

2013-07 Focus on Members

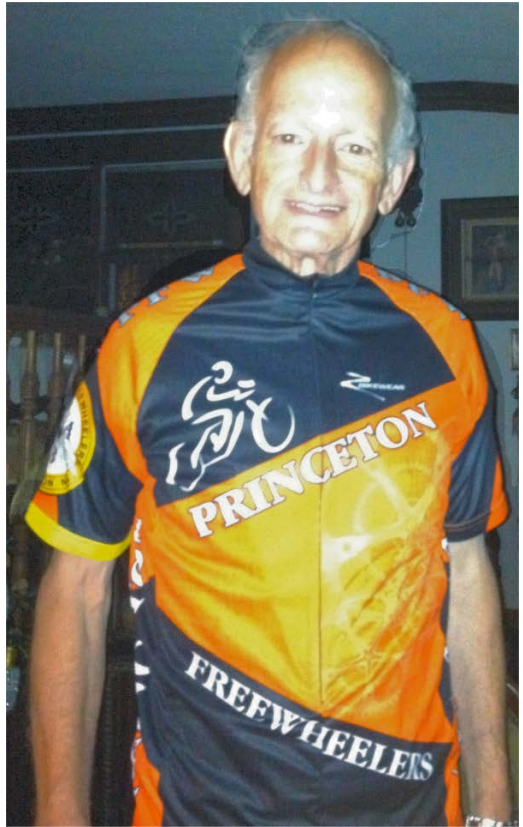
Our Focus this month is on Barry Yellen, the long time FreeWheeler whose routes back in the day helped define the infamous Bagel Hills.

Around thirty years ago I decided I wanted to get in shape and so joined the Princeton Free Wheelers. I started doing C rides, working my way up to B riders and was finally doing A rides. When I first went on A rides the A riders teamed together and tried to drop me, the harder they tried the harder I would fight to hang with them. This made me a lot stronger.

One Wednesday we were having what we called, our "After Ride" (pizza and beer). I met two girls and they were asking the most influential rider what kind of shoes to wear as they wanted to move up into the higher riding categories. At that time the available styles of shoes were either cleats, touring shoes - which are like sneakers, and clip-less pedals. He told them they may as well buy the touring shoes because he did not think much of the girls being serious athletes. When he got up to go to the bathroom I told the girls to buy the best type of equipment because as they get better they will have to buy equipment all over again. I also convinced them to ride all winter. We rode in 20 degree temperatures and eventually put on average 7000 to 10,000 hard miles a year.

It was once said that B riders refused to do A rides because there were no women on them. However, in the spring we redefined A rides when the girls became A riders staying in a pace line averaging over 24 miles per hour. Interestingly, the B riders still would not go on A rides!

We rode very hard on the rides but it was the After Rides, (beer and pizza) and talking about the ride that made it memorable. When I led my Sunday ride I started the ride from my house and we had bagels



after the ride. We would normally go through the rolling hills on county Route #1, Sweetmans Lane, which we later named the bagel hills.

We would also take turns having parties after the rides. Unfortunately, I eventually had to give up riding because my job did not allow time for it. Thirty years later, because of a health issue I am back doing C+ rides and I find them harder than when I did A rides! Now I ride four or five rides a week and I am trying to do B rides.

Barry

Board & Event Plan Meeting June 3, 2013

Board Members Present: Ira Saltiel, Sue Moser, John Smolenyak, Roland Bazergui, John Powers, Kiyomi Camp, Karen Baldino. **Others present:** Cliff Hochberg

Old Business:

Memorial Day All-paces Recap – Sue – Good turnout – needed the 2 B and 2 C+ leaders – In a group of 18 riders, 15 rode ahead and could not be caught. Fortunately, they made it back to the park. Food at end was a nice touch.

Event progress – Jeff (via email) Active.com and web page up and running. Posters and brochures distributed. If you need more, let me know. Post Cards mailed. Rest Stops: all confirmed and approved except Sharon School (need update). Volunteers: Ira has been getting a lot of volunteers; passing them on to Lenore. Registration – open. Sag – complete staff. Road painting, verification – staff complete. Rest Stops – Unknown, need Lenore input. MCCC – a few more volunteers needed, Sponsors: Bicycle Rack, Brothers Moon, Jay's, Halters, Hart's confirmed. Someone should approach Jersey Girl. Onsite Day of: Art of Massage, Halter's confirmed. MCCC: AI is on top of it. All good. Food will be served until 4:30; veggie burgers will be available; Cliff will inquire about gluten free options. DJ – from Christmas party a couple of years ago. Cue sheets and GPS files for the Event will be released a couple of days before the Event.

PFW rep needed at Tour de Cure Sunday June 9 – Email Plea will go out.

Logo – Purchasers of the mirror comment on how ugly our logo is. Some think a redesign should be considered to downplay “LAB” which dominates current logo.

Picnic Date – September 22

New Business:

“Favorite Rest Stop Awards” – AI Porter asks for return to ID'ing them and suggests: Minit Stop in Jackson, NJ; Sue likes a bakery on road to Wrightstown but can't remember name. Have to research how chosen in past.

Member in Focus– Two named for upcoming Months.

Reports:

Membership – as of 5/17 adv 14, charter 11, comp 20, fam 104 = 208 members, ind 367, life 41 = 47 members.

Financial – Cash on hand is currently becoming quite low although mail has not been picked up so it is possible that there is substantial cash “in the pipe.”

Respectfully submitted, Kiyomi Camp

Next meeting: July 15, 2013.

The Trenton Boys & Girls Club Bike Exchange Completes its Fourth Year

The Princeton Free Wheeler organization should be very proud of this accomplishment ... the Trenton Bike Exchange would not exist today without the support of PFW.



Help keep the tradition going!

Volunteers are Always Needed!!

Go to "Contact us" at: www.BikeExchangeNJ.org or send an email to: info@BikeExchangeNJ.org if interested in volunteering, running a bike drive, donating a bike(s), consigning or purchasing a bike.

Boys and Girls Club Bike Exchange BikeExchangeNJ.org



**New Brunswick
Bike Exchange**

AT PRAB 

The New Brunswick Bike Exchange is officially open to the public for its first cycling season!

Similar to the Trenton Bike Exchange – after which we are modeled - Our purpose is twofold: increasing access to bicycles in the community, particularly for people with limited income; raise money to support community programming at PRAB, our partner non-profit organization. Since 1969, PRAB has played an important role in community development in the New Brunswick community. Additional information about their efforts is available at their website, www.prab.org.

We can be found at PRAB's headquarters, 90 Jersey Avenue in New Brunswick. The store is open Tuesdays from 5 to 8 pm and Saturdays from 10 am – 1 pm. All are welcome to stop by during regular hours to volunteer at the shop or to browse our selection of bikes for sale!

The bike exchange needs all types of volunteers who can fill the roles of mechanics, salespeople, cashiers, and store managers.

Volunteers in media support, volunteer recruitment, and coordinating bike drives are also needed!

If you would like to support the bike exchange by hosting a bike drive in your community, or have questions about the process, you may contact our coordinators at drives@nbbikeexchange.org.

We are on-line at: www.nbbikeexchange.org.

Have a specific question? You can contact the Bike Exchange directly by e-mailing info@nbbikeexchange.org. We look forward to seeing you at the shop!

Princeton Freewheelers Trip and Ride Guidelines can be found at the website.

Ride Class Definitions

Ride Class	Average Speed *	Cruising Speed **	Use only whole number portion of any speed reference when using this table. <i>SEE ALSO NOTES BELOW</i>
AX	23+	26+	For EXCEPTIONALLY STRONG cyclists.
A+	21, 22	24, 25	Must know how to ride safely in a pace line. Few stops.
A	19, 20	22, 23	Any terrain. No obligation to wait for stragglers.
B+	17, 18	19, 20	Brisk to vigorous pace. Hills likely. No obligation to wait for stragglers
B	15, 16	17, 18	on B+. Group will wait for stragglers on B or slower rides. B+ & B rides may use pace line. C+ rides have stops.
C+	13, 14	15, 16	
C	11, 12	13, 14	Leisurely to moderate pace. Stops as needed. Group will wait for riders & assist with minor mechanical problems. C & D+ rides for riders with moderate experience, may have hills. D rides for casual riders or riders with no experience, usually have no major hills.
D+	9, 10	11, 12	
D	8, 9	up to 10	

NOTES: *Average speed means average while moving. **Cruising speed is the speed a cyclist should be able to comfortably maintain on flat terrain. We will try to help, but there is no obligation to wait for a cyclist with a major breakdown.

RIDE COORDINATORS:

A	George Halfinger	609-890-7461	ghalfing@optonline.net
B+ & B	Lisa Friedman	201-259-7316	leora123@gmail.com
C+/C/D+/D	Bill Cooper	609-512-1384	whc227@yahoo.com

Send completed
RIDE SHEETS to:

OR

E-Mail **Scanned** Ride Sheets
and an **E-Summary** to:

Karen Baldwin
218 Goat Hill Rd
Lambertville, NJ 08530-2608

karen4555@aol.com

[More Details at Website]

THE RIDELIST IS AVAILABLE BY E-MAIL

To sign up, simply send an e-mail to **PFWEMAIL@GMAIL.COM** stating your member name & a phone number at which you can be reached. The Ridelist by e-mail will be mailed during the last week of the preceding month.



Some ride leaders will ride on very cold, very hot or very windy days - some will not. Ride leaders may cancel, shorten or otherwise vary a scheduled ride based on road or weather conditions at ride time. Don't be disappointed! If in doubt, please call the ride leader in advance.

