

# The Spoke'n Word

Volume 39, Number 4

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

August/September 2009

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



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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).

### BIKEWORKS

79 Swansea Mall Dr  
Swansea, MA 02777  
508-677-0710  
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### BRUMBLE BIKES

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Westerly, RI 02891  
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www.brumblebikes.com

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### EAST PROVIDENCE CYCLE

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### RAY WILLIS BIKES

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401-596-1045

### YESTER'YEAR CYCLERY

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Warren, RI 02885  
401-245-9755



## 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

Members' page access (case-sensitive!):

User name: winter2007\_mem

Password: coldSnap12

NBW email list:

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

Cover: Rhody Roundup, July 2009. The front group rounds Beavertail Lighthouse at speed, early in the morning mist.

### 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. 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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**T**he weather has not been very cooperative this riding season but as I sit writing this the sun is shining and will be all day. I hope you are able to take advantage of the unfamiliar gorgeous weather and get out for a nice long ride.

A special thanks goes out to all those who stepped up to arrow during this rainy season. It is a difficult task painting all those arrows and to work around the weather is certainly commendable. Kudos to **Kevin Mitchell, John Satterlee, Mike Miller, Don Chiavaroli, Diane Robillard, Gil Peel, Chip Kent, Margaret Hahn, Jeff Gibbs, Claudia Chappelle, Rod Breault, Sue Breault, Cassandra Rohland, Jim Berry (serving double duty as paint coordinator), Jan Harbutiak, John Nery, Carleen McOsker, and Sue Barker** for their efforts.



past few years, the executive board has made a great effort to document job descriptions, identify specific tasks, and to use current technology to make those tasks easier. Larry Shwartz is stepping down as co-chair for the TFCE. Larry has organized and documented this task and will share all information with the person taking over in this role. Sue Barker is stepping down from her position as advocacy chair. This position is a board member position. Sue will stay on as education coordinator and will assist the person taking over this position.

I invite you to consider becoming involved with NBW. If you would like more information on how you can become involved, please contact me, or Carleen McOsker (vice-president), Lisa Stein (treasurer), Larry Shwartz, or Sue Barker. Several individuals have already voiced their interest in becoming more involved with the club. Their statements appear in this issue.

Janice

Rhody Roundup (or Carleen's Chicken Fiesta) was held in Jamestown July 12. The sun came out just as the riders were returning for the BBQ. We served 180 people – an NBW record! Thanks to **Carleen McOsker** and her group of volunteers for organizing another successful event.

Our social tent coordinator, **Sue Chiavaroli**, is planning on July 26 for the next after-ride get together. There will be snacks, drinks, and hot dogs (weather permitting). Bring a chair and spend a few minutes catching up with other NBW members. All are welcome!

Mark your calendars for Saturday, November 7. That is the date for the annual meeting and volunteer's dinner. The event will be held at Johnson & Wales, Route 44 in Seekonk, MA. This is the meeting when the membership gets to voice its opinion and choose the slate of officers for the following year. Everyone is invited to stay for dinner. The cost is \$20 per person; however, anyone who has volunteered during the year is invited to the dinner free of charge. Please contact **Don MacManus** for further details.

There are two small changes in the by-laws that need to be voted on during the annual meeting. The first is a change in the reference to our non-profit status from *501c(3)* to *501c(4)*, and the second is a reference to the president from *he* to *he/she*. Please see the proposed amendments below.

The Narragansett Bay Wheelmen is a great organization. In order to keep the organization interesting and vibrant, it is imperative to have new ideas and people involved in the leadership roles. In order to accomplish this I, Carleen McOsker, and Lisa Stein will be stepping down from the executive board. During the

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### Narragansett Bay Wheelmen, Inc. Annual Meeting, November 7 2009 Johnson & Wales Inn, Seekonk, MA

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#### Proposed amendments to the By-Laws

The first two amendments in Article I are reflective of the non-profit status that the IRS granted NBW during 2008. The third amendment to Article IV adds the female pronoun to the male "he", when referring to the president.

