

Freewheeler News

July 2025



MORRIS AREA
Freewheelers



Wishing everyone a safe and happy summer. May you enjoy a wonderful riding season.

Watch the schedule for the next Party ride on Sunday July 13th from Pickell Park. There will be a stop at Polar Cub for ice cream courtesy of the club shortly before the rides end.

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)

7/13/2025	Party Ride—ice cream at the Polar Cub on Rte 22.
7/22/2025—7/26/2025	Bon Ton Roulet (Geneva, NY)
8/17/2025—8/22/2025	Colorado's Ride
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)

Fall Gettysburg Weekend Ride

Information regarding this event can be found at:

<https://www.biketoursbylinda.com/>

Club member Roy Fishman will be one of the ride leaders for this event.

Those who might be interested in a 6 day trip can accomplish this by including the National 9/11 Trail that includes the Gettysburg trip.

Information about the National 9/11 Trail 6 day tour can be found at:

<https://www.911trail.org/gettysburg-loop-tour.html>

Hopefully we'll be free of brutally hot weather for the rest of the summer.

Have fun; stay safe.

Michael Chenkin



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

THE ANSWER MAN
SPECIALIZING IN OBFUSCATION AND MISINFORMATION

Dear Answer Man:

Why is it that the slower the ride pace, the longer the lunch break?

Dear Confused Club Member:

That is because the slower paced cyclists fail to understand that the primary purpose of the ride is to get back to the parking lot. The slower paced cyclists seem to think that they are out there to enjoy the views, the countryside and the companionship of their fellow cyclists. Little do they know.

Dear Answer Man:

What is the best way to get faster on my bike? Should I spend \$7,000-\$10,000 for an ultra- light carbon bike with aerodynamic wheels, electronic shifting and disc brakes, or should I do like my friends suggest and just lose that extra 10 lbs I've got hanging over my belt?

Dear Cyclist:

You don't want my answer. You're going to buy that bike anyway.

Dear Answer Man:

I notice that practitioners of many skills must be certified. I've encountered Certified Physical Trainers, Certified Accountants, even Certified Chimney Inspectors.

Do our ride leaders have to be certified before they can sign up to lead rides?

Dear Cautious Cyclist:

Of course they have to be certified. They are tested both physically and mentally. The physical test is known as the "Fog A Mirror Test". A small mirror, roughly 2"x3", is placed in front of the candidate's mouth, and he, she or they are requested to exhale. If no moisture can be detected on the mirror, the candidate is rejected. No second chances permitted.

The mental test requires candidates to know their left hand from their right. This requirement is enforced in order to insure the accuracy of turns. However, due to the shortage of ride leaders the club does permit candidates to tattoo an "R" and a "L" on the back of each hand. You may rest assured that all MAFW ride leaders have passed both parts of this rigorous certification exam.

Len Sanders

How to adjust (index) your front derailleur

By Tony Marchand

Front derailleur adjustment is easy when you know how, so follow the guide to set yours up in minutes (*provided you're running a compact or double chainring drivetrain*). If you're running a 1x, see Sickbikers quote at the end of the article.

There are few more upsetting occurrences than shifting gears in expectation of an imminent sprint or climb only to have your front derailleur throw the chain, leaving you with legs twirling but a bike that's going nowhere.

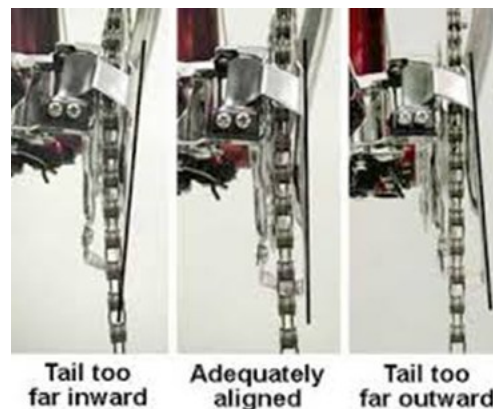
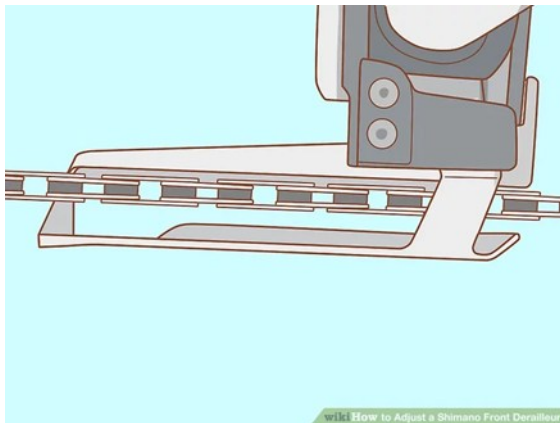


Less dramatic but nearly as trying is the grating and grinding of a front derailleur that's somewhat out of adjustment.

