

Freewheeler News

June 2025



The Revolutionary Ramble Used Bike/Gear Collection For The Boys and Girls Club Bike Exchange



An Exchange Bike Safety Class

The MAF Foundation is conducting a used bicycle collection event for the benefit of The Mercer County Boys and Girls Club Bike Exchange at the Ramble.

The Boys and Girls Club Bike Exchange is a charity that repairs and sells donated used bicycles. They have over 50 volunteers and have sold over 25,000 bikes to date. All profits go to the Mercer County Boys & Girls Club - a great youth support group. In addition, the Exchange gives bike safety classes and employs high school students.

All types of bikes and bike gear are accepted (youth, road, off-road, tandem, wheels, etc.) as well. Bikes will be repaired or stripped for parts and leftovers will be recycled.

Please check your basements, garages, families and friends for unwanted bikes and bike gear (including clothing) and bring them to the Ramble. The Ramble 16 Rider's Manual which will be sent out the week before the Ramble to all registered riders will cover drop-off details.

Questions? Email Jay Marowitz <freewheeljay@gmail.com>

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

Message from the President

Greeting, friends.

The Board is hosting a virtual membership meeting this Thursday, 5/29, from 7PM-9PM. This is your chance to dialog with your Board members about your ideas and concerns for the club. The Zoom link for the meeting is:

<https://zoom.us/j/98292310258?pwd=dEZhRHdmWFZKMVpwYTQyakFTVGFIz09>

I believe it will be helpful to hold these meetings on a regular basis so that the Board can better meet the needs and preferences of its membership.

It would be helpful to send comments and questions to president@mafwbcc.org in advance of the meeting. Hopefully, we can record the meeting and make it available to those unable to attend.

I hope to see as many there as possible.

Have fun; stay safe.

Best regards,
Michael

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

It is with deep regret that I'm unable to restart the CPR and first aid course sponsored by the Morris Area Freewheelers Foundation (MAFF).

On the other hand, it is with great satisfaction that I was able to instruct over 150 Morris Area Freewheelers in life-saving measures, some multiple times, as well as numerous non-members.

All is not lost. Over the years, the American Heart Association has simplified the process for administering CPR. Those interested can access courses instructed at hospitals, first aid squads, independent companies, and numerous YouTube courses.

I want to thank the MAFF and Morris Area Freewheelers officers and club members who supported and participated in the courses.

If you have any related questions, I'm here to answer them at robdg01@aol.com.

And I hope to see you as volunteers at the Revolutionary Ramble on June 7!

Sincerely,

Rob Greenberg

From Rob: No comment. Photo says it all.



2025 Calendar (see website for details)

6/7/2025	Revolutionary Ramble
6/8/2025	Farmland Ride (Flemington, NJ)
7/22/2025—7/26/2025	Bon Ton Roulet (Geneva, NY)
8/17/2025—8/22/2025	Colorado's Ride
9/19/2025—9/21/2025	Roy's Penn Dutch Weekend (PA)
10/5/2025—10/11/2025	Mountains to Coast (NC)

We welcome the following new members:

Enkhchimeg	LeDell	Basking Ridge
Celia	Lopez	Boonton
Anna	Santino	Budd Lake
John	Maguire	Chester
Mare	Dowson	Denville
Ross	& Victoria Benjamin	Denville
Edward	Berberich	Gillette
Donald	Smith	Hackensack
John	Oberle	Kinnelon
Justin	Calta	Madison
David T.	Livingston	Mendham
Jason	Dickert	Montville
Alan	Gilston	Morristown
Dave		Morristown
Margaret	Kohl	Newton
Alfred	Drabnis	Piscataway
Jaro	Jurenka	Rahway
Albert	Pucciarelli	Ridgewood
Gail	G Bodin	Rivervale
Christopher	Heitzman	Verona
Thao	DeNunzio	West Orange
April	Springer	Westfield
Tim	Mohan	Wharton
Alan	Jones	Woodland Park



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).

Using Your Bike's Barrel Adjusters



By Tony Marchand

Unless your bike has an electronic group set, chances are your drivetrain and/or brakes still depend on a properly fitted and adjusted set of steel cables and outer cable housing to function. These cables have been used on bicycles for a long time for several good reasons:

- They are cheap to manufacture
- They are reliable, easy to adjust without special tools
- ... and easy to find pretty much everywhere!

While electronic group sets are cycling technology marvels that do away with cables, chances are the average home mechanic isn't equipped with the tools or the skills to work on them. In contrast, physical cables are fairly straightforward to adjust, and even if you encounter issues with your drivetrain or brakes mid-ride, it is often fairly straightforward to quickly fix the issue if it is cable-related.

In this article we explain how setting the right cable tension is critical for a well-tuned drivetrain, and how to fine-tune cable tension using barrel adjusters.