#### Amendments to Article I

##### Section 2. Purpose

Change reference of **501(c)(3) of the Internal Revenue Code** to **501(c)(4)**

##### Section 4. Dissolution

Change reference of **501(c)(3) of the Internal Revenue Code** to **501(c)(4)**

#### Amendment to Article IV

##### Section 2. Powers

Change reference of **he** to **She/he**

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**Statements of nominees for elected officers  
can be found on the next page**

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# Nominees for Election of Officers, NBW Annual Meeting, November 7, 2009

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**President: Todd Wise**

## Passion for the NBW

I am passionate about the NBW and the possibilities of being a more involved leader in the organization because I believe strongly in the positive values the club projects. I recognize and salute the many achievements in its long tradition of service to the biking community in Southern New England and I would like to do my part in continuing that legacy and helping to shape the future.

## Related Experience

Currently, I am **President/Owner of Vroom Studios, Inc.** which is a design and invention consultancy offering start-to-finish product and graphics solutions.

Recently as **Senior Vice President – Research & Development - Hasbro, Inc.**, I led four global design groups in the creative development of consumer products and packaging. I created multi-year brand blueprints and was effective in getting things done through strategic partnerships, formal channels, and informal networks. I have proven abilities to create dynamic presentations and build alignment with all levels to achieve a common vision, along with experience in budget, schedule and resources planning. I strive to be an innovation champion who also is patient, listens well, and seeks others' views.

## Interests and Pursuits

Spending time with my wife and daughters and striving for that magical balance of work, life, and fun! In addition, I love road and mountain biking, snow sports, cool design, hot technology, traveling, people, cooking, and food!



**Vice President: Elizabeth Masterson**

I am 40 yrs old, married, with two cats. I am a book-keeper/graphic artist for Dansco, located in Attleboro, MA. I've been an active member/volunteer in the club for many years, including serving as Secretary of the NBW, and running TFCE registration. I currently serve on the NBW Board of Directors as a recent Volunteer of the Year (term to finish this November).

I would be glad to serve the NBW as Vice President, bringing not only enthusiasm for the club's future, but also a knowledge of the club's past.

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**Treasurer: Norman LaBrie**

I am 57 years old, married, have 4 children and 5 grandchildren. I have been a member of NBW for about 5 years. I am an applications engineer employed by Siemens Energy and Automation, of Norcross, GA.

I look forward to being of service to the club and the treasurer's position is something I should be able to do, even though I sometimes travel for work.

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**Secretary: Don Paiva**

NBW Secretary 2007 to present. NBW member since 1984. TFCE co-Chair (6 years) and TFCE Volunteer Coordinator (21 years). Special Events Chairman (3 years). Civil Engineering degree from URI. Retired from Barker Steel (Senior Estimator). Bucket List Wish is to ride in all 50 states (have 31 to date).

Married to Louise (40 years in August). 1 son, 1 daughter, 4 grandchildren. High School basketball and volleyball referee.

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## NBW OFFICERS

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

## NBW BOARD OF DIRECTORS

*Past Presidents:* Ray Foulkes, David Andrews, Sue Steiner  
*Membership Secretary:* Ted Shwartz, [membership@nbwclub.org](mailto:membership@nbwclub.org),  
PO Box 56, Dartmouth MA 02714-0056  
*Rides Coordinator:* Gil Peel, [touring@nbwclub.org](mailto:touring@nbwclub.org)  
*Advocacy Chair/LAB representative:* Sue Barker, [advocacy@nbwclub.org](mailto: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  
*Arrows/Paint coordinator:* Jim Berry, [arrows@nbwclub.org](mailto:arrows@nbwclub.org)  
*Ride starters:* Raul Silvia, Jack Williamson, Gretchen Chipperini, Rod Breault  
*Maps/rides database:* Monica Foulkes, [maps@nbwclub.org](mailto: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](mailto:webmaster@nbwclub.org)  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* Don Paiva, [events@nbwclub.org](mailto:events@nbwclub.org)  
*Map creators:* Rob Price, Bob Paiva, Ted Shwartz, Luca Marchi  
*New Member contact:* OPEN  
*NBW merchandise sales:* Bev Thomas, [sales@nbwclub.org](mailto:sales@nbwclub.org)  
*Social events organizers:* OPEN  
*Interstate liaison:* Bob Melucci, [interstate@nbwclub.org](mailto:interstate@nbwclub.org)  
*Spoke'n Word editor:* Monica Foulkes, [editor@nbwclub.org](mailto:editor@nbwclub.org)  
*Contributing writer:* Gary Stafford  
*Cartoonist:* Bob Paiva  
*Super Cycle Shops Coordinator:* OPEN

