

Freewheeler News

September 2023



Summer is almost over and Fall is right around the corner.

August 20, 2023
From the president

All,

I hope you had an excellent summer on and off the bike. The end of summer is near and the best season for bike riding is right around the corner. Hopefully everyone had an opportunity to get away with and without your bike and are recharged for the fall season. In case you are wondering where I have been – I took a fall on a gravel ride and took the handlebars to my face and split my upper lip. Like a good boxer, I got up finished the ride then got sent to the locker room for stitches. I looked like the “Joker” for a couple of weeks but now all is well, and I am back on the bike and yes, the bike is fine.



Now a couple of serious items.

1. *I have received a couple of complaints from solo bike riders and drivers. The solo bike riders state that we are not providing clear warnings when we are coming up behind them. Let's make sure to announce that we are coming up on the left when we are passing of club members or solo riders to avoid startling them. It's the proper and courteous thing to do. As for drivers, a couple of individuals felt obliged to complain about the club riding two three deep in the swamp. I always assume it must be some other club, but let's make sure we are riding single file when there is traffic. Last thing we want is an overzealous driver trying to teach us a lesson which results in a terrible accident like we saw in Arizona last year.*

2. *Some of you may have heard that the club had a ride leader/ride participant issue in the second quarter. Although we are a bike club, we are family and family have quarrels from time to time. The Board takes safety seriously and we appointed a separate independent panel to evaluate the situation and provide a recommendation to the Board.*

In the end, we provided a formal warning to all individuals involved with the threat of a future suspension or being kicked out of the club if we continue to see such egregious behavior. Let's make sure that any quarrel is not in the public domain as we have to protect the club brand. In these situations, the parties should have a one-on-one conversation a day or two after the event that caused the issue. I generally find a cooling off period is best for both parties otherwise emotions get in the way. If the one-on-one conversation does not resolve the matter than bring it to my attention and I or my designee will work with the parties to resolve. As in all bad things good things come from them. We are working on a Ride Leader/Ride Participant Code of Conduct that we will share with you all later this year. We have not determined how we roll this out at this time but stay tuned.

Fun Stuff

Labor Day is around the corner. Weather permitting, I am planning a Washington Crossing Ride for this glorious holiday. I will put in a place holder a C ride, but we can break it up into different classifications if we get enough people. If you are around and not traveling, please join us for this wonderful ride. If we get enough people, we can have a pizza party or make Linda bake desserts for us all. Only kidding on Linda but Pizza or something else is possible.

Fall Picnic. *We are currently looking for a location for the Fall picnic. Once the location is locked down, I will send a note.*

Good or Bad Idea – you decide. *I was down at the shore this weekend and while I was riding, I was thinking we should have a beach day in September once all the Bennies are gone (oh wait we are the Bennies). For those who do not know what a “Bennie” means – it’s an affectionate term by the locals for individuals that come down and overwhelm their towns to benefit off their beaches. September is the best time of year at the shore – don’t tell anyone. You can get into restaurants and there is no traffic. The beach is empty, and the water is at its warmest for the season. My bike loop is about 20 miles and is relatively flat except for wind that can make it feel like you are riding uphill if it is strong enough. Let me know your thoughts – individuals can do one, two or three loops to get in a metric century if they feel inclined to do so. I had some head wind today and average 15.7 without much effort. We can park outside the park and enter for free on our bikes or park in the park where there are bathrooms, showers etc. If there is enough interest, we will look into it and set something up. Feel free to respond back to this email with your thoughts.*

Regards

Joseph Reo

MAFW President

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 **robdcg01@aol.com**.

Ride safe and well, Rob Greenberg

Connect with the MAF Bike Club on Social Media!

Our Facebook Account is <https://www.facebook.com/mafwbcc/>
Like us on Facebook. Please [comment](#) and share our status with your friends!

Our Twitter Account is https://twitter.com/MAFW_BikeClub
Follow us on Twitter. Please comment, like or retweet our posts!

