

Freewheeler News

November 2024



MAFW Members:

Voting is now open for the 2024 MAFW Board of directors. You can place your votes on the following page: <https://mafww.org/2024-bod-election-voting/>

Once you submit your vote you will not be able to go back and edit your selection so choose carefully. You can find the link to the candidate's statements here: <https://mafww.org/2024-board-of-director-candidate-statements/>

Voting will close on Wednesday, November 6th at midnight and the results will be announced at the [Annual Meeting](#) which will be on Thursday, November 7th at the [Morris County Library](#).

Please [sign up](#) so we can get an accurate headcount.

Role	Board Approved Slate	Alternative Candidate
President	Joseph Reo	Michael Chenkin
Vice President	Jim Andersen	Jeff Sperling
Secretary	Kim Tulloch	N/A
Treasurer	Merritt Peterson	N/A
Membership	Lisa Gentile	N/A
IT	Jon Eiseman	N/A
Member at Large	Mark Jay	Barry Seip

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

Ride Leader Report - Morris Area Freewheelers

Leader	Led Rides	Canceled Rides
Barry Seip	104	13
Manuel Coelho	83	3
Sal Rizzo	48	9
John Parsekian	40	1
Eric Lavitsky	33	7
Tom Sterk	33	6
Jeff Sperling	31	8
John Storey	28	6
Joseph Reo	26	4
Arlene Whalen	26	1
Gloria Friedman	23	5
Lynda DeLuca	22	0
Michael Chenkin	21	7
Tracy Brown	18	0
Ed Steinman	17	2
Les Garber	17	7
Paul Malinowski	15	2
Jan Gorban	15	5
James Anderson	14	5
Lou Blanco	14	4
Roy Fischman	13	7
George Diamantidis	13	0
Vinny Catanzaro	13	1
Andy Milstein	13	3
Michael Cloidt	13	0
Barbara Delaney	13	2
George Ebel	13	0
Drew Thraen	12	4
Marty Pratt	12	1
Luisse Neilson	12	4
Mariann Mann	12	2
Marvin Schwinder	12	2
Len Friedman	12	1
Petra Strickland	11	2
Betsy Eastwood	11	2
Jay Marowitz	11	4
Richard Poore	11	4

Ride Leader Report - Morris Area Freewheelers

Leader	Led Rides	Canceled Rides
Pete Aldrich	10	1
Paulo Piedade	10	2
Susan Smyth	10	7
Seth Cohen	9	0
Robert Kojko	8	0
David Drescher	8	17
Tony Fanelli	8	2
Tom Flatley	7	0
Dennis Budnik	6	6
Michael Regan	6	1
Kenneth Johnson	5	0
Dave Hall	5	0
Gerry Kirwan	4	0
Kim Tulloch	4	0
Alex Cefalu	4	2
Helene Motyka	4	0
Dennis Sinauskas	4	1
Jim Barnish	4	0
Marty Siegel	4	0
Bob Warren	4	0
Christopher Hartmann	3	0
Andy Boulcott	3	3
Jay Raju	3	3
Craig Levin	3	0
Mary Conrad	3	0
Arnie Cohen	3	0
Elizabeth Jennison	3	0
Joe Felker	2	0
Jim Williams	2	0
Fred Bennett	2	1
Lynn Kheshgi	1	0
Jessica Simpson	1	1
Merritt Peterson	1	0
Scott Raschke	1	0
Amy Horn	1	0
Larry Thomas	1	0
Xue Li	1	1
Paul Malarcher	1	0
Kathleen Caccavale	1	0
George Decker	1	0
Ray Morro	1	0
Art Abowitz	0	1
Michael Shapanka	0	1

We welcome the following new members:

Daelin	Fischman	Brooklyn, NY
Jerome	Paragas	Califon
Rob	Bragoli	Chatham
Robert	Clarke	Chatham
wayne	Zuckerman	Livingston
Art	Samaras	Long Valley
Melissa	Griffie	Madison
Lauzanne	Melnick	Maplewood
Bryan	Engel	Mt Arlington
Amy	Avitabile	Naples, FL
Scott	Avitabile	Naples, FL
Kari	Nicol	Somerset
Jeri	Ennis	Sparta
James	Anderson	Summit
Matthew	Wilson	Warren
Barbara	Kolen	Wayne
Charlie	Boniface	Wayne
Una	Troy	
Bill	Diggle	
Kim	Luthy	