- Mondays**
July
B+ 30-35 mi
6:00 PM
- KNAPPS'S CYCLERY RIDE:** Join Stephanie & other riders for a spring season ride that covers Lawrenceville, Princeton, Hopewell and Ewing. Faster riders welcomed to ride ahead and wait for group. Meet at Knapp's Cyclery, close to the circle on Business US 1, 1761 Princeton Pike, Lawrence, NJ. **LEADER:** Stephanie Garnich 609-393-1199 info@knappscyclery.com
- Mondays**
July
B 20 mi
6:30 AM
- GET UP AND DO TWENTY:** Looking to get in a few miles in before work? Join Cliff for this mostly flat, easy B ride through West Windsor and surrounding areas. Rain or wet roads cancel. Must call or email the night before if you plan on joining. Meet at the entrance to parking lot, W Windsor Community Park, just north of Princeton-Hightstown Rd. (CR 571), North Mill Rd, W Windsor, NJ. **LEADER:** Cliff Hochberg 609-712-1381 Cliff.Hochberg@gmail.com
- Mondays**
July
B 80-100 km
9:30 AM
- LA DOLCE VITA RIDE:** Venture to the heart of Burlington Co for a flat, social ride with a lunch break. Play hooky and help me find the best pizza in South Jersey. Very High Winds or rain cancel, email if not sure. Meet at Municipal Building, Lumberton, NJ. **LEADER:** Jim Melissaratos theor98@hotmail.com or Witek Rossochacki wrossochacki@gmail.com
- Mondays**
July
C+ 30+ mi
8:30 AM
- ON MONDAYS WE GO ROUND AND ROUND:** Where we go nobody knows except the leader. Check your email if weather inclement. Meet at Etra Park, East Windsor, NJ.. Follow CR 571 east thru Hightstown, NJ across the turnpike. As you pass the lake bear left on Disbrow Hill Rd. Park is on the left. **LEADER:** Dennis Whitney 609-448-4963 dewysfi@aol.com or Don Sprague dsprague37@verizon.net
- Monday**
July 8 and 29
C+ 30 mi
9:00 AM
- LOOP FROM ROSEDALE PARK:** We'll scoot up to the Sourlands or over to New Hope or Lambertville. Meet at Rosedale Park, Pennington, NJ. **LEADER:** Bill Cooper 609-512-1384
- Mondays**
July
C 55-65 mi
8:00 AM
- SOUTH JERSEY RIDE:** A ride on flat to slightly hilly roads ranging from 55 miles in early July to 65 miles in late July. Meet at Mansfield Municipal Court Parking Lot, 24548 E. Main, Columbus, NJ. **LEADER:** John Devoti 609-499-8770 Cell 609-306-9328 jdevoti@comcast.net
- Mondays**
July
C 5-30 mi
9:00 AM
- LEISURELY MORNING RIDE:** Email required. This ride may run at a C+ pace depending on the group. Meet at Rita's Water Ice, 84 Flock Rd., corner Quakerbridge Rd., off I-295 at Sloan Ave, Mercerville, NJ. **LEADER:** Kyle Nylander Advisor500@gmail.com
- Tuesdays**
July
A+ 40-50 mi
A 40 mi
6:00 PM
- CRANBURY NIGHTS II:** Cranbury Nights April A+A fast paced (and flat) ride from Cranbury that borders on AX. Please consult the Freewheel Booklet for guidance regarding pace. Please also note the ride leader will neither chase the faster and/or fitter nor will he await stragglers. Familiar routes will be selected and coordinated with the B+ leaders - riders can fall back to another organized ride or join our A riders for this weekly ride from Cranbury. Meet at Village Park, Cranbury, NJ. From Main Street turn on Westminster and go one block to park. **LEADERS:** A+, Andy Foster jfosterucphd@me.com; A, Volunteer, 609-890-7461

Tuesdays
July
B+ 35-45 mi
B 25-30 mi
6:00 PM


CRANBURY NIGHTS: We're back! Join us for this popular weekly ride from Cranbury. Wet roads cancel. Meet at Village Park, Cranbury, NJ. From Main Street turn on Westminster and go one block to park. **LEADERS:** B+, Peter Fenner cyclistpf59@hotmail.com or volunteer; B, John Belansky jbelansky@hotmail.com or volunteer

Tuesdays
July
B+ 20-30 mi
B 20-25 mi
6:00 PM

BERNIE'S BICYCLE SHOP RIDE: Enjoy a quick workout around the scenic areas of Robbinsville and Allentown. The B+ ride is run at a fast pace geared toward serious riders. The B ride is run at a social pace adjusted to the preferences of the participants. No one gets dropped. Strong C+ riders who want to move up to a B pace are welcome. Meet at Robbinsville High School, 155 Robbinsville Edinburg Road, Robbinsville, NJ.
LEADERS: B+, Volunteer 609-586-5126; B, Sue Moser 609-731-0889 ngapdog@aol.com or volunteer

Tuesdays
July
B 30-40 mi
6:00 PM

ROCKY HILL RAIDERS: Alps, Pyrenees or Sourlands? Your choice but they all go up hill so why not join us? Let's see how many feet of climbing we can get in before sunset. We aim for a great workout with a social-attitude. Head and tail lights a must. Post ride dinner at Alfonsos, BYOB. Wet roads cancel. North Princeton Shopping Center - Burger King Parking Lot, US 206 & CR 518, Rocky Hill, NJ. **LEADER:** Jane or John Danek Txt or call 201-230-5547 **VOLUNTEER NEEDED July 16th & 24th**

Tuesdays
 livingwell
July
C+ 35 mi
8:30 AM

TUESDAY MORNINGS IN JULY: We will find a fun route through the hills or the Sourlands with a short rest stop so we don't melt. Rain cancels. Meet at the CVS in Lambertville, NJ.
LEADER: Michael Heffler 609-209-2194

Tuesdays
July 9 & 30
ONLY
C+ 35-40 mi
10:00 AM

ROSEDALE RAMBLE: A scenic rolling to hilly ride into the Sourlands, or to Lambertville or Sergeantsville, with a rest stop. Meet at by new bathrooms on way in, Rosedale Park, Federal City Rd, Pennington, NJ.
LEADER: Alan Kammerman 609-275-2957

Tuesdays
July
C+ 30 mi
6:00PM

GRIGGSTOWN GRINDER: For new (or old) members who want to develop or improve hill climbing skills, this is a good ride as no one gets dropped. You can work on your speed on the flats.
PLEASE CALL NIGHT BEFORE with questions. Wet roads cancel. Meet at Montgomery Park parking lot, Devon Dr. just north of Bridgepoint Rd, US 206, Belle Mead, NJ.
LEADER: Diane Hess 908-431-0081 or dianebikes@aol.com

Tuesdays
July
C 5-30 mi
5:30 AM &
9:00 AM

EARLY MORNING SPRINT & LEISURELY MORNING RIDES: Ride pace will be adjusted to meet the needs of the riders. Email required. Meet at Rita's Water Ice, 84 Flock Rd., corner Quakerbridge Rd., off I-295 at Sloan Ave, Mercerville, NJ.
LEADER: Kyle Nylander Advisor500@gmail.com

Wednesdays
July
EXCEPT 17
B 20 mi
6:30 AM

GET UP AND DO TWENTY: See Mondays for description. Meet at the entrance to parking lot, W Windsor Community Park, just north of Princeton-Hightstown Rd. (CR 571), North Mill Rd, W Windsor, NJ. **LEADER:** Cliff Hochberg 609-712-1381 Cliff.Hochberg@gmail.com

Wednesdays
July
B 25-35 mi
6:00 PM


COME RIDE WITH HART'S CYCLERY!: Join Ken on a scenic social ride at a brisk pace thru lovely rolling hills around bucolic Pennington & Hopewell. Likely roads include Bear Tavern, Scotch, Jacobs & Fiddlers Creek, Church, River, Woosamonsa, Pleasant Valley, Poor Farm, Carter, Bayberry, Moores Mill -Some of the nicest cycling roads anywhere. Listed as a B ride, but pace, route, & distance altered to match the riders. No one dropped. If need be the group could be split into 2 levels based on the turnout. Call, text, or email ride leader with questions. Meet at Hart's Cyclery; 7 North NJ 31, Pennington, NJ.
LEADER: Ken Gaissert 609-947-4907 kgaissert@gmail.com

Wednesdays
July
C+ 30+ mi
8:30 AM

ON WEDNESDAYS WE GO SOUTH: We plan to find some quiet, less traveled roads. Meet at Byron Johnson Park, Allentown, NJ. From Hightstown, take CR 539 South, through Allentown. Go straight after the lake on Old York Rd., make a left on Ellisdale Rd., park is on the left. **LEADER:** Dennis Whitney 609-448-4963 dewysfi@aol.com or Don Sprague dsprague37@verizon.net

Wednesdays
July
C+ 25 mi
6:00 PM

WEDNESDAYS FROM WASHINGTON CROSSING: Jump over the mid-week hump with a fun and enjoyable evening ride through scenic Bucks County. Expect rollers and some hills as we take in the wonders of nature at social pace. Join us for a bite to eat afterwards. Rain cancels. Volunteer leader needed July 3. Meet at parking lot just north of Visitor Center, PA 32, Washington Crossing State Park, PA. The access road leading to the parking lot is located next to General Mercer Road. **LEADER:** Jeff Lippincott jlippincott1@verizon.net 609-902-2057

Wednesdays
 July
C+ 25 mi
6:00 PM

LOW HILLS OF LAMBERTVILLE: This ride is beautiful and always provides a solid workout. This ride ends with a winding down hill. Everyone welcome for pizza after the ride. Rain cancels. Meet at the CVS on NJ 29 at the north end of Lambertville, NJ. **LEADER:** Michael Heffler 609-209-2194

Wednesdays
July
EXCEPT 3RD
C 30-40 mi
8:00 AM

SOUTH JERSEY RIDE: A ride on flat to slightly hilly roads. Meet at Mansfield Municipal Court Parking Lot, 24548 E. Main, Columbus, NJ.
LEADER: John Devoti 609-499-8770 Cell 609-306-9328 jdevoti@comcast.net

Wednesdays
July
C 5-30 mi
9:00 AM

LEISURELY MORNING RIDE: Ride pace will be adjusted to meet the needs of the riders. Email required. Meet at Rita's Water Ice, 84 Flock Rd., corner Quakerbridge Rd., off I-295 at Sloan Ave, Mercerville, NJ. **LEADER:** Kyle Nylander Advisor500@gmail.com

Wednesdays
July
C 20-30 mi
6:00 PM

EASY SOCIAL RIDE WITH KYLE: Ride pace will be adjusted to meet the needs of the riders. Email required.
JULY 3. Meet at Economy Bike, 1637 NJ 33, Hamilton Square, NJ. **ALL OTHER DATES:** Meet at St. Lawrence Rehab US 206/I 295 @ Franklin Corner Rd., Lawrence, NJ.
LEADER: Kyle Nylander Advisor500@gmail.com

Thursdays
July
A 42 mi
6:00 PM

THURSDAY NITE FROM WASHINGTON PARK: If you need to pick up a training loop on Thursday, this is the ticket. Expect a quick, hard pace and a good workout. May be an A+ pace. Meet at Washington Township Park, corner of Gordon Rd. & W. Manor Way, Washington, NJ. **LEADER:** Marc Davidoff 609-371-0117

