



MasterLink

The Magazine of the Bicycle Touring Club of North Jersey



au revoir Nate-page 6

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MasterLink

October 2025

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CLIP NOTES



By guest author Bob DeMair MasterLink Editor

I am filling in for David Goldstein while he is in California. When I was president in 2002 – 2003 I remember struggling to write something every month about the club activities. My belief was that everyone new what was going on so I took a different approach. I wrote about current events. One month I wrote about how this country was making a big mistake getting involved in the Iraq war. I never got any pushback on that, but this article will be more about our club and the people.

Last weekend was the Amagansett event. Though there is plenty of riding weather left this year, (yesterday 80°F at the end of September) this event for me signals the unofficial end of summer. It was a fantastic weekend, maybe the best in the 16 years I have been going. Four days of blue skies and comfortable temps. In past years there is usually a little money left over so rather than give it to the club we raised the bar and had a raw bar. Clams and oysters appeal to a different palate. People either love them, (I ate about 20 clams and 5 oysters) or they eschew them.

It was a good year for BTCNJ tours. We had a tour every month beginning with the perennial “Southern Vermont” weekend. Into June we had the “Wonders of Eastern Pennsylvania”. In July I can personally speak to “Adirondack Camping and Cycling Weekend”. August delivered “Pioneer Valley”, a tour which I have participated in three times. August also brought us “Chamber Music Riding and Camping”. September gave us the most

extensive tour of the year “ Finger Lakes”. Eight days of cycling, sightseeing and camaraderie. Only one thing is missing from our BTCNJ tour schedule; foreign tours. Last year we were able to present the Tuscany tour but this year people did off-shore tours on their own. Planning a BTCNJ European tour is very challenging, but from personal experience, very rewarding. I recall when Barbara Klein and I were planning Italy, her desire for a BTCNJ tour over a canned tour was very simple. You can attend a canned tour and never see any of the participants again, or you can go with your clubmates and see them frequently and relive the experience. This approach appealed to me.

This is the appropriate opportunity to share my thoughts about Nate Morgenstern. (Did I really have to use his last name?) I joined the club in 1993 after John Russo of Cosmic Wheel (in Bogota at that time) gave me the contact information. At that time, I was riding mostly B* so I began riding with Nate frequently. Nate introduced me to all kinds of new routes with one of my favorites being Hawks Nest. Weather never stopped us. I remember riding in 25°F temps with my face frozen. It was on a Hawks Nest ride where I stared in wonder as I watched Nate accelerate up the climbs. Sometime in the 1990’s Nate approached me to see if I was interested in becoming Rides Captain. I had only been in the club a few years but I have never been one to shy away from an interesting challenge. So I give credit to Nate for his confidence in me to start my journey to President and now MasterLink editor. Nate, it has been a wonderful journey and you are certainly one of those people I will never forget. Your personality is larger than life. Au Revoir. “Until we meet again”.

BTCNJ EXECUTIVE BOARD OPENINGS

YOUR CLUB NEEDS YOU. PLEASE CONSIDER JOINING OUR BOARD.

BTCNJ currently needs to fill several Executive Committee (a.k.a. Board) openings. Serving on the BTCNJ Board can be a very rewarding experience as you will have the opportunity to learn how our amazing club functions. In addition, by being in THE ROOM WHERE IT HAPPENS, to borrow a Lin-Manuel Miranda line, you can help make BTCNJ even better and more valuable for you and your riding buddies. If interested, please contact **David Goldstein or Len Ruvolo**, or speak to a current Board member about a position in which you are interested. Nominations will also be accepted in person at the October Membership meetings. The slate for the new Board will be presented at the November membership meeting.

All club members are eligible to seek any position in which the term commences on December 1, 2025, even if the current member in that position has stated a willingness to continue. A vote is needed if more than one member runs for a specific office. Terms for new Board members begin on DECEMBER 1, 2025.

A Board member is generally required to attend MONTHLY Board Meetings which take place on a weekday evening starting at 7:00 PM. Most meetings are currently held via ZOOM.

The following Board positions are fully open. That means the current holder of the position will not be continuing after December 1, 2025.

PRESIDENT (elected to one 2-year term and eligible to run for one additional one-year term). The President shall preside at club meetings and meetings of the Executive Committee. The President shall uphold the bylaws of the club and ensure that the orders of the Executive Committee are carried out. The President shall have the power to appoint committees, subject to the approval of the Executive Committee. The President shall serve as an ex-officio member of all club committees. **The current President, David Goldstein, is term limited.**

VICE PRESIDENT (elected to two 2-year terms). The Vice President shall, in the absence or disability of the President, perform the duties and exercise the power of the President. The Vice President is responsible for all club activities (e.g., setup, refreshments, site selection, etc.) at club meetings and is an ex-officio member of the Membership Committee. **Avrin Slatkin has stated he will run for this position.**

SPECIAL EVENTS/VOLUNTEER DEVELOPMENT (elected to a one-year term and eligible to run for an additional three one-year terms). Makes arrangements for a special club events, including the Anniversary Party, recruits volunteers, recommends and write up the Volunteer of the Month MasterLink article. **Outgoing position holder, Janine Cherisnick, has volunteered to take the lead for the upcoming January Anniversary Party and work with her replacement.**

RALLY CHAIR (elected to a one-year term and eligible to run for an additional three one-year terms). Oversees planning and execution of the Ramapo Rally. **2025 Rally Co-Chair Chuck White has stated he will seek this position.**

The current terms of the following positions end on 12/1/2025, and a current Board member is willing to continue in or take over that position.

