

Freewheeler News

February 2026 / March 2026



MORRIS AREA
Freewheelers



One of the hardest rides I've done this year with Morris Area Freewheelers Bicycle Club on the dirt/gravel roads of Bedminster NJ. Muddy, wet and windy and not to mention (but I think I will) patches of ice. Bike is covered in mud (so were we). Only 20 miles and 1000 feet of going uphill but it sure was a workout. At least it warmed up halfway through. Dennis Budnick

In Memory of Ed Carpenito

Edward Enrico Frank Carpenito, age 84, of Long Valley, NJ died peacefully at home on Friday November 14, 2025 after a courageous battle with cancer. Ed was born September 17, 1941 in New York City, NY to the late Harry and Carmella (LaRocco) Carpenito. In addition to his parents, he was preceded in death by his wife of 57 years (Patricia McCarthy Carpenito) and his grandson, David Enrico Heard. "Poppy" and David faced cancer for the first time together in 2008.

Ed was previously employed at Forrestdale School in Rumson, NJ where he retired after teaching thousands of students. He earned a BA from Fairleigh Dickinson University and an M.Ed in education from Iowa State University. If you knew Ed, you knew he was always teaching and learning; sometimes social studies and history and sometimes about cultivating and propagating plants or identifying birds, trees and flowers. He worked avidly with the New Jersey Education Association in leadership roles to advance the profession for teachers who came after him and was known for his keen skills at the negotiating table.

If he wasn't teaching, he rode his road bike around the world with Adventure Cycling or the Morris Area Freewheelers. He visited dozens of countries and many states on two wheels and was happiest when the road stretched for miles in front of him. As a student of the natural world, he loved to explore and learn about new states and countries and his self-contained trip to Alaska, the monkey in Laos, and the African safari were just a couple of the memorable trips he had.

Ed was also a long-time member of the Washington Township library board and proudly chaired the board through many advances, reflecting the changing demographics and needs of the library for decades. He was an avid volunteer and past Elder at the Long Valley Presbyterian Church where he had various roles including overseeing the Buildings and Grounds Committee, serving as a confirmand partner or participating in service projects to rebuild homes in Appalachia.

Ed found so much joy in his gardens, and the yard was his pride for many years. His children fondly remember when the tomatoes ripened, and it was time to "make the sauce." He grew enough vegetables that the family rarely bought at the store! He adored cooking and had a coveted recipe book and always indulged his family's requests and ensured the holiday table was overflowing with delights.

He is survived by two daughters, Kim Ann Carpenito and Susan Carpenito Heard, along with his granddaughter, Daisy Elisabeth Heard, RN, whom he doted on and revered. They spent a lot of time together and he was so proud of her and shared that getting to know her as an adult was the dream of a lifetime.

In lieu of flowers, memorials may be made to the Wild Seed Project: <https://wildseedproject.net/>, the Washington Township Library: <https://wtpl.org/donate/> or the Centenary Stage Company, where he enjoyed so many great shows: <https://ci.ovationtix.com/36873/store/donations>

Online condolences may be left at www.cochranfuneral.com

A celebration of Life was held on Friday, December 5 at Long Valley Presbyterian Church, 39 Bartley Road, Long Valley.



Connect with the MAF Bike Club on Social Media!

Our Facebook Account is <https://www.facebook.com/mafwbcc/>

Like us on Facebook. Please comment and share our status with your friends!

Our Twitter Account is https://twitter.com/MAFW_BikeClub

Follow us on Twitter. Please comment, like or retweet our posts!

Our Instagram Account is https://www.instagram.com/mafwbcc_bikeclub/

Follow us on Instagram. Please comment and like our posts!

If you need any social media training or help, please contact Tracy Brown at trabrown@me.com. Sharing our club activities is a great way to promote our club and attract more members. You do not need to have an account on Twitter or Instagram to view our mafwbcc_bikeclub accounts. Cycle safely everyone!

Calling All Photographers!

Do you love to take photos while you ride?

Do you pose at the beginning of rides or at the end for a group picture?

If yes, please send me your photos with a brief description, and I will post on our social media accounts.

