

Freewheeler News

June 2022



MAFW Spring Picnic a Success!

After two long years without a spring picnic, MAFW members showed their “picnic spirit” at White Oak Park on May 22nd. We had over 100 attendees at the picnic, an excellent turnout! And thanks to our ride leaders, who led rides from B pace to Casual pace. A brief shower early on did not dampen club spirits, and cloud cover for most of the morning kept temperatures in reasonable range.

Our social coordinator, Mary Nacius, made sure there was enough food and drink for all. And thanks to all club members for joining in on the “pot luck” picnic, and ensuring clean up of the park pavilion before we left. I’d also like to thank Doug McMahon for helping Mary with the set up, and helping me with the raffle.

New Jersey’s new Safe Passing Law went into effect on March 1st, 2022. With one of the strongest and most comprehensive safe passing laws in the county, New Jersey can now better protect its vulnerable road users. Our former club president, Jim Hunt, was instrumental in getting this law passed. We all need to get the word out to our friends and neighbors about this new law. Fortunately, the NJ Bike and Walk Coalition has a resource center that can help us spread the word. Here is the link to the resource center including the details of the law, frequently asked questions, latest news, a social media toolkit, and digital materials that can be downloaded and shared: <https://njbwc.org/safepass4nj/>

Thanks to Jay Marowitz for arranging the bicycle donation event (benefitting the Mercer Bike Exchange) at the picnic. See Jay’s article in this newsletter for a summary of our donation and the impact it will have. And, if you missed the opportunity to bring your used bikes or gear to the picnic, there will also be a donation opportunity at the Revolutionary Ramble on June 11th. Here is a link to information about donating at the Ramble: <https://myemail.constantcontact.com/Used-Bike-Donation-Event-at-The-Revolutionary-Ramble.html?soid=1112251553700&aid=rAd4bkRoTV4>
And if you have time on June 11th, consider volunteering for the Ramble. Go to www.rambleride.org and the tab that says “Volunteer”.

Liz Jennison
President

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'S (MAFF) CPR AND FIRST AID COURSE UPDATE

As the situation concerning COVID-19 evolves, we have reluctantly made the decision to again delay resuming of the MAFF-sponsored CPR and first aid course until further notice.

As always, if you have any related questions, please contact me at [973.557.3118](tel:973.557.3118) or robdg01@aol.com.

Be safe and well,
Rob Greenberg

Get your Revolutionary Ramble Ride jerseys

Available at the start the day of the
ride

2022 Jerseys



Boys & Girls Clubs Bike Exchange Donation Event -Jay Marowitz

The MAF Foundation recently held a successful used bike donation event at the club picnic. Club members donated bikes and bike gear to the Boys and Girls Club Bike Exchange in Mercer County.

There were two collection points. One was at the club picnic and the other was at Rebecca Feldman's house for those who couldn't make the picnic. We were able to give the Bike Exchange a total of 38 bikes plus assorted bike gear.

Ira Saltiel, Volunteer Director of the Bike Exchange and past President of the Princeton Freewheelers, spoke at the picnic about the Bike Exchange and how it supports the local Boys and Girls Club's after-school programs with the proceeds from the sale of used bikes.

The Bike Exchange has over 50 dedicated volunteers who collect bikes, fix bikes, teach bike safety, bike repair and other life skills.



To date the Bike Exchange has fixed and sold about 23,000 bikes. They also get cash donations (the MAF foundation gave \$1500 this year) which they use to sponsor classes for Trenton High School students. The classes teach students bike safety and bike repair skills. The students keep the bike they worked on. Below is a picture of a recent class with their repurposed bikes.



The MAF Foundation is going to run another bike (and bike gear) collection event at the Revolutionary Ramble on June 11th. All registered riders will get an email announcement.