Luckily, an unhappy front derailleur doesn't ordinarily require an excursion to the bike shop – at least not if you follow our tips to get yours working smoothly again.

How to adjust your front derailleur:

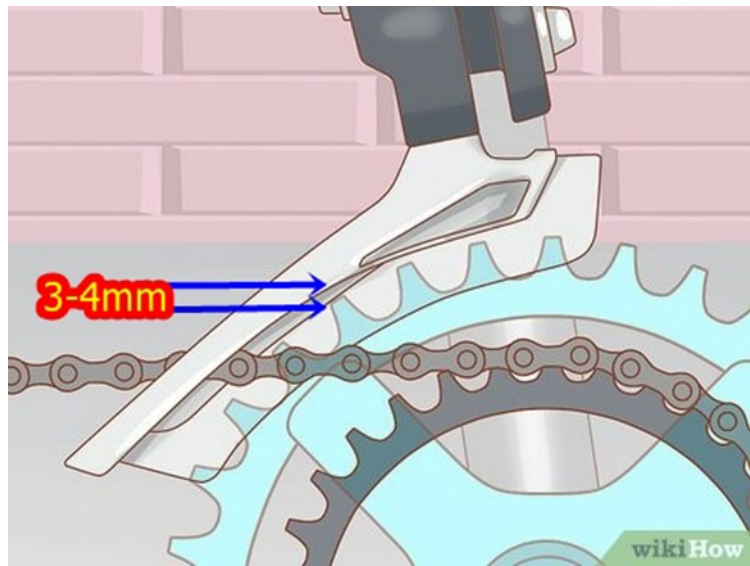
1. For **NEW CABLE INSTALLATION** (*if you're adjusting an existing cable, move on to step 2*): Attach the cable at the derailleur pinch. Pull on the cable that runs along the down tube (or where the cable leaves the frame if internal) to firmly seat the cable ferrules in the cable stops. Re-attach the cable by pulling the cable end around the derailleur pinch bolt and tighten the bolt. This assures that there is no slack in the cable.



2. Adjust the derailleur orientation (angle):

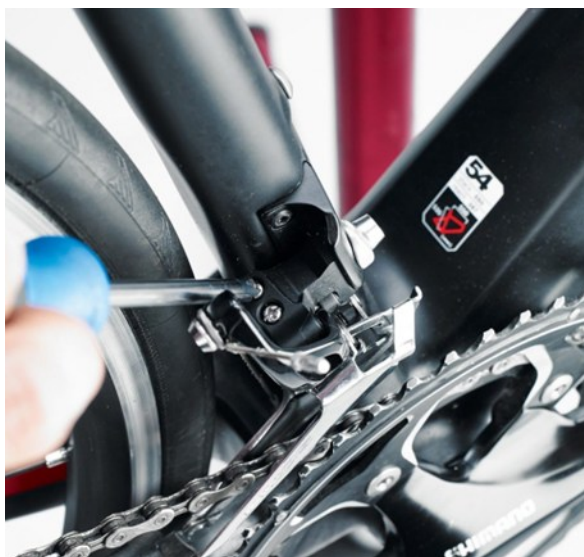
The front derailleur should run parallel to the chainrings. *If it doesn't: slacken the bolt fastening it to the frame slightly, just enough to rotate it into the right position. Re-fasten the fastening bolt.* A front derailleur angled too far in or out will result in the chain rubbing on the derailleur plate as well as poor shifting.

3. Adjust to the right height:



Check the height of the outer plate of the derailleur above the outer chainring. When directly above the largest chainring, **the outside edge of the derailleur should sit 3-4mm above the teeth of the chainring.** One can use a 3 or 4mm hex wrench, making sure it fits between the derailleur plate and the chainring teeth in determining the height. **If you need to adjust the derailleur height, it will be necessary to release the derailleur cable at the pinch bolt to move it up or down (making sure it's parallel as in 2 above), and then reattach the cable to the derailleur while taking out the slack.** Note: A derailleur mounted too high risks the chain coming off when shifting from small to large chainring. A derailleur mounted too low may result in the derailleur “grinding” against the chainring as well as inability to shift from small to large chainring.

