MAFW Meet NICA
By Caroline Cullen
Photos by Don Madson

For many of us cycling represents a significant part of our lives. From fitness, travel and camaraderie we look to the bike as a means to bring us happiness and health - maybe even some adventure. When you see local bike races or rides the age of the riders is increasing and the number of participants is decreasing. MAFW is no exception.

In order to see a future in this sport we have to engage the youth. While it is fine to enjoy the fun that we have now it’s also important to encourage others to find the same enjoyment and fulfillment that we find in our sport.
A few years ago at Trek World the President of Trek, John Burke, gave a speech about the future of cycling which was my introduction to the National Interscholastic Cycling Association (NICA). I started seeing flyers and other signs of this organization in NJ. As a bike shop employee I was thrilled to see an opportunity to engage kids and parents in cycling. Last year I was recruited by another USA Cycling Official to see what NICA was all about. I’m now a volunteer Race Official for NICA and a Board member. NICA is an amazing organization that engages the community, brings kids and families together and gets #morekidsonbikes!

Here are some facts about NICA that exemplify the growth of this organization:
Promotes mountain bike riding & racing for grades 6-12
Formed in 2009, now 25 leagues in 24 states
Nearly 18,000 student-athletes and 9,000 coaches!
Over 900 Teams nationwide
Our focus is on youth development
There are no team tryouts or team cuts
Student-athletes are encouraged - but not required - to race
Every score counts in team results
Non-racing team members may still participate in practices, team rides and other events
The goal is to introduce student athletes to a sport they can enjoy for the rest of their lives.

NJ Specific:
Chartered in September 2015
A 501(c)(3) non-profit organization, chapter of NICA
Not currently part of the NJ State Interscholastic Athletic Association (NJSIAA); functions as a club sport. Teams are coached and managed by NICA-certified adult volunteers. Spring Interscholastic sport; active season runs from December through June, with five races in the April-June timeframe.

Mission: We build strong minds, bodies, character, and communities through cycling.

Vision: Every youth is empowered to be part of a thriving and engaged cycling community.

Core Values

Fun  NICA inspires friendship, joy, and adventure.

Inclusivity  NICA believes everyone should be able to participate in our programs and feel welcomed, respected and supported.

Equity  NICA is committed to fair treatment, equal access, opportunity, advancement and elimination of barriers to encourage participation for all.

Respect  NICA expects consideration for all others, oneself, and the outdoors.

Community  NICA unites diverse people, families and communities through cycling by creating fun and welcoming experiences.
The NJ NICA League successfully wrapped up its third season last June with back-to-back races at Six Mile Run State Park.

Keep in mind this is New Jersey, we currently have 28 Teams and 516 riders, comprised of 54% Middle School and 46% High School students with 17% female and 83% male. Encouraging and teaching these kids are 301 registered coaches. New Jersey has five races across the state from April through June.

#morekidsonbikes

We are primarily a volunteer organization. Come join in the fun, donate, or sponsor!

http://www.newjerseymtb.org

From the Club President

THE WINTER PARTY SCHEDULED FOR JANUARY 25TH WAS CANCELLED. WHY?

The short answer is that very few of us signed up.

We, on the MAFW board, estimated at least 70 members and guests would sign-up for the party. This was based on having 94 for the January 2019 event before the storm cancellation and reschedule. But less than 30 signed up for the 2020 party.

The 2019 event was well attended, and everyone seemed to have a good time. So, with the same convenient venue and virtually the same date, why did so few of us want to attend?

Now, what do we want to do going forward? The best way to make your voice heard was to participate in the Winter Party survey that was sent out last week. Thank you to the 103 members who sent in responses. We got some great answers and even better insight into what the membership would like, those answers are what will guide the Board in making plans for future events. If you were not able to respond to the survey, it is not too late. Please just reach out to any Board member with your comments...we are listening.

Once we reach a decision, we will explain how we reached it so that everyone can understand. We will announce the plans for the year soon!