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# Cycling Sessions

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

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One of the most important things that all of us strive for whether we ride competitively or recreationally, is to feel comfortable on the bicycle.

Nothing can derail a good day's ride like lower back pain or shoulder and neck pain while in the middle of a long ride. It is important to understand that just riding a bicycle will develop your cardio and build up power in your legs and endurance, but it will not provide adequate core strength.

It is important to actively include core exercises and/or Pilates to help your body even out its strengths.

Bicycling is easy on the body as compared to something like running, but tightness and overuse injuries can develop. As I discussed previously, a bike fit is important to avoid some of these problems.

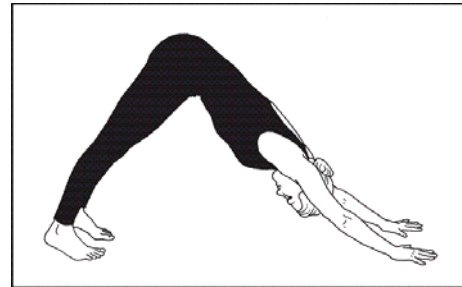
An activity that I have found to be a fantastic complement to cycling is Yoga. Now many of you like me when I first began thought that yoga was for flexible people, mostly for women and were just fancy stretches.

I tell you this is not the case at all. With a power yoga class, one gets to open the super tight hip flexors that got that way from cycling. Yoga opens and balances the muscles, tendons and even the organs, which in turn helps the energy of the body to move freely. There are back bends and releases, core strengthening movements and active lengthening exercises that challenge your fitness and humble you.

By engaging the body in a very methodical way, both the pulling and pushing muscles are strengthened and loosened. This allows more diverse muscle engagement while doing any activity. Back pain has several causes, including weight issues. But for many, improper balancing of the muscle groups forces the body to compensate, putting strain on smaller muscles, eventually causing pain and strain.

A couple of popular examples from Yoga come to mind: downward facing dog and the bridge.

Downward dog creates a V shape with your hands and feet on the floor. It is a core strengthener, an inversion and a back bend. It also stretches your hamstrings without a forceful contraction needed.



The other, the bridge, fires up the back muscles, quads and abs. By firing the lower back, equalization is achieved with the smaller and larger muscles and strength is increased. This is also a back bend the other way.



Breathing and focus are the real secrets of Yoga that add value to your cycling ability. By learning to listen to your body and know it better, you perform better. And breathing into the pain and learning mushia breath, well that will help you stay focused, and provide some more of those important molecules called oxygen.

The greatest gift is a balanced, aligned body with better energy flow, or prana.

At the end of the day it is all about health, and balancing an endurance sport that is very specific with Yoga or Pilates is a smart move!

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/)

