April 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. 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: 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.

Departs 5:30 PM Sharp: Thursday Beach Ride Around the Sound Loop

Begins April 27!

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.

7:00 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.

2:00 PM: Sunday Stroll

Bayview Park 2172 E Mallory St.

A pleasant Sunday afternoon stroll on the shorter side to the west side! 24 miler. Pace is moderate and a no drop ride. You'll enjoy this new Spring addition to our Club rides.

Special Ride Calendar

Please always check the calendar at westfloridawheelmen.org

for special announcements as well as changes in the scheduled rides. In addition, we post rides and events which change from month to month.





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.*







Christian Notte *should* be excited. The new webpage for the Emerald Coast Cyclists is up and running. Please take a minute and check it out by clicking here or pasting https://eccyclists.com in your browser. Christian went *full gas* in his effort to design this new site. He relates the page runs more efficiently on a desktop or laptop. Great job, Christian!

Inspiration Ride 2023, Across America for Valley Children's Hospital

by Alan Jacobsen

(editor's note: I was invited to meet Alan at Trek in Pensacola who was riding from California to Florida to raise funds for Valley Children's Hospital where his grandson was treated.)

Inspiration Ride 2023 is dedicated to my grandson, Isaac, who was diagnosed with Acute Lymphoblastic Leukemia in August of 2021 at the age of eight. The ride symbolizes his journey with the disease, from diagnosis to remission and the highs and lows in between. Starting on the West Coast where the sun sets represents the feeling we had when we got the diagnosis. It felt like the sun was setting on his life. The journey over the mountains and through the valleys represents the highs and lows of the cancer treatment. Finally, ending on the East Coast where the sun rises is the metaphor for his new lease on life and a future to look forward to.

The <u>fundraiser</u> is my way of giving back to the doctors, nurses, and staff of Valley Children's Hospital who took such great care of my grandson and the many other children of the Central Valley of California.

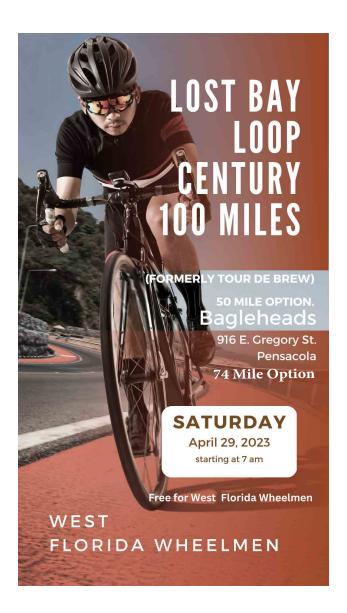
Visit Alan's YouTube Channel by clicking here.



Alan and Robbie Mott at Trek



701 E Cervantes St. Pensacola, FL 32501 850.912.6858 www.trekstoregulfcoast.com





NEVER GETS OLD.
RUSS F. CHECKS OUT FT. PICKENS.

Help Us Save a Buck!

BY CHRIS HUFFMAN

This month, we will be sending out a mailer to members who have not renewed this year. You can save us a dollar by signing up now as that is the cost of each individual membership invitation.

Spring is always the time of year where we clean up and fix up many of our contact points and social media areas. In April, we will begin filtering our Strava Club. In order to



streamline our mileage chart and leaderboard, some of the former members will be edited off of the site. This will enable us to concentrate more on those who are current

members with the West Florida Wheelmen.

Please feel to send your photos, videos and newsletter material to me at membership@westfloridawheelmen.org. If you have visited a trail or participated in a ride you would like others to learn about, please send details to me for inclusion in our next issue of Cycling News.

Membership drives advocacy. As you know, our Ride of Silence will be coming up in May and our membership dues allow us to pay for billboards and materials which assists in educating drivers about the rights and responsibilities of cyclists.

Also, please reach out to me as we arrange ride leaders for our Couch to 100K group.

Thank you for signing up and riding out!



ALAN, SHEILA AND KATHY ON THEIR THURSDAY SOCIAL RIDE.

The Store is still Open!

It is still not too late to order the 2022 kit directly from our store at Jakroo.

There are several style options and size options. Normal turnaround is approximately two weeks.

Click on the kits below to check out the store.

Our kits are never out of style!







Ride with us at Pedal Hilton Head Island!

Sunday, May 7, 2023



Longleaf Trace

REPRINTED FROM WEBSITE

Stretching 44 miles northwest from Chain Park, which is nestled along the Leaf River in Hattiesburg, to small-town Prentiss, the Longleaf Trace traverses landscapes that range from the bustling heart of Mississippi's third largest city to the rural farmland that predominates in this area.