The Club has only two sources of income – $30.00 member dues from each of you and our IRS limited fee for work we do for the Ramble each year (route development and road marking). The Winter Party has been our largest and most expensive social event of the year, but not our only Club subsidized event. We also have a Spring Kick-Off Meeting, a Spring Picnic, Bike Skills and Handling Clinics, special event rides like the Jersey Ride and the Ron Brown Memorial Ride, the Milestone Party, the Volunteer Party, the Fall Picnic and the Bi-Annual General Membership Meeting. Not to forget Ride Leader awards and the ever-popular raffle prizes. All this for $30.00 per year. Quite a bargain!

Andrew Stroukoff
Connect with the MAFW Bike Club on Social Media!

Our Facebook Account is https://www.facebook.com/mafwbc/
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/mafw_bikeclub/
Follow us on Instagram. Please comment and like our posts!

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

Calling All Photographers!

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

Safe cycling! Thanks, Tracy

Item for sale:

THULE T2 Classic Bike Rack, platform hitch (2 bikes, 2" receiver), very good condition, for all types of bikes. Includes locks and extender. $150.

Rich Cohen, cohenrs@optimum.net; 973-714-4242.
Sue Miller, a dedicated bicycle tourist and ride leader and friend to many, passed away on January 22, 2020 at the age of 96. A memorial service/celebration of life was held on Monday, February 3rd at 2pm, where she lived at Fellowship Village, 8000 Fellowship Road, Basking Ridge, NJ, off Allen Road near Liberty Corner Road. I-78 exit 33.

Sue, of Watchung and Liberty Corner, was a member of the Morris Area Freewheelers and the Central Jersey Bicycle Club. She and Muriel Mota did many Morris Area Freewheeler bike tours together all over the world.

For full obituary, please see:

Andrew Stroukoff

MAFW Volunteer Pizza Party at Chimney Rock Inn, Gillette, NJ
Pictured Sue Miller (far left), Elaine Koplow, Muriel Mota, Dan Byrd, Gene Cottrell
The wait is over...

The Revolutionary Ramble Registration is now open!

Rides Saturday 6/13/2020

Beat the Feb 1 Registration Increase. The Revolutionary Ramble RIdes 6/13/20.

Ready to Ramble?

Team up with friends and register for one of the most popular charity bike rides in North Jersey.

Benefits local First Aid Squads, NICA, and bike safety programs

Ride one of 6 beautiful tours with your friends:

- 12mi, 25mi, 45mi, 70mi, 100mi or a gravel ride

through the crossroads of the Revolution more..
How to Tell When You Need to Replace Your Helmet

By Anthony Marchand, M.D. based on an article by Michael Nystrom

Helmets today are a balance of protection, aerodynamics, ventilation and weight. But not all helmets are the same. Even those that carry the MIPS label are not equal in protection. Check out the latest standing on Consumer Report which recently updated their testing. Bontrager also has a new safety system but the results of testing are not yet in.

Likewise, helmet fit and proper adjustment are keys.

But when should you replace your helmet? What situations warrant a helmet be discarded?

But a helmet isn’t good forever. There are a few ways to tell if you need to replace your helmet.

Every Three to Five Years

It’s commonly accepted knowledge that cyclists should replace their helmet every three to five years. While this is a loose rule and depends on how much you ride and the condition of the helmet, it’s a great starting point when determining if your helmet should be replaced.

Even without a major crash, five years of small bumps, drops and exposure to weather can break down the foam and leave you less protected in case of a spill. Like bike and component technology, helmet technology also improves at a rapid rate, so after five years there will be plenty of innovations that will increase the protective qualities of the replacement helmet.
Major Impacts

Generally speaking, if you crash and hit your head, it's time to replace your helmet. The thin plastic shell around the helmet can be pretty resistant to scratching and tearing, but even the smallest impact can compromise the structure of the internal foam shell.

A helmet's main job is to disperse the energy from colliding with the ground away from the head, and this is accomplished by the foam cracking and breaking down under impact. If it has done its job once already, it won't be as effective the next time you take a tumble—and this can lead to serious (sometimes life-threatening) injury.

Other Damage

We've mentioned checking for structural damage after a major impact, but it's always a good idea to regularly inspect your helmet for any damage—no matter if you've crashed or not.

Check the outer shell for tearing or dents, check the straps for fraying, make sure the plastic buckles are in working order, make sure the closure system stays snug and double check that the pads are securely in place.

