

# Winchester Wheelmen September 2015 Newsletter

Volume 32, Numbers 9

"The Bicyclists' Voice in the Shenandoah Valley"

P.O. Box 1695, Winchester, VA 22604

<http://www.winchesterwheelmen.org>

## September Club Meeting

There will be a September club meeting on Monday, Sept. 14, 2015. We will meet at Sherando Park for an MTB ride of the trails on the north side of Fairfax Pike/ VA 277. Business meeting to follow in the field next to the entrance to section. To be followed by social gathering at Roma for those who wish to eat/drink. Ride will begin at **6:15PM** and is expected to last 40-50mins. If you don't want to ride, then plan to meet for **~7:00PM** for the business meeting.

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## In Memoriam – Fred Lonas

Former Winchester Wheelmen club member, Fred Lonas, was tragically killed on 10 July 2015. I gave brief recognition of Fred last month. I've been in touch with one of his daughters, Andrea. She has kindly provided an obituary to share. I've included our e-mail dialogue, as I think it provides some additional insight to Fred's personality and circumstances surrounding his death. As readers, I hope you don't mind...

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Good morning, Andrea,

I apologize for making contact via e-mail over mail or traditional methods...

I have heard of your father's passing, and I wanted to let you know how sorry I am. I liked Fred a lot. He always had a laugh and a smile in the time that I knew him (except when he couldn't get real oatmeal for breakfast vs. the stuff in the envelopes!). We heard the news about a week after it happened. I've been thinking of him and those he's left behind ever since. I know Fred lived a full life, but I think he wasn't done yet, which makes this so sad.

I am putting together an item for Fred in the Winchester Wheelmen August newsletter. If there is anything you'd like to say to those in the area, I'm sure they would very much like to hear it. Of course, please don't feel any obligation to do so.

Take care,

Ken Tenney

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From: Andrea Lorimor

Hi Ken,

Thank you so very much for reaching out, I really appreciate it. And love even more hearing how he impacted others...yes, the man loved his oatmeal done right. He was a bit of a superhero in my life and I have no idea how I'm going to fill this hole in my heart or my life.

I would be more than happy to include something in the newsletter...I'm slowly writing an obituary that I'll include in the Winchester Star as well. It might be easier for me if you had any specific questions you'd like to ask me about him... that might be

better than me gushing. If not, I'm sure I can come up with something.

Thanks again, I'm really really touched.

Andrea

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Hi Ken,

My apologies for the delay....in addition to missing my dad more than I ever thought possible, I'm also in the midst of moving.

I submitted the following obituary to the newspaper in Leesburg and am still waiting to hear back from them on when they can run it. I'll let you know. There are a thousand more words I could pen to describe my dad and the tremendous impact he had on my life...but this is a start and I thought I would share with you in case you want to use it in conjunction with the Winchester Wheelman newsletter. I can't believe Monday August 10 will mark one month and still can't quite come to terms with this new reality.

I also have so many more photos I would be happy to share, but thought this one summed up best his love for rails-to-trails paths and is typical of what he always wore when he rode...making his death an even more devastating irony. This was taken somewhere along the line during his first cross country ride.

I have reached out to Adventure Cycling, (my dad was their #1 fan) to see if they have an advocacy group. As my father's daughter and a fellow cyclist, it's my job and my honor to do what I can to ensure that changes are made to attitudes and laws so other families never have to experience this painful and senseless loss.

Thank you so very much Ken...let me know if you want or need anything else.

Andrea

## Frederick "Fred" Eugene Lonas

Frederick Eugene Lonas, of Grants Pass, OR and formerly of Purcellville, VA, was hit and killed south of Jamestown, ND, on Friday, July 10 while riding his bike cross country in celebration of his 75th birthday. This was his second cross country ride. Fred was born December 8, 1939 to Anna Jean Vestal and Federick Bruce Lonas and raised in El Monte, CA with his three brothers. Fred graduated from Arroyo High School in El Monte, CA in 1958 and served in the Navy from 1958 - 1960, and reserves from 1960 - 1962. Fred retired from Mutual of Omaha in 2010 after 36 years as an agent in California, then Northern Virginia. Fred never met a stranger and his unequivocal passions were his family, coffee shop friends, and cycling. Fred is survived by his wife Diane Lonas of Glengary, WVA; his two daughters, Andrea Lonas of Portland, OR and Adele Lonas of Fort Collins, CO from his first marriage to Trammell Maury; his beloved band of brothers, Don (Barb) Lonas, Steve (Jill) Lonas, and Larry (Susan) Lonas; his much adored grandchildren; as well as a



A multitude of nieces and nephews. A private family memorial will be held at a later date. Contributions in his name can be made to Adventure Cycling or Planned Parenthood. Fred was carrying a business card he gave to people he met along his ride, which included a Dylan Thomas quote that was an apt reflection of his spirit. "Do not go gentle into that good night/Old age should burn and rave at close of day/Rage, rage against the dying of the light." His smile and that spirit will be so very missed by his family and friends.

