

# *Freewheeler News*

*November 2025*



MORRIS AREA  
**Freewheelers**



The club enjoyed a fall festival ride with costumes, 3 groups of cyclists, followed by pie, donuts and cider on October 19th from Kittatinny. Featured skeletons were Marty Pratt and Dave Hall.

**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](https://twitter.com/MAFW_BikeClub)  
Follow us on Twitter. Please comment, like or retweet our posts!

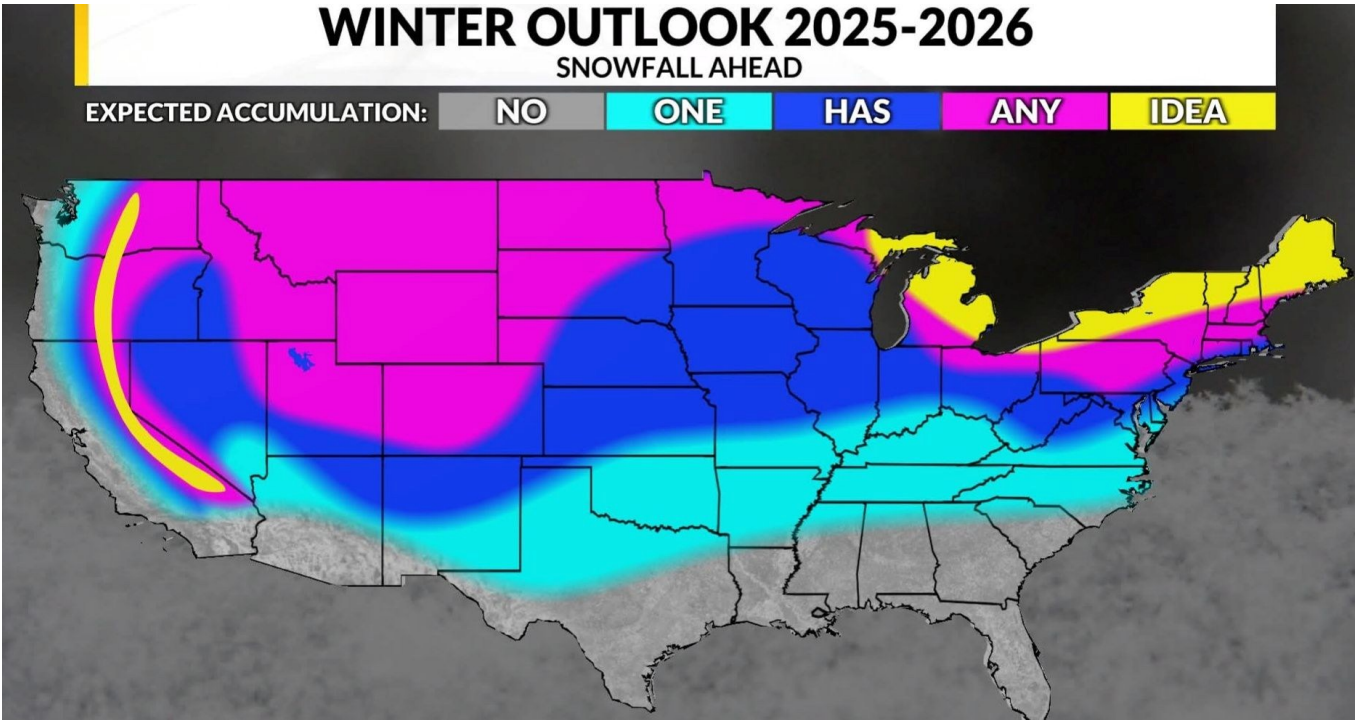
Our Instagram Account is [https://www.instagram.com/mafwbcc\\_bikeclub/](https://www.instagram.com/mafwbcc_bikeclub/)  
Follow us on Instagram. Please comment and like our posts!

If you need any social media training or help, please contact Tracy Brown at [trabrown@me.com](mailto: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](mailto:trabrown@me.com).

Safe cycling! Thanks, Tracy



## **Update on Class 3 Ebike Laws**

**October 9, 2025**

**Greetings, friends.**

Our wonderful New Jersey elected officials recently passed a law requiring that class 3 ebikes be registered and that owners must carry liability insurance for them. After spending a lot of time doing a lot of research, it appears that these bikes cannot be registered because the required documentation cannot be obtained by owners. If you want details, shoot me an email or call me.