Remember, issues are uncommon if the helmet hasn't been subjected to any sort of trauma, so if any of these features have been compromised, it can be a sign of a bigger, underlying problem and it's time to consider replacing your helmet.

How to Maximize Your Helmet's Lifespan

We know helmets aren't cheap, but luckily there are a few ways to make sure your helmet lasts as long as possible.

First, always store your helmet indoors and in a dark, dry location. Exposure to UV sunlight and moisture can degrade the outer shell and internal foam liner over time, making it less effective in a crash.

Next—and this one is easy—be careful with your helmet. Don't throw it into the back of your car or pack it at the bottom of a checked bag when you fly. It's designed to be durable, but try to limit the bumps and scuffs whenever possible.

Lastly, keep it as clean as possible. Sunscreen and sweat don't play nicely with the foam layer in your helmet, so it's important to keep it clean. Wash by hand with mild detergent and hang dry (in your garage, not in the sun) after especially sweaty and grimy rides.
September 15 to September 16, 2019 - Adventure ride

By Roy Fischman

Roy and Bekim enjoying fresh apples on the side of the road

https://ridewithgps.com/trips/39994061

I searched for a ride on ridewithgps to take for two days with a friend. I was looking for a ride with about 50 to 60 miles each day so we could enjoy the scenery and take any stops we wished without concern about getting anywhere on time. My other criteria was to spend the night in a town big enough to enjoy visiting and with a few restaurants to choose from. This was to be what I called an "adventure ride". Bicycling for two days in an area that was new to me and carrying everything we needed on our backs in our backpacks. I did call the Days Inn in Great Barrington, just to check if they had rooms available. (I didn't want to chance the adventure of sleeping outside)
I found a ride from New Hartford, CT to Great Barrington, MA. Round trip 94 miles. I traveled with a friend, Bekim. We carpooled together to New Hartford, CT. There we searched for a parking spot where we could leave the car for two days. We finally found free untimed parking spots behind the New Hartford Town Clerk's office. The first mile and a half of the ride was along busy highway 44. But then we enjoyed many car free roads as we cycled along the Farmington River through People's State Forest, American Legion Forest, Algonquin State Forest, etc., forests galore! We cycled 54 miles that day with just some rest breaks. Some climbs had grades of 3 to 4% but one reached 8%. As we neared the city limits of Great Barrington in the early afternoon, I was ready to call it a day. There was a nice surprise when we checked in to the Days Inn. Before the trip I looked up the motel but decided not to make a reservation knowing that there should be plenty of vacancies in the town's lodging. Surprise, they had a special reduced rate and it was less than if I had booked ahead. We went to our room, showered, washed out my cycling kit and hung it up to dry. Then we decided to take a little nap before exploring the town. No surprise then; slept for a few hours. Then we moseyed about town. Nicely laid out town with a U shaped street of various shops off the main strip. Finally we settled on a dinner of Thai cuisine. Returning to the motel I found my cycling kit far from dry and had to use the motel hair dryer on it for awhile. (Next time I'll bring another change) Bekim wisely had brought a spare outfit for the next day.

Cycling back the 40 miles to the start was a mostly level and downhill ride, which I appreciated after tackling those climbs of yesterday. So we covered it quickly. We passed two ski areas on the way back, Ski Butternut and Otis Ridge. The late date reminded me that it wouldn't be much longer before I would be using my skis. Fortunately we still had warm, in the 70's weather for both days. Along the way, Bekim noticed a turtle crossing the road. Good Samaritan that he is, he stopped to carry it all the way across. Then, we came across a roadside apple tree, growing solo; not part of an orchard. Since this seemed an intentionally neighborly gesture on the part of the landowner, we took advantage and enjoyed fresh apples. Mostly quiet and smooth roads on the entire ride. We rolled back into New Hartford at about 1 pm, both of us convinced to do another adventure ride again soon.
Great Barrington, MA
“Recently rippin’ the slopes at Camelback, the following Morris Area ‘Skiwheelers’ Darth Vader, a.k.a Mike Fahrney, Barbara Delaney, Arlene Whalen, Rob Greenberg, and Bob Warren”. 1/24/2020 ski trip led by Steve Bach.