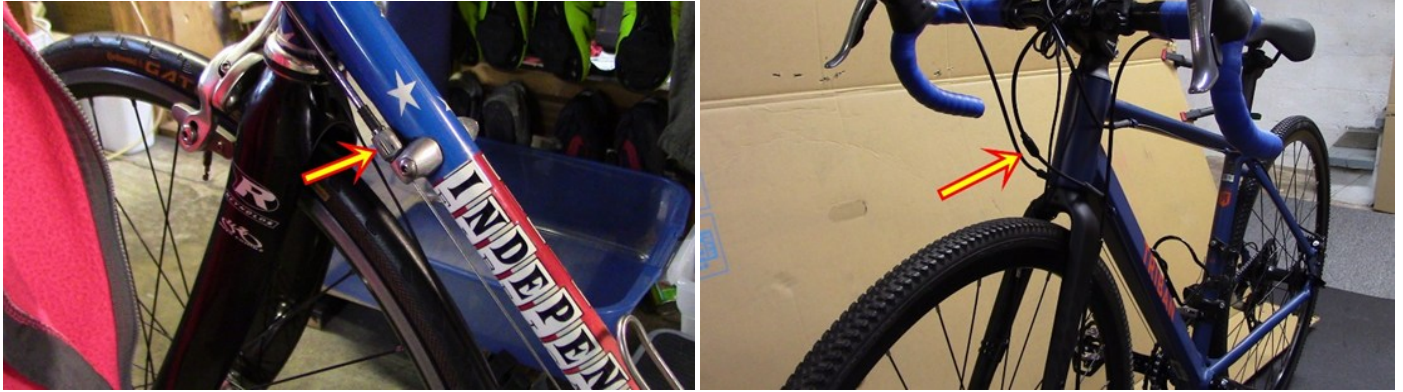
4. Inner Limit screws:



While in the **smallest front chainring**, shift to the **largest rear cog**. Of the two screws on top of the derailleur, the one closest to the frame usually controls the lower limit. In some cases, you may have to try each limiting screw to see which controls the lower (inner limit).

This prescribes how close to the frame the derailleur can travel. **Adjust it so the inner limiting screw until the chain rubs against the inner plate of the derailleur and then back it off just a tad until the rubbing just go away.** Too big a gap will allow the chain to come off on the inside. Rotate the crank to ensure the chain isn't rubbing or catching.

5. Set Front Derailleur Barrel Adjuster: If there is a barrel adjuster on the shifter, down tube or maybe inline on the front derailleur cable housing, **turn it all the way in (clockwise) and then out ½ turn.**



6. Outer limiting screw and shifting:



The second screw on the top of the derailleur (outer limiting screw) controls how far outwards it can move. **Shift to the smallest cog in the back while staying in the smallest chainring. Turn the outer limiting screw in (clockwise) 1 to 1 ¼ turn so you cannot shift to the large chainring. Turn the limiting screw out) counter clockwise) ¼ turn and try to shift to the large chainring. If it does not, shift back to the small chainring and turn the limiting screw out another ¼ turn. Repeat until you get a nice shift from small to large chainring. If the chain comes off to the outside of the chainring, place the chain on the big chainring, shift to the small chain ring, turn the limiting screw in (clockwise) ¼ turn.**

Once fully engaged on the largest ring, **adjust the screw so the derailleur can move no further than 1mm past the chain.** This will ensure the chain can't over-shift and fall off.

You may have to play with the outer limiting screw to get it to the point where the chain doesn't come off but the shifting is crisp and smooth.

7. Fine-tuning:



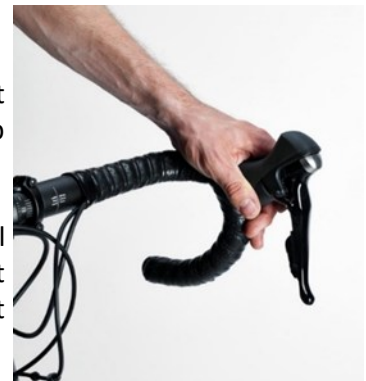
With everything now secured in position, try shifting through the gears. If you can, *use the barrel adjuster to fine-tune the position of the derailleur. If the chain won't shift to the large chain ring or feels sluggish, twist the down tube or inline barrel adjuster (turn it counter-clockwise about 1/8 turn) to increase the tension and try shifting again. Turning it counter-clockwise will decrease the tension, making it shift into the small chainring more readily.*

Don't forget to shift across the cassette as well to make sure each individual gear combination works.

8. Derailleur Trim:

Riding with the chain in the smallest sprocket and smallest chainring, or biggest chainring and biggest sprocket, will wear out your drivetrain. On Shimano group sets, it will also cause the chain to rub against the derailleur.

Shimano shifters have a built-in half-click (press the lever halfway) to allow small adjustments on the move, known as trimming. P.S. Slightly increasing the front derailleur cable tension may get rid of this trimming function if it annoys you as it does me.



Now you're ready to tackle your rear derailleur.

