

Freewheeler News

May 2022



May is National Bike Month! Celebrate by practicing the new NJ SAFE PASSING LAW!

SLOW DOWN, MOVE OVER



by Jim Hunt, leader of the campaign to pass the law and long-time Club advocate.

How can you help?

- 1.) - by showing the way to safety when you're driving and passing a cyclist, talking up the new NJ Safe Passing Law.
- 2.) - by talking to friends and family and asking them to slow down, move over and always pass with room to spare.
- 3.) - by posting a short ride this month and turning it into a "noodle" ride to show drivers what a "4-foot safety zone looks like." More info? Contact Jim Hunt (freewheeljim@gmail.com)

The NJ Safe Passing Law is clear. Let's explain it to everyone. Remember this does not replace other passing laws. It adds special protection for those of us out on the road...and not in a car or truck.

What does the new law call for?

It requires drivers to use "due caution" whenever they see us on the road. That means following all current no-speeding laws AND:

- they must move over a lane, if there's one to move into.
- if it's a single lane road, it means they must give us at least a 4-foot safety zone when they pass.
- if they can't give us 4 feet, they must slow to 25mph and be prepared to stop until they can pass us without endangering us.

Does this mean the era of "beat-the-bike" to the light, right hooks, mirror kisses and other close calls will stop now? Unfortunately, no. Will injuries and fatalities continue? We hope not, but a law is no guarantee. Changing drivers' behavior only begins with the law.

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

In Memory of Julian Orleans
November 28, 1925 to April 1, 2022

The 24th annual "Julian's Birthday Ride" was held on October 5, 2008 when 10 members of the club cycled 83 kilometers (a kilometer per year) from Loantaka through Morristown, Madison, Chatham, into Livingston, to the home and through the circular driveway on Hobart Gap Road where Julian lived for 47 years, through Short Hills, Summit, out to Liberty Corner, Lyons, and to Meyersville where they celebrated with lunch and a birthday cake. After their break they biked a circuitous route back to Loantaka to complete the 83K.

On the ride with Julian were Muriel Mota, with whom he had biked coast to coast in 1992; Chinmoy Bose, in Iceland; Lili Brohal, in France and Scotland; Gloria Friedman, in Vietnam and Turkey; Tony Fanelli, in the Pine Barrens; John and Kim Hinton, Bob and Joan Geddis.

We all shall be looking forward to the 84 kilometers next year! Julian will be there! Will you?



Reprinted from Freewheelers News December 2008 / January 2009

President's Message

Liz Jennison

Spring is in full swing, and so is the MAFW Spring Riding season. Our ride leaders continue to schedule fun, interesting, and challenging rides for all. Remember to thank the ride leader next time you go on a MAFW ride. As a reminder, ride leaders do have the option to limit the number of riders on their rides; please respect this; corralling a large group of MAFW members can be like herding cats! New this spring is a mechanism for guests to sign up in advance for rides, providing the club with their emergency contact information. If you are bringing a guest to a ride, encourage them to complete this online prior to coming to the ride; it's available from the "all access" website (what people see if they are NOT logged in as a member).

The spring picnic is BACK! It will be Sunday, May 22 at White Oak Park in Branchburg. Our ride coordinator, Manny, has been hard at work creating some new (and shorter) rides from this popular start location, so there will be a ride suitable for every pace group. This event will be potluck; look for more information about what you should bring. We will be registering people via EventBrite starting about 2 weeks prior to the picnic. It's FREE, we just want a count of how many people to expect.

A representative from the Mercer Bike Exchange will be at the picnic from about 8:30 until around 10:00 am (BEFORE the rides) to pick up any bike donations you wish to bring. As a reminder, bikes do not need to be "all fixed up"; that's what the Exchange does prior to selling them (at low cost) to those who need them. All types of bikes are welcome, adult bikes, kids' bikes, mountain bikes. Jay Marowitz is coordinating this donation event. Look for an email from Jay with a link to indicate what you plan to donate.

All MAFW members have FREE access to the club's account on Ride with GPS. And, right now, Ride with GPS is running a contest to see which club can enroll the most new members before April 30th. Since registration is FREE and takes about 15 seconds, why not enroll today if you are not already part of the group? From the MAFW home page, look under "Members" then "Membership Info". Jon Eiseman has provided all the information and links you need to get started.

And, for those who really like to plan ahead, mark your calendars for the FALL PICNIC, October 2 at Pickell Park in Whitehouse Station.

Social Coordinator's Message

Mary Nacius

Spring Picnic Sunday, May 22, 2022 at White Oak Park in Branchburg.

9am—3pm.

Picnic will be Potluck. Drinks will be provided.

