

# *Freewheeler News*

## *October 2024*



### **MAFW Members:**

As you are aware, we have our Biennial election in November. You may be wondering who are the candidates, what was the role of the nominating committee, and why some candidates are circulating petitions.

Let's start at the beginning with the Nominating Committee. The members of the Nominating Committee were Mark Jay, Kim Tulloch, and Liz Jennison. The Nominating Committee was charged with developing a slate of candidates, with the legal definition of a "SLATE" being ONE candidate for each position. This is what each MAFW nominating committee has done for at least the past 20 years. All incumbent BOD members were asked if they wish to continue to serve on the MAFW Board, either in their same position or in another position. Additionally, the MAFW nominating committee asked people that they thought might be interested in serving and also used the club newsletter to solicit candidates for the remaining positions. Since their charge was to identify ONE candidate for each position, once the MAFW nominating committee identified a candidate which they believed to be the best candidate for a given position, the MAFW nominating committee did not seek out additional candidates for that position.

When members expressed interest in positions for which a candidate had already been identified, the nominating committee engaged in conversation with them, and asked if they would consider one of the vacant positions instead. Two of the candidates that developed petitions for candidacy felt strongly that they wished to challenge an incumbent rather than being designated by the Nominating Committee for a vacant position.

The Nominating Committee received one "referral" (the potential candidate did not contact us directly, but we were made aware of a member who might wish to be a candidate. After the deferral this member duly completed the petition process and is now a candidate as well.

The slate was presented and approved by the Board in October, and it was agreed that alternate candidates will be on the ballot as well. The board and the nominating committee support a democratic process and feel that transparency is key to minimizing rumors and other ancillary artifacts.

In summary, here are the candidates by MAFW Office:

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

**Next Steps:**

Although the Board believes the slate is in the best interest of the club, runoff elections will be held electronically for all contested positions. All candidates have been asked to answer some basic questions about their candidacy, and if they respond, this will be posted on the club website to help you make an educated decision.

All active members have the right to vote and ONLY the individuals that have voted will be considered in the final tally. Voting will take place electronically and each member will need to log in and vote. Once you submit your vote you will not be able to go back and edit your selection so choose carefully. The voting window on our website should open shortly after our October Board Meeting and will be open for the remainder of the month. The results will be shared at the November meeting. The November meeting will most likely be over zoom but we are still in the process of debating if we want an in person or virtual meeting.

I look forward to seeing the results. This is an exciting time and now that all members can vote regardless of location you have more say in the leadership and direction of the club. Please make your votes count.

Regards

**Joseph Reo**

**MAFW President.**

**Message from the Ride Coordinator:**

CONGRATULATIONS TO BARRY SEIP FOR SETTING THE MILESTONE FOR RIDES LED IN A YEAR AT 104. OUR YEAR RUNS FROM OCT 1 TO SEPT 30. PREVIOUS MILESTONE WAS 92. THANKS TO BARRY FOR BEING THE MORRIS AREA FREEWHEELERS TOP RIDE LEADER THIS YEAR.

## 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](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**. 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

## Is Bike Fit Necessary?

Based work from Bike Chile with additions and edits by Tony Marchand



Picture this: You're cruising down the open road, the sun warming your face and the rhythm of your pedals syncing with the beat of your heart. But wait, something feels off. Your knees ache, your back protests, and your saddle...well, let's just say it's not exactly a throne of comfort.

Enter bike fitting, the magical art of tailoring your trusty steed to fit you like a glove. It's like having a bespoke suit made by the finest tailor in town, except in this case, your tailor is a seasoned bike whisperer armed with a tape measure and an eye for ergonomic excellence.

### Benefits of Bike Fitting

**1. Enhanced Comfort:** Proper bike fitting ensures that the rider's body is positioned ergonomically on the bicycle, reducing strain on muscles and joints. This leads to a more comfortable riding experience, particularly during long-distance rides or extended periods of cycling.