Thursdays
July
A 30-50 mi
6:00 PM

HALTER'S HILLS: Expect seasonally adjusted 30 to 50 mile rides @ average speeds between 19 & 21 mph depending on group. Terrain is rolling to hilly on mostly rural (for Jersey) roads north & west of the So Brunswick/Princeton/Hopewell area. Expect a solid work ethic with organized pace lines, occasional sprints, & good-natured fun. Rain or generally unruly weather cancels. Meet at Halter's Cycles, 4095 US 1 South, So Brunswick, NJ.
LEADER: Rick Buckley rjbuckwheat1@verizon.net

INDEPENDENCE DAY HOLIDAY ALL PACES RIDE:

Thursdays
July 4
B+ 40-45 mi
B 35-40 mi
C+ 30-35 mi
C 25-30 mi
D+ 20-25 mi
9:00 AM

Celebrate the federal holiday with new & old friends with a club all paces ride on familiar & old roads in central NJ. Enjoy a nice morning ride, get a cold drink & cookie when you get back, & have plenty of time to spend the afternoon with family & friends. This is a friendly ride not to be missed. Meet at the skating rink parking lot, Mercer County Park, Old Trenton Rd, West Windsor, NJ.
LEADERS: B+, Ed Post EHPPost@aol.com 609-890-8259 or 609-477-8771, Jen Post jen.e.post@gmail.com, Jane or John Danek, Bob Springhorn; B, Ira Saltiel, Bruce Kirschner; C+, Don Sprague, Sue Moser, Kyle Nylander; C, John Devoti; D+, Pat Van Hise - 585-1276 or cell 609-915-6656

Thursdays
July **EXCEPT 4TH**
B+ 35-45 mi
B 25-30 mi
6:00 PM

CRANBURY NIGHTS: See Tuesdays for ride description. Meet at Village Park, Cranbury, NJ. From Main Street turn on Westminster and go one block to park.
LEADERS: Peter Fenner cyclistpf59@hotmail.com or volunteer; B, John Belansky jbelsky@hotmail.com or volunteer.

Thursdays
July
EXCEPT 4TH
B+ 35 mi
6:00 PM

HOPEWELL HILLS: Join the gang for plenty of climbing through Hopewell, Lambertville and Sergeantsville area. Climb at your own pace and regroup at the top. Strong B riders welcomed. Wet roads cancel. Meet at Hopewell Elementary School, Princeton Ave, just off CR 518, Hopewell, NJ.
LEADER: Cristina Marquez cristina.marquez@bms.com 732-668-2066

Thursdays
July **EXCEPT 4TH**
B+ 20-30 mi
B 20-25 mi
6:00 PM

BERNIE'S BICYCLE SHOP RIDE: See Tuesdays for ride description. Meet at Robbinsville High School, 155 Robbinsville Edinburg Road, Robbinsville, NJ. **LEADER:** B+, Volunteer 609-586-5126; B, Sue Moser 609-731-0889 ngapdog@aol.com or volunteer

Thursdays
July 18 & 25 **ONLY**
C+ 30-40 mi
10:00 AM

BOB'S HILLY RIDE: Enjoy some hills around Princeton at a C+ pace. Meet at Community Park North Parking Lot, just west of US 206, Mountain Av, Princeton, NJ. **LEADER:** Bob Smith woodwin1@optonline.net 609-223-0191

Thursdays
July
C+14-20 mi
6:00 PM

KNAPP'S CYCLERY BEGINNERS RIDE: Join Ron for his popular all levels introductory road ride focusing on the fundamentals of road and group riding. The ride leaves from Knapp's parking lot & explores beautiful sites of Lawrence, Ewing, & Hopewell Twp. Road bikes recommended, but not mandatory. This is a no drop ride. Everyone that attends must be willing to have fun! Call with questions. Be ready to ride at 6 pm Meet at Knapp's Cyclery, 1761 Princeton Ave, Lawrence Twp, NJ.
LEADER: Ron Mittelstaedt C8user@aol.com 609-771-6981, 609-306-5881(c)

- Thursdays
July
C 5-30 mi
5:30 AM &
9:00 AM
EARLY MORNING SPRINT & LEISURELY MORNING RIDES: Ride pace will be adjusted to meet the needs of the riders. Email required. Meet at Rita's Water Ice, 84 Flock Rd., corner Quakerbridge Rd., off I-295 at Sloan Ave, Mercerville, NJ.
LEADER: Kyle Nylander Advisor500@gmail.com
- Fridays
July
B+ 50+ mi
8:00 AM
HEADING TO THE BLUEBERRY CAPITAL OF THE WORLD: B+ pace with plenty of breakaways, weather permitting, a ride to the Hammonton area. **LONG OPTION:** For those looking to ride more, drive less, you can meet me at the Lumberton Municipal Bldg at 7:30 am. You'll get about 70 miles, **but you must email** the night before. Meet at Freedom Park on Old Marlton Pike, Medford, NJ.
LEADER: Jim Melissaratos theor98@hotmail.com or Witek Rossochacki wrossochacki@gmail.com
- Fridays
July 12, 26
B 20 mi
6:30 AM
GET UP AND DO TWENTY: See Mondays for description. Meet at entrance to parking lot, W Windsor Community Park, just north of Princeton-Hightstown Rd. (CR 571), North Mill Rd, W Windsor, NJ.
LEADER: Cliff Hochberg Cliff.Hochberg@gmail.com 609-712-1381
- Fridays
July
C+ 30+ mi
8:30 AM
IF IT IS FRIDAY, IT MUST BE ETRA: We may go North, South, East or West. Where we go only the leader knows. Meet at Etra Park, East Windsor, NJ Follow CR 571 East thru Hightstown, NJ, across the turnpike. As you pass the lake, bear left on Disbrow Hill Rd. Park is on the left.
LEADER: Dennis Whitney 609-448-4963 dewysfi@aol.com or Don Sprague dsprague37@verizon.net
- Fridays
July
C+ 30 mi
6:00 PM
FRIDAY NIGHTS FROM PENNINGTON: Expect varied terrain. Rain cancels. Optional group dinner afterwards. Call if questions. Meet at Hopewell Valley Regional School District Admin Bldg/ YMCA parking lot, South Main Street & Ingleside Ave, Pennington, NJ. **LEADER:** Andy Chen 908-256-2794
- Fridays
July
C 15-40 mi
9:00 AM
HEATHER'S FUN RIDE: Leisurely social ride around Allentown & other enjoyable destinations. Pace determined by group. Road bikes, hybrids, or mountain bikes suitable. Beginner riders welcome. **Call or email 8 am Friday.** Wet roads or winds in excess of 15 mph or no response from riders cancel. Meet at Bruno's Bike Shop located in the Globus Plaza, 1280 Yardville-Allentown Rd, Allentown, NJ. Park on the side or behind the store.
LEADER: Sue Moser 609-731-0889 ngapdog@aol.com
- Fridays
July
C 20-30 mi
6:00 PM
EASY SOCIAL RIDE WITH KYLE: Ride pace will be adjusted to meet the needs of the riders. Email required. Meet at Mercer County Park Marina, W Windsor, NJ.
LEADER: Kyle Nylander Advisor500@gmail.com
-
- Saturday
July 6
A 50 mi
7:30 AM
JULY LEADERLESS: George will be out of town this weekend, so you have to lead this flat to rolling loop. Pick a route and go. Expect a fast and steady pace and a good workout. Meet at Washington Township Park, corner of Gordon Rd. & W. Manor Way, Washington, NJ.
LEADER: Volunteer 609-890-7461

Saturday

>livingwell

July 6

B+ 45-50 mi

B 35-50 mi

8:30 AM

HONEY DO RIDE: Ride with a serious and hard charging B+ biking group that borders on A ride level or join in on a friendly B ride to warm up your morning! Pace determined by ride leader. Wet roads cancel. Meet at Village Park, Cranbury, NJ. From Main St turn on Westminster and go one block to park. **LEADERS:** B+, Ed Post 609-890-8259 or 609-477-8771 EHPPost@aol.com or Peter Fenner cyclistpf59@hotmail.com, or volunteer; B, Ira Saltiel isalt55@gmail.com 609-575-0554 or Don Sprague dsprague37@gmail.com 609-448-7614.

Saturday

>livingwell

July 6

B+ 40-50 mi

B 30-40 mi

8:30 AM

C+ 25-30 mi

C 20-25 mi

D+ 15-20 mi

9:00 AM

TRI-COUNTY CRUISE: Choose your pace and enjoy the beautiful country roads of Mercer, Monmouth and Burlington Counties. Always a rest stop. Please note: the B paces begin at 8:30 AM and the C and D+ paces start at 9:00 AM. Meet at the Hamilton Y on Sawmill Rd (185 Crosswicks-Extonville Rd), Hamilton, NJ. Park on grass in front of the fence next to the road. **LEADERS:** B+, Chris Cook chrisccktr@verizon.net 609-291-9674 or volunteer; B, Sue Moser ngapdog@aol.com 609-731-0889; C+, Pat Van Hise 609-585-1276 or cell 609-915-6656; C, Roland Bazergui roland.bazergui@gmail.com; D+, volunteer

Saturday

July 6

B 60 mi

8:00 AM

CLAIM YOUR INDEPENDENCE: Hills, rollers, streams and rivers. Will include some Revolutionary War sites. Strong B ride. Meet in parking lot, Hopewell Elementary School, Princeton Ave off Broad Street, Hopewell, NJ. **LEADER:** Peter Harnett 908-310-2127 harnett.peter@gmail.com or Jack Palis 908-268-6868 jpalis1@comcast.net

Saturday

July 6

B 65 - 75 mi

8:30 AM

HILL SLUGS AD HOC: Where we start and how far we go will depend on the weather, but whatever we do, this will be a relaxed ride. Expect some hills, lots of scenery, and a rest stop. Nobody dropped. Pace-pushers not welcome. Wet roads cancel. Meet at a Location to be determined. Details for distance, start location, & possible changes in start time posted several days before @ <http://perpetualheadwinds.blogspot.com>.

LEADER: Laura Lynch perpetualheadwinds@gmail.com 609-902-2654

Saturday

>livingwell

July 6

C+ 50 mi

8:30 AM

ZIGZAG: This ride goes up every hill between Lambertville and Frenchtown with a rests stop in Frenchtown. Based upon the heat we'll figure out how many hills we do on the way back. Rain cancels. Meet at the parking lot at the CVS in Lambertville, NJ.