SECRETARY (elected to two 2-year terms). The Secretary shall record the minutes of the Executive Committee meetings. **Outgoing Rally Chair, Joyce Haddad, is eligible and willing to move over to this position.**

TOURS CHAIR (elected to a one-year term and eligible to run for an additional three one-year terms). Oversees all tours and scheduling. Assists tour leaders in developing tours. **Lou Schleifer is eligible and willing to serve for another one-year term**

RIDES CAPTAIN (elected to two 2-year terms). The Rides Captain, with the assistance of ride lieutenants, shall be responsible for management and oversight of club rides and ride leaders, including authorizing members to become ride leaders and ride leader training. **Keith Schlanger is eligible and willing to serve for another two-year term.**

ADVOCACY and SAFETY (elected to two 2-year terms). The Chairperson of the Advocacy and Safety Committee shall be responsible for the functioning of the committee. This committee is responsible for developing and promoting community and safety programs beneficial to Club members and bicyclists generally. **Anastasia Conlon is completing an interim term and is eligible and willing to serve for another two-year term.**

WEBMASTER (elected to a 2-year term and eligible to run for an additional 2-year term). Publishes, maintains, and updates all material to the club website on a regular basis. **David Pawlyk is willing to continue in a holdover 1-year term as permitted in the Bylaws.**

TREASURER (elected to a 2-year term and eligible to run for an additional 2-year term). Keeps an account of money received and spent by BTCNJ, makes authorized payments, and presents financial statements. **Len Ruvolo is willing to continue in a holdover 1-year term as permitted in the Bylaws.**

PUBLICITY RELATIONS CHAIR (elected to a one-year term and eligible to run for an additional three one-year terms). Sends out the monthly e-Letter, updates upcoming events in the Calendar. **Sharon Hurwich is eligible and willing to serve for another 1-year term.**

The current terms of the following positions end on 12/1/2026, and the current members currently plan to continue in those positions.

MasterLink Editor Bob DeMair **[2-year term started 12/24]**

Membership Chair Olivia Sharp **[2 year term started 12/24]**

Nate Morgenstern leaves BTCNJ after 46 years

By Brian Hanson-Harding

The first time I ever met Nate Morgenstern, I hardly knew what hit me.

It was well over 15 years ago, when I was doing one of my first Farmlands centuries, and at one point I was taking a break by the side of the road, idly gaping at the riders whizzing by, when suddenly I heard a commanding voice shout, "Get out of the way!" from the head of an approaching pace line. On that day, I learned not to lollygag by the side of the road on a busy event ride, but it wasn't till a bit later that I learned I had met the famous (and sometimes infamous) Nate Morgenstern, who was then in his racing prime.

Frequent ride leader, tour leader, BTCNJ ride chair and treasurer and vice president and president, racer, randonneur, scathing critic of wayward motorists, nimble daredevil, mentor and model to many, originator of the club's current rating system for elevation gain, Nate Morgenstern was practically a founding member of BTCNJ, having joined in 1979, just one year after the club's formation.

After 50 years of serious riding and living in New Jersey, and 46 years as a member of BTCNJ, Nate Morgenstern moved in late August to Waltham, Massachusetts, to be near his son, leaving a void in our club.

As a ride leader and fellow cyclist, Nate has always held himself (and others) to high standards. One of my earliest memories of Nate (somewhat after being shouted at on the Farmlands) was riding with him somewhere near Upper Greenwood Lake. We were approaching a patch of gravel, and Nate advised me to relax my grip on the handlebars and proceed slowly and steadily through the gravel. In the decades since, I always hear in my head Nate's voice telling me to relax my grip. After my retirement 10 years ago, I began riding with Nate more frequently, on his weekly



rides with his co-leader, the late Andre Daguet, and even on a century ride we did together at Amagansett some years back (this time I didn't remain on the side of the road).

As a fellow cyclist, Nate is known to many for his quick and daring moves, his frugal ingenuity (his tubes are frequently well-patched, and he once taught me how to use a piece of Amazon envelope for chest insulation), and his occasionally spicy comments. He has also been known for his encyclopedic memory of routes and for the many beautiful rides, often longer and further out from typical Bergen County rides that many members frequently do, like his Excellent Adventure Rides, his Shangri-la Rides, and (one of my favorites) his Lakes to Lakes ride, from Franklin Lakes to Highland Lakes.

Nate has also been known for "speaking up" when a driver does something he considers to be wrong; he has never been shy about sharing his opinions. On one memorable ride I took with Nate, a large group of us were turning right from DeWolf Road onto Old Tappan Road in Old Tappan and most went through the stop sign without pausing. An Old Tappan policeman pulled the group over for this infraction, and Nate began to try to talk the officer out of taking action.

continued

It wasn't working, and the officer was threatening to cite every one of the 15+ riders on the ride, when he spotted me. I had taught English at Northern Valley Old Tappan high school for 33 years, and apparently he was in my honors class for a short time before dropping down to average. For some reason, that was enough of a reason for him to let us off without any tickets.

Soon after becoming a BTCNJ member in 1979, Nate joined the rides committee and within a couple of years became the rides captain. At that time, there was a four-tier system, ABCD, and people could use + or - to indicate speed. But then (as now) rides were often faster than advertised. As Rides Captain, Nate created a committee of 13: one person took care of the monthly schedule, calling people to lead rides and then publishing rides in the newsletter; another member worked on developing inter-club rides; another member was assigned to deal with the annual century event now called the Rally; another dealt with ride classifications. Nate says that he himself developed the six-tier system (which was in effect until very recently when A* was added).

