

# The Spoke'n Word

Volume 39, Number 3

Narragansett Bay Wheelmen, PO Box 41177, Providence, RI 02940-1177

June/July 2009

[nbwclub.org](http://nbwclub.org)

Join us at the annual Rhody Roundup  
July 12  
rides around Jamestown  
followed by chicken barbecue



## HIGHLIGHTS

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*Save the date ....*  
**NBW Annual Meeting and  
Volunteers' Dinner**  
*Saturday, November 7 2009*

## SUPER CYCLE SHOPS

Support your local bike shop. They not only support the NBW but also promote safe bicycling for all. Some of these shops give a discount on parts and accessories to NBW members. Show your valid NBW membership card (your mailing label).

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Narragansett, RI 02882  
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Newport, RI 02840  
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Middletown, RI 02842  
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### SCOTTEE'S WESTPORT BICYCLE

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## MOVING?

If you're planning to move, please let us know ASAP. The US Post Office will not forward your newsletter to you. Email your new address to:

**membership@nbwclub.org**

or mail to: **NBW Membership, PO Box 56, Dartmouth, MA 02714-0056**

**The Spoke'n Word** is the official publication of the Narragansett Bay Wheelmen and is published bimonthly. Contributions must be received by the 5th of the month before the month of issue and will become property of the newsletter. Submissions may be edited as space permits. Send copy to the editor: Monica Foulkes, NBW, PO Box 41177, Providence, RI 02940-1177  
email: editor@nbwclub.org

NBW website: nbwclub.org

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NBW email list:

<http://groups.yahoo.com/group/nbwclub/>

Cover: Rhody Roundup 2007. Bladimir Rodriguez sets off from Fort Getty.  
Photo: M. Foulkes

### Want your photo in the Spoke'n Word?

From the Editor <editor@nbwclub.org>  
I welcome your photos of our club's activities for the newsletter. I do the conversion to black/white. Digital files are easiest, but I'll take prints and scan them for you. Some hints:

- Shoot in high resolution \*.
- Think about good composition.
- Sharp focus—there's only so much I can do in Photoshop to sharpen your shot.
- Action! Try for riders moving (easiest if they're coming towards you or going away), or candid shots of cycling interest, rather than a group of people lined up to smile at the camera (these are usually not of interest to anyone else).
- Tell me who your subjects are, if you know.
- Take lots of photos. Out of 10 you might get one good one—send that one to me!

Email me your *original* JPG file (the reduced sizes produced by photo-sharing/album websites are not suitable for printing). Large, hi-res files are preferred.

\* Exception: I'll use a low-res shot if the subject is irresistible!

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## President's Message

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**S**pring arrived in April and with that the die-hard NBW members were joined by the fair-weather riders (like me!)

**Sue Chiavaroli** hosted the first social tent of the season May 3 at the Westport ride. Approximately 100 riders attended and Sue graciously offered snacks and drinks, passed out new member brochures, and made everyone feel welcome to stop and chit chat. The social tent committee plans on hosting a tent once a month, weather permitting. Look for announcements on the message board for exact dates.

**John Ho** and **Bonnie Reibman** held a beginners' ride on Sunday, May 3. The next beginners' ride will be held on June 14 on the New Bedford/Plymouth ride. This is a new ride put together by **Gil Peel** and members of the touring board.

Other events that have happened during May were the Maine House Weekend and the Southern Vermont Memorial Day Weekend. Thanks to **Don Paiva** along with his committee members **Pauline Nery** and **Margaret Cornell**, and **Ray Naughton** for organizing these great weekends of camaraderie and cycling. I have also heard that a weekend in Vermont is being planned for Columbus Day. Details to follow in the next newsletter.

As usual, thanks go out to our skilled arrowers – **John Satterlee**, **Dianne Robillard**, **Mike Miller**, **Jim Berry**, **Paul Rider**, **Tina Williams**, **Bladimir Rodriguez**, **Bike Works Team**, **Rod Breault**, **Sue Breault**, **John Rohland**, and **Kevin Mitchell** and our dedicated ride announcers **Raul Silvia** and **Gretchen Chipperini**.

Can you believe the TFCE sold out in four days? I am sure glad that **Jack Williamson** is handling all the registration details! **Larry Shwartz** and the committee continue to work out the details for the ride and if you would like to volunteer either at peanut butter and jelly or the day of the ride, contact **Don Paiva**.

The Rhody Roundup is scheduled for July 12. Our annual chicken barbeque will be held at Fort Getty in

Jamestown, followed by the most delicious chicken, corn, fixings, etc. to be found on the eastern seaboard! Mark your calendars, bring your family... If you would like to help out please contact **Carleen McOsker**.

Saturday, November 7, is the date for the annual meeting and volunteers' dinner. This year the event will be hosted by **Don MacManus**. This is the time when you, the membership, can voice your opinions, comments and suggestions that will help the board shape the NBW course for the following year. The club meeting is followed by a fabulous dinner at the Johnson & Wales Inn on Route 44 in Seekonk, MA. As always, volunteers attend the dinner for free! If you would like to help Don plan and organize the evening please let me know.

