

Freewheeler News

November 2023



MORRIS AREA
Freewheelers



Nothing is better than a 33 mile ride from Summer Road Park followed by Pickle Ball lessons thanks to LT, and a cold beer at the Readington Brewery!

In Memory of Jack Brohal



John "Jack" Joseph Brohal, Jr., 86, of Blairstown, NJ, passed away on October 21, 2023.

Jack is survived by his lovely wife of 25 years, Lili, and his children; Frank Brohal (Carol), Wendy Lusby (Steven), and Glen Brohal (Gini), as well as his beloved granddaughter, Haley Lusby. Also surviving is his nephew Toby Tobias.

Jack was born in Passaic, NJ, lived in nearby Bloomfield and graduated from Bloomfield High School before moving gradually west to his hilltop house in the woods in Blairstown, NJ. At age 13 he became an amateur bicycle racer, and after marriage and children he returned to bicycling in NJ and all over the world, including completing two marathon 750 mile bike rides, Paris-Brest-Paris, under the 90 hour time limit. He could repair anything on the road and, at home, built bicycles from scratch. His other outdoor love was hunting and fishing, joined by a succession of beloved dogs.

In his work life he was an accomplished mechanic, keeping the wheels of American industry going. Among other things, he wove wire cloth in the paper industry, kept plastic injection molding equipment working, and maintained all the equipment in a local company making esoteric alloys for the joint replacement and the aircraft industries. In retirement he and his dog took other hunters out on game preserves.

In Jack's own words:

Joined The Bay View Wheelman (my first bicycle club) in 1950 and competed in ABL (Amateur Bicycle League) races during the 50's. Was NJ state junior road champion, eastern states dirt track champion and held many indoor roller racing titles.

Later as a non racing club rider:

Rode many century's and dozens of double century's, etc, etc, etc

As a member of the International Randoneers :

Completed Paris-Brest-Paris 750 mile ultra marathons in '87 and '91

In 1997 my wife and I rode across the US from Sea Bright, NJ to South Beach, WA on a fully loaded independent, camping, cooking 6,000 mile tour.

In 1999 we rode up the East Coast from Florida to Nova Scotia and back home to NJ. Total distance approx. 4,000 miles.



Jack completes the 2019 Seagull Century



The Boys: Tony, Lenny and Jack



2015 Milestone Party at the Golden Palace: Charlie, Lili, Jack and Bob

CPR COURSE STATUS UPDATE

Within the next couple of months, I will again be instructing the CPR and first aid course sponsored by the Morris Area Freewheelers Foundation. To date over 150 club members have taken advantage of this opportunity to learn how to save a life. So, let's keep the ball rolling. This is not just about club ride incidents. Here are American Heart Association statistics that can bring home...figuratively and literally... the importance of knowing how to perform CPR:

"The location of Out of Hospital Cardiac Arrests (OHCA) most often occurs in homes/residences (73.4%), followed by public settings (16.3%), and nursing homes (10.3%). If performed immediately, CPR can double or triple the chance of survival from an out of hospital cardiac arrest."

There's a lot of catching up to do from giving the opportunity to members who have joined since the course's temporary suspension, to instructing those members who took the course over two years ago and wish to renew. I will provide updates through the Freewheeler News. 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 **rob dg01@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

Rides led from 10/01/2022 to 09/30/2023

Leader	Led Rides	Canceled Rides
Sal Rizzo	73	9
Jeff Sperling	64	15
Manuel Coelho	37	5
Valerie Cole	34	20
John Parsekian	34	9
Barry Seip	32	5
Tom Sterk	32	4
Lynda DeLuca	28	1
Jan Gorban	28	7
Eric Lavitsky	24	1
Drew Thraen	22	9
Christopher Hartmann	19	0
George Diamantidis	18	2
Michael Chenkin	18	11
Arlene Whalen	18	1
Tracy Brown	17	4
Joseph Reo	16	6
Andy Milstein	16	4
Tony Fanelli	16	3
Barbara Delaney	15	1
Michael Cloidt	14	0
Lou Blanco	14	3
Paul Malinowski	13	2
Marty Siegel	13	0
Arnie Cohen	13	1
Les Garber	13	1
Len Friedman	13	1
Gloria Friedman	13	2
Marty Pratt	12	3
Mariann Mann	12	0
Dennis Sinauskas	12	2
George Ebel	12	0
Betsy Eastwood	12	3
Xue Li	11	2
Mark Baumeister	11	3
Roy Fischman	10	5
Sam (Sumant) Chandiramani	10	5
Noreen Drucker	10	1
Seth Cohen	9	0
Ed Steinman	9	0
Elizabeth Jennison	7	0

