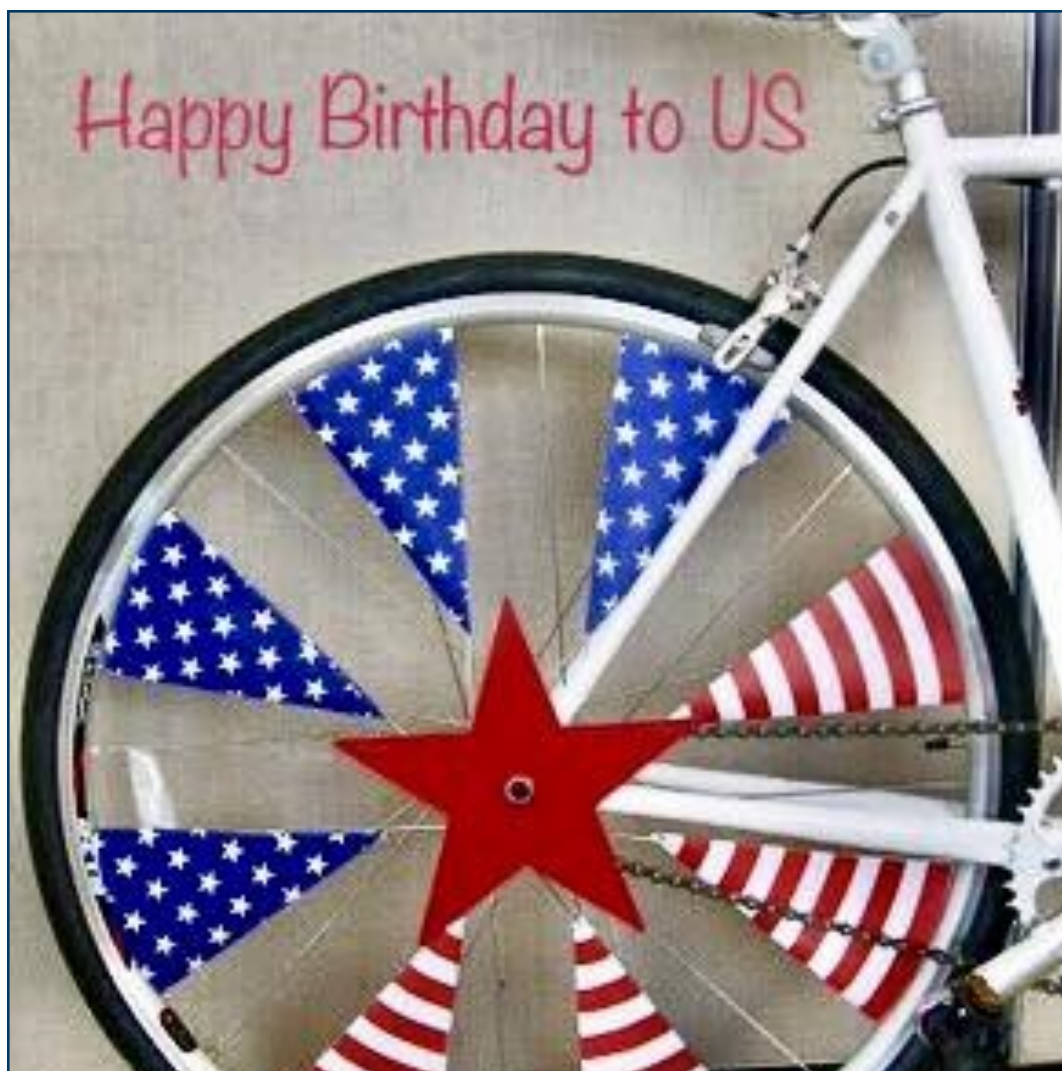


Freewheeler News

July 2022



Wishing everyone a safe and happy summer. May you enjoy a wonderful riding season.



Happy July 4TH!!

Connect with the MAF Bike Club on Social Media!