LEADER: Michael Heffler 609-209-2194

Saturday

July 6

C 25-30 mi

8:00 AM

SOUTH JERSEY ON THE WEEKEND: A ride on flat to slightly hilly roads. Meet at parking lot at Academic Drive and Pemberton-Browns Mill Rd, Burlington County College, Pemberton, NJ. **LEADER:** John Devoti 609-499-8770 Cell 609-306-9328 jdevoti@comcast.net

Sunday

July 7

B+ 40-45 mi

B 30-35 mi

8:30 AM

SUNDAY RIDE FROM BRUNO'S: Ride with Bob for a strong B+ ride or join Ron for a social no drop B ride through the scenic locations in the Upper Freehold area. Email or call Bob or Ron to confirm ride if in doubt. Wet roads & winds above 15 MPH cancel. Meet at Bruno's Bike Shop, 1280 Yardville-Allentown Rd, Allentown, NJ. **LEADERS:** B+, Bob Springhorn springhorn@optonline.net or volunteer; B, Ron Mittelstaedt C8user@aol.com 609-771-6981 Home 609-306-5881 Cell

Sunday
primetion
>livingwell

July 7
B+ 40-50 mi
1:15 PM

MERCER PARK SUNDAY AFTERNOONS: A mostly flat afternoon social B+ ride with pace to match the group. This is a popular ride for more serious riders looking for winter conditioning. Wet roads cancel. Meet at the Marina (Boathouse) parking lot, Mercer County Park, West Windsor, NJ.
LEADER: Ed Post 609-890-8259 or 609-477-8771
EHPost@aol.com or volunteer

Sunday
July 7
B 40 mi
9:00 AM

SUNDAY FROM ETRA: Join me for a strong B ride with a break, through the choice riding areas east of US 130. Ride has varied terrain. Rain or wet roads cancel. No one gets dropped. Meet at Etra Park, East Windsor, NJ. From US 130 take NJ 133 E; Turn right on NJ 33W; Make first left on Milford Road; Make left on Etra Rd; Make first left on Disbrow Hill Road. Etra Park is on left.
LEADER: Gary Wotton 732-754-9728 gwotton@comcast.net

Sunday
July 7
B 35-45 mi
9:00 AM

COME RIDE WITH HART'S CYCLERY! See Wed 6 PM for Ride description. Meet at Hart's Cyclery; 7 North NJ 31, Pennington, NJ. Call, text, or email ride leader with questions.
LEADER: Ken Gaissert 609-947-4907 kgaissert@gmail.com

Sunday
July 7
C+ 25-35 mi
8:30 AM

BRUNO'S SUNDAY SPIN: Enjoy a comfortable C+ paced ride through the scenic farmland area surrounding Allentown, NJ. Road bikes or hybrids are suitable. Wet roads,, winds above 15 mph or no response from participants cancel the ride. Please contact ride leader by 7 AM the morning of the ride to confirm. Meet at Bruno's Bike Shop located in the Globus Plaza, 1280 Yardville-Allentown Rd, Allentown, NJ. Park on the side or behind the store.
LEADER: Sue Moser 609-731-0889 ngapdog@aol.com

Sunday
July 7
C+ 40 mi
9:00 AM

INTERSTATE RIDE: No, we won't be riding on I-95. We will spend half the ride in Bucks County, PA and the other half in Hunterdon County, NJ. Enjoy beautiful scenery (stone houses, covered bridges, streams) and plenty of hills as we ride the back roads at a social pace. Meet at rear parking lot near the visitors building, Bulls Island State Park, NJ 29, 3 mi north of Stockton Inn, Stockton, NJ. **LEADER:** Bob Parsons 609-585-2213

Sunday
July 7
C+ 35-40 mi
8:30 AM

SUNDAYS FROM ETRA PARK: An easy-paced true C+ ride (13.5 avg) with a rest stop. Wet roads cancel. Contact ride leader before 7am Sunday morning to confirm if in doubt. Meet at Etra Park, East Windsor, NJ. Follow CR 571 East thru Hightstown, across the turnpike. Turn left after the lake onto Disbrow Hill Rd. Park is on the left.
LEADER: Mary Foley cell 609-915-6670 mfoley1125@yahoo.com

Sunday
July 7
C+ 30-35 mi
9:00 AM

ECONOMY BIKE RIDE: Enjoy a leisurely ride with flats, inclines, and small hills with a rest stop. Meet at Economy Bike, 1637 NJ 33, Hamilton Square, NJ.
LEADER: Kyle Nylander Advisor500@gmail.com

Sunday
July 7
C 30 mi
9:00 AM

SUNDAYS FROM HAMILTON MARKETPLACE: Ride around the Assunpink or Crosswicks at an easy pace with a midway stop. Terrain is flat to gently rolling. Call or email Saturday if poor weather or starting temps below 30 degrees. Rain cancels. Meet at parking lot in front of China Grill Buffet, south end of Marketplace Blvd, Hamilton Marketplace, US 130, Hamilton, NJ.
LEADER: Josiah Wiener kinabalu@optonline.net 646-387-5186

Sunday
July 7
C 25 mi
8:00AM

SUMMER SEARCH FOR SHADE: Join Max for an easy 25-miles (plus or minus) cycle at a C pace. Meet at Village Park, Cranbury, NJ.

LEADER: Max Fine 732-297-5492 or bikermxf@gmail.com


Sunday-
Monday
**FEATURE
RIDE**

July 7/8
C 75 mi
8:00 AM

OCEAN COUNTY PERIMETER TWO-DAY RIDE: You've ridden down the shore. You've ridden through the Pine Barrens. Now combine the two and join Dan as he adds to his perimeter mileage by pedaling around Ocean County. Maybe we'll see the effects of Sandy. We will see charming Island Heights, Toms River, Tuckerton, the patriotic rock, and of course, New Egypt. Overnight, we will stay at Sea Pine Motel on US 9 in Waretown. Come for one or both days. Contact leader in advance. Meet at parking Municipal Bldg lot, Evergreen Rd., just off CR 537, New Egypt, NJ.
LEADER: Dan Rappaport 924 9417 or 609 933 6258

Saturday
July 13
A 50 mi
7:30 AM

SUMMER HILLS: Summer is here, so join George for a few summer hills on this rolling to hilly loop. Expect a few good climbs and a great workout. Meet at Hopewell Elementary School, Princeton Ave, just off CR 518, Hopewell, NJ.
LEADER: George Halfinger 609-890-7461

Saturday

July 13
B+ 45 -50 mi
B 35-50 mi
8:30 AM

HONEY DO RIDE: See July 6 for description. Meet at Village Park, Cranbury, NJ. From Main St turn on Westminster and go one block to park. **LEADER:** B+, Ed Post 609-890-8259 or 609-477-8771 EHPost@aol.com, Peter Fenner cyclistpf59@hotmail.com or volunteer; B, Ira Saltiel isalt55@gmail.com 609-575-0554 or Don Sprague dsprague37@gmail.com 609-448-7614

Saturday
July 13
B+ 40-50 mi
B 30-40 mi
8:30AM
C+ 25-30 mi
C 20-25 mi
D+ 15-20 mi
9:00 AM


TRI-COUNTY CRUISE: See July 6 for ride description. Meet at the Hamilton Y, Sawmill Rd (185 Crosswicks-Extonville Rd), Hamilton, NJ. Park on the grass in front of the fence next to the road.
LEADERS: B+, Chris Cook 609-291-9674 chriskctr@verizon.net or volunteer; B, Sue Moser 609-731-0889 ngapdog@aol.com; C+, Pat Van Hise 609-585-1276 or cell 609-915-6656; C, Roland Bazerqui roland.bazergui@gmail.com; D+, volunteer



Saturday
July 13
B 60-65 mi
8:00 AM

MERCER, SOMERSET AND HUNTERDON COUNTIES: Pretty country side, hills and Delaware River during this 3-county ride. Strong B ride. Meet in parking lot, Hopewell Elementary School, Princeton Ave off Broad Street, Hopewell, NJ.

LEADER: Jack Palis 908-268-6868 jpalis1@comcast.net or Peter Harnett harnett.peter@gmail.com 908-310-2127

Saturday

July 13
C+ 55 mi
8:30 AM

CALIFON HERE WE COME!: We'll head to Califon. This is a pretty ride that goes past both Round Valley and Spruce Run reservoirs as well as a very pretty part of the Raritan River. Rest Stop in Califon. This can get hilly. Rain cancels. Meet at the parking lot next to the river by the Bridge St Café, Frenchtown, NJ. **LEADER:** Michael Heffler 609-209-2194

Saturday
July 13
C 25-30 mi
8:00 AM

SOUTH JERSEY ON THE WEEKEND: A ride on flat to slightly hilly roads. Meet at Mansfield Municipal Court Parking Lot, 24548 E. Main, Columbus, NJ. **LEADER:** John Devoti 609-499-8770 Cell 609-306-9328 jdevoti@comcast.net