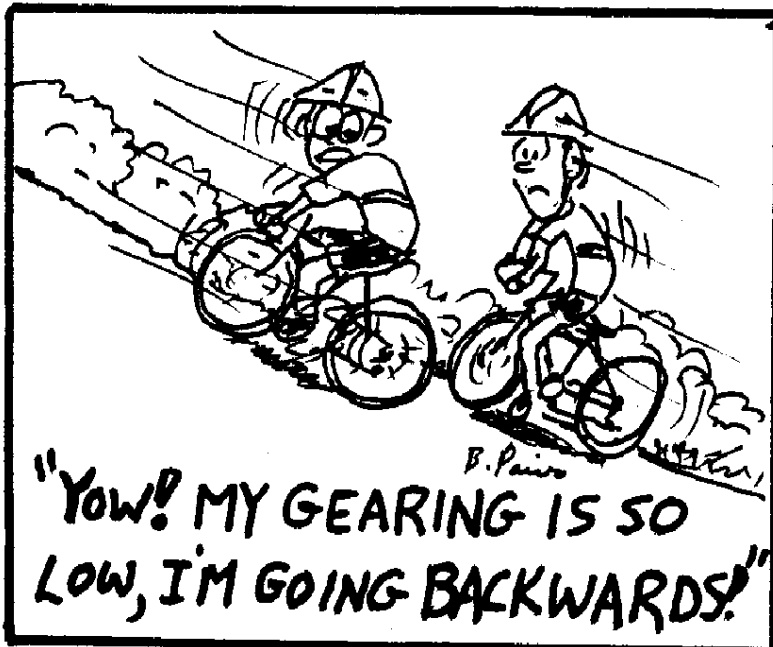
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# WELCOME New Members

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Russ Auclair, Smithfield, RI  
Matt & Kathleen Beede, Portsmouth, RI  
Lisa M. Case, Shannock, RI  
Sherry D. Coelho, Raynham, MA  
Katherine L. Dolan, Larchmont, NY  
James R. Dumont, East Providence, RI  
Michael & Wendy Emma, Bristol, RI  
Patricia N. Emsellem, Newport, RI  
Christine C. Fitzgerald, Warwick, RI  
Frank Frain, Westport, MA  
Anthony M. Fusco, Pawtucket, RI  
Louis A. Gencarelli, Sr., Westerly, RI  
James M. Gordon, Abington, MA  
Theodore Guterman II, East Chatham, NY  
Alan P. Harris, Marion, MA  
Lenore & Scott Henderson, Mattapoisett, MA  
Gary P. Johnson, Mattapoisett, MA

Andrea I. Lamb, Warwick, RI  
Mark C. Manfredi, Providence, RI  
Jennifer Manion, Providence, RI  
Jorge J. Matesanz, Albion, RI  
Glen Moorehead, Warwick, RI  
Robert F. Pierce, Cranston, RI  
Suzanne E. Roberts, Brewer, ME  
Linda Salvatori, Tiverton, RI  
Monica A. Samolis, Warwick, RI  
Martha J. Santini, Wakefield, RI  
Jeffrey Senich, Barrington, RI  
Elizabeth N. Shamer, Saunderson, RI  
James W. Stollenwerck, Westerly, RI  
Quentin Strauss, Cranston, RI  
Charles Swanson & Eck Follen, S Dartmouth, MA  
Philip S. Weinstein, Westwood, MA



### Annual Meeting and Volunteers Dinner

Saturday, Nov 7 2009  
Johnson & Wales Inn,  
Rt. 44, Seekonk, MA

More details in the October issue,  
or contact Don MacManus

### Wheeler Dealer

Classified Ads have moved to the website

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

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### Advocacy

Sue Barker, [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org)

The brochure printed on the next two pages was funded by a grant from the Narragansett Bay Wheelmen, administered by Greenways Alliance of Rhode Island. Copies will be distributed widely in RI to learner drivers and at DMV locations among others. Please feel free to print copies and distribute them as you feel appropriate. A color version is available on our website: [nbwclub.org](http://nbwclub.org)

Brochure on next page .....

## Share the Road with Bicyclists

Under Rhode Island law a bicycle is considered a vehicle with equal rights and responsibilities as cars and other vehicles on the road. When bicyclists or automobile drivers do not understand or obey the law, confusion or accidents can result.

Potholes, puddles, poor road conditions, dogs and other animals, railroad tracks, manhole covers or grates, broken glass and other debris: all these obstacles can seriously hinder bicyclists' safety on the road.

