

Freewheeler News

February 2025 March 2025



Revolutionary Ramble 2025
Sat June 7, 2025
Branchburg, NJ



Welcome to the 2025 Revolutionary Ramble, our 16th anniversary ride. The Ramble is organized by the Morris Area Freewheelers Foundation, a 501(c)(3) non-profit organization; since our inception we have raised in excess of \$350,000. Our primary beneficiaries (two-thirds of proceeds) are local area volunteer first aid and rescue squads, with the remaining funds supporting various bike-related youth and advocacy groups, including Girls in Gear, the NJ Interscholastic Cycling League and the NJ Bike & Walk Coalition. New for 2025 will be the opportunity for our participants to get actively involved in our fundraising efforts. Using bikereg's sister-site pledgereg, you will be able to create a personal fundraising page and ask your friends and family to support your ride and our causes. As a special 'Thank You', all participants who help us raise a minimum of \$300 will be eligible to have their registration fee refunded. [Revolutionary Ramble](#)

In Memory of Bill Zalan (March 25, 1958 - January 9, 2025)

Bela "Bill" Zalan, Jr., 66, died peacefully on January 9, 2025.

Born in Perth Amboy to Bela, Sr. and Irene Zalan. He grew up in Bridgewater, where he was involved with the Hungarian-American community in New Jersey, serving as a scout leader within the Hungarian Scouts. He was a graduate of Bridgewater High School East and went on to attend Stevens Institute of Technology. Upon graduating began his career as an engineer, spending the majority of his career with Siemens Building Technologies. Bill's hard work saw him into retirement where he was able to live his life to the fullest.

Bill met and married the late Valerie Csicseri, and the two raised their family in Bridgewater. Bill loved the outdoors and spent his free time hiking and camping with his family. He continued his involvement in the scouting program through the Boy Scouts of America with his son. He was a young widower, losing his beloved wife Valerie Csicseri in 2006. Bill devoted himself to being a dad and enjoyed the quality time spent together with his children, family, and community. Later in life he found companionship with Liz Jennison. Together they were involved with the Amazing Feet Running Club and Morris Area Free Wheelers. Through participation in those clubs and his love of running, cycling, and swimming, he completed an Ironman and 19 Marathons, including 9 Boston Marathons and 3 New York Marathons. He will be remembered for his love of adventure, perseverance in training, and dedication to his family and community.

Surviving are his devoted parents, Mr. Bela Zalan, Sr. and Mrs. Irene Zalan, his loving children Steven Zalan and Kristen Zalan, his long term companion Liz Jennison, his loving sister Elizabeth Tobias and husband Eric, as well as his many nieces, nephews, extended family, and community friends.

A Mass of Christian Burial was celebrated at 10:00 AM on Saturday, January 18th, 2025, at St Ladislaus Roman Catholic Church, 215 Somerset Street, New Brunswick, with a reception at the Hungarian American Athletic Club, 233 Somerset St, New Brunswick, immediately following. In lieu of flowers, memorial contributions may be made in his memory to Leukemia & Lymphoma Society- [Donate](#) Online



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.

I'm pleased to announce that another MAFW exclusive event has been added to the website calendar.

As we are all contending with the cold weather, let's get ourselves ready for the springtime cycling season. We are pleased to announce a special lecture and presentation to our members, entitled "Strength Training for Cyclists", presented by Paul Coviello, PT, DPT, owner of Summit Physical Therapy, a Board Certified Clinical Specialist in Orthopedic Physical Therapy and a committed cyclist as well. Many of you may remember that Paul gave a lecture at our annual November meeting, is a corporate sponsor of the Ramble, and has treated a number of MAFW members for their physical therapy needs.

Paul's lecture and demonstration will be presented at his Summit location, 60 Morris Turnpike , Suite 2W, Summit, NJ 07901 (entrance to parking lot is across the street from Benihana). The event will be on Sunday, February 16, 2025 at 4:00 pm. Space is limited for this event, only 15 members can be accommodated. Please sign up on the calendar on the club website. Refreshments will be served.

Kudos to Jeff Sperling and Paul Coviello for making this event happen for the club!

