

Freewheeler News

April 2025



REVOLUTIONARY Ramble Update!!

Greetings, Friends.

By now you've received several calls to volunteer at the 2025 Revolutionary Ramble which will take place on June 7, 2025 at Raritan Valley Community College. What you probably don't know is that our Club receives \$3000 from the Morris Area Freewheeler Foundation for the services that the club provides to the Ramble. This is the second largest source of revenue for the Club and is increasingly important to the financial solvency of the Club given the significant decline in Club membership.

Last year, the number of volunteer positions filled 4 weeks prior to the event was so low that the Freewheeler Foundation was concerned that the event would need to be cancelled. Fortunately, with an aggressive push by some key Club members, all of the necessary positions were filled. We do not want to be in that position this year so I urge you to look at the volunteer positions and sign up for 1 or more. And while you're at it, have family members and friends join you in volunteering! Having held a number of Ramble volunteer positions over the years, I can assure you that it will be a gratifying and enjoyable experience that will only require a few hours of your time. If you are not available on the day of the Ramble, there are volunteer positions during the week prior to the Ramble. Volunteer positions can be found at www.ramblestuff.org or by clicking on the Volunteer link at www.rambleride.org.

This year, the Ramble will offer road rides of 25, 35, 50, 70, and 100 miles and gravel rides of 25 and 40 miles. Total elevation of the routes has been decreased from that of last year. And we are particularly excited that this year's lunch caterer is Local Smoke BBQ. Lunch options will be pulled pork, pulled chicken, and pasta primavera for vegetarians and carb cravers. There will also be green salad, corn bread, and gluten free slider rolls. Jeff Sperling, myself, and our wives have sampled the food and we found it quite tasty!

Lastly, we are asking all Club members who work for a business or corporation to assist with identifying potential sponsors. If you work for a business or corporation that provides charitable donations, please obtain the name and contact information for the person responsible and provide it to me. I or one of the Freewheeler Foundation Board members will contact that person to discuss sponsorship opportunities. Obviously, the more sponsors the more proceeds will be available to be given to the causes supported by the Ramble.

Thank you, in advance, for volunteering a few hours of your time to the Revolutionary Ramble. I guarantee a money back refund if you don't find it to be an enjoyable experience.

**Best regards,
Michael Chenkin**

In Memory of Bernice J. Connolly 1937 - 2025



The family of Bernice J. Connolly of Mendham, NJ, is saddened to announce her passing on Saturday February 8, 2025, at the age of 87 years.

Bernice was born in Plainfield, NJ on February 13, 1937. She was the daughter of Rosalie and Preston Van Name and sister to older brother Robert. The family resided in Maplewood, NJ to be closer to Preston's growing meat market and grocery store. She was called "Van" by her friends, but was Bernice to her family since her older brother Robert had already claimed the "Van" nickname. Bernice graduated from Columbia High School in Maplewood and then from Lasell College in Auburndale, MA in 1957. After finishing college, she returned to New Jersey and married her high school sweetheart, Bernard Petrone. They lived in upstate New York and Londonderry, NH before settling in Framingham, MA to start a family and had daughters Susan and Nancy. In 1966 the family moved to Chatham, NJ where Bernice helped Bernie start his own business. As the business prospered, the family became involved in equestrian sports and they moved to a home in New Vernon, NJ which included a horse stable. They owned many horses over the years, were members of the Spring Valley Hounds fox hunt club and were involved with the equestrian community for years. Bernice also enjoyed gardening, skiing, vacationing in Hatteras, NC, raising and training the family's golden retrievers, playing bridge and being involved with her children's pursuits.