**2. Improved Performance:** A well-fitted bike maximizes power transfer and efficiency, enabling riders to generate more power with each pedal stroke. Adjustments such as saddle height, handlebar reach, and cleat positioning can optimize pedaling mechanics, aerodynamics, and overall riding efficiency, ultimately enhancing performance in terms of speed, endurance, and handling.

**3. Injury Prevention:** By aligning the bike setup with the rider's biomechanics, bike fitting helps prevent overuse injuries and reduces the risk of developing chronic issues such as knee pain, lower back discomfort, or saddle sores. Proper alignment minimizes stress on vulnerable areas of the body, contributing to long-term musculoskeletal health.

**4. Customization:** Every rider is unique, with different body dimensions, flexibility levels, and riding preferences. Bike fitting allows for customization of the bike's geometry and components to match the rider's specific needs, ensuring a personalized fit that maximizes comfort and performance.

### **Debunking Misconceptions**

**1. One Size Fits All:** Contrary to the belief that a standard bike setup is suitable for all riders, bike fitting acknowledges the diversity of human body shapes and sizes. A customized fit takes into account individual differences, ensuring optimal comfort and performance for each rider.

**2. Cost-Effectiveness:** While some may perceive bike fitting as an unnecessary expense, investing in a professional bike fit can prevent future discomfort, injuries, or equipment-related issues, ultimately saving money in the long run. Moreover, many bike shops offer affordable fitting services, making it accessible to riders of varying budgets.

**3. Limited Applicability:** Bike fitting is not limited to elite athletes or competitive cyclists; riders of all levels and disciplines can benefit from a proper fit. Whether riding for leisure, commuting, fitness, or competition, a well-fitted bike enhances the riding experience and promotes enjoyment and safety on the road or trail.

### **Conclusion**

In conclusion, bike fitting is not only beneficial but also essential for cyclists seeking to optimize their riding experience. By enhancing comfort, performance, and safety, bike fitting plays a crucial role in promoting long-term enjoyment and sustainability within the cycling community. Debunking misconceptions surrounding bike fitting highlights its universal applicability and underscores the importance of prioritizing rider well-being and satisfaction. As such, investing in a professional bike fit is not merely a luxury but a wise decision that contributes to a fulfilling and rewarding cycling journey.

**Miracles Happen: A 6 Year Journey of Survival  
and Becoming a Stronger and Faster Cyclist  
By Michael Chenkin**

Late in the evening of September 24, 2018, I had a sudden cardiac arrest (SCA) while asleep. I had no prior history of heart disease. My wife called for our 2 adult children who were living at home at the time. My wife and son got me from the bed to the floor and alternated performing CPR while our daughter called 911. The second burst of the defibrillator administered by emergency responders restored my pulse. When I arrived at the hospital, stents were placed in my heart and I was subsequently put into a medically induced coma and on a cold chill protocol. 6 days later, while still in a coma, I coded 3 times in a 6 hour period. On October 9, 2018, I miraculously came out of the coma with virtually no impairment from the period of oxygen deprivation and the cocktail of drugs administered by the doctors while I was in the coma. The odds of CPR being successful are low; the odds of surviving a sudden cardiac arrest even lower; and the odds of surviving a sudden cardiac arrest without significant impairment or loss of functioning are even lower. A true miracle! During one of my rabbi's visits while hospitalized, I asked, "Why me?" in the context of why was I so fortunate to survive as I did. He had no answer.

There was a short period of time after I came out of the coma when I was confused and not fully coherent. Sometime after I became fully alert and coherent, my wife showed me the huge number of Get Well cards sent by club members. There are no words to describe how moved I was by that outpouring of support and I am still grateful for and humbled by the concern and support provided to me.

When I came home from the hospital on October 19, 2018, I was very weak and needed to use a walker to get around. Four weeks previously, I was capable of cycling at least 200 miles a week. Angioplasty performed the following December showed that I needed triple bypass surgery which was completed about 2 weeks later.