Last name beginning with A-C brings an appetizer

D-O brings a main dish

P-Z brings a salad

Please contact Mary Nacius at 908-227-7692 or Nacius4mom@yahoo.com to volunteer.

Will need volunteers to shop for desserts as well as beverages.

Volunteers also needed to help set up and clean up.



Used Bike Collection Event For The Boys and Girls Club Bike Exchange At The Club Picnic on May 22



The Boys and Girls Club Bike Exchange in Mercer County repairs and sells donated used bicycles. They have sold over 23,000 bikes to date. All profits go to the local Boys & Girls Club.

The MAF Foundation is running a bicycle collection event at the next Club picnic on May 22. All types of bikes and bike gear are accepted (youth, road, off-road, tandem, other) *The condition of the bike is not important.* Bikes will be repaired or stripped for parts. All Profits Go To The Boys & Girls Club.

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

PowerPoint slide by Drew Thraen

She Owes Her Life to the Morris Area Freewheelers

-Jay Marowitz

On April 15th I rode the “We’re Not In Kansas Anymore” tour with a group led by Les Garber. We had a new member on the ride, Erin Daly. See the picture below. After talking to her, I found out that she literally owes her life to the club.

Back in 1987, when the Morris Area Freewheelers was only 5 years old, Dennis Daly, joined the club. Soon after, in 1988, Mary Reider joined as well. They met and rode together, liked what they saw and started dating.

They married in 1993. Soon afterwards, in 1994, Erin was born.

Equipped with athletic genes from her parents, Erin ran track and cross country all through high school. She started attending Ramapo College in 2012 and, in her sophomore year, took up running again. She graduated in 2016.

Erin has been cycling since she could push her tricycle pedals. Her childhood home is near the Columbia Rail Trail. Her parents used to take her and her brother, who also owes his life to the club, for rides on it and other rail trails in New Jersey and Pennsylvania.

Last fall, Erin bought her first road bike and is excited about exploring New Jersey’s back roads with the club and doing cycling trips similar to those her parents did over the years. One of her goals is to do a century ride.

Erin is currently working as a Senior Accountant for a local company that makes industrial steel racking. The company, coincidentally, is located right off the Columbia trail.

Erin’s current goals are to earn her MBA in the Fall of 2023 and, with a little coaching from club members, do that century.

Welcome to the club, Erin.



5-1-22

A May Day Ride to Relax and Socialize

By Susan FitzGibbon

Today I was reminded about how pleasant it is to bike ride in Somerset and Hunterdon Counties, the southern reaches of New Jersey's Skylands Region. The Morris Area Freewheelers club has several rides in the rural parts of these counties that seem to find the least trafficked roads running alongside the prettiest burbling creeks and rivers. We first pedaled along the Lamington River (aka the Black River), then enjoyed an extended visit with Rockaway Creek as we traveled over Rockaway Road through the rolling hills and farmland of the villages in the township of Tewksbury. There was plenty of climbing but commensurate downhills gave us a respite, especially beautiful Cold Spring Road. The narrow road unfurled like an ebony ribbon before me, offering a free ride down the gentle switchbacks right next to Cold Brook. Add beautiful spring weather, a plethora of blossoming redbuds and cherry trees, and the ride was a wonderful way to celebrate May Day.

The confluence of all these waterways helped fuel the initial settlement of the area by European settlers in the mid 1700s. The streams generated sufficient waterpower for grist mills and sawmills in the unincorporated village of Mountainville, where I took advantage of a brief stop to read the historic information sign in front of Farley's General Store, an establishment that dates from 1868. I noted its handsome gable front and front porch, spending just a moment to imagine the history of people gathering on that porch to visit or watch the world go by.

The whole reason for participating in a club ride is to enjoy the company of other riders. I've ridden with Sal Rizzo, today's ride leader, on many occasions and always enjoy chatting with him. As soon as I saw Paulo Piedade in the parking lot a little after 9 am, I went over and reintroduced myself. We've been following each other on Strava since meeting and riding several times in the fall of 2020, but I don't think we've seen each other on a ride since then. I thought he might have forgotten just who I am! Harry Ramchandani gave me a big hello; we always remember each other from an unfortunate spill in some gravel at the end of a ride in Denville. Besides, we are practically neighbors in West Orange. Bob Ferrara, whom I also recognized from a prior ride, rounded out our little riding group, separate from the half dozen others who exited the parking lot first and rode a bit faster.

During the pandemic, when everything was closed and nobody was going anywhere, I so missed seeing my exercise buddies each evening at the JCC that I pledged to hug them when fitness classes resumed. Not only would I say hi and bye, I would arrive early and leave a few minutes late, just for the pleasure of their company and some conversation to relieve the loneliness and boredom.

