



December 2019

Cycling News

Keeping you informed and upright!

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Board of Directors and email links

President.....	Jon Tate
Vice President	Jerry Lagos
Treasurer.....	Jeff Boulton
Secretary.....	Scott Kerbow
Membership.....	Jennifer Kerbow
Advocacy	Jeff Williamson
Sponsors	Mike Larson
Ride Coordinator.....	David Mayo
Website	Curtis Duvall
Race Director.....	Tim Fox
Newsletter.....	Christopher Huffman

Message from the President

I would like to start off by saying, "Hello, and that I am excited to be taking over the position as club President!" Avi has done an outstanding job the last three years and I wish him the best in his future endeavors.

I originally returned to cycling three years ago as a way to lose weight, but had never ridden in a group or even belonged to a club. I feel that group riding is the safest way to train/exercise because you are more visible than just cycling by yourself.

I have met a bunch of great people that otherwise I would have never known. Along with the group rides, I have also attended the Bike



TRACY GILBERT TOOK THIS PHOTO DURING A RECENT BEACH RIDE.

Pensacola Slow Rides, Fenner/Wantz Big Brothers Big Sisters Century (twice), and numerous Alabama Backroad Century Series events.

Since the last newsletter came out, we have completed the annual Remembering Roger Ride and the Fenner Ride century. Both of these events were well attended and I would like to say thank you for everyone who sponsored, supported and attended these activities. Coming up, we will have the Battleship Ride in February, so please start preparing for this 100+ mile ride out to the USS Alabama in Mobile.

We have started accepting club membership renewals for the year 2020. Please join us in supporting bicycle advocacy and safety in this area, along with providing rider insurance for our many group rides. Renewals can be accomplished by visiting the club website at westfloridawheelmen.org. Rates have stayed the same for 2020 for both individual and family membership options.

If you would like to become more involved in what goes on in your club, please make an effort to attend our monthly board meetings. We meet on the 4th Thursday of every month (December's will be on the 3rd Thursday, 12.19.2019). Our new meeting place will be at the YMCA downtown, Gulf Power room, at 5:30 PM. Everyone's input is appreciated at these meetings and our new meeting room has more than enough space to accommodate at least 40 people.

2019 Strava Cycling Miles as of November 27, 2019!

We try to stay on top of your miles for the year; however, sometimes we miss a West Florida Wheelmen member who would like to have their miles listed. Please reach out if you would like to have your miles published by emailing Chris Huffman at advocate.wfw@gmail.com

Ian Lintner	12,346	Carol Gentry	3183	Corrine Carlson	1624
Fred Carlson	8685	David Stubbings	3155	Brandon Hempler	1462
Philip Faris	7938	Jeffrey Boulton	2992	Timothy Talcott	1452
Graydon Patterson	6745	Emilio Malave	2854	Carey McKinney	1327
Jon Tate	6262	Laura Henson	2847	Andrew Carlson	1104
David Hiott	6151	Scott Holmes	2666	Michael Sims	1049
Jerry Lagos	6106	Mike Gross	2586	Jordan Kidd	1033
Stefanie Von Brock	6064	Chris Andrew	2508	Jeff Nelson	983
Doug Schroeder	5544	Brian Murley	2491	Andrew Spencer	966
Thomas LeDew	5529	John Morgan	2484	Kathy Stinson	942
Barbara Kerby	5252	Chris Becker	2424	Patrick Willi	910
Mitch Smith	4676	Tracy Gilbert	2397	Mark Calvert	845
Amelia Zwiener	4666	Ron Hornbrook	2277	James Amos	743
Stephen Reyes	4664	Doug Jones	2272	Daniel Hayes	656
Brandon Blanchard	4608	Christine Sternjacob	2269	Andrew Williamson	584
Richard Roselli	4532	Ramie Gougeon	2202	Jonathan Roberts	485
Jason Biel	4457	Perry Vath	2149	Teresa Hess	424
Ernie Conner	3936	Scott Warren	2085	Michael Howell	409
Mike Mulvaney	3893	Richard Loiselle	2074	Daniel McKeown	335
Erik Winfree	3705	Scott Kerbow	2073	Steve Marmillion	332
Paul LaRose	3705	Phil Littrell	2022	Jacquelyn Boulton	280
Mark Wilson	3687	Christopher Huffman	1899	Mark Snyder	241
Malcom Marsh	3560	Sarah Bastajian	1895	Chris Fehrenbacher	240
David Murphy	3404	Jesse Bertone	1815	Eric Relich	213
Curtis Duvall	3377	Chris Kerby	1718	Ryan Von Brock	119
Derek White	3317	Tim Fox	1704	Kaylie Sims	108
Jeffrey Williamson	3306	Jason Laing	1682	Darrell Blanchard	71
Dean Ward	3267	Gene Strickland	1639		