Some members contacted their insurance carriers and were told that neither auto insurance, homeowner's insurance, or umbrella policies provide liability coverage for their ebikes. If you own a class 3 ebike, it is recommended that you contact your insurance carrier to determine if any existing policy provides liability coverage for your ebike. At this point, it appears that there are several insurers who will write these policies and one option is to conduct a google search for that.

**Best regards,**

**Michael Chenkin**

## **E-Bike Registration**

**October 13, 2025**

**Good evening, friends.**

Today I received an email from the New Jersey Bike and Walk Coalition and here is the content:

Hi Michael,

I wish I could provide that information and you are not the only inquiry we have gotten about this. The sad truth is MVC does NOT have a registration process for Class 3 bikes even though it is the law. Since there is new legislation being proposed for registering other e-bikes this is coming to their attention once again. We have reached out to MVC and my understanding is they are in the process of creating that registration system. Although we assume when a law is passed the relevant state department will implement the necessary procedures but clearly that has not been the case. We'll keep you in touch as this story unfolds.

If there is anyone interested in following this legislation and possibly getting involved in influencing the crafting of it, please let me know.

**Have fun; stay safe. Michael Chenkin**





**Matt Pierone, chef/owner of the Gourmet Cafe in Parsippany, is shown presenting a \$337 check to Rob Greenberg. This is the second year Matt generously donated a portion of a day's proceeds to the Morristown Area Freewheels Foundation. Fifteen club members supported the event by attending a lunch that day and enjoying quality time with friends. As a matter of fact, we got so wrapped up in the day, we forgot to take photos!**



# **October 1, 2024 to September 30, 2025**

<b>Leader</b>	<b>Led Rides</b>	<b>Canceled Rides</b>	<b>Leader</b>	<b>Led Rides</b>	<b>Canceled Rides</b>
Barry Seip	82	12	Lynn Kheshgi	6	0
Sal Rizzo	53	15	Kim Tulloch	6	1
Jeff Sperling	50	13	Luise Neilson	6	4
Manuel Coelho	42	3	Lynda DeLuca	6	1
Michael Chenkin	30	14	Steven Seigel	5	3
Tom Sterk	29	3	Roy Fischman	5	4
John Parsekian	28	7	Craig Levin	5	1
James Anderson	26	2	Tom Flatley	5	0
Joseph Reo	25	4	Fred Bennett	5	0
Lisa Gentile	24	1	Jim Barnish	4	0
Arlene Whalen	24	0	Betsy Eastwood	4	2
Pete Aldrich	20	3	Len Friedman	4	2
Andy Milstein	20	6	George Diamantidis	3	0
Eric Lavitsky	19	3	Dave Hall	3	2
Vinny Catanzaro	18	0	Dan Doyle	2	2
Ed Steinman	17	2	Christopher Hartmann	2	1
Tracy Brown	17	3	Paulo Piedade	2	3
John Storey	15	7	Michael Cloidt	2	0
Drew Thraen	15	5	Xue Li	2	0
Paul Malinowski	15	2	Jay Raju	2	1
Barbara Delaney	14	1	Helene Motyka	2	0
Lou Blanco	14	1	Mariann Mann	2	1
Susan Smyth	14	4	Kathleen Caccavale	2	0
Marty Pratt	13	0	Petra Strickland	2	1
Elizabeth Jennison	13	3	Mary Conrad	2	1
Haroon Kheshgi	12	4	Marty Siegel	2	2
Robert Kojko	12	2	George Ebel	2	0
Joe DeCagna	12	1	George Decker	2	0
Seth Cohen	12	1	Tony Fanelli	2	0
Jay Marowitz	12	4	Merritt Peterson	1	1
Dennis Budnik	8	8	Amy Horn	1	1
Arnie Cohen	8	0	Mark Baumeister	1	0
Chaim Nudell	8	1	Susan Wallen	1	0
Marvin Schwinder	8	1	Maurice Alvarez	1	0
Jan Gorban	8	0	Gerry Kirwan	0	1
Les Garber	8	4	Andy Boulcott	0	1
Joe Felker	7	2	Jim Williams	0	1
Richard Poore	7	2	Bob Warren	0	1
Gloria Friedman	7	2			