Cyclists, inline skaters and pedestrians ply the trail's smooth, well-maintained surface. Eight

small covered rest areas along the route provide travelers with shade, restrooms and vending machines, while three small shelters offer places to wait out brief summer rain showers.



DARLA KNOWS THE WAY.

Begin at the University of Southern Mississippi

in Hattiesburg to have access to the trailhead's parking, restrooms, and drinking water.

Leaving Hattiesburg behind as you head northwest, you'll progress through a range of quintessentially Southern landscapes, from piney woods and wetlands to small lakes and charming towns. In the first few miles, you'll also cross several bridges and traversing tunnels. In Epley, 15 miles northwest, the trail meets a dirt equestrian path that zigzags across the Trace some 25 miles to Carson.

Thirty-three miles out, just past Bassfield, is a stable, while 2 miles farther is a primitive camping site. The rolling hills that define this section may pose a challenge to less experienced cyclists. While the grades aren't particularly steep, factor them in if you're on a day trip or traveling with small children.

For more information on the trail click <u>here</u>.



SUNDAY S'COOL FOR THE SAINTS AND THE SPINNERS.



ONE RIDE. ONE PURPOSE.



SATURDAY'S ALL RIGHT FOR FIGHTING.

GET A LITTLE ACTION IN.



SUSAN
BASTAJIAN
850.516.7732
REALTOR



Pensacola Slow Ride! May, 2023

Location and date TBD click on logo for updates.

"Bike Pensacola" is a coalition of bicyclists, bike clubs, bike shops, and other organizations working to improve conditions for bicycling in Pensacola.

Join Bike Pensacola for the most popular bike ride in town—the Slow Ride!

Each month we explore the quiet, scenic streets of Pensacola's many historic neighborhoods for a fun and leisurely ride among friends.

Because most cyclists are "self taught," each month we offer information about

bicycle laws and safety tips that will help keep rides safe and enjoyable.

The ride will be about one hour and ten minutes long, at a casual pace, but may include some hills.



Nobody will be "dropped" or left behind. Children 16 and under are to be accompanied by an adult 18 or older and are the responsibility of that adult. Cyclists under 16 must

wear a helmet by law, including those in bike trailers; ages 16 and up helmets are recommended but are not required by law. And we will enjoy a ride escort by officers of the Pensacola Police Department.

A few more things:

Pets are not allowed per our insurance policy No training wheels

Bicycles only please, and only self-propelled or electric-assist

No Segways, skateboards, or gasoline-powered motorized bicycles

Open containers of alcohol are not allowed

Please make certain that both you and your bicycle are healthy and well-maintained so that you can safely ride about six miles.

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



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. I'd do it now.



As The Worlds Turn.



CAROL BEFORE OR AFTER?

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





TOUR DE LADR
TREBA GRABBED FIRST OVERALL FEMALE!





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



Iron Hand Brewing Ride with the Riders.



CERTIFIED PUBLIC ACCOUNTANTS AND CONSULTANTS



JORGE IS HEADING FOR RE-TIREMENT.



SHAWN RAMPS IT UP.





MIA ENJOYING THE ENTERTAINMENT.

Our 2023 Silver Sponsors!











Our 2023 Bronze Sponsors!







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



May 6, 2023



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.





St. Johns County April 18, 2023



SO THIS IS WHY VPREZ MIKE IS SO STRONG.



\$70 to Register \$75 on Day of Ride

"Century" ride + 25, 43, & 63 mile routes

SATURDAY

06 MAY 2023

FIRST START AT 7AM



FAMILY FUN INCLUDING:

- TRIKES FOR TYKES EVENT
- FOOD TRUCKS
- BOUNCY HOUSES
- 360 PHOTO BOOTH

EVENT LOCATION:

BETHEL BAPTIST CHURCH

3257 E COTTONWOOD RD, DOTHAN, AL 36301



SCAN FOR MORE INFO:





oin the peloton for <u>2023 Membership</u>! We are planning on 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 2023. 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 a great opportunity to control your weight and improve your immune system as we begin a new season! As you noticed, we published our second leaderboard in 2023 in this issue and we are proud of those who have renewed!

Don't disappear on the mileage leaderboard by forgetting to 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 <u>WFW Strava Club</u>. 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 or check out our club website at 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 Thursday of each month. If you would like to attend one of these meetings, please contact Jeff Williamson at jeffreyw615@gmail.com. (This lets us know to expect you and let you in the doors after hours.)