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



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

Remembering Roger Ride 2019!

Our heart-felt thanks goes out to Vicki Grooters for all of her work in remembering Roger's legacy! It was certainly a memorable occasion for all of us.



Message from the Past President

What a fantastic year behind us and there's still plenty of activities in the future! This is the time of year which many of us enjoy. Although the shortened days are here, so are the cooler temperatures.

Our end of year banquet took place on December 1, 2019 at Scenic Hills Country Club. Although I was not able to be there, I have heard that it was a fantastic event and I sincerely appreciate all of the work which was placed in it.

I would like to reach out to you, our members, for your input during the upcoming year. Several board members are staying on for next year, but we are very happy to see new talent.

It is with great sadness that I am announcing my retirement from the West Florida Wheelmen Board. I feel we have accomplished a great deal over the last three years and I am excited to see what next year will look like with the new board. It has been an honor to serve along side you.

The following are to serve in various capacities: Jon Tate (President), Jerry Lagos (Vice President), Jeff Boulton (Treasurer), Scott Kerbow (Secretary), Jennifer Kerbow (Membership), Jeff Williamson (Advocacy), Mike Larson (Sponsors), David Mayo (Ride Coordinator), Curtis Duvall (Website), Tim Fox (Race Director) and Chris Huffman (Newsletter). The board was approved at the annual banquet.

I want to pause for a moment and thank each of you who have made this a remarkable year in cycling. This would not have been possible without board members, ride leaders and organizers. Of course, we would not have the West Florida Wheelmen without our committed members.

In closing, I would like to thank those who have participated in the Remember Roger Ride, the Fenner McConnell-Matt Wantz Memorial Ride and the Rob Dollar Foundation Ride. Let us not forget these men whose legacy will continue to guide us through the years.

Again, thank you for allowing me to serve as your President and to help provide direction. I certainly believe all of us have made a tremendous impact on community involvement in health, fitness and relationship building.

Thank you and ride safely! —Avi



JESSE BERTONE'S FIRST CENTURY AT THE LE TOUR DE FOLEY IN OCTOBER.



LOOK AT THIS TURNOUT FOR OCTOBER'S SUNSET/FULL MOON RIDE! OVER 100 CYCLISTS PARTICIPATED IN THIS MEMORABLE EVENT!



MALCOLM MARSH'S SWIM.



Primary Residential Mortgage, Inc.

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Pensacola, FL 32502
850.473.0070

Dylan Coleman is six and just got a new MTB—it was his inaugural ride (five miles) and he did *awesome!* The only time he dumped it was in the deep sand at the back of the trails but he got right back up and kept on trucking.

The amazing thing is that just over a year ago (October 15, 2018), he had two vertebrae removed and has a single level spinal fusion. He has four screws and two rods holding the spine in place at the fusion site. He has never complained and has waited a very long time to get the green light from the doctor to be back on the bike.

Thank you, Michele and Travis for sharing this so we can celebrate with you.

In the bottom photo, Dylan is wearing his green jersey, Davis, his brother, is in the *Dots and Watts* jersey and Mason Malone is in the orange RMB jersey.