The Greenways Alliance of Rhode Island, Narragansett Bay Wheelmen, Providence Bicycle Coalition, RI Chapter of the Sierra Club, and U.S. Open Cycling Foundation created this brochure to explain what motorists need to know so that everyone can use our roads safely.



**Greenways Alliance of Rhode Island**

[www.rigreenways.org](http://www.rigreenways.org)



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



[www.bikeprovidence.org](http://www.bikeprovidence.org)



**SIERRA CLUB**  
FOUNDED 1892

<http://rhodeisland.sierraclub.org/index.html>



[www.usopencycling.com](http://www.usopencycling.com)

This brochure was published with funds from the NBW/GARI grant program.

Some graphics courtesy of Bicycle Coalition of Maine [www.bikemaine.org](http://www.bikemaine.org)

# Rhode Island Cyclists and Motorists

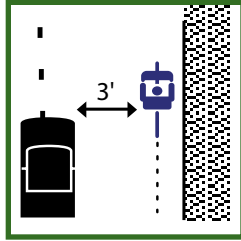


## Let's Share the Road

## Share the Road with Bicyclists

If automobile drivers and bicyclists follow common safety practices and respect the rights of others we can all “Share the Road”

**1•** When passing cyclists leave adequate space and be aware of road surface conditions like potholes, puddles or debris which may force cyclists to move further left than usual.

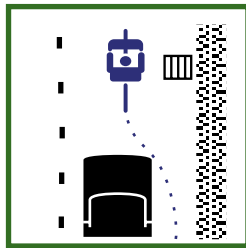


- Don't blast your horn as you approach a cyclist as the loud noise can startle them and cause them to swerve.

- Avoid talking on a cell phone, text messaging, or being otherwise distracted when approaching or passing a bicyclist.

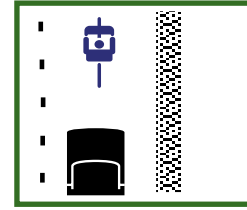
- Avoid driving or swerving into bicycle lanes.

**2•** When approaching or passing a bicycle be prepared to stop suddenly if the person enters the driver's lane.

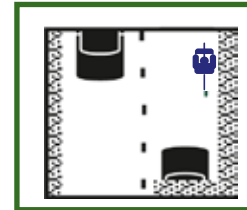


- In bad weather give bicyclists extra trailing and passing room like you would give other motorists.

**3•** When a road is too narrow for cars and bicycles to travel safely side by side, be prepared to slow down or stop when the bicyclist ahead of you “takes the travel lane,” i.e., proceeds in the center of the road.

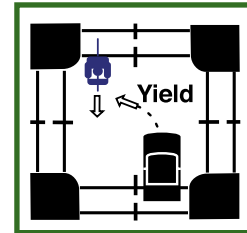


**4•** Do not pass bicyclists if oncoming traffic is near. Wait until there are no oncoming automobiles before you pass.

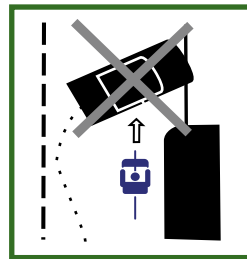


- After you have passed a bicyclist, do not slow down or stop quickly directly in front of them.

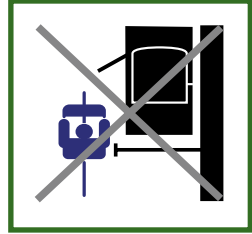
**5•** When turning left at an intersection yield to oncoming bicyclists just as you would to an oncoming motorist.



**6•** Before turning right at an intersection or driveway check for bicyclists on your right or behind you who are continuing straight ahead.



**7•** Look behind you for a cyclist approaching your parked car before you open the door into a traffic lane.



## Watch for Children on Bicycles

Children cannot see things out of the corner of their eyes as well as adults, and cannot judge the speed and distance of oncoming vehicles. They lack a sense of danger and believe adults will look out for them.

**8•** Always reduce speed and use extra caution when children are in the vicinity, particularly in school zones.



- Check for bicyclists in the street or on the sidewalks at intersections.

