 Pickup \$20 Delivered



MIA AND SHAWN SPORTING THEIR CYCLESPORTS JERSEYS.



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 <a href="mailto:membership@westfloridawheelmen.org">membership@westfloridawheelmen.org</a>



#### 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 stop signs on Langley Ave. What?! 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 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.

#### 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: <a href="https://www.facebook.com/groups/Blackwatercyclists">https://www.facebook.com/groups/Blackwatercyclists</a>. 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.

# 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 <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).

# 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 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

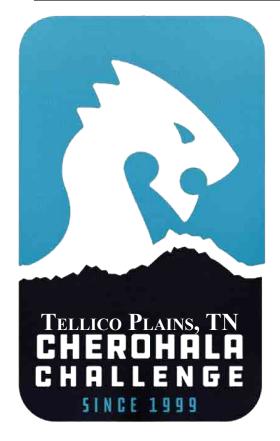


#### Bike Ride Across Georgia

Each year, the West Florida Wheelmen participate in this epic event where the route changes annually. Although the distance on each day varies, the fun doesn't.

Join the West Florida Wheelmen for this epic event as we explore the Georgia countryside! *Contact <u>Ieff Williamson</u> for details.* 





Join the Smoky Mountain Wheelmen as they proudly present the 21st Edition of the Cherohala Challenge\*.

The 2023 Date is JUNE 3!

The event offers three distinctive rides so almost anyone can find a ride that will fit their skill level with rides of 35, 62 and 115 miles.

Don't miss your opportunity to ride the famed Dragon Slayer, the Cherohala Skyway and surrounding region.

They supply SAG Support, Well-Stocked Rest Stops, Short-Wave Radio Support (cell phones do not work on most of the ride) and private restrooms.

The SM Wheelmen are proud of their legacy and want you to come experience one of the Southeast's premier rides.

**SLAY THE DRAGON!** 

- •All routes are fully SAG supported with well-stocked rest stops.
  - •Free post-ride meal.
  - •All riders must wear helmets.
  - •Free ride event tee shirts for all riders who preregister.
- •King and Queen of the Mountain awards for the first male and female rider who complete the Century Ride will be awarded.

#### #emmastrong

We are so proud of Emma as she competes next week at the 2023 World Triathlon Para Series in Yokohama, Japan. Emma is the 2022 USA Paratriathlon National Champion in her Division. We are cheering for you!







Free Trainers!





Do you or someone you know need a bike trainer? Now that the weather has changed, these are available at no cost! Contact Chris at <a href="mailto:membership@westfloridawheelmen.org">membership@westfloridawheelmen.org</a> or text him at 850.375.7239 to give them a new home.



Save the Date: Fenner Ride 2023 October 28th!



David with three-time winner of the Tour de France Greg LeMond at the Face of America Ride in Washington, DC.



Dennis and Jessica during the Sunday S'cool C2CK.



#### **Silver Comet Trail**

REPRINTED FROM WEBSITE

The Silver Comet Trail is a well-maintained 61.5-mile trail and is 12-foot wide and paved. Along the way are 17 wheelchair-accessible access points, 15 restrooms, 10 water fountains, and a variety of trailside services.

Trail highlights include several relics of its railroading past. At Mile Marker 23, the Pumpkinvine Creek Trestle stands 100 feet high

and 700 feet long. At Mile Marker 30.8, the Brushy Mountain Tunnel sounds a spooky note with 700 feet of damp, dark corridor.

The Silver Comet offers a wide array of activities: Its rich history appeals to railroad enthusiasts, and its first-



AARON GIVES THE COMET

rate facilities draw recreation seekers from miles around. Whether you want to run 5 miles or bike 60, this rail-trail is an excellent option.

At the Georgia/Alabama state line, the Silver Comet Trail connects to Alabama's Chief Ladiga Trail, which stretches for another 33 miles, making the trails (combined) among some of the longest paved pedestrian paths in the country.

Exciting plans are afoot to connect the eastern end of the Silver Comet Trail in Smyrna to downtown Atlanta via the Silver Comet Connector. Another trail linkage emanating from the same starting point is already open; the Cumberland Connector begins at the eastern trailhead of the Silver Comet Trail and heads northeast, providing access to neighborhood amenities

For more information on the trail click here.



SUNDAY S'COOL UNDERNEATH THE WINGS OF AN EAGLE.



IRON HAND BREWING RIDE WITH THE RIDERS.



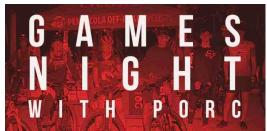
ATLAS AT ATMORE.



SUSAN
BASTAJIAN
850.516.7732

**REALTOR** 





#### **Games Night with PORC (May 12 2023)**

May 12, 6:00 PM | UWF Multi-use Trails





5172 Stewart St. Milton, FL 850-983-2488



#### 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.

<u>Download</u> it or go to <u>slack.com</u> then <u>email</u> Chris so we can let you in.



NATCHEZ TRACE WITH THE SOUL CITY
CYCLING CLUB



THURSDAY BREEZIN' WITH ONE RIDE.