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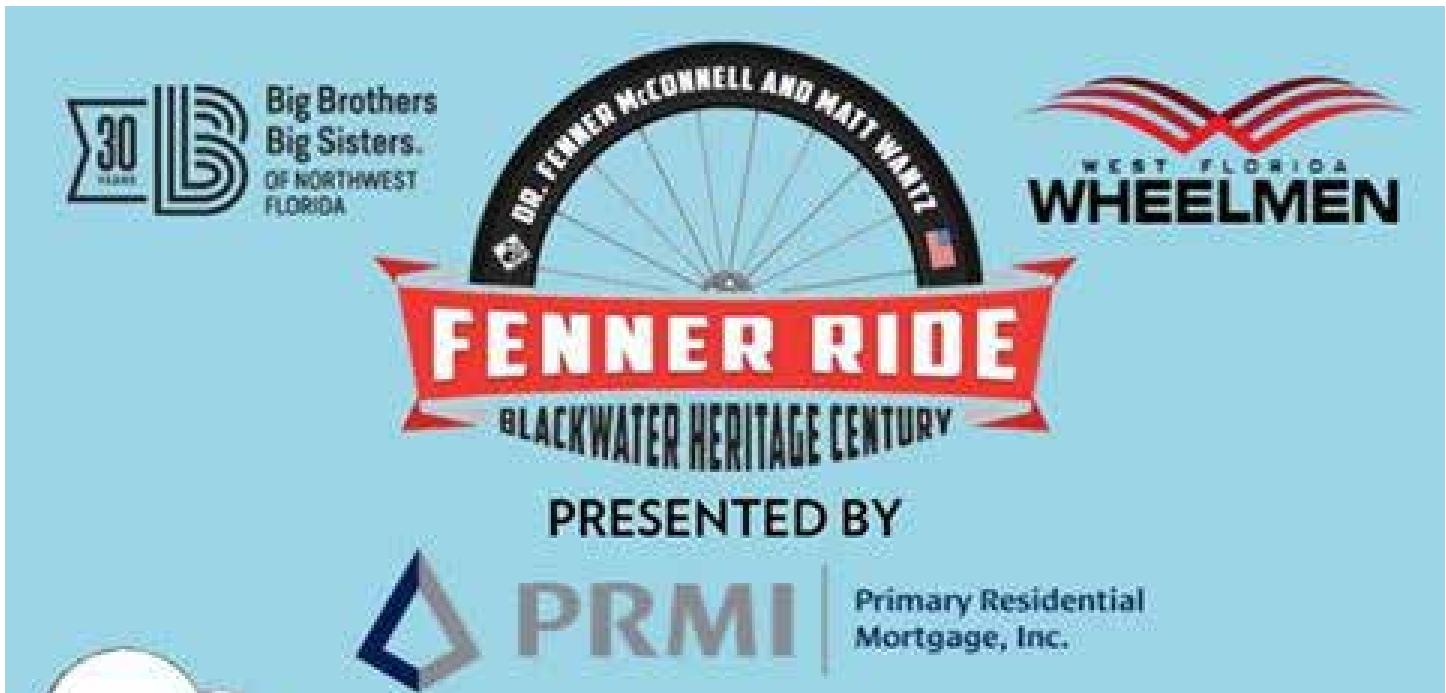
Rob Dollar Ride

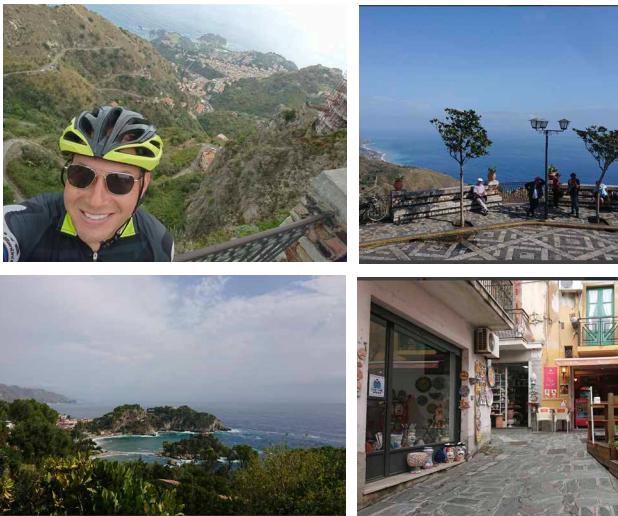
On October 27, we participated in the Rob Dollar Ride. Two years ago while he was cycling, Rob was struck and killed by a motorist in Arizona.