Our Facebook Account is <https://www.facebook.com/mafwbcb/>

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/mafwbcb/>

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 mafwbcb 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

MORRIS AREA FREEWHEELERS FOUNDATION CPR AND FIRST AID COURSE

As you know, I temporarily discontinued the Morris Area Freewheelers Foundation CPR and First Aid course due to COVID. At this time, I plan on resuming classes this fall. I'll notify you of details as we move closer to startup.

In the meantime, be safe and well.

Rob Greenberg

Email: robdg01@aol.com

Cell: 973.557.3118

Cycling the Iberian Peninsula- Tracy's, Petra's and Noreen's Excellent Adventure

How many of you remember Queen's hit of the 70's? It goes like this...." I want to ride my bicycle. I want to ride my bike. I want to ride my bicycle. I want to ride it where I like." Those words describe exactly what I wanted to do on my next bike tour. I wanted someone else to take care of the necessities of bike touring while I rode my bike through Portugal and Spain.

So I went on a search for a bike touring company that would offer me a fully supported ride, with an experienced guide on the road and another in the van. I didn't want to change my flat tires or diagnose a mechanical issue I couldn't fix anyway. I wanted to ride on country back roads in Spain and Portugal with the routes already loaded into a GPS file and available without using any of my precious data. At night I wanted to stay in really nice, comfortable and perhaps even luxurious hotels, with some meals already built into the itinerary. Realizing there were a plethora of diverse historical, cultural and gastronomical experiences in the Iberian peninsula, I wanted someone familiar with the area to arrange those events. So, as I said in the beginning, I ONLY want to ride my bicycle.

Was it possible to find that elusive company at a reasonable price? After searching the internet for what seemed like an eternity, I found it! It is **Cycling Country**, based in Granada Spain. It is a small company begun 17 years ago, by two very active cyclists, Geoff and Maggie.

The company is based in Granada and I did their Iberian Peninsula Ride. Not only did they offer everything I wanted on a bike tour, but they did so at a very reasonable price. At the same time they provided the highest level of customer service and personal attention.

The bilingual guides on the tour, Javier and Dani, were from Andalucia and represented the warmth and caring of the people in southern Spain. They kept us on course, well fed and watered, and even encouraged us up the hills. But you didn't have to go up the hills, as the support van was always a welcome alternative, when " I didn't want to ride my bicycle. I didn't want to ride my bike". Apologies to Queen.

The guides prepared delicious picnics with regional food including salads, "jamon iberico" cheeses of all kinds and exquisite desserts. OK, I admit it. I ride to eat.

We stayed at incredible 4- and 5-star hotels. On the Portugal part of the trip my favorite was Convento do Espinheiro in Evora, (<https://www.conventodoespinheiro.com/en>) complete with an indoor and outdoor pool, sauna, steam room, jacuzzi, bathrobe and slippers. And an incredible spread at breakfast that included fresh honey from a honey comb, too many entrees to count and gluten free baguettes. As a person who prefers not to eat wheat, Maggie made sure all the hotels and the guides knew this. There were always gluten free options, including chocolate covered cake snacks in the van.

Maggie and Geoff arranged for some unforgettable off the bike experiences. In Evora we got a guided tour of the ancient roman ruins and the crypt of the bones. (<https://www.atlasobscura.com/places/portugals-chapel-bones> <https://www.cyclingcountry.com/travel/portugals-chapel-bones/>)

In Córdoba we learned about the mosque and the Roman bridge. There was a wine tour followed by a tasting and a trip to an olive oil processing plant. And of course, ending in Granada, a guided tour of the famous Alhambra and the Generalife palace. And everywhere we went the riding was superb, the roads and the scenery spectacular.

The trip to Portugal was 6 days with 5 days of riding. Except for a few windy days, the weather was cool but great for riding. At the end of the trip we were transferred to Seville, where we had 2 days off prior to the Andalusian part of the trip. Included in the tour price are 2 nights at a really nice hotel with breakfast each morning. This gave us the chance to see the Plaza de España and discover other wonders of the city including the Cathedral, tapas and rioja wine.

Then it was on to Andalusia. The trip was 8 days, 7 nights. Fabulous weather. The days may have started out on the cool side but at the customary coffee stop every morning the jackets and leggings came off and we wore shorts and jerseys as we climbed the hills. I would say that Portugal is a good warm up ride for Spain, as the hills in Spain were much more challenging.