From the Membership Coordinator:

Hi, everyone - the MAFW store for 2025 is open for business through November 14th, 2024 at a very nice reduction in price! There's everything you could want in a new kit, from gloves, to vests, jerseys, bibs, shorts, arm warmers, etc, etc. The designs are beautiful and visible. Shop early and often... and soon! Enjoy! Betsy

Poet's Corner by John J. Burns

Thanksgiving Prayer



Around today's table
in a manner by our ancestors made,
we sit as one family;
to see, smell, and sample,
a bounty born
of an enduring everlasting love-
one that transcends all that living bonds
-and for it to offer Him
our most solemn and humble thanks.

Be it fished from lakes or seas,
cool running streams,
or from fertile fields or forests taken,
in fruition's direction
it drives all our great dreams;
for in feeding our flesh
to enliven our souls,
He provides life support to meet His great goals:
that we love one another
and so walk down His path,
by abandoning hate and vanquishing wrath.

So today I give thanks
to Him for His love,
and the bounty it brings us
from Him high above.

What Every Cyclist Should Know About Carbon Fiber



And the Effects of a Crash

From Bay Area Law Firm with additions and edits by Tony Marchand

When it comes to picking a bike frame, there are a lot of considerations. Strength and weight are among them, especially if you're riding every day. But it's important to look beyond those factors and examine the materials themselves and how they fare with day-to-day wear and after crashes.

While popular among some bicycle manufacturers, there are some warnings that come alongside carbon fiber frames because they can be so rigid.

Carbon fiber can be described as reinforced plastic. It's strong — when made right, stronger than steel — and requires an entire process to create.

"Carbon fiber is made by processing a polymer into strings or filaments of carbon atoms that measure 5-10 microns in diameter. Thousands of these filaments are combined to form a tow or ribbon. Tows are bonded together with an epoxy resin. The carbon and resin material are called a composite. Composites are layered into a laminate."

To understand why the material has some drawbacks, you have to understand that resin is used to keep the fibers, which by themselves can actually be quite brittle, together, but also to absorb some impact.

Once the material is created, it's shaped into a bike frame. Carbon fiber came onto the bike scene about a decade after it was created for an airplane in the 1960s, and it has dominated the racing world in particular because carbon fiber bicycles are lighter than most everything else on the market. Those impressive designs have trickled down into road and mountain bikes, too.

There has been a growing concern about how carbon fiber is developed, whether it holds up well to the conditions bikes are often in, and the lack of education around safety of carbon fiber frames.

Some attorneys and experts have even come to specialize in carbon fiber cases because of the frequency of failed parts. Riders have reported pieces of bike frames shattering completely during a ride while others have described cracks or breaks that create dangerous conditions or safety issues.

For your safety, it's important to note activities that may contribute to such failures and, even more importantly, alerting the proper channels when you encounter a failure that may not be based on an accident, because it could be a bigger problem. Some research has indicated that regions where roads are salted in the winter can contribute to more wear on a carbon fiber bicycle than other materials.

Is Carbon Fiber Safe?

A lot of testing goes into carbon fiber development, but — like other materials — that doesn't mean it's foolproof. "There's an old saying in bike manufacturing: It can be lightweight, durable, or cheap—pick two. A lot of these carbon-fiber components are lightweight and cheap, but they are not durable," former bike engineer Luke Elrath told [Outside Magazine](#).

He said that when he joined Trek, a bicycle manufacturer, in 2012, he started noticing that the company was getting more and more calls about bicycle components made of carbon fiber that were failing, though several bicycle brands use the material and maintain that carbon fiber is as safe a frame option as steel and aluminum.

"Engineers use sophisticated software programs that take into account the grade of carbon, the resin, the shape, size and orientation of the carbon fiber ply, and even where it's located in the mold," explains [Bicycling Magazine](#). "That's how frames are optimized for extreme lightness or rigidity, or both..."

It's also the reason this material can become so dangerous when not in prime condition, bicycle engineers say. Potential failure is a lot less obvious in carbon fiber materials. Cracks, wear or other defects that may lead one to believe a bike is no longer safe to ride don't show as much as they would in steel or aluminum. A coat of paint often covers carbon fiber, making it even more deceiving.