After that, Nate took a year or two off, and then came back on the board as treasurer, taking over from Tracy Cicatelli, and computerized the system for keeping the books using Lotus 123. After that, he became vice president, adding many new programs to monthly meetings. Finally, he became president of the club around 1989 and 1990. More recently, Nate came up with the feet-per-mile formula we currently use to indicate elevation gain when Keith Schlanger was first rides captain, which became important when so many riders were using cycling computers like the Garmin.

Starting in the 90s, Nate did a lot of brevet rides with NJ Randonneurs, sometimes setting records. Then he started doing more and more miles: "For 11 or 12 years I did 10,000 miles or

more. The most most I did was 13,000+," he said. Nate started racing in 2006, training with Montclair Cyclists, and continued until he had an accident in 2014. "In the first year I led the Garden State Cup for my Master's class," he said.

Over the years, Nate has not only led countless rides but also many tours. He used to lead an annual five-day tour on Memorial Day weekend to Maryland, Virginia, DC, and North Carolina. More recently, he led a seven-day tour riding the full length of the Blue Ridge Parkway in 2023.

Said Nate of his involvement in the club: "I've met a lot of people, made a lot of friends. I take a little pride in having had a hand in creating it. I haven't seen anything that is as good as the system of rides we have in this club. When I talk to people from other clubs, ours always seems better."

He still remembers some of his earliest rides. "The first ride I ever did with the club was a metric century. On that ride I got a flat, and one guy stayed with me. It started raining. I didn't carry a spare tube: I just used patches. We stopped at Cove Deli and went down to a park on the river. There was no Gatorade back then, so I got a carton of orange juice. That guy was Don Schlenger. We discovered we lived close to each other and we became pretty good friends."

Some of the other friends he made over the years include Harry Rooten, Gene Marsh,

Andre Daguet, Tess Antonsson, Marcel Altherr, Henry Gozdz, the late Tony Catty, Rob Moss, Ed Howard, and John Gotthardt. "The club has been a way to meet people and hopefully the friendships last," he said.

A number of those cycling friends have fond memories of Nate.

continued

Marcy Squadron:

"I always enjoyed his ride called 'Monday-Monday So Good to Me' that he led with Andre Daguet. They had us ride all the way to Nyack using only our small rings. If you were caught in your large chain ring, they would yell at us (in a funny way)! Lots of laughs and great memories!"

Larry "Jet" Schwartz:

"I was training for triathlons and my weakness was climbing. Nate recommended hill repeats, up and down Berdan Ave. He also suggested that when I climb a hill, to try to find a comfortable cadence, and try and keep the cadence the entire climb, rather than keep shifting as the climb got harder. I also remember that he would lead rides I was on and would go through intersections and often leave many riders behind as the light changed. I suggested he should wait for the other riders rather than continue riding. He said, 'I can't do that because I am a conservationist.' I said, 'What do you mean?' He said, 'To wait for the others would mean applying my brakes, which in turn would shave bits of rubber off my tires, and be wasteful.' To this day I wasn't sure if he was kidding or not. But he never waited. We had to haul ass to catch up to his wheel."

Jair Valencia:

Nate would always say things that stuck in my mind. "Do you want to be the big fish in the little pond or the little fish in the big pond?" when referring to a cyclist trying to decide on which club ride to go to. Also "the best rider is the one who is willing to endure the most pain."

Valiant Abello:

"As an overweight and brand-new cyclist, joining a club ride where everyone is fit and has better bikes can be intimidating. But I was very lucky (I would say blessed) to have Nate as a ride leader very early on. His patience, humility, seriousness, and attention were all I needed to get the confidence to keep showing up. His coaching of where to place my hands, what gear to be in, even what to eat during rides has stayed with me for over 10 years now. The club is all the poorer for his leaving, my life all the better for having known him and learned from him.

Nate, if you are reading this, please accept my deepest gratitude, and know that I will always remember what you graciously taught me. Be well my friend, and may the wind always be at your back."



**Nate,
then and now**



Breaking News



Cookie Ride Returns – October 4!

C is for cookie, and that's good enough for us! The beloved Cookie Ride is back on Saturday, October 4 (rain date: October 5), starting from the Oakland Rec Center.

Expect rides for all levels, plenty of socializing, and of course—cookies...Om nom nom!

More details to come... but for now, save the date and start dreaming of cookies!

UCI World Championship Results for Road Race and Time Trial

Kigali, Rwanda - September 21 - 28, 2025

Mens Road race - 166 miles Tadej Pogacar wins going solo from 36 miles out. - Slovenia

Womens Road Race - 102 miles Magdeleine Vallieres - Canada

Mens Time Trial - 25 miles Remco Evenepoel - Belgium

Womens Time Trial - 19 miles Marlen Reusser -Switzerland

Club Policy Declaration

BTCNJ (Bicycle Touring Club of North Jersey) is committed to fostering a safe, inclusive, and welcoming environment for all members, ride participants, volunteers, and the wider cycling community. This Code of Conduct (Code) outlines the standards of behavior expected in all BTCNJ activities, whether on the bike, at events, or in digital spaces. By promoting respect, responsibility, and camaraderie, we hope to ensure that cycling remains enjoyable and safe for everyone in the BTCNJ Community.

Core Values and Principles

1. Respect for All: Integrity, Inclusion and Community

- Treat every person—regardless of background, identity, ability, or experience—with dignity, courtesy, and kindness.
- Promote a culture of belonging for cyclists of all skill levels, with special attention paid to welcoming and assisting new riders into the BTCNJ Community.
- Be honest and respectful in your interactions and decisions.
- Respect different types of cyclists and bikes, including e-bikes and adaptive cycles.