You can send them directly to me at trabrown@me.com.

Safe cycling! Thanks, Tracy



Sunday January 25, 2026

2026 Calendar (see website for details)

05/15/2026 - 05/17/2026

Hershey Spring Cycling Weekend

06/13/2026

MAFF 17th Revolutionary Ramble

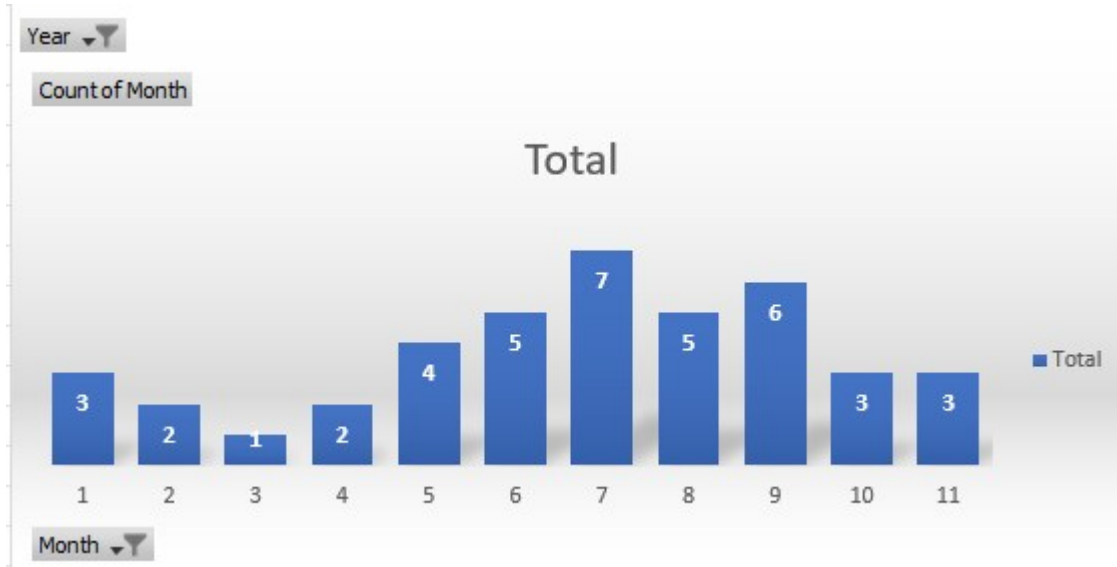


Groundhog Day February 2, 2026

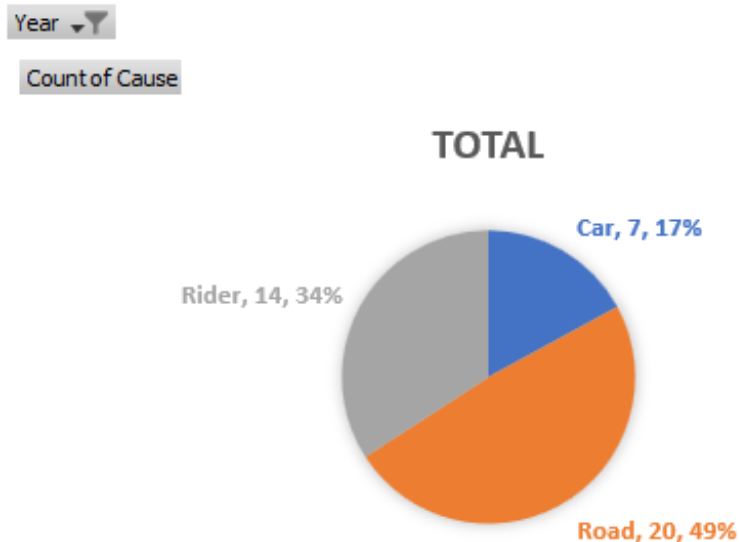
MAFW Crash Report Review: 2021 through 2025 By Drew Thraen

Key points from a review of crash report data covering January 2021 through December 2025 covering the 41 incidents reported would include:

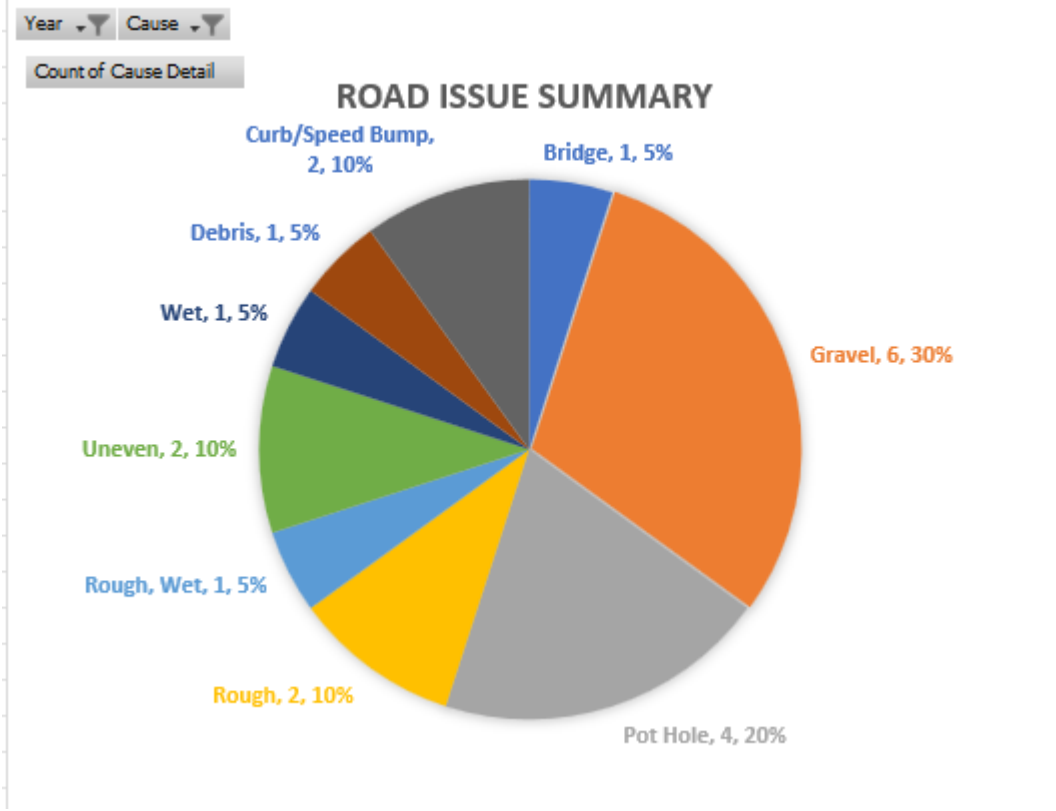
- Seasonality of crashes is line with peak participation months. Crash volume increases late spring, peaking in Summer, and trending downward in Fall and Winter.



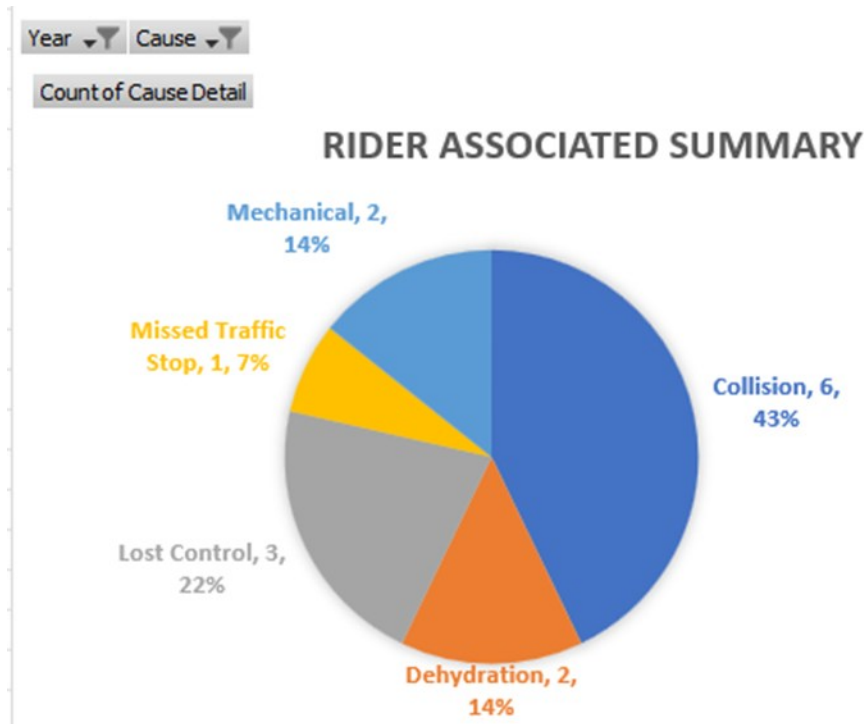
- There are 3 primary categories of incidents. Incidents tend to be able to be classified as resulting from road related associated conditions, rider associated related factors, or involving a motor vehicle.