So why was I reluctant to hang out at the General Store eatery in Oldwick for an extended period during today's ride? Bob and I had just been saying that we don't like to take a very long rest break at the food stops that are included on most MAFW rides. It breaks the momentum and can lead to cramping when we head back out on the bike. Oldwick, another one of Tewksbury's unincorporated villages, has a darling business district along Old Turnpike Road with a white steepled church and the recently remodeled General Store, which enjoys a long history dating from 1750.

The first group of riders were just vacating their seats in the garden when we pulled in and parked our bikes in the new bike stand. The guys all went inside while I minded the bikes, something I maybe didn't have to do, but my wheels are very new and very cherished.

It seemed to take forever and cost a king's ransom for the guys to get their coffee and food. Harry had us laughing about his baby-sized five-dollar croissant and small iced coffee; the ten bucks he had



stashed in his back pocket didn't quite cover both items! Chitchatting with Harry about when he immigrated to the United States led to a lengthy story that started in India and hit two more continents before he was even in high school. We all laughed about his parents putting him and his baby sister on an airplane back from Nigeria to India where they were slated to go to boarding school. At that point, I promised to send the guys my recent airport fiasco story, providing

more reason not to send a kid on a flight alone, no less with his little sister. Paulo was also happy entertaining us with anecdotes along the way while eating his "egg McMuffin."

I had eaten a half bag of peanuts and drunk most of one of my water bottles and was anxious to continue our ride. But as Paulo pronounced, "Isn't this the best part of a ride?" I decided he was right. I remembered the bad news I had heard yesterday about my friend's cancer diagnosis and the inherent message to enjoy each day as it comes. I also recalled how much I missed my JCC friends when we weren't permitted to socialize. Here I was, surrounded by convivial fellow bikers, enjoying the sunshine in a very pleasant garden. I swallowed my prior preference and totally readjusted my mindset. Soon we hopped back on our bikes. Paulo led the way with a brisk pace, making me reconsider having my own egg McMuffin next time! Harry's story didn't come to its finale until the end of the ride in the parking lot, and my own conclusion was that I had a wonderful time socializing with my MAFW friends.

How to Ride an E-Bike Safely

ELECTRIC BIKES ARE SERIOUSLY FUN AS LONG AS YOU DON'T GET SERIOUSLY INJURED

By Molly Hurford and Tony Marchand, M.D.



Electric bikes or e-bikes are more popular than ever, with older riders driving much of the demand. Proponents have touted e-bikes as a way to make cycling more accessible to more people in general, especially as one gets older or has disabilities.

Do e-bikes provide a work-out that is considered exercise?

A study published in the New York Times, although obviously small-scale and short-term, involved only three brief pseudo-commutes. Still, the findings suggest that ***“riding an e-bike, like other forms of active transport, can be as good for the person doing it as for the environment,”*** says Helaine Alessio, the Chair of the Department of Kinesiology at Miami University, who led the new study with her colleague Kyle Timmerman and others.

But to increase your potential health benefits the most, she says, keep the pedal assistance level set as low as is comfortable for you. Also, for the sake of safety, practice riding a new e-bike — or any standard bike — on a lightly trafficked route until you feel poised and secure with bike handling. Wear bright, visible clothing, too, and choose your commuting route wisely.

Are e-bikes safe?

Yet as more riders adopt this new technology, new safety concerns have cropped up. A worrying statistic out of the Netherlands in 2018 sounded some alarms. But many of the incidents involved riders simply failing to properly mount or dismount their e-bikes. But the concern continues today although the number of incidents seem to have decreased.

Riders interested in going electric should learn how to handle this new kind of bicycle to ensure their safety. E-bikes are often much heavier than regular commuter bikes, reach higher top speeds, and make usually manageable corners and obstacles more dangerous. *Here are six e-bike safety tips you should know.*

1. PAY EVEN MORE ATTENTION TO TRAFFIC



Every cyclist should pay attention to the flow of traffic, but it's even more critical on an e-bike. Drivers may not expect a cyclist to reach 20 mph on the road, and that disconnect can lead to potentially dangerous scenarios.

2. MAKE YOURSELF SEEN



Part of the issue with traffic is that drivers don't know how to look out for bikes zipping by with an extra 200 watts of power behind them. To make sure you're seen, Hong Quan, founder of the e-bike company Karmic Bikes, recommends outfitting your bike with lights and a bell. And it's not only drivers—you might be too fast for pedestrians or other cyclists who won't hear you coming without a polite warning.