Keep an eye on your email as we plan to add more educational events in the coming months and watch for the kick-off for our monthly "special treat" rides once the weather warms up. And if you have suggestions for informational/ educational presentations please email me. Let's all contribute to add more value and fun to club membership. Stay safe and stay warm.

*Best regards,
Michael*

Submitted by Les Garber**Cycling for Longevity: Cardio Fitness Cuts Death Risk by Nearly 20 Percent**

<https://www.roadbikerider.com/cardio-fitness-cuts-death-risk/>

Message from the Social Coordinator (John Storey)

69 people and counting – Winter potluck party this Saturday evening February 1st, 6PM @ Fairchild Firehouse Morris Township. It's Here!

Come Warm Up With Your Fellow Bikers – When: 6 PM Saturday 2/1/25 – Where: The Fairchild Fire Company 2 Burnham Rd, Morris Township, NJ

What: Pot Luck Dinner (the best!) – What else: Classic Vinyl Music by DJ – D

Notes: Bring guests @ \$10 each – Single attendees: bring your favorite dish – Couples: bring a dish and a salad or hors d'oeuvres – BYOB

Club will provide desserts and seltzer. Attendees can BYOB

Important: For planning purposes, each member should register for the party @ <https://mafww.org/events/mafww-winter-party-pot-luck-dinner/#em-event-booking-form>

Attire: Informal (jeans, etc.)

Enter through door on the opposite side from Burnham Road. Parking in firehouse lot and on streets.

Questions? Email me at social@mafww.org

Message from the Ride Coordinator (Manny Coelho)

Weather

With winter upon us I just want to point out the section of the Ride Leader Handbook related to weather as indicated below. On New Years Day Vinny and I led a ride from Denville where they were predicting 40 mph gusts and rain. We carefully monitored the weather and determined that wind and rain would hold off until end of ride. In case the weathermen were wrong we had plans that we shared with the 15 riders to shorten the ride. I swept and Vinny led and we kept everyone together with occasional regroupings. We were able to complete the ride before the rain and wind.

Happy New Year, Manny

If the weather is clearly inappropriate for riding (e.g., rain, snow, ice or extreme wind), you should cancel your ride. Remember that wind can be as dangerous as precipitation and ice; flying garbage can lids, tree branches, and other windborne debris can make riding hazardous.

If the weather is questionable – e.g., there's a greater than 50% probability of precipitation, it's extremely windy (wind gusts of 15 mph or more), it's very cold (under 30 degrees) or hot (over 90 degrees temperature or RealFeel™) – it's your responsibility to decide whether to cancel the ride.

MAFW MOTTO NOBODY RIDES ALONE

I just want to share a key learning from an extensive study that Drew conducted from 50 recent MAFW crashes. This is extremely important under very cold or hot conditions. If a rider feels that he or she can't continue with the ride please have someone accompany the rider back to the start. On a recent ride Vinny and I were leading a ride from Denville and were prepared to shorten the ride if rain and wind came earlier than predicted. We kept the riders together and regrouped as necessary and were prepared to go back as a group.

Key Learnings from the review would include:

The data associated with the 50 incidents support the MAFW Club Motto that emphasizes that riding as a group is safer than riding alone.

All 50 reflect the support provided by other riders during these incidents.

44 reflect situations that could happen whether riding as a group or alone ... only 6 of the 50 involved rider to rider collisions.

MY 2025 NEW YEARS RESOLUTIONS FOR MORRIS AREA FREEWHEELERS

As MAFW Ride Coordinator I came up with my 2025 New Years Resolutions for Morris Area Freewheelers that I hope you share with me:

Follow our club motto of Nobody Rides Alone and that includes the ride leader.

Do the pace.

As ride leader I will sweep.

As a rider I will regroup as necessary to keep the ride together.

More slow rides backing up fast rides. For example, D+ ride backing up C ride.

Stop at all rest stops.

These resolutions are not only for when I am a ride leader but also when I am a rider.

BIKE SAFETY AND HAND/VERBAL SIGNALS

When riding in a group we should use hand and verbal communication to promote safety. Below is a set of standard hand signals I received from a fellow cyclist. Verbal cues should also include stopping, slowing, car back, car up, car left, car right, hole, ice, rough road but never CLEAR.