- Sunday
July 14
B+ 40-45 mi
B 30-35 mi
8:30 AM
- SUNDAY RIDE FROM BRUNO'S:** See July 7 for description. Meet at Bruno's Bike Shop, 1280 Yardville-Allentown Rd, Allentown, NJ. **LEADERS:** B+, Bob Springhorn springhorn@optonline.net or volunteer; B, Ron Mittelstaedt C8user@aol.com 609-771-6981 Home 609-306-5881 Cell
- Sunday
July 14
B+ 40-50 mi
1:15 PM
- MERCER PARK SUNDAY AFTERNOONS:** See July 7 for description. Meet at the Marina (Boathouse) parking lot, Mercer County Park, West Windsor, NJ. **LEADER:** Ed Post 609-890-8259 or 609-477-8771 EHPost@aol.com, Eric Nickerson christineanderic1@yahoo.com, or volunteer
- Sunday
July 14
B 40 mi
9:00 AM
- SUNDAY FROM ETRA:** See July 7 for description. Meet at Etra Park, East Windsor, NJ. From US 130 take NJ 133 E; Turn right on NJ 33W; Make first left on Milford Road; Make left on Etra Rd; Make first left on Disbrow Hill Road. Etra Park is on left. **LEADER:** Gary Wotton 732-754-9728 gwotton@comcast.net
- Sunday
July 14
B 35-45 mi
9:00 AM
- COME RIDE WITH HART'S CYCLERY!** See July 7 for description. Meet at Hart's Cyclery; 7 North NJ 31, Pennington, NJ. Call, text, or email ride leader with questions. **LEADER:** Ken Gaissert 609-947-4907 kgaissert@gmail.com
- Sunday
July 14
C+ 40-45 mi
9:00 AM
- HILLS AND VALLEYS:** Get those legs stretched out on this hilly but scenic ride at a social pace with a stop. Meet at in the parking lot by the bridge to PA, NJ 29, Washington Crossing State Park, NJ. **LEADER:** Bob Parsons 609-585-2213
- Sunday
July 14
C+ 35-40 mi
8:30 AM
- SUNDAYS FROM ETRA PARK:** See July 7 for ride description. Meet at Etra Park, East Windsor, NJ. Follow CR 571 East thru Hightstown, across the turnpike. Turn left after the lake onto Disbrow Hill Rd. Park is on the left. **LEADER:** Mary Foley mfoley1125@yahoo.com 609-915-6670
- Sunday
July 14
C+ 25-35 mi
8:30 AM
- BRUNO'S SUNDAY SPIN:** See July 7 for ride description. Meet at Bruno's Bike Shop located in the Globus Plaza, 1280 Yardville-Allentown Rd, Allentown, NJ. Park on the side or behind the store. **LEADER:** Sue Moser 609-731-0889 ngapdog@aol.com
- Sunday
July 14
C+ 25-35 mi
9:00 AM
- EASY HILL RIDE:** An easy hill ride. Completion of hills is important, not the speed or distance. This ride may run at a C pace depending on the group. Meet at St Lawrence Rehab (Rt 206/Rt 295 @ Franklin Corner Rd) **LEADER:** Kyle Nylander Advisor500@gmail.com
- Sunday
July 14
C+ 45 mi
10:00 AM
- THE HEAT INDEX HILL FORMULA:** The formula will determine how many major hills we climb. Calculate as follows: (100 degrees minus the noon heat index forecast) divided by 5 and rounded to the nearest whole number. For example, if the noon heat index is 88 degrees, we will climb only 2 major hills. Wet roads cancel. Meet near the restrooms, Bull's Island, NJ 29 about 3 miles North of Stockton, NJ. **LEADER:** Joe Bucci 215-493-7884 forjoebucci@msn.com
- Sunday
July 14
C 30 mi
9:00 AM
- SUNDAYS FROM HAMILTON MARKETPLACE:** See July 7 for ride description. Meet at parking lot in front of China Grill Buffet, south end of Marketplace Blvd, Hamilton Marketplace, US 130, Hamilton, NJ. **LEADER:** Josiah Wiener kinabalu@optonline.net 646-387-5186

Sunday July 14 C 25 mi 8:00AM	SUMMER SEARCH FOR SHADE: See July 7 for ride description. Meet at Village Park, Cranbury, NJ. LEADER: Max Fine 732-297-5492 or bikemaxf@gmail.com
Saturday July 20 A 45 mi 7:30 AM	JULY PACELINE: Roll out with the group on this flat to rolling loop. Expect a fast and steady pace and a good workout. Call or email George to confirm the ride will go on as planned. Meet at Washington Township Park, corner of Gordon Rd. and W. Manor Way, Washington, NJ. LEADER: George Halfinger ghalving @optonline.net 609-890-7461
Saturday primatone livingwell July 20 B+ 45 -50 mi B 35-50 mi 8:30 AM	HONEY DO RIDE: See July 6 for description. Meet at Village Park, Cranbury, NJ. From Main St turn on Westminster and go one block to park. LEADER: B+, Ed Post 609-890-8259 or 609-477-8771 EHPost@aol.com, Peter Fenner cyclistpf59@hotmail.com or volunteer; B, Ira Saltiel isalt55@gmail.com 609-575-0554
Saturday July 20 B+ 40-50 mi B 30-40 mi 8:30AM C+ 25-30 mi C 20-25 mi D+ 15-20 mi 9:00 AM	TRI-COUNTY CRUISE: See July 6 for ride description. Meet at Hamilton Y, Sawmill Rd (185 Crosswicks-Extonville Rd), Hamilton, NJ. Park on the grass in front of the fence next to the road. LEADERS: B+, Chris Cook 609-291-9674 chriskctr@verizon.net or volunteer; B, Sue Moser 609-731-0889 ngapdog@aol.com; C+, Pat Van Hise 609-585-1276 or cell 609-915-6656; C, Roland Bazerqui roland.bazergui@gmail.com; D+, volunteer
Saturday July 20 B 60 mi 8:00 AM	FRENCHTOWN & POINTS BEYOND: Hills, rollers, streams and rivers. Very scenic ride starting just north of Sourlands. Strong B ride. Meet in parking lot, East Amwell Elementary School, Wertsville Road near NJ 31, Ringoes, NJ. LEADER: Peter Harnett 908-310-2127 harnett.peter@gmail.com or Jack Palis 908-268-6868 jpalis1@comcast.net
Saturday July 20 C 25-30 mi 8:00 AM	SOUTH JERSEY ON THE WEEKEND: A ride on flat to slightly hilly roads. Meet at Mansfield Municipal Court Parking Lot, 24548 E. Main, Columbus, NJ. LEADER: John Devoti 609-499-8770 Cell 609-306-9328 jdevoti@comcast.net
Sunday July 21 B+ 40-45 mi B 30-35 mi 8:30 AM	SUNDAY RIDE FROM BRUNO'S: See July 7 for description. Meet at Bruno's Bike Shop, 1280 Yardville-Allentown Rd, Allentown, NJ. LEADERS: B+, Bob Springhorn springhorn@optonline.net or volunteer; B Ron Mittelstaedt C8user@aol.com 609-771-6981 Home 609-306-5881 Cell
Sunday primatone livingwell July 21 B+ 40-50 mi 1:15 PM	MERCER PARK SUNDAY AFTERNOONS: See July 7 for description. Meet at the Marina (Boathouse) parking lot, Mercer County Park, West Windsor, NJ. LEADER: Ed Post 609-890-8259 or 609-477-8771 EHPost@aol.com, Eric Nickerson christineanderic1@yahoo.com or volunteer

Sunday
**FEATURE
RIDE**

July 21
B 50-65 mi
8:00 AM

HUNTERDON LAND TRUST RIDE: This is the 2nd Annual Hunterdon Land Trust celebratory ride, complete with traffic escorts & a farmer's market. We'll travel to some of the Land Trust's properties & to open spaces threatened by development. Details of possible changes in the start time posted several days before @ <http://perpetualheadwinds.blogspot.com>. Wet roads cancel. Meet at the Dvoor Farm, NJ 12 & CR 523, Flemington, NJ. **LEADER:** Laura Lynch perpetualheadwinds@gmail.com 609-902-2654

Sunday
July 21
B 40 mi
9:00 AM

SUNDAY FROM ETRA: See July 7 for description. Meet at Etra Park, East Windsor, NJ. From US 130 take NJ 133 E; Turn right on NJ 33W; Make first left on Milford Road; Make left on Etra Rd; Make first left on Disbrow Hill Road. Etra Park is on left.
LEADER: Gary Wotton 732-754-9728 gwotton@comcast.net

Sunday
July 21
B 35-45 mi
9:00 AM

COME RIDE WITH HART'S CYCLERY! See July 7 for description. Meet at Hart's Cyclery; 7 North NJ 31, Pennington, NJ. Call, text, or email ride leader with questions.
LEADER: Ken Gaissert 609-947-4907 kgaissert@gmail.com

Sunday
July 21
C+ 35 mi
8:30 AM

DOUBLE FARMERS MARKET RIDE: We'll go from Dvoor Farm to the Stockton Farmers Market & return for the Hunterdon Land Trust Farmers Market. Easy going ride on country roads and rolling terrains - no big hills. Last year the Hunterdon Land Trust brought in photographers & press from NJ.com to cover this ride. Rain cancels. Meet at Dvoor Farm, CR 523 & NJ 12, Flemington, NJ. **LEADER:** Michael Heffler 609-209-2194

Sunday
July 21
C+ 35-40 mi
8:30 AM

SUNDAYS FROM ETRA PARK: See July 7 for ride description. Meet at Etra Park, East Windsor, NJ. Follow CR 571 East thru Hightstown, across the turnpike. Turn left after the lake onto Disbrow Hill Rd. Park is on the left. **LEADER:** Mary Foley mfoley1125@yahoo.com cell 609-915-6670

Sunday
July 21
C+ 30-35 mi
8:30 AM

LEISURELY SUNDAY RIDE: Enjoy a leisurely ride with flats, inclines, and small hills with a rest stop. Meet at Mercer County Park Marina, W Windsor, NJ.
LEADER: Kyle Nylander Advisor500@gmail.com

Sunday
July 21
C+ 25-35 mi
8:30 AM

BRUNO'S SUNDAY SPIN: See July 7 for ride description. Meet at Bruno's Bike Shop located in the Globus Plaza, 1280 Yardville-Allentown Rd, Allentown, NJ. Park on the side or behind the store. **LEADER:** Sue Moser 609-731-0889 ngapdog@aol.com

Sunday
July 21
C+ 50 mi
9:00 AM

LOVE THOSE HILLS: If you love hills, this ride will make you smile. We'll start in Princeton and make our way over the mountain to Sergeantsville at a social pace. Meet at Community Park North, Mountain Road, Princeton, NJ. From Nassau St. in Princeton, take US 206 North 1/2 mile to turn onto Mountain Road. The park is immediately on your right.
LEADER: Bob Parsons 609-585-2213

Sunday
July 21
C+ 45 mi
10:00 AM

THE HEAT INDEX HILL FORMULA: The formula will determine how many major hills we climb. Calculate as follows: (100 degrees minus the noon heat index forecast) divided by 5 and rounded to the nearest whole number. For example, if the noon heat index is 88 degrees, we will climb only 2 major hills. Wet roads cancel. Meet near the restrooms, Bull's Island, NJ 29 about 3 miles North of Stockton, NJ.
LEADER: Joe Bucci 215-493-7884 forjoebucci@msn.com

Sunday
July 21
C 30 mi
9:00 AM

SUNDAYS FROM HAMILTON MARKETPLACE: See July 7 for ride description. Meet at parking lot in front of China Grill Buffet, south end of Marketplace Blvd, Hamilton Marketplace, US 130, Hamilton, NJ.

LEADER: Josiah Wiener kinabalu@optonline.net 646-387-5186

Sunday
July 21
C 25 mi
8:00AM

SUMMER SEARCH FOR SHADE: See July 7 for ride description. Meet at Village Park, Cranbury, NJ.