After the marriage ended, Bernice moved to Mendham, NJ and started a new career at AT&T in Bedminster, NJ. She subsequently became the office manager for her son-in-law Bradford Curtis's plumbing business. She took up the sport of bicycling and became involved with the Morris Area Freewheelers Bicycle Club, where she met her husband George Connolly. They were married in 1996 and their passion for bicycling (included tandem bicycling) took them all over the United States and Canada for events. Their favorite destinations included the Eastern Shore of Maryland, Marthas Vineyard, MA, upstate New York, and Vermont. When it was too cold for bicycling, they went on cross country skiing trips to Vermont and New Hampshire. Bernice adored her only grandchild, Samanatha, and took great joy in being involved in her life by taking her to horseback riding and dance lessons, on bicycle trips, and attending her many other activities and events. Bernice is survived by her husband George, daughters Susan Curtis {Bradford}, Nancy Petrone (Peter Sicoli), granddaughter Samantha Petrone, and stepdaughter Christine Connolly. She is predeceased by her brother, Robert Van Name, and her parents, Rosalie and Preston Van Name.

The family has requested that remembrances be made in the form of a tribute gift in memory of Bernice Connolly to the Alzheimer's Association at <https://act.alz.org>

**Arrangements by Bailey Funeral Home
8 Hilltop Rd Mendham, New Jersey**

**Interment Mendham Hilltop Cemetery
18 Hilltop Rd Mendham, NJ**

Morris Area Freewheelers Foundation's CPR & First Aid Course Update

As the old saying goes, there's good news and bad news. First the bad news: My squad house where I previously taught the CPR course is no longer available to me.

Now for the good news: I have been offered the use of one of my town's firehouses. However, it will be in a spankin' new building now under construction and scheduled for completion this summer. There is a possibility of an alternative location available before then. At this time, all I can do is keep you posted when I'll start up the courses again.

Thanks for your continued interest and patience.

In the meantime, if you want me to put you on the interested list or have any questions, you can contact me at **973.557.3118** and leave a message (I don't answer if you aren't on my contact list), or email me at **robdg01@aol.com**.

Ride safe and well, Rob Greenberg

Connect with the MAF Bike Club on Social Media!

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

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/mafwbikeclub/>

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 mafwbikeclub 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

Message from the President (Michael Chenkin)

Greetings, friends!

One of the benefits of getting older is you get to see your physician for an annual physical. Your bike is no different. It has been at least 17 months since we hosted a Trek Inspection Ride, so we are long overdue to ensure that our bikes are in tip top shape for prime riding in the spring, summer and fall. We have scheduled the Trek Inspection Rides to take place on Saturday, April 12, 2025 at Trek Stirling. We are adding the first of our monthly party rides to this event so that our members can enjoy food and refreshments pre and post ride. Plus, Trek has put together some special MAFW exclusive savings and opportunities for supplies, bikes, and service as part of our offering to our members. Here are some bullet points to refresh your memory of this highly successful event:

1. The Inspection

Trek will inspect each member's bike at no cost or obligation. You will receive a written evaluation detailing their analysis of your bike's condition. In previous years, Trek discovered cracked wheels, broken derailleurs, and other issues unbeknownst to MAFW members. In some instances, Trek loaned members bikes so they could ride that day. For any bike inspected on April 12th, Trek has generously knocked \$100 off their Level 2 tune ups, exclusive for MAFW.

2. The Rides

We have posted 4 rides for our members, C+, C, D+ and D. Those rides are posted on the website and begin at Trek Stirling. Since this is a club sponsored event, these will be the only rides officially scheduled on that day. Please arrive 30-45 minutes before your ride start so that Trek will have adequate time to complete your inspection. Please sign up as soon as you can so we get an adequate count for food purchases.

3. The Food and the Party Ride

Trek will have coffee, juices, bagels, cream cheese and energy bars pre ride. Post ride, we will be serving Jersey Mike's Sub sandwiches, chips, Fritos, soft drinks and water for our members. Please bring folding chairs for your comfort post ride in the Trek parking lot. This will be our first party ride for 2025.

4. Trek Fest for MAFW members, \$100 off all bikes \$500-\$1000 MSRP

New lower pricing on a range of models (2022-2024 closeouts).

New lower pricing on select Trek/Bontrager aftermarket products

Free shipping on TrekBikes.com

All Trek and Rapha apparel in-store on special MAFW pricing

\$ 5, \$10 and \$20 bin parts sale with deep discounts.