Understanding cable tension

Your drivetrain (or cable-actuated disc or rim brakes) relies on cable tension to properly function. Without the cable tension being in the correct range, derailleurs will not shift correctly, brake pads might rub on braking surfaces and all manner of issues may manifest themselves in the form of little mechanical annoyances we are familiar with.

Cables also stretch overtime and require periodic re-adjustment. ***When fitting a fresh set of inner cables and outer housing, cable tension is primarily set at the pinch bolts that secure the inner cables to derailleurs or brake calipers. Fine-tuning the tension, however, is often done using a small yet critical part known as the barrel adjuster.***

What is the barrel adjuster and where to find it on the bike?

A barrel adjuster is a small cylinder-shaped piece, usually with some kind of serrations or knurling that makes it easier to grip, used to adjust tension on your bike's cables. Barrel adjusters are tool-free parts. That is, ***they are designed to only be manipulated using your bare hands***, and using tools like pliers on them might actually damage them.

Barrel adjusters are found on a few locations on the bike, depending on the type of frame you have and whether it has external cable routing with cable stops or internal cable routings. Possible locations will include:

- **On the shifters:** You will find it right at the point where the shift cable enters the shifter. This is common on trigger shifter pods used on mountain and other flat-bar bikes, as well some older road bike shifters.



- **On the rear derailleur:** common on road rear derailleurs, but not all mountain bike derailleurs.



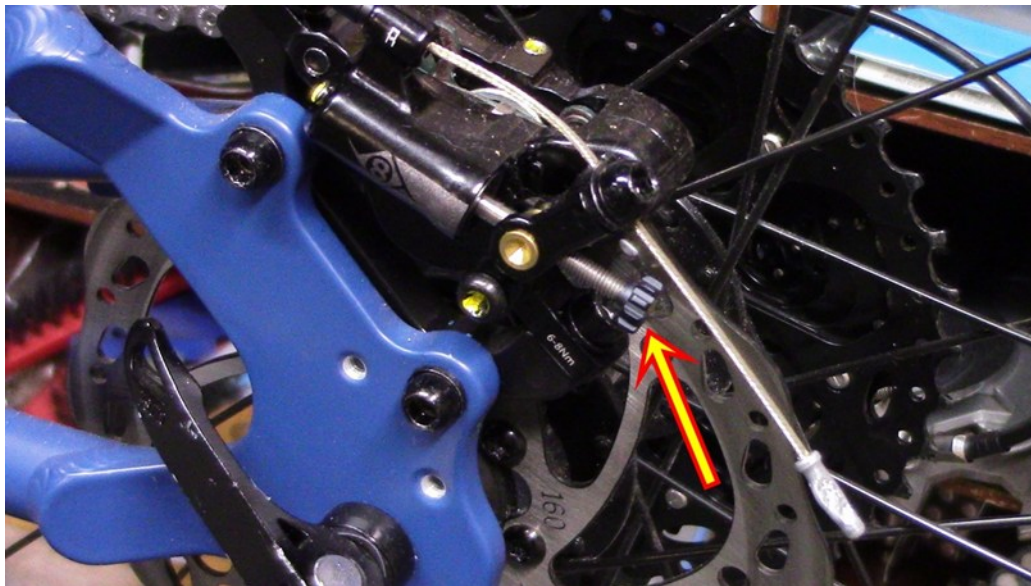
- **On cable stops:** this can often be found on some road bike frames, usually on the first cable stop on the downtube.



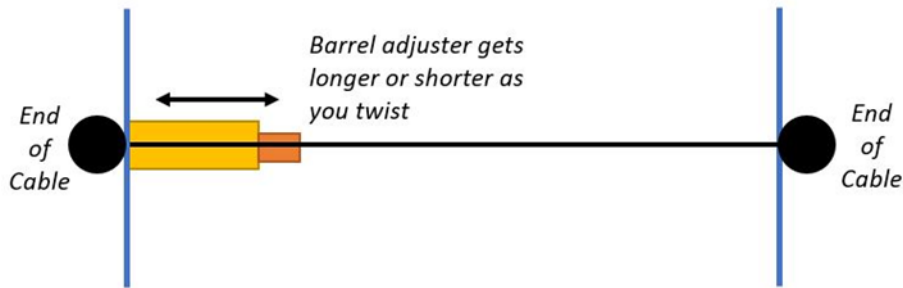
- **In the middle of cable housings:** these are called inline barrel adjusters. Sometimes these are used for front derailleur adjustment where there are no other points for installing barrel adjusters on the frame.



- **On rim brake calipers and mechanical or cable accentuated hydraulic disc brake calipers and levers:** the barrel adjuster will be located on the caliper itself, at the cable entry point. With mountain bike mechanical disc brakes, there is often a barrel adjuster at the lever.



