

Freewheeler News

September 2024



Revolutionary Ramble 2025

Planning and volunteer recruitment for Revolutionary Ramble 2025 will begin during October 2024. By that time, a date for the ride will be established and the venue for the ride will be finalized. Michael Chenkin and Jeff Sperling will reprise their roles as Co-Ride Directors having survived Ramble 2024 and still able to maintain a sense of humor.

The most critical issue for the Ramble is the need for volunteers. The ride simply cannot happen without approximately 125 volunteers. Since the club membership has been rapidly declining, the pool of volunteers has shrunk. Some of the volunteer tasks, e.g., route marking, test rides, etc. are completed prior to the date of the Ramble; others are done on the day of the Ramble. Persons who are not members of the Freewheeler club are more than welcome to volunteer and many have done so throughout the years. The only exception is that volunteers for Test Ride Leader positions must be ride leader members of the club. Feedback from volunteers from the previous Rambles has been generally positive and there are many repeat volunteers. Volunteers generally give 3 hours of their time to the Ramble which is not a lot to ask. In return for volunteering, you get a bright green volunteer t-shirt, free lunch at the Ramble, and a great feeling about having helped the club. Many Freewheeler club members are not aware that the Morris Area Freewheeler Foundation, a separate 501(c)3 organization, is ultimately responsible for the Ramble and that the Foundation has made an annual donation of \$3000 to the club. Therefore, every Freewheeler club member benefits from the Revolutionary Ramble.

All volunteer positions are critical but those that are most critical are the Team Leaders. Team Leader positions include Safety, IT, Route Planning, Test Rides, Bicycle Donations, Volunteer Team Leader, Volunteer Sign-In, Lost Rider Assistance, Start Control, Route Sign Assembly and Placement, and Rest Stop Leaders. Team Leaders work with the Ramble Ride Co-Directors to recruit volunteers to staff their designated areas and to communicate with the Ramble Ride Co-Directors regarding their progress, needs, etc.

Questions about volunteering for Revolutionary Ramble 2025 can be directed to Michael Chenkin or Jeff Sperling whose contact information is on the club website. We encourage all members of the Morris Area Freewheelers to volunteer for Ramble 2025 and to make it the best Ramble in club history.

Freewheelers Election at November Members Meeting

The biennial election of the Morris Area Freewheelers Officers and Directors is sure to dwarf all other elections taking place in November. Elections for Officers and Directors of the Morris Area Freewheelers will be held at the Biennial Membership Meeting in November 2024 as per the bylaws which can be found at <https://mafww.org/club-bylaws/>. Officers are President, Vice-President, Secretary, Treasurer, and Ride Coordinator. Directors are Membership Coordinator, Safety Coordinator, IT Coordinator, and Member-At-Large each of whom will serve a term of 2 years.

Club bylaws state that the Nominating Committee, currently composed of Liz Jennison, Mark Jay, and Kimberly Ford-Tulloch, will select a complete slate of nominees and obtain advanced consent of those nominated. The Committee will deliver the list of candidates to the club Secretary by September 15, 2024 and it will be immediately be published on the club website. All club members who also want to be on the ballot may be nominated by petition with a minimum of 25 signatures of valid Club members. Nominating petitions must be submitted to the Secretary by October 1, 2024 in order for them to be validated and published on the Club website no later than October 15, 2024. No nominations will be accepted from the floor at the time of the election at the Biennial Meeting in November.

Only those valid members who are present at the Biennial Meeting are eligible to vote. In order to be elected, a nominee must receive a majority vote of those present and voting. If necessary, a run-off election shall be held immediately between the 2 candidates receiving the highest number of votes.

Keep an eye out for the date of the Biennial Members Meeting and be sure to attend and exercise your voting privilege. The future of the club depends on your participation.

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

Submitted by John Storey:

<https://www.morriscountynj.gov/Departments/Engineering-Transportation/Report-a-Pothole-or-Road-Maintenance-Issue>

Message from the President:

Hopefully everyone is enjoying the summer and looking forward to cooler weather and the fall foliage. We have a series of events coming up that I wanted to share with you. We hope you will join us for one, two or all the events we have planned over the next couple of months.

