

Freewheeler News

July 2024



Revolutionary Ramble 15 Moves to RVCC and Goes International! ***-Jay Marowitz***

The Revolutionary Ramble took place Saturday June 8th at Raritan Valley Community College, a new start point. About 750 riders registered from 16 states and from London, UK, Riyadh, Saudi Arabia, and San Juan, Puerto Rico.

All new, beautiful, challenging routes were designed by George Ebel and we incorporated three food trucks for the post-ride lunch. Three of the longer routes traveled through the recent NJ earthquake epicenter which was marked with a sign.

The transition from Drew University was challenging, but the volunteers led by our ride directors, Jeff Sperling and Michael Chenkin, did a great job making the transition. We had to rent large tents at RVCC and the Potterstown Fire House rest stop which worked out nicely. In addition, we had to use generators at RVCC to keep the starting line inflated, rent a refrigerator truck for ice and keeping ice cream frozen, etc.

What was different about the RVCC layout is that no matter where you stood, in the parking lots, the start line or the tent you could see everything, where to get food, where you hung your bike, where to register, etc.



Potterstown Fire Department Rest Stop

These photos were taken by Barbara Delaney. Check out rambleride.org for more pictures and videos.



Riders at RVCC



*The photography team took lots of pictures.
Dave Hall and Kimberly Kuznetsov Didn't Miss a Thing*

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/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

Candidates Needed!

This coming November, the Club will have its Biennial Membership Meeting, at which we will elect our Officers: President, Vice-President, Secretary, Treasurer, and Ride Coordinator. These Officers will serve for two years, beginning January 1, 2025.

The Club has a Nominating Committee, which is made up of Liz Jennison (former President, ex-officio Director), Kim Tulloch (general membership), and Mark Jay (At-Large Director). The Nominating Committee is charged with selecting a complete slate of nominees, who will be the candidates in the upcoming election.

Right now, we need to have a nominee for the Office of Vice-President, and we may need a nominee for the Office of Treasurer. That is where you come in.

Are you interested in serving as one of these officers, or do you know someone who is? If so, please notify one of us and we will take things from there.

Thanks in advance for your help! And if you have any questions or concerns, please don't hesitate to contact one of us. Our internal deadline is June 24, 2024, and we hope to hear from you before then.

Liz Jennison – drlizjen@gmail.com

Kim Tulloch – olie2005@gmail.com

Mark Jay – recorder.dulcian@gmail.com

Ride Coordinator Update

WAIT LIST – Ride leaders will occasionally restrict the number of riders on their ride. If the ride fills up, you will be placed on the wait list. If someone drops out and you are the first rider on the wait list, you will get a notice that you are on the ride. If you are on the ride and decide not to do the ride, please if at all possible don't wait until the last minute to cancel. I understand emergencies pop up but do your best so the rider who moves from the wait list has time to prepare and get to the ride.

SUMMERTIME – With the heat of summer upon us I encourage ride leaders to start rides early to beat the heat. All riders should have 2 water bottles and be sure to hydrate. If you feel the heat getting to you pull over under a shady spot, rest awhile and hydrate. All the more reason not to ride alone. Don't forget that sunscreen.

MAFW CALENDAR – Be sure to check the [MAFW Calendar](#) for those special rides. Not only are there special day rides but there are also weekend and weeklong rides. Suburban Cyclists Unlimited has a great [regional calendar](#) that we have permission to access.

[Calendar of Regional Bicycling Events DE NJ PA – Suburban Cyclists Unlimited](#)

Manny Coelho

President Update

Semi-Annual Trek Inspection Ride – 7/14/24

Many of you remember that last year we launched our first ever Trek Inspection Rides starting from Trek Stirling's location. These events were very well received with all participants receiving Trek's free safety inspection on their bikes. Jeff Sperling and team have been working the phones and Trek has partnered once again with MAFW to offer our members another free inspection in conjunction with our rides emanating from the Trek Stirling parking lot on Sunday, July 14th, 2023. We will have rides posted shortly. Members will receive a no obligation written inspection scorecard assessment of their bike. Keep an eye out for additional details and the sign-ups on our website. We are also in conversations about a gravel inspection date as well. Stay tuned for additional details.

Fall Picnic – 9/22/24 – Schooley Mountain Park.