2. Expected Behavior on the Bike

- Comply with the Club's "Rider Responsibilities" ([BTCNJ - Rider Responsibilities](#)) and "Group Riding Safety Guide" ([BTCNJ - Group Riding Safety Guide](#))

3. Expected Behavior off the Bike

- Be a positive ambassador for BTCNJ in all public settings, including events, meetings, social gatherings, and all digital spaces.
- Respect private and public property during Club activities.
- Refrain from excessive consumption of alcohol or any illegal substance at BTCNJ events.

Digital Conduct

- Maintain respectful, constructive communication on BTCNJ platforms (email, social media, forums).
- Do not post discriminatory, harassing, or otherwise inappropriate content. Before posting, consider whether content you find humorous or interesting could be perceived as harassing, discriminatory, or offensive by others.
- Avoid personal attacks or inflammatory language.

Unacceptable Conduct

BTCNJ will not tolerate the following behaviors during rides, events, or in digital spaces:

- Harassment, bullying, or discrimination based on race, sex, gender, religion, age, national origin, marital status, sexual orientation, disability, or any protected status.
- Intimidation, threats, or violence of any kind.
- Unwelcome physical contact or sexual advances.
- Use of hateful, obscene, or offensive language or gestures.
- Reckless or dangerous riding, and/or deliberate violation of Club rules, safety, protocols, or bylaws.
- Escalating interactions with motorists or others that could incite conflict.
- Theft, vandalism, or intentional destruction of private, public, or Club property.
- Public intoxication or being under the influence.
- Disrespectful, disruptive, or intentionally antagonistic behavior toward event staff, volunteers, fellow riders, Club members, or the public.

Reporting and Enforcement

Membership Is a Privilege

Being a member of BTCNJ is a privilege. All members are expected to uphold the values and standards set forth in this Code of Conduct to help ensure a safe, respectful, and enjoyable environment for everyone.

How to Report

- Any member who witnesses or experiences a violation of this Code is encouraged to report the incident to a Ride Leader, the Rides Captain, the President, or the Vice President. If a member is uncomfortable reporting to one of these individuals, they may instead choose to report to a BTCNJ executive committee member of the same sex or gender identity.
- Reports may be made confidentially and without fear of retaliation.

What Happens Next

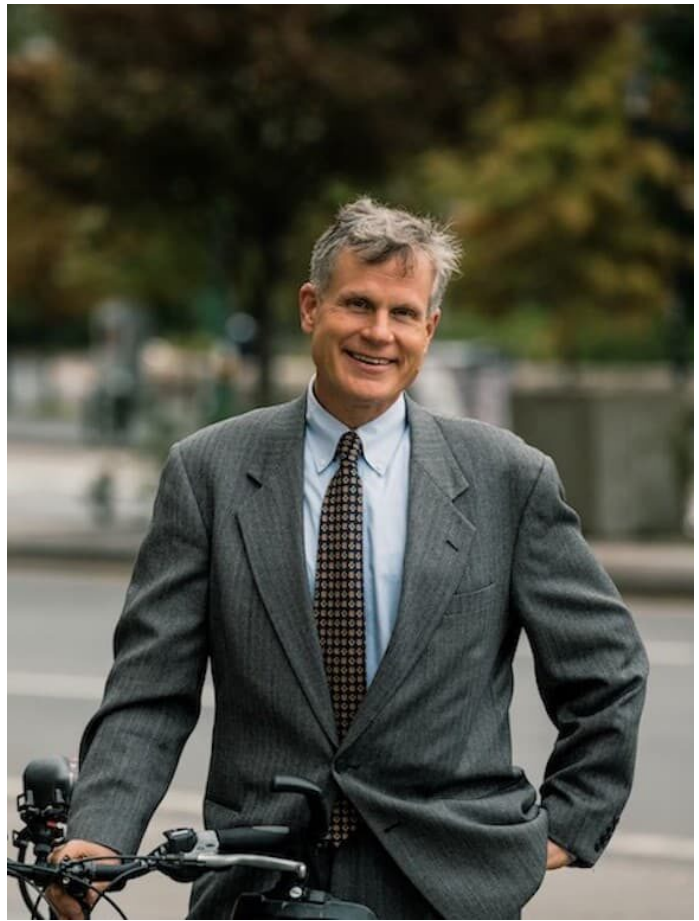
The President and Rides Captain will review all reports in a fair, timely, and consistent manner. Disciplinary action will depend on the nature and severity of the violation. For full details please see our Disciplinary Procedures and Enforcement Policy.

VACCARO LAW

Let's welcome Vaccaro Law to BTCNJ! They are our Platinum Level sponsor for this year's Ramapo Rally!

Vaccaro Law is a mission based law firm dedicated to vulnerable road users---cyclists, pedestrians, e-bike, and scooter users. They are one of the New York area's best known lawyer advocates for bicyclist and pedestrian rights. Their advocacy efforts have helped draft and enact numerous laws and they also serve on numerous boards and advisory panels in the NY/NJ area.

Come hear Steve Vaccaro speak about these topics at the BTCNJ Club meeting on October 9!