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On Aug 8, 2015, at 5:03 PM, K Tenney wrote:

Hi Andrea,

Thank you for writing and sharing this obituary. We will print it fully. Almost a month is truly hard to believe. Sorry to hear you're having to conduct a move in the midst of all of this...

Yes, I struggle with irony of how your father was always so safety conscious and the circumstance of the event. I do hate to ask, but is this continuing to be investigated?

With the report that it was 6:30pm, only 20 days past summer solstice and at northern latitude, I can't imagine a scenario where the driver "didn't see him". Unless there were really extenuating circumstances, I just don't see it... I apologize for asking, but the cyclist - advocate in me wants to stand up for your father.

Thank you taking the time provide this to us. Even though it's been a few yrs since Fred was around our part of VA regularly, a lot of members have express dismay at what's happened.

Personal aside: I vividly recall discussions with Fred about finding God in nature rather than in a church bldg. It surprised me greatly one Christmas Eve to end being seated beside him and Diane at St. Leo's in Inwood, WV! It was a good time with your father that day and with Father Brian Shoda's heartfelt homily. Your father brightened my day that day, as I'm certain he did for many people every day with his infectious smile and laugh.

Take care,

Ken Tenney

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Thank you Ken, I really, really appreciate it.



I've attached a photo of the crash site. I went to visit while I was in Jamestown, ND to say my goodbye and bring he and his bike and his 70 lbs of gear home there is \*ZERO\* reason why the trucker didn't see my dad. Other than the fact he was 1,000% distracted. Dad was riding the far right white line when he was hit the rumble strip and grassy slope prevented him from being any further over than he was. The investigation was supposed to wrap up last week and get sent along to the state for final review I don't have much hope that the trucker will get much more than a fine. The thought of which makes me so absolutely sick to my stomach.

I've also attached a photo of the two of us that my dad was carrying

that makes me both so happy and so very heartbroken to look at. But gives me some small reassurance that one way or the other, he wasn't alone.

Yes, for as long as I can remember, he believed wholeheartedly in the adage "I'd rather be on the side of the mountain with God, than inside a church wishing I was on the side of a mountain". He passed that belief along to me as well. I can't imagine your shock then to see him in church! That's funny.

Thanks again Ken. I'd love to have a copy of whatever you run in the newsletter.

Andrea



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## The 2015 Vuelta

The Vuelta that just started may have the most talent of any in recent history. Besides the top three from the Tour - Froome, Quintana, and Valverde, there are other big names like Nibali, Van Garderen, Rafal Majka, Talansky, Daniel Martin, Degenkolb, Cancellara, Peter Sagan, and more. In the past, the Vuelta has been the least popular of the three Grand tours, but some think that's changing. With the unsuccessful attempt by Contador to win the Giro/Tour double, [that attempt may be less attractive](#) to riders in the next decade, and with the Tour at the undisputed top spot, riders may not risk riding the Giro only to be flat for the Tour. Riders unsuccessful in the Tour (like Van Garderen this year) may ride the Vuelta for another shot at a Grand tour, while riders successful in the Tour (Froome) may want to attempt the Tour/Vuelta double.

-Dave Albecker

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## Wheelmen Resources

You may not know that the club has some very useable items in our inventory. There are two items that are available to club members for use when needed. Thanks to the generosity of past president, Steve Breeden, we have a bicycle hard case suitable for airline travel. It weighs in at around 29 lbs., so you would need to check the weight on your bike before shipping to make sure you meet their maximum weight requirements. As far as I know most airlines have a maximum of 50 lbs. before you have to pay extra. I am leaving for Switzerland this week and will be using the bike case. My bike weighs under 20 lbs. so I should have no problems. If my weight was slightly over I would put my pedals and/or saddle in another suitcase.