3. CHECK YOUR SPEED



Quan adds that the biggest mistake he sees new e-bike riders make is to go for the fastest assist setting right out of the gate. Anyone would be excited to see what their new set of wheels can do, but Quan recommends that *riders take time to learn how the bike feels at lower speeds before cranking it to turbo.*

4. BRAKE EARLIER



Because you have a lot more speed and power behind you, braking becomes all the more important. Even at the lightest assisted gear, Quan says, a Karmic e-bike will add around 50 watts to your pedal stroke. *That means you'll want to slow down well ahead of stop signs and road crossings and far earlier than you would on a slower-moving bike. Get to know your brakes and their relative power, so you can better assess the safest time to start slowing down.*

5. BE CAREFUL WHILE MOUNTING AND DISMOUNTING



For some older e-bike riders, or younger riders with mobility issues, mounts and dismounts are where many injuries happen. This is partially *because of the bike's heaviness—the extra 20-plus pounds could cause it to tip over and injure the rider*. Make sure the frame you buy is one that's comfortable to get on and off easily. For some, that may mean seeking out a step-through frame (which aren't just for women!) or a standard frame with a more sloping top tube.

6. REMEMBER, IT'S STILL A BIKE



Crashes can happen on any bike, but e-bikes are noteworthy because of the higher speeds involved. That said, Quan notes that the crashes he's seen likely would have happened on conventional bikes as well. *But, when you're out zooming around town, make sure to keep standard bike safety in mind.*

References:

1. [E-Bikes Can Provide a Good Workout, NY Times, May 2021](#)
2. [E-Bike Safety Checklist: Everything Needed to Stay Safe, Juiced Bikes, Jan. 2022](#)
3. [E-Bike School.com 2022](#)

Photo Gallery



Tour De Franklin. Three cheers for sunshine, friends, and a long bike ride!



Celebrating 2 birthdays on today's ride, Arnie is 75 and Naomi is 53! Cupcakes and Prosecco were enjoyed after the ride.



The Hell of Hunterdon ride was held on April 10th. MAFW has always had a group testing themselves on the gravel roads and steep climbs of this early spring ride inspired by the Flemish classics and Paris-Roubaix. Left to right are: Chip Quayle, Michael Cloidt, Eric Lavitsky, Paul Labrie, Cheryl Kerpez, Rebecca Bishop, and Brian Messemer.



Saturday's official MAFW kickoff rides were canceled for rain, but a group of us waited and went out about an hour later. The brave souls included Nicole, Merritt, Paulo, Lou and Vaughn. It was chilly but fun!



“Biking through Asheville, NC this morning. This photo is real. I swear.” by Doug Gardner



Mama swan sitting on her egg(s) on West Glen Rd. in Denville on today's bike ride . Photo by Dave Hall



Fredericksburg, Texas was a great place to visit! It was fun sharing our adventure with friends from Bicycle Adventure Club: Arlene, Mike, Summer, John, Marylou and Barbara.



Oldwick hippo wearing Ukraine colors. Photo by Manny Coelho

Poet's Corner by John J. Burns

New York City Five Boro Bike Tour
Sunday May 1, 2022



Blue skies and fair weather cajoled us cyclists to swarm from ferries and subways on
today's early May morn,
to move to the line of the 5 Boro start
and hive much like bees down at Battery Park;
from whence forward we flew
on through Central Park
buzzing our bike wires courageously
to quick commence our long lark.

Stop then go were the orders
cried out by one marshal
to curry safe cycling
through traffic impartial.
And pedaling high o'er 4 bridges
we struggled -some somewhat more,
but felt our efforts rewarded
by vast views which we saw,
including ships on the rivers-
the Hudson and East;
and by neighbors that cheered us
as we cycled each street.

And finally came Verrazano,
a bridge towering and long
that teased tour end riders
like me feeling still strong,
to quick pedal up its high road
and race down to tour finish,
but sadly some had to slow
who in strength did diminish.
But what of the tour, what of the day-
how did I feel? -Here's what I say:
"I sensed spirits' soaring
as cyclists' souls came together,
pedaling picturesque New York City
during God's perfect weather."

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@maf.w.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@maf.w.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@maf.w.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

MAY 7 All day

36th Annual Farmlands Flat Bicycle Tour Saturday, May 7, 2022

MAY 20 May 20 - May 22

Philadelphia Bicycle Club Spring-n2-Cycling-Weekend

MAY 22 8:00 am - 5:00 pm

MAFW Spring Picnic White Oak Park

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 20 All day

SCU SUMMER CENTURY

SEP 9 September 9 - September 12

22nd Annual Lake George Getaway Weekend

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@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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