Leader	Led Rides	Canceled Rides
Richard Poore	7	2
Fred Bennett	7	1
Vinny Catanzaro	6	0
Jay Raju	6	2
Petra Strickland	6	3
David Drescher	6	2
Susan Smyth	6	8
Tom Flatley	6	0
Marvin Schwinder	6	2
Mary Conrad	5	1
Jay Marowitz	5	3
Gerry Kirwan	4	0
Michael Shapanka	4	6
Helene Motyka	4	1
Len Sanders	4	1
Steve Diamond	4	0
Dennis Budnik	3	2
Ray Morro	3	1
Jessica Simpson	2	0
John Storey	2	3
Merritt Peterson	2	0
Michael Regan	2	1
Art Abowitz	2	0
Madeleine Roese	2	0
Luise Neilson	2	0
Craig Levin	2	1
Mario Pompeo	2	1
James Anderson	1	0
Alex Cefalu	1	1
Paulo Piedade	1	2
Bobby Ebel	1	1
Scott Raschke	1	0
Dave Hall	1	0
Gregory Stec	1	0
Dorin Ursan	1	0
Kathleen Caccavale	1	1
Jim Barnish	1	0
Chaim Nudell	1	1
George Decker	1	0
Jonathan Brainin	1	0
Pam Gregory	1	0
Michael Calderaro	1	0
Jon Eiseman	1	0

Inattentional Blindness

(What caused my accident.)

-Jay Marowitz

A few years back, I was riding down a hill near Mountain Lakes. There was a car on my right in a side street which was waiting to cross the road in front of me and turn left up the hill.

The driver looked right at me, then proceeded to pull out. I braked, but hit the car in the front side and I wound up on my back covering the windshield. Fortunately, my only injury was a small shin bruise.

The first aid squad and the police came. I didn't pay much attention to what the officer did as I was quite shaken. I got checked out by the EMS and released. A nice bystander offered to give me and my bike a ride back to the start point which I accepted.

Since I didn't want to ride a cracked carbon-fiber frame, I took my bike to Marty's for a checkup. There was no meaningful damage and I soon rode it again. Overall, the outcome could have been a lot worse. I was lucky.

In the following days, I kept asking myself "*How could the driver have made that left turn after looking right at me?*" Recently, I ran into some enlightening information.

It seems that most people believe that seeing is simply a matter of opening one's eyes. But increasingly, it has been demonstrated how startlingly little people see when they're not paying attention.

Here, the phrase 'paying attention' refers to the full awareness of all objects in one's visual field versus a subset. In my case, the driver was looking for something else – cars. I, on a bike, simply did not register as the driver was not fully paying attention. This describes a phenomenon known as "***inattentional blindness***".

Interested in a live example? Give yourself a test by clicking [this link](#). How did you do? Here's another, shorter, [test](#). Are you convinced that there's a problem?

So, as cyclists, what do we do?

Now that we know what can happen, we can assume that it will, and we need to change our cycling behavior. This entails making assumptions about drivers 'seeing' you on the road. In short, don't assume they do. The phrase "Ride like you're invisible." applies. Try to make yourself visible as best you can with bright clothing and lights front and back, but don't proceed until you have an indication that you have been seen.

'See' you on the road..

References:

1. [Sights unseen, Monitor on Psychology](#), 4/1/2001 – Siri Carpenter
2. [Inattentional blindness](#) – Wikipedia

Which Disc Brake Pads Should You Get?

By Benji Howorth with additions and edits by Tony Marchand

What's the difference between all these pads? Which ones should you get for your bike and your type of riding?

There are a lot of different variables with disc brake pads, both for Road and MTB. Not only do you have to get the correctly shaped disc pad that fits your particular brake caliper, but you also have to choose what sort of compound you want the pad to be made of.



Shape

Different brake calipers have different shapes and different methods of holding the pads in place. Thankfully getting the correct shaped pad is pretty obvious.

Look at what your brake is called (it's usually written on the lever reservoir and/or the caliper body) and then find a disc pad of the same name. If the model names don't quite match or are incomplete, take your existing pads out and double-check the shape of them compared to the potential replacement pads' shape.

Compound

This is where it gets confusing. Fundamentally there are three types of brake pad compound, although some manufacturers confuse things by using new buzzwords or sound-alike terminology.

The three fundamental compound types are: sintered (sometimes called metal or metallic), organic (sometimes called "resin") and semi-metal (consisting of metallic particles embedded in a resin material).