It has been raining all week but right now the sun is making a very brief appearance until the rain comes back tonight. I am headed out for a ride! See you all soon.... Enjoy your ride.... Be safe....

Janice



March 2009 EP Cycle/Spring Opener. Photo: Paul Martens

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### NBW OFFICERS

*President:* Janice Velozo, 508-730-9289, president@nbwclub.org  
*Vice President:* Carleen McOsker, 508-636-0546, vicepres@nbwclub.org  
*Treasurer:* Lisa Stein, treasurer@nbwclub.org;  
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177  
*Secretary:* Don Paiva, secretary@nbwclub.org

### NBW BOARD OF DIRECTORS

*Past Presidents:* Ray Foulkes, David Andrews, Sue Steiner  
*Membership Secretary:* Ted Shwartz, membership@nbwclub.org,  
PO Box 56, Dartmouth MA 02714-0056  
*Rides Coordinator:* Gil Peel, touring@nbwclub.org  
*Advocacy Chair/LAB representative:* Sue Barker, advocacy@nbwclub.org  
*Volunteer of the Year 2006:* Liz Masterson  
*Volunteer of the Year 2007:* Paul Martens  
*Volunteer of the Year 2008:* Larry Shwartz

### OTHER CLUB FUNCTIONS

*TFCE Committee co-chairs:* Don Paiva, Larry Shwartz  
*Arrowers/Paint coordinator:* Jim Berry, arrows@nbwclub.org  
*Ride starters:* Raul Silvia, Jack Williamson, Gretchen Chipperini, Rod Breault  
*Maps/rides database:* Monica Foulkes, maps@nbwclub.org  
*Ride schedulers:* Gil Peel, Tina Williams, Bob Paiva  
*Ride scouts:* Bob Paiva, Maarten Broess, John Satterlee  
*Ride liaison w/police depts:* Don Chiavaroli  
*Webmaster:* Monica Foulkes, webmaster@nbwclub.org  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* Don Paiva, events@nbwclub.org  
*Map creators:* Rob Price, Bob Paiva, Ted Shwartz, Luca Marchi  
*New Member contact:* OPEN  
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*Interstate liaison:* Bob Melucci, interstate@nbwclub.org  
*Spoke'n Word editor:* Monica Foulkes, editor@nbwclub.org  
*Contributing writer:* Gary Stafford

**NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM**

NOTE: This is a release form with legal consequences. Read it carefully and mail the entire page with appropriate signatures and your check, made payable to Narragansett Bay Wheelmen (NBW), to the address below.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Narragansett Bay Wheelmen Inc. sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

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

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

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

Participant's Signature (only if age 18 or over): \_\_\_\_\_ I HAVE READ THIS RELEASE \_\_\_\_\_ Date: \_\_\_\_\_

Family Member's Signature (only if age 18 or over): \_\_\_\_\_ I HAVE READ THIS RELEASE \_\_\_\_\_ Date: \_\_\_\_\_

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST WHICH ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/guardian signature (only if participant is under the age of 18): \_\_\_\_\_ I HAVE READ THIS RELEASE \_\_\_\_\_ Date: \_\_\_\_\_

TYPE OF MEMBERSHIP (check one box in each column)

- 1)  Individual  Family
- 2)  New  Renewal
- 3)  One year (\$15 individual or \$25 family)  Two year (\$25 individual or \$30 family)

Membership No. \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

Print Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tel: \_\_\_\_\_ E-mail: \_\_\_\_\_

Mail entire page and check to: NBW Membership, PO Box 56, Dartmouth, MA 02714-0056

Allow 6-8 weeks for processing

# THE ANNUAL RHODY ROUNDUP

**Sunday, July 12 2009**  
 at Fort Getty, Jamestown, RI  
*Rain or shine*



Rides start at 10:00 am, with a selection of loops around the island – passing by Beavertail Lighthouse, Fort Wetherill, Jamestown harbor, beaches, marinas, ocean views (even a windmill).

Barbecue chicken dinner served at 1:00 pm by the beach at Fort Getty. Salads, veg, fruit, desserts and soda included.

You don't have to ride to come to the barbecue (and you can ride but not stay for the barbecue, of course).

Price for chicken dinner: \$5 before the day, \$10 on the day. Children 12 and under are free.

*Return, with check made payable to **NBW**, by July 5 to:*  
 Carleen McOsker, 75 Drift Rd, Westport, MA 02790. tel: 508-636-0546, email: carleenmco@charter.net

Name: .....

Address: .....

tel: ..... email: .....

Number of adults: ..... at \$5 each. Total enclosed \$ .....

Number of children under 12 (free, but we need the number to order food): .....

I can help with: Setup ..... Barbecue ..... Dessert ..... Cleanup .....