Our Instagram Account is https://www.instagram.com/mafwbcc_bikeclub/
Follow us on Instagram. Please comment and like our posts!

If you need any social media training or help, please contact Tracy Brown at **trabrown@me.com**. Sharing our club activities is a great way to promote our club and attract more members. You do not need to have an account on Twitter or Instagram to view our mafwbcc_bikeclub accounts. Cycle safely everyone!

Calling All Photographers!

Do you love to take photos while you ride?
Do you pose at the beginning of rides or at the end for a group picture?
If yes, please send me your photos with a brief description, and I will post on our social media accounts.
You can send them directly to me at **trabrown@me.com**.

Safe cycling! Thanks, Tracy

RIDE COORDINATOR UPDATE

August 4, 2023

SPECIAL EVENTS-In addition to our normal schedule we have special events listed on our ride schedule. These include Maine Lighthouse Ride, Seagull Century, JFCS 3rd Annual Wheels for Meals, and the BCP Fall Foliage Ride. If you are attending any of these special events, please sign up on the ride schedule so that the ride leader knows who is attending but you will need to register directly with the event. In addition, check out our schedule for additional rides by other organizations.

MILESTONE PARTY-The 15th Milestone Party will be held Wed Oct 4. There is a link on the MAFW website for more info and to sign up. Proposed rides for the Milestone Party have been posted. If you want to lead one of those rides or you want to propose an alternative ride, please contact me.

CANCELLING FROM A RIDE-If you decide to cancel within 2 hours of a ride, please remove yourself from that ride and also contact the ride leader. The ride leader may have already printed out the signup sheet and probably has already left for the ride.

RIDE LEADER-If you want to give back to MAFW by being a ride leader please contact me. If interested, I recommend shadowing a ride leader for several rides.

SAFETY-Strongly recommend all riders have a bell and front and back lights. In addition to the lights you should also be wearing bright clothes to increase your visibility.

Thanks, Manny

A message from the MAFF Recruiting Committee

August 14, 2023

Dear Morris Area Freewheelers Club Members,

The Revolutionary Ramble is run by the Morris Area Freewheelers Foundation, a 501c3 charity, which was split off from the bike club, a nonprofit (501c7), in 2010. In addition, the club is the main source of Ramble volunteers.

We just ran a successful Revolutionary Ramble XIV which generated proceeds that benefit local First Aid Squads, NICA, the Boys & Girls Club Bike Exchange, Girls in Gear, The New Jersey Bike and Walk Coalition, and other bike-related charities. In short, the Foundation is a vehicle for the club, via its volunteers, to give back to the communities and the state through which we ride.

Our current board is composed of bike club members, non-members, and a bike store owner. Looking ahead to 2024, we have vacant board positions which we need to fill. The various board jobs involve providing infrastructure support for the Ramble, sponsor soliciting, proposing innovative changes to the Ramble and identifying recipients for donations.

If you are interested in working with this highly motivated group, know someone who may be interested, or just want to know more about what is involved without commitment, reach out to our recruitment committee to learn more:

Jay Marowitz (freewheeljay@gmail.com)

Manny Coelho (mannyt66@gmail.com)

Fran Caggiano-Swenson (owlcourt@msn.com)

Thank you,

Manny, Fran, Jay

MAFF Recruiting Committee

* BIKE MAINTENANCE SKILLS * EMOTIONAL DEVELOPMENT * SAFE CYCLING HABITS * LASTING FRIENDSHIPS *



VOLUNTEERS NEEDED

Girls in Gear is looking for enthusiastic volunteers of all biking abilities and gender identities to lead our easy-to-follow curriculum for riders of all ages. Groups meet for 90 minutes once a week for eight weeks.

Neither coaching nor biking experience is required. All you need to bring is your most joyful and dynamic self - we'll provide the rest. All coaches receive training and are supported throughout their volunteer experience. We supply all lesson plans and coaching materials.

