



League of American Bicyclist Road II coming in November

Last winter the NBW offered the LAB Certified Bicycling Skills Course, Road I, exclusively for NBW members. This November we will offer LAB Certified Bicycling Skills, Road II, for more advanced students. This course is meant for those who participated in the Road I courses last year.

Road II will build on the understanding of vehicular cycling principles that we learned in Road I. The twelve hour, three meeting course includes fitness and physiology, training for longer rides, advanced mechanics, pace line skills, advanced traffic negotiation, foul weather riding and night riding.

The Saturday morning class will concentrate on testing your cycling skills in a variety of situations—some easy, others challenging, and all a lot of fun.

Student manuals will be included with each class.

Here are the details:

Title: League of American Bicyclists Certified Bicycling Skills Course, Road II

Dates and Times: November 10 and 12 from 5:30 to 8:30 pm and Saturday, November 14, from 9:00 to 11:00 am

Place: East Providence Cycle Company Bicycle Education Center, 111 Crescent View Avenue in Riverside, RI 02915, right on the East Bay Bike Path.

Price: Free for NBW members. Class size is limited to 20 participants.

Register: Email sueb4@cox.net

Instructor: Bill DeSantis, Certified League of American Bicyclists Instructor and Senior Projects Manager at Vanasse Hangen Brustlin, Inc.

Course Details: Specific class instructions and directions to the EP Cycle Company Bicycle Education Center will be sent via email before the first class meeting.

If you missed participating in one of the Road I series last winter, we will offer the Road I series again early next spring.

Special thanks to East Providence Cycle Company for hosting our classes in their bicycle Education Center on the East Bay Bike Path.

US Open Cycling Foundation

The US Open Cycling Foundation promotes bicycling for health and transportation to Rhode Island cyclists and families

A few years ago, NBW member Dick Durishin moved back to Rhode Island. Fresh from his success organizing the US Open Cycling Championships in Virginia, which was broadcast nationally on NBC, he returned with the mission *to reduce obesity and its consequences by inspiring people of all ages to incorporate bicycle riding into their daily activities*. He established the US Open Cycling Foundation in our state to inspire individuals, particularly children, to get out of cars and safely onto bikes to improve their health and productivity and reduce obesity and its consequences. To this end he has conducted a variety of programs around Rhode Island to inspire people of all ages to begin or return to bicycling.

This past spring, the Foundation brought basic safe cycling courses to over 5,200 elementary school kids in 16 schools in 12 communities from Newport to Woonsocket. All told, through August, the Foundation classes have reached over 6,000 kids, teachers and parents. The Rhode Island Department of Health provided free helmets for over 2000 children and the parents and teachers who attended the classes. Volunteers helped by showing each child how to adjust their new helmet to fit properly.

The US Open Cycling Foundation participated in multiple special events around the state including the East Providence Police Bike Rodeo, Bike Day @ Donigian Park, and Kids Day at Roger Williams Zoo. The organization also played an instrumental part in producing Bike to Work Day in Providence for the last two years.

On warm weather weekends Dick and volunteers can be found on bike paths around Rhode Island under a big red

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tent where they distribute maps, safe cycling information and the US Open Cycling Guidebook and Journal, provide simple bike adjustments, pump up flat bicycle tires, and dispense free water to thirsty cyclists, walkers, and roller bladers. Over the past year they spoke with over 12,000 New Englanders on the East Bay Bike Path and Blackstone River Bikeway.

Plans for the future include providing programs to local businesses to empower their employees to bicycle to work to help reduce the cost of health insurance for employers and society as a whole. Plans also include bringing the U.S. Open of Cycling—a single-day, nationally broadcast, UCI-sanctioned race for Tour de France level professional teams to Rhode Island.

In our small state we have a number of bike and pedestrian support organizations like the US Open Cycling

Foundation. Other organizations we have highlighted in past columns are the *Providence Bicycle Coalition* that works to support the rights of urban bicyclists to share the road and promote safe streets for all of us, and *Recycle-a-Bike* that conducts programs in Providence to help kids build a good bike out of donated equipment.

We are fortunate to have these groups doing such good work so the rest of us can safely and happily ride our bikes. When summer ends and we have some spare time, all of these groups would appreciate any volunteer hours you can contribute to their projects. You can contact them at the following addresses to find out more about their missions and learn how to get involved.