The MAFW Fall Picnic will be on Sunday September 22nd, at Schooley Mountain Park in Long Valley. For those that have not ridden out of the park it's a beautiful location and the rides are fantastic as well. The picnic is free (and you can bring a guest). Please keep an eye out for the sign up so we know how many people to expect.

Revolutionary Ramble –

Last but not least, the Board wanted to thank all those that provided sponsorship money, donated personal time or participated in this great event and climbed until they cried uncle- LOL. The weather was perfect, and the rides went off without a hitch. All the profits are donated to the local EMS Squads, NICA and other bike related organizations. In addition, ride participants donated a significant number of bikes to the Boys and Girls Club for refurbishment. This event demonstrates what a great club we have and is a key component of our "brand." To pull this off takes a lot of planning – more than I ever imagined and it would not be possible without our members. Please get involved and help us continue to grow this event to being one of the best and "biggest" events in NJ.

See you out on the road

Joseph Reo

MAFW President

Please welcome the following new members:

Jeryl Crema	Denville
Tom Pavlou	Jersey City
Mark Olinsky	Maplewood
Jonathan Katz	Morristown
Jennifer Smeddy	Princeton
Gregg Fremed	Sarasota
John Pignata	Summit
Daniel McConvey	
Angela A Moss	
Steven Gray	
Chuck Crocco	
Mark Womer	
John Werner	
Ram Reddy	
Steven Peterson	
John Klimko	
Brenda Wiegers	
David Hill	
Will Crall	
Yun Mao	
Joseph Quintavalla	
Kenneth Levene	
Matthew Brown	
Lisa Bertoline	
Nancy McDowell	
Aliza Sherman	
Faye Cefalu	
Mike Kertesz	
Jennifer Tull	
Jenny Ruiz	
Joseph Polizzi	
Laura Eville	
LouAnne Greenwald	
Glenn Olango	
Joseph Severs	
Rena Odette	
John Petersen	
John King	
Victoria Collado	
Matt Nafus	



THE SIXTEENTH ANNUAL MILESTONE PARTY

A celebration will be held on **Tuesday, October 8th** at Annabella Ristorante 144 Main Street Whitehouse Station, choosing an entrée from the Lunch Specials menu, plus salad, bread, BYOB.

The luncheon will begin at 12:30PM, following rides from Pickell Park. Baking will once again be done by Lynda DeLuca.

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

You will receive a free lunch compliments of MAFW if, in 2024, you have one of the following birthdays: **50, 55, 60, 65, 70, 75, 80, 85 and above.**

All others pay \$20 cash. Everyone is welcome to attend.

Please RVSP to Patricia Kipp by Friday, October 4th.

Email: freewheelpat@gmail.com

Cell: 908-625-1003

No walk-ins

RAMAPO RALLY

[RAMAPORALLY.COM](https://www.ramaporally.com)

6 Beautiful Routes, 12-125 miles

Breakfast and Lunch

GPS & Cue Sheets

SAG Support

**SUN
AUG
18**



REGISTER NOW

<https://wp.btcnj.com/ramaporally/registration/>

Tubeless Tire Maintenance

From Bike Radar with additions and edits by Tony Marchand

Dealing with tubeless tires should be easy. But without proper maintenance and knowledge on puncture repair, your Uber bill may be more costly than your grocery bill.

There are lots of advantages to tubeless tire setups – the sealant inside should seal most small punctures without you ever noticing, and you can run lower pressures, which improves ride comfort and grip.

However, a tubeless setup requires regular maintenance to keep it performing at its best. This is because [tubeless sealant](#) dries up over time. The last thing you want to happen on a ride is to experience a puncture that doesn't seal.

How often should you replace tubeless sealant?

Replacing tubeless sealant is a messy job but one that can't be avoided. As a general rule, *we'd recommend topping up your tubeless sealant every three to six months (see step 2 and consider a syringe to top off the sealant). We also recommend fully removing the tire for inspection once every 12 months.*

Please note due to the vast array of tubeless sealants available, these timelines might differ for your specific setup. Climactic conditions, how often you ride and how you've stored your bike will all also impact the lifespan of your sealant.