5. Parking

Trek parking lot, nursery school next door, Main Street

6. Party Ride Future Events

We promised you more social events. Our Party Rides will be scheduled once a month from April to October, on alternate Saturdays or Sundays during prime riding weather, at different starting points in our club. We look forward to seeing you on these special food provided events. Come out and join us on April 12th for our first party ride of the year.

Have fun; stay safe! MAFW Board

Message from the Ride Coordinator (Manny Coelho)

APR 6 SPRING KICKOFF – Spring Kickoff will be held at Brookside and you can sign up at the main page for the meeting and at the ride schedule for the ride. Rides will take place after the meeting, and we still need a ride leader for the B ride. To sign up as a ride leader for a proposed ride go to the Ride Schedule, select the ride and under Tour/Signup select Become a Ride Leader. The proposed ride will then become a scheduled ride so all members can see the ride. Right now, only ride leaders can see proposed rides. Note that only kickoff rides will be allowed on Apr 6.

APR 12 TREK INSPECTION RIDES – Trek Inspection Rides will take Apr 12 and you can sign up at the main page for the event and at the ride schedule for the ride. Note that only Trek inspection rides will be allowed on Apr 12. Right now, we need ride leaders for the rides. Food will be supplied, and you don't have to have your bike inspected.

HOWE ATHLETIC FIELD VS LOT C – Right now for all Colonial Park rides we are allowed to use Lot C where there are bathrooms. As soon as porta johns are placed at Howe Athletic Field we will switch to Howe. My guess is porta johns will be placed soon. If you see them there, please contact me. Park Rangers requested that we not take up parking spaces at any of the Colonial Park parking lots during their active season.

OTHER BATHROOMS – Please let me know when bathrooms at Summer Rd, Pluckemin and Pickell Park are reopened.

E-BIKES – There has been some recent discussions on which E-Bikes are allowed on MAFW rides. MAFW policy is "Class 1, no throttle". I checked with BTCNJ and PFW and they also do not allow E-bikes with throttles. Since the introduction of E-bikes to our rides no one has reported any negative issues. Some riders have reported to me that switching to an E-bike has allowed them to continue riding. That is a good thing!!!

PACES – With a new cycling season upon us, you may encounter riders that can't keep up at your stated pace. Please be patient with them, stay with them and give them advice on trying a slower pace. Thanks for your help.

THANKS!!!! – Thanks for being ride leaders and continuing to make MAFW an active and successful club.

TB TRAINING RIDES — Starting March 25, Seth Cohen will start Tuesday night training rides. Seth is hoping to run five Tuesdays in a row to cover group riding, paceline basics, climbing, etc.

The first ride is just to learn group ride basics and get the rust off from the winter. Over the next few rides, we'll work on riding in a paceline, climbing, and maybe even a little sprinting.

For the first ride, he will ride at "TB-" pace. This is a no-drop ride, and we'll work to keep everyone together.

Message from the Ride Coordinator (continued)

APRIL 6 KICKOFF MEETING-We have a good list of rides for our Kickoff Meeting but still need a ride leader for our B ride. Even if you are not leading a ride you should sign up for the event. It will be a good meeting to kick off the cycling season and to socialize with your fellow riders. One important topic we will be covering is "proposed rides".

APRIL 12 TREK INSPECTION RIDES-We have all rides covered except we still need a C+ ride leader. This is a good opportunity to get your bike checked for the new season.

PROMOTION-During your safety talks don't forget to promote the Kickoff Meeting and Trek Inspection Rides.

BACKUP RIDES-One thing I believe in, promote and follow is if I see a C ride that interests me I back it up with a D+ ride. Any C rider that can't keep up can fall back to my D+ ride. This gives the C ride leader more freedom knowing that there is a sweep. Also a rider that signs up for the D+ ride may feel like experimenting with a C pace. For example, I put in a D+ ride this Sat to back up Pete's C ride from Denville. I believe that putting in these rides with multiple paces will increase participation and socialization.