Cycling Country includes a Trek hybrid bike in the cost, but you can upgrade. Geoff patiently guided me through choosing the bike that was the closest match to the one I have at home. I upgraded to a TREK Emonda SL6 Ultegra with disc brakes. I was very comfortable on it; shifting was smooth and effortless. You can also choose to rent an electric road or hybrid bike.

The tours offered by Cycling Country are a tremendous value that cannot be beat. Compare their offering to any other company and I am sure you will agree with me. Their attention to the personal needs of their clients surpasses that of any bike touring company I have ever used.

Check them out at www.cyclingcountry.com

Noreen Drucker
mretth@aol.com



Noreen looking back on how far we have come. Most of the riding was on quiet roads in the country. One day we opted for a short ride on the bike path. Nice bike!



Tracy and Petra admiring the bike law sign in Spain. Is that an olive tree behind them?



Dani, one of our guides, getting the bike off the rack. Blue skies and we are ready to ride.



Another glorious day and a visit to the Alhambra in Granada. It was and is magnificent.



Our hotel in Seville and our introduction to Tapas and Rioja.



Saying goodbye to Andalucia, Spain on our last riding day. The trip has been absolutely fantastic. I hope to do another part of Spain and Portugal with Cycling Country next year. Let me know if you would like to join us!

A Car Hits You While You Are On A Club Ride – What You Need to Know About Medical Bills

You are on a Club ride and a car hits you. One thing is for sure: you will need to get medical treatment and to pay for it. That, and nothing else, is the subject of this article¹. And although I am an attorney licensed in the State of New Jersey, this article is not intended as legal advice and should not be taken as such. My purpose in writing is to help you navigate the system intelligently by knowing who is supposed to pay what.

I write on the assumption that you are covered by a New Jersey auto insurance policy for a passenger vehicle². If this is not so, this article is irrelevant to you.

First Important Fact: in New Jersey, your own auto insurer is primarily responsible for paying for your injuries from auto accidents. Your auto insurer. Not your medical/Medicare insurer. Not the “at fault” party’s insurer; New Jersey is a “no-fault” auto insurance state. Thus, if you are covered by a New Jersey auto insurance policy and you are injured in an auto accident, you should first look to your auto insurance carrier.

Second Important Fact: some New Jersey physicians will not treat auto accident victims. This is because those doctors do not accept the compensation set by the “Personal Injury Protection (PIP)” coverage that an auto accident victim gets from his or her auto insurance. (The New Jersey Department of Banking and Insurance promulgates a PIP fee schedule that specifies what a doctor gets paid for specified medical services rendered to a patient who has been in an auto accident. As you may imagine, this schedule is not particularly generous.) If you are making an appointment with a doctor to address post-auto accident medical care, make sure the office knows that an auto accident was the cause! If you accept treatment from that doctor and the doctor’s office has not made appropriate arrangements with your auto insurance carrier, the carrier may refuse to pay and you will be on the hook³.

Third Important Fact: your medical insurance carrier, or Medicare, is secondarily liable for paying what your auto carrier is not required to pay. If – as will usually be the case – you end up with a balance due even after your auto carrier has paid the appropriate amount to your doctor, you should submit that balance to your medical insurance carrier. When you do this, you will need to provide evidence of what your doctor did and charged for and what your auto insurance carrier paid the doctor. Your medical insurance carrier/Medicare will pay benefits in accordance with its contractual/statutory obligations to you.

On this issue, you need to know that some providers of medical services don’t play by these rules. In my case, I was taken to Morristown Hospital by an ambulance service, and you would think that an ambulance service would have the experience to know that it should bill my auto insurance carrier first. It didn’t. It billed my medical insurance carrier, which paid, and it then came after me to pay the unpaid balance of its charges. I told the service that it had made a mistake, and it ignored me. (I am used to this!) I got my auto insurance carrier involved, and the claims manager said this happens all the time. She took the matter on, and I have not heard further.

Fourth Important Fact: you are covered by the Club’s insurance policy! When you report your accident to the Club’s Safety Coordinator (currently Drew Thraen) he will provide you with a claim form. You provide the information they request and they process your claim.