LEADER: Max Fine 732-297-5492 or bikemaxf@gmail.com

Sunday
July 21
C 30 mi
10:00 AM

UP THE CREEK WITH A PADDLE AND A BIKE: Ride the tow path (or the road) from Lambertville to Frenchtown, kayak on the Delaware, have pizza for lunch, and return. Bikes secured at "Paddle Creek" kayak rentals, they drive us up river for a 2 hr trip back on the water. All for about \$50. Space limited Go to www.paddlecreekfrenchtown.com for reservations or call 908-996-0000 for information. Meet at the CVS at 299 N. Main St, Lambertville, NJ. **LEADER:** Pat Van Hise 609-585-1276

Sunday
July 21
D 14-18 mi
8:30 AM


PURPLE COW RIDE: Almost as rare as a purple cow is this Freewheelers D ride! No attitudes, no lectures, lots of stops, nobody dropped – if you can stay upright on your bike, you can do this ride; we'll go at the pace of the slowest riders. If you've been thinking of trying out a group ride, this may be the one for you. Ride cancelled for weather, insurrection, or the Zombie Apocalypse. Ride location & details on my blog @ seemingverb.blogspot.com a few days before. Meet at a location to be determined.

LEADER: Jim Brittain j.k.brittain@gmail.com 732-997-8397

Saturday
July 27
A 70 mi
7:30 AM

BELMAR OR BUST: Ready for a little longer loop, then join Marc for this flat ride out to the shore and back. Expect a strong steady pace with a short stop at the halfway point on the beach in Belmar before heading home, hopefully with the wind at our back! Meet at Washington Township Park, corner of Gordon Rd. & W. Manor Way, Washington, NJ.

LEADER: Marc Davidoff 609-371-0117

Saturday
 July 27
B+ 45 -50 mi
B 35-50 mi
8:30 AM

HONEY DO RIDE: See July 6 for description. Meet at Village Park, Cranbury, NJ. From Main St turn on Westminster and go one block to park.

LEADERS: B+, Ed Post 609-890-8259 or 609-477-8771 EHPPost@aol.com, Peter Fenner cyclistpf59@hotmail.com or volunteer; B, Ira Saltiel isalt55@gmail.com 609-575-0554 or Don Sprague dsprague37@gmail.com 609-448-7614

Saturday
July 27
B+ 40-50 mi
B 30-40 mi
8:30AM
C+ 25-30 mi
C 20-25 mi
D+ 15-20 mi
9:00 AM

TRI-COUNTY CRUISE: See July 6 for ride description. Meet at Hamilton Y, Sawmill Rd (185 Crosswicks-Extonville Rd), Hamilton, NJ. Park on the grass in front of the fence next to the road.

LEADERS: B+, Chris Cook 609-291-9674 chriscktr@verizon.net or volunteer; B, Sue Moser 609-731-0889 ngapdog@aol.com; C+, Pat Van Hise 609-585-1276 or cell 609-915-6656; C, Roland Bazergui roland.bazergui@gmail.com; D+, volunteer



Saturday
July 27
B 60-70 mi
8:00 AM

SPRUCE RUN AND ROUND VALLEY RESERVOIRS Hilly and scenic ride. We will need to be near some drinking water on this ride. Strong B ride. Meet in parking lot, East Amwell Elementary School, Wertsville Road near NJ 31, Ringoes, NJ.

LEADER: Jack Palis 908-268-6868 jpalis1@comcast.net

Saturday
July 27
B 50-55 mi
8:30 AM

SCHOOLEY'S MOUNTAIN Join Tom as he heads for the hills in an around Schooley's Mountain in Morris County NJ. Terrain will be hilly with a couple of tough climbs at a slow B pace. Call, email or check Tom's blog <http://frisket.blogspot.com> for more details. Meet at parking lot 4, Raritan Community College, 28 Lamington Rd, Branchburg, NJ. From US 22 West right on Raritan Valley College Drive, head to back of campus.

LEADER: Tom Hammell 609 490-0609 thammell@bigfoot.com

Saturday
July 27
C 25-30 mi
8:00 AM

SOUTH JERSEY ON THE WEEKEND: This ride coincides with the Roebling Museum Car Show. This is the fourth year for the car show, one of the largest in southern NJ. Admission is \$5 & includes the Roebling Museum. We'll meet for the bike ride at the Roebling Light Rail Station. The car show will be going when we return. Meet at Roebling Light Rail Station, Hornberger Ave, Roebling, NJ. Take NJ Tpk to Exit 6, US 130 north exit to first light, left onto Delaware, right on Hornberger (1/2 mile), left into parking lot past big wheel. **LEADER:** John Devoti 609-499-8770 Cell 609-306-9328 jdevoti@comcast.net

Sunday
July 28
B+ 40-45 mi
B 30-35 mi
8:30 AM

SUNDAY RIDE FROM BRUNO'S: See July 7 for description. Meet at Bruno's Bike Shop, 1280 Yardville-Allentown Rd, Allentown, NJ. **LEADERS:** B+, Bob Springhorn springhorn@optonline.net or volunteer; B, Ron Mittelstaedt C8user@aol.com 609-771-6981 Home 609-306-5881 Cell

Sunday
July 28
B+ 40-50 mi
1:15 PM

MERCER PARK SUNDAY AFTERNOONS: See July 7 for description. Meet at the Marina (Boathouse) parking lot, Mercer County Park, West Windsor, NJ.

LEADER: Volunteer

Sunday
July 28
B 40 mi
9:00 AM

SUNDAY FROM ETRA: See July 7 for description. Meet at Etra Park, East Windsor, NJ. From US 130 take NJ 133 E; Turn right on NJ 33W; Make first left on Milford Road; Make left on Etra Rd; Make first left on Disbrow Hill Road. Etra Park is on left.

LEADER: Gary Wotton 732-754-9728 gwotton@comcast.net

Sunday
July 28
B 35-45 mi
9:00 AM

COME RIDE WITH HART'S CYCLERY! See July 7 for description. Call, text, or email with questions. Meet at Hart's Cyclery; 7 North NJ 31, Pennington, NJ.

LEADER: Ken Gaissert 609-947-4907 or kgaissert@gmail.com

Sunday
July 28
C+ 45 mi
9:00 AM

SERGEANTSVILLE RAMBLE: Enjoy this hilly, scenic ride through the back roads at a social pace. Meet at Delaware Township School, Sergeantsville, NJ. Follow NJ 31 north onto CR 579 in Ringoes (don't take NJ 31/US 202 exit). Continue on CR 579 for a mile, turn left on CR 604, Rosemont-Ringoes Rd, follow 3.5 miles to the school on the left.

LEADER: Bob Parsons 609-585-2213

Sunday
July 28
C+ 35-40 mi

SUNDAYS FROM ETRA PARK: See July 7 for ride description. Meet at Etra Park, East Windsor, NJ. Follow CR 571 East thru Hightstown, across the turnpike. Turn left after the lake onto

8:30 AM Disbrow Hill Rd. Park is on the left.
LEADER: Mary Foley mfoley1125@yahoo.com cell 609-915-6670

Sunday
 July 28
 C+ 25-35 mi
 8:30 AM **BRUNO'S SUNDAY SPIN:** See July 7 for ride description. Meet at Bruno's Bike Shop located in the Globus Plaza, 1280 Yardville-Allentown Rd, Allentown, NJ. Park on the side or behind the store. **LEADER:** Sue Moser 609-731-0889 ngapdog@aol.com

Sunday
 July 28
 C+ 25-35 mi
 8:30 AM **EASY HILL RIDE :** See July 14 for ride description. Meet at St Lawrence Rehab (Rt 206/Rt 295 @ Franklin Corner Rd)
LEADER: Kyle Nylander Advisor500@gmail.com

Sunday
 July 28
 C 30 mi
 9:00 AM **SUNDAYS FROM HAMILTON MARKETPLACE:** See July 7 for ride description. Meet at parking lot in front of China Grill Buffet, south end of Marketplace Blvd, Hamilton Marketplace, US 130, Hamilton, NJ.
LEADER: Josiah Wiener kinabalu@optonline.net 646-387-5186

Sunday
 July 28
 C 25 mi
 8:00AM **SUMMER SEARCH FOR SHADE:** See July 7 for ride description. Meet at Village Park, Cranbury, NJ.
LEADER: Max Fine 732-297-5492 or bikemaxf@gmail.com

FREEWHEELIN' TIMES

Note to Leaders from The Ride Captain & President:
 We need ride sheets filled out and returned for ALL rides.

NEW RIDESHEET MASTER: The policy has been revised to promote better speed of submitting Ridesheets. A new PDF Master has been approved by the Board of Trustees and is available at the website now. Please stop using older sheets and begin using this new on IMMEDIATELY!!

[And don't forget, when printing this to use both sides of the paper as the back of the sheet has essential information as well.]

CALLING OUT "CLEAR" - Discourage riders from calling out "Clear" at intersections to indicate no cars are coming. "Clear" is subjective & temporary, so riders should always look for themselves. Because of this, "clear" is NOT an approved call.

SWEEPING ON PFW RIDES - Jim Brittain was recognized at the March 2012 Membership Meeting for yeoman work as a sweeper on various rides. He has now drafted an article on what it's all about. Check it out at his Blog Page: <http://seemingverb.blogspot.com/2012/03/on-riding-sweep.html>

Open Space Programs of Interest Locally

Activities at these areas of local interest will be posted as they are learned of. You can check out a brief description of several of these that have captured our attention at the website:

princetonfreewheelers.com/ *If you have a favorite Open Space related item you would like to pitch, send it using the website's note new posting feature.*

Princeton Free Wheelers in partnership with Princeton Living Well:



For Free Wheeler rides designated as PLW rides, leaders will hand out to ride participants a PLW Living Well point card with a code that can be entered on the PLW website to earn PLW reward points. PLW points can be redeemed for rewards on the PLW website: <http://www.princetonlivingwell.com> Ed Post, Jane Corwin, Pat Van Hise, Deb & Lew Meixler John Danek & Michael Heffler's rides currently are so designated

Boys & Girls Club/Bike Exchange Update

The Exchange is now open full hours – Tues & Thurs 5-8, Sat 10-4.

The high school intern program is part of the BGC's effort to prepare these kids to graduate from high school and enter the work force. It has expanded and has become an exciting part of what we do.

If You Haven't Already, VOLUNTEER NOW! It is a singular way of helping and adding a great way to increase your bicycling interest! You'll Be Glad You Did!

Russ White

Member Focus: You, too, can nominate a Member for the Focus piece that appears in issues of this newsletter. The Board of Directors has the task of choosing a member for the Freewheel feature "Member in Focus" but welcomes suggestions from the general membership. If you have someone you would like to suggest, call or email the editor or any other Board member with your nomination. A link to a list of past Focus Members is at the website home page.

PFW Now Has Two Philanthropy Programs

1. Contributions for teams of two or more PFW members participating in a charity ride can get a \$100 contribution from PFW.
2. PFW members who contribute to local Open Space organizations can get a \$10 matching contribution from PFW. Check out the article on the Open Space program elsewhere in this issue.

