

1,200 bike in 'Revolutionary Ramble' in Morris Plains

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(Photo: Courtesy of Jay Marowitz)

MORRIS TWP. — The Revolutionary Ramble Bicycle Tour, a fundraising event sponsored by the Morris Area Freewheelers Foundation, was held June 11 on donated space at the Strategic Capital and National Business Parks business campuses.

The 'Ramble,' now in its eighth year, started in 2009 with 500 attendees and has grown to 1,200 this year. It included six routes: a 10-mile family tour, which included a stop at St. Hubert's Animal Welfare Center, and a 25-, 35-, 50-, 65- and 100-mile tour for more experienced cyclists. The scenic tours travel through the area's historic towns including Long Valley.

The tour, which attracts riders from other states, receives positive reviews from riders and has sold out every year. This year, riders from 15 states participated. Last year a cyclist from Australia signed up and this year, a rider from the United Kingdom participated.

All riders receive pre-ride safety briefings. For the younger cyclists, TransOptions provided a bike helmet fit check and handed out replacement helmets when defective helmets were found.

During the ride, rest stops provide energy food and drinks and riders enjoyed a post-ride expo and barbecue. More than 180 volunteers participated in supporting the event, which includes painting arrows on 140 road miles, creating and posting signs, and hours of planning.

The presenting sponsor was Atlantic Health System. Other sponsors included such area bike shops as Cycle Craft, Hilltop Bicycles, High Gear Cyclery, and Marty's Reliable Cycles, plus local businesses including Planet Fitness, Wigder Chevrolet, Lakeland Bank, Anthony & Sons, plus more. For a complete list of sponsors, visit the foundation's web site www.maffnj.org.

Proceeds will be donated to local volunteer ambulance squads and used for the foundation's bike safety programs.

The foundation will hold an event to present the donations to first aid squads. At this ceremony, emergency room doctors speak and exchange ideas with the squads in an informal, relaxed setting.

Cumulative squad donations for the seven years since the Ramble's inception total over \$150,000.

The Morris Area Freewheelers Foundation works to educate cyclists and motorists about their mutual safety responsibilities through event rides, bike clinics, donations of safety signage and bike racks and cooperative projects with local police departments.