Summary: in all likelihood, if you are unfortunate enough to be struck by a car while you are on a Club ride, you will be covered by three different insurance programs. Deal with them in the correct order – and get better!

Mark Jay (recorder.dulcian@gmail.com)

¹If you want to know about fixing/replacing your bike, getting compensation for your injuries, and getting compensation for wages you lost while you were out of work, talk to a lawyer. But not me.

²If you are hit by a dune buggy or a motorcycle, PIP benefits do not apply. And special rules apply to pickup trucks, vans, panel trucks, etc. I don’t discuss these here.

³If you are treated in a hospital, you won’t have this problem. All New Jersey hospitals accept PIP coverage.

STOP THE SQUEAL: DISC BRAKE FIXES

By Tony Marchand

Disc brakes have changed the way we ride our bikes with incredible stopping power in all weather conditions and precise modulation that makes decreasing speed down hills and trails a little easier. But even the best set of brakes can suffer from annoying squeaks if you don't maintain your bike properly.

Squeeeaaaakkk!!! While there could be tons of reasons your disc brakes are making loud, obnoxious noises, here are the most common culprits and how to fix it. But first, familiarize yourself with the parts of a disc brake:

(1) Brake Rub

If you have a squeak, squeal or pinging noise that occurs while you are riding at regular intervals, it is usually a caliper alignment issue or a bent rotor that is causing your brake pads to rub as you ride. Check to make sure this is the problem by lifting your wheel off the ground and giving it a spin. If the wheel does not spin freely and comes to a stop, you have a brake rub issue!

Fix it!

First, check to make sure your wheel is properly seated in the dropouts of the fork or chainstay. This could be a problem if you are running a wheel with quick release (QR) skewer that doesn't thread into the frame. An improperly installed axle would cause both the wheel and rotor to appear to be out of alignment.



Next, check the alignment of the caliper. Loosen the caliper bolts and wiggle the caliper loose, then hold down the brake lever. Holding down the brake lever will center the caliper over the rotor with the help of the brake pads. With the brake lever pulled (I tie a Velcro strip around the brake to hold the lever down), tighten the caliper bolts equally and evenly. Remove the Velcro and spin the wheel. If rubbing persists, repeat this step. It may take a couple of tries before the caliper is aligned correctly.



If that pesky brake rub is persisting, it usually means your brake rotor is bent. This is a common problem and can usually be easily fixed. Look down through the caliper and spin the wheel, you should be able to see when the brake pad comes in contact with the rotor (where the rotor is bent). It may be easier to see if you hold a white piece of paper under the caliper. Use a Park Tool Rotor Truing Fork to bend the rotor back into place (some mechanics just use pliers). *This takes time, patience, and a light hand!*



(2)Contamination

If you have a loud, consistent squealing noise whenever the brake is applied, then the problem is likely contamination. Brake pads are porous, so like a sponge, they will soak up grease and oils easily and cause the brake pad to squeal and not work effectively. Things like chain lube, bike polish, degreaser, brake fluid can find their way to your brake rotor and contaminate the pads. Even touching your rotor or pads with your hands can possibly cause contamination!

Fix it!

If you suspect you have gotten any oil or grease on your brake rotors, clean them off immediately with a clean rag and isopropyl alcohol. If you have already contaminated the pads, there is hope! Try removing the pads from the caliper and carefully sanding down the outer layer with a fine-grained sand paper. However, if your brake pad went for a bath in chain lube, your best bet is to replace the brake pads.



(3) Glazed Brake Pads

Whenever a new rotor or brake pad is installed on your bike, it needs to be broken in properly. If you take your brand new brakes down a steep trail that requires lots of braking, your rotor will heat up and cause your brake pads to “glaze” over, reducing their ability to effectively slow you down and causing a nasty squeaking sound.

Fix it!

Always break in your brake pads properly by pedaling around on the pavement with your brakes lightly squeezed before heading out on the trail. Pedal to the top of a hill in your neighborhood and then lightly squeeze the brakes on the way down. Be careful not to come to a complete stop and do not “feather” (squeeze and let go) the brakes. Do this about 10 times until you feel the brakes becoming more powerful. The idea behind this technique is to transfer some of the brake pad material evenly over the rotor.