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# WELCOME

## New Members

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James F. Estes, Jamestown, RI  
Raymond & Gina Welch, Barrington, RI  
Michael R. Brown, Wethersfield, CT  
Robert A. Buzzerio, Providence, RI  
Roseanne Somerson, Westport, MA  
Beverly Ehrich, Pawtucket, RI  
David & Beth Cunningham, Middletown, RI  
Brian, Raymond, Ashley & Alison Reynolds,  
Cumberland, RI  
Eleanor M. Udo, Wellesley, MA  
David Eslund, Seekonk, MA  
Frederick W. Chase, Jr., East Providence, RI  
Thomas & Susan Donnelly, Woonsocket, RI  
Steven J. Reed, Acushnet, MA  
Andrew Kamykowski, Johnston, RI  
Barbara Marchetti, Somerset, MA  
Susan, Steven, Robert & Christina Lusi, East  
Greenwich, RI  
Laura Ofstead & Mellisa Clark, Pawtucket, RI  
Judith C. Hestnes, Portsmouth, RI  
Douglas N. Hime, Portsmouth, RI  
Marilyn B. Audet, Shrewsbury, MA  
Peter & Amy Ward, Providence, RI  
Christopher Sullivan, Warwick, RI  
Lynne V. Zucchi, No Kingstown, RI  
Jennifer B. Bopp, Providence, RI  
Bruce J. Isidor, Fall River, MA  
Robert W. Brown, No Scituate, RI  
Nini Stoddard, Providence, RI  
Norman & Maria Toplosky, Wakefield, RI  
Jonathan A. Leviss, Barrington, RI  
Jodi, Alan, Doug & Ralph Jensen, Norwood, MA  
John & Denise Foley, Wrentham, MA  
Robert, Nicholas, Linda & Christopher Brocato,  
Wyoming, RI  
Marese Mary Barry-Belanger, Middleboro, MA  
Wayne & Susan Gelfman, Sharon, MA  
Anthony P. Triano, Wayland, MA  
Paul, Karen & Daniel Deroche, Rehoboth, MA  
Belton, Ben, Mary & John Copp, Providence, RI  
Kevin & Shawn Grunwald, Mansfield, MA  
Peter R. Carson, Middletown, RI  
David & Jimmy Hayes, Wakefield, RI  
Anthony E. Rizzotti, East Providence, RI  
Bruce Hammond, Coventry, RI  
William G. Teichner & Amy Stein, Norton, MA  
Lorrie K. Copeland, Warwick, RI  
Peter L. Anderson, Marion, CT  
Stephen P. Costa, Griswold, CT  
Alyn Adrian & Family, Warwick, RI

Stuart T. Schwartz, Barrington, RI  
James M. Dobbin, Middletown, RI  
Peter C. Schmidt, New Bedford, MA  
Geraldo Schaffert, Wakefield, RI  
Mark C. Wild, Cumberland, RI  
Kate Collins & Brad Peterson, Cranston, RI  
Raymond Marley, Jr., Somerset, MA  
Thomas R. Cabana, Cumberland, RI  
James J. Rourke, Jr., Somerset, MA  
Jane F. Pear, Warren, RI  
Roger & Karen St Germain, Lincoln, RI  
Gerard St Germain, Foster, RI  
Christine M. Keisling, Attleboro, MA  
John E. Eastman, Swansea, MA  
Thomas, Laura & Bryan Galligan, Riverside, RI  
Janet Kabai, Wakefield, RI  
Stanley T. Spink, Jr., No Kingstown, RI  
Kevin & Joan Walsh, Chepachet, RI  
Robert J. Geoffroy, So Windsor, CT  
Lynne & John Petrone, Rehoboth, MA  
Krishna Nagarajan, Cranston, RI  
Michelle Axon, Attleboro, MA  
Robert A. Capello, Rumford, RI  
James McNaughton, Fall River, MA  
Robert & Mary Jane Bollen, Cranston, RI  
Jacob J. Dewispelaere, Bristol, RI



Rider approaching Slatersville, Great Grandma's Farm Ride,  
April 2009. Photo: M. Foulkes

# HELP WANTED

For the 38th annual NBW-TFCE  
The Flattest Century in the East

*September 13, 2009*



*Volunteers are required to work a minimum 4 hour shift.*

*Please contact:*

**Don Paiva**  
81 Harris St,  
Riverside, RI 02915  
Tel: 401-433-3463 (h)  
Email: donpaiva53@cox.net



*Volunteers are needed for:*

- Registration
- T-shirt distribution (start late morning)
- Check points
- Parking detail
- SAG drivers
- Sales table



*We are looking forward to seeing our crew of familiar volunteers and new volunteers as well.*

*There's a special VOLUNTEER-TFCE ride and a TFCE volunteer t-shirt. Also, all volunteers can attend our annual banquet free.*

*Call early and we'll determine how you can best help out.*



## Will Rhode Island support a Vulnerable Users Law?

**A** resolution passed late last year by the Warwick City Council to provide increased safety for bicyclists has become known as “Frank’s Law”, in recognition of Warwick resident, Frank Cabral, an expert bicyclist who was run over and killed by a careless driver in Charlestown. An expanded version of the Warwick resolution, RI H5074, is slated to be introduced to the Rhode Island State Legislature this year. Carrying on the momentum created by the Warwick City Council’s resolution, the Providence Bicycle Coalition (PBC) is spearheading an effort to upgrade Rhode Island Laws that pertain to cyclists and other non-motorized road users.