Your bike may look fine after a crash, but experts warn that might not be the case. It's possible that you don't even see the effects of the crash until later down the road when a compromised piece finally gives in under the impact of a pothole or just the weight of the person riding the bike.

When carbon fiber breaks, it often fails much worse than other materials. Where aluminum might bend or crumple up, carbon fiber has the potential to shatter because of the resin and fragile fibers. That doesn't mean, however, a carbon frame can't be repaired.

After a Crash

For many, the lack of understanding around the material creates the biggest hazard. Knowing how carbon fiber is made and how it differs from steel and aluminum frames can create some protection.

Be extra vigilant about checking your bike for wear and potential failure of parts. ***After a crash, assume that your frame has been compromised until you are sure it has not been.*** That means ***taking it to an expert for an assessment before riding it again.***

And yes, like aluminum and steel, carbon fiber can be repaired.

"The process isn't much different (from other materials): The damaged section is cut out and then bridged with new material that's cured, sanded, and painted to match," says Bicycling Magazine. "With the most expert carbon repairs, you may not even be able to see the affected portion."

You'll also want to check with the bike's manufacturer. There may be a specific process or they might recommend a trusted third-party that can address any problems.

Elrath, the former bike engineer, said he still rides a carbon fiber frame, despite knowing the dangers.


"It's completely reasonable for someone who wants a lightweight bike to look at carbon fiber, but they need to understand the risks," he told Outside Magazine. "Absolutely this is getting ignored."

Additional References:

1. [I crashed on my Carbon Fiber bike. Is it OK?](#) Chain Reaction Bicycles
2. [When to Get Your Bike Frame Checked for Damage.](#) By Luke Daugherty, Selle Anatomica
3. [Do Carbon Frames Have a Shelf Life?](#) By Paul Norman, Cycling Weekly
4. [Should you buy a carbon frame for your bike?](#) Icancycling.com

This year, daylight saving time ends Sunday, Nov. 3, with clocks rolling back one hour at 2 a.m.

A GUIDE TO PUTTING YOUR CLOCKS BACK

	SMARTPHONE Leave it alone, it does its magic		SUNDIAL Move one house to the left
	OVEN You'll need a Masters in Electronic Engineering or a hammer		CAR RADIO Not worth it, wait six months

25th NORTH CAROLINA MOUNTAINS TO COAST RIDE OCT 6 TO 13, 2024

By Manny Coelho, Betsy Eastwood, and Luise Neilson

The Cycle NC ride was supposed to start in the town of Spruce Pine on Sunday Oct 6, 2024 but due to hurricane Helene damage the start point was switched eastward to the town of Lenoir and the ride changed from 7 days to 6 days. Lenoir was very fortunate to have sustained only minor hurricane damage, but the town was ready for us and was very happy to be one of the host towns for this event. About 900 riders from all over the country were expected, but 750-800 were able to participate. Luise, Betsy and I represented MAFW. You have the option of camping in your tent, having an outfitter set up a tent with air mattress, chair and towels or you could stay in a hotel. We three decided to stay in our own tents! In the morning the gear was transported by truck to the next town. Breakfast and dinner were served in the campsites and every ~20 miles there was a rest stop well supplied with food and occasional entertainment. There were three rest stops each day. At key intersections, the NC State Police were stationed to direct traffic. We also had daily state troopers on motorcycles riding the routes multiple time to make sure riders were safe and helping if someone needed a SAG. One rest stop was the Richard Petty Museum, a must for any race car enthusiast. Average ride each day was 64 miles for a total of 385 miles over 6 days. On Day 5 you had the option of doing a century but we decided to pass and did 66 miles in a stiff headwind. The towns we stopped overnight were Lenoir, Statesville, Thomasville, Pittsboro, Benson, Elizabethtown and finally Ocean Isle Beach. In the small towns where rest stops were located (most were at churches), local leaders such as mayors and other town officials came out to welcome us and urge us to enjoy the sights in their towns. They made a huge effort to welcome us, but, honestly, we scarfed down any food we could get from food trucks and headed on. When we crossed the finish line at Ocean Isle Beach, we were greeted by local cheerleaders who presented us with medals for doing the ride. Manny made sure to head to the beach and touch the Atlantic Ocean to make the ride official. Betsy and Luise just went to the beach. After the post-ride celebration, we camped overnight and on Sunday we were transported with our bikes to Lenoir where we had parked our cars.