- Road related conditions linked to incidents include Gravel, Potholes, Curb/Speed Bumps, Uneven or Rough Pavement, Debris, Wet conditions, and Bridge Crossings.



- Rider associated factors, excluding loss of control from adverse road conditions, include collision, loss of control, mechanical, dehydration, and failure to obey traffic rules.



- Motor Vehicle related incidents tend to be characterized by drivers either not seeing or not yielding the right of way to riders.
- The incidents tend to result in severe injury to the rider. Of the 41 incidents the data reflects the following:
 - ◇ Only 13 would be considered minor.
 - ◇ 18 required ambulance support.
 - ◇ At least 22 resulted in significant injuries, including 13 that resulted in fractures.

Key Learnings from the review would include:

- The data associated with the 41 incidents support the MAFW Club Motto that emphasizes that riding as a group is safer than riding alone.
 - ◇ All 41 reflect the support provided by other riders during these incidents.
 - ◇ 35 reflect situations that could happen whether riding as a group or alone ... only 6 of the 41 involved rider to rider collisions.
- The importance of ride leaders sharing information regarding road hazards to increase awareness of current concerns amongst the full ride leader group.
- The importance of riders advising others in the group of obstacles and road hazards (e.g., hand signals, loud call outs, etc.)
- The importance of being visible to reduce the likelihood of incidents with motor vehicles (front and rear lights, bright clothing).
- The importance of maintaining awareness of your surroundings (e.g., rear view mirrors, maintaining safe distance between other riders, etc.)
- The importance of adhering to traffic laws.
- The importance of rider self-care including maintaining hydration and riding within one's physical capabilities to avoid overexertion, etc.
- The importance of maintaining the currency of one's emergency contact information.

5 Ways to smooth out your pedal stroke

By Tony Marchand



1. ***Push your foot forward as you begin the pedal stroke and pull back at the bottom:***

Focus on pushing your foot forward in your shoe, touching your toes to the front of your shoe when you're at the top of the pedal stroke. At the bottom of the stroke, pull back. This helps you transition through the 12 o'clock and the 6 o'clock position, which are the dead spot in a pedal stroke. Start out with an easy gearing and ramp up resistance as your technique improves.

2. ***Scrape your foot:***

When on your bike, when pulling with your foot, think scraping something off the bottom of your shoe. You should feel tension in your hamstrings, but be easy and let your foot rise as it moves up. Pulling upward takes practice and can cause much pain in the hamstrings. So let your foot just rise with a very easy up movement.



