

Freewheeler News

August 2025



MORRIS AREA
Freewheelers



Ice cream was enjoyed by all on our Polar Cub ride on Sunday, July 13th.

The August party ride is tentatively scheduled for Saturday, August 16th.

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

2025 Calendar (see website for details)

8/17/2025—8/22/2025

Colorado's Ride

8/22/2025—8/25/2025

Bob's Vermont 3 Day Tour (Mad River Glen)

9/7/2025

Never Forget Ride (Danielsville,PA)

9/19/2025—9/21/2025

Roy's Penn Dutch Weekend (PA)

10/5/2025—10/11/2025

Mountains to Coast (NC)

10/7/2025

Seventeenth Annual Milestone Party (Whitehouse Station, NJ)

10/24/2025—10/26/2025

Gettysburg Fall Bike Weekend

MAFW+BTCNJ: Bike, Brew & Pizza Ride - - Sunday AUG-3

Please mark your calendars: we will be conducting a joint club ride with BTCNJ, on AUG-3. This 40-mile ride (#1421) will start in Denville (Gardner Field). Please join us at the Diamond Spring Brewery (<https://diamondspringbrewing.com/>) for pizza at the end of the ride. This ride will be posted on MAFW and BTCNJ's websites. Last September we had (65) riders participate!

Cheers, Paul Malinowski



THE SEVENTEENTH ANNUAL MILESTONE PARTY

A celebration will be held on Tuesday, October 7th at Annabella Ristorante
144 Main Street Whitehouse Station, choosing one of four entrees from the special lunch
menu, plus salad, bread, BYOB.

The luncheon will begin at 12:30PM, following rides from Pickell Park.

A 50/50 raffle will be conducted by Mitch Solomowitz.

You will receive a free lunch compliments of MAFW if, in 2025, you have one of the
following birthdays: 50, 55, 60, 65, 70, 75, 80, 85 and above.

All others pay \$20 cash, collected the day of the event. Everyone is welcome to attend.

Registration is online via the website by Friday, October 3rd.

Patricia Kipp
Email: freewheelpat@gmail.com
Cell: 908-625-1003

No walk-ins

Road Trip! – Velodrome professional bicycle track racing on Friday evening August 8th.

Come join us for an evening of Velodrome professional bicycle track racing on Friday evening August 8th.

Doors open at 6PM for food and pre-race activities, races start at 7PM. Track is near Allentown PA. (1 hour 25 minutes from Loantaka)

If we have a group of 10 or more admission will be free, otherwise \$13 each.

Food and beverages are for sale and music is also part of the experience:)

Sign up online now so we have a head count and names for free entry or Call **John Storey** at 973-703-3473 if you have any questions.

Valley Preferred Cycling Center 1151 Mosser Rd, Breinigsville, PA, 18031

" COME ONE, COME ALL!"

Hi Freewheelers,

We're having a benefit luncheon for the Morris Area Freewheelers Foundation. It will be held on at 12:30 PM, Monday, September 29, 2025, at the Gourmet Cafe, 136 Baldwin Rd., Parsippany. Last year, fourteen people attended. So, let's make this year's event even more successful, while enjoying a delicious meal with friends.

Award winning owner, Chef Matt, generously supports the Foundation. On the 29th, Matt will donate ten percent of **ALL** proceeds to the Foundation. This includes gift cards and takeout, but not catering.

So, join your friends for an off-bike event and delicious meal while raising funds for the Foundation.

For lunch reservations call or text Rob Greenberg at [973.557.3118](tel:973.557.3118) or and let him know you're coming, or respond to email robdbg01@aol.com. For those who want to do dinner, just call the Gourmet Cafe for reservations at [973.316.0088](tel:973.316.0088).

Rob Greenberg

Message from Ride Coordinator (Manny Coelho)

In addition to our great daily schedule I just want to point out three multiday tours:

-Bob's Vermont Biking Tour August 22-25 was just posted on the calendar. For more information and to sign up go to the MAFW calendar.

-Roy's Penn Dutch Weekend Sept 19-21. For more information and to sign up go to the MAFW calendar.

-Gettysburg Fall Bike Weekend Oct 24-26. Not on our MAFW calendar but I posted link <https://www.biketoursbylinda.com/>

Stretching: The Long and Short and of It!



By Tony Marchand, M.D.

Stretching is often overlooked as we go about our exercise routines whether it be cycling, running or other sport. Stretching can be helpful, but only if done at the proper time and with good technique.

Will stretching prevent post exercise soreness or injury?