Email info@girlsinegear.org to get started.

Girls in Gear is an eight-week program for riders ages 5+ who want to build confidence on and off their bikes. Weekly meetings focus on a mix of emotional development, safety, bike maintenance, and riding skills. The goal of the program is to introduce the joy of safe cycling to young riders while creating a supportive environment fostering personal growth. We host unique programs for riders ages 5-7, 8-10, 11-13, and 14+.

**LEARN
MORE**
girlsinegear.org

LIFE SKILLS THROUGH BIKE SKILLS



Girls in Gear helps riders build confidence on and off their bikes.

Weekly 90-minute sessions designed through age-appropriate lessons for riders ages 5+ focus on a mix of emotional development, bike maintenance, safety and riding skills.

**REGISTER
TO RIDE!**



We encourage all riding abilities to join us.

Scholarships, bikes, and helmets are available for anyone in need of financial assistance.



**Registration is open at girlsingear.org.
Email info@girlsingear.org for more information.**

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Weekly 90-minute sessions designed through age-appropriate lessons for riders ages 5+ focus on a mix of emotional development, bike maintenance, safety and riding skills.



We encourage all riding abilities to join us.

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Sundays, starting September 17
Lewis Morris Park

Ages 5-7 from 9:00-10:30am

Ages 8-10 from 10:45-12:15pm

REGISTER

TO RIDE

girlsingear.org

Registration is open at girlsingear.org.
Email info@girlsingear.org for more information.

**MYSTERIES OF THE UNIVERSE RESOLVED,
BY THE ANSWER MAN**

Dear Answer Man:

I'm trying to keep up with technology, so I downloaded my bank's mobile banking app. Following instructions, I went to make a deposit from my cell phone. Nothing but trouble resulted. I photographed both sides of my deposit item, as requested, and hit "Send". Zilch, nada, nothing happened. That \$100 bill never showed up, in my account. Can you help?

Dear Banking Neophyte:

You cannot deposit a \$100 bill to your account through your cell phone. That is impossible. Try two \$50s instead.

Dear Answer Man:

Why do cyclists shave their legs?

Dear Hirsute Member:

Because they have hair on them.

Dear Answer Man:

I see some riders pulling over to answer their cell phones. Is this an acceptable action on a group ride?

Dear Confused Dude:

You can only do that under certain circumstances. If you claim to be working from home and the call is from the office, you may do so. Be sure to keep your fellow riders quiet during your call. They will understand.

It is also acceptable if your wife is 9 months pregnant and the call is from that beloved spouse. You are in big enough trouble as it is. Take the call.

Dear Answer Man:

I don't understand the club's terrain rating system. Some rides rated "C"+ are steeper and hillier than some rated "B". Can you explain?

Dear Hill-Challenged Member:

Of course I can explain. The terrain rating of rides is done by the ride planning committee, which gathers itself on a flat surface, with a Ouija board in the center. They move the board and render their rating based upon the guidance from that magical device. At least, it seems that way.

Len Sanders



THE FIFTEENTH ANNUAL MILESTONE PARTY

A celebration will be held on Wednesday, October 4th at Annabella Ristorante 144 Main Street Whitehouse Station, serving a choice of 6 entrees, 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 2023, you have one of the following birthdays: **50, 55, 60, 65, 70, 75, 80, 85, 90 and above.**

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

Please RVSP to Patricia Kipp by Friday September 29th.