Guided by Oregon’s 2007 “Vulnerable Roadway User Law”, PBC members identified a number of specific changes to RI H5074 as originally written that will better protect vulnerable roadway users such as pedestrians, emergency personnel, police officers and motorists stopped on the side of the road. The group met with RI State Representative Al Gemma, House Deputy Majority Leader, to suggest several modifications. RI H5074, modified to include PBC’s recommendations, was presented to the House Judiciary Committee at a recent hearing. Six bicycle advocates testified at the hearing in favor of the legislation and were pleased with a positive reception by the committee. The bill will most certainly need review and modification by lawyers, but with solid constituent support (that means NBW members and all our friends) it has a good chance of passing.

The bill’s changes to existing laws are minor but the wording in the proposed vulnerable roadway user section of the bill proposes more substantial protections for cyclists. The category of “Vulnerable user of a public roadway” has been expanded to include skateboards, roller skates, in-line skates, scooters, bicycles, and farm tractors or implement of husbandry without an enclosed shell. The bill increases penalties for the “offence of careless driving if commission of offense contributed to serious physical injury or death of vulnerable user of public roadway.” The bill will require the driver to complete a traffic safety course, perform 100-200 hours of community service, pay substantial fines, and lose driving privileges.

The law, as now written, will require police officers at the scene issuing a citation for the offense of careless driving to note on the citation if the cited offence contributed to serious physical injury or death of a vulnerable user of the public roadway. The law requires the

defendant who has been issued the citation to make a first appearance by personally appearing in court at the time indicated on the summons. Currently, many automobile-bicycle incidents involving injury to bicyclists are never reported or recorded by the police, giving the false impression that roads are safe for cyclists. Tightening the requirements for reporting by police will result in more accurate bicycling accident statistics and in turn, greater awareness of our vulnerability.

Once the bill is reviewed and modified to increase its chances of passing, it will be time for all of us to write our state legislators in support of the bill. The Narragansett Bay Wheelmen and the PBC will post the final version of the bill on our web sites. We encourage everyone in the NBW to support the legislation by sending letters to elected officials who represent your community and the bill’s sponsors, Alfred A. Gemma (District 20, Warwick), Frank G. Ferri (Democrat- District 22, Warwick), Robert E. Flaherty (Democrat- District 23, Warwick), and Joseph A. Trillo (Republican- District 24, Warwick). You will find all Rhode Island State legislators’ e-mail and snail mail addresses at: [www.rilin.state.ri.us/](http://www.rilin.state.ri.us/)

If passed into law, RI H5074 will become a good first step to confirming our right to the road and safety for all cyclists in Rhode Island, by creating real consequences for bad and careless drivers who endanger the lives of vulnerable road users.



Negotiating that tricky uphill sharp left turn in Slatersville, on the Great Grandma’s Farm Ride, April 2009. Motorist thoughtfully waited until riders were clear before negotiating his left turn. Photo: M. Foulkes



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# The South Coast Bikeway

Learning from our neighbors

Adam Recchia

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The following article appeared in the May 2009 edition of *The South Coast Insider* and is reprinted with permission. We find it interesting but not surprising that Massachusetts cyclists are envious of Rhode Island's record in planning—and completing—bike paths.

**F**or a lot of us, including cyclists, bikeway planners and forward thinkers, the ultimate goal for bike paths in southeastern Massachusetts is a bike path that would extend from the Rhode Island state line in Swansea to the existing bike path that runs along the Cape Cod Canal.

The South Coast Bikeway has had two exciting additions this year. As well as the completed Phoenix Bike Trail in Fairhaven and smaller segments in New Bedford and Swansea, the first segments of both the Mattapoissett and Fall River bike paths are complete.

The new Brightman Street bridge construction is progressing nicely and its completion will bring a long anticipated bicycle and pedestrian connection between Fall River and Somerset. A feasibility study is being conducted in Wareham for their lengthy segment of the path and Marion is steadily nearing the completion to the planning phase for its segment, with only one more small sliver of property to be acquired for it.

While these small successes are steps in the right direction there are still many hurdles to overcome.

## RI inspiration

We should look to Rhode Island for inspiration since they are ahead of the game when it comes to bike paths. They have three major paths over 10 miles in length and two shorter ones as well, with two running alongside active railroads and traversing dense urban areas. We should pay attention to that particular detail over here in Massachusetts, as our planned bikeways would have to do the same to reach completion.

## Trains & bikes

Take Wareham, for example. The route recommended by SRPEDD in a 2007 study would have a major segment of the bike path running along the active Mass-Coastal freight rail line, which runs the infamous “trash train” from the Cape to the SEMASS plant in Rochester. A bike path running next to active trains? Isn't that crazy, some may ask?

Well Rhode Islanders certainly don't think so. They've got two bike paths running alongside active trains: the Blackstone River Bikeway through Lincoln and Cum-

berland, and the Ten Mile River Greenway in East Providence. Throw up a fence with some adequate spacing between track and trail, and you have a facility to serve two needs: a rail-*with*-trail.

This technique of using extra right-of-way on rail lines for bike paths is one that has spread across the country. Numerous studies have been conducted by the Rails to Trails Conservancy that are very supportive of this very idea. Even MassHighway's 2006 Project Development & Design Guide has a nifty table listing general standards for a bike path within an active railroad right-of-way.