You will need:

- Fresh tubeless sealant
- Tubeless injector/syringe (optional but makes it easier)
- Tire levers
- Tubeless inflator or track pump
- Valve core removal tool

How to refresh your tubeless setup

Step 1

Once the tire's deflated, remove the valve core. Remove the valve core by slotting the removal tool over the core and turning anti-clockwise. You can also use pliers in a pinch.



If the core won't budge or the valve spins when you try to undo the core, grasp the stem of the valve with a pair of pliers to prevent it from turning.

Step 2

To avoid needlessly topping up sealant, we like to use a ***cable tie and poke it down the valve in the manner of a dipstick to check how much sealant is left in the tire.***

Position the valve at six o'clock, so all of the sealant flows to the bottom. Dip the cable tie in. As a rough guide, we'd say if there's more than a centimeter of sealant on the cable tie, you're good to go.



if you're happy with the amount of sealant left, reinstall the valve core and tire.

If you've decided you're going to add sealant, you can either use an injector to install it through the valve core or remove one bead of the tire to get a closer look at what's inside. Removing one side of the tire bead is an inevitably messier job.

Step 3

If you don't have a syringe (or want to inspect the sealant more closely), remove one bead of the tire with a tire lever. Be mindful of where you are working because sealant is likely to spill onto the floor.



In our example, there's still some liquid pooling at the bottom, ***but if yours is completely dry or the sealant is congealed, it's worth giving the tire a thorough clean.*** The dried-up sealant only adds unnecessary weight.

While you're at it, inspect the tire for any bigger cuts and check the rim tape for wear, replacing if necessary.

You may also want to consider fully removing the tubeless valve and giving it a thorough clean because sealant can gunk up inside. We like to use isopropyl alcohol for this (soak the valve if necessary).

It's also worth checking the body of the valve core moves freely because they can get clogged with sealant – if it doesn't, it's inexpensive to replace.

Step 4

Refit the tire and, before installing the last section of the bead, add the recommended amount of sealant.



This will usually be stated on the side of the bottle and will be specific to your wheel size and tire width.

Step 5

Reseat the tire with a track pump or tubeless inflator. Some stubborn tires require the use of the latter when setting up tubeless.

Give the tire a thorough shake to coat the sealant everywhere. We'd recommend heading out for a brief test ride so the sealant has a chance to coat the tire.

An additional note:

Tubeless tires run at very low pressure. They pressure should be checked before each ride and adjusted to your riding conditions. A good gauge calibrated to low pressure and a tire pump specifically for tubeless tires will make your ride smoother and less likely to leak or puncture.

***In the next article, we will cover on the road tubeless tire repair.**

<https://www.bikeradar.com/advice/workshop/tubeless-tyre-maintenance>

<https://www.bikeradar.com/advice/workshop/how-to-repair-tubeless-puncture>

<https://ezgif.com/webp-to-jpg>

The Lewisburg Spring Weekend by Roy Fischman

The Lewisburg Spring Weekend took place on the weekend of May 17, 18 and 19. Some MAFW members have done this ride and/or the fall ride before. Haroon and Lynn rode in this Spring event.

For those who have not been on these weekends, it is a well run event, going on for over 20 years.

When we first checked into the hotel, the Best Western Hotel in Lewisburg, we went to the "meeting room". This is the always open room, where snacks are available, such as trail mix, granola bars, fruit, vegetables, dips, cookies, pastries, drinks, beer and wine.

This room is also where the white boards are kept. The white boards list the trips for each day of the weekend, Friday afternoon, five trips were listed, from 16 miles to 37 miles. Saturday there were about 10 trips, from 10 miles to 100 miles, though because of rain in the morning, those rides were either postponed until the afternoon, or cancelled. Due to the morning rain we were treated to a travelogue from a couple who did their own trip to Japan, among other places. For Sunday, there were about six trips listed.

Hot breakfast each morning was at the hotel. Dinner on Friday was at the hotel and dinner on Saturday was a buffet at Front Street Restaurant. A free shuttle bus was available to take over to the restaurant.

The next event is the Gettysburg Fall Bike Weekend, October 25, 26 and 27. That weekend usually attracts enough bicyclists to fill two hotels. Bicyclists from many clubs and many, not in clubs, attend this weekend. I hope that you can join me for this low-priced all-inclusive weekend.