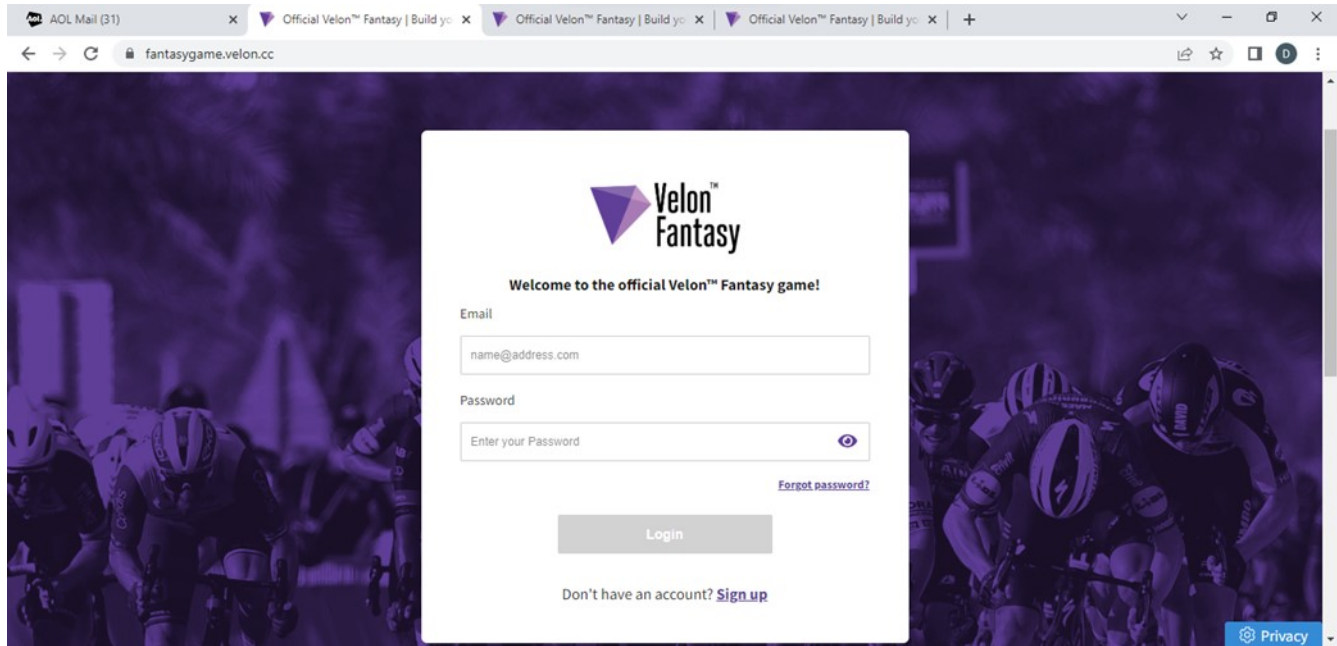
Ira Saltiel estimates the 38 bikes collected will bring in almost \$10K in sales. Thanks to all club donors for making this event a success.

MAFW Fantasy Tour de France Coming In June!!!



- League will be Part of the Official Tour de France Fantasy Challenge
- Set Up and Manage Your Own Team
 - 8 Riders must fit within a Maximum Budget
 - Limits on the Types of Riders one can select from
 - Limits on Transfers throughout the 24 Days
- League Should Open Up in the middle of June with Teams needing to be set up before the racing begins on 7/1

Velon Fantasy Game – Join the MAFW League!!!



Join the Game By Creating an Account at:

<https://fantasygame.velon.cc/>

Join the MAFW League:

Velon™ Fantasy League: MAFW

Your league code to share with your friends and family is: 3O124SL5

Prepare for the Fantasy Tour de France Event that opens up shortly before the 7/1 -7/24 Event!!!

Test Out the Game By Joining the League for:

- **Fantasy Criterium du Dauphine (8 Stages starting 6/5/22...Game unlocked on 6/4/22)**
- **Tour de Suisse (8 Stages starting 6/12/22...Game expected to unlock on 6/11/22)**

Any questions ...reach out to Drew Thraen (drewbethjack@verizon.net)

Acute Trauma Response

By Tony Marchand, M.D.

For quick summary, see bold type in article and summary in red at the conclusion.



Stop and Size up the scene: Take a deep breath and stay calm. Someone needs to take charge. It may be you! **Be quick but not hasty.** With trauma it is necessary to act fast but go slow.

1. **Make sure all others are off the road** (we don't need more victims).
2. Depending on the situation, **yell out for someone to CALL 911.**
3. If there are enough bystanders and the patient is lying in the road, **locate people up and down the road, ON THE SIDES of the road, to halt or direct traffic around the accident.**
4. Approach the injured patient and quickly survey the situation. **DO NOT MOVE THE PATIENT!**
 1. Are they bleeding, breathing or moving?
 2. The "walking wounded" (those sitting and holding their arm or with minor injuries) should be asked if they can move, on their own, off the road)
 3. What appears to have happened (could they have lost control or could they have been hit by a car?). All the above can be observed in seconds.