His parents, John and Cindy, reached out to the West Florida Wheelmen and other cycling clubs in the United States to remember Rob's legacy.

His story continues through the [Rob Memorial Foundation](#) which advocates for cycling safety.







TROY DUDAH IN HIS WINTER HOME IN SICILY.

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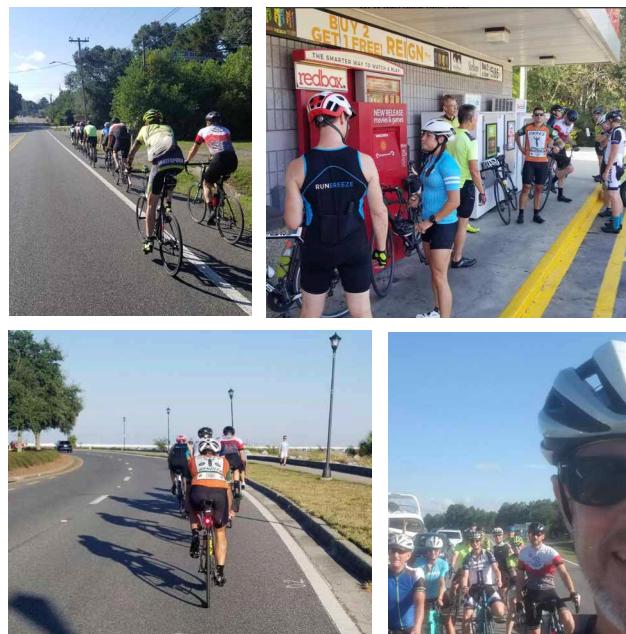
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NAS BACK GATE RIDE!



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MARCH 7, 2020
GRAN FONDO,
MCENTURY &
PETIT FONDO

Entergy

MARCH 7, 2020
MONTICELLO, MS

Thank you to our 2019 Members!

Kurt Ackenhausen
Christina Alsop
James Amos
Jason Andersen
Chris Andrew
Catherine Barich
Bill Barnard
Avi Bastajian
Sarah Bastajian
Joshua Bastajian
Chris Becker
Bill Benson
Jesse Bertone
Jason Biel
Darrell Blanchard
Brandon Blanchard
Jeff Boulton
Jacquelyn Boulton
Jennifer Boulton
Mark Calvert
Fred Carlson
Corinne Carlson
Andrew Carlson
William Casler
Alastair Casler
Brian Chiulli
Ernie Conner
Bobby Cooley
Phyllis Cooley
Taylor Curry
Enrique Diaz Guzman
Allene Doucette
Troy Dudash
Aaron Duesing
Curtis Duvall
Phil Ehr
Philip Faris
Hunter Feazel
Christopher
Fehrenbacher
Dana Foster
Tim Fox
Carol Gentry
Sue George
Nicole Gerke
Tracy Gilbert
Konrad Gill
Ramie Gougeon
Joan Grey