Bike Tours by Linda presents the
Gettysburg Fall Bike Weekend
Friday, Oct. 25 – Sunday, Oct. 27, 2024

Scenic, historic Gettysburg, PA

Civil War landmarks • Peaceful landscapes • Horse farms • Museums & Galleries • Farmers' Markets Cafes • Shopping • Wineries



History & photography buffs alike will enjoy all there is to see & do!



Our Tour Package includes:

- Fri & Sat nights at Aspire Hotel/Eisenhower Conference Ctr, Gettysburg,
- Meeting/party room at the hotel reserved for our group for the whole weekend,
- Ride packets with an array of cue sheets & maps, ridewithgps.com route links, etc.
- Schedule of group rides with Leaders,
- Cycling around Gettysburg Battlefield,
- Off-road cycling nearby on York Heritage Rail Trail,
- Peaceful Codorus State Park and Lake Marburg nearby,
- Friday & Saturday dinners,
- Saturday & Sunday breakfasts,
- Cycling snacks and sandwiches to take along with you on rides,
- Post-ride therapeutic massages on Saturday afternoon,
- Parties, SAG, mechanic, music, and smoothies made on a blender-bike,
- **Plenty** of sightseeing and local attractions for non-cyclist companions.



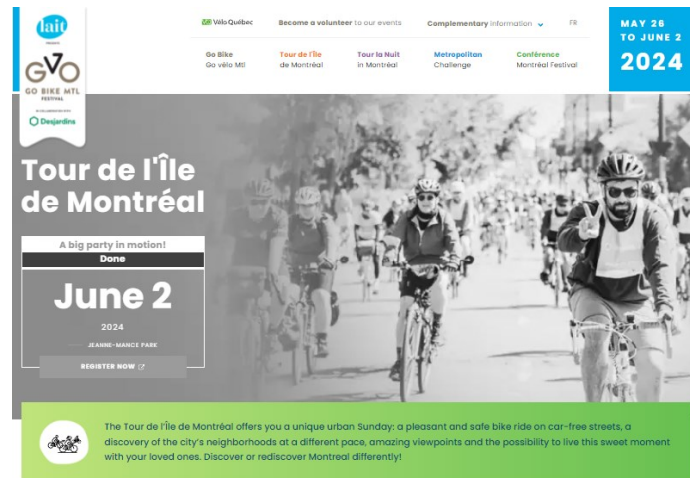
gettysburgfallbikeweekend.com



Cost: \$289/person, dbl. **GROUP DISCOUNT** available. Questions?
Contact Linda. at 267-251-7862. or aettvsbafallbikeweekend@yahoo.com

An Accessible International Bucket List Ride ... Le Tour de L'Île de Montreal

By Drew Thraen



Twenty to thirty years ago I first heard of the “Tour de L’Île de Montreal” and longed to take part in this great cycling event. With it being outside the United States in the French Speaking Canadian Province of Quebec, the event was particularly exciting. This year the opportunity arose for a solo adventure, and I unexpectedly found myself making last minute plans for a 3-night stay in beautiful Montreal with the highlight being able to finally do the ride ... one that I am hoping other MAFW members will consider for June in 2025!

Montreal is a 6 – 7 hour car journey and offered me some time to listen to my French Language CDs in an attempt to brush up on my seven years of middle and high school French which although very fun was not exactly as successful as I hoped. Ultimately it was not too necessary due to the kindness of the very friendly and accommodating residents of the city. Montreal has much to enjoy...interesting architecture...scenic neighborhoods...diverse and fantastic restaurants...beautiful parks...and great cycling!!

The Tour de L’Île de Montreal was wonderful. It is quite different from the NYC event rides. I arrived close to the 7:00 AM start time expecting a large crowd ...I was very pleasantly surprised to find the start very empty allowing me to take photos with three of the Ride Starters.

Early on I was welcomed by local riders Fred, Isabel, and Jasmine to become part of a group on the 96 km ride. I admittedly probably drafted on them for about 95.9 of the 96 km enabling me to somehow average 16 mph while learning from them about the area and being extremely impressed with their seamless shifts between English and French in their conversations.