Email: freewheelpat@gmail.com

Phone: 908-647-1805

No walk-ins

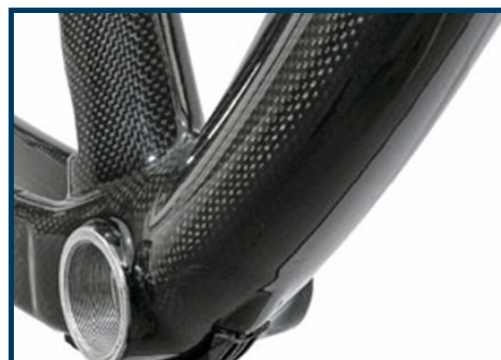
How To Care for Carbon Bikes And Parts

Part 1: Basic Carbon Care



By Tony Marchand based on the recommendations of Carl Hart Bicycles, NYC

Carbon is so light and tough that Boeing picked it for their 787 "Dreamliner" jet. It's over 80% carbon, including the fuselage, which seats 300-plus passengers. And, perhaps the ultimate carbon creation ever, is the 197-foot-wide wing. With the Dreamliner's 360,000-pound takeoff weight and Mach 0.85 cruising speed, this amazing and gossamer carbon structure must withstand a lift force of some 450,000 pounds.



Yet, even with incredible strength and toughness like this, with a single indiscriminate act like clamping your carbon wonder wrong in your repair stand, over torquing with an Allen wrench, or letting the handlebars swing around and smash into the top tube, you can do some serious damage.

Unlike these metals, carbon is a synthetic composite material comprised of fibers soaked in epoxy resin and then compressed, heated and cured. Essentially, your carbon jewel is made up of a super-strong fabric, which requires a little new know-how on your part. The foremost being that while metal shows signs of damage, typically bends, dents or bulges, carbon may appear normal, yet, if compromised enough, even though you can't see the defect, the component could fail without warning. Another issue is notch sensitivity, which means that deep cuts, gouges or scratches can cause carbon to break and should be inspected by a pro immediately (and avoided!).

BASIC CARBON CARE

Get, Read, and Know your Owner's Manual

All carbon bicycles and components include either print *owner's manuals* or digital versions you can read and **download on the company's website**. This is where you'll find the proper torque settings, any special tools or techniques that are required, warranty specifics, contact information and more.

Everyday Care

Some simple steps can ensure that your carbon bicycle becomes an heirloom. One of the easiest is parking it safely. ***Never lean it in such a way that it can roll and fall on its side*** or slam into anything. For example, don't rest the seat or frame against a pole and think it's safe (no matter how gently you placed it there), because the bike might move letting the frame crash against the pole, which could easily damage it. Or, the handlebars might swing around all the way and smack into the top tube. To prevent these risks lay the bike down in a safe place when you park it or at ***least ensure that it's resting on a level surface and leaning against a wall***. Also, some companies recommend ***avoiding exposing your bicycle and components to high temperatures such as leaving them inside a parked car in the sun or storing them next to heat sources or radiators***.

Crash and Wear-and-Tear Inspections

If you crash or damage your bike, have it checked out. ***Remember that damage may not be visible to the untrained eye. Your local bike store (LBS) will help to inspect and advise.*** And, do not ride until you're sure the bike/component is safe. ***Even if you never crash, you should frequently inspect your carbon bicycle and components for any gouges, deep scratches, cracks, loose fibers or other surface cracks and stop riding until you fix the problem.***

Tips: When cleaning, if your rag snags on something, it could be a sign of damage. Also carefully listen for uncommon sounds when riding, such as creaking or cracking or popping, which could mean there's a problem. And, if you suddenly find that your bike isn't shifting or braking properly, or it's not handling the same, stop and check the bike carefully.

Repair Stands

The mechanical clamping action of repair stands concentrates powerful loads in a small area so you should always clamp your carbon bicycle safely. ***Never clamp the frame. Instead, if you have a round aluminum seatpost, clamp that. If your seatpost is carbon, the safest thing to do is to purchase an inexpensive aluminum seatpost that's the same diameter as your post and then use it for clamping when you work on your bike.*** Some bike clamps will allow clamping of an "aero" seatpost, in which case, gently rest the saddle on the top of the clamp and, with the seatpost wrapped with a cloth to prevent scratching, ***gently*** clamp. ***My preference, however, for dealing with carbon fiber bike with aero seatposts is to use a stand that clamps with the front fork and bottom bracket*** such as the [Park PRS-22](#) or similar stands.