August 31st – Freewheelers post-ride paddleboat races, swimming, and picnic! Join us on Saturday August 31, 2024, at Sunrise Lake in Lewis Morris Park for a day of riding, getting wet (or not), and fun:). Rides will start leaving the park at 9AM and upon returning we will have picnic tables by the beach with empanadas, cold flavored seltzers and dishes by members. In addition to bike rides, paddleboat races, swimming and food, Len Friedman will be leading a 4-mile hike in Lewis Morris Park starting from Sunrise Lake. Be sure to sign up on the Ride Schedule if you want to hike. There is no charge for a member and a guest. If you are not joining a ride, you should be there by 11:30AM.

People whose last name starts with:

A-F Please bring a Dessert

G-O Please bring a Salad

P-Z Please bring a Main Dish

End of Summer Celebration Ride – 9/14/24. The Denville/Parsippany MAFW members have completed two successful Denville – Bike, Pizza and Beer rides earlier this year and we thought we may try this on a grander scale. The rides will start and end at the Diamond Spring Brewery in downtown Denville (opens at 12 noon on Saturdays). We will have the rides posted shortly but, in the end, we would like the ride leaders to utilize their \$50 Celebration ride event to fund the Pizza. We will start off with 3-4 rides and we will expand if necessary. The Celebration ride funding was available for the first time in 2024, and we did not see the benefit utilized enough for our liking. The costs of drinks (beer, water etc.) will be each participants responsibility. If this goes well, we may also consider an Angry Erics Brewery ride from Kittatinny state park or a Burnt Mills Cider ride from Bedminster in the Fall. Rides should be up on the website shortly. **Semi-Annual Trek Inspection Ride – 9/21/24** The previously scheduled date was cancelled due to excessive heat. Many of you remember that last year we launched our first ever Trek Inspection Rides starting from Trek Stirling's location. These events were very well received with all participants receiving Trek's free safety inspection on their bikes. Trek will be offering a \$50.00 discount on their level 2 service and \$100 discount for Level 3 service, if needed. There will be refreshments, bagels, coffee and juices before and after the rides. Trek will also have Trek Fest specials inside their store for members to shop after the ride. We are staggering the start times of the rides, so that Trek can properly inspect and discuss their findings with our riders. Parking will be in the Trek lot, next door at the Day Care Center, and along Main Street in Stirling. Bathrooms are available in the store. Trek Service will be on duty at 8:00 am, so please arrive about 45 minutes to an hour before your ride starts. Rides are now available on our website. **Fall Picnic – 9/22/24 – Schooley Mountain Park.** The MAFW Fall Picnic will be on Sunday September 22nd, at Schooley Mountain Park in Long Valley. For those that have not ridden out of the park it's a beautiful location and the rides are fantastic as well. The picnic is free (and you can bring a guest). Please keep an eye out for the sign up so we know how many people to expect. Rides are now available on our website.

Now for a couple of safety announcements. Morris County Dangerous Road Condition Reporting – At our spring kick-off there was a discussion about whether or not there is a website to report dangerous road conditions in Morris County. The good news is there is now a website to report such issues. Rebecca Feldman recently filed a dangerous condition report, and I encourage you all to do the same when an issue is identified. Rebecca’s email read as follows: “There is a dangerous condition on CR 646, Tempe Wick Road, both directions, in the vicinity of Primrose Brook. Repaving, or smooth edge-to-edge repair is needed – from the driveway of the Great Swamp Watershed Association to SR 202. Years of potholes and bumpy patching have made this section of winding road so rough that people on bicycles cannot stay out of the way of motorists. Drivers are speeding and blindly passing into oncoming traffic, while riders struggle to navigate a safe path between the patches. This busy rough section of Tempe Wick is now unsafe for everybody. When will Morris County make this section of Tempe Wick, a crucial east-west connector, safe? Rebecca P. Feldman Morristown”. Let’s keep our roads safe for all riders out there and feel free to use Rebecca’s email as inspiration. The link is as follows: <https://www.morriscountynj.gov/Departments/Engineering-Transportation/Report-a-Pothole-or-Road-Maintenance-Issue>.

