



February 2020

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

The 2020 riding year is upon us. For those who log our mileage on Strava, we are all equal on January 1st! For those that do not use it, it resets all mileage for the year to 0. And it gives us lesser humans the opportunity to grab a KOM for the year or challenge ourselves again with new mileage goals. We did experience that warm weather. It allowed us to get out and get some riding in before the wet and cold of winter returned.

February 8th will see the return of the Battleship Century Ride. This is a century ride from Pensacola to the USS Alabama, approximately 102 miles. In the past it was sponsored by Don

Davis, and the club thanks him for creating such a memorable event. We have decided that it needs to be placed back on the ride calendar! There will be multiple groups and distances. Rest areas will be supported by Truly Spokin' Bike Shop and Subway. Big shout out to these two sponsors for all they do for the club!

To assist our club members on a successful adventure, we have added Ride With GPS to our member's benefits. All West Florida Wheelmen members will have access to this club account and club routes. Our members who have signed up or renewed for 2020 should be receiving a link to activate the club account. You will receive premium benefits included FREE with your club membership dues (a \$60 value).

To access these features.

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.

If you have any questions or issues, the excellent help section at <https://ridewithgps.com/help/> should be able to take care of you. The club recently switched over to this app because of the ease of use, and all of our routes are being converted over and stored here. I, for one, like the ease with which downloading and transferring the maps are to my GPS device. Of course, you may also download routes and navigate club rides with your iPhone or Google Play device.

The next club sponsored century event will be the Top of Florida Ride, Benefitting ALS. This ride will be on April 11th, and will depart the Harold Store and head out on the beautiful backroads of Northwest Florida to Britton Hill.

I hope to see many of you out there. It is not as hard as you think, and by pacing yourself and taking advantage of the many rest stops, these distances are not out of reach. Remember to hydrate and ride safely! —Jon

2019 Total Strava Cycling Miles!

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	13,630	David Murphy	3576	Tim Fox	1854
Fred Carlson	9105	Dean Ward	3535	Gene Strickland	1777
Troy Dudash	8508	Jeffrey Williamson	3516	Chris Kerby	1772
Philip Faris	8191	David Stubbings	3297	Corrine Carlson	1674
Graydon Patterson	7414	Jeffrey Boulton	3235	Timothy Talcott	1602
Jon Tate	7081	Carol Gentry	3209	Brandon Hempler	1521
Jerry Lagos	6638	Emilio Malave	3106	Carey McKinney	1327
David Hiott	6519	Brian Murley	3032	Kathy Stinson	1130
Stefanie Von Brock	6376	Laura Henson	2962	Andrew Carlson	1104
Thomas LeDew	6068	Scott Holmes	2888	Michael Sims	1064
Doug Schroeder	6001	Mike Gross	2860	Jordan Kidd	1054
Barbara Kerby	5443	Chris Becker	2721	Patrick Willi	997
Amelia Zwiener	5111	John Morgan	2698	Jeff Nelson	983
Mitch Smith	5066	Chris Andrew	2622	Andrew Spencer	980
Brandon Blanchard	5002	Doug Jones	2605	Mark Calvert	857
Stephen Reyes	4895	Tracy Gilbert	2538	James Amos	743
Scott Boulton	4744	Ron Hornbrook	2429	Daniel Hayes	656
Richard Roselli	4628	Richard Loiselle	2385	Andrew Williamson	609
Jason Biel	4457	Ramie Gougeon	2325	Jonathan Roberts	590
Erik Winfree	4340	Christine Sternjacob	2307	Michael Howell	507
Mike Mulvaney	4156	Phil Littrell	2301	Teresa Hess	505
Ernie Conner	4071	Perry Vath	2165	Daniel McKeown	355
Paul LaRose	3887	Scott Kerbow	2132	Steve Marmillion	332
Derek White	3771	Scott Warren	2109	Jacquelyn Boulton	280
Curtis Duvall	3736	Sarah Bastajian	2046	Mark Snyder	241
Mark Wilson	3687	Jason Laing	2004	Chris Fehrenbacher	240
Malcom Marsh	3664	Christopher Huffman	1911	Kaylie Sims	126
David Mayo	3649	Jesse Bertone	1857	Ryan Von Brock	119
				Darrell Blanchard	96

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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800.724.5277

Call for the location nearest you!