I was blessed to be able to resume my bicycling journey 6 months to the day of when I suffered the SCA. I managed to ride 25 miles although the last 5 were challenging. Over the coming days, weeks, and months I continued to ride. Three days before the first anniversary of the SCA, I completed the 75 mile Bike MS City to Shore fundraising ride. There were times I felt significant fatigue during that ride but I told myself that if persons who have MS experience distress on many days I can certainly tolerate distress for 1 day.

In December 2021 my wife encouraged me to buy an e-bike out of concern that I wasn't getting enough exercise even with the cycling I'd been doing. Due to the SCA and resulting heart damage, climbing was more of a challenge than it had been previously and the pedal assist enabled me to do rides that were not possible without it. I had, and continue to have, some sadness and self-consciousness about the need to use pedal assist on climbs but more on that later.

I've continued cycling with the club. Cycling is my physical and mental therapy and I've met many great people in the club. Over time I've been pleased to see that my average speed is higher than it was before I had the SCA, at least in part due to the fact that I am about 20 pounds lighter. I can't remember exactly when I decided I wanted to find out what my maximum cycling potential is but I became determined to find out.

In December 2022 I bought a smart trainer, pedal power meters, and a Garmin head unit and downloaded the Zwift app. I knew nothing about how to become a stronger and faster cyclist. Like many, I believed that the way to do that is by cycling more. I quickly learned otherwise. At first I did group rides on Zwift but it wasn't long before I started to check out the available workouts. I chose one of the workout plans in the Zwift library and followed it. At the time, my e-bike was laid up because the battery release tab broke and it took 2 months to get a replacement. The first time I rode the e-bike after the repair, I was surprised to note how much faster and stronger I had become during that 2 month period. And that was the beginning of my journey to becoming a bike training "nerd": using the pedal power meters and Garmin head unit to gather riding metrics data, reading about and listening to podcasts to learn how to become a stronger and faster cyclist, reading about and listening to podcasts about cycling exercise physiology and nutrition, and having the good fortune to have had several conversations with someone who had spent a number of years as a racer.

Returning to my e-bike, its weight is just north of 40 pounds. Over the last few months I have been able to do club rides with a minimal amount of pedal assist. On September 5, 2024, I led club ride 704 which is a 67 mile ride with about 2400 feet of climb. I only used pedal assist on some of the climbs. The total percentage of battery use for the ride was 5%, representing about 5 minutes worth of use over the entire ride. On September 10, 2024, I rode club ride 581 which is 64 miles and has about 2300 feet of climb on my road bike. My average speed was 13.5 mph.

Data gathered over the past months from the power meters and associated Garmin app show that my power output and VO2Max have increased significantly, in addition to providing other metrics. Clearly, applying the information I've gained about how to become a faster and stronger rider has paid off tremendously and I will continue to learn and to apply what I learn.

Here are some books and sources of information that I have found particularly helpful:

#### **Books**

Friel, Joe (2009). *The cyclists training bible*. VELO Press

Friel, Joe (2012). *Power meter handbook: A user's guide for cyclists and triathletes*. VELO Press

#### **Websites with free training blogs/information:**

Trainingpeaks.com

highnorth.co.uk

Trainerroad.com

evoq.bike

[fascatcoaching.com](https://fascatcoaching.com)

You can sign up for the CTS newsletter at <https://trainright.com/newsletter/> and check out their "Time Crunched Cyclist"

You can find CTS Time Crunched Cyclist podcast at <https://trainright.com/podcast/> and can find a number of cycling podcasts by doing a search on the Apple podcast app. Sorry, I am not an Android user.





**Evolution of The Morris Area Freewheelers Bike Club  
and the Morris Area Freewheelers Foundation  
-Jay Marowitz**

It has been brought to my attention that there is some confusion about the organizational relationship between the club and the Morris Area Freewheelers Foundation. Hopefully this will clear that up.

Our club started as the Freewheelers in the Morristown Y when it was located across the street from the Morris County Courthouse on the corner of Washington Street and Western Avenue in Morristown.