Initial Assessment: *The Conscious Patient*:

1. Identify yourself. Ask if they need help: **"Hi, I'm Tony, Can I help you?" Do they respond? If not proceed as below (The Unconscious Patient).**
2. Tell them: **"Please do not move until I know more about your injuries."** If the patient does not identify a complaint, ask them what hurts.
3. Does the patient respond to you verbally? Are they oriented? WHO **"What's your name?"** WHEN **"Do you know what day it is?"** WHERE **"Do you know where you are?"** HOW **"Do you know what happened?"** Lack of orientation may suggest head trauma, which could be associated with neck or spine injuries, or shock.
4. Examine for injuries and treat if necessary until the EMTs arrive.

Initial Assessment: *The Unconscious Patient*:

1. **Is the patient breathing?** : Rub their chest and call out to them to see if they respond. Only if the patient is not breathing or if the area of severe bleeding in under the patient, a [spinal roll](#) may be necessary so you can apply CPR or apply pressure to a wound to stop bleeding.
2. **Can you control bleeding?** If you find a major bleed, expose it and apply direct pressure with what ever you have on hand (even if you have to take off your shirt and use it).
3. **DO NOT MOVE THE PATIENT** in such cases. Always assume there may be spinal injury.



CPR: A life saving technique which has been modified and simplified for the average non-medical individual.

For certified individuals: [More on CPR](#) New 2014-2015 guidelines
(Be sure to keep your elbows straight)

Treatment of Bleeding:

1. **Apply pressure** using whatever is available, even a bike shirt is better than letting the patient bleed out. (Use Celox powder for large or persistent bleeds, but be sure to tell the EMTs when they arrive so they don't underestimate the damage)
2. **Call 911** unless cut is minor requiring only superficial dressing.
3. **Elevate limb only if you're SURE there are no broken bones or spinal injuries.**
4. Persistent severe bleeding may require pressure on an arterial pressure point until help arrives.

Treatment of Shock:

Symptoms:

1. **Light headed**
2. **Pale, gray or deadly white**
3. **Cool to touch and may be sweaty ("clammy skin")**
4. **Shortness of breath**
5. **Increased heart rate**
6. **Fainting or coma**

Treatment:

1. **Call 911**
2. Keep patient still.
3. Control bleeding if indicated.
4. Give protection from the environment.
5. Unless you have a "walking wounded", lying the patient on their back and raising their legs is NOT advised in cases with multiple injuries.

Broken Bones:

Only for small injuries in "walking wounded" which you suspect a broken bone, one can stabilize the limb by holding the hand or arm in a comfortable position to decrease pain. Otherwise **DO NOT MOVE THE PATIENT.**

Summary:***Initial Steps***

1. ***Stop and Size up the scene.***
2. ***Move bystanders off the road.***
3. ***Call 911 unless injury appears minor.***
4. ***Locate people (on edge of road) to direct traffic.***
5. ***Do not move the patient.***

1. Conscious Patient:

1. ***Assess patient orientation (who, where, when, how).***
2. ***Exam for bleeding, broken bones, other injuries and treat as needed! Use compression for bleeding.***
3. ***Are they in Shock? If so treat as above under shock.***
4. ***Stabilizing broken limbs but only if there's no evidence of spinal injury.***

2. Unconscious Patient:

1. ***Are they Breathing? If not breathing, initiate CPR. They may need a "spinal roll" but do so only as a last resort.***
2. ***If they are Bleeding, apply pressure (use Celox if available).***

Always observe the trauma patient and treat as necessary while waiting for help to arrive.

If the injuries are very minor and the cyclist wants to continue, tell them to stop if they experience light headedness, dizziness, headache or pain. Never let the individual cycle home alone!

June 5, 2022

Is this you?

The subject line, "Is this you?" on an email from Pat K. from my biking club piqued my interest, so I opened it promptly. It was a picture of me from a recent bike ride with the club, and she wasn't sure that it was me since we've never formally met in person. Pat publishes the Morris Area Freewheelers club newsletter each month and likes to fill it with pictures of members enjoying bike rides. I remember Paul M. took the picture in Jockey Hollow for me.

The photo Pat sent certainly was me! Here's how I responded:

Hi Pat!

It is indeed me!

However, I love that jersey, and it's brand new. I'd rather not have that photo published. I want to wear the jersey for years and not have it worn out from being in the newsletter!

Thanks,

Susan

Many women will agree with my position. If we attend a wedding wearing a pretty dress and photos of us wearing it appear in multiple Facebook posts, it's as if we had worn the dress to several weddings. That relegates the frock to the back of the closet for years! Pat replied concisely, "Agreed." I knew she got it.