Warning Aggressive Drivers – We have become aware of several reports from MAFW and BTCNJ club members having a few close-calls with cars driven by aggressive drivers. In fact, one MAFW member encountered two aggressive drivers in one week. While we can’t prevent people from driving stupidly, we can take several actions to help make ourselves safer when riding on the road. Although not required, here are some things to consider:

1. Always wear a proper fitting bicycle helmet, to help protect your noggin if you go down (this is required by club rules).
2. Wear a bright colored jersey and bright socks.
3. Use bright LED lights to make you visible to distracted motorists.
4. Be predictable when riding.
5. Never overlap wheels with the cyclist in front of you.
6. Use a radar detector (such as the Garmin Varia). Personally, I think this has been the greatest new tool available to bike riders over the last several years.
7. Consider using a video camera (such as Cycliq) – although this won’t keep you safe, it will provide visual documentation in the event of a crash or incident (and it’s great at capturing license plate numbers). However, if you are using a video camera – please inform everyone on the ride during the safety talk that you are doing so. Some individuals are not happy being potentially recorded without their prior consent.

See you out on the road.

Joseph Reo

MAFW President

Message from the Ride Coordinator:

REGIONAL CALENDAR – I want to again share this calendar of regional events in Pa, NJ, and DE that was prepared by Suburban Cyclists Unlimited. This is a great source of information for cycling events outside our normal MAFW schedule. If you want to be the ride leader for any of these events, please let me know. https://www.suburbancyclists.org/content.aspx?page_id=22&club_id=694201&module_id=253585#Sep

RIDE LEADER – The more ride leaders we have the more rides we can offer the membership. As a ride leader you can pick the rides you want to do from a library of over 1000 rides. You can also decide the pace, time and date. Becoming a ride leader is a simple process and I am willing to step you thru the process and even sign up for your first ride as long as you pick C pace or slower and promise not to drop me.

RIDE LEADER AWARDS – For current ride leaders you need to have led 12 rides to qualify for the MAFW ride leader award. Cancellations count as 1/2 a ride and you have until end of Sept. to complete the requirement. If you are not sure of your status, please contact me.

SUNRISE LAKE BEACH PARTY AUG 31- MAFW has scheduled a beach party at Sunrise Lake in Lewis Morris Park that will involve swimming, paddleboat races as well as rides. Rides have been scheduled and I wish I could have set up flatter rides but blame George Washington for choosing that area to winter his troops. Jockey Hollow is next to Lewis Morris and recommend visiting Jockey Hollow, especially the Visitor's Center. More information to follow on this event.

MAFW FALL PICNIC – Sunday Sept 22 is the MAFW Fall Picnic that will be held at Schooley's Mountain Park. Rides have been posted and I do need a few ride leaders. More info to follow.

CHIP SEALING – Chip sealing is in progress on Rockaway from Potterstown Rd to Mountainville and on Hill and Dale. Recommend holding off rides in that area for a week or two until the chip seal settles. In addition, fresh gravel has been added to the gravel section on White Bridge Rd. Recommend walking that section until the gravel has a chance to settle.

MOUNTAINS TO COAST NORTH CAROLINA – This is a weeklong ride from Oct 5 to 12 in NC and this event is on the MAFW calendar and ride schedule. If interested please contact me.

FLEECYDALE RD – Yesterday a group of us did a ride involving Fleecydale Rd that goes from the Delaware River at Lumberville, Pa. to Carversville Pa. It is a steady climb but we all considered it one of the most scenic roads in our library of rides. The road is currently closed to cars but not to bicycles. Thanks to Pat and Tony for creating Fleecydale Follies. The Carversville Inn is closed but due to open soon.