Charity ride contributions require two PFW members to e-mail pfw_giving@princetonfreewheelers.com that they are riding and the information where PFW should send the contribution. Further details are on the PFW website. A list of recent contributions is in the July PFW newsletter.

Upcoming Rides / Cycling Events of Interest

These are mostly local – even more are at the website.

Don't hesitate to call or E-Mail if/when you learn of one not yet listed!

Got an event you really liked and would like to see it here? Don't hesitate to call or E-Mail Infoguy@PrincetonFreeWheelers.com 609-882-4379

**AUG 3 33rd ANNUAL PRINCETON BICYCLING EVENT
SAVE THE DATE - VOLUNTEER - RIDE**

Aug 30 & 31 BIKE CULT HAND-BUILT BICYCLE SHOW IN BROOKLYN

Custom bespoke bicycles shown by their makers. At least 20 builders in attendance, bikes will run the gamut, no-holds-barred racing to sedate picnic cruisers. \$10 per day, \$15 for two-day entry. Children under 14 free. Polish Food & Drink: Warsaw has a full bar and kitchen, including beer, spirits, pierogies, kielbasa, sandwiches & salads. <http://www.bikecultshow.com/>

SEP 2 Yes, Monday! DONUT DERBY

Valley Preferred Cycling Center (the Velodrome) Trexlertown, Pa. Donuts, Donuts and more Donuts; an event t-shirt, and lunch followed by an awards ceremony. 36 mi thru scenic, rolling PA country. \$20 Reg closing on August 25th www.bikereg.com-Recreation Events. Cue sheet and Garmin GPS File at:www.bikewithGPS.com

Sep 7 2013 SOURLAND SPECTACULAR BICYCLE RALLY

23 to 63 mi which include some climbing, as Sourland Mountain is beautiful, but not flat. – coffee & snacks at registration, rest stops w/beverages, snacks & bathrooms plus SAG & picnic lunch. All reg by 8/23 receive embroidered cycling caps commemorating the event. Proceeds benefit the Sourland Planning Council, a non-profit organization working to protect the ecological integrity, historical resources and special character of the Sourland Mountain region. \$40 per person, discounts for early reg. 12 to 16 is \$20, under 18 must be accompanied . www.sourland.org/spectacular

Sep 7 2013 CENTURY FOR THE CURE

100 mile, 80 mile or 40 mile route - \$100* includes choice of Primal Wear rider jersey or event t-shirt and DeFeet cycling socks. (*Registration fee is not applied towards minimum fundraising requirement; all riders must be at least 16 years of age, unless accompanied by an adult and must wear an ASTM certified bike helmet) Minimum fund raising \$500; due date: October 15, 2013 Raise \$1,250 and receive a custom Century sportswear gift!
www.centuryforthecure.com.

Sep 7 & 8 THE BATTLE AGAINST HUNGER RIDE

2 centuries - Join the Catholic Charities Emergency & Community Services team and ride in the Battle Against Hunger contact Barbara Clancey 609-599-1246 ext. 3101 bclancey@cctrenton.org

Sep 8 GRAN FONDO NJ

Morris & Hunterdon counties. Gran Fondo @ 107 mi, Medio 63 mi, Piccolo 43 mi or the Breve, 18 mi. <http://granfondonj.com/>

Sep 14 & 15 2ND ANNUAL WINE COUNTRY RAMBLE

The "women-only" tour in upstate NYS. Beautifully showcases the city of Canandaigua & the Lake. Women challenge themselves physically thru cycling in a non-threatening environment treated like queens while they do it! 8 courses for all levels, beginners to seasoned riders - ranging from 18 to 103 mi. All kinds of goodies: clinics, wine tastings, an evening at the NY Wine and Culinary Center, Sonnenberg tours and much more. Last year was highly praised. Read about it at: <http://blog.onno.com/2012/09/20/the-weekend-everybody-smiled/> As an added benefit, last year we raised \$4,000 for the non-profit foundation which supports Sonnenberg Gardens, a real gem in the heart of Canandaigua winecountryramble.com

Sep 15 RIDE FOR MCBRIDE

Tall Cedars Picnic Grove, 245 Sawmill Road, Hamilton Township, NJ 08620. Registration open 7:30, ride starts at 8:00. 3 routes (10, 25 & 50 mi) & a post ride picnic. Cost: \$35 pre-reg, \$40 at the door. Proceeds go to the Joseph McBride Memorial Scholarship at the University of Pennsylvania School of Social Policy and Practice – a masters program in social work. Joe was an avid member of PFW for many years. Register on-line at www.rideformcbride.com.

Sep 15 GAP GALLOP

DeSales University, Center Valley, PA \$40, W/Post Ride Meal: \$50. Pre-reg only...NO DAY OF 25 mi, no rest stop; 48 mi, 1 rest stop; 86 mi, 3 rest stops; 109 mi, 5 rest stops. Also 12 mi family ride on Saucon Rail Trail. New start location After nearly 40 years, exciting new route: the heart of the Lehigh Valley to the shores of the Delaware River, pass thru Phillipsburg, NJ, Challenge your heart, lungs and legs with a climb of the famous, or infamous, Fiddler's Elbow. We'll be waiting at the top with a token to remember your achievement. <http://www.lehighwheelmen.org/>

Sep 21 & 22 26TH ANNUAL BIKE MS: THE GREAT NJ COUNTRY RIDE

South Street, Morristown, NJ - \$350 for 100-mi, \$300 for 50-mi, \$150 for 20-mi (12-17 must ride with responsible adult) Enjoy a 2 day cycling adventure 1,000 of your closest friends. Choose your challenge, with route options for all cycling abilities. Enjoy varied terrain as you travel through the quaint towns and back roads of north Western New Jersey. Fully supported: catered rest stops, bike mechanics, full meals, & SAG. Invite family/ friends to cheer as you finish & celebrate. Fantastic BBQ awaits, music, beer garden & massages. <http://bikenjm.nationalmssociety.org>

Sep 22 ORANGE COUNTY COUNTRY ROADS FALL FOLIAGE BIKE TOUR

Rides of 10, 21, 42 and 63 mi " The Ride with the Camels"! Country roads - big sky- music - Homemade food served at well stocked rest stops - horses - cows - camels! Presented by the Orange County Bicycle Club. Starts and ends at the Warwick High School, Warwick, NY. Pre-reg \$40. Register thru Active.com - follow the link at www.ocbicycleclub.org.

Oct 6 2ND ANNUAL RIDE FOR FINANCIAL WELLNESS

McGraw-Hill Federal Credit Union Windsor Center Drive, West Windsor, NJ . Rain Date: Sat 10/12. Routes for riders of all skill levels: 25-mi, 40-mi, & a new kids' course. Enjoy a flat course & beautiful countryside near Princeton, N.J. Well-stocked rest stops, A community party at finish for friends & family, free BBQ lunch, music & games for the kids. Event t-shirt & goodie bag for each rider. SAG & mechanical resources. Benefits VOICE Foundation to provide physical and financial education to area youth. \$50 per rider thru 10/4, \$75 day of. <https://www.mcgrawhillfcu.org/home/community/ride> Route Details Soon! Annmarie MacDonald 1-800-226-6428, ext 6513 or amacdonald@mcgrawhillfcu.org

Oct 20 COVERED BRIDGES BIKE RIDE

Tinicum Park, River Road, Erwinna, PA Ride 20 & 30-mi flat routes. 35, 50 & 63 mi hilly routes. SAG support. Cue sheets and road markings. Rest stops with home made baked goods. Hot lunch at the finish line. Visit up to 6 covered bridges. www.cbbikeclub.org/cbr

"Captains for Every Stoker"

Give the gift of cycling to a disabled rider

We all love to cycle – that's why we're members of the Princeton Freewheelers. There are folks that are blind, visually impaired or disabled in other ways that love to cycle too, but their disability requires them to be partnered with a captain on a tandem bicycle. There is a need in our community for more cyclists to ride with the disabled. Perhaps one of those cyclists is you! To find out more please visit www.captainsforeverystoker.org.

MEMBER SEEKS COMPANY @ RAGBRAI

I am looking for a PFW member interested in riding The Register's Annual Great Bicycle Ride Across Iowa July 21-27 & would help with driving there.. Take my car or yours. NOT looking for any money for tolls or gas, just someone with safe driving practices share time driving. RAGBRAI, is National Geographic ranked at #7 in Top Ten American Adventures, www.ragbrai.com. edkanitra@gmail.com I have joined a charter group - you would need to also. I plan to leave early - July 19th and return immediately after. Ed Kanitra 732-513-4871

CROSS COUNTRY RIDER SEEKS ASSISTANCE

Jack Day, 69 year old cross-country bicyclist from Des Moines, Iowa in the planning stage for a solo 6,500 mile, 6 month ride in 2013. The track has me cycling up the Atlantic Coast from Key West and passing through Princeton around the 1st week of July. My hope is that you may have a connection whereby I might locate or pay for a shower while there. I search for a host at each overnight stop and my hosting request is mainly to clean up. A lumpy couch or a floor space or a patch of grass to pitch a tent is an added bonus.