The other item is a BOB trailer. We bought this several years ago to be able to carry tools onto trails so that we could do trail maintenance. No one has used it for other purposes, but it would be very handy to have if you are doing a multi-day tour such as the Allegheny Passage or the C & O Canal. It will hold a good quantity of "stuff" from clothes to food to sleeping bags, etc.

The case will be available after the 16th of September, and the BOB trailer is available anytime currently. Is there a trip in your future?

-Mike Perry

# Winchester Wheelmen September 2015 Ride Schedule

## Weekday/Weeknight/Weekend Rides & Events

(RE: Some sunset times for Winchester, VA, during September, 2014: **1st**: 7:45PM, **5th**: 7:39PM, **10th**: 7:31PM, **15th**: 7:23PM, **20th**: 7:15PM, **25th**: 7:07PM, **30th**: 6:59PM. As such, look for adjustments in start times through the month.)

**Note:** For 2015, Robert Golightly continues to be the WW ride coordinator. He may be contacted at [rgolightly22601@gmail.com](mailto:rgolightly22601@gmail.com) or 540-535-9986. Approved helmets are required for all rides. If you are not a club member, you must sign a waiver prior to the ride. For all scheduled rides with a designated ride leader, please contact the leader for details (confirmation that the ride is a 'go', weather concerns, other). For all rides, the Winchester Wheelmen Google Group delivers the official latest information. The direct link to that web page is: <http://groups.google.com/group/wheelmen>. You can read all of the postings without joining the Google Group.

All times listed for ride starts are departure times unless otherwise stated. Plan on arriving with enough time to be ready for the departure time. Also, if you plan to diverge from the planned route and not stay with the group, you must notify the ride leader prior to doing so. Historically there have been many rides where the ride leader has spent time backtracking or otherwise spent time and effort verifying the safety of a rider who has chosen to leave the route. Please communicate.

**Mondays - Road Ride - Frederick County, VA.** Meet at Apple Pie Ridge Elementary School for a casual ride led by **Susan Walker**. The ride will be 16 miles at an easy pace. Susan's ride starts at **5:45PM** for **9/7** and **9/14**; **5:30PM** for **9/21** and **9/28**. Susan may be reached at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net).

**Tuesdays - Road Ride - Stephens City, VA.** Meet at Food Lion Plaza east of Stephens City on VA 277 for the **6:00PM** ride start. This is not a beginner ride; the pace is 17-19mph for the slower group, 19+ for the faster group. Typical loop is here: [www.ridewithgps.com/routes/102730](http://www.ridewithgps.com/routes/102730) There is no ride leader. Distance: 30 to 34 miles. Front white light and red rear flasher required from Sept. 8th onward.

### **NEW RIDE!**

**Wednesdays - Hump Day Ride - Middletown, VA.** "Hump Day lazy ride" led by Susan Walker. Casual pace. Ride starts from the old weigh scales on US Route 11 between Stephens City and Lord Fairfax Community College. Ride start times will change through the month of September: **9/2** and **9/9: 6:00PM**; **9/16, 9/23, and 9/30: 5:45PM**. Ride distance is 11.4miles. Susan may be reached at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net).

**Wednesdays - Road Ride - Frederick County, VA.** Ride starts from Fellowship Bible Church at the corner of Middle Road and Apple Valley Road with a departure time of **6:00PM**. The ride will start with the Germany loop and then follow the old Wednesday night ride loop. The distance is 23miles and the pace WILL be in the 15-16 mph range and we'll regroup during the ride. This will be a little faster and a little longer version of the old Wednesday night ride. DJ Arnold is leading and may be reached at [ti22c6@yahoo.com](mailto:ti22c6@yahoo.com). Front white light and red rear flasher required from Sept. 9th onward.

**Thursday: Retired/Day Off Ride.** This road ride will **start at 9:00** during September; the rides start at various locations and are designed to start and finish at a location convenient for lunch at the end (optional). No ride leader here, just advisors. The locations for September are listed below:

- **September 3rd** -- Meet at Christ Episcopal Church in Millwood across from Project Hope.
- **September 10th** -- Meet across the street from St. Pauls Lutheran Church at 156 W Washington St. in Strasburg, VA. Lunch at Christina's Café nearby.
- **September 17th** -- Meet at Daily Grind in Winchester off Jubal Early Drive.
- **September 24th** -- Meet at the Italian Touch in Middletown. Park in back.
- **October 1st** -- Meet in the gravel parking lot behind Creek Side Station, lunch at Fire Fly.