Working On Your Bike

Here's where we see a lot of problems. Avoid them and protect your machine by being sure to read and understand the owner's manual for your bicycle and components before doing any work. ***Even as seemingly straightforward an issue as whether or not to grease components depends on the manufacturer's recommendations.*** Some say to never grease, some call for it on certain parts, and some recommend special greases made for carbon components on specific components.

Over torquing is probably the biggest cause of cracks seen in carbon products. And, it's much harder to determine the torque on a bolt by feel with carbon than it is with aluminum. The best way to avoid problems and do the job correctly is by getting ***a torque wrench and always using it and the company's torque chart when working on your bike.***

Also see: [torque specifications from Park Tool USA](#) but remember these latter specs are a rough generalization and the ***specific components manufacturer's site is the best source.***



Another important step is to check parts during installation and assembly to ensure that there are no burs, rough spots, dirt or metal shards that could cut into and harm the carbon when the components are assembled and tightened. The surfaces of the components must be smooth or you should smooth them with fine sandpaper or by cleaning.

You also need to work differently than you may be used to. For example, you may have gotten in the habit of putting a part on and then twisting it to see if it's tight and then tightening the bolt a little more if the part needs it. But this is a recipe for disaster with carbon because by twisting/turning the part, you can cut into the carbon damaging it! With carbon you want to align parts once and then tighten completely. Or, if you need to fine-tune an adjustment, you should loosen fully, reset the part and tighten fully.

Car Racks

Car racks that clamp to the frame tubes should not be used because of the enormous loads concentrated in a small area. Likewise, when using racks that clamp the fork, ***never pull sideways (and be careful not to lose your balance, which can cause this) when removing the bike because this can break the dropouts (fork tips). Always fully loosen the fork mount and then lift until the fork is clear of the mount before removing the bike.*** And with tall-section carbon wheels, you may need to use a different, longer strap. Use caution to protect the rim with pipe insulation or something that keeps the strap from compressing or chafing the rim as it gets jostled when you're driving.

Cleaning and Washing

It's fine to wash carbon bicycles and components like you would any other using ***warm soapy water and a hose***. Yet, as with any bike, it's never a good idea to aim the water directly at bearings (headsets, cranks, etc) because that can wash the grease out. For especially greasy components any ***bike-safe degreaser***, will work fine and won't affect the carbon in any way. After cleaning, rinsing and drying, we recommend adding a little protection with a bike polish or spray wax (***Pledge cleaning polish works nicely and you simply spray it on and wipe it off***).

Touching up the Paint

Stone dings, chips and scratches aren't usually anything to worry about in terms of strength and longevity. Most carbon bicycles feature clear-coat finishes, which are easy to touch up. All you need is a little clear nail polish or model paint and you can cover the spot to seal it and restore the finish. ***If you are concerned as to whether you have a superficial paint chip or a crack in the carbon, have your LBS check it out.*** Another possible risk is throwing the chain during shifting, either onto the bottom bracket or off the large chainring. This won't damage anything as long as you stop pedaling right away, though you may want your LBS to adjust the shifting. Should the chain nick or chip the finish, simply clean the area and touch it up to protect it. ***Tip: to protect the bottom bracket area from dropped chains, you can put a strip of electrical tape on it.***

Repainting

Should your bike need repainting at some point, it must be done correctly and carefully. We recommend using a ***professional bicycle painter who understands carbon frames***, such as [Calfree Design](#) (Caution must be used because any paint stripper that will remove polyurethane/urethane paint will also damage the epoxy resin matrix holding your carbon together. One must not use paint stripper. Also, you must not sandblast, beadblast or blast with any other media to remove the paint because that can remove structural material ruining the frameset. Finally, the decals will need to be removed and the topcoat scuffed to receive the new finish. Finally, one must not bake a carbon frame at over 150 degrees Fahrenheit as that will damage it, too).