Battleship Ride this Saturday
February 8, 2020
7:00 AM
Start/Finish Gateway Baptist Church
6800 Mobile Highway



5172 Stewart St.
Milton, FL
850.983.2488

103 Tippin Ave.
Pensacola, FL
850.505.0092

Join us for this epic century ride—102 miles—to the USS Alabama in Mobile!

Rest Stops:

- Mile 28: Country Convenience Store
- Mile 51: Alabama Memorial Park
- Mile 74 Country Convenience Store

Century ride will have three groups: A 22+mph; B 19-21 mph; C 16-18 mph

B route option—56 miles—turns around at the Mile 28 rest stop.

The “Half-Century” B route will have two groups: A 19-21 mph and B 16-18 mph

Cost is free for WFW Members so sign up for membership at \$35. Copy this link into your browser -> https://secure.getmeregistered.com/get_information.php?event_id=133636

You will receive all of the benefits of club membership!

Route map: <https://ridewithgps.com/routes/31799048>

Start/Finish - Gateway Baptist Church 6800 Mobile Hwy.

SAG support provided by Mark Woolson. Food/drinks at the USS Alabama Memorial Park provided by Subway.

The WFW is pleased to carry on this February tradition started by the legend Don Davis.





Bike Pensacola's Slow Ride

February 15, 2020

2:00 P.M.-3:30 P.M.

From Alabama Square

401 W. Gonzalez St.

Pensacola, FL 32501

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. For our first Ride of 2020 our host and cosponsor is the North Hill Preservation Association, which works diligently to preserve the historic character of North Hill—one of Pensacola's most amazing neighborhoods.

Because most cyclists are “self taught,” each month we offer information about bicycle laws, safety tips, and addressing different bicycling skills that will help keep rides safe and enjoyable. There is no charge for the ride and no registration required.

The ride will be about one hour and ten minutes long, at a casual pace. Nobody will be “dropped” or left behind. Children ages 10 - 16 must be accompanied by an adult; no kids under 10 on their own bicycle. Cyclists under 16 must wear a helmet by law; 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:

- no dogs or other pets--they're not covered by our insurance.
- bicycles only please, and only self-propelled or electric-assist; trikes are fine; elliptigos are fine.
- no bicycles with training wheels.
- no Segways, skateboards, scooters, or gasoline-powered motorized bicycles; again, bicycles only.
- no alcohol consumption during the Ride.
- please make certain that both you and your bicycle are healthy and well-maintained so that you can safely ride about six miles. Please do not attempt the Ride if you cannot ride six miles at 6 mph.



COME PLAY IN THE STREETS!

DOWNTOWN PENSACOLA

SATURDAY, MARCH 28, 2020

10:00 AM-3:00 PM

ABOUT CICLOVIA

Ciclovía (seek-low-via)–Pensacola Open Streets originated in Bogota, Columbia in the 1970s and took off around the world in the 1990s. Pensacola joined the movement in 2017 with



our very first Ciclovía! This event closes major streets in downtown Pensacola to motorized traffic and opens them up for people

to ride bikes, walk, run, play, or whatever moves them! Come join in on the fun!

Ciclovía–Pensacola Open Streets is a grassroots movement made up of volunteers and a diverse range of public, private, and nonprofit stakeholders.

VISION

To create a safe space for the entire community to come together participate in physical activity, engage with others, explore downtown Pensacola — and have fun!

MISSION

Ciclovía–Pensacola Open Streets is dedicated to partnering with select individuals and organizations to sponsor an event that promotes health, active transportation, local economic growth, community connection, and overall well-being.

Winter Riding!

These are a few of the photos from some recent rides. Look at it this way, in a few months, we will be complaining about how hot it is. We have four seasons, summer happens to be three of them.





Sunset-Full Moon Ride
Sunday, February 9th
4:45 PM Roll Out

Join us for a tremendous fun time on this super scenic cruise ride to Fort Pickens. Great for the family on this secluded part of Pensacola Beach. Any kind of bike will be fine on this 15 miler. Bring your lights and pass or \$10 in case needed for the park entry.

Start/Finish at the Park West - soundside parking lot just prior to entering Ft. Pickens.



RAIN DOESN'T STOP IAN FROM FINDING ANOTHER
 WRENCH THANKS TO MIKE WATKINS.



WELL, IF YOU'RE RIDING TUBELESS, AIR PRESSURE IS
 STILL A THING. JUST ASK TAYLOR.