Rob Greenberg and Mario Pompeo at Mt. Snow on 1/31/2020.
Biker’s Hell by Naomi Falange

Marv Schwinder in Chile
Hanukkah and Christmas Eve at the Brick Farm 12/24/2019

Manny leads a group from White Oak Park 12/28/2019
Drone photo by Dave Hall 12/29/2019

Chilly Monday ride by Tracy Brown 1/13/2020 - what a difference a day makes!
Awesome but windy ride today!! We had 3 paces B, C and D+ go out together. Thanks to Jim, Merritt and Manny for leading!  1/12/2020
Phil Predicts An Early Spring
Poet’s Corner by John J. Burns

IRELAND

Half Irish New Yorker, that I am; who in many midnight dreams, saw green fields in multi shades sliced by your fish filled streams; and once - at a dreamt rainbow’s end, saw little men dancing about a gold filled pot it did portend.

And who - upon waking from a dream perused a poem to see, if the lakeside cabin I’d serenely dreamt lay by Yeats’ lake in Innisfree; and who-flew to you to find for sure, the root and cause of your broad allure.

Driving north from Dublin City to Cashel’s Rock, through Tralee Town and Kerry’s Ring, in many pubs I paused to sing; and drink black beer with friendly folks, who with a smile, and blarney laced with blessed jokes, beckoned me to stay awhile.

’Twas twixt these pleasant party times I hunted your history and my bloodlines, and so came to learn of your famine ships on which your folks fled hunger and oppressive Brits, to shores far off from your County Cork, -in my grandfather’s case, to my dear New York, where they found opportunity and built new lives, in their adopted countries-where now your beauty thrives.

And now I know that by intellect and charm, your diaspora dealt our world no cause for alarm; for from all that I saw while visiting your shore Ireland, I’m prouder now that I’m Irish than ever before.

John J. Burns  (Copyright December 2013) Author of “Lifebeats” A Collection of Poems by John J. Burns available in Kindle version by searching Amazon.Com
Even though the winter weather is fairly tame here in Santa Cruz, California, I know that in a good many other locales nothing – not snow, or freezing rain, or iced-over pavement, or hurricane gusts that leave normally clogged roads car-free – will stop some roadies from getting their rides in during the winter.

For these hardy winter riders, I know that their bikes must take a beating. And even for those of us whose winter rides might include only some additional wetness, road grit, etc., winter is still a great time to do a little additional work to keep your bike running smoothly.

I thought I’d offer a few easy and simple steps to help you care for your bike if you are riding right through winter – whether you’re Postal Service-dedicated (“Neither snow nor rain....”) or just enjoying your usual mild winter.

MATERIAL MATTERS

The following guidelines are for all road rigs regardless of whether they are made of steel, aluminum, titanium, carbon or some of each. Of all of these materials, however, you should know that steel is at the greatest risk.

This goes for steel frame tubing and steel components. It always depends on the conditions you ride in, but for steel frames and parts, be sure to inspect them regularly and keep them clean, lubed and waxed throughout the season. (If you’re not sure what material a part is made of, only steel attracts a magnet.)

Tip: It’s easy for water to get inside frames, and it’s a common cause of rusting on steel frames (there are no such worries with aluminum, titanium or carbon frames). Since you can’t see it, it’s hard to realize it’s happening, and because the inside of a frame is hard to access, there’s not much you can do about it once it occurs. The trick is to coat the inside of your frame with a preventive like Weigle Frame Saver.

1. LUBE

Everyone has their favorite chain lube, so use the one you like, but pick one for the winter that’s up to the riding you’re planning. You don’t want a so-called dry lube or one that’s quickly thinned and washed off by moisture. You can try a lube specifically designed for wet/winter conditions (it’ll be marked as such), or if you’re not sure, ask a riding buddy what he or she likes. Or you can ask your local bicycle shop.

I don’t ride in “real” winter conditions, but we do get a lot of rain in Northern California, and I like Chain-L lube, which goes on thick and lasts and lasts.
Tip: If you’re not sure what lube to use, use whatever you’ve got, but put on a heavier dose, and check your chain to see how the lube is holding up to the conditions. It might not be the best lube for the weather, but if you can at least keep some lube on the chain at all times, you’ve won the battle.