Manny

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



Bon Ton Roulet

A Festival on Wheels through the Finger Lakes by Manny Coelho

The **Bon Ton Roulet** is a seven-day bicycle tour through the beautiful Finger Lakes region of New York State and is a fundraiser for the Auburn YMCA-WEIU and the Cortland YMCA. This was the 27th annual Bon Ton Roulet. 10 members of MAFW participated and it involves tent camping and cycling but you do have the option of having Comfy Campers take care of your tenting needs or you could stay in dorms or hotels. On 7/20 we arrived Cortland, NY where we set up camp for our first night. On 7/21 we cycled to Auburn and camped at Emerson Park along Owasco Lake. Every day you have the option of doing the regular ride of 35-55 miles or the longer ride of 55-65 miles. On Day 2 we cycled to Geneva where we camped for 2 days at Hobart/Williams College along Seneca Lake. On Day 3 a century ride to Lake Ontario was offered and Brian Cap, John Storey, Tom Sterk, Paul Zitelli, Manny Coelho and Marty Pratt accepted the challenge, and all completed the century ride and earned the Phil Fountain Century Ride Cap. It was Marty Pratt's first century. On Day 4 we cycled to Penn Yan where we camped for 2 days at Keuka College along Keuka Lake. Keuka College has its own swimming area on the lake and one night we had a bonfire and made Smores. On Day 5 we cycled in the Keuka Lake area. On Day 6 we cycled to Ithaca and camped at Tremon State Park. On the way to Ithaca, we stopped at Watkins Glen to briefly check out the gorge. John Storey and Dawn Ross took the time to hike the entire gorge. For the last day we cycled 40 miles back to Cortland and headed home.

There was a total of ~250 cyclists from all over the country. Weather was near perfect with one brief shower. Bon Ton fed us very well and at Hobart and Keuka Colleges we ate in their cafeterias. The rest stops were well supplied, and the volunteers could not have been more friendly. After cycling you could go swimming in a lake except at Hobart where they opened the indoor pool to us. The equipment trucks carried your gear from campground to campground and also supplied us with water, soda and beer. A shower truck followed us from campsite to campsite. After dinner they brought in local musicians to entertain us. This was my second Bon Ton Roulet and I plan on doing it next year. If you are interested and have any questions feel free to contact me.



"Bon Ton: Celebrating after completing the Phil Fountain Century Ride"



"Dinner at Emerson Park"

BOB'S VERMONT TOUR AUG 22-25 By Manny Coelho

10 MAFW members joined Bob Warren for his Vermont Bike Tour this year out of the Ramapo Ski Club Lodge that is a short walk from the Mad River Glen Ski Area. Bob set up 3 rides for the Waitsfield, Bristol, Waterbury, Vergennes area of Vermont. The rides included stopping at Vergennes for their "Vergennes Day" celebration, Lake Champlain Maritime Museum, the Adirondack Winery, Ben & Jerry's original factory, Historic Round Church, Morgan Horse Farm and the Cochrane farm. Rest stop at Ben and Jerry's included ice cream of course and a visit to the Flavor Cemetery.

On Friday and Saturday, we rode together but on Sunday we were free to explore. On Sunday some of us rode to the famous Warren Store (no relation to Bob) and to Blueberry Lake for a swim. We did have bathing suits. A couple of riders drove to Burlington and took the bike ferry to Grand Isle via the Lake Champlain Causeway for a day of riding on Grand Isle. We plan on doing this ride next year. One rider rode over the Appalachian Gap and returned via the Middlebury Gap for a total of 62 miles at AA terrain. Two other riders put away their bikes on Sunday and went to Green River Reservoir for a day of kayaking and fishing and they actually caught fish.

On Saturday we ate dinner at Stark's Pub at Mad River Glen and were entertained by a band set up under the famous single chairlift. We had great weather for the entire weekend and plan on doing this event next year.

Thanks Bob for setting this up.



Start of Bob Warren's Vermont Adventure from Appalachian Gap



Bob Warren in front of the Warren Store in Warren, Vermont



Happy Hour at Ramapo Ski Club Lodge

A Quick but Efficient Method for Obtaining the Right Seat Height



By Tony Marchand

Control

Control is the primary problem here: As soon as you start to lose control of the bottom portion of the stroke because the seat's too high, you'll start to compensate and compensation always causes inefficiency and also pain. On the other hand, the only down side to the seat being too low is some loss of efficiency but usually not pain or loss of control.