## Rhode Island law

“Every person operating a bicycle upon a roadway shall ride as near to the right side of the roadway as practicable, exercising due care when passing a standing vehicle or one proceeding in the same direction except where official traffic control devices (signs or pavement markings) specifically direct bicyclists to do otherwise.”

RIGL § 31-19-6 Bicycles to right of road

To learn more about bicycling resources in Rhode Island, visit The Rhode Island Department of Transportation web site: <http://www.dot.ri.gov/bikeri/>



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# The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD, June 2009

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## Frequently Asked Sports Nutrition Questions

Time and again, athletes repeatedly ask questions about sugar, protein, supplements, caffeine, carbs, recovery, and body fat. To address these issues, an international group of sports nutritionists (Professionals in Nutrition & Exercise Science (PINES); [www.sportsoracle.com](http://www.sportsoracle.com)) gathered in Seattle in May. Experts in their fields discussed the latest research and answered commonly asked questions. Perhaps the answers will help you resolve confusing nutrition issues.

### Q. Is pre-exercise sugar harmful to performance?

A. More than 100 studies indicate consuming sugar within the hour pre-exercise does not hurt performance. The vast majority of athletes can enjoy pre-exercise sweets for a quick fix. But some athletes are, indeed, "sugar sensitive" and experience rebound hypoglycemia. They quickly learn—

- 1) to avoid sugar 15 to 45 minutes pre-exercise and instead consume it right before they exercise (the body will not have time to release the insulin that contributes to the "crash") or
- 2) choose pre-exercise foods that do not produce a "sugar high" such as oatmeal or whole grain toast with a little peanut butter.

### Q. How can I gain muscle and lose fat?

A. It's difficult for the body to build muscle and lose fat at the same time. Building muscle requires calories. If you are restricting calories to lose undesired body fat, your body does not have the fuel it needs to create new muscle tissue. Instead, the body breaks down muscle to use for fuel.

A dieting athlete can minimize muscle loss with—

- 1) a small calorie deficit that contributes to slow fat loss.
- 2) an adequate protein intake (i.e., some protein at each meal).
- 3) frequently eaten meals that offer a constant supply of protein and fuel.
- 4) strength training to help protect against muscle loss.

### Q. What should I eat to recover after exercise?

A. After a moderate workout, you need not worry about rapidly refueling because your muscles are not depleted. But if you have done exhaustive exercise, you should plan to replace carbs, water and sodium as soon as tolerable—particularly if you will be exercising again within 6 hours. Adding a little protein to the recovery meal or snack helps repair damaged muscle, reduce soreness, and also enhance glycogen replacement in athletes who neglect to eat enough carbs:

- For a 150-pound athlete, the recommended carb dose for rapid recovery is ~300-calories every 2 hours for 4-6 hours.

- A wise protein target is about 15 to 30 grams protein for a 150-lb athlete, taken right after (and/or during) exercise. (More precisely: 0.5 g carb/lb and 0.1-0.2 g protein/lb) Simple suggestions include 16-ounces of chocolate milk; a handful of pretzels and a yogurt; a meal such as cereal with milk, Carnation Instant Breakfast, or a shake made with milk, powdered milk and a big banana or other fruit.

Timing may be more important than the actual amount of food consumed. Your best bet is to time your meals to your training, so you eat a meal after a hard workout.

### Q. What's best to drink during and after exercise? How much?

A. Beverages that include a little sodium (i.e., sports drinks) enhance fluid retention. Alternatively, pre-exercise, you can consume sodium-containing foods (salted oatmeal, pretzels, broth). How much you need to drink depends on how much sweat you lose. Weigh yourself pre- and post exercise; dropping one pound equates to losing 16 ounces of sweat that needs to be replaced. More simply, you can monitor your urine and drink enough to urinate a pale-colored urine frequently throughout the day. Not urinating for several hours post-exercise is bad: dehydration!