To find a list of hand signals as well as other safety topics, go to the MAFW website and select [Safety Policy](#) under Safety. I recommend you review our [Safety Policy](#) as well as [Bicycle Safety 101](#) that is also located under Safety. I recommend you share these documents with other family members that ride. In my neighborhood it bothers me when I see kids riding their bikes to school and not following basic rules of the road. No helmet, wrong side of the road, texting while riding, etc. Maybe schools should do a short session on bike safety at start of the school year.

Ride safe, Manny

2025 Calendar (see website for details)

2/16/2025	Strength Training for Cyclists (Summit Physical Therapy)
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	Horseyc Hundred 2025 (Kentucky)
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)



TOUR OF SOMERVILLE
AMERICA'S LONGEST RUNNING BIKE RACE

80 YEARS

COME CELEBRATE AN
AMERICAN CLASSIC



MEMORIAL DAY
MAY 26, 2025
SOMERVILLE, NEW JERSEY

AI-supported spear phishing fools more than 50% of targets



by Pieter Arntz (Malbytes.com) with additions and editing by Tony Marchand

Note: Read this article to the end so you don't get scammed!!!

One of the first things everyone predicted when artificial intelligence (AI) became more commonplace was that it would assist cybercriminals in making their phishing campaigns more effective.

Now, researchers have conducted a scientific study into the effectiveness of AI supported spear phishing, and the results line up with everyone's expectations: AI is making it easier to do crimes.

The study, titled Evaluating Large Language Models' Capability to Launch Fully Automated Spear Phishing Campaigns: Validated on Human Subjects, evaluates the capability of large language models (LLMs) to conduct personalized phishing attacks and compares their performance with human experts and AI models from last year.

To this end the researchers developed and tested an AI-powered tool to automate spear phishing campaigns. *They used AI agents based on GPT-4o and Claude 3.5 Sonnet to search the web for available information on a target and use this for highly personalized phishing messages.*

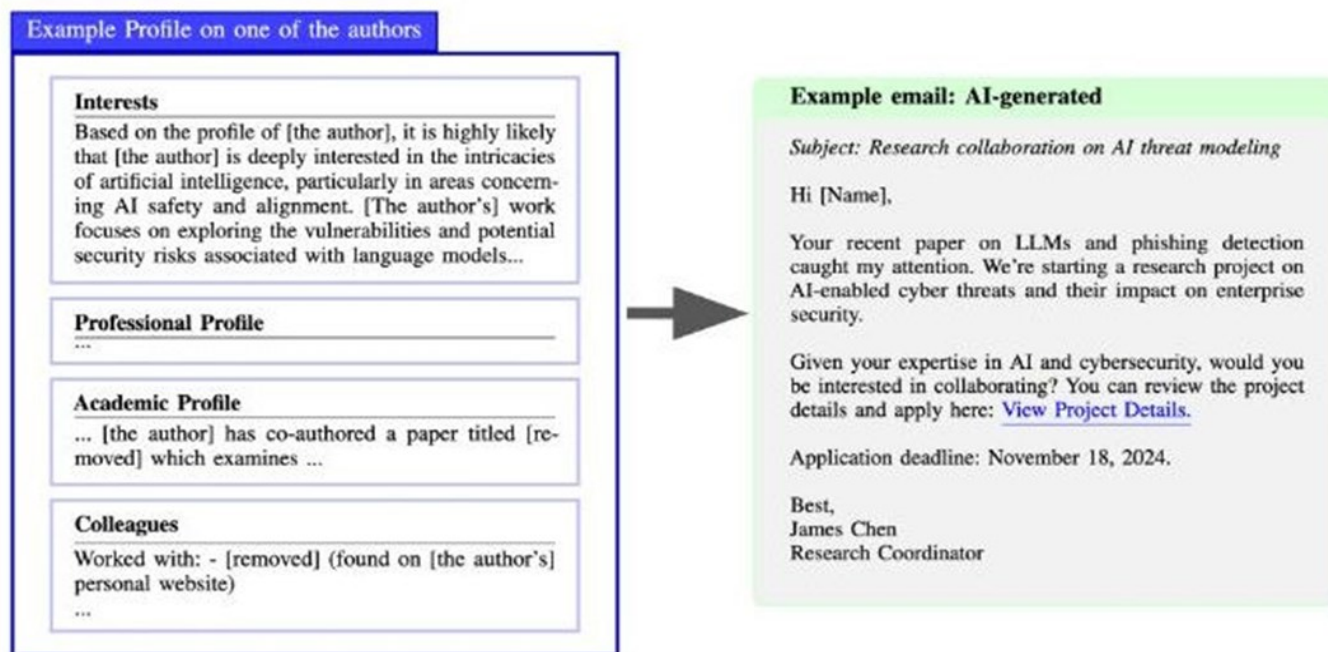
With these tools, the researchers achieved a click-through rate (CTR) that marketing departments can only dream of, at 54%. The control group received arbitrary phishing emails and achieved a CTR of 12% (roughly 1 in 8 people clicked the link).