No. Multiple reviews have shown that stretching before exercise does not prevent post-exercise soreness and there is little evidence that it can prevent overuse or acute injuries.¹ However, it does definitely has its benefits as described below.

What does stretching do?

Stretching **increases flexibility** around the joints used in the sport. **This allows for improved performance, decreasing muscle fatigue and the chances of muscle strain.**^{2,3}

Can stretching cause injury?

Yes, if preformed when the muscle are not warmed up. Stretching without warm up of the particular muscles is like pulling a taught rubber band beyond its limits leading to strain and tears.³

When should I stretch?

1. Before exercising, **first warm up the muscles involved**. This can be done for cyclist by about 10 minutes of easy high cadence cycling or using a stationary trainer at a high cadence, low resistance. For runners, easy jogging or walk will do.
2. One can also stretch post exercise, but be cautious and stretch only to the point you begin to feel some effect and not to the point of pain. One can stretch in the evening or on days off from cycling or running. Warm up those muscles as above or massage them yourself for about 10 minutes.

How should I stretch?

Focus on the major muscle groups such as the thighs, calves, hips lower back, neck and shoulders. And make sure to stretch both sides. If you're stretching the right hamstring, don't forget the left. **Don't aim for pain:** Feel tension as you stretch, but not pain. If it hurts, back off some then hold the stretch.

1. Dynamic Stretching: These involve progressive movements which use momentum (powered by you) to stretch the muscle groups. You move in and out of the stretch, holding each one for just a couple of seconds.⁴ Try not to bounce during the stretch. Try some of the following dynamic stretches for cyclist and consider what works for you:

- [Dynamic Stretching for Cyclist](#) from GNC
- [How to Improve Lower Back with Dynamic Stretching](#) from GNC
- [Dynamic Stretches for Cyclist](#) for lower back from Cliff Drusinsky
- [How to Do Walking Lunges](#) from Livestrong.com

These are particularly effective before a ride and in association with some warm up.

2. Static Stretching: Before static stretching you **must be thoroughly warmed up**. Here are some guidelines to bear in mind⁵:

- Stretch to just the point before you experience discomfort
- The feeling of tightness should diminish as you hold the stretch
- Breathe out into the stretch. Avoid breath holding.
- Hold each stretch 10-30 seconds.
- If tightness intensifies or you feel pain, stop stretch.
- Shake out limbs between stretches.
- Complete 2-3 stretches before moving on to the next.

Your muscles **must be warmed up** if used before exercise. It is probably best performed after exercise or on days off associated with some warm up. Consider some of the following:

- [Top 5 Stretches to Do After a Ride](#) from GNC
- [Full Body Static Stretching Exercises](#) from FitKim

3. Yoga: Combines the best of both of the above and has been shown to increase/maintain flexibility.⁶ Yoga is probably best performed on days you're not cycling or doing other strenuous exercise. Two to three times a week is all one needs. See [Yoga for Cycling](#) from Sadie Nardini.

How often should I stretch?

One only need stretch as above 2 or 3 times a week to increase flexibility. Keep up with your stretching. Although time consuming, you'll see results in weeks. We do need to stretch more often as we get older to maintain that flexibility.

Don't just jump on that bicycle. **Remember to warm up and then consider dynamic stretches. Sign up for yoga on your days off and improve your flexibility.**

References:

1. [Does Stretching Matter](#), by Elizabeth Quinn, Sport Medicine Expert for About Health
2. [Stretching: Focus On Flexibility](#), from the Mayo Clinic Staff
3. [The Truth About Stretching](#), from WebMD
4. [Static or Dynamic Stretches: Which are the Best for Cyclist](#), by Michelle Arthurs-Brennan, Total Women's Cycling
5. [Flexibility Exercises](#), from Sport-Fitness-Advisor.com
6. [How Cyclist Can Benefit from a Yoga Practice](#), by Kate Potvin of USA Cycling

Revolutionary Ramble 16

Jay Marowitz

For the first time, we had continuous bad weather forecasts for almost three weeks before the Ramble. It had it's effect on registrations and attendance. However, when the day came, although not perfect, the ride went off as planned. We did have a few sprinkles, but no serious precipitation, and we had riders from the following 15 states: **CO, CT, DC, DE, FL, MA, MD, MI, NC, NH, NJ, NY, PA, SC, VA.**

The Ramble, a charity ride, is the most visible thing our club does. It is our way of giving back to the communities through which we ride. We contribute to local volunteer first aid squads, which we occasionally use, and a few other bike-related charities. See the list [here](#). We also collect used bikes from riders and donate them to the Boys & Girls Club Bike Exchange.