Okay, so you're not convinced? “What about bikers and pedestrians getting hit by trains?” We hear this all the time.

The answer is that people walk along rail lines already (we see it here in Taunton everyday!), and that's when they get hit by trains. People will not continue to walk along train tracks if they have a nice walking/biking path to walk on instead. It has been shown in studies that rails with trails have a lower trespassing rate than those without.

**Southeastern  
Massachusetts  
can easily match  
Rhode Island's bike-  
friendliness with some  
forward thinking and a  
little bit of courage**

So that takes care of one of our problems, now what about bike paths through dense urban areas? Well, you can toss one in on a freight rail line, or you can do what the Rhode Island Department of Transportation is doing through the dense cities of Pawtucket and Central Falls. Simply narrow an exiting roadway and build a path right next to it, with an ornamental jersey barrier separation. Wouldn't that be nice in Fall River?

The bottom line is that Southeastern Massachusetts can easily match Rhode Island's bike-friendliness with some forward thinking and a little bit of courage. By looking to our neighbors and copying what they have done so well, we can achieve our goal of someday completing the South Coast Bikeway with most of the kinks already worked out.



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# The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD

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## Nuts & Athletes: Love 'em or leave 'em?

**A**thletes commonly have a love-hate relationship with nuts. They love them, but try to stay away from them. "I don't dare keep a jar of cashews in my house. I'd end up eating them all and gaining weight," complained one rower. Although she knows nuts are healthful and good for her, the over-ruling perception is nuts are "soooooo fattening."

While nuts are indeed a calorie-dense food, the good news is nut-eaters are not fatter than people who avoid nuts (1). That's because nuts are satiating; that is, they stay with you and keep you feeling "fed." A woman-size handful of nuts (150 to 200 calories) for an afternoon snack often ends up being lower in calories than the 100-calorie pack of crackers that leads to another and yet another 100-calorie pack because you are still hungry. Snacks like crackers, pretzels and rice cakes fail to keep you satiated because they lack fiber, protein, and fat — and that's what nuts have to offer.

A study with overweight teens highlights this point. The students were part of "The Family Lifestyle and Overweight Prevention Program" in Houston, TX (2). The teens were given a healthy after school snack to help improve the quality of their diet: nuts and peanut butter along with fruits and vegetables (such as apple slices with peanut butter, baby carrots dipped in peanut butter, trail mix with peanuts and dried fruits). These snacks replaced the former popular choices of chips and snack cakes. The kids lost weight and kept it off—and equally important, they liked the snacks. There's no denying a plain apple may seem "boring" and unpopular because it is not substantial enough to satisfy afternoon hunger. But add some peanut butter, and that apple becomes a welcomed treat!

When the afternoon munchies strike, I invite you to "go nuts" (in moderation) and observe the benefits of eating a handful of nuts. You may well discover you are less hungry for a longer period of time. While a few rice cakes may fill you for half an hour, a few nuts might last for 2.5 hours (3).

If you are afraid the "handful" will turn into a "jarful", remember the best way to take the power away from a "trouble food" is to eat it more often. That is, if you end up overeating nuts (or any food, for that matter), you may be thinking "I just blew my diet by eating some almonds, so I might as well eat the whole jar to get rid of them. Then, I can get back on my diet." Or, if you are at a social event and end up eating too many peanuts, you might be thinking "This is my last chance to eat peanuts before I go back on my diet. I'd better eat them all now because I shouldn't eat them ever again."

The solution to over-eating nuts is to change your relationship with them and acknowledge you like nuts: "I enjoy nuts so much, I'm going to eat them more often—at every meal and snack!" That way, you eliminate your fear of being denied this favorite food. You won't have to eat the whole jar, because another jar will be waiting in the pantry. While this might sound scary to overeaters, the reality is, after three days of eating nuts at every meal and snack, you likely will be content to cut back to enjoying nuts once or twice a day (or week) and no longer will they have any power over you.

### Which nuts are best?

OK, so now that I have convinced you to include nuts in your sports snacks (and meals), you might be wondering "What is the best kind of nut to eat?" That is like asking, "What is the best fruit to choose?"

The answer is, each type of nut offers its own special health benefits. Almonds have a little more fiber than cashews; walnuts have a little more polyunsaturated fat than hazelnuts; peanuts have a little more vitamin E than walnuts—but no one nut is distinctly superior to another one. So, rather than get caught up in trying to choose the "best" nut, simply buy a variety of nuts for a variety of nutrients, flavors, and health-protective attributes. Enjoy—

- slivered almonds on your morning cereal
- a peanut butter and banana sandwich at lunch (Now doesn't that sound more substantial than yet-another turkey sandwich? Don't panic about the calories! Rather, notice how peanut butter will keep you feeling fed, so you don't end up eating abundant calories of sweets later in the afternoon.)
- trail mix with cashews and dried fruit in the afternoon
- walnuts in your dinner salad.