The jersey in question was a Christmas present from my son. It's exceptionally bright and colorful with a diamond pattern. Brilliant, vibrant colors make it highly visible, exactly what I like in a cycling jersey. I happened to see a photo of my biking friend, Jeff S., wearing the very same shirt and texted him that I had the same one and suggested that we wear it on a ride together this season. Last weekend, however, when I signed up for his ride, I didn't text him in advance to plan to dress alike. I chickened out for fear of looking like a weirdo. Jay chided me in disappointment when I showed up for the ride; maybe next time we will make plans to wear what he calls the "harlequin" jersey together.

This morning, I biked with a group of friends outside of MAFW. Even though I just wore the harlequin jersey last weekend, I chose it again because it makes me happy. Midway through the ride, we stopped for a moment to regroup. Mildly annoyed that I hadn't been complimented on my resplendent jersey, I scolded my biking buddies for not noticing it. Rob immediately said, "Susan, you wore it two weeks ago and said the same thing!" Oops! I guess I had forgotten. Suitably rebuffed, I proceeded to energetically pull the group for the next few miles so they could fully admire the brilliant diamond pattern from behind!

We ended our ride with our usual coffee break at Panera. This week, to enjoy the million-dollar weather and with one of us a recent victim of Covid, we decided not to have our refreshments indoors. Instead, we gathered in the shade of some trees at the end of the parking lot. I left the shop with my tall cup of iced coffee just as a friendly-looking woman in an SUV with the windows rolled down was pulling out of her parking spot. I smiled a hello at her and she paused to say, "I absolutely LOVE that jersey, and it looks GREAT on you!"

WELCOME TO READINGTON BREWERY & HOP FARM

937 US Highway 202 S
Neshanic Station, NJ 08853
908-237-3867

Brewery Hours:

Monday – Tuesday 12 – 8 pm
Wednesday – Saturday 12 – 10 pm
Sunday 12 – 8 pm

Farm Hours are the same as Brewery Hours in general but are subject to change based on weather and season. Ask about scheduling a farm tour when you visit us.

<https://readingtonbrewery.com/>

Founded in 2019, Readington Hop Farm is one of the largest hop farms in the state of New Jersey. Our roughly 3-acre hop yard features over 735 hop plants supported by over 126 telephone poles with steel cable supports.

In addition to hops, our 25-acre farm also grows wheat, barley, flowers, peaches and other assorted fruits and vegetables. We love to use our farm-fresh ingredients in our beers whenever possible. In the near future, you will be welcome to join us for a guided tour of our farm or you can explore the farm on your own. It is a lovely place to enjoy a beautiful day with family and friends. Depending on the season, you might be able to leave with some farm-fresh produce, too.



Meet the goats at the Readington Hop Farm





Sunflowers follow the sun's light.
But when it's a cloudy, rainy day
they turn towards each other
to share their energy...
May we be the sunflowers
in each other's lives.

Photo Credit massimo daddi
muses from a mystic

photo massimo daddi



Who wants to buy a bicycle? Look what Lenny Friedman found.



This group of cyclists waited out the rain before venturing out for our Spring Picnic ride.



The cows are meeting to discuss all the cyclists from Duke Island Park passing through!



Lenny Sanders celebrates his 84th birthday!



A good looking bunch of cyclists at Kittatinny Limecrest Road.



Sporting bright bike jerseys on our ride from Pluckemin to the Oldwick General Store!



Tom and Jeff led a gravel ride today across beautiful dirt roads!

Our Normandy Legacy

Along Normandy's shoreline free children now
play
where the Angel of Death ruled once on D-Day;
when behind Hitler's Wall his army did lie,
to slaughter our heroes
in the surf and the sky.
It killed or maimed many a good GI who had
sailed from afar,
as they battled bravely toward the beaches -
Omaha
and Utah.
and their allies too fought courageous and bold
while storming the beaches adjacent - Juno,
Sword, and Gold.
Too many were wounded, and too many died,
midst corpses of comrades
on Normandy's blood-stained tide;
to permit purpose served that I now better know,
after viewing Normandy's crosses,
row upon row;
and talking to veterans and hearing their story,
of concern for their buddies
but not for glory;
how they fought to destroy
Hitler's horrific ideas,
that had inspired a sick prejudice,
that fueled human fears.
Tour Normandy's coast now and come to know why,
we Americans value our liberty
for its price it comes high.
Our soldiers' Normandy sacrifice, left a great legacy,
bequeathed to we who've since lived
in lands since living free.