What we're looking for with the pedal stroke is a smooth transition from the extension of the knee to the flexion of the knee across the bottom section of the stroke.

Setup

The way that this can be set up yourself at home is to sit on the saddle and make sure that you're not tipping side to side and your pelvis is fairly square. *This can be done on a trainer or leaning against a wall. Set your seat such that when you sit on the saddle with your heel on the pedal your leg fully extended - lower the seat or raise it so that it occurs so the leg is locked fully straight with your heel on the pedal.* Then **drop the seat from there about 20 or 30 millimeters so it brings the seat right down.**

Pedal on your trainer or outside on a flat road at and at a good even pace but below you V-max for 20-30 min. Then **slowly creep your seat height up in five- or three-millimeter increments until you start to feel one of your legs start to get a bit choppy at the bottom of the stroke.** Now choppy is a bit of a subjective word but it's the best word I've got. As the seat gets too high at some point it'll start to feel a little bit like you don't have control of the bottom section of the stroke and your knee is just flickering a little bit or your hip will start to rock back and forth.



Then you want to come slightly down below that point two millimeters below. It may take only a few mm. You'll feel comfort throughout the stroke without being choppy at the bottom and your hips will be steady.



Conclusion

Bring the seat from the low position – upward until you start feeling that choppiness at the bottom of the stroke or your hips start rocking back and forth with each stroke. Then just bring it back down two millimeters or so from underneath that point. This will give you a really good starting point. The seat height is almost millimeter perfect. Don't worry about any numbers or mathematical measurements. Using many other techniques such as the heel on pedal when extended or inseam measure are correct only 65% of the time (i.e., they're off 35% of the time). Measuring the angle of the knee is better but a little more complex to measure.

The method above in this article is a good rule of thumb allowing just slight changes (millimeters) to improve comfort and efficiency.

References:

1. The Quick & Simple Saddle Height Method, Neill Stanbury of Road Cycling Academy
2. How to set saddle height on your bike, bikeradar.com
3. The physio and bike fitter's guide to setting your saddle height, Cycling Weekly



Tony's tool kit

2024 Calendar (see website for details)

09/07/2024	Maine Lighthouse Ride
09/07/2024	Sourlands Spectacular
09/07/2024	38th Annual Amish Country Bike Tour
09/21/2024	Renaissance Cyclist Defeating Cancer United
09/22/2024	Fall Picnic (Schooley's Mountain Park)
09/28/2024	Sea Gull Century 2024 (Salisbury, MD)
09/28/2024	Escape New York
09/29/2024	Twin Lights
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
10/08/2024	16th Annual Milestone Party—Annabella Ristorante
10/13/2023	43rd Covered Bridge Ride
10/25/2024-10/27/2024	Gettysburg Fall Bike Weekend

Fall Picnic



Schooley's Mountain Park, Long Valley, NJ

The picnic will be on **Sunday September 22nd**, at Schooley Mountain Park in Long Valley. For those that have not ridden out of the park it's a beautiful location and the rides are fantastic as well. The picnic is free (and you can bring a guest), but please sign up so we know how many people to expect. The tradition continues. People whose last name starts with:

A-F Please bring a Main Dish

G-O Please bring a Dessert

P-Z Please bring a Salad

Manny and his fellow ride leaders put together a full ride schedule for the day of the picnic, with rides at all paces between D and B. There should be a ride for anyone who is interested and remember to sign up for the ride you plan to do in addition to signing up for the picnic.