Highlights of the ride would include the scenic route to the Lake of Two Mountains, the return along Lakeshore Drive along the St. Lawrence, the Lachine Canal, riding through Verdun with the Town’s people greeting riders and giving us a feeling that I’m guessing TDF riders get when passing through welcoming towns, the Old Industrial Area, the Cobble by Place d’Armes near the Bank of Montreal and the Notre Dame Cathedral, and the final hill near the finish with photographers snapping our pictures. Nothing, however, topped the traditional celebratory drink of Chocolate Milk at the finish!!

A truly fun event that I hope to enjoy again next year!! Even better is that it is part of Velo Quebec’s “Go Bike Montreal” weeklong event. I am hoping to also ride the more casual Friday Night “Tour la Nuit” (Night Tour) as well as the Sunday “Tour de L’Île de Montreal.” I am hoping other Freewheelers will join in next year!!

Tour de L'Île de Montreal Highlights



Snapping a Selfie with 3 of the Ride Starters



A brief rest with Fred, Isabel, and Jasmine ...
New Cycling Friends from Montreal

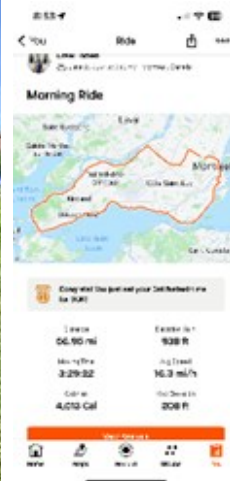


Fred, Jasmine, Drew, and Isabel on the Streets
of Montreal



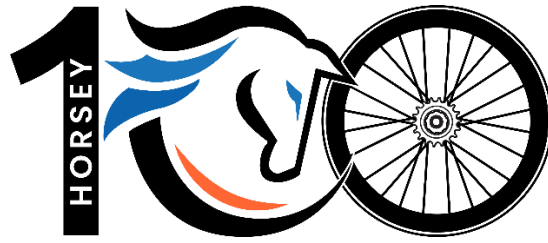
Celebrating at the Finish!!!

The Celebratory Chocolate
Milk at the End!!!



The Route

HORSEY 100 MAY 24-26, 2024 BY MANNY COELHO



On Memorial Day Weekend 13 MAFW members traveled to Georgetown, Kentucky for the Horsey 100, Kentucky's premier bike event run by the Bluegrass Cycling Club. Nine of us did the event through People Cycling that arranged for us to stay in the Hilton Garden Inn, only ~2 miles from Horsey 100 HQ. A total of ~2500 cyclists participated in the Horsey 100. On Friday you can start the event by doing a 23 or 35 mile ride. Saturday was the flagship day with five routes ranging from 26 miles to the iconic Century. On Sunday you had your choice of four rides ranging from 21-74 miles.

The rides took you through and around the Bluegrass region and treated you to some of the most beautiful scenery including horse farms, stone and wood fences, rivers, streams, lush pastures, historic towns and of course bourbon distilleries. We made the wise choice not to stop for bourbon tasting, especially if you are doing the century. After each day's ride People Cycling did have a happy hour where you could try some different bourbons.

The weather could not be better and rain held off until early Sunday afternoon. When the rain came it came with a vengeance with heavy winds and rain. One of our members who was doing the 74 mile ride had to shelter against a stone wall. I was visiting the Kentucky Horse Park and had to shelter in place in the visitor's center until the storm passed.

We all had a great time and I recommend you consider doing it next year.







By Paul Malinowski and Amy Avitabile

On June 12, the MAFW (Morris Area Freewheelers) and BTCNJ bicycle clubs conducted a joint-Club bike ride with approximately 35 cyclists. The ride started from Gardner Field in Denville, cycled through the quiet and mostly freshly paved roads Of Mountain Lakes, Boonton, Kinnelon, Fayson Lakes, and ended at Church Street Bagels/ SmartWorld Coffee for food, drinks, and good conversation. The general feedback from participants was overwhelmingly positive and several expressed interest in another joint-Club ride.

These two Clubs have a history of joint rides and many riders are members Of both clubs. However, it had been a long time since the last ride was conducted. The idea to reinvigorate a joint-Club ride was hatched over coffee in Naples, FL by Amy & Scott Avitable (BTCNJ) and Paul Malinowski (MAFW and also a BTCNJ member) who ride together in Florida, but not in NJ - until now. The three of us would pass each other so often on our rides as we would do similar loops in the opposite direction. Inevitably we would all run into each other at SmartWorld in Denville.