Any consideration a club member might provide would certainly be appreciated. Please visit my website below for further introduction.

jackjday@gmail.com 515 988-8604 www.facebook.com/2013CallToAdventure

WANTED / FOR SALE / FREE

FOR SALE: CycleOps Joule GPS Cycling Computer. Brand new, in the box unit. Never used. Computer lists for \$269, Amazon price \$251, my asking price \$220. If interested, Peter 609-466-6458 or pmacholdt@schererclin.com. 1307

FOR SALE: 2 pair of brand new Performance Bike Ultra II bibs in size small. Never worn - still have original tags. \$89.99 per pair @ Performance. I'd like to get \$85 for both pairs (\$42.50/pair). Peter 609-466-6458 or pmacholdt@schererclin.com 1307

FOR SALE: Crank Brothers Candy **Pedals**, used 4 rides \$50, will install; Shimano SH-WM61 Women's MTB **Shoe**, size 40/7.8, stiff fiberglass sole, adjustable buckle, used 4 rides, \$70; **MTB** Fuji Odessa 1.0, \$100, large, exc cond, tuned & ready to ride, 3 x 7 21 speeds, threadless stem, never ridden in the woods, **MTB** Cannondale CAD 3, \$350, large, exc cond, tuned & ready to ride, very light weight, locking/unlocking shock in the headtube, Deore shifters, Deore STX crank & derailleur, 3 x 7 21 speed; **MTB** Roadmaster, \$50, large, runs great, tuned & ready to ride, 15 spd, 3x5, SPD **Pedals**, used, \$15, Kyle Advisor500@Gmail.com 1304

MEMBER SUPPLIED SERVICES

MEMBER DOES MASSAGE: PFW members only receive a 1 hr therapeutic massage for only \$55 or a 90 min for \$75. Please call Gina at 609-306-4362 or email stressbuster2002@aol.com. 1301

MEMBER CAN HELP: GET LEAN NOW! LOSE UP TO 2-5 LBS PER WEEK! You can lose weight & get healthy quickly, safely & easily with the same effective clinically proven program I used & have helped others to do the same. Start now - you can be at **your optimal weight** in just a few short months. Cliff Hochberg 609-712-1381 HealthCoachCJH@gmail.com 1201

MEMBER OFFERS PRIVATE SWIM LESSONS: Making Waves Swim School provides PRIVATE, ONE on ONE Swim Lessons to students ages 3+. Open All Year at 25+ Indoor, Heated Locations. 609-818-0373 startmakingwaves.com. 1107

MEMBER IS LICENSED MESSAGE THERAPIST: Cranbury Therapeutic Massage, 60 N Main Street, across from the PO. On-line scheduling, gift certificates and special offers at www.cranburymassage.com or 609-655-1801 Relaxing, therapeutic and healthy! 1304

MEMBER OFFERS CYCLING CLASSES Instructor Les Leathem jlleathem@verizon.net 609-578-0625 Course Cost : \$50 1303

33rd Annual Princeton Bicycling Event

You may wonder how you can assist the club. The Event offers some great opportunities to keep your club alive and vibrant.

Volunteers are needed for:

Road Painting Rest Stops
Sag Support Route Checking

MCCC - set up and clean up, emergency phone, helping riders with general assistance (you don't have to be at MCCC all day, a 4 hour shift will do)

Some of these positions allow you to ride the day of The Event FREE. All volunteers will get a T-shirt and lunch. For additional information

CONTACT JEFF @ JEFFREYREED13@HOTMAIL.COM

Accomplished PFW Ride Leader and now Writer, Michael Heffler has been published!

‘Climbing Through Life - a Collection of Hilly Vignettes’
18 hilly vignettes on local rides, cycling trips to France, Italy, and other locations, and aligning open space and cycling. The book also includes quotes on cycling, photos and 12 hilly routes.”

The paperback can be ordered through
<https://www.createpace.com/4229887>

The paperback and Kindle version can be ordered through Amazon at <http://www.amazon.com/Climbing-Through-Life-Collection->

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Important Dates to Remember

33rd Princeton Bicycling Event

August 3, 2013

Annual Picnic

September 22, 2013

Holiday Party [Tentative Date]

December 7, 2013

Companies Offering Tours:

These listings are offered for information - No endorsement is intended or implied.

Bicycle Adventures - Delaware Valley Classic - 5 days/4 nights - Designed "in house" news@bicycleadventures.com ¹³⁰²	Breakaway Adventures Walking & cycling Tours in Europe www.breakaway-adventures.com ¹³⁰²
Central Park Bike Tours licensed guides www.centralpark-newyorkcity.com/tours/bike-tours ¹³⁰¹	Best of VA Bike Tours 6-9 Night Shenandoah & Piedmont Vacations www.bestofvabiketours.com/ ¹³⁰¹
Alaska Bicycle Tours 21st year Sockeye Cycle Co 877-292-4154 www.cyclealaska.com ¹³⁰¹	Tour d'Epicure VA Cycling Adventures 1-800-874-1153 www.tourdepicture.com ¹³⁰¹
Siciclando, Active Holidays – Italy +39 0915648997 www.siciclando.com	Great Freedom Adventures Exceptional Northeast Cycling Vacations www.greatfreedomadventures.com ¹³⁰¹
Bike Tours In Italy www.villacollio.it www.marchecycling.com ¹³⁰¹	Adventure Cycling Assoc Supported & Unsupported Tours www.adventurecycling.org ¹³⁰¹
Bike Vermont Vermont, Ireland, Scotland ¹³⁰¹ 800-257-2226 www.BikeVermont.com	Bicycling Vacations in PA & MD wilderness-voyageurs.com ¹³⁰¹
Mountain View Lodge and Cabins Bicycle on the Blue Ridge Parkway www.mtnviewlodge.com ¹³⁰¹	Care Free Vacation by Alan Active Vacations by avid cyclist & Pro Travel Consultant www.carefreevacationbyalan.com/
Tour de France 2011- Riders wanted Ride+Opportunities for viewing 5 stages www.great-explorations.com ¹³⁰¹	Best of Pyrenees: Tourmalet, ¹³⁰¹ Hautacam, etc. bestofthepyrenees.com Corsica: corsicabestcycling.com
Blue Coast Bike Tours Discover Portugal www.bluecoastbikes.travel ¹³⁰¹	

Read a Good BLOG Lately?

Check out: What members are saying & doing:

Jim Brittain's "Seeming Verb:" <http://seemingverb.blogspot.com/>

Greater Mercer TMA: gmtma.tumblr.com/

Try Laura Lynch's: perpetualheadwinds.blogspot.com/

Or Mike Moorman's: mikesrandomtravels.blogspot.com/

Or Tom Hammel's: frisket.blogspot.com

Or Alan Hill's: velostage.blogspot.com/

Or One Dottie Batho likes: www.tubulocity.com/

Norman Batho's Page:

www.thewheelmen.org/sections/memorabilia/covers/default.asp

Need Skills? www.cyclingxcellence.com/

Or Commuting in the Princeton Area: <http://nymblog.com/>

Have you been to the Official PFW Facebook page? Its located at:

http://www.facebook.com/home.php?sk=group_17331177268248

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Sunday 9:00 to 1:00

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Board Meetings for 2013:

July 15, August N/A, September 9, October 7, November 4, December 2

DATES LISTED MAY BE CANCELED OR MEETING PLACE MAY BE CHANGED. PLEASE CALL TO CONFIRM BEFORE ATTENDING!

Board meetings Board Meetings are generally the first Monday of the month at 7 p.m. in the West Conference Room, Old Princeton Boro Hall, Monument Dr., at SW corner of Nassau St. & US 206. Members are welcome to attend. If you wish to attend &/or have a specific topic to discuss, please contact a board member to request space on the agenda, identify your topic & confirm the meeting place.

NEW ADDRESS? Please give FOUR WEEKS advance notice if your address will be changing. Otherwise, you may miss one or more issues of the Freewheel. The Post Office does NOT forward second class mail, which is how the Freewheel is mailed. Be sure to indicate the effective date of change.

Address changes can be e-mailed to karen4555@aol.com

Welcome to the Following **NEW MEMBERS:**

Louis Orlando	Bill Tesar	Brian Alba
Timothy Cresson	Maia Reim	Samantha Dimaio
Rebecca Glick	Craig Reichert	Susan Rauth
Alan Lipoff	Joan Sampson	Celeste Marin
Sharon Bitler & Kimberly Brennan Maria Nina & Michael Delucia		

The Freewheel (USPS 013-787) is published monthly during the year by the Princeton Free Wheelers, Inc., 3175 Princeton Pike, Lawrenceville, NJ 08648. Subscription rates of \$13 per year are part of dues. Life memberships include a subscription of \$6.50 per year. PERIODICALS postage are paid at Trenton, NJ 08650 and at additional mailing offices. POSTMASTER: Send address changes to The Princeton Free Wheelers, Inc., P.O. Box 1204, Princeton, NJ 08542-1204.

PFW Email List Activity: May Statistics: 5/31/13
Email blasts & Subscriber Totals

May 01 May Ride List	389	May 16 The Event-Call for Volunteers	425
May 03 Early May News	401	May 25 Late May News	437
May 08 May News	415	May 29 June Ride List	443

Respectfully Submitted, Elyssa Malakoff

Did You Know You Can Apply & Renew On Line??

http://www.princetonfreewheelers.com/#renew

PRINCETON FREE WHEELERS, INC. PO BOX 1204, PRINCETON, NJ 08542-1204									
Write "NO Change from Label" OR PRINT all address information; SIGN the application									
New:		Renewal:		Address change from last year?:					
ADULT NAME[s]:	(Last)			(First)			(MI)		
	(Last)			(First)			(MI)		
MINORS:									
STREET:									
CITY:			STATE:			ZIP:			
PHONE: - -									
E-Mail: <i>Active.com registrations receive the ridelist by e-mail automatically. To receive the Ridelist by e-mail when using this form, contact: pfwemail@gmail.com</i>									
MEMBERSHIP TYPE (CHECK ONE): Signature Required at Bottom of Form!					(MEMBERSHIP YEAR = CALENDAR YEAR) New Members joining in Oct thru Dec are members thru the following year.				
Individual - one year, \$20 [18 or Older]					Family - one year, \$30 FW 1103				

Family membership consists of one or two adults in the same household and minor children if any. **All adult applicants must sign the release below.** Individuals under 18 must join as part of a Family Membership and a parent/guardian must sign the release for them. Riders under 18 must be accompanied by a responsible adult on a club ride.

Release: In consideration of being accepted as a Princeton Free Wheelers, Inc. (PFW) member, I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators or assigns, waive, release and forever discharge any and all claims I may have against the PFW, the officers, members, sponsors, and any other persons connected with any event, for any liability from personal injury, illness or death or property damage sustained by me resulting from my participation in any activities associated with the PFW organization, except if caused by gross negligence.

As a member of the PFW, I agree to the following conditions:

- 1. I am in good health and expect to ride at the pace of any ride in which I participate.
- 2. My bicycle equipment is in good working order, and has the proper safety equipment.
- 3. I will wear an approved helmet while riding.
- 4. I will obey the motor vehicle and bicycle laws of the state(s) in which a ride occurs, and I will obey the following PFW ride practices during said rides:
 - Be alert • Signal my intention • Know my limits • Will not ride ahead
 - Call out hazards • Will not use aerobars • Will not ride too close
- 5. If injured or disabled on any ride, I will alert the ride leader.
- 6. I have read and understood all the above rules and ride practices.

Signature of Adult Applicant	Date
Signature of Adult co-applicant [Family Membership]	Date
Signature of Parent/Guardian of Minor[s]	Date

The Princeton Free Wheelers, Inc., a New Jersey not-for-profit corporation, does not discriminate against any person on the basis of race, creed, color, national origin, age, gender, disability or sexual preference.

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They should, however, get reported. Call or E-mail the editor with your location & when you received this mailing or leave that message on the club phone, see page 3.