### Q. What should I take to boost my immune system?

A. Moderate exercise actually boosts your immune system; moderate exercisers have no need to take immune-boosting supplements. Hard, exhaustive exercise, in comparison, contributes to inflammation, oxidative stress, and immune dysfunction. But if you are healthy, well fed, and well rested, your immune system can handle the stress. Supplements will not boost your immune function above normal levels.

If you undereat and fail to consume adequate protein or carbs after exercise (as happens with dieters or athletes who are "too busy" to eat), immune response drops. The best supplement to take to counter this response is adequate food—carb-protein combinations, like chocolate milk or a meal.

Quercetin (a bioactive compound found in red apples) is touted to boost the immune system. However, research suggests quercetin works best in "cocktails," the way it naturally come in foods. That is, a quercetin supplement, by itself, is less effective than when quercetin is combined with other bioactive compounds, such as fish oil and green tea extract.

### Q. Should I train on a high fat diet to enhance fat-burning?

A. By burning more fat, athletes are able to burn fewer carbs and thereby spare their limited glycogen stores.

*Continued ...*

Supposedly, this should enhance endurance, given that glycogen depletion is associated with fatigue. Yet, the practice has yet to translate into improved performance. The best way to enhance endurance is to consume carbs during extended exercise.

**Q. Should I train with low glycogen stores, and then compete when carbo-loaded?**

A. While the "train low, compete high" method is an interesting concept, research has yet to prove it will enhance performance. Theoretically, training "low" stimulates physiological adaptations that spare muscle glycogen and allow greater endurance. The problems are 1) athletes are unable to train at a high intensity when their muscles are glycogen depleted, and 2) training with glycogen-depleted muscles increases the risk of injury.

Bottom line: Eat carbs daily for well-fueled muscles that allow you to train hard!

**Q. What dose of caffeine is best to enhance performance?**

A. Although responses to caffeine vary greatly from person to person, a suggested dose equates to a 12-oz. mug of coffee one hour pre-exercise. (More precisely, consume 1.5 mg caffeine per pound of body weight (3 mg/kg)—or about 225 mg for a 150-lb athlete. Higher doses of caffeine offer no performance advantages and

can create the disadvantage of sleep problems that end up hurting performance. Enough is enough; more caffeine is not better!

**Q. Do I need to worry about contamination in commercial sports supplements like protein powders?**

A. Yes! A survey of 634 nutrition supplements indicates about 15% included a banned substance, even though the supplement came from a factory that did not even manufacture banned substances (i.e., steroids, ephedrine). The contaminants make the products "work" (read that "sell better"). The products most likely to be contaminated with illegal compounds include bodybuilding supplements and weight loss products. Buyer beware!

**Q. Where can I find a sports dietitian to help me eat to win?**

A. For a board certified specialist in sports dietetics (CSSD) in the US, use the referral network at [www.SCANDpg.org](http://www.SCANDpg.org). With a personalized eating program that optimizes your fueling practices, you'll gain a winning edge!



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

# 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 \_\_\_\_\_

# Rhody Roundup, July 12 2009

Many thanks to all of you who volunteered to help with this year's Rhody Roundup. We served 186 cyclists this year. Gratefully, you all were generous with your time, skills and good humor. A club event such as this relies totally on its volunteers. We are lucky to have you all.

Also, a big thanks to all participants who came to Jamestown to ride and enjoy the BBQ.

Carleen McOsker



Chefs Ray Foulkes and Liz Masterson



Beavertail Lighthouse



Apres ride

Jamestown and the harbor



Chicken BBQ



Cleanup crew



Chilling the feet after the ride

Photos: Monica Foulkes  
More photos are posted on the NBW website—[nbwclub.org](http://nbwclub.org)  
Click on Photo Gallery



**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.*

NBW Special Events Committee announces  
**The Vermont House Fall Foliage Getaway Weekend**



**Thursday October 8–Monday October 12, 2009**

**Accommodations:**

- Located in the village of Proctorsville, a five minute drive from Ludlow and Okemo Mountain
- Accommodates up to 38 people
- 6 spacious