**We welcome the following new members:**

Frederick	Horn	Andover
Linda	Green	Basking Ridge
Elizabeth	Broos	Basking Ridge
Rick	Greenberg	Basking Ridge
John	Giordano	Boonton
Boris	Velednitsky	Bridgewater
Melissa	Baccaro	Budd Lake
Emily	O'Halloran	Cedar Knolls
Anthony	Fischetti	Cranford
Larry	Belotta	Denville
Andrew	Schutt	Denville
Daniel	Daly	Dunellen
Carolyn	Gordon	Flemington
Jane	Ligums	Gillette
Christine	Kiernan	Gladstone
Aaron	Berg	Lebanon
Neil	Weinberg	Maplewood
Robert	Ladd	Maplewood
Richard	Dabal	Midland Park
Scott	Horowitz	Millburn
James	Beneroff	Milburn
Len	Picardo	Mine Hill
Anne	Huang	Morristown
Stephen	Goshorn	Morristown
Allan	Waddell	New Jersey
Rick	Bryan	New York
Jay	Bhatia	Randolph
Jason	Leinwand	Randolph
Margaret	Dubanowich	Rockaway
Keith	Simons	Short Hills
Elaine	Power	Short Hills
Lori	Graham	Stanhope
Calea	Stiles	Summit
David	Knepper	Warren



## SOCIAL RIDES 2025

by Manny Coelho

At the beginning of 2025, Jeff Sperling proposed having party rides once a month during the prime riding season, April to October. The purpose of these social rides was for the club to offer different paces on the same ride, promote social interaction and provide refreshments at the end of the ride. Different start points were picked for each social ride and alternate rides were allowed as well. The first two social rides in April and May were rained out, but the weather cooperated after that.

These rides were in addition to the two picnic events. Most paces were posted, and refreshments were supplied by the Club. Different start points were picked for each social ride and alternate rides were allowed. The first social ride was from Pluckemin on June 21 with watermelon and cookies. The next social ride was from Pickell Park on July 17 with a stop at Polar Cub for ice cream. On August 23 the social ride was from Harry Dunham Park with Sloppy Joe sandwiches. There were over 60 riders for each of these first three social rides. On September 27 was the Bike, Brew and Pizza Ride from Denville and was a joint social ride with BTCNJ with about 100 in attendance. Finally, on October 19 we headed north to Kittatinny Limecrest where ~40 riders rode thru Sussex County to view the beautiful Fall colors and then enjoyed hot and cold cider, cider donuts, apple and pumpkin pies after the ride.

We hope to continue these very successful social rides next year and encourage more ride leaders in planning the events. Thanks to all who contributed to making this year's social rides a reality.



## New York Rides Update by Jay Marowitz

The bagels and hot dogs keep getting better



**Tour 1276 – 2 Bridges, 2 Ferries, 2 Islands, Great Bagels – 8/24/25  
at the Oculus in the Battery**

**L to R:** (back) Steven Seigel, Jon Eiseman, David Kim, Petra Strickland, Jay Marowitz, Bill Gundersdorf, Jerry Velmer, Brian Cap, (front) Cecile Eiseman, Susan Smyth



**Tour 1192 Time for a Nathan's Hotdog (w/sauerkraut) - 10/5/25  
Under the Verrazano Bridge**

**L to R:** John Eiseman, Tom Jarick, Bill Gundersdorf, Jay Marowitz (leader), Suzanne Hall, Cecile Eiseman



# Encounters of the Dog Kind

By Tony Marchand, M.D.



**Don't Panic: Try not to swerve** (you may hit another rider or an oncoming or following car trying to pass). This has resulted in injury, sometimes fatal when a car is involved. Also watch out for your front wheel which can bring you down if encountering the canine.

**Anticipate:** Canines may be harder to anticipate than cars. If the dog is running alongside and barking he's probably not the attacking kind. Most are just protecting their turf and do not pose a threat. You can tell by the way he acts, i.e., **an easy gait with lots of barking and ears and tail up, there may be no problem. I usually yell "Go home!"** and if the road is flat or downhill, stand up and sprint to get past their turf.<sup>1</sup> **A full-out sprint by the canine with ears back, tail down and teeth out, you may have a problem (see "the aggressive dog below").**

**The aggressive dog:** The real threat comes from the canines brave or stupid enough to jump right in front of you or who appears aggressive (**ears back, tail down, teeth out**) and gives chase. You have several choices:

1. Out sprint the dog. Not always the best choice with an aggressive dog.
2. Stand up on your bike to make yourself bigger and turn toward the dog – not to run him down but to send a message of intimidation to the dog. Try barking as loud as you can. Some claim it works.<sup>2</sup>
3. Personally, I favor the following:

- **Stop**
- **Place your bike between you and the dog and make yourself appear as big as possible (pump up your chest, extend your elbows.**
- **If he stops barking and just sniffs you, be calm, slowly walk with the dog (but don't ride off), until he becomes board and walks away.<sup>3</sup>**
- **If he continues barking, try a squirt from your water bottle.**
- Other techniques such as using sprays has disadvantage of trying to hit a moving target and spray back into your own eyes. And the idea of dismounting and swinging your bike at the dog may only intimidate him.<sup>4</sup>

**Warn following drivers:** In some cases where you having a car behind you and you choose not to stop, warn the following car by signaling that you are slowing and pointing to the canine.

**People walking their dog:** I've had encounters where a dog on a leash has jumped out and almost knocked me over. Therefore, as I approach someone walking their dog, I yell "**Please hold your dog!**" This also warns the walker that I'm approaching.

**Legal Aspects:** The law is on your side and you should report an aggressive dog to the authorities. However, retaliation turns the law against you and can lead to criminal or civil charges. **If you get bit, call 911 to get immediate assistance** (if you don't have a phone, go to a nearby house) and notify police (they will need to track the dog down to check that the dog has had rabies shots).

#### **References:**

1. [4 Safety Tips Riding with Dogs Around](#), Bicycling, May 2016
2. [Dealing with Dogs](#), Minnesota Bicycling Alliance
3. [Dealing with Dog Attacks while Cycling](#), Lancaster Bicycle
4. [How to Avoid Dog Attacks](#), YouTube, Slow Spokes 2025



## Colorado Biking by John Chapman

My wife, Lis, and I just returned from Colorado, which turned out to be an exceedingly bike friendly place. It offers terrain for every taste: the eastern part lies on the great plains while the western part is in the Rockies. The western destinations used to attract some mountain bikers who needed to be transported to elevated starting points, plus an assortment of masochists, Tour-de-France level bikers, and misguided dreamers about to realize they made a big mistake. But now the proliferation of E-bikes is changing everything.

All over the region there are now bike shops or ski rental places which have added bikes. Plenty of guided and do-it-yourself tours are available. I took a picture of a posted map showing many of the bike and hiking routes around the popular ski resort of Vail. The Village itself even has a free bike repair station in the middle of town with attached tools and a rack to hang your bike on while you work on it – see below.

Sadly, we didn't actually get to do any biking in this idyllic setting. Both of us picked up Covid somewhere on the trip, and it emerged with a vengeance when we arrived in Vail (which at over 8000 feet is not a good place to have a respiratory ailment). We did manage to do limited walking around town, most of which was pedestrian and bike traffic only, and we drove up some nearby mountain roads; so at least we got a good look at the place.

The opening of the Rockies by E-bikes promises great experiences for a lot of people who can now enjoy healthy exercise and fresh air amidst panoramic views, roadside clearings alive with colorful mountain flowers, and thrilling glimpses of local wildlife (extra thrilling if you are lower on the food chain than that wildlife).

Colorado is a great place for a biking vacation; though, I worry that the growing E-bike traffic could eventually be tough on the beautiful mountain environment.

Pictured below are some interesting bike racks in several Colorado towns and the biking map and free repair station in Vail.