Up next time: Care of Carbon Components

Hillclimbing in Norway by John Chapman

My wife Lis and I recently returned from a trip to Trondheim, Norway, the country's third largest city and home to a 42,000-student university. It is impressive place with lots of history, interesting architecture, beautiful scenery, plentiful restaurants, and perhaps the world's only cycle-lift.

Some of the university's facilities are atop a serious hill (think 20% – 22% for much of it! I measured it myself), which made getting to class a bit challenging; so, in 1993 someone came up with the idea of a bicycle lift to help students get up the hill. It is still in operation today, and anyone can use it for free.

There is a slotted track running up the hill next to the curb. At the bottom of the hill, the rider sits on his bike with his left foot on the left pedal and his right foot slightly back on a slotted plate. He then presses the start button with his right hand. The foot plate moves forward about 10 feet, getting the rider going, and then a triangular blade-like piece of metal attached to an underground drive cable emerges from the plate, pressing on the bottom of the rider's foot and pushing him all the way up the hill.

The locals made it look easy, but I watched about 10 tourists all try and fail. You have to keep the bike upright and steering parallel to the curb while a lot of force is being transmitted through your foot and leg.



Photo Gallery

Southwest Florida Gang



Manny and Roy at the Bonton Roulet



Paul led a Celebration ride from Denville. Coffee and cycling....what can be better?



Freewheelers climb up to Washington Rock on a beautiful day!



Les and Arnie in Pennington on the Jeff Hochbaum Memorial Ride





Mariann led a ride to the Brick Farm



Tracy's birthday celebration



Helene's ride to the Tranquility store



Tony and team cycled "Milford Along the Delaware". They are standing in front of the house at 489 River Rd., which has a placard and line showing the height that the river reached in the 1955 Delaware River Flood! The surface of the river is approximately 25 feet below the surface of the road here; then add another eight feet to the "High Water Mark". The flood was caused by two back-to-back hurricanes inundating the river basin, within five days of each other.



You'd Never Know One Of The Most Incredible Natural Wonders In New Jersey Is Hiding In This Tiny Park

The tiny township of Far Hills, located in north-central New Jersey, only has a population of 919 – but it's a secret destination for nature lovers. The Leonard J. Buck Garden, a charming public botanical garden, is a great day trip known for its massive rock garden and beautiful winding paths. However, even many of the regular visitors don't know that it's home to what might be the best hidden natural wonder in New Jersey. The Moggy Hollow Natural Area is a small winding path along a tiny stream – but as you walk it, you're walking an ancient path carved by the massive Wisconsin Glacier. It was designated an official National Natural Landmark in 1970, but it's still usually quiet and isolated – which means the park make a perfect retreat to enjoy its splendor.

The Leonard J. Buck Garden is a 33-acre botanical garden in Far Hills, offering some beautiful views of local foliage.



Its peaceful trees, lush flower-beds, and large rock garden make it a great place to spend a peaceful spring day.



But most people don't know that through it they can access the Moggy Hollow Natural Area - a stunning look into New Jersey's ancient past.



The quiet, winding stream you walk along as you explore the area is incredibly beautiful - but it's what surrounds you that makes the biggest impact.



The narrow ravine walls were carved by the movement of the Wisconsin Glacier more than ten thousand years ago, and you can still see the exposed basaltic rock today.



As you explore the area, you can see local flora brightening up the ancient area.



No matter what time of year you visit, this small pocket of ancient nature in the middle of New Jersey is a fascinating reminder of just how far back New Jersey's history goes.