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

SUBWAY

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 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 2023 such as our Couch to 100K, Memorial Day Ride, Bike Ride Across Georgia, Tour de Beach, Ride of Silence, the Fenner Ride and others to be announced.
- Monday Meander and Wednesday Worlds returned in March.
- Thursday Rides with One Ride Cycling Club.
- Please look out for information our kit for this year.
- 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 Transportation850.981.3000

Ferrovial Road

Maintenance Services850.494.1859

Pensacola

Gulf Breeze

Milton

Road hazards, debris, low hanging limbs

Public Works850.983.5410

| 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 Works850.494.5860 |
| 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 |
| Ambulance, Fire, Police |
| Central Dispatch |



Bikes Plus on 9th 6307 N. 9th Ave. #4 Pensacola, FL 32504 Bikes Plus Downtown 194 N. Palafox St. Pensacola, FL



FIRST ANNUAL Memorial Ride SATURDAY APRIL 29, 2023



The ride will begin and end at Troy University in Troy, Alabama. Breakfast and lunch will be provided.



Multiple ride distances will be available from 1.5 to 60 miles all throughout the Troy, Alabama area. This will be a family-friendly event and want all ages and abilities to participate!





(304) 838-6788
oscoolbikefoundationeyahoo.com
WWW.OSCOOLBIKEFOUNDATION.ORG

Thank you to our 2023 Members

We already have over 175 members signed up for this year!

MJames Amos Chris Andrew Nestor Arguea Marco Barlow Guv Bartlett LisaMarie Bartusik Joshua Bastajian Sarah Bastajian Susan Bastajian Chris Becker Jonohon Berry Dorothy Berry Jeff Boulton Jacquelyn Boulton **Jennifer Boulton** Kathryn Boylan Tommy Braddock Jim Britnell Kathy Brockett **Jade Brown** Dennis Bruens Derek C.S. Burr Jason Caddell William Casler Alastair Casler Jason Cawby Woody Chandler Carol Ann 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 Alan Duff Dominique Ellis Ryan Elrite Karen Emmanuel Kelly Fahnestock Gerry Faw Vince Flores Russell Fortune Alan Freeman Jorge Gamarra Iason Gardner Douglas Gehman Carol Gentry Tracy Gilbert Konrad Gill Ramie Gougeon Michael Gross Carol Gross Marty Haake James Hallman Miyuu Handa Robert T. Harden Jeannie Harper David Hartman Iim Hartnett Byron Havard Stephen Hendrix Laura Henson Timothy Hickey Steve Hilliard Scott Holmes Ron Hornbrook

Roger Hosmer Felix Hotard Christopher Huffman Darla Huffman Tom Impastato Taylor James Sarah Jansen LeRoy Johnson Phyllis Johnson Megumi Jones Barbara Kerby Chris Kerby Michael Kickliter Marcus Lackey Molly Lang Michael Lang Candy Lang Harrison Lantz Steve Larkin Paul Larose James Laughlin John Leonard Felicia Lett Victor Lett, Ir. Ian Lintner Richard Loiselle Chris Macpherson Evan Malone Peter Marco Steve Marmillion **James Matos** David Mayo Beverly Mayo Miles McDaniel Grant McDonald Sandra McGuire

Daniel McKeown Zachary McLin Dawn McLin Ned McWilliams Terry Mead Donald Meyer Emma Meyers Gene Mitchell Roderick Mitchell Michael Montgomery Mercedez Montgomery Michelle Moore John Morgan Terrence Nash Roy Noble Janet Noble Mary Norris Carey Oberholtzer Charles Overholt Melody Overholt Michael Percy Robert Pike **Brad Plante** Timothy Price Mario Purifoy Robby Quina Stephen Reves Dom Risola **Jack Robie Jeff Robinson** Richard Roselli Glenn Rudolph Barbara Rudolph Scott Sanderson **Ed Sarfert** Tim Schossow

Lisa Schossow Ioe Schuhbauer Larry Schultz Stuart Shippey Michael Stangeland Lee Stevens **James Stinson** Kathy Stinson Mindi Straw Gene Strickland Cole Strickland David Sweet Micheal Taber Joshua Taube Marisa Terry Luke Trione Inocencio Ventura Ir John Viglione Pam Viglione Robert Walker Dean Ward Michael Watkins Robert Wetherington Derek White Paul Wiese Ieremiah Wiesner Jeffrey Williamson Heidi Williamson Andy Williamson Garrett Williamson Bruce Wrede Eric Young Treba Young Clark Youngblood Angela Ziebarth



TIM AND LISA SCHOSSOW
LEAD A BLACKWATER RIDE WITH
NORTHRIDGE CHURCH



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