How to use barrel adjusters to index your shifting:



- *If the chain is hesitating to shift to larger cogs (or from small to large chainring), then you need to add cable tension by turning the barrel adjuster counter-clockwise.*
- *If the chain is hesitating to shift to smaller cogs (or from large to small chainring), then you need to reduce cable tension by turning the barrel adjuster clockwise.*

*Key: Shift better to large cog: counter-clockwise (increase cable tension)
Shift better to smaller cog: clockwise (decrease cable tension)*

How to use barrel adjusters to fine tune your rim or mechanical brakes:

The basic theory is the same. Assuming your calipers are centered and initial slack taken out of the cables, ***you can turn the caliper or brake lever adjuster clockwise to reduce cable tension, or counter-clockwise to add cable tension. This can be used to bring the pads closer to the braking surfaces for a more immediate braking action at the lever, or micro adjust the caliper clearance to prevent brake rub.***

*Key: Make brakes tighter: counter-clockwise (brings brake pads closer)
Make brakes looser: clockwise (moves brake pads away from rim)
Similar for disc brake curling knob*

Important tips for using the barrel adjusters:

- It is easy to add excessive tension with barrel adjusters, but just as easy to undo it. ***If you use the barrel adjuster and the chain jumps two cogs (or pedaling becomes noisy due to the chain rubbing on the next cog up the cassette), back out the adjustment by a half-turn to bring the tension down just enough to make a clean single shift.***
- ***It is important to remember to make small changes using the barrel adjuster.*** Start by one full turn. If the problem persists, add or remove cable tension in half or one full turn increments.

You can do it while riding, but maybe you shouldn't...

While it is entirely possible to use the barrel adjusters to fine tune your shifting while riding the bike (assuming the location of the adjuster is accessible from the riding position), please prioritize safety while riding and do not risk having your attention focused on adjusting your gears and not on the road.

If barrel adjuster tweaks don't fix it or won't turn...

- *A bent or misaligned derailleur hanger*
- *Cable is set too loose at the anchor point to begin with. Reset initial tension by loosening the cable anchor bolt, pulling the cable and retightening the anchor bolt!!!*
- *Incorrectly adjusted derailleur limit screws*
- *Incorrectly fitted parts, such as the front derailleur sitting too high or with an incorrect angle on the chain*
- *Old, frayed or corroded inner or outer cables that need to be replaced*
- *Kinks or sharp bends in your cables that cause excessive friction*
- *Excessively dirty or worn drivetrain*
- *In the case of rim or mechanical disc brakes: Misaligned or off-center brake calipers*

References:

[How to use a barrel adjuster](#)

[A Look at Barrel Adjusters](#)

[Bicycle Barrel Adjusters: How They Work](#)

My One-in-a-Million Day by Dave Hall

On 5/25/25 I was on the C ride out of Denville with Joe DeCagna leading. As I was climbing Fayson Lakes Rd. (the steepest part), my chain snapped. I don't know about you, but I've never had a chain snap. My plan was to continue walking up to the Taste of Reality store, and order an Uber to get a ride back to my car in Denville. Joe was suggesting he could ride back to the start and get his car and pick me up, and I insisted that would be too much trouble.

Within minutes of the "snappage", a guy in a blue Shimano van stopped and said "do you need some help?" Now, think of the odds of THAT GUY being on THAT ROAD at THAT TIME, and had the time to help me? He was Dillon, the NJ region rep for Shimano! He parked the van in the parking lot at Reality Lake and the first thing he did was to remove the front derailleur. It had apparently slipped downward and hit one of the teeth of the big ring, causing the snap. That's a very weird thing to happen! I put the front derailleur in my backpack and he put a new pin in my chain. He also mentioned the Ultegra crank I had was recalled from Shimano, but I assured him it had been checked by the guys at Cycle Craft in Parsippany. He said "they are great guys". He also knew my repair guy, Chris Esnes, who works at Diamond Cycle Montclair. I also have to thank Paul Zitelli, who rode back to find my chain! I was able to continue with 11 gears instead of 22, but my mojo was gone. I went directly to the bagel place in Denville where the post-riders were hanging out.





Oh that wind ! #1454 Denville Fayson Lakes reverse. Hosted by Vinnie C.



MAFW Tour 1047 from Duke Island Park was almost hampered by a running race!



Smiles all around for The Farmer's Daughter gravel grinder in Chatham, NY. The perfect event ride from start to finish!



Denville Sunday morning riders. A C+ ride led by Vinny and a C pace by Pete. Joining up at SmartWorld Coffee for a well deserved break.



Great group & ride. A Denville ride that hasn't been done in awhile through Denville, Fayson Lakes, Boonton & Mt Lakes at SmartWorld Coffee.



Watching the Tour of Somerville bike races on Memorial Day May 26th with Petra, Mariann, Jan, Susan and Mary.

<https://www.facebook.com/reel/9920377241388540>



Lenny and Mario were presented awards honoring their 80th birthdays by Pat at the Eighth Annual Milestone Party on October 14, 2015 at the Golden Palace Chinese restaurant. It's now 10 years later and the "boys" are celebrating their 90th in 2025!

**When things feel too
overwhelming, remember:
One day at a time,
One thought at a time,
One moment at a time, and
One task at a time**





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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