Manny

2025 Calendar (see website for details)

4/6/2025	MAFW Spring Kickoff Meeting (Brookside Community Club)
4/12/2025	Trek Bike Inspections (Trek Bicycles in Stirling)
4/25/2025—4/27/2025	2025 Coastal Ride (NC)
5/16/2025—5/18/2025	Hershey Spring Cycling Weekend (PA)
5/23/2025—5/25/2025	Horsey Hundred 2025 (Kentucky)
6/7/2025	Revolutionary Ramble
6/8/2025	Farmland Ride (Flemington, NJ)
7/22/2025—7/26/2025	Bon Ton Roulet (Geneva, NY)
8/17/2025—8/22/2025	Colorado's Ride
10/5/2025—10/11/2025	Mountains to Coast (NC)

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MEMORIAL DAY

 MAY 26, 2025 

SOMERVILLE, NEW JERSEY

How To Spot and Avoid the Latest Facebook Scams

By Tony Marchand based on work of Jory MacKay, Identity Guard
(Part 2 of 2)

7. Too-good-to-be-true investment opportunities (cryptocurrencies, etc.)

Investment fraud happens when con artists convince targets that they can make a lot of money quickly from investments that involve little to no risk. Fraudsters trick victims into investing in various opportunities, including stocks, cryptocurrency, or real estate.

But despite the promise of high returns for a small initial investment, these online scams almost always end with huge losses for victims. The only people who profit are the fraudsters — who take all of their investors' savings and then vanish.

How to avoid fake investment scams on Facebook:

- **Ignore claims of “guaranteed” returns.** There are no guaranteed investments — especially with volatile assets like Bitcoin and other cryptocurrencies. Every investment comes with risks, so don't believe any hype about high returns.
- **Beware of strange offers from friends and followers.** If someone in your network suddenly starts sending messages about investing in cryptocurrencies, their account could be hacked. Contact the person through another method to verify if they are actually controlling the profile.
- **Do your due diligence.** The most successful people spend considerable time researching companies and learning to read market trends. If you aren't prepared to do the work, you're gambling with your savings — and the house always wins.

8. Romance and sextortion scams

Most [romance scams](#) occur entirely online, where new relationships lead to requests for money. Once fraudsters gain the trust of their targets, they use social engineering and emotional manipulation to persuade victims to send money.

Sextortion scams are a darker twist on romance scams, in which imposters convince their targets to send explicit photos or videos. If you do this, the fraudsters immediately demand that you send money — or else they will release the videos to all of your friends and family.

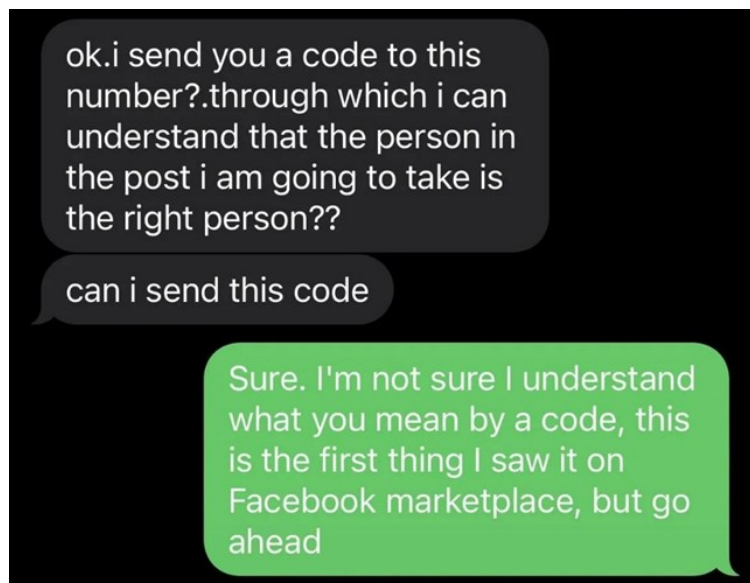
How to identify and avoid these Facebook scams:

- **Beware of excessive flattery.** If a new online relationship is moving quickly or the other person is coming on strong, these are red flags. Scammers try to move fast so you'll make snap decisions about money while caught up in the excitement of a new romance.