The organizers of this event considered canceling but decided to proceed. The towns that participated were very happy to have us since they prepared for months to be our hosts. This event showed that it was OK to visit North Carolina despite the hurricane damage. There were shuttles to take us into town from the campsites and restaurants stayed open late for us. There were many opportunities to raise money for the hurricane victims. In Statesville there were balloons right in town and monies collected to ride in the balloons were for the hurricane victims.

Next year different towns will be selected to host this event and recommend club member do this ride. I think we all agreed this was the best organized multi-day ride we've been on (except perhaps our beloved Bon Ton Roulet in the Finger Lakes).



Ride Summary

On Saturday, October 12, MAFW hosted a century ride (Ride 639) out of Colonial Park with BTCNJ and Major Taylor Cycling. We also had a guest sign-up from All on Cycling club. Allison Cob and Kenneth Solomon (Multi Club Members) were my partners in crime to bring this event together and I could not have done it without them. We had approximately 40 riders and they were spread evenly across all three clubs. The weather was perfect, and five individuals completed their first century during this event. This scenic multi-club ride started at Colonial Park in Somerset, and took us through East Brunswick, Monroe Township on our way to Ocean County where we traveled through Millstone and Jackson Township and New Egypt before heading back North through Upper Freehold, Allentown, Robbinsville, West Windsor and Princeton on the way home. There were planned stops approximately every 20 miles and we stopped at Thomas Sweet Ice Cream in Princeton (mile 80) for a little sugar to ensure we all made it home with a couple of carbs to spare. We considered stopping at Cream Ridge Winery at mile 60 but we knew that was not a good idea if we wanted to complete the ride. I wanted to share a specific situation that made the ride worthwhile. One of the individuals the completed their first century recently completed their radiation treatments for cancer as well. Although this was going to be a tough ride it was relatively flat and provided the perfect opportunity for this individual to achieve their goal of completing their first century while flipping the preverbal bird at cancer. The individual started off strong but started to struggle in the second half. However, riders from all the clubs took turns riding with and encouraging this individual. This made the ride one of the most memorable centuries for me and I was the individual who was lucky to ride alongside and encourage this individual for the last 15 miles. We were the last to arrive, but a lot of the riders were still in the lot socializing and waiting to ensure we arrived without an issue. People were clapping and cheering us on, and many high fives were shared as well as snacks were eaten celebrating this great achievement. This is why I generally try to host a couple of easy Centuries twice a year. The excitement to complete your first 100 miler is a great achievement and the camaraderie that everyone brings makes me so proud to be part of the Road Cycling community.

Let's Ride
Regards
Joseph Reo
MAFW President



Video taken by drone

<https://www.facebook.com/1388984731/videos/pcb.10169159895380034/1229948014817221>

Photo Gallery



A group of 40 Freewheelers got together for the 16th Annual Milestone Party at Annabella Ristorante in Whitehouse Station on October 8th. There were 18 celebrants ranging in age from 55 to 95. Mitch Solomowitz conducted a 50 / 50 raffle — the lucky winner was Mary Conrad. Baking was once again done by Lynda DeLuca — plentiful and delicious. Rides of various paces went out of Pickell Park before the luncheon. It was a beautiful sunny day. See you next year!



Cycling with Super Mario on a beautiful, sunny day at Evergreen Park, Green Township, Andover



Let's get a Nathan's hotdog in New York City!



We celebrated our ride leaders and volunteers at our annual pizza party at the Vintage Tavern in Gillette on October 10th.



It's almost Halloween , so we cycle from Ghost Lake down Shades of Death Road.



How many spectacular cycling days have we had this autumn ? Never enough!



Arlene and Marty came prepared for a Halloween ride starting at Ghost Lake.



Haroon, Lynn and Tom made it to High Point.



These cyclists aren't afraid! Spooky season in Denville.



The Stockton Market is now open Friday, Saturday and Sundays.



The Martians and MAFW have landed at Grover's Mills.



Nostalgia photo: Seven years ago, these cyclists stopped at the Brick Farm Market and saw some scary cyclists along the way.

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

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