By 1982, the club grew and the Y could no longer provide the support required. The club left the Y to manage itself and changed its name to its current one.

In 2009 the club started the Revolutionary Ramble as a charity ride. Previously, I got the club board to approve pursuing the event. Before that time, we were the only major New Jersey club that didn't have an event ride. During preliminary planning meetings we had to select a name for the event. Marty Epstein, of Marty's Reliable Cycles, submitted "Revolutionary Ramble". That and 3 other names were voted upon by the club with the current result.

Charity rides, meaning that the net proceeds are donated to charities, can only be put on by non-profit charitable organizations. The IRS calls them 501(c)(3) organizations. The club is just a non-profit or 501(c)(7) organization. In addition, the club's non-dues income cannot exceed a small percentage of membership dues.

Given the above, the Morris Area Freewheelers Foundation was created. It is a 501(c)(3) non-profit. This allows sponsors to write off their support as a tax-deductible donation.

Even though the two organizations keep separate books, they are vitally dependent upon each other. The board of directors of both organizations are mostly club members. In addition, the vast majority of Ramble volunteers are club members. Furthermore, the Foundation pays the club for designing and marking Ramble routes.

The Ramble proceeds have been donated to the following organizations:

Several local, volunteer ambulance squads

[NJ Bike and Walk Coalition](#)

[I Can Bike Camps](#)

Mountain Bikes for riders who can't afford them to ride with [NICA](#)

[Girls-in-Gear](#)

[Matheny Medical & Educational Center](#)

Pottersville Volunteer Fire Co.

Finally, in addition to the above, the Ramble is one of the best publicity forums for the Club and I don't know anyone who doesn't really enjoy volunteering for it.

## **Bicycle Racing in Boonton**

**by Paul Malinowski**

The town of Old Boonton lies in the valley, which is now covered by water, of the Jersey City Reservoir, since 1903. In the 1890s, before construction of the reservoir and installation of the first telephone, there was bike racing here...

I've lived in the Town of Boonton for the past 30+ years and know that it has a very interesting history that is well-documented in the book "Boonton Was An Iron Town", by Peter C. Wendt, Jr. During a recent visit to the Boonton Historical Society, I was surprised to learn that there had been a bicycle race track very near my house - - today the area is residential.

Sometime during the 1890's, Mr. E. B. Dawson, a prominent Boonton business owner, built a ¼-mile bicycle track and grand stand, in the "flats" section overlooking a hillside above the Rockaway River, and what is now Rt. 287. The oval track was contained in the square formed by Dixon and Dawson Avenues and Lincoln and Forbush Streets [note: this is documented on the Map of Boonton, published by E. Robinson & Co., NY, NY, dated 1900, which is in the possession of the Boonton Historical Society].

Mr. E.B. Dawson's son, Raymond, was captain of the bicycle teams of Columbia University and the New York Athletic Club (NYAC). Raymond was born in Boonton, graduated from Stevens Institute of Technology (NJ), Columbia University (NY), New York Law School (NY), and was a trial lawyer with the law firm of Edwards, Smith and Dawson of Jersey City.

During the years 1892-1900 Raymond held several national bicycle championships. In 1897 he accumulated the greatest number of points in the history of NYAC in bicycle races. It can be reasonably inferred that Raymond's father most probably built the bike track for his son to utilize for training. I have been unsuccessful in finding any photographs of the racetrack and/or grandstand - - but whenever I walk past this location I can hear the crowds screaming with excitement as those daring young men zoom past on their bicycles.

### **References:**

<https://www.boonton.org/268/Boonton-Historical-Society>

The Boonton Historical Society - timeline and maps

<https://www.amazon.com/Boonton-Iron-Town-Peter-Wendt/dp/0615121543>

Boonton Was An Iron Town, by Peter C. Wendt, Jr.