TREK

PENSACOLA  FLORIDA

701 E Cervantes St.
 Pensacola, FL 32501
 850.912.6858

www.trekstoregulfcoast.com



UNITY RIDE IN
 BLACKWATER.

SUBDUDE STARTS THE
 PENSACOLA BEACH HALF
 MARATHON







SHAWN STRANGELAND'S EDGE OF THE WORLD GRAVEL RIDE IN SAUDI ARABIA.



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Subway MyWay® Rewards, and app/online ordering available at participating restaurants. For catering, earn tokens on in-restaurant orders only. Tokens may not be earned on purchases of gift cards. Allow 15 minutes for pickup.

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800.724.5277

Call for the location nearest you!




MARCH 7, 2020
GRAN FONDO,
MCENTURY &
PETIT FONDO



MARCH 7, 2020
MONTICELLO, MS



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



SILENCE

Wednesday, May 20, 2019 5:30 PM
Pensacola State College
12th and College Blvd.
Near the WSRE Building



www.Salvatorins.com
(850) 932-3459

Thank you to our New and Renewing 2020 Members as of February 7th!

Jill Awkerman
Edward Baker
Bill Barnard
LisaMarie Bartusik
Chris Becker
Luis Berrios
Jeffrey Boulton
Jacquelyn Boulton
Jennifer Boulton
Scott Boulton
Robert Brady
Rush Brown
Dennis Bruens
KC Byers
Fred Carlson
Corinne Carlson
Andrew Carlson
Jason Cawby
Woody Chandler
Kyle Condry
Ernie Conner
Brannon Deugan
Troy Dudash
Curtis Duvall
Philip Faris
Gerry Faw
Jason Gardner
Douglas Gehman
Sue George
Tracy Gilbert
Ted Godfrey

Joan Grey
Vicki Grooters
Michael Gross
Byron Havard
Stephen Hendrix
David Hiott
Scott Holmes
Ron Hornbrook
Felix Hotard
Christopher Huffman
Darla Huffman
Chris Jernigan
Phyllis Johnson
Pamela Jones
Douglas Jones
Dean Kelly
Barbara Kerby
Chris Kerby
Shireen Knowles
Michael Lang
Candace Lang
Paul LaRose
Thomas LeDew
Ian Lintner
Phil Littrell
Lloyd Maisonville
Joann Massey
David Mayo
Daniel Mckeown
Carey McKinney

John Morgan
Mike Mulvaney
Brian Murley
David Murphy
Graydon Patterson
Stephen Reyes
Richard Roselli
Matthew Salvator
Robert Sauls
Joe Schuhbauer
Betty Sheets
Mitchell Smith
Lee Stevens
James Stinson
Kathy Stinson
Brian Stone
Gene Strickland
Cole Strickland
Jon Tate
Luke Trione
Stefanie Von Brock
Robert Walker
Michael Watkins
Joshua Weemhoff
Derek White
Kimberly White
Scott Whitney
Heidi Williamson
Andy Williamson
Jeffrey Williamson
Angela Ziebarth



2125 N Palafox St.
Pensacola, FL 32501
850.434.8100



PRMI

**Primary Residential
Mortgage, Inc.**

100 East Garden St.
Pensacola, FL 32502
850.473.0070

February 2020 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 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 a 18 mile drop-off if you need a shorter option. It is led by Jon Tate. 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 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: Sunday WFW All Together

*Please note that Feb. 9 ride is postponed due to
Sunset/Full Moon Ride Conflict*

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.



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



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 and we have already begun grabbing your miles for 2020. Kudos to all you beasts out there!

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!
- 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 bi-monthly email with all the local cycling news, rides, special events, etc.
- Be 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 Battleship Ride, 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





BIKE THE US FOR MS

TRAVEL.EXPLORE.GIVE BACK.

ASK US HOW
YOU CAN EARN
COLLEGE CREDIT!



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INFO@BIKETHEUSFORMS.ORG





UWF Trail Maintenance

SUNDAY, FEBRUARY 23RD
8:00 AM - 12:00 PM
UWF BIKE TRAILS PENSACOLA, FL



GRAVEL RACE 2020
MARCH 28TH
9:00 AM
KRULL LAKE
MUNSON, FL



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

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



5172 Stewart St.
Milton, FL
850.983.2488

103 Tippin Ave.
Pensacola, FL
850.505.0092



PACELINE (AS OPPOSED TO MILTONLINE) BY DEREK WHITE.

And finally...

We are still 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.