In the September MasterLink edition I teased that a surprise might be found in that month's issue. Well congratulations to **Bob Fusco** for noticing the erroneous information on page thirteen. The picture is of Simon Yates but the pink jersey is for the leader in the Giro d' Italia. For his reward, he gets a ride leader point. This little gimmick hopefully will encourage more members to read the MasterLink. Nothing hidden in this October edition.



by Bob DeMair

Honorable mention goes to;

Barbara Klein

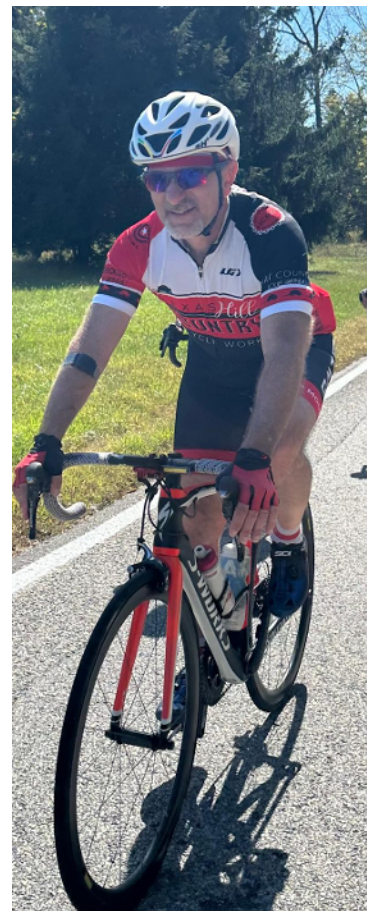
For also noticing the misinformation



Simon Yates claims the pink Jersey in the TDF general classification

5 QUESTIONS WITH A RIDE LEADER

by Ray Morro



What's my favorite route?

A tough question, since I have so many years of road cycling experience. One of my early favorites that I rode with the club back in the early to mid 2000's was Nate Morgenstern's Hawk's Nest route (the long version that went up to Narrowsburg, NY and crossed the upper Delaware River there, and picked up the Lackawaxen River on the way back), and more recently, a ride that Valerie Cole and I led up to Lake Wallenpaupack in Pennsylvania back in October 2022. Both routes were very scenic and challenging!

What's your favorite coffee/snack stop and what do I order?

I'm not a consistent food type order person when I ride, I like variety and it depends on what kind of place it is. But I really do enjoy stopping at general stores! Unfortunately, they are a dying breed in our local area. Memorable general stores I have been to are: the Layton General Store (long since closed, a staple on my Hope-High Point Century ride), Peacock's GS on Wertsville Road in Amwell Township (burned down about 10 years ago), the Unionville GS in Orange County, NY, the Milanville (PA) General Store on the Upper Delaware, and recently the Hainesville General Store which I rode to back in April, via Deckertown Turnpike through Stokes State Forest.

What was my first bike?

Here's a two part answer. As a young teenager, I had a 1978 Schwinn World Sport. My first "real" road bike was a 1996 Cannondale R500 (see picture). That bike has a lot of history... My first ever Ramapo Rally century (1996). First bike I took on a week long tour (ACTC Sierra to the Sea 2001). Five Longest Day double centuries!

What am I currently riding?

2016 S-Works Tarmac SL6, my "Red Barchetta". It's getting old though, and I am currently shopping for a new road bike.

Why do I enjoy climbing so much?

When you put in the effort to get to a summit and earn a nice view, followed by a (hopefully) long descent, there's such an awesome feeling of satisfaction that you get for completing it, and in some cases, trained for it! Granted, I'm not the same rider I was 20 years ago. Ahh, the vagaries of time! But experience helps a lot, and perhaps some lower gearing in the back, LOL.

MEMBER SPOTLIGHT

by Nigel Taylor



In the Beginning

Every rider remembers their first bike. For me, it was a hand-me-down from my cousin Sarah, followed by cousin John's Raleigh Chopper—a relic now, but at the time it was a machine of freedom, a strange steel horse with high handlebars and a whisper of danger. Those first rides planted something that never really let go.



The Long Road Out

The 1990s were all mud and mountain bikes, colleagues on the trails, lungs burning in the chill air. Then came a triathlon in 2010—raced on a mountain bike, no less. It wasn't elegant, but it was the spark. A road bike soon followed, and with it came speed, group rides, the rhythm of tires on pavement. That rhythm became a drumbeat, steady, insistent.

Ghosts of Spain

Ask about the best day on the bike and my story takes a detour. Pre-Covid, in Spain on a weeklong trip, where my group and I decided to ride a hundred miles, which coincided with a ride typically done in England. The route, which mistakenly included some off-road sections where my old MTB would have been more appropriate, went through the Sierra Nevada mountains where the heat was mercilessly in the 100's. It was an epic adventure culminating with the best cold beer I can remember while relaxing at the beachfront bar at our resort (photo above).

Leaving, But Not Gone

Now the road bends back toward England. Rolling hills, family, and the gray skies of home await. What I'll miss here isn't just the sunshine or the speed—it's the people. The friends made in three years of rides, sweat, and stories. "Not goodbye," they say. "See you next time."

Finger Lakes Tour

September 6 - 14, 2025

By Sharon Hurwich

Finger Lakes Tour stats: 36 people, 33 riders, two awesome tour organizers (Rich Brookler and Debbie Ungerleider), one U-Haul truck, two SAG vehicles, six days of riding, 300 miles, 10,000 feet of climbing, a couple of really yummy ice cream stops, some delicious group dinners, countless wineries (that we passed but didn't necessarily stop at), more PBJs than we care to remember, and tons of laughs and happy memories.

The tour started and ended in Binghamton, NY, which is named after William Bingham, a wealthy Philadelphian who in the 18th century bought much of the land the city now stands on. Downtown Binghamton sits at the confluence of the Chenango and Susquehanna Rivers. Binghamton is called the "Carousel Capital of the World" for its collection of antique carousels donated by another wealthy resident. Our tour festivities began on September 6 with a raucous happy hour in the breakfast area of the Hampton Inn. Snazzy magnetic name tags helped us to get to know each other.