We had tried to get this up and running in 2023, but were met with some concern that the two Clubs operate their rides so differently it would be logistically difficult to execute. When the three of us, this past winter, talked about it again, we realized those differences were not a barrier. Each Club has different letter categories for their ride. Additionally, the start time means a different thing. For BTCNJ the posted time is the meeting time, and departs 15 minutes later. For MAFW the posted time is the start time. We realized if we just clearly communicated the meet and depart time, as well as the planned pace, we would eliminate the logistical "hurdles."

Joint-club rides are a win-win. They help promote the sport of cycling, enable us to expand our personal networks, make new friends, share new adventures, ride new routes (or at least in a different direction!), and learn new techniques from each other. The one important thing that we all share in common is the enjoyment we get from pedaling a bicycle (even up the steep hills).

Some feedback we can incorporate for future joint rides:

Don't underestimate interest in these rides! We were a bit surprised by "the mob" that showed up, and could have planned Ride Leaders a bit better (Thanks Chuck White for stepping up!).

It was great riding with another Club and meeting people with likewise interests. I wish there was a way that we could share rides with other New Jersey Clubs.

Post two distinct paces for each Club. From MAFW Paul led the C (BTCNJ B, MAFW C) ride and Manny led the (BTCNJ MAFW D+) ride. From BTCNJ Scott and Amy led the B ride while I led the C* ride since Manny is a RL for both clubs. The C and B rides were combined and the C* and rides were combined.

Keep your eye out for future joint rides and come and join us!





The group before we rolled on June 12th at Gardiner Field, Denville. Photo by Dave Hall

Photo Gallery



***Len Sanders' birthday party. (Mario, Len, Carl, Marv, Bill and Mark)
June 5, 2024.***



Dave Hall's Birthday ride from Colonial Park. June 10, 2024



***We got off our bikes to enjoy a baseball game (Somerset Patriots at TD Bank Ballpark Bridgewater).
June 21, 2024***



One of our favorite places (Oldwick)!



Hot ride in Denville leads to bagels and coffee.



Our friend, Conrad, is moving to Washington State. We will miss him terribly! We threw him a goodbye party with 3 separate rides and over 35 cyclists who celebrated with him. June 26, 2024

Remember to drink lots of water and stay indoors between 11:00am and November 1st.





Cycling can be dangerous. Says Manny “That was in Green Village, corner Miller and Woodland. I tried to help him or her across the street but the sucker tried to bite me”.



What a great rest stop!

2024 Calendar (see website for details)

07/20/2024— 07/27/2024	Bon Ton Roulet 2024 (Cortland, NY)
07/27/2024	Spellbound Century 2024 (Mount Holly, NJ)
08/02/2024—08/04/2024	2024 Mountain Ride (NC)
08/18/2024	BTCNJ Ramapo Rally
08/25/2024	The 48th Brandywine Tour (Kennett Square, PA)
09/07/2024	Maine Lighthouse Ride
09/07/2024	Sourlands Spectacular
09/07/2024	38th Annual Amish Country Bike Tour
09/28/2024	Sea Gull Century 2024 (Salisbury, MD)
09/28/2024	Escape New York
10/04/2024-10/06/2024	Roy's Penn Dutch Weekend
10/08/2024	16th Annual Milestone Party—Annabella Ristorante
10/06/2024-10/12/2024	2024 Mountain to Coast Ride (NC)
10/25/2024-10/27/2024	Gettyburg Fall Bike Weekend



Roy's Penn Dutch Weekend October 4 -6, 2024

This 9th annual ride through the farmlands of the Penn Dutch in Lancaster County, Pa. is now in the fall. Why? Cooler temperatures that will leave us with the energy to try some of the other activities available after bicycling, like miniature golf and pickleball.

We will again have rides led by leaders of the local bicycle club, Lancaster Bicycle Club. Our contact with the club this year is Richard Brown. Last year, Lynn Pfeil was with us, but she is on another bicycle trip this year.