P.S. "If you came close to winning with a 1x, you would have won with a double", Sickbiker, Youtube Maintenance Expert

References:

[How to Adjust Your Front Derailleur](#), Park Tool

[How to adjust front derailleur](#), Wiki how

[How to Adjust a Triple Derailleur](#), Bike Teacher

Photo Gallery



Our youngest Ramble Riders!



It is Ramble Day! BTW - come on down and cycle with us! Rain is holding off....at least for now!



Girl Scouts are supporting Miles for Matheny.



Pretty in pink! Gotta look good!



Ramble Rest Stop—Pottersville.



Cycle Craft Mobile Bike Shop.



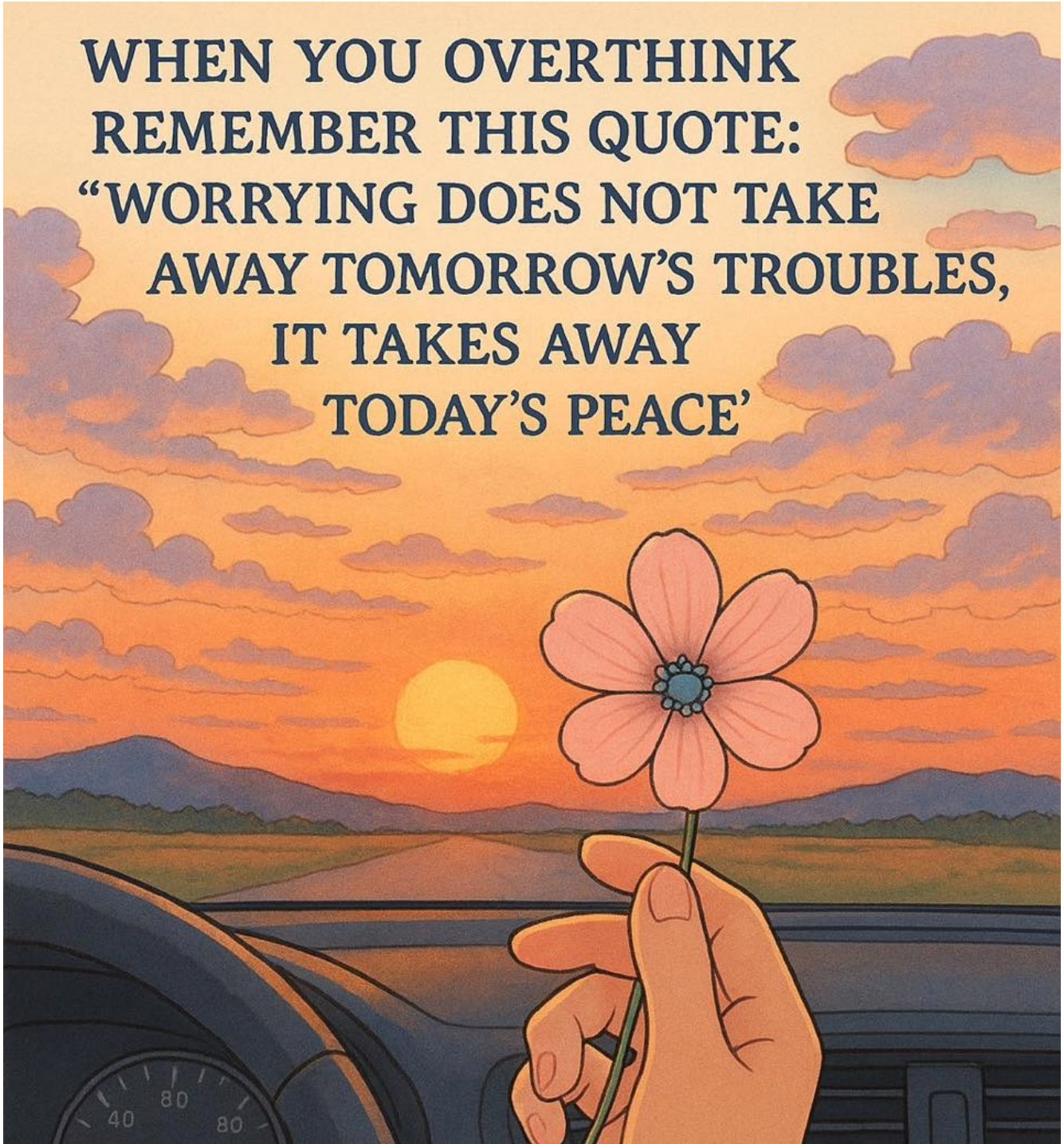
Branchburg Rescue Squad.



Time for coffee in Denville!



**WHEN YOU OVERTHINK
REMEMBER THIS QUOTE:
“WORRYING DOES NOT TAKE
AWAY TOMORROW’S TROUBLES,
IT TAKES AWAY
TODAY’S PEACE’**





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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