Address: Moggy Hollow Natural Area, Far Hills, NJ 07931, USA

Address: Leonard J Buck Garden, 11 Layton Rd, Far Hills, NJ 07931, USA

<https://www.onlyinyourstate.com/new-jersey/incredible-natural-wonder-hiding-in-tiny-park-nj/>

Poet's Corner by John J. Burns

Vision to Be Free

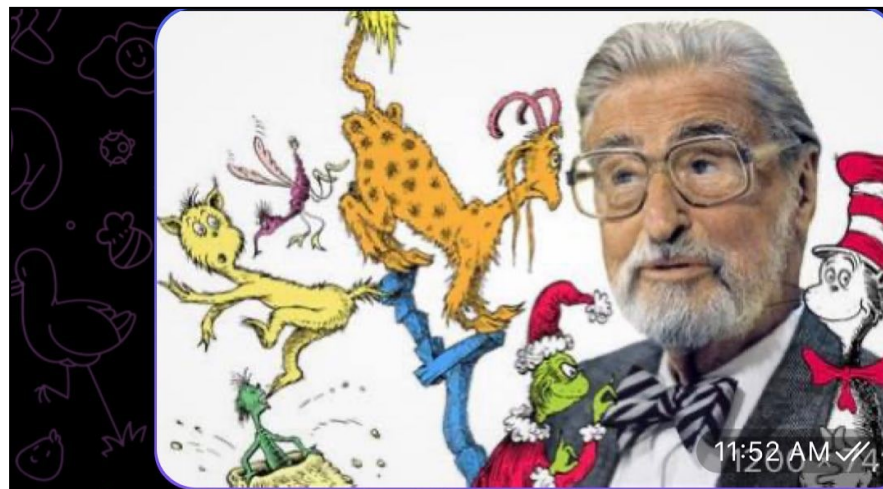
Paths both promising and foreboding fork at the fore-front
of my mind, materializing midst my
tending to seeming thousands of temporal concerns.
Each promises reward for risk taken,
and only one at a time might I opt for.
Which to walk when is the question?
Acquire answers first I must,
from counsel, from criteria in which I trust,
and then quickly decide to save pride.
Respites, and retreat
into dreams have by the schedules set
by my demanders been declared off limits.
All I will lose should I fail to choose
a path leading to my vision to be free,
and do so I will, for surely I must,
If I'm to live life un-trapped and as me.

JOHN J. BURNS - (Author of "Lifebeats" A Collection of Poems by John J. Burns available from Amazon . Com or from the author directly at email)

Inspiration

There was another life
that I might have had,
but I am having this one.

Kazuo Ishiguro



"You have brains in your head. You have feet in your shoes. You can steer yourself any direction you choose. You're on your own. And you know what you know. And YOU are the one who'll decide where you go" —Dr. Seuss

Calendar — see website for details

September 8-11, 2023
23rd Annual Lake George Getaway

September 9, 2023
37th Annual Amish Country Bike Tour (Dover, DE)

September 9, 2023
Sourland Spectacular

September 10, 2023
Maine Lighthouse Ride

September 10, 2023
NYC Half Century

September 23, 2023
Tour de Farm 2023 (Warren County, NJ)

October 1, 2023
Twin Lights Ride (Highland, NJ)

October 4, 2023
Fifteenth Annual Milestone Party (Whitehouse Station, NJ)

October 8, 2023
The 42nd Covered Bridge Ride

October 14, 2023
Sea Gull Century 2023 (Salisbury, MD)

October 15, 2023
Wheels for Meals 2023

October 20-22, 2023
Bicycle Club of Philadelphia Fall Foliage Weekend

Lake George Getaway: Friday afternoon September 8 – Monday, September 11, 2023 (Monday is optional)