### What's so healthy about nuts for athletes?

Nuts offer far more than just calories. They are filled with hard-to-get nutrients that can easily get processed out of refined foods. By the end of the day, nut eaters tend to have a diet with overall higher nutrient quality (4). Nuts offer magnesium, niacin, vitamin E, copper, and manganese, as well as other phytochemicals that are health protective, like resveratrol (reduces heart disease). All this means, nuts have a powerful impact on your health.

Nuts protect against the diseases of aging. That is, people who eat nuts or peanut butter five or more times a week reduce their risk of heart disease and diabetes by more than 20% (1). That's impressive! Incorporating some nuts along with your pretzel or rice cake snack offers both health and weight-management advantages.

If you are enjoying nuts as a recovery food after a hard workout, be sure to eat some carbs along with the nuts. While the protein and (healthful) fat in nuts abates hunger and helps build muscles, only carbs (re)fuel your muscles. Some carb-protein nut combinations include: peanut butter + banana; nuts + dried fruit; almonds + (packet of instant) oatmeal.

Nuts offer only a little protein—for example, about 8 grams in two tablespoons peanut butter (the amount in a typical sandwich). This is not much, considering the protein needs of most active women are 60 to 90 grams, and active men may need 80 to 120 grams. Hence, vegetarian athletes need to really eat a lot of nuts and peanut butter if this is their main source of protein!

Easier yet, boost your protein intake by adding this childhood memory back into your daily sports diet: a glass of milk along with the peanut butter sandwich! In general, enjoy nuts, in moderate portions, as an integral part of your meals and snacks.

Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook*, and food guides for new runners, marathoners and cyclists are available via [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com).

### References

1. Sabate J, Ang Y. Nuts and health outcomes: new epidemiological evidence. *Am J Clin Nutr* 89(5):1643S-1648S, 2009
2. Johnston C, Tyler C, McFarlin B, Poston W, Haddock C, Reeves R, Foreyt J. Weight Loss in Overweight Mexican American Children: A Randomized, Controlled Trial. *Pediatrics* 120(6):150-1457, 2007.
3. 1. Kirkmeyer SV, Mattes RD Effects of food attributes on hunger and food intake. *Int'l J Obesity* 24 (9):1167-75, 2000.
4. Kris-Etherton PM et al. Improved diet quality with peanut consumption. *J Amer College Nutr.* 23(6):660-668, 2004

### Calories in Nuts

An ounce of nuts—a woman-size handful or 1/4 cup— offers about 150 to 200 calories. Here's how nuts compare:

Nut	# per ounce (approx)	Calories/oz	Calories/nut (approx)
Almonds	28	170	6
Cashews	23	160	7
Macademia	27	200	8
Peanuts	30	160	5
Pecans	15	200	13
Walnuts	14	185	13

**Tired of being harassed by drivers who won't share the road?**

**Sick of hearing trash talk about cyclists?**

**Looking for a way to fight back?**

Join the League of American Bicyclists! The League is sticking up for cyclists rights every day. From our nationwide advocacy efforts and our Bicycle Friendly America program to our Smart Cycling courses, we're making a difference in the lives of cyclists every day.

**Help us build a Bicycle Friendly America: Join the League today!**

tel 202.822.1333 // fax 202.822.1334 // e-mail [bikeleague@bikeleague.org](mailto:bikeleague@bikeleague.org)  
[www.bikeleague.org](http://www.bikeleague.org)



### Membership Application

Yes, I want to join the nation's premier cycling organization and help the League of American Bicyclists build a bicycle-friendly America.

NAME \_\_\_\_\_  
 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_  
 PHONE \_\_\_\_\_  
 E-MAIL \_\_\_\_\_

#### MEMBERSHIP LEVEL

- \$35 Member     \$50 Family     \$60 Advocate  
 \$85 Advocate Family     \$110 Silver Spoke  
 \_\_\_\_\_ PaceSetter (minimum \$10 monthly gift, which will be charged to your credit card on the 10th of each month)

#### Life Members

- \$1,000 Life Membership  
 Or four easy semi-annual installments of \$275\* (credit cards only)  
 \$1,500 Life Family Membership  
 Or four easy semi-annual installments of \$400\* (credit cards only)

\*Installation plan includes a \$100 administrative fee

#### PAYMENT

- Enclosed is a check made payable to the League of American Bicyclists  
 Please charge my  Visa     MasterCard     American Express

CARD NUMBER \_\_\_\_\_  
 EXPIRATION DATE \_\_\_\_\_  
 SIGNATURE \_\_\_\_\_

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# Cycling Sessions

Gary Stafford, [cyclingsessions@hotmail.com](mailto:cyclingsessions@hotmail.com)

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**M**ost people think that riding a bicycle is like, well, riding a bicycle. But if you plan to ride for hours in the saddle, you need to make sure that you are properly fitted on your chosen steed.

Many people think that getting a fitting is really only necessary if you ride competitively. But cycling is a very repetitious activity, and as such, can cause overuse injuries when poor biomechanics are applied due to a poor position on the bike.

Fitting locations are often in some bike shops. If the shop just looks you over, it is not a fitting. A dedicated bike fit shop like FitWerx in Peabody, MA are actually bicycle fitting specialists that also sell bikes and equipment. These types of shops provide detailed fittings that, with an appointment, can take a few hours. They provide a fit bike that you would be measured on before placing you on your bike. Special video software is used to measure positions and determine your optimal position. Time is spent interviewing the rider to understand what type of riding that they do, to better adjust the fitting accordingly.