[https://upload.wikimedia.org/wikipedia/commons/c/cb/Boonton%2C\\_the\\_gem\\_of\\_the\\_mountains\\_%28IA\\_boontongemofmoun00boon%29.pdf](https://upload.wikimedia.org/wikipedia/commons/c/cb/Boonton%2C_the_gem_of_the_mountains_%28IA_boontongemofmoun00boon%29.pdf)

E.B. Dawson Company, Inc. (pg. 24/74):

A Poem on the Beauties of Boonton, by Mrs. Newton S. Kitchel (pg. 43/74):

The Underground Railroad, by Charles F. Hopkins (pg. 53/74):

<https://www.boonton.org/242/Other-Events>



## MAFW T-SHIRTS

MAFW is offering purchase of MAFW cotton t-shirt. The link to purchase these t-shirts is on the MAFW calendar. Product Details Brand: JUST FOR KICKS Wear your Morris Area Freewheeler shirt proudly. Comes in 50/50 Cotton/Poly for \$18 or dri-fit for \$21. The minimum order for our club is 12. It will take 2 to 3 weeks from the time of the order until it's ready. Order early so you can pick up your shirt at the fall picnic. Questions? Contact Roy Fischman: [royfischman@gmail.com](mailto:royfischman@gmail.com)



<https://mafw.org/store/Morris-Area-Freewheeler-T-Shirts-p688758935>



## 2024 MAFW End of Summer Celebration Ride with Pizza & Beer

by Paul Malinowski

On Saturday, September 14, we conducted the End of Summer Celebration Ride with Pizza and Beer. This scenic joint-club ride, with BTCNJ, started at Gardner Field, in Denville, and climbed up to Fayson Lakes, in Kinnelon. The warm sunny weather brought out 65 riders. 8 MAFW Ride Leaders along with several BTCNJ Ride Leaders volunteered to lead various paces so that everyone could participate. At the end of the ride we all met at the Diamond Spring Brewery, in Denville, for pizza and craft beer. We utilized the MAFW's Ride Leader Celebration Ride program to fund the 20 pizzas. Everyone enjoyed the ride, had great conversations, made new friends, ate lots of pizza and sampled craft beers.





**2024 Calendar (see website for details)**

**10/04/2024-10/06/2024      *Roy's Penn Dutch Weekend***

**10/06/2024-10/12/2024      *2024 Mountain to Coast Ride (NC)***

**10/06/2024      *Tour de Bronx***

**10/06/2024      *Lake Loop Bike, Hike, Paddle Challenge (Hopatcong State Park)***

**10/08/2024      *16th Annual Milestone Party—Annabella Ristorante***

**10/10/2024      *Ride Leader and Volunteer Pizza Party (Vintage Tavern)***

**10/13/2023      *43rd Covered Bridge Ride***

**10/25/2024-10/27/2024      *Gettysburg Fall Bike Weekend***





***The 30th Annual***

***Tour de Bronx***

***Sunday, October 6, 2024 from 10 am to 6 pm, starting at 161st St and Grand Concourse and ending at the New York Botanical Garden.***

***MAFW Leader: Drew Thraen***



### **THE SIXTEENTH ANNUAL MILESTONE PARTY**

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

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

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

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

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

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

**Email: [freewheelpat@gmail.com](mailto:freewheelpat@gmail.com)**

**Cell: 908-625-1003**

No walk-ins



**Ride Leader and Volunteer Pizza Party**  
**10/10/2024 6:00 pm - 8:00 pm**

**Vintage Tavern**  
**342 Valley Road, Gillette, NJ, 07933**

[Signup](#) now so we have a head count. This is always a fun pizza party and is free for ride leaders or for anyone who has volunteered to help with an event, the Ramble, a club activity, or is a board members! You can bring a guest for an additional fee (\$22). Contact John Storey (718-887-1854) for more information.