Sunday, September 7, was our first day of riding, to Sayre PA, just south of the NY border. Sayre is bounded by the Chemung and Susquehanna Rivers, so much of our ride was beautiful, along water. On our way, we stopped at Owego Donut & Beer Company, and passed through many cornfields and soybean fields.

On September 8 we rode to Watkins Glen, a scenic town at the southern end of Seneca Lake. We stopped for lunch at a Wegmans, where we discovered many of us were wearing very cute socks (see photo). Watkins Glen is famous for its 70s era rock concert (a smaller version of Woodstock), its racetrack, and of course the beautiful glacier-formed Glen.



Welcome to Sayre



Stylish Socks

Our beautiful hotel was right on the lake. Rich arranged for us to take full advantage of our lake-side location with a happy hour aboard a pedal boat. We went out on the pedal boat in two groups. The first group claimed to have hit a top speed of 3.9 mph; the second group was having too much fun to care how fast they went. The boat also had a motor in case our legs weren't up to more pedaling after our day on the bike. We saw Native American drawings on the cliffs along the side of the lake and learned about the history of the area from the boat captain and mate.



Pedal boat on Lake Geneva

September 9 started with a hike through Watkins Glen, giving us a chance to use different muscles as we climbed up and down hundreds of stairs. At 11 am, we started our ride west to Hammondsport, our next stop, with only 29 miles but 1800 feet of climbing. We followed a route that took us off Route 14, the main highway, as we left the hotel. However, the price we paid for being off the highway was a hill so steep (up to 21%) that most of us opted to walk up all or part of it. As we approached Hammondsport, at the southern end of Keuka Lake, there was a gigantic hill down to the main road; my forearms were tired from all the braking down the long, steep hill. Our reward at the end of this hilly day was ice cream at the Keuka Creamery, where you could also buy bagels and get your car and dog washed.



Walking in Watkins Glen

On September 10 we rode from Hammondsport to Geneva. There were basically two routes, both along the shores of Keuka Lake, which is shaped like the letter Y. One route went up the west side of the lake; the other went up the east side. Both routes included quiet roads right near the lake so we could admire the beautiful houses, churches and cottages along the way. Both routes included a lunch stop at a park in Penn Yan. Penn Yan is known for its place on the Keuka Lake Wine Trail. Penn Yan is also known as the "Buckwheat Capital of America" due to the



Birkett Mills and its massive pancake griddle. We saw a mural of this griddle on one of the buildings. As we left Penn Yan, we crossed a bridge over the Keuka Lake Outlet Trail, which is not a trail for mall outlet stores, but rather a bike/walk trail along the canal (outlet) connecting Keuka Lake to Seneca Lake in Dresden, NY. We passed lots of farms, with corn, soy beans, pumpkins, and hay, some owned by Amish or Mennonite families. Some of the farms had produce stands, operated on the honor system. Many of us passed the little sign saying “Garlic” on a quiet country road in the middle of farm country. Inside the produce stand was a little box for money (\$1 for a garlic bulb) and a basket of beautiful garlic bulbs, far prettier (and probably tastier) than the ones for sale in grocery stores for at least three times that price.

Geneva, located at the northern end of Seneca Lake, is a picturesque town, home to the beautiful and informative Finger Lakes Visitor Center. Our hotel was across the street from the Lake. We stayed in Geneva for two nights, giving us a one-day break from the daily routine of eat-pack-ride. A two night stay gave us time to do laundry; some of us were so eager to do laundry that we exhausted the hotel’s supply of quarters for the laundry machines. Geneva had lots of restaurant and bar options. Elliot Fischer and I eschewed those options, choosing instead to have a romantic date night dinner of Subway sandwiches, sitting outside the Visitor Center, followed by an even more romantic walk to the town laundromat, where we met a Geneva native eager to tell us all about the great things to see in the area.

September 11 was our day off in Geneva, with no riding scheduled. People did various things. Howard Goldman and Jean Almeida hadn’t yet had enough riding, so they did a 67 mile round trip ride to visit Lake Ontario, which is basically



Mennonite Garlic Stand



Howard and Jean on Lake Ontario

due north of Geneva. Seneca Falls, at the northern end of Cayuga Lake, has historical significance as the home of the women's suffrage movement. A group of people drove by car to Seneca Falls to visit the museums and have lunch. Another group of people rode bikes to Seneca Falls for museums and lunch. Some people enjoyed relaxing strolls around Geneva and Seneca Lake. Six of us enjoyed a trip aboard the motorboat "You Don't Know Me" through the Seneca Cayuga Canal (connecting those two lakes) to Seneca Falls for lunch and a quick tour of the historical sites. The captain of the boat, Scott Kime, called himself a "farm boy" as his family has had a farm on the banks of Seneca Lake for over 200 years. We saw the farm from the water and passed it the next day on our ride.

On September 12 we rode from Geneva to Ithaca. Our overall 57 mile route included a stop at the home of Paul Engineri, a friend of Bill and Nora Shang, who have gone on other Brookler/Ungerleider tours. Paul and his wife designed their house, which overlooked Cayuga Lake and had a big, bountiful garden in back. Paul invited us to pick peaches, tomatoes and other vegetables from his garden and generously allowed all of us to use his bathroom. As we got closer to Ithaca, we passed Taughannock Falls but most didn't stop as the dry conditions made the Falls not worth the extra climb. Once in Ithaca, most of us stopped at the well-known Purity Ice Cream store before going to our hotel. Some of us continued for 7 more hilly miles on a tour of Cornell University, led by David Goldstein and Al Rocco, both Cornell alumni. The steep hills coming down from Cornell were almost as challenging as the hills going up.