The 23rd annual Lake George Getaway Weekend (a club favorite!) will take place Friday afternoon Sept. 8 through Monday Sept. 11. Once again, let's hope for nice weather! It again promises to be a great event with some fun activities planned and great dining choices. We will be staying in the lakeside hamlet of Bolton Landing, located 8.5 miles north of the Village of Lake George on the western shoreline. Enjoy the mid-September weather with evenings that can be cool, but the days are almost always warm (sometimes after a chilly morning). There is a facility for storing your bike indoors at the hotel. While this is a cycling weekend, there are lots of off the bike activities to suit most tastes including hiking, boating, horseback riding, zip line adventures as well as tourist entertainment like sight-seeing cruises, museums and shopping. Everyone will enjoy just sitting on the dock with a drink in hand looking at the view. Check out the options at: www.lakegeorge.com



Advanced registration is required (see "Registration and Fees" below). The event is capped at 20 people to avoid my losing my mind, so sign up early! The resort next door has been purchased and has been leveled to build a private home – so, less guest capacity. Also, this year the car show is the same weekend down in Lake George Village so Northward Ho will be busy. I can't stress enough to book now!

Hotel Reservations:

Home base is the Northward Ho Resort, Bolton Landing, which offers a choice of rooms, efficiencies, or cottages for your accommodations. ***In order to take advantage of the facilities and participate in our picnic and evening entertainment, you need to be a guest at the resort (for insurance reasons).*** Please contact the owner, Don Roessler, at the motel directly to make your reservations and arrange payment.

Northward Ho Resort
Lake Shore Drive
P O Box 464
Bolton Landing, NY 12814
Reservations: 518-644-2158
email: [Northward Ho Resort \(stay@northwardho.com\)](mailto:Northward Ho Resort (stay@northwardho.com))

web site: <http://northwardho.com>

Registration and Fees:

Registration for the weekend event is \$35 per person. Your registration fee includes a wine and cheese reception followed by a buffet dinner on the dock/patio on Friday evening. **Let me know if you have special dietary needs at least a week before the event!** More wine and cheese on Saturday night. Great cue sheets/GPX files and wonderful rides.

This event is for MAFW members only, however, members may bring non-cycling guests who are residents of their household. Other non-MAFW members wishing to cycle will be subject to an additional fee of \$30 for a one year club membership. Registration and payment including club membership fees for non-members are required in advance. Click here for [Registration Form](#). **Email Glen Hukins glen.hukins@gmail.com with any questions.**

Additional Information:

The cycling is for experienced and self-sufficient cyclists. Cyclists generally form into groups, but there will not be any formal SAG or support. The rides are mostly C terrain and done at a *leisurely to moderate pace*. There will be optional rides available for everyone from "casual" to A terrain. We will be cycling in hilly areas but bypass many hills by cycling along the Schroon River. You will enjoy cycling along Schroon Lake, Trout Lake, Brant Lake, Loon Lake, Beaver Pond, Friends Lake and the Hudson River.

Monday is an open day. You may choose to ride, try some good hiking nearby.

There will be happy hours Saturday and Sunday. Please BYOB as the the wine supplied is not limitless. Should you wish to participate, after happy hour, we may dine at the Algonquin Restaurant (great views of the lake and wonderful food), the Barnsider Restaurant (great BBQ), Cate's Italian Garden or whatever the weather might dictate. One night we may cap off the evening with some highly competitive mini-golf. Better hit the driving range now to practice! We have also been known to have some exciting games of left-right-center.

Bring a windbreaker and tights in case we get some cool off shore winds as well as a rain jacket (just in case, but hopefully will not be needed). And just in case, don't forget a mask! We will observe Covid precautions (masking, social distancing) as needed or appropriate. Spare tubes and bike pump should be standard. For off the bike, plan on bringing clothing covering everything from summer swimming weather to mid-fall chills. Again, the timetable for the weekend will be from Friday afternoon September 8 thru Monday September 11, 2023 with home base at the Northward Ho Resort. Please remember, for insurance reasons, if you are not staying at Nothward Ho, you are not allowed on the property.

Hope to see you there for some great Adirondack fun.

Contact:

Glen Hukins
144 Talah Way, Loudon, TN 37774
(973) 570-5147
glen.hukins@gmail.com



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

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