**Mark your calendars and be there or be square!**

**From Rob Greenberg:**

**A "Delicious" Experience Awaits You, and It Benefits the Morris Area Freewheelers Foundation!**

Generously, Owner-Chef Matthew Pierone of the Gourmet Cafe, 136 Baldwin Road, Parsippany, NJ, is donating ten percent of his restaurant's receipts on Monday, October 21, 2024, to the Morris Area Freewheelers Foundation. Please save this date, AND make reservations at the Gourmet Cafe. It's a win-win. You'll enjoy delicious meals which will please your eyes and palates and support the Foundation.

Be sure to tell your friends and family, too. And, if you can't make the date, make plans at the Gourmet Cafe for another. You won't be disappointed!

The Gourmet Cafe is a small, warm restaurant where you will be attended by the most pleasant and attentive staffs I've experienced. But don't take my word for it. Check out the website, [gourmetcafenj.com](http://gourmetcafenj.com), I suggest that you make reservations to ensure seating, 973.316.0088.

The words of Chef Matthew Pierone will add additional "flavor" to what awaits you:

It has been a lifelong goal to own and operate my own restaurant. The dream came true on June 7th, 2007 when, with the blessing of my wife Rosemary, I purchased the Gourmet Café. The restaurant had been in operation for 15 years. While I retained the name, I have made the restaurant my own.

Many people ask about my background so I thought I would share some of my story. I began washing dishes at the Cobblestone in West Caldwell, cooked at the Huddle Inn in Fairfield, and Columbo's in Orange. I graduated from The New York Restaurant School in Manhattan with highest honors. While attending school, I worked at Gracie Mansion. The Highlawn Pavilion in West Orange was my next stop. At the Rainbow Room in New York City, I was the Poissonnier (Fish Chef).

Other credits are Executive Chef at the Racquets Club of Short Hills, Chef de Cuisine at Eccola Italian Bistro, Saucier at Rod's Steak House, Chef at the Green House & Sous Chef at the Grande Café, Morristown.

While it was great to work at such quality establishments, perhaps more important was my upbringing. Everyone who entered our home was greeted warmly and offered food and drink. This tradition of hospitality continues...

I am proud to offer you high quality food at a reasonable price in a friendly Bistro setting.  
Enjoy. . . Chef Matthew Pierone



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

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## Scenic, historic Gettysburg, PA

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



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



### Our Tour Package includes:

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



[gettysburgfallbikeweekend.com](http://gettysburgfallbikeweekend.com)



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

BIKE TOURS by LINDA

**Photo Gallery**



***This could be my photo of the year... helping a giant turtle across the Great Swamp traffic. I happen to be wearing the perfect jersey today - the Raptor Trust. Photo by Naomi Falange. In my left hand is the "persuader"! Dave Hall***



***MAFW Labor Day Kickoff Rides, Paddleboat races, hike, and picnic. Good friends, good food, good times. Plus, a good climb out of Lewis Morris Park and return to Sunrise Lake.***









*Remembering those we lost. Such a beautiful day now as it was then. 9/11*



***A large group cycled out of Schooley's on a beautiful Sunday morning. Jane Ikeda said "Perfect biking weather and nice picnic spread after the ride. Happy Autumn".***