If you already glazed your pads, remove your brake pads from the caliper and use sandpaper to scuff up the surface of the pad. Also clean the rotor. Then, properly break in your brakes using the technique above.

(4)Water and Heat

Water and heat are two elements that can cause your brakes to make a little too much noise. If you happen to ride through a puddle or stream on your bike, you may notice the brakes will suddenly begin to squeal. Good news: this is a temporary problem and nothing to worry about! As you use your brakes, the squealing noise will diminish.

Heat, which is caused by consistent braking for long periods of time (usually when riding downhill), can cause your brakes to howl and the problem might not go away.

Fix it!

If your brakes become overheated, the rotor will become discolored and must be replaced. If you consistently have this problem, it usually means you need a bigger brake rotor. Larger rotors dissipate the heat caused when you brake more efficiently and increase braking power, which means LESS NOISE!

Additional References:

1. [Why do disc brakes squeal?](#) Cyclingweekly
2. [How to stop squeaking disc brakes,](#) Live to Play Sports
3. [Stop your bike brakes squeaking and squealing - try these simple tips,](#) Road.cc

The Jaeger Velodrome: GONE—BUT NOT FORGOTTEN



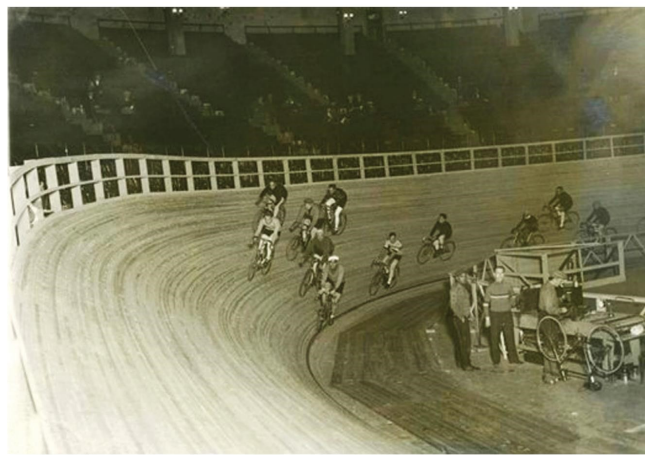
The Wheelmen in their heyday, believed to be taking a road trip to a Manhattan race, as spectators, in the 1930s. Charlie Jaeger is in a dark suit above the boy holding the sign at right.

Nestled in the trees by Route 523, just north of Sergeantsville, is a blue and white historical marker commemorating the Jaeger Velodrome, a popular outdoor wooden bicycle racing track that came and went in a flash during the 1930s.

Few people alive can remember the excitement of seeing some of the fittest cyclists of the day racing at high speeds around 45-degree angle banked turns on bicycles that had no brakes. But the races attracted huge crowds at the time, some even making their way to the countryside by train from Manhattan through Jersey City, Newark, and Bound Brook, as portrayed in the poster on the far right.



The velodrome under construction, with volunteers from the Jaeger Wheelmen, including Bob Yard, far left.



A 1928 photo of a velodrome in Madison Square Garden.

The track was the brainchild of Charlie Jaeger, a dashing, international motor-paced bicycling champion, who reassembled sections of two Madison Square Garden velodromes into one, with the help of dedicated volunteers from his bicycle racing club, the Jaeger Wheelmen. The velodrome took almost three years to build, starting in 1932. It opened in 1935, and almost as quickly was gone, following an accident when a portion of the grandstand collapsed.

The thrill of velodrome racing, however, lives on. "Exhilarating," is how Joe Saling, a United States Bicycling Hall of Famer describes the experience, although at 81, he's too young to have raced in Jaeger's Velodrome. His wife, the former Dottie Yard of Flemington, is also in the Bicycling Hall of Fame, and belongs to a four-generation family of racers. Her father, Bob Yard, helped build the velodrome and was a good friend of the world-renowned cyclist.