September 13 was our final day of riding, 54 miles from Ithaca back to Binghamton, NY. Our lunch stop that day was a convenience store, not particularly scenic but very functional. Some of us were observers of a two-car collision, which thankfully did not involve any of us directly but



definitely shook us up. We were quite happy to get off that busy road and back onto local streets for the final leg of the trip. We stopped again at the Owego Donut & Beer Company before getting back to the hotel, packing up our bikes, and enjoying one last happy hour followed by a pizza dinner.

Some of us had post-trips after the official tour ended. Joyce Haddad, Allison Cobb, and Jean Amleida went to Niagara Falls. Elliot and I went to see the minor league baseball team of Binghamton, the Rumble Ponies. The Rumble Ponies, a Mets AA affiliate is named after the carousel horses for which Binghamton is famous; carousel horses are referred to as rumble ponies.

All of us agreed that Debbie and Rich outdid themselves again with a beautiful, well organized, interesting trip with lots of things to do off the bike. The weather was perfect for riding; we had a minimum of mechanical issues. Special thanks go to our SAGs, Alan Scherl and Kathleen Kalmar, who followed us along our routes and made sure we were safe, full of snacks, and well hydrated. Big thanks also go to Elliot, our “sherpa”, who drove the UHaul with our luggage, happy hour supplies, and the all-important fixings to make our daily PBJ sandwiches.



Patient Tractor Driver



SAG driver Kathleen Kalmar



SAG driver Alan Scherl



Elliot and the U-Haul



by Randy Profeta

ABEA Issues Advisory for Parents: Ensure Your Teen's E-Bike is Safe and Legal

September 6, 2025

With the start of the new school year, the American Bicycling Education Association (ABEA) is urging parents to prioritize the safety and legality of their teenagers' e-bikes. Even parents who have taken the step of carefully selecting legal in-class e-bikes should beware of some dangerous modifications being shown to teens on social media videos. As e-biking grows in popularity among younger riders, tampering with safety equipment and modifying e-bikes is a growing problem, increasing the risk of serious injuries.

In a recent blog post, ABEA outlines critical steps for parents to monitor and maintain their teens' e-bikes, ensuring they are both safe and compliant with local regulations. ABEA emphasizes the importance of staying ahead of the situation with regular e-bike inspections and open communication with their children.

The post's author, Randy Profeta, is a veteran cycling professional who serves on ABEA's board of directors and owns Trail's End Cycling Center in Irvine, California. "Ensuring the safety of our young riders is paramount," he said. "Parents play a crucial role in supervising and educating their teens about the responsible use of e-bikes. By following our guidelines, we can work together to help prevent accidents and promote a safer riding environment."

Parents seeking a quick-reference handbook on e-bike safety should read *The Caring Parent's E-Bike Survival Guide*, which includes everything from shopping to behavior management tips. This book combines powerfully with ABEA's *Cycling Savvy* e-bike course for Teens, which provides the most comprehensive pro-level training available for young riders. Students learn the skills teens need for safe and responsible e-bike riding — skills that will carry over into safer driving.

A prominent national cycling organization, ABEA remains committed to advocating for cycling safety and providing world-class rider education. For more information, visit ABEA's website to read the full blog post and access additional resources.

Contact: Monika Emerson, monika@abea.bike

NEW MEMBER SPOTLIGHT



Florian Anton	Montclair	NJ
Stephen Bennett	Mountain Lakes	NJ
Juan Castro	Wallington	NJ
Behzad Fard	Carlstadt	NJ
Jess Fuller	Paterson	NJ
Oki Gunawan	Westwood	NJ
Pablo Hernandez	New Milford	NJ
Angela Hofmeister	Montvale	NJ
Anthony Horta	Hasbrouck Heights	NJ
Emmanuel Ibrahim	Paramus	NJ
Don Kim	Ramsey	NJ
Erin Kim	Fort Lee	NJ
Fred Kowal	Glen Rock	NJ
Andrea Lurch	Congers	NY
Rodrigo Marquez	North Bergen	NJ
Jessica McGrail	Highlands	NJ
Carlos Mesa	Clifton	NJ
Katherine Nunez	Harrison	NJ
Lady Nunez	Bloomfield	NJ
Bogar Rivera	Nanuet	NY
John Roldan	Saddle Brook	NJ
Daniel Rousseau	Ridgefield Park	NJ
Alyssa Schaedler	Ringwood	NJ
Jeffrey Shandel	Demarest	NJ
Ed Steinman	Skillman	NJ
Baird Stiles	Hillsdale	NJ
John Williams	Englewood	NJ
Peter Wilson	River Vale	NJ

EXECUTIVE COMMITTEE MONTHLY MEETING –7:00 PM

Meeting Minutes

DATE September 2, 2025

The meeting was held via Zoom. The meeting was called to order by President David Goldstein at 7:03 PM

Present:

David Goldstein, President

Donna Patronick, Secretary

Scott Avitabile, Vice President

Lou Schleifer, Tours

Anastasia Conlon, Advocacy & Safety

Len Ruvolo, Treasurer

Bob DeMair, MasterLink Editor

David Pawlyk, WebMaster

Keith Schlanger, Ride Captain

Olivia Sharp, Membership Chair

Janine Cheresnick, Special Events

Sharon Hurwich, Publicity

Joyce Haddad, Rally Chair

Absent:

The meeting began with a discussion about the event schedule. Len and Keith first discussed an insurance policy and a potential accident report from a Club member, which Keith was going to forward to Len. The group agreed to start with scheduled items until Olivia arrived to lead a discussion on the Code of Conduct. David G. mentioned that the Finger Lakes tour was upcoming.