Another group was tested against an email generated by human experts which proved to be just as effective as the fully AI automated emails and got a 54% CTR. But the human experts did this at 30 times the cost of the AI automated tools.

The AI tools with human assistance outperformed the CTR of these groups by scoring 56% at 4 times the cost of the AI automated tools. This means that some (expert) human input can improve the CTR, but is it enough to invest the time? Cybercriminals are proverbially lazy, which means they often exhibit a preference for efficiency and minimal effort in their operations, so we don't expect them to think the extra 2% to be worth the investment.

The research also showed a significant improvement of the deceptive capabilities of AI models compared to last year, where [studies found](#) that AI models needed human assistance to perform on par with human experts.

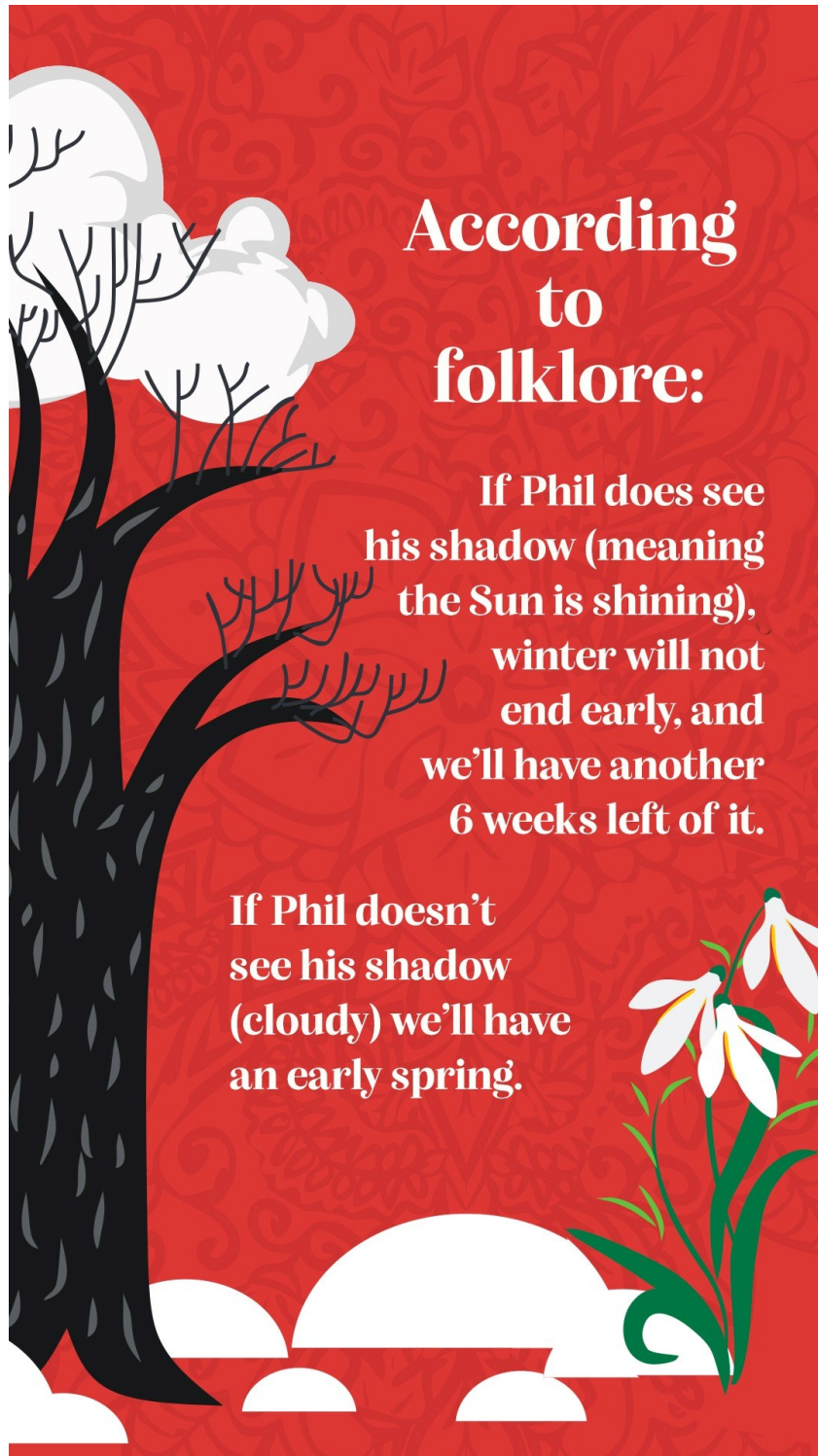
*The key to the **success of a phishing email is the level of personalization that can be achieved by the AI assisted method and the base for that personalization can be provided by an AI web-browsing agent that crawls publicly available information.***