Vicki Grooters
Michael Gross
Jim Hagon
Byron Havard
Daniel Hayes
Brandon Hempler
Laura Henson
Teresa Hess
David Hiott
Scott Holmes
Ron Hornbrook
Roger Hosmer
Michael Howell
Christopher Huffman
Darla Huffman
Joseph James
Bonnie Johannemann
John Johannemann
Phyllis Johnson
Doug Jones
Pamela Jones
Scott Kerbow
Jennifer Kerbow
Barbara Kerby
Chris Kerby
Jordan Kidd
Benjamin L Konell
Josh Kuhnll
Gerald Lagos
Jason Laing
Michael Lang
Candace Lang
Harrison Lantz
Paul LaRose
Mike Larson
Glenda Larson
Eric Larson
Thomas LeDew
Ian Lintner
Phil Littrell
Daniel Lloyd
Richard Loiselle
Emilio Malave
Greg Manuel
Steve Marmillion
Malcolm Marsh
Billy Martin
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Leslie Mead
Jim Merry
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Fitzhugh Miller
Sally Miller
James Monroe
John Morgan
Scott Mulkey
Mike Mulvaney
Brian Murley
David Murphy
Susan Naile
Jeff Nelson
Roy Noble
Janet Noble
Marc Oger
William Osterman
Angelica Padro
Emily Palmier
Graydon Patterson
Michael Percy
Karin Pomerantz
Paul Pound
Trish Price
Kirwan Price
Abraham Quesada
Cheyanne Quigley
Bill Rankin
Eric Relich
Stephen Reyes
Rachel Reyes
Scott Roberts
Jonathan Roberts
Richard Roselli
Dan Schebler
Doug Schroeder
Michael Sims
Kaylie Sims
Kristi Sims
Mitch Smith
Mark Snyder
Andrew Spencer
Stephen Stepp
Christine Sternjacob
James Stinson
Kathy Stinson
Gene Strickland
Cole Strickland
David Stubbings
Timothy Talcott
Jon Tate
Brian Tilton
Emily Tucker
Perry Vath
Bill Vest
John Viglione
Pam Viglione
Manuel Villanueva
Stefanie Von Brock
Ryan Von Brock
Robert Walker
Dean Ward
Scott Warren
Derek White
Patrick Willi
Andrew Williamson
Jeffrey Williamson
Mark Wilson
Erik Winfree
Josh Yaskoff
Angela Ziebarth
Amelia Zwiener

December 2019

Weekly Rides

5:30 PM: Monday Meander

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

6:00 PM: Taco Tuesday Loop

Ride More Bicycles 59 E. Gregory St.
The 'delicious' WFW Taco Tuesday ride is very fun and popular and starts downtown at the RMB store! Moving pace 17-21 MPH. If you drop off the back we have several re-group points along the route. If you miss the 6:00 PM start from RMB, the group cruises through the Summit & Maygarden around 6:30 PM so feel free to hop in there.

9:00 AM: Wednesday Touring Ride

Different starting locations (usually in Santa Rosa County). Please see the full information for each ride, including changes to the ride day due to weather which are posted on the Blackwater Cyclists Facebook page: <https://www.facebook.com/groups/Blackwatercyclists/>

The ride concept is a slower paced social ride averaging between 13 and 15 mph. Most rides will involve a group meal stop mid-ride or at the end of the ride. Average distance will typically be between 40 and 60 miles. For more details contact Ernie Conner at ecconnerjr@aol.com

5:30 PM: Wednesday Evening

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 24 mph, B Group rides at 17-19 mph and C Group cruises at 16-17 mph.

6:00 PM: Thursday Night Sunset Ride

Trek Bicycle Store 701 E. Cervantes St.
If you are looking for a quick-paced B+ Group ride, come on out and give this a try! This route is approximately 32 miles but it also has a 18 mile drop-off if you need a shorter option. It is led by Jon Tate. It is a no drop ride. Come out and join us for some cool evening fun! Lights are required.



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

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 ride has been a staple of the area for 19+ years and counting with anywhere from 20 to 50 riders on any given Saturday. There are seven convenience stores located 15 to 28 miles from the trailhead start/finish. One of these stores is the usual Saturday destination. The distance of the ride will vary from 42 to 55+ miles and is typically posted by Thursday afternoon on the Blackwater Cycling Facebook page. The pace varies as well. You can typically expect 2 to 3 groups of riders with a Blackwater pace scale as follows:

A group—Riding speeds of 22 to 30 MPH

B group—Typical riding speeds are 18 to 24 MPH

C group and lower—Anticipate riding speeds of 15 to 20 MPH

2:30 PM: WFW All Together

NAS Back Gate Loop

Bayview Park 2172 E. Mallory St.

Fall marks the return for this fun 30-mile loop to the west side. No Drop Ride. Moderate to Fast pace.



Hello and welcome to the club...the 2020 West Florida Wheelmen (WFW)! Whether you are new to WFW or rejoining, we are looking forward to an exciting year of riding. Take a few moments to think about your goals for 2020 ... maybe it's to do your first century (100 mile ride), speed up your base pace, participate in a race, make friends, get healthier, just ride more or ... ALL OF THESE!

Whatever the goal, don't forget to look us up on Strava and join in on the fun. We had impressive riding in 2019 later this month, we will have a top ten line-up! Kudos to those beasts.