- **Tighten your privacy practices.** Facebook scams thrive because of the personal information available on social media platforms. [Limit the personal details](#) you share on Facebook — especially your phone number, address, and other details that could be used to create convincing scams.
- **End contact with suspicious individuals.** If a new Facebook friend has little information posted on their profile or refuses to do a video chat, you should question their genuine intentions. The safest thing to do is end all contact and block them online.

9. Hacked or cloned friend accounts asking for 2FA codes

Two-factor authentication (2FA) codes provide an additional security layer to keep hackers at bay. But con artists can deceive you into sharing 2FA codes by using a cloned account of a trusted person, like your friend or family member.



Example of a scammer trying to trick a Facebook user into sharing a 2FA code.

The supposed friend will tell you they're getting their own 2FA code sent to your address — but it's actually for *your* account.

How to avoid getting scammed by a hacked or cloned account:

- **Never share 2FA codes.** If anyone asks to send their 2FA code to you, be careful — it's most likely a scammer. Don't give anyone your 2FA or one-time passwords for Facebook or any other online accounts.
- **Call the person.** If you receive a suspicious message about 2FA codes, call or message the person via a different platform to confirm if it's a legitimate request.
- **Change your account passwords.** If you receive an email about a 2FA request and know it wasn't you who made the request, consider this a sign that someone is trying to access your account. Immediately update your password to something unique and complex.

10. "Is this you?" video link scams

One of the older Facebook scams still circulating starts with a message from someone in your network, which includes a video or link. The accompanying message asks, "Is this you?" or something similar.

Like any [phishing attack](#), clicking on the link will lead to a fraudulent website or malware download. In either case, you risk your account and personal identifiable information (PII) if you engage.

How to avoid these Facebook scams:

- **Ignore suspicious messages.** It's vital to resist the temptation to click on these links or videos. Instead, delete the message to ensure that you don't accidentally click on it later.
- **Report the issue.** These scam messages often come from the profiles of real people on your friends list because scammers have taken over their accounts. Your friend might not know, so it's best to contact them outside of Facebook (via telephone, email, etc.). Also, report the issue to Facebook to help stop the scammer from targeting others.

Use Safe Browsing tools. With digital security tools, you can automatically block scam messages and receive warnings about any suspicious pages.

11. Facebook quiz scams

You may think taking a Facebook quiz is fun, but many of the questions are actually common cybersecurity questions.

For example, the quiz may ask you to share your name, date of birth, mother's maiden name, pet's name, email address, or phone number. With your guard down, you may unknowingly disclose sensitive information that compromises your online security.

How to avoid falling victim to Facebook quiz scams:

- **Stick to reputable companies.** If you want to take a quiz on Facebook, only engage on trusted pages that provide a lot of reviews and proof of legitimacy. For example, Unilad or BuzzFeed would be safer than a random page that you see for the first time.
- **Use unique password recovery questions.** Although quizzes may include common security questions, using unique questions and answers for your online accounts is wise. That way, nobody can access your account if they know your mother's maiden name.

12. Offers of “free money” from government programs

In this scam, you receive a direct message (DM) from someone you know on Facebook. The message explains that the government is giving away grants. For example, your friend may claim to have received thousands of dollars for COVID-19 relief.

But a scammer has hacked your friend's account — and you'll be the next victim if you engage with their message.

How to avoid these Facebook scams:

- **Ignore messages about government grants.** The government doesn't contact people on Facebook to give away free money; any message you receive about this is a scam.
- **Research government grants on official websites.** If you need financial support, you can learn about bonafide programs from the government with your own research. Official government websites have a URL that ends in ".gov" and use "HTTPS" (not "HTTP").
- **Report these Facebook scams.** You should alert administrators to spam messages or compromised accounts before someone else falls victim.

The MAF Winter Party

By A.I. as requested by Jay Marowitz

The wind whips through the hills of Morris, cold and keen, Where Sussex slopes descend, a wintry scene.
Somerset's roads, now hushed and white,
Await the spring, with all their might.