The accommodations for the weekend is again at the Bird-in-Hand Family Inn, (pool building). The discounted room prices are the same as last year! (but the tax,11%, currently, is extra). Each room has 2 queen sized beds.

The cost is per room, for each night, (2 nights, Friday and Saturday)

\$150 for single or double occupant

\$160 for three in the room

\$170 for four in the room

The phone number to reserve the room is (717) 768-1100. To get the discounted rate, please say that your reservation is for Roy's Penn Dutch Weekend. Cancellations are accepted up to 24 hours before the first day, October 4, at no charge to you. Bicycles can be brought to your room. Check in is at 3:00 pm and check out at 11:00 am. But early check ins and late check outs are usually available.

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 on the hotel property at [Water's Edge Mini-golf](#) (additional fee)

Shows at the on-site theater-if you wish to attend, please buy tickets in advance. [800-537-2535](tel:800-537-2535).

[Ryan & Friends](#) ventriloquist show at 7pm, October 5

[Half-Stitched](#) musical show at 1pm, October 5

FREE TWO HOUR AMISH FARMLAND TOUR – GIVEN MONDAY THROUGH SATURDAY BY MAKING A RESERVATION AT [800-537-2535](tel:800-537-2535).

DINING FOR THE WEEKEND

Friday – 7pm Dinner at [Lancaster Brewing company](#) – 7.6 miles away

Saturday morning – Two breakfast choices, [Bird-in-Hand restaurant](#) (buffet or individual menu), at the hotel property, or [Bird-in-Hand Bakery and Café](#) across the street

Saturday night – 7 pm Dinner at [Manor Buffet](#) 5.8 miles away. Save some room for smores back at the hotel around the firepit

SUNDAY MORNING – BREAKFAST AT [HUCKLEBERRY'S RESTAURANT](#) 2.3 MILES

ACTIVITIES TO DO NEARBY IF YOU'RE NOT BICYCLING. – MANY ARE CLOSED ON SUNDAY

[Bird-in-Hand Farmer's Market](#) – next door to the hotel

[The Railroad Museum of Pennsylvania](#).

[Kitchen Kettle Village](#) – a walking collection of many shops, open 9am to 5pm, Monday through Saturday

[Dutch Wonderland](#) – an amusement park with shows and rides- 3.8 miles [\(866\) 386-2839](tel:866-386-2839)

Pickleball courts are available at the [Lancaster County Parks](#), the closest one is 7.7 miles, [Stauffer Park](#).

[Corn Maze](#), 4 acres from 8am to 7pm – no cost– available across the road behind the Birdin-Hand Bakery and Cafe

If you need more activities to choose from, I suggest that you look at [Discover Lancaster](#) and at [Trip Advisor](#)

WINERIES THAT HAVE TASTINGS

Waltz Vineyards (717) 664-9463 – 22 miles from the hotel, open from 11am to 6pm – \$12 for 5 wines

Grandview Vineyard (717) 653-4825 – 24.5 miles, open 12pm to 6pm, \$10 for one glass of 5 wines and \$14 for cheese and chocolate included. If over 6 attend, make a reservation.

Nissley Vineyards – (the route to Three Mile Island may stop here) (717) 426-3514 29 miles, Friday and Saturday 11am to 5pm Sunday 12pm to 5pm, \$10 for 6 wines

THE VINEYARD AT HERSHEY, (717) 944-1569, 34 MILES, \$8 FOR 6 WINES, OPEN 12 TO 6PM

BICYCLE RIDES FOR THE WEEKEND

Note that all the rides will be led by leaders of the local Lancaster Bicycle Club. Rides will start at the back of the hotel by the sign “Tour Pickup”, unless the description gives another start location. The ride classifications they use below are “Flat” no more than 5.7 grade and “Rolling” no more than an 8.1 grade.

Friday

3pm Bird-in-Hand short ride 14 miles, flat. After the ride, walk, or bicycle to the Bird-in-Hand Farmers Market next door

Saturday

9 am Conestoga and Lapp Valley ride 27 miles, flat

9:30 am Three Mile Island ride, 50 miles, rolling (Don't worry about radiation, none there now) starting from Landisville Middle School 13.9 miles. We will stop for a wine tasting at Nissley Vineyards if most of us agree

9 am Northwest River Trail. Easy flat The start will be at 29 Furnace Rd, Marietta PA 21 miles from the hotel. This ride is flat and paved and the distance is 20 miles.