3. **Go One-Legged:**

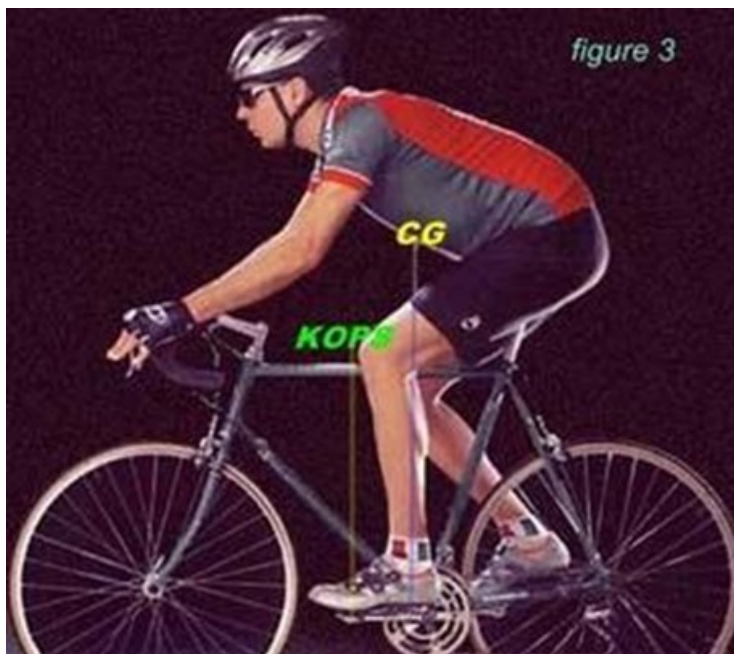
Among the best ways to achieve more fluidity in your pedal stroke are one-legged drills. One-legged pedaling forces you to pedal all the way through the stroke and develop your muscles accordingly. Start with 20 revolutions per side and increase to several minutes at a stretch. Repeat two to five times per ride for each leg. Opt for a gearing that will help slow down the motion and really allow you to focus on your form. The idea is to eliminate the dead spot in your pedal stroke. One-legged cycling also helps you across those intersections if your experience difficulty clicking your cleat (then you can take your time to click in).

4. **Shift down and maintain your speed:**

This is an excellent way to increase your cadence and help improve a smooth pedal stroke.

5. **Set your saddle:**

Finally, make sure your saddle is set at the proper height. If it's too high, you'll rock back and forth. If it's too low, you'll put undue stress on your knees. To determine proper saddle height, see our video on [Bicycle Adjustments to Increase Comfort and Efficiency](#). Also see [Bike Fit](#) on tony10speed.com.



References:

1. [Don't Underestimate the Importance of Pedaling Efficiency](#), Simon Smythe, Triathlete.com 2023
2. [Cycling Training - Pedaling Technique For Cycling Training](#) from CyclingSecrets
3. [The Secrets of Perfect Pedaling Technique](#), GCN 2022
4. [Cycling Cadence: What is it & How to Improve Yours By Wahoo Fitness](#), July 2016

Let's get with it..girls!

-Jay Marowitz

Only 19 percent of women have biked in the last 30 days, compared to 29 percent of men, according to [a national survey](#) of 50 of the largest U.S. metro areas. In addition, the rate of bicycle commuting for men is more than double that of women, according to U.S. Census data (below).



National Trends by Gender

Historically, the U.S. Census Bureau data shows that more men commute by bicycle than women.

U.S. Census Bureau Data

| Category | Men | Women |
|-------------------------|----------|----------|
| Bicycle Commute Rate | ~0.8% | ~0.3% |
| Total Commuters | ~628,000 | ~244,000 |
| Share of Bike Commuters | ~72% | ~28% |

Our club used to run some 'Women Only' rides after which I noticed more women turning out on regular, mixed gender, rides.. a good trend.

Any female ride leader can put 'Women Only' in the ride comments to create a 'Women Only' ride. If men show up, you can always let the air out of their tires.



Photo Gallery



Coffee after a cold but crisp sunny ride.



The sun is out and the temperature is above freezing; time to get out for a ride!



When it's too cold for cycling, go skiing with your cycling friends! At Blue Mountain Ski Resort Lehighton, PA.



Lili Brohal, Jack Brohal, Joan Harper, Dave Kay, Carol Czajkowski, Rich Cohen, Dan Byrd and Pat Cottrell at Kittatinny State Park, Limecrest Rd.

MAF Bike Adventures 2026 See website for more detail

The Club designates "as official" a number of cycling trips or one-day events each year. These are funneled through MAF "event coordinators". However, all registrations and travel arrangements are up to each member. These events and trips are open to all members of the Club.

Take a closer LOOK for what it's all about!

If you are interested in becoming an "event coordinator" or would like to organize a tour please notify Roy Fischman: adventures@maf.org and it will be added to this list. You do not have to be the MAF leader on the event to have it listed here.

