**GENERAL**

The Morris Area Freewheelers Bicycle Club invites you to share the pleasures and advantages of group bicycle touring.

Our members reside primarily in the following New Jersey Counties: Morris, Sussex, Hunterdon, Essex, Somerset, Warren, Union, and Passaic.

The club is run by an elected Board of Directors. We also have a Ride Planning Committee which meets to plan the Club’s ride schedule.

**MEMBERSHIP & BENEFITS**

The minimum membership age is 18 years. Prospective new members may join the club for one ride as a guest. They are expected to join the club before their second ride.

To become a member or renew, mail this application to Marv Schwinder. (Address is at the end of this page). Or join or renew on-line at www.mafw.org

Local sponsoring bicycle shops offer our members discounts. We have two membership meetings, two picnics, and a winter holiday party each year.

**SAFETY**

Club riders are expected to obey all vehicle traffic laws. Minors must be accompanied by an adult club member on club rides.

**WHEN RIDING, A PROPERLY FITTING BICYCLE HELMET MEETING CPSC STANDARDS MUST BE WORN AT ALL TIMES!**

**DAY RIDES**

The Club ride schedule may be found on our website, www.mafw.org. A club member leads every ride.

We ride all year round with rides in most pace categories on weekend days and holidays, as well as planned daytime rides on Mondays, Wednesdays and Fridays during the prime riding season (April through October) there are, on average, four to five rides on any given weekend day.

In addition, we offer Tuesday, Wednesday and Thursday evening rides in April thru October.

The rides vary from 10-20 mile, flat "D" terrain, "Casual" pace rides to 65-100 mile, hilly "A" terrain, "A" pace rides. We try to accommodate riders of all abilities.

**RIDE PACE AND TERRAIN INFORMATION**

Ride pace as follows:

<table>
<thead>
<tr>
<th>Pace</th>
<th>Avg. Speed &amp; Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>A</td>
<td>18+ mph. Hard fast riding, few stops, slower riders will be dropped, frequent pace lines.</td>
</tr>
<tr>
<td>B+</td>
<td>16.5-18 mph. For very fit cyclists, slower riders will be dropped, leader rides at listed pace, occasional pace lines</td>
</tr>
<tr>
<td>B</td>
<td>16.5-18 mph. For very fit cyclists, slower riders will be dropped, leader rides at listed pace, occasional pace lines</td>
</tr>
<tr>
<td>C</td>
<td>13 - 15 mph. For accomplished cyclists, terrain varies, up to 30 miles between rest stops, leader sweeps no slower than 13 mph.</td>
</tr>
<tr>
<td>D+</td>
<td>11 - 13 mph. For experienced cyclists who want an easier pace, up to 20 miles between rest stops, leader sweeps no slower than 10 mph</td>
</tr>
</tbody>
</table>

"Avg. Speed" is the average speed while riding. Speeds on flat terrain are typically higher.

Ride leaders sweep (follow the group) on C and D pace rides, but riders must be able to ride at least the minimum speed listed for the pace, making only scheduled rest stops, or they may be dropped. Riders should consider the terrain of the ride when choosing a ride, since terrain will affect the pace.

Novice riders may want to choose a Casual pace ride for their first ride with the Club.

Terrain rating:  
A = Hilly  
B = Moderately hilly to rolling, some steep terrain  
C = Rolling  
D = Flat

**EQUIPMENT**

All active club members should have a road touring or hybrid bicycle in good working order. Recommended additional equipment: patch kit, spare tube, tire levers, frame mounted pump, full water bottles.

**NEWSLETTER**

A newsletter is published ten times a year, which includes the ride schedule, special events and articles of special interest

**MULTI-DAY TRIPS**

Club members also organize several week-end trips each year.

**AFFILIATED WITH:**

League of American Bicyclists

**FOR FURTHER INFORMATION. . .**

Contact our Membership Coordinator:

Marv Schwinder  
28 Glenside Road  
South Orange, NJ 07079  
Tel: 973-715-7394  
email: membership@mafw.org  
Or visit us online at: www.mafw.org
TWO WAYS TO JOIN:
Directly at the club website,
www.mafw.org, or by sending in this application.

Name ________________________________
Name ________________________________
(Dual Member)
Street ________________________________
City ________________________________
State ________________________ Zip _____________
E-mail address __________________________
Home Phone ____________________________
Emergency Phone _________________________
Work Phone ______________________________
Work Phone ______________________________
(Dual Member)
NEW ____ or RENEWAL ____ Membership.
Dual Membership is 2 adults at same address.

After joining, go to the club website, www.mafw.org, and fill-in your member profile

MEMBERSHIP DUES:
FOR MEMBERS RECEIVING PDF VERSION OF CLUB NEWSLETTER VIA CLUB WEBSITE:
Single Membership: [ ] $27.00 for 1 year
[ ] $50.00 for 2 years
[ ] $68.00 for 3 years
Dual Membership: [ ] $40.00 for 1 year
[ ] $75.00 for 2 years
[ ] $102.00 for 3 years

RENEWAL MEMBERSHIPS: Add a $5 late fee if your application is postmarked or submitted online after your dues expiration date.

Mail completed and signed application to:
Marv Schwinder, Membership Coordinator
28 Glenside Road
South Orange, NJ 07079

Enclose a check for the total amount, payable to:
MORRIS AREA FREEWHEELERS

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT ("AGREEMENT"): All members must be at least 18 years old. All applicants MUST sign the following release or the on-line equivalent.

IN CONSIDERATION of being permitted to participate in any way in Morris Area Freewheelers Bicycle Club, Inc. ("Club") sponsored Bicycling Activities ("Activity") I for myself, my personal representatives, assigns, heirs, and next of kin:
1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of travelling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

"AGREEMENT", CONTINUED:
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the League of American Wheelmen, Inc., their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors advertisers, and if applicable, owners and lesser of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

I UNDERSTAND THAT A HELMET IS REQUIRED ON ALL RIDES

I certify by my signature below that I am at least 18 years old.

Signature __________________________ Date ______

Signature (Dual Member) ________________ Date ______