Sunday

9 am Spring Garden ride 31 miles, rolling hills

9 am Bird-in-Hand long ride 20 miles, flat



To register for this weekend, please sign up on the Morris Area Freewheelers site on the date for the weekend. And save some appetite after Saturday night's dinner. We are planning on smores and snacks at the firepit.

Poet's Corner by John J. Burns



My Tour De France

Cornering the last corner of my roundabout,
I leaned left pedal up pumping fast
into a cooling breeze and beheld to some
surprise, the cheering of new found fans.
First my mind freaked but later tweaked;
for I knew them not
nor of any plot, which first
I presumed it to be
their rallying cry to me-"Tour De France".

Their cry moved my mind to dance and chance
that I was there and had crossed
its legendary line, victorious upon
my wild wheeled steed, breath gasping,
one hand held high and champagne clasp,
the other raised two fingers forked
and V'eed to feign for them my victory;
in which they'd played an inspiring part,
cheering me on for believing I had biked all France
to Paris in my New Jersey neighborhood park.

JOHN J. BURNS - (Author of "Lifebeats" A Collection of Poems by John J. Burns available from Amazon . Com or from the author directly at email)

The 2024 Tour de France starts on June 29 and races through July 21.

MAF Bike Adventures 2024 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 2023/ 2024 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 2024 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 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"!

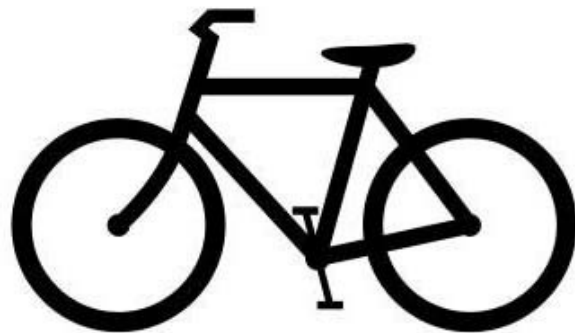
Here are links to reference materials:

<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 Betsy Eastwood. email: membership@mafww.org

***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, 2023 and September 30, 2024 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

CLUB OFFICERS

Executive Committee:

President

Joseph Reo
Tel. 973-944-8286
president@mafww.org

Vice President

Paul Malinowski
Tel. 201-844-0247
vp@mafww.org

Secretary

Jessica Simpson
Tel. 732-947-0048
secretary@mafww.org

Treasurer

Merritt Peterson
Tel. 908-656-0171
treasurer@mafww.org

Ride Coordinator

Manny Coelho
Tel. 732-259-8990
ridecoordinator@mafww.org

Directors:

Newsletter Editor

Patricia Kipp
Tel. 908-647-1805
newsletter@mafww.org

IT Coordinator

Jon Eiseman
Tel. 908-656-1099
it_coordinator@mafww.org

Membership Coordinator & Log-in Resets

Betsy Eastwood
Tel. 201-400-1145
membership@mafww.org

Safety Coordinator

Drew Thraen
Tel. 973-796-4486
safety@mafww.org

MAF Bike Adventures Coordinator

Roy Fischman
Tel. 718-887-1854
adventures@mafww.org

Website Content Manager /

Web Events Editor

Jon Eiseman
Tel. 908-656-1099
webcontent@mafww.org

Social Coordinator

John Storey
Tel. 973-703-3473
social@mafww.org

Member at Large

Mark Jay
Tel. 973-912-9066
atlarge@mafww.org

Marketing / Communications Coordinator

Tracy Brown
Tel. 973-723-9538
marketing@mafww.org

Past President

Liz Jennison
Tel. 973-723-7520
drlizjen@gmail.com

Revolutionary Ramble Co-Directors

Michael Chenkin
Tel. 732-688-3493
mchenkin@gmail.com

Jeff Sperling

Tel. 908-451-6122
jlsperling@yahoo.com

Revolutionary Ramble Liaison

Jay Marowitz
Tel. 973-886-5731
freewheeljay@gmail.com

Appointed Volunteers:

Cue Sheet Librarian

Jan Gorban
Tel. 732-713-0208
cuesheet@mafww.org