Be sure to keep your brake and derailleur pivot points and cables lubricated throughout the winter, too. And, make sure your hubs, bottom bracket and headset are lubricated and prepared for the weather. These parts should turn smoothly with a slight hydraulic resistance from the grease inside and there should be no lateral play. If you’re not sure, a mechanic could check in only a few minutes and advise you.

2. FENDERS

Probably the best way to protect any bicycle from winter-riding wear and tear is to install fenders. And the great thing is that there are fenders available now to fit a wider variety of road bikes so it’s likely you can find a pair that’ll easily fit your corner-carver.

It’s not obvious looking at them, but good fenders keep water spray from the front wheel from blasting the grease out of your headset, bottom bracket and even pedal bearings, plus off your expensive shoes (booties, please!).

And the rear fenders save you taking an icy cold back shower, but more importantly stops it blasting the back of your seatpost where on many bikes it can make its way right down into the frame and bottom bracket. The rear fender helps keep the spray off the chain and chainrings, too.

3. WAX

Waxing your frame and components adds a protective layer that sheds moisture and debris and helps ward off corrosion, too. You can use something quick and easy that you spray on and wipe off, like spray furniture polish. Or you can go for a paste wax that you wipe on, let dry and wipe off. The latter lasts longer.

I know aluminum, titanium and carbon won’t rust, but if winter nasties like road salt and grit hang around on the frame, they can eventually corrode aluminum and scratch and chip the finish/decals. Waxing makes it harder for these things to stick, so it’s a good safeguard for all bikes.

I also wax the rims and get it on the spoke nipples while I’m at it. I believe it helps keeps the rims from corroding and the nipples from corroding onto the spokes, making wheel truing difficult or impossible. I wax the components, too. But don’t goop too much paste wax anywhere that it’s hard to polish off or you’ll have to spend way too much time finishing the wax job. Stick to the wide, easily accessible pieces.

4. CLEAN

When you return home from a winter ride, give your bike a quick wash and dry. If you keep a bucket and sponge at the ready, you can simply fill it with soapy warm water and sponge the crud off your bike and
components, rinse it by dribbling (not spraying) water from above and wipe it dry in about 15 minutes. That step will go a long way toward your bike reaching spring in excellent condition.

5. PREPARE

These are more winter riding tips than bike-care tips. But they can save you being stranded on the side of the road, which is much more likely to happen during the winter when the roads are so much worse and there’s debris hidden by water, snow and earlier darkness.

The first trick is to carry two spare tubes in your seat bag instead of one. It’s much more common to get two flats on one ride in the winter, and that extra tube might save one of your buddies, too, making you the hero. While you’re at it, make sure you’ve got a tire boot to patch a tire gash, and check your pump to make sure it’s in working order. I like and carry Park Tool’s Emergency Tire Boot.

If you don’t normally carry tire levers, toss a couple of those in your bag, too. If your hands are too cold, you’ll still be able to remove the tires with levers. Also, be sure that any valve nuts (those knurled rings at the base of the valve) aren’t too tight or else you may not be able to loosen them with numb fingers.

Tip: If you can fit it on your bike, I recommend carrying a mechanical full-length pump in the winter. The longer length means quicker inflation, which is a hands-saver when it’s freezing. And a pump you actually pump avoids CO2 inflators’ tendency to freeze on the valve when it’s frigid outside.
Member Submissions

From Tom Jarick:

A Possible Weight Loss Strategy: Skip Breakfast Before Exercise


From Mark Eugster:

125 miles of bike lanes coming to Denver


Cops gave more tickets to cyclists than truck drivers in 2019


NYPD creating 100-person unit to crack down on cyclist, pedestrian deaths

https://nypost.com/2020/02/05/nypd-creating-100-person-unit-to-crack-down-cyclist-pedestrian-deaths/amp/

From Patricia Kipp

Riverdance on Ice

https://irisharoundtheworld.com/olympic-skater-irish-dances-across-ice-brings-entire-stadium-feet/?fbclid=IwAR3ZHRvX-0jYmXXktRtTWXSd4afsHA-sRHy6AIVeRRgRUYO-S3NAKxMgys
The Club designates "as official" a number of cycling trips or one-day events each year. These are funneled through MAFW "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@mafw.org and it will be added to this list. You do not have to be the MAFW 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 $27 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 2018 (2019 as we move forward) 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.