In case you're new to the club, please note that, from the IRS perspective, the club is a non-profit organization and the **MAF Foundation** is a charitable organization that runs the Ramble. We keep our books separate.

In addition, the Foundation pays the club the volunteer work like painting roadways to mark the ride and other things.

One of the troubling things this year was the difficulty of getting volunteers early enough so we could do a better up-front planning job. Early, monthly, meetings starting in the Fall, with advanced planning really simplifies things in June. So, if you're interested in getting involved with the Ramble, or just want to talk about the what the jobs are like with no obligation, contact one of the members of the MAF Foundation Board listed below. We can't run a Ramble without enough volunteers.

Photos and the video from the Revolutionary Ramble, with some interesting drone shots, can be viewed at the following links: [videos](#) [photos](#) Enjoy and volunteer!

Morris Area Freewheelers Foundation Board

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Tom	Kruse	tkruse14@me.com
Jay	Marowitz	freewheeljay@gmail.com
Ariadne	Monfalcone	ariadnem4@gmail.com
Jim	Nielsen	phfaedrus@aol.com
Jeff	Sperling	jlspruch@yahoo.com
Carl	Wheeldon	wheel7@optonline.net



Cycling around NJ and catching the sights from Pickell Park.



Our fearless leader, Jay Marowitz, with a GoPro at Kittatinny.



Vinny led MAFW route 1477 from Denville this morning. Had almost 20 riders including the BTCNJ gang!



The early bird gets the worm at Loantaka!



The boys on the bridge taking a quick break and selfie.



Fantastic sunny day riding from Bedminister through Somerset County to Mountainville horse country with a stop at the Oldwick General Store!



Two groups left Kittatinny State Park on a beautiful Saturday morning. Thanks John and Susan!





This will be the 10th weekend of fun in the Penn Dutch area in Lancaster County, Pa. This is the second year that this event will be in the fall because we have found it to usually be great weather for bicycle riding.

Once again the rides will be led by leaders of the local bicycle club, [Lancaster Bicycle Club](#). It is not certain at this time who from the club will be the contact person.

We are going back again to the resort, [Bird-In-Hand Family Inn](#). They can be reached at (717) 768-8271.

Prices are almost the same as last year. The current 11% tax will be added later. We are again staying in the pool building, The prices for the rooms are per night. Guests can cancel the reservation, with no penalty up to the day before the weekend.

\$152 for a single room
\$152 for a double room
\$162 for a triple room
\$172 for a quad room

Room Features

free wifi - 2 queen sized beds - flat screen TV- refrigerator-microwave

Things to do at the Hotel

Outdoor and indoor swimming pools and a hot tub - two tennis courts - basketball court - kid's playground - fitness room - game room - walking path on the hotel property - animal petting - zoo - firepit.

Two 18 hole mini golf courses on the hotel property at [Water's Edge Mini -Golf](#). (additional fee).

Show at the on-site theatre will be "Stolen" playing at 7pm on Friday, September 19 and 1 pm on September 20.

There is a free two hour Amish Farmland Tour - given Monday through Saturday by making a reservation at the hotel desk. (717) 768-8271.

Dining for the Weekend

The closest place for breakfast is right at the Bird-In- Hand Family Inn. The restaurant, closed because of a fire last year, has re-opened. Other choices for breakfast are [Casey Jone's Restaurant](#) .

Friday dinner at 7pm will be at the [Brasserie](#).

Saturday dinner at 6 pm will be at [Miller's Smorgasbord](#). This popular restaurant requests payment in advance and payable by one person in the group. I will collect the payment of \$42.14 which includes the tax and tip. Please pay me in advance of the trip. Either through zelle to my number, 718 887-1854, which I prefer, or you can use [venmo @Roy-Fischman](#).

Activities to do in the Area besides bicycling (Bring family, there's plenty to explore)

Many can be found at this website [Discover Lancaster](#) Some close by attractions from the website are:

[Dutch Wonderland](#) [The Magic and Wonder Show](#) [Abe's Buggy Rides](#) [Julius Sturgis Pretzel Factory](#)
[Kitchen Kettle Village](#) [Oregon Dairy Farm](#) [Barry's Car Barn](#) [Railroad Museum of Pennsylvania](#)
[D.F. Buchmiller Park Pickleball Courts](#).

Also those who enjoy wine tastings can visit: Waltz Vineyards, Mount Hope, Grandview Vineyard, or Nissley Vineyards.

Rides for the Weekend (to be determined but expect to be from easy to a little challenging).

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>

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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