### 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 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.

#### **One Ride Cycling Club**

**Every Other Thursday** 

5:45pm

**PRESENTS** 

THURSDAY BREEZE RIDE.

A BEAUTIFUL SCENIC ROUTE ACROSS OUR BEAUTIFUL 3 MILE BRIDGE AND BACK. THIS WILL BE A 22 MILER!

STARTING: GULL POINT RESOURCE CENTER, SPANISH TRAIL, PENSACOLA, FL 7000 SPANISH TRAIL

TURN AROUND AT: HAMPTON INN & SUITES PENSACOLA/GULF BREEZE 61 GULF BREEZE PKWY, GULF BREEZE, FL 32561





LUKE'S PROJECT CAR.



KELLY CYCLING IN RWANDA.

CLICK ON HER PHOTO TO READ ABOUT HER MISSION WORK.



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



Derek W. Grabbed an awesome clip from the trail.





Andrea and John Cycled Virginia and Maryland..



PRO CYCLE CRUISIN' BY TIM K.



SERGIO PUTS IN AN APPEARANCE AT COMBINE.



THE RIDERS.

# Our 2023 Silver Sponsors!











## Our 2023 Bronze Sponsors!







Memorial Day Weekend May 26th-28th, 2023 Georgetown, Kentucky



Gran Fondo May 20th-21st, 2023 Jacksonville, Alabama



Join the West Florida Wheelmen at the Bike MS: Tour de Beach at Orange Beach on September 30 to October 1, 2023

As a team, we can do more in finding a cure for Multiple Sclerosis. Please join the WFW by riding or volunteering for this event. For more information, email <u>Jeff Williamson</u> or text at 850.384.1627.





Montain Ride August 4th-6th, 2023 Lake Lure, NC



DIRT SHARKS GETTING READY TO FEED.



oin the peloton for <u>2023 Membership!</u> We are having divided group rides and other events throughout the year including special meetups.

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 third leaderboard in 2023 in this issue and we are proud of those who have renewed. If you

have disappear ed 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 <a href="membership@westfloridawheelmen.org">membership@westfloridawheelmen.org</a> or check out our club website at <a href="westfloridawheelmen.org">westfloridawheelmen.org</a>. We are also on <a href="Facebook">Facebook</a>, <a href="Twitter and Instagram">Twitter and Instagram</a>.

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 <a href="mailto:jeffreyw615@gmail.com">jeffreyw615@gmail.com</a>. (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.
- 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 our Ride of Silence, Couch to 100K, Memorial Day Ride, Bike Ride Across Georgia, 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











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

#### **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
Ochilai Dispatch



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 already have over 225 members signed up for this year!

**James Amos** Niels Andersen Chris Andrew Nestor Arguea Joel Balistreri Marco Barlow Guv Bartlett LisaMarie Bartusik Susan Bastajian Sarah Bastajian Ioshua 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 Iim Britnell Kathy Brockett Crayton Brogdon **Jade Brown** Dennis Bruens Derek C.S. Burr **Jason Caddell** Mark Calvert Mark Carr William Casler Alastair Casler **Jason Cawby** Carol Chandler Woody Chandler **Bob Charlebois** Brian Chiulli Seth Christian Alan Como Fernando Coy Ryan Crisco James Crittenden Taylor Curry Andrea Dagostino John Dagostino Ioane DelaCruz Flormina DelaCruz Zachary Dreher

Alan Duff Dominique Ellis Ryan Elrite Karen Emmanuel Iessica Evans Kelly Fahnestock Gerry Faw Vince Flores Russell Fortune Dana Foster Alan Freeman Jorge Gamarra Iason Gardner Douglas Gehman Carol Gentry Sue George Tracy Gilbert Konrad Gill Ramie Gougeon Michael Gross Carol Gross Marty Haake Jim Hagon Iames Hallman Miyuu Handa Robert T. Harden Jeannie Harper David Hartman Iim Hartnett Scott Hatten Byron Havard Stephen Hendrix Laura Henson Alex Hernandez Teresa Hess Timothy Hickey Rand Hicks Steve Hilliard Scott Holmes Ron Hornbrook 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 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, Jr. Ian Lintner Richard Loiselle Chris Macpherson Evan Malone Tracey Mann Peter Marco Steve Marmillion Joann Massev 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 Donald Meyer Emma Meyers Gene Mitchell Roderick Mitchell Michael Montgomery Mercedez Montgomery Michelle Moore Thomas Moore John Morgan

Matt Munson David Murphy Terrence Nash Roy Noble Janet Noble Mary Norris Carey Oberholtzer Luke ONeill Charles Overholt Melody Overholt Katherine Owen Michael Owen Michael Percy Robert Pike **Brad Plante** Bruce Pope Timothy Price Mario Purifoy Robby Quina Stephen Reyes Dom Risola **Jack Robie Jeff Robinson** Richard Roselli Glenn Rudolph Barbara Rudolph Matthew Salvator Scott Sanderson Ed Sarfert Tim Schossow Lisa Schossow Douglas Schroeder Ioe 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 Luke Trione Martin Uraga Inocencio Ventura Jr 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 Garrett Williamson Bruce Wrede Eric Young Treba Young Clark Youngblood Angela Ziebarth



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