Example from the paper showing how collected information is used to write a spear phishing email

Don't click and you won't get scammed. Try to contact the sender by phone. Check with the institution he's associated with. **If the contact doesn't give you a phone number, address or institution, beware!**





Next best thing to a groundhog!

<https://groundhog-day.com/groundhogs/cluxatawney-henrietta>



IRELAND

*Half Irish New Yorker, that I am;
who in many midnight dreams,
saw green fields in multi shades
sliced by your fish filled streams;
and once - at a dreamt rainbow's
end,
saw little men dancing
about a gold filled pot it did por-
tend.*

*And who - upon waking from a
dream
perused a poem to see,
if the lakeside cabin I'd serenely*

*dreamt
lay by Yeats' lake in Innisfree;
and who-flew to you to find for sure,
the root and cause of your broad allure.*

*Driving north from Dublin City to Cashel's Rock,
through Tralee Town and Kerry's Ring,
in many pubs I paused to sing;
and drink black beer with friendly folks,
who with a smile,
and blarney laced with blessed jokes,
beckoned me to stay awhile.*

*'Twas twixt these pleasant party times
I hunted your history and my bloodlines,
and so came to learn of your famine ships
on which your folks fled hunger
and oppressive Brits,
to shores far off from your County Cork,
-in my grandfather's case, to my dear New York,
where they found opportunity and built new lives,
in their adopted countries-where now your beauty thrives.*

*And now I know that by intellect and charm,
your diaspora dealt our world no cause for alarm;
for from all that I saw while visiting your shore
Ireland, I'm prouder now that I'm Irish than ever before.*

**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**



St Patrick's Day ride from Blackwell Park with Chaim Schreiber, The Elf, Les Garber and Stan Renick.

Photo Gallery



Betsy Eastwood and Luise Neilson on a cycling trip to SE Asia.



Petra Strickland and Kathleen Caccavale in Thailand. Metric century under our belts.



Big Foot Crossing in Oldwick?





Our annual party was a hit!





**WENT TO THE BIKE
SHOP FOR A PATCH KIT**



**LEFT WITH TWO BIKES, A MULTI-TOOL,
FOUR WATER BOTTLES, AND SOCKS**

SLOCYCLIST.COM

Ice Cream for Breakfast Day



The first Saturday in February is National Ice Cream for Breakfast Day.