David G discussed plans for the upcoming Bike and Brew event, including the possibility of including a C ride, led by Steve Firth and ensuring options for different riding levels. Bob offered to create a 20-mile route for C riders starting in Denville.

The Committee then reviewed and approved the new Code of Conduct and disciplinary policy, with Olivia and Lou receiving praise for their work. Keith raised concerns about the role of Ride Leaders in enforcing the Code, which Olivia clarified was not intended to create additional policing duties. The group acknowledged that while some members might resist the new document, it was important for maintaining a safe and inclusive environment, particularly for younger members. The meeting then focused on finalizing the document created by Olivia and Lou, which was approved by the Committee. They discussed adding the word "gender" to the document to provide broader coverage.

The Committee then addressed plans for the upcoming Cookie Ride, with Olivia and Janine coordinating the logistics. David G. reminded the group of the upcoming Membership meeting with Steve Vaccarro as guest speaker at Ridgewood Library on October 9th. Scott may be in Florida for this meeting but will make arrangements for the event. David G. encouraged all Executive Committee members to attend. The conversation ended with a brief mention of the upcoming Potluck dinner combined with an annual Membership meeting in November.

Len began reviewing the financial performance of the Rally, which was successful with income \$8,000 more than the previous year, and expenses only up by \$1,000. Len explained that the increase in expenses came from higher administration costs, namely automobile insurance and non-member liability insurance. Offsetting these increases was a significant reduction in food costs. Joyce mentioned the minor damage to a shed and rental truck during the Rally. The truck damage was covered by renter's insurance but the shed damage may result in losing all or some of our security deposit (\$1,650). The overall Club financial situation improved, with an improvement in the year-to-date net loss compared to the previous year, and the cash position exceeded the prior year's by about \$8,000 to a total of \$112,000.

Joyce began a discussion on the planning and outcomes of the Ramapo Rally event. She highlighted the need to stock bike stores in specific counties with Rally brochures to attract more riders. Len emphasized the event's affordability compared to similar events, while Bob and others discussed the challenges of maintaining interest and participation due to the event's repetitive nature. Olivia shared insights from other clubs' events, noting a decline in participation and the need for innovative strategies to attract new riders. Joyce encouraged attendees to share ideas for improving the event, as planning for the next rally begins in January.

Keith began a discussion about jersey designs, with a focus on making them more visible while maintaining aesthetic appeal. The group agreed to explore changing the color of the blue jersey to a gradient brown or other light colors, while keeping the successful graphics design. Keith gave his Ride Statistics report, noting an increase in ride numbers for August, with 35 more rides than the previous year, though A and A+ star rides decreased slightly. The group also discussed ride statistics and the importance of offering variety in ride types and times, Keith noting that detailed statistics are available online for further analysis.

Keith discussed concerns from Ride Leaders about their ability to enforce the new headphone policies, with some leaders expressing safety concerns about riders using bone conduction headphones while pacing. The concern is that at the faster speeds and pace lining they can be a distraction or cause an inability to hear “call-outs”, especially with an increase in the number of riders wearing bone-conduction headphones. Keith reported that a petition is being worked on by Ride Leaders to reverse the policy. As Rides Captain, Keith recommended that the Club continue to allow this type of headphone, as agreed to, but allowing Ride Leaders to post if they object to bone conduction headphones on their rides.

Lou then discussed a potential Gravel tour planned for Memorial Day 2026 weekend, which could overlap with Linda Krauss' Vermont tour. While Linda expressed concerns about potential rider overlap and hotel bookings, the Committee considered whether to allow concurrent tours. There was discussion about the limited capacity of Lou's proposed Gravel tour (likely around 20 riders) and noted that Linda's Vermont tour primarily attracts regular riders who are unlikely to switch to the Gravel ride. The Committee discussed possibly allowing the Gravel tour, with Linda being informed of their support, though they suggested potentially limiting the Gravel tour's ridership initially. The Committee decided to reach out to Linda to explain the rationale for allowing the Gravel ride to proceed, rather than making an immediate decision. They aimed to smooth over any concerns while still providing a final answer by Thanksgiving.

The Nominating Committee report is in a holding pattern, with one open position and challenges filling the Presidency and Special Events roles. David G will be away for most of September and is seeking volunteers to write guest Clip Notes during his absence. The group discussed the Volunteer of the Month and Member Spotlight features, agreeing to continue both separately rather than alternating them, with suggestions for October's Volunteer of the Month and a Member Spotlight on Nigel, an English member moving back to England.

David began a discussion about Anniversary party planning. Janine stated that she spoke with Richie about his band playing for us. He quoted \$1,500 for his band, an increase from \$1,200 last year. There was a discussion about pricing options, with Len recommending \$75 per person to cover costs, and more discussion about potentially selling raffle tickets for foot massagers to raise additional funds. Janine will follow up with Richie's band about holding the date while the Committee makes a final decision on pricing and entertainment. The Committee also noted that Cathy Schlanger will not be doing the Year In Review presentation this year, and they will need to find a replacement for her.

The next board meeting is scheduled for October 7 at 7:00 PM and will be held via Zoom. The meeting was adjourned by David Goldstein at 8:51 PM.

Respectfully submitted by,
Donna Patronick, Secretary