US Open Cycling Foundation: www.usopencycling.org

Recycle-a-Bike: www.recycleabike.org

Providence Bicycle Coalition: www.bikeprovidence.org

Bon Ton Roulet Tour, July-August 2009 “Who Ate All the Meatballs?”

Bill Luther



Here is another ringing endorsement of the Bon Ton Roulet Tour of the Finger Lakes of western New York state. Several NBW members have attended in past years and written about it. This year the sun made a strong appearance for six of the seven days and brought the “wet” misery index to a tolerable level.

This was my fourth tour in four years and I have usually gone with other friends. This year I could not find any interested parties and vowed to go solo with a strong sense of optimism. I am not exactly an outgoing person who befriends strangers by the dozen. I would have to polish my people skills. Very quickly I found that I was attending a Shriner’s Convention. Instead of wearing a fez, Bon Toners wore bike shorts. Once I put on a club jersey or tour jersey from other years, I could strike up a conversation almost instantly. On days I wore my TFCE shirt, I got a lot of positive feedback.

Five hundred and ten Bon Toners rode in 2009. This was not a huge Ragbrai gathering, nor was it a bare

bones start up, just a bike tour. It was just the right size. Each day there were two supported routes, a shorter 40 mile option and a longer 60-70 mile option for your average diehard. This year the directors had planned a layover day at Hobart and William and Smith College in Seneca Falls. For a reasonable fee you could share a dorm room or townhouse suite. They had been smart to target the wine tasting crowd as many people purchased cases of wine which the tour fleet transported. I stuck to my cold beer diet, which they sold for a few bucks on most days. On the layover day about forty people took part in a 108 mile 6000’ elevation gain century ride—not exactly the Flattest but possibly the Steepest in the East.

The tour followed many of the smooth roads which lined the lakeside communities, large dairy farms, vineyards and forests. We saw many vistas and walked trails that led to towering waterfalls cascading over sandstone cliffs, amidst canyon walls that stood hundreds of feet tall. I walked the trail through Watkins Glen that winds 1-1/2 miles through a narrow gorge. Like most of the towns at the bottom of the Finger Lakes, each rider had to climb hundreds of feet to pass over the ridges to the next watershed. On the long ride exiting Watkins Glen you had to ascend an 8 mile gradual climb which tested your level for pain. This was the longest of any climb. Most hills were leg burners that were a match for most riders in good shape. We daily passed a dozen wineries that had cyclists (sober ones) scattered across their front lawns.

The one common thread of humor which permeated the cyclists’ circle for the last 4 days was the “Hammondsport Fire Department Wednesday Night Spaghetti Disaster

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Shootout". No one had told the fire chief that five hundred cyclists can clear out a warehouse of food. At this planned dinner the first 75 cyclists had served and gorged themselves. Huge Error in Judgment. Soon the cry from the staff became "No Sauce for you, Please Wait.". After the next 150 people passed in line the cry from the staff became "No More Meatballs, Please Wait". After repeated trips to the local grocery store, the Fire Department managed to fend off the hungry unruly mob. By morning the fire crew had figured it out and learned to overestimate and portion out breakfast from the safety of the kitchen. "No Self Service for You!"



So I spent my summer vacation in the company of other adults who could not give up their kids toys. For seven days, I was the 11 year old boy again who had nothing to do on a warm July week besides to ride my bike with my friends and skip stones across the lake. This was a happy time. The happy times get you through this adult life.



Outer Banks/Ocracoke Tour, October 2009

NBW member Bob Melucci is leading a bike tour in the North Carolina Outer Banks region in late October and has room for four to five riders. It's a self-guided tour. Contact Bob by email at: rjmelucci@cox.net

NBW Merchandise

NBW CYCLING JERSEY

Short sleeve. Blue, with multi-colored wheels
Specify men's or women's cut when ordering

Men's sizes: M, L, XL, XXL

Women's specific cut sizes: M, L, XL, XXL

\$45, incl tax. Add \$3 postage (for one or 2 shirts or vests)



NBW CYCLING VEST ... no photo, but same design as jersey

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Make check payable to "NBW" and mail with order (please include your tel # in case Bev has questions) to:

NBW/Bev Thomas, 16 Rocky Rd, Chepachet, RI 02814

Questions? Email to: sales@nbwclub.org

All club clothing is sold at cost. Jerseys and vests are made in the US by Canari, CA. Socks made by DeFeet, NC.