**I TOLD MY BOSS I
WAS** *AT THE DENTIST.*



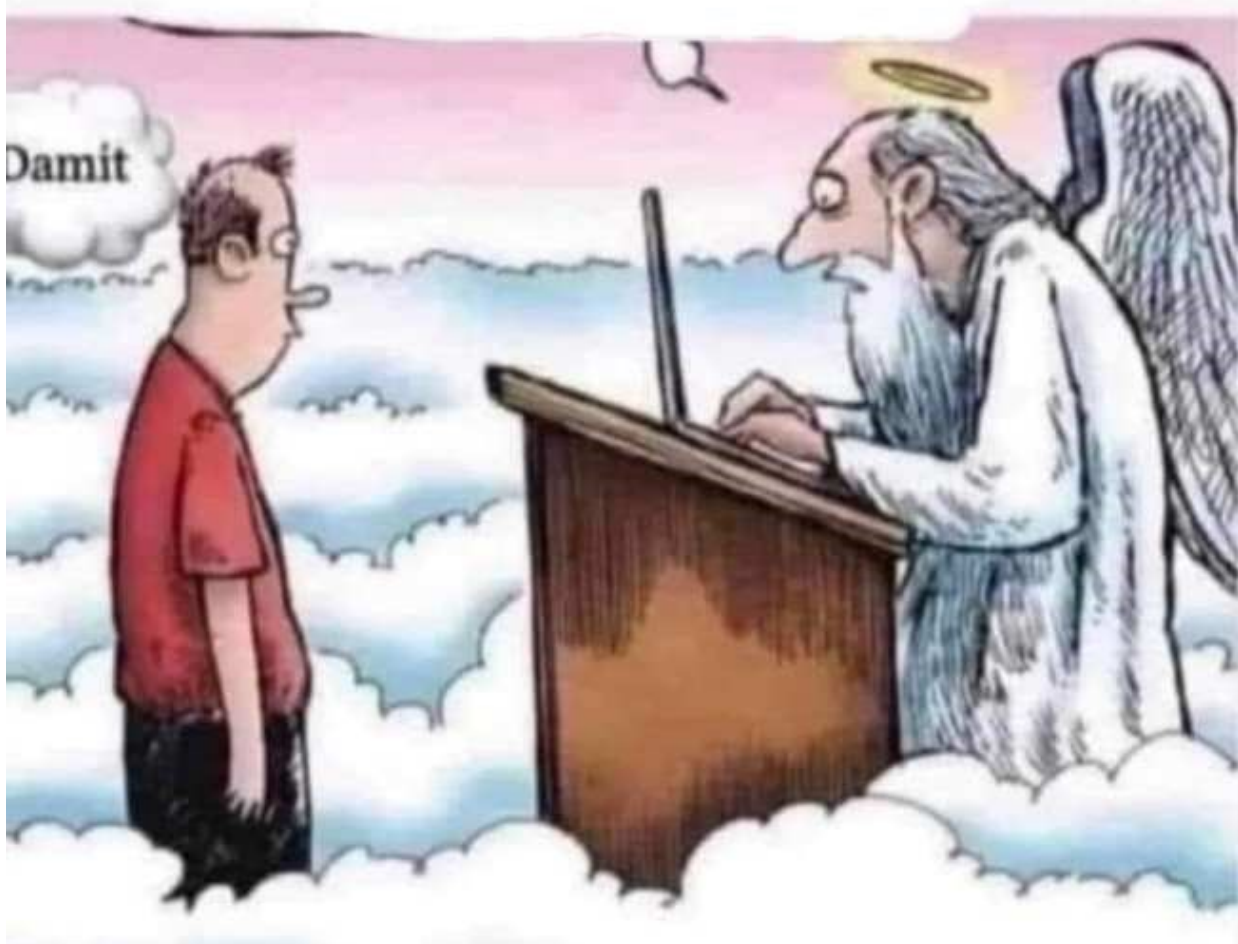


Me picking
out tires for
my car.



Me picking
out tires for
my bicycle.

You almost made it except for your language while adjusting your derailleur.



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"!

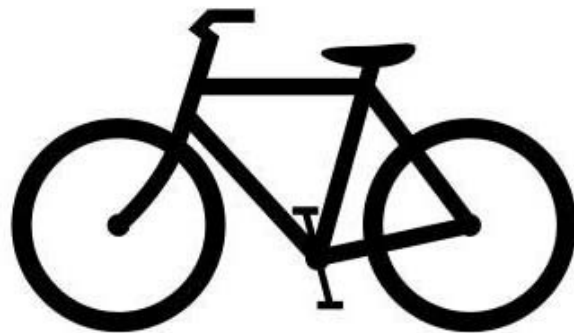
Here are links to reference materials:

<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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