D-Day for the year 2022 is celebrated/ observed on Monday, June 6th. D-Day is held annually on June 6 each year to help us remember the sacrifice our men and women made on June 6, 1944 in the battle fought on the Normandy coast of France during World War 2.

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)

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

JUN 4 All day
Miles for Matheny

JUN 11 All day
Revolutionary Ramble June 11th, 2022

JUN 12 All day
20th Annual French Creek Iron Tour

JUN 12 All day
5th Annual Farmlands Ride

JUN 24 June 24 - June 26
Roy's Penn Dutch ride 2022 – June 24 through June 26

JUL 23 July 23 - July 30
RAGBRAI

JUL 30 All day
Spellbound Century

AUG 13 All day
Break the Cycle of Poverty

AUG 20 All day
SCU SUMMER CENTURY

SEP 9 September 9 - September 12
22nd Annual Lake George Getaway Weekend

OCT 8 All day
Seagull Century

Roy's Penn Dutch Ride 2022 - June 24 through June 26



This summer will be the 7th Penn Dutch trip that I am running.
I think it will be the best!

We are staying at a new resort this year. It's the [Bird-in-Hand Family Inn](#). The discounted cost is \$148.00 per night for single or double occupancy. Please call 800 627-1910 to make a reservation. Tell them that you are making a reservation for Roy's Penn Dutch Weekend to get the discounted rate. (Check in is at 3pm and check out is at 11am.) If you decide to cancel, the full price will be refunded up to 24 hours before our stay on June 24. Breakfast is not included at the hotel but the on-site restaurant is the [Bird-in-Hand Family restaurant](#). Diners can either order the breakfast smorgasbord or off the menu.



Note: bicycles can be brought to your room. There may also be a secure room available.

There are so many attractions on site and nearby that everyone will find something to enjoy when they are not bicycling through the lush farm fields. Here's a link to some of the attractions in the area.

[Things to do in Lancaster](#)

All the extras will also be great for those who don't want to bicycle each day and for anyone who wants to bring a youngster.

I have reserved rooms in the pool building at the resort. It is the one with the large outdoor pool outside.

If the weather is not great for the outdoor pool, there are two indoor pools and a hot tub.

The other activities at the hotel are:

Pool table, ping pong table, game room, two tennis courts, basketball court, playground, fitness room, and a walking path. There is also a free two hour bus tour of the Amish farmlands. (available Saturday, please reserve in advance)

For a small additional fee:

[Water's Edge Mini Golf](#)

Petting zoo

Admittance to the on-site show at the resort at a discounted cost.

And next door to the hotel is the popular [Bird-in-Hand Farmer's Market](#). Closed on Sunday as are many businesses in this area.

Our dinners for the Weekend June 24 and June 25

Friday at 7pm - we will dine at the historic [Revere's Tavern](#) - 3.3 miles away

Saturday at 7pm -we will eat at one of the most popular smorgasbords in the area, [Miller's](#) - 1.9 miles away

At Miller's, the policy is for groups to pay in advance and have one person pay for the group. The cost for the soup, bread and salad bar is \$14.99 plus 6% tax (.90) and 18% gratuity (\$2.70) = \$18.59

The full smorgasbord is \$22.49 plus 6% tax (1.84) and 18% gratuity (\$4.05) = \$28.38.

When you sign up for the hotel, please send me the smorgasbord cost through [Zelle](#). You can send it to my cell number (718) 887-1854. Or you can send it through Venmo, to Roy-Fischman.

Bike Rides for the Weekend -all the rides, except the river trail ride, will leave from the back of the hotel. Please note in the ride description that flat is relative to this area. They are not completely flat.

Friday at 3pm

[Bird-in-Hand 14 miles flat](#)

Note: if you want to change into bike clothes before the ride and your room is not ready, the locker room at the pool can be used.

Saturday rides at 9am

[Conestoga Cruising - 50 miles flat](#)

[Conestoga and Lapp Valley 27 miles flat](#)

Sunday rides at 9am

[Spring Garden 31 miles rolling](#)

[Bird-in-Hand 20 miles flat](#)

Since check out time for the hotel is 11am, anyone who returns later can shower and change in the locker room by the pool. If anyone wishes to try someplace else to ride, there is the [Northwest River Trail](#). Start at Columbia Crossing River Trails Center, [41 Walnut St, Columbia, PA 17512](#). The trail is 20 miles from the hotel. The trail is flat, paved, not a rail trail, 14 miles total, beautiful trail with river views, eagle's nest, etc. along it. (If enough people wish to go to this, we can possibly get a leader to go along)

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@mafw.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 vetteman48@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@mafw.org

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

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