The Club also organizes and sponsors its own event rides and trips such as the Lehigh Valley Trail Ride, the Lake George Tour, the New Member Ride & Lunch and others that are restricted to club members only (residents of the immediate household of members are the only exception). Non-members of the club may participate in club trips by paying an additional \$30 fee to join the club for a one-year membership. These are also captured and listed on this page.

If you went on a Bicycle Adventure in 2025/ 2026 and would be willing to share your experience with the club, please send Roy a brief-write up (photos encouraged). Adventure write-ups will be submitted to the Newsletter editor and published as space permits.

Here are two recently crafted articles for traveling considerations: [Travel Insurance](#) and [Engaging a Third World Tour Guide](#). Feel free to download or contact Mark Jay should you have any questions. **Please note that these articles have been updated effective March 2022.**

A Car Hits You While You Are On A Club Ride – What You Need to Know About Medical Bills

Insurance Coverage for Damage to Your Bicycle by Mark Jay - Morris Area Freewheelers (maf.org)

Lastly, we have another listing classified as "OTHER ORGANIZATION RIDES" (where there is no MAF ride coordinator as yet). For those events (which are on a separate page) REFER TO: [Other Organization Events](#). As with Club designated events please notify Roy Fischman: adventures@maf.org for inclusion to this category.

Watch this space for events coming in 2025 which MAF members may be interested in attending. If a MAF member has agreed to be the "event coordinator" their contact information is listed. If you are attending a Special Event or Multi-Day tour, please notify Roy Fischman (adventures@maf.org) and it will be added to this list. You do not have to be the MAF leader on the event to have it listed here.

People Cycling

This is a new organization that runs multi-day trips. If you want to learn about them or sign up for one of their trips, log onto their website. People Cycling is a recently launched cycling club, which you can join for free, and is led by volunteer ride leaders. We will be offering tours in the United States and overseas. Our tours are made up of a small group of participants (typically 20-30 or so) who want to ride 30 to 55 miles a day over a one or two week period in interesting regions of the world.

Our ride leaders are volunteers and do not financially profit on tours they lead. They are also given broad discretion on how to lead their tours, and we consider them our greatest asset.

People Cycling tours are operated at cost or at lower cost (as negotiated by our ride leaders) than individuals can obtain on commercial tours. Within the cost of a tour, there is a nominal fee to support club operations and provide tools to ride leaders to manage their rides. A lifetime membership in People Cycling is absolutely **FREE**, so please join us and become one of us – we the people, cycling together.

Safety

by Paul Malinowski

Warm greetings to the entire MAFW family. As we kick off another year of cycling fun, adventure and friendship, it's important that we put safety first. Unfortunately, fatalities in traffic crashes involving bicyclists and other cyclists continue to rise. From 2011 to 2020, bicyclist and other cyclist fatalities increased by 38% from 682 in 2011 to 938 in 2020 (source: NHTSA report March 2022).

Many crashes occur because the motorist "didn't see the cyclist".

In the spirit of safety first, the MAFW Club will now highlight a specific safety topic each month. These safety topics will be reinforced by the Ride Leaders during their "safety moment" at start of each ride. Additionally, these topics will be addressed via the monthly newsletter.

Here are a few actions that YOU can take, that will help make YOU more visible and safer when cycling:

1. **Remember our club motto: No One Rides Alone** - including the Ride Leader. IF you are an A or B rider, and attend a C, or C+ pace ride (which happens often), YOU are responsible for ensuring that YOU ride with the Ride Leader, so that the Ride Leader is not left alone.
2. **Safety in Numbers:** riding with a group of cyclists helps YOU be more visible to motorists.
3. **Club rules require YOU to wear a bicycle helmet** - - Your helmet should meet the safety standards of the Consumer Product Safety Committee or the Snell Memorial Foundation (N.J.S.A. 39:4-10.1), never been dropped, never been worn in a fall or crash, or damaged in any way. Click these weblinks for additional information:

<https://helmets.org/standard.htm>

[MIPS vs. WaveCel: Which Is Better and Do You Even Need Them?](#)