Although Jaeger and his track are long gone, they will always have a special place in the hearts of velodrome aficionados, who now travel to Trexlertown, Pa. to get a fix. And the Jaeger Wheelmen still exist, paying homage to their founder every time they enter a race—with or without brakes.

— Tracy Ecclesine Ivie

The writer thanks the Jaeger family, Clinton Bicycle Shop, Pete's Bike and Fitness Shoppe, and numerous people in the community for their engaging conversations and enthusiastic photo research on behalf of this story.

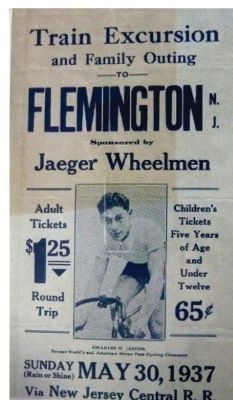


PHOTO BY TRACY ECCLESINE IVIE

Left: World champion Charlie Jaeger advertising a 1937 train ride from New York to a race at his velodrome. Right: The historic marker at the site along Route 523 in Sergeantsville.

This article was submitted by Liz Jennison.
It is used with permission from the Bucks County Herald.
It can be viewed with the following link:

<https://edition.pagesuite.com/html5/reader/production/default.aspx?pubname=&pubid=c6a35232-e79e-45e5-a4a2-557495e2ff50>

Photo Gallery



The Bride Ride! Arlene Whalen and Mike Fahrney were married on June 23, 2022.



Jim and Jack

Jim Nielsen June 30, 2012

“Rode with Jack Brohal for 77 miles...because it was Jack's 75th birthday. The heat was 90 to 95 degrees for most of the day. We were cleaned up for the birthday party at this point.” Jack celebrates his 85th birthday on July 3, 2022, still riding strong!



The Biker Chicks are off cycling the 45 mile ride at the Revolutionary Ramble.



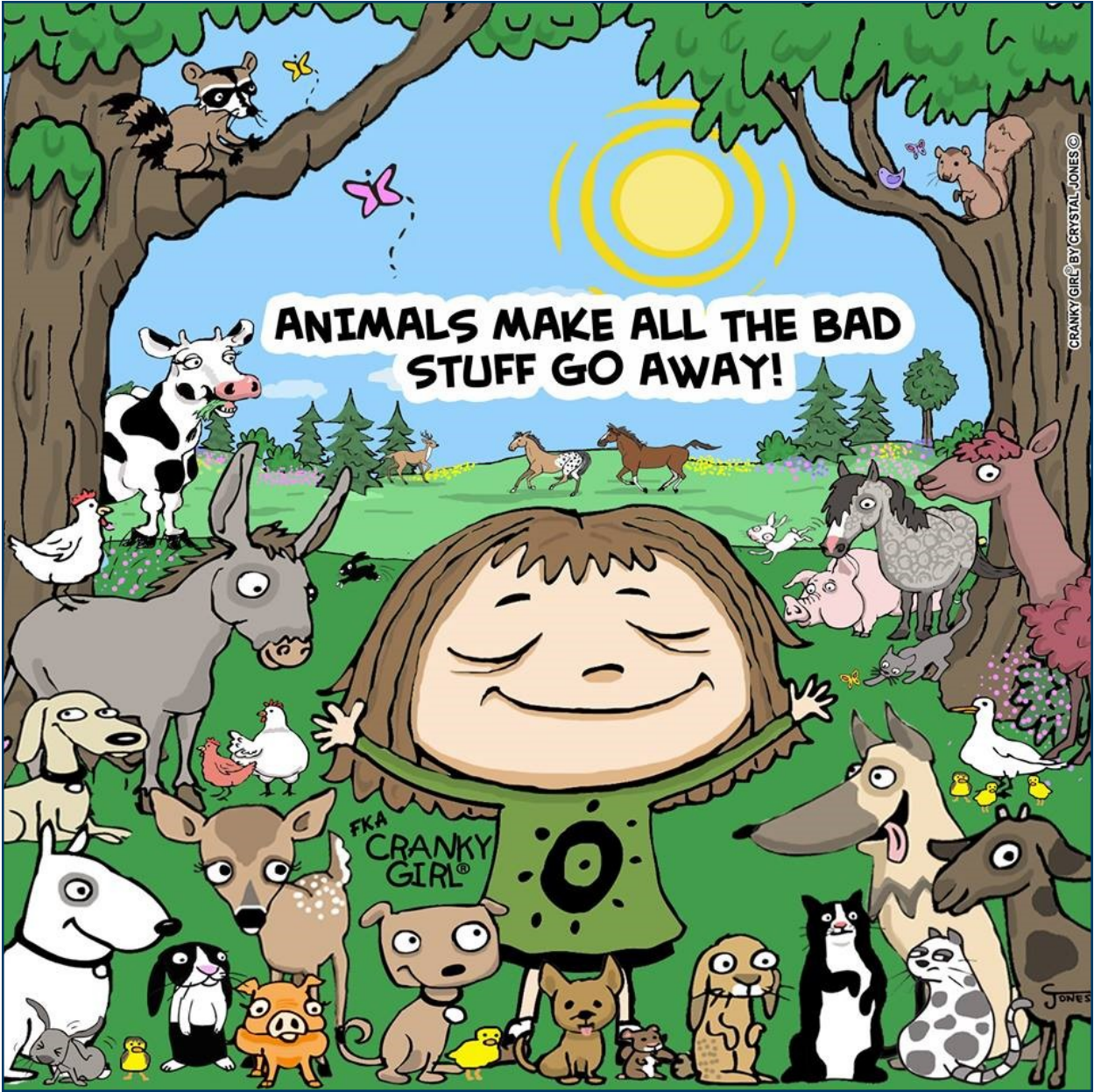
Beautiful day for a bike ride with the D+ group! How many e-bikes do you see?