With a fitting, the contact points are very important. They include the shoes and cleat position on the pedals, the saddle height forward and back and vertically, and the distance and height of the handlebars. Measuring correct hip angle and careful checking of knee tracking can determine adjustments needed. Hip angle is measured by the fitter by checking your body's natural flexibility.

The cleats need to be set up to allow the knee to track as it would when normally bent and extended while sitting on a table. In most pedal systems there are two types of cleats you can use, a regular float and a fixed, no float style cleat. The advantage of a fixed cleat is that it helps power transfer. But preventing injury or over use injuries may preclude fixed cleats.

It is very important to stay with the float cleat unless you have been fitted by a professional who has determined your exact foot angle before you try fixed cleats.

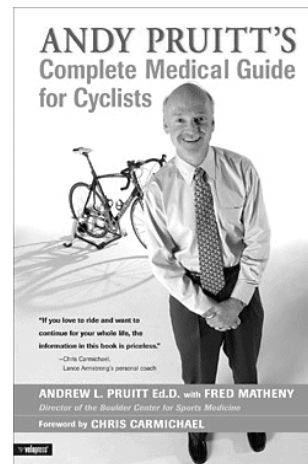
Reach and distribution of weight over the two top contact points, the hands and the butt, need to be correct so as not to cause fatigue or pain over the course of the ride.

A great way to determine yourself if a fitting is really needed is to listen to your body during and after a demanding ride. Are your shoulders and arms sore? Did you feel progressively worse on the saddle? Keep in mind that your body needs to get used to riding long on the saddle with every new season so the real test is after you have had several longer duration rides. Hot foot is

another problem that can be reduced by proper shoes and cleat adjustment.

Important points for a novice include making sure that you change hand positions during the ride as well as getting out of the saddle to relieve pressure every once in a while.

A better knowledge of the components that make up an enjoyable ride on the bike can be better understood by getting Andy Pruitt's *Complete Medical Guide for Cyclists*, which I recently purchased.



Dr. Pruitt covers a great deal of topics from bike fit to cycling injury treatments to the biomechanics and basic training methods of successful cycling.

Details include nutrition, training, adjusting your bike fit as you get older, and getting the most out of your riding.

What can be especially useful in this book is information with regards to the aging cyclist, as we all are one of those, or will soon become one of those.

Like a well oiled machine the link between the bicycle and the rider needs to be as seamless as possible for maximum enjoyment and maximum results. Whether you are a casual rider or an enthusiastic competitive category racer, make sure you check with the experts to form that perfect union between yourself and your machine!

Gary Stafford's *Cycling Sessions* also appears on the website of his other club - the Portland Velo Club, Portland, Oregon: [www.portlandvelo.net/](http://www.portlandvelo.net/)



**2009 NBW Guide to Cycling in the Ocean State**

Published by the Narragansett Bay Wheelmen and Narragansett Bay Department of Transportation

## New 2009-2010 Rhode Island bike map is out!

The much-missed RI state bike map, unavailable in paper form for the last few years, has now been re-printed with financial support from the Narragansett Bay Wheelmen. It is available from the RI Dept of Transportation (RIDOT) website: [www.dot.state.ri.us/bikeri](http://www.dot.state.ri.us/bikeri) or call (401) 222-4203 Ext. 4033 and they'll mail you a copy. New maps will also be available at various NBW rides from Janice Velozo or Sue Barker, and RI bike path events.

Of the three states in which our club rides, RI's bike map has always been the best. We thank RIDOT for their careful and high-quality work on behalf of cyclists. NBW is proud to fund the re-publication of this resource, available free to cyclists within our riding area, and also to visiting cyclists from other states and countries.

The photo on the front of the map is of long-time NBW members Matt and Lauren Hopkins, riding tandem on a regular Sunday NBW ride starting from the Univ of RI in Kingston, in spring. Quiet and lovely riding roads in south county. NBW schedules rides every Sunday, and welcomes all cyclists of all abilities. See our current ride schedule on our website [nbwclub.org](http://nbwclub.org).

## 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

Unisex sizing: M, L, XL, XXL

**\$45, incl tax.** Add \$3.00 postage (for one or 2 shirts or vests)

### NBW CAP

Lightweight summer cap, baseball style with visor. One size.

White (with blue logo), or Red (with yellow/white logo). Specify color.

**\$10** Add \$1.50 postage



### NBW SOCKS ..... DeFeet©

Specify cushioned foot or non-cushioned.