The Freewheelers gather, from valleys low to high,
Where Jersey's beauty meets the winter sky.
A toast to rides in NYC's grand domain,
And hills of home, where freedom reigns.

Warmth fills the air, with stories yet untold,
Of climbs on Schooleys, and legends growing old.
Of Long Valley loops, and Sparta's winding way,
And dreams of summer, when the roads all sway.

The fire crackles, reflecting faces bright,
A bond of riders, shining strong and light.
For in the winter's heart, they find their way,
To dream of pedals turning, come what may.

the *real* luxuries:



a good
night's sleep



slow mornigs



freedom to
choose



time for fun
and play



listening to
birds singing



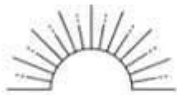
long walks



a good book



favorite home-
cooked meal



colorful
sunsets



ability to freely
express yourself



day naps



a good
conversation



Global Warming/ Change Our Ways We Must

Today several spied
that more than some had died;
cooked in waters cooler once
with kin folk teeming.
Waters heated now by sunrays streaming
puncturing our planet's porous
and now tattered solar shield.
to create a man-made tragedy
- a sea coral necrotic field.

And next be our fish who feed on coral
- then we who upon fish feed;
to die from a global warming
made by our gluttonous dirtying deed;
that works to pollute and so to starve
only to carve - by its damning design,
Earthling gloom and doom.

So, change our ways we must
- be greedy not - consume far less
-restore not take a lot,
a program that speaks much sense
when consumption can come at life's expense,
much needed now to life dispense,
help life's health-retard its rot.

**Happy Earth Day
April 22, 2025**

**John J. Burns (Copyright December 2013) Author of
"Lifebeats" A Collection of Poems by John J. Burns
available in Kindle version by searching Amazon.Com**



Morris Area Freewheelers week 1 in Denia, Spain: Karen Colley, Mary Conrad, Andy Boulcott, Kathi Caccavale, Jan Gorban.



Friday: Last day of riding for freewheelers and others at week one in Denia Spain. Finally a day without rain!



Joe, Jay, Richard, George and Fred are ready to head out for a 30 mile ride from Denville on a chilly March morning.



Another great ride from Denville on this warm winter day. Paul, Joe, Richard, Fred and John are ready to roll.



Another cold day, but Paul, Joe, Richard and Lou ready to ride route #1454 from Denville.



It's a beautiful day for a bike ride!



Jeff and Barry stopped to check out these 2 Belted Galloway cows on today's bike ride.



Here's a picture of my fellow bike riders today in Princeton. Four electric bikers vs. my acoustic bike! (Dave Hall at the Bagel Barn)

Google photos created this video for me "in the country" while biking. (Dave Hall)

<https://www.facebook.com/davideo.net/videos/540769651860610>



George and Dan posing on the bridge in Three Bridges.

MAF Bike Adventures 2025 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@mafww.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 2024/ 2025 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 (mafww.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@mafww.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@mafww.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 to ensure 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** in order 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 cyclist 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 driveways, to get their attention - - and say "HELLO"!

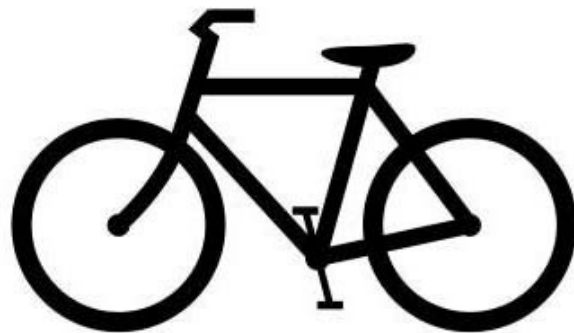
Here are links to reference materials:

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

<https://www.nj.gov/oag/hts/bike.html>

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

**4 FT MIN
CLEARANCE
TO PASS**



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 twelve (12) or more rides between October 1, 2024 and September 30, 2025 will receive a volunteer ride jersey or \$50 gift card 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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