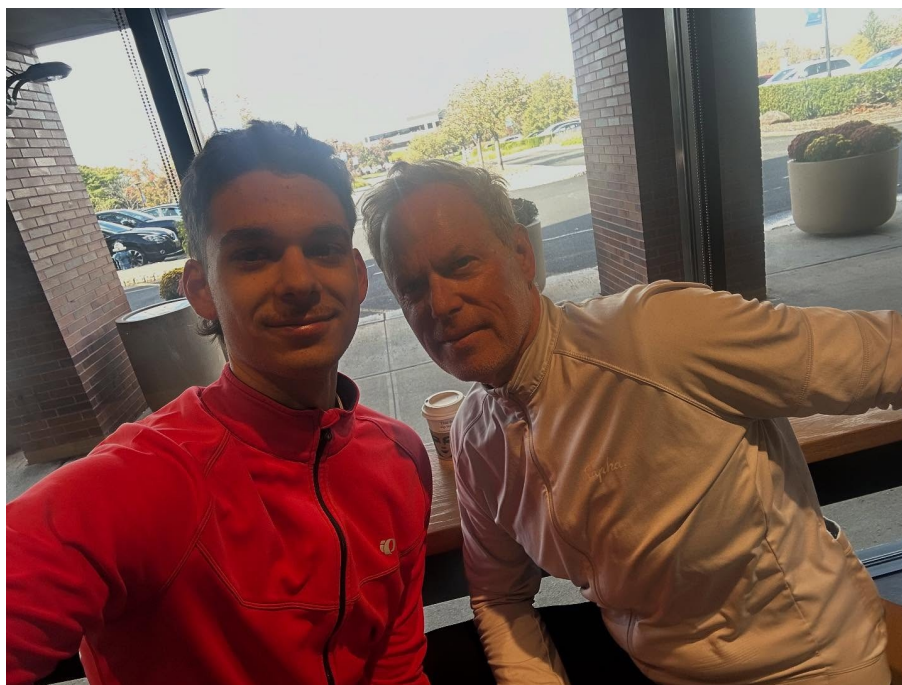




## Photo Gallery



**Best route in our library. Best weather you could ask for. And a really great group today. CTMB Black River Express ride taking a rest stop at Ridge Bagels in Basking Ridge.**



**Like father, like son! Freewheelers cycling with the Anderson family. As Jim said, "So nice to cycle gravel with my son, James. Even though it's hard to keep up!"**





***Thanks to everyone who stopped by the MAFW booth at Bottle Hill Day. It was a spectacular day for a fall festival and to share the joys of bicycling with the community.***





***Great day for a ride with views of the Delaware Water Gap. Stop at Blairstown Airport.***





*Saturday ride from Summer park to Lambertville followed by get together at Readington brewery and many smiles.*



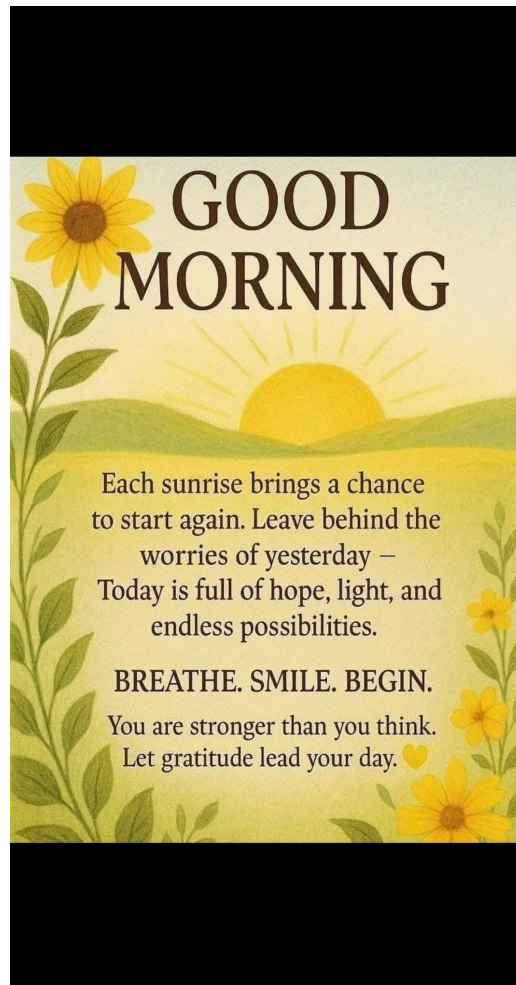


*MAFW Florida chapter just finished the annual Mt Dora ride. Beautiful part of FL.*

## Nostalgia



**Artur Holl, Chaim Schreiber and Michael Swearingen - Sept. 2, 2016 - A stop at Oldwick**









## 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](mailto: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](mailto: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](mailto: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.njoag.gov/about/divisions-and-offices/division-of-highway-traffic-safety-home>

<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 fifteen (15) or more rides between October 1, 2025 and September 30, 2026 will receive a volunteer ride jersey or \$50 gift certificate 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@mafw.org](mailto:newsletter@mafw.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@mafw.org](mailto:newsletter@mafw.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@mafw.org](mailto:ridecoordinator@mafw.org)

Members wishing to add a new event (special trip) ride should contact the Adventures Coordinator:  
email: [adventures@mafw.org](mailto:adventures@mafw.org)

### CLUB OFFICERS

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