**Thursdays - Paceline Ride - Berryville, VA.** Meet at the 7-11 Shell station at junction of Kimble Road and VA Route 7. Ride starts at **6:00PM**. The loop is 27 miles. Park anywhere behind the store in the grass, leaving the gravel driveway clear in case the truck needs to get to the septic tank. Parking straight in towards the trees will allow plenty of parking slots. Please do not park in the paved parking area since that is used by customers. Any participant must be comfortable with paceline riding. [www.ridewithgps.com/routes/101710](http://www.ridewithgps.com/routes/101710). There is no ride leader. Front white light and red rear flasher required from Sept. 10th onward.

**Thursdays - Night Road Ride - White Post, VA.** This ride is a "go" unless there is rain. Ride starts from White Post Restorations. Ride departs promptly at **6:15PM**. Average speed is 15-17mph for the 17.8 mile golf course loop. There is no ride leader. Front white light and red rear flasher required from Sept. 10th onward.

**Fridays -TGIF Casual Ride - Clarke County, VA.** Meet at White Post Restorations for a casual ride (easy pace) 17.8 miles. Susan Walker is leading. Susan's ride starts at **5:45PM** for **9/4** and **9/11 with light dinner option as group afterwards – site is group choice.** **5:30PM** for **9/18** and **9/25**. Susan may be reached at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net).

**Saturdays - Road Ride - Winchester, VA.** Meet at Blue Ridge Bicycles for 20 -23 mile ride; two pace groups. DJ Arnold will lead a 17-18 mph group and Mike Perry will lead a 14-15 mph group. Both groups pull out at 8:00am. Finished before 10:00am.

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## SUNDAY RIDES IN SEPTEMBER

**Sunday, Sept. 6th** - Special 35 mile challenge ride for casual riders. Susan Walker is leading. Details TBD. Look for a posting to the WW Google Group or from Susan directly as the time approaches. She may be contacted at [susanwwalker@comcast.net](mailto:susanwwalker@comcast.net) or 540-247-7706.

**Sunday, Sept. 13th**

### **2<sup>ND</sup> Annual WW Metric Century**

As most of you know, the second annual Wheelmen Metric will be held on September 13th. The starting location of the ride will be White Post Restoration. This is the location of the Thursday night White Post ride. The ride is free to all members and anyone who wishes to sign up to be a member that morning. This year's ride will have 5 options.

Starting at **9:00am** will be the two longer rides, one around 30 to 40 miles and the second around the 65 mile length. These two rides will have SAG and a rest stop. These rides will go north of Berryville and toward Summit Point and include areas east of US340 between Berryville and Rippon, WV. There will be areas that most of us do not ride often.

The other three rides will start at **9:30am** and include a 6 mile family loop. This loop is mainly flat with short rolling hills, a 17 mile loop, which is the same as the Thursday night ride and a loop that will take you to Berryville on the East side and back on the west side. All rides will have cue sheets and I hope to have them out early, on line.

(The rides will be posted to the WW Google Group in the first week of September, 2015. –Ed.)

All food and drinks are being sponsored by Ed Duncan and Tire Outfitters.

If anyone would like to help with the sign up, SAG or rest stop, please let me know. 540-535-9986 or [rgolightly22601@gmail.com](mailto:rgolightly22601@gmail.com)

RSVP is not necessary, but would be greatly appreciated by Sept. 11th. Hope to see everyone there.

Robert Golightly

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## Winchester Wheelmen September 2015 Ride Schedule

Future or Out of Area Weekend Rides or Events

- **Sun., Sept. 13th - Shenandoah Valley Century - Harrisonburg, VA -** <http://svbcoalition.org/events/century/>
- **Sat., Sept. 19th - Rappahannock Rough Ride - Washington, VA -** [www.fauquierfreeclinic.org](http://www.fauquierfreeclinic.org)
- **Sun., Sept. 20th - Backroads Century - Shepherdstown, WV -** [www.potomacpedalers.org](http://www.potomacpedalers.org)
- **Sat., Oct. 3rd - Seagull Century - Salisbury, MD -** <http://www.seagullcentury.org>
- **Sat., Oct. 24th - Between the Waters Bike Tour - Onancock, VA -** [www.cbes.org](http://www.cbes.org)

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