1. **Clothing:** it is highly recommended that YOU **wear brightly colored clothing** to make YOU more visible to motorists. Dark colors are not appropriate.
2. **Lights:** it is highly recommended that YOU use both **headlights and taillights** on your bike to make YOU more visible - in daylight and at night. Modern LED rechargeable lights are very visible from up to ¼-mile. Many cyclists also use the Garmin Varia radar system, which alerts both cyclists and motorists.
3. **Audible Signal:** NJ law (39:4-11) requires that a bicycle must be equipped with a bell or other audible device that can be heard at least 100 feet away, but not a siren or whistle.
4. **Mirrors:** it is highly recommended that YOU use a mirror (handlebar type, or other)
5. **Be predictable:** YOU have a responsibility to both yourself, fellow cyclists, and motorists to be predictable in your actions. Use hand signals, call out "on your left" when passing another cyclist. Wave to motorists, especially at intersections and drive lanes, to get their attention - - and say "HELLO"!

Here are links to reference materials:

<https://www.nhtsa.gov/road-safety/bicycle-safety>

<https://www.njoag.gov/about/divisions-and-offices/division-of-highway-traffic-safety-home>

<https://www.state.nj.us/transportation/commuter/bike/regulations.shtm>

Club Sponsors

The following businesses are sponsors of the Morris Area Freewheelers Bicycle Club. Sponsors offer varying discount programs. Some of our Club sponsors offer members 10% off the regular prices for parts, accessories and clothing; they are marked with a “%” sign. Additional discounts may also be offered. You may be required to show your membership card at time of purchase. You can print your membership card from the Members’ Area. Some sponsors may offer additional discounts or modify some offers. All sponsors are committed to supporting our communities. Please stop in and let them know you’re a Freewheeler. Not listed? Interested in sponsoring the Morris Area Freewheelers Bicycle Club? Sponsorship open to bike shops, health care providers (massage, chiropractic, PT, MDs), and other businesses or organizations helpful to our 600+ Club members in six Northern NJ counties. Please contact Marketing Team Leader.

***A rebate which is redeemable twice a year is offered to all customers at all Marty’s Reliable Cycle stores. This offer includes all purchases and bicycles.

Members who lead fifteen (15) or more rides between October 1, 2025 and September 30, 2026 will receive a volunteer ride jersey or \$50 gift certificate at any of the sponsored bike shops.

CHATHAM, NJ

Bikeland – %
146 Main St.
973-635-8066

LINCOLN PARK, NJ

Bicycle Tech
2 Station Road, Suite A
973-694-6775

CLINTON, NJ

Clinton Bicycle Shop – %
51 Main St.
908-735-5451

MORRISTOWN, NJ

Marty’s Reliable Cycle (Morristown) ***
182 Ridgedale Ave
973-584-7773

FLORHAM PARK, NJ

The Bicycle Store – %
183 Ridgedale Ave
973-377-6616

PARSIPPANY, NJ

Cycle Craft – %
99 Rt 46 East
973-227-4462

HACKETTSTOWN, NJ

Marty’s Reliable Cycle (Hackettstown) ***
160 Main St.
908-852-1650

RANDOLPH, NJ

Marty’s Reliable Cycle (Randolph) ***
146 Main St
973-584-7773

STIRLING, NJ

Trek Bicycle Stirling – %
393 Main Ave
908-647-2010

NEWSLETTER SUBMITTALS & MISCELLANEOUS INFORMATION

The submittal deadline for all articles is **no later than the 24th of the month** to the Newsletter Editor.
email: newsletter@mafww.org

We will be running a monthly classified section where members can list bike related items for sale. Please send submissions **no later than the 24th of the month** to newsletter@mafww.org. Please include a description of the item, asking price and your contact information so a buyer can deal directly with the seller. The items will run for one insertion and automatically be dropped unless a request is received by the Newsletter Editor to continue for the next month.

Members wishing to add a new tour (cue sheet) to be used for a scheduled ride should contact the Ride Coordinator:
email: ridecoordinator@mafww.org

Members wishing to add a new event (special trip) ride should contact the Adventures Coordinator:
email: adventures@mafww.org

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