Cushioned foot sizes: S, M, L, XL

Non-cushioned (aireator) sizes: S, M, L, XL

**\$5** per pair. Add postage (\$1.50 for one pair, \$2 for two pairs)



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](mailto: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.*

## Your newsletter is now available on the NBW website

The Board has asked me to make *The Spoke'n Word* available to members electronically. To those of you who responded to Janice Velozo's invitation to stop receiving the paper copy of the newsletter, I will be posting the file in the Members' section of our website. It is way too large to try to email to you. It will be available at [nbwclub.org/members](http://nbwclub.org/members) around the first of the month of issue (probably before the printed copy reaches members via US mail). For now, I'll send an alert that it's posted, to the NBW email list: [groups.yahoo.com/group/nbwclub/](mailto:groups.yahoo.com/group/nbwclub/)

You will, of course, need the username and password for the Members' section. To avoid confusion, what with early TFCE registration and now the newsletter access producing more traffic, I've kept the current username/password unchanged:

username: winter2007\_mem  
password: coldSnap12

Remember, these are CASE-SENSITIVE.

Username/password are printed on the inside front cover of every issue of *The Spoke'n Word*. New passwords are usually announced prominently and there will be a change-over month during which both old and new passwords will work. But you'll need to keep an eye out for future changes; I'll probably send an alert to the email list.

Members who no longer wish to receive a paper copy of the newsletter by US mail should let Janice Velozo know, email [president@nbwclub.org](mailto:president@nbwclub.org)

Let me know if you have problems as this new procedure gets going.

Monica Foulkes  
[editor@nbwclub.org](mailto:editor@nbwclub.org)



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# From the Touring Committee

Gil Peel, [touring@nbwclub.org](mailto:touring@nbwclub.org)

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Spring rains are giving in to warm summer breezes and it has been a busy winter for me. Unfortunately my winter riding has not progressed the way that I had expected. I hope that the rest of you are in shape. Make sure you get your bike tuned up by an NBW Super Cycle Shop.

For those of you waiting to arrow a ride, please review the arrowing guidelines (see page 7, April issue of *The Spoke'n Word*, or on our website: [nbwclub.org/announcements/nbw\\_arrowing\\_guide.html](http://nbwclub.org/announcements/nbw_arrowing_guide.html)) to make sure you get it right. Again, thanks for all your support.

### Thanks to our most recent ARROWERS:

4/5	Hope Valley Western	Tina Williams
4/12	Triboro Tour	Bladimir Rodrigues
4/19	BikeWorks Ride	Bob and the BikeWorks crew
4/26	Great Grandma's Farm	Rod Breault
5/3	Westport Ride	Kevin Mitchell
5/10	Mystic Metric	John Satterlee
5/17	Plymouth Century	Mike Miller, Don Chiavaroli and crew
5/24	Wachusett 3/4	Chip Kent and team
5/31	Two Towers Tour	Margaret Hahn

Our Paint and Arrower Coordinator is Jim Berry. Jim's phone number is (cell) 508-944-6969; his email address is [james.berry1@comcast.net](mailto:james.berry1@comcast.net) or [arrows@nbwclub.org](mailto:arrows@nbwclub.org). Jim lives in North Attleboro, MA. I would like to take this opportunity to thank Jim for the wonderful job that he has been doing so far. We seem to have lots of people stepping up to arrow. Keep up the good work.

### When riding please remember the following:

1. Use hand and voice signals when passing other riders, turning or stopping.
2. Watch for sand on the road – especially on corners.
3. Remember to eat before you are hungry and drink before you are thirsty.
4. Check your helmet for fit or damage. Take it to a "Super Cycle Shop" if you have any doubts.
5. Inspect your bike before and after each ride to check for worn, broken or loose parts. Take it to a "Super Cycle Shop" if you have any doubts.
6. Volunteer to arrow a ride. See the ride announcer, or Jim Berry.
7. Before a ride, become familiar with the map. Check for arrows 150 ft. before an intersection.
8. Share the road with motorists and pedestrians.
9. Enjoy the scenery, smell the roses.

That's all for now,  
Gil Peel, [touring@nbwclub.org](mailto:touring@nbwclub.org)

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### ... fourth year ... NBW Beginner/New Rider Rides

#### Last one for 2009:

June 14 New Bedford-Plymouth Ride, 24 miles,  
start New Bedford, MA

Leaders: John Ho and Bonnie Reibman

John and Bonnie will again lead a group of beginner/new riders on the short loops of selected NBW rides this spring. John will answer any questions beginners or new members have about the NBW, our bike routes, equipment, riding techniques, maintenance, etc. There will be occasional stops to regroup, if necessary.

You don't need to register for these rides, but you do need to wear a helmet (and bring a spare tube). Plan to arrive about 30 minutes before the 10:00 am ride start to assemble your bike and locate John and Bonnie.

See the ride schedule for directions to the start locations of these rides—schedules are also on our website at [nbwclub.org/rides](http://nbwclub.org/rides). Maps will be handed out at the ride start, but you can also print them from our website. Rides will be arrowed.

John Ho is a rider with over 30 years experience. His background is recreational touring, having ridden across the U.S. twice, and in Canada, Mexico, Ecuador, Ireland, Great Britain, Switzerland, Austria, Nepal, China, Australia, and New Zealand.

Bonnie Reibman has been bicycling for nine years, and has developed most of her cycling skills with the NBW over the last five years. She enjoys recreational touring, and has biked in many parts of the United States.



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**The printed ride schedule pages are omitted from this web version of the newsletter.**

**Our most up-to-date ride schedules are available at  
[nbwclub.org/rides](http://nbwclub.org/rides)**