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

Cell: 908-625-1003

No walk-ins

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, 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

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



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

BIKE TOURS by LINDA

Photo Gallery



“The Grasshopper” - photo taken by Tony Marchand at Sky Manor Airport on August 23rd



These guys love to cycle out of Denville



Great Falls, Hinchcliffe Stadium, Garret Mountain Ride



Cheers to 60 and a metric century. Happy Birthday Tracy



Fast ride, 17.5 average on mostly flat roads, with cooler temperatures lead by our fearless leader, Joseph Reo



This group cycled out of Ghost Lake with a stop at one of our favorite places for a break



Off-roading on the Columbia Trail



Daisy and Petunia on Dunkard Church Road



Meet Eeny, Meeny, Miny and Moe

<https://www.facebook.com/kristina.s.kalb/videos/pcb.2353420078110997/2353418331444505/?type=3&theater>



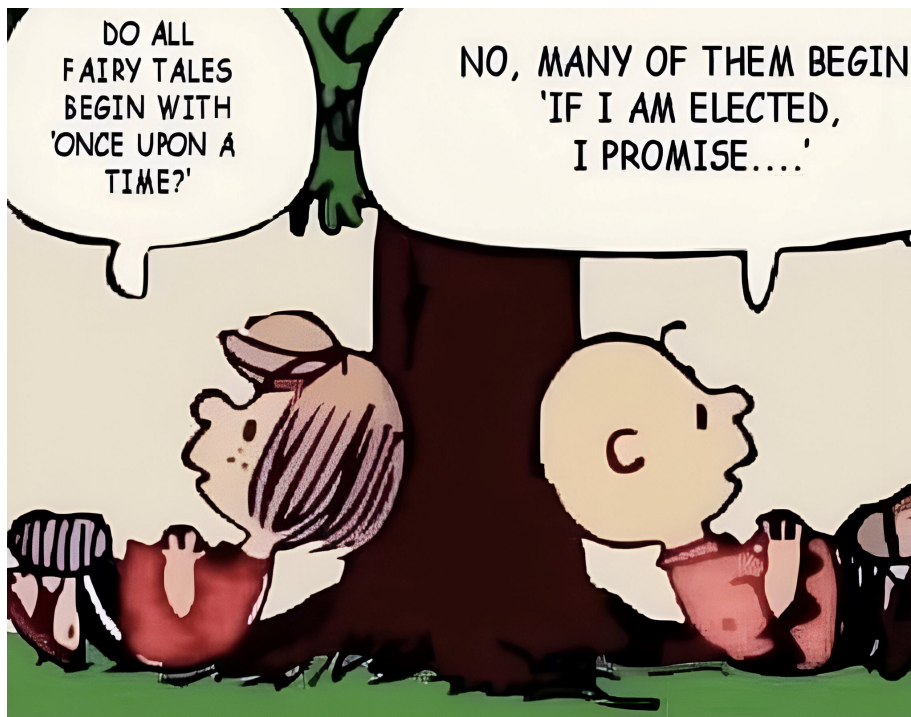


GPS in 1973!

GO PAST JEFF'S HOUSE
THEN TURN WHERE THAT
BARN USED TO BE.
GO A LITTLE WAYS TILL
YOU GET TO THAT HOUSE
WHERE THAT REALLY
WEIRD GUY USED TO LIVE.
GO A LITTLE BIT TO THE
RIGHT ON THAT BUMPY
ROAD. CROSS OVER THAT
OLD BRIDGE THEN HIS
HOUSE IS PAST THAT
PLACE WHERE THOSE
DOGS USED TO
CHASE US.

DOYOUREMEMBER?

Remember to drink lots of water and stay indoors between 11:00am and November 1st.





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 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"!

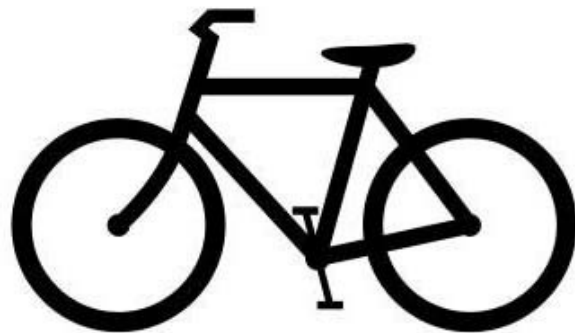
Here are links to reference materials:

<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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