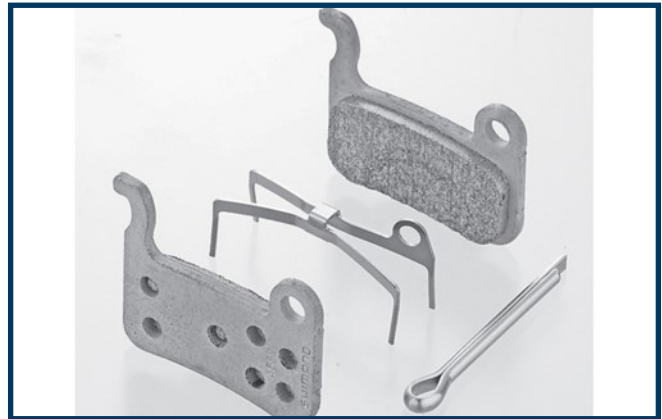
Each of these three compounds has their own benefits and disadvantages. There is no perfect brake pad for every rider or type of riding.

Pros and cons to each compound

You can't really tell what compound a pad is just by looking at it. You'll need to check the product description or packaging carefully for information.

Sintered (metallic) pros

- **They last the longest.**
- The pad material can withstand very high temperatures.
- They don't glaze over.
- They have lots of power at the ultimate top-end power (sustained high speed DH stuff).



Sintered cons

- **They take ages to bed in.**
- **High temperatures can cause mineral oil systems to fade on very long sustained descents.**
- **They lack initial bite feel.**
- **Can be noisy.**



Organic (resin) pros

- Quick to bed in.
- **Very good initial bite, feel and modulation.**
- **Less noisy.**
- They don't pass as much heat into mineral oil systems.
-

Organic cons

- **Not as long lasting** as sintered, especially in wet conditions.
- Less power at the ultimate top-end power (sustained high speed DH stuff).
- **Can glaze over.**

Semi-metal pros

- **Most of the best bits of sintered and organic compounds.** They're basically organic pads with sintered stuff added to them.

- Good ultimate top-end power.
- Decent bite, feel and modulation.

Good durability.



Semi-metal cons

- Can glaze over.
- Not all semi-metal compounds are the same ie. different brands will have different sintered-to-organic mix ratios.

Usually, a **bit more expensive**.

Which sort should you buy?

It depends.

One thing we would say is that you don't have to run the same pad compound in both your brakes.

A lot of experienced MTB riders run a sintered pad in the rear brake and an organic pad up front. The rear brake requires less power and feel so it makes sense to prioritize durability. The rear caliper also seems to get more filth flung through it so a harder-wearing sintered pad makes sense. The organic pad in the front brake offers good power and feel, where it is needed most. The trade-off in durability is well worth for most riders.

If you want an easy life and only want to buy (and carry) one sort of pad, then go for semi-metal pads.

Tempting as sintered pads are – due to their durability – the reality is that they lack power up front and take far too long to bed in.

Nostalgia



2015 Milestone Party at the Golden Palace: Les, Pat, Chaim and Dave. We sure do miss Chaim and Dave.



Some of Morris Area Freewheelers at Lake George riding weekend 2016. Good times!

Photo Gallery



Happy birthday Jay!! 81 years young. Happy Halloween!!



Dave Hall's riders Jane Ikeda and Naomi Falange told him "let's show how tired we are right now!"



Milestone Ride from Pickell Park



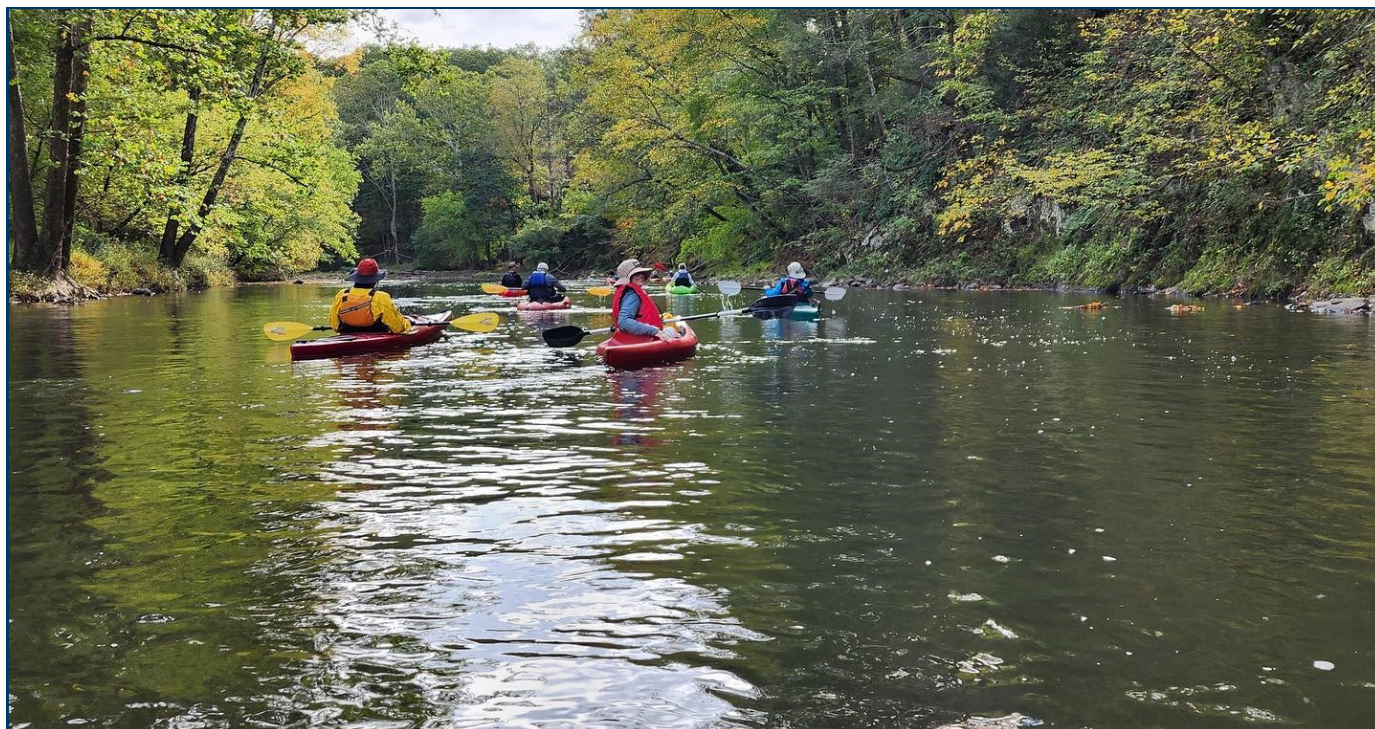
Milestone Party Lunch at Annabella in Whitehouse Station on October 4th