The West Florida Wheelmen club exists because of you and me and our love to ride our bikes. WFW is always open to new ideas so feel free to reach out to any of your 2020 board members. You can email us at advocate.wfw@gmail.com or check out our club website at westfloridawheelmen.org. We are also on [Facebook](#), [Twitter](#), [Instagram](#), and [Strava](#).

You always have a voice and we encourage our membership to be involved. There are many ways to do this such as attending a board meeting (just make sure to let us know you plan on coming so we can add you to the agenda). These are usually held the 4th Thursday of every month at the YMCA at 5:30 PM (YMCA located at 165 E. Intendencia St.). You could join our FINE group of ride-leaders (so awesome and valued), volunteer at one of our great events, host a ride, become a sponsor, or attend City of Pensacola Bicycle Advisory meetings to help build safe cycling in our community (we all know we need help in this area)! Don't be shy and let us know where you'd like to help. So saddle up ... let's make 2020 a year to remember.



Membership and its Privileges

- Supplemental accidental insurance coverage on all WFW rides!
- 10% off at participating bike shops.
- Complimentary use of three bike travel cases.
- Make our voice stronger for cycling advocacy, safety and public education.
- Receive a bi-monthly email with all the local cycling news, rides, special events, etc.
- Be included/invited to several fun social events throughout the year.
- Participate in the Pensacola Cycling Classic.
- WFW has several events on the calendar for 2020 such as 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!

Our link is active for 2020 West Florida Wheelmen memberships! Please take a moment, click on the link and sign up!

[RENEW](#)

westfloridawheelmen.org



Swamp Otter Classic

We had several area racers participate in the Swamp Otter Cyclocross Class which was held on November 3rd in Chalmette, LA. We could not be prouder of the results!

In the Men's Category 1/2/3/4 race, Jason Nix came in 3rd, Ian Lintner finished 5th and Phillip Dugger placed 6th.

Ian finished 1st in the Men's Category 3/4 race!

Ian and Anthony Scott completed a 1-2 finish in the Men's Category 4/5 race!

Mitch Smith came in 3rd place in the Men's 50+ Open and Phillip finished 2nd in the Men's Single Speed Open!

What a showing and thank you, men, for exhibiting your skills on the bayou!



2019 WEST FLORIDA WHEELMEN KITS ARE STILL AVAILABLE

 ANAU-179051-FONDO-2 Price: \$64.00 SS Jersey	 ANAU-179051-TOUR-2 Price: \$84.00 SS Jersey	 ANAU-179051-NOVA-2 Price: \$94.00 SS Jersey	 ANAU-179051-PELTON PRO-1 Price: \$94.00 Pro Shorts	 ANAU-179051-PELTON PRO BIB-1 Price: \$104.00 Pro Bib Shorts
 ANAU-179051-FRESCO-1 Price: \$64.00 Sleeveless Jersey	 ANAU-179051-EPIC-2 Price: \$81.00 Wind Vest	 ANAU-179051-VUELTA-1 Price: \$77.00 LS Jersey	 ANAU-179051-BARRIER-2 Price: \$101.00 Wind Jacket	 ANAU-179051-SPRINT SS-1 Price: \$44.00 SS Tee



Muscogee Trail Maintenance

SUNDAY, DECEMBER 15TH

8:00 AM - 1:00 PM

RIVER ANNEX RD. CANTONMENT, FL



GRAVEL RACE 2020

MARCH 28TH

9:00 AM

KRULL LAKE
MUNSON, FL



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Pensacola, FL
32504

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Pensacola, FL



5172 Stewart St.

Milton, FL

850.983.2488

103 Tippin Ave.

Pensacola, FL

850.505.0092



JOHN MORGAN WITH HIS DAUGHTER, ABBY, GETTING IN SOME MILES.

And finally...

We are in the process of taking requests for West Florida Wheelmen cycling socks. We must sell at least seventy-two pair in order for us to purchase these. Cost would be \$10 per pair. Should there be enough orders, we are looking at having these available by early March. If you cannot ride another season without a pair of these bad boys, please click [here](#) to notify us of your interest.