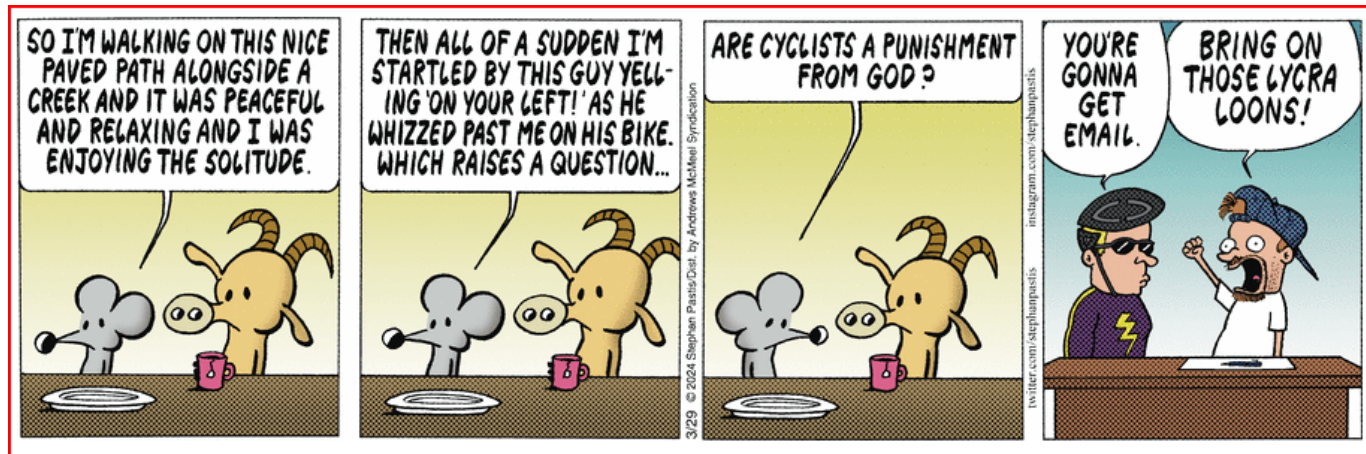


*Resting at Bex Kitchen in Califon during the picnic ride on the Columbia Trail*



*The large tires on the Piper Cub we saw at Sky Manor are Tundra Tires used for landing in rough areas (back country), allowing for more weight to be carried (including fuel) and better braking. Photos by Tony Marchand*

From Jay Marowitz



From John Storey  
Cycling funny

[https://www.instagram.com/reel/C9fmBuiS\\_87/?igsh=MXA4eDAzMzR1dTNvYw==](https://www.instagram.com/reel/C9fmBuiS_87/?igsh=MXA4eDAzMzR1dTNvYw==)





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

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

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

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

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

\$150 for single or double occupant

\$160 for three in the room

\$170 for four in the room

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

#### **ROOM FEATURES**

free wifi- 2 queen sized beds- flat screen TV- refrigerator- microwave

## THINGS TO DO AT THE HOTEL

- outdoor and indoor swimming pools and a hot tub- two tennis courts- basketball court- kid's
- playground- fitness room- game room- walking path on the hotel property- animal petting zoo- firepit

Two 18 hole mini golf on the hotel property at [Water's Edge Mini-golf](#) (additional fee)

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

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

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

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

## DINING FOR THE WEEKEND

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

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

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

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

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

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

[The Railroad Museum of Pennsylvania](#).

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

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

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

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

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



## WINERIES THAT HAVE TASTINGS

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

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

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

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

## BICYCLE RIDES FOR THE WEEKEND

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

Friday

**3pm [Bird-in-Hand short](#) ride 14 miles, flat. After the ride, walk, or bicycle to the Bird-in-Hand Farmers Market next door**

Saturday

9 am [Conestoga and Lapp Valley](#) ride 27 miles, flat

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

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

Sunday

9 am [Spring Garden](#) ride 31 miles, rolling hills

9 am [Bird-in-Hand long](#) ride 20 miles, flat



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

## 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](mailto: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](mailto: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](mailto: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"!

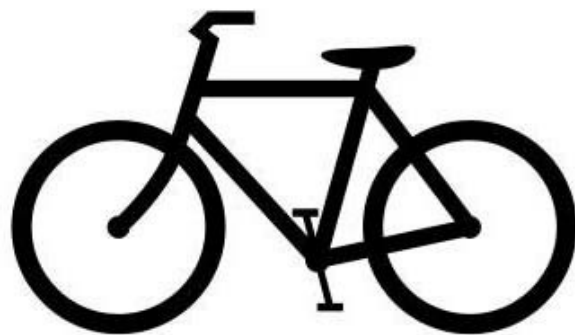
**Here are links to reference materials:**

<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](mailto: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](mailto: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](mailto: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](mailto:ridecoordinator@mafww.org)

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

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