Birthday Lollipops by Jane Ikeda



Morris Area Free Paddlers strike again. A beautiful 3-hour downstream paddle on the South Branch of the Raritan from Annandale to Flemington on Sunday October 8th. Thank you to everyone who came out, and to Yellow Dog Kayak Rentals for being our guide!



Stanton Mountain – One More Time
by Barry Seip

**Stanton Mountain, here we come again
We are not concerned as we come around the bend
The climb is slow and steady unless you have “boost”
E-bikers speed up as they turn on the juice.
At the top is Stanton Mountain road where the Bull sort of did his thing
A nice downhill you have earned, so cinch up your drawstring
We will regroup at the Stanton Inn and have a quick drink
Then off we go to the Whitehouse General Store, quick as a wink
The food stop will not be an extended feeder
We need to get home ‘cause it’s pizza night for this ride leader**





“At the top is Stanton Mountain Road where the Bull sort of did his thing”



Don't wait to
be rich to be happy.
**Happiness is
free.**



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.

MAF Bike Adventures 2023 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 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 2023 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>

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, 2022 and September 30, 2023 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

CLUB OFFICERS

Executive Committee:

President

Joseph Reo
Tel. 973-944-8286
president@mafww.org

Vice President

Paul Malinowski
Tel. 201-844-0247
vp@mafww.org

Secretary

Jessica Simpson
Tel. 732-947-0048
secretary@mafww.org

Treasurer

Merritt Peterson
Tel. 908-656-0171
treasurer@mafww.org

Ride Coordinator

Manny Coelho
Tel. 732-259-8990
ridecoordinator@mafww.org

Directors:

Newsletter Editor

Patricia Kipp
Tel. 908-647-1805
newsletter@mafww.org

IT Coordinator

Jon Eiseman
Tel. 908-656-1099
it_coordinator@mafww.org

Membership Coordinator & Log-in Resets

Betsy Eastwood
Tel. 201-400-1145
membership@mafww.org

Safety Coordinator

Drew Thraen
Tel. 973-796-4486
safety@mafww.org

MAF Bike Adventures Coordinator

Roy Fischman
Tel. 718-887-1854
adventures@mafww.org

Website Content Manager /

Web Events Editor

Pete Nevins
Tel. 201-317-3169
webcontent@mafww.org

Social Coordinator

John Storey
Tel. 973-703-3473
social@mafww.org

Member at Large

Mark Jay
Tel. 973-912-9066
atlarge@mafww.org

Marketing / Communications Coordinator

Tracy Brown
Tel. 973-723-9538
marketing@mafww.org

Past President

Liz Jennison
Tel. 973-723-7520
drlizjen@gmail.com

Revolutionary Ramble Director

Doug McMahon
Tel. 201-602-6262
dglm3@gmail.com

Revolutionary Ramble Liaison

Jay Marowitz
Tel. 973-886-5731
freewheeljay@gmail.com

Bicycling Advocacy Team Coordinator

Jim Hunt
Tel. 973-267-5374
freewheeljim@gmail.com

Appointed Volunteers:

Cue Sheet Librarian

Jan Gorban
Tel. 732-713-0208
cuesheet@mafww.org