Final day of cycling across Montana. Six days and 470 miles. I will always cherish the memories of this trip. Rick Carrier, June 11, 2022.



Celebrating 4th of July weekend with a bike ride!



The Statue



Upon her pedestal proudly perched
high the silent statue doth stand,
beckoning all she sees suppressed
with her smile and lamp lit hand,
the teeming thirsty yearning for themselves to be,
quenched by her light – to live life free,
to flee to her
from foreign and forbidding shores,
to live the dream her light restores,
that shines so eyes
enslaved by darkness that fail to freedom see,
find their way to lightness lit,
by flaming liberty.

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)

J

MAF Bike Adventures 2022 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 Mark Jay: adventures@mafww.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 2021 and would be willing to share your experience with the club, please send Mark 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 me directly should you have any questions. **Please note that these articles have been updated effective March 2022.**

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 Mark Jay: adventures@mafww.org for inclusion to this category.

Watch this space for events coming in 2022 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 Mark Jay (adventures@mafww.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.

Calendar — see website for details

JUL 23 July 23 - July 30

RAGBRAI

JUL 23 All day

Ride Round Rockland (Rockland Bicycling Club Event)

JUL 30 All day

Spellbound Century

AUG 13 All day

Break the Cycle of Poverty

AUG 20 All day

SCU SUMMER CENTURY

Aug 21 All day

Ramapo Rally

SEP 9 September 9 - September 12

22nd Annual Lake George Getaway Weekend

OCT 8 All day

Seagull Century

Lake George Getaway: Friday afternoon September 9 – Monday, September 12, 2022 (Monday is optional)



The 22nd annual Lake George Getaway Weekend (a club favorite!) will take place Friday afternoon Sept. 9 through Monday Sept. 12. 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)

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 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, or participate in a boat ride **(tentative)** out to one of the beautiful islands for a campfire picnic and, if the water is warm, swimming and tubing. There will be a separate fee to cover the cost of the boat, as explained on the registration form. There are picnic benches on all of the islands.

There will be happy hours Saturday and Sunday. Please BYOB as 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 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 9 thru Monday September 12, 2022 with home base at the Northward Ho Resort.

Hope to see you there for some great Adirondack fun.

Contacts:

Glen Hukins
(973) 570-5147
glen.hukins@gmail.com

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 Marvin Schwinder. email: membership@mafw.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 ten (10) or more rides between October 1, 2021 and September 30, 2022 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 Ron Salny vettelman48@aol.com and he will forward them on for listing in the following month's newsletter. 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 Ron 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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