Lastly, we have another listing classified as "OTHER ORGANIZATION RIDES" (where there is no MAFW 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@mafw.org for inclusion to this category.

See website for more detail
1. NONCLUB EVENT RIDES

- **The March Fourth 5K and Family Fitness**  March 1  Larry Grossman is leader
- **Tour De Franklin**  April 26  Manuel Coelho is ride leader
- **CJBC Farmlands**  May 2
- **Revolutionary Ramble**  June 13
- **Bike Virginia “Heartlands”**  June 19-24  Len Sanders is coordinator
- **Bon Ton Roulet**  July 18-25  Andrew Stroukoff is coordinator
- **Sourlands Spectacular**  September 12  Manuel Coelho is ride leader
- **Gran Fondo**  September 13
- **Twin Lights Ride**  September 13
- **Seagull Century**  October 10  October TBD
- **Lake Loop**  October 11
- **Covered Bridge Ride**

2. CLUB EVENT RIDES

- Women on Wheels  3 dates, 3 different start points, 4 paces doing same ride
- New Member Rides
- Spring Picnic May
- Jersey Ride

Please consult the Monthly ride schedule for additional details about these events.

Motivation

“To me, it doesn’t matter whether it’s raining or the sun is shining or whatever: as long as I’m riding a bike I know I’m the luckiest guy in the world.”

- Mark Cavendish
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. Please go to this link for additional sponsor offers: http://www.mafw.org/index.php?option=com_content&task=view&id=203&Itemid=16

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 700+ Club members in six Northern NJ counties. Please contact Marvin Schwinder, Marketing Team Leader.

***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.

CHATHAM, NJ
Bikeland II - %
146 Main St. Chatham, NJ
973-635-8066
For info on bicycle brands, services, etc, visit http://www.bikelandinc.com/

CLINTON, NJ
Clinton Bicycle Shop - %
51 Main St. Clinton, NJ
908-735-5451
For info on bicycle brands, services, etc, visit http://clintonbicycleshopllc.com/

FLORHAM PARK, NJ
The Bicycle Store - %
182 Ridgedale Ave. Florham Park NJ
973-377-6616
For info on bicycle brands, services, etc, visit http://thebicyclestorenj.com

HACKETTSTOWN, NJ
Marty’s Reliable Cycle***
251 Main Street
Hackettstown, NJ
908-852-1650
For info on bicycle brands, services, etc, visit http://martysreliable.com/
LINCOLN PARK, NJ
Bicycle Tech
2 Station Road
Lincoln Park, NJ 07035
973-694-6775
For info on bicycle brands, services, etc, visit http://bicycletechonline.com/

MORRISTOWN, NJ
Marty's Reliable Cycle***
173 Speedwell Avenue
Morristown, NJ
973-538-7773
For info on bicycle brands, services, etc, visit http://martysreliable.com/

PARSIPPANY, NJ
Cycle Craft - %
99 Rt 46 East
Parsippany, NJ
973-227-4462
For info on bicycle brands, services, etc, visit http://cyclecraft.com/

RANDOLPH, NJ
Marty's Reliable Cycle***
1164 State Route 10 W
Randolph, NJ 07869
973-584-7773
For info on bicycle brands, services, etc, visit http://martysreliable.com/
See Marty's Interview on CNN  https://www.youtube.com/watch?v=qmwnrmWIRAs

General Ride Information  Click here for link to website
Pace and Terrain Information: Road Day and Evening  Click here for link to website
Pace and Terrain Information: Path and Trail  Click here for link to website

Members who lead twelve (12) or more rides between October 1, 2019 and September 30, 2020 will receive a volunteer ride jersey or $50 gift card

MAFW Bicycle Adventures 2020

Watch this space for events coming in 2020 which MAFW members may be interested in attending. If a MAFW 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@mafw.org) and it will be added to this list. You do not have to be the MAFW leader on the event to have it listed here.

If you had a Bicycle Adventure in 2019 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.
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 Events Coordinator: email: events@mafw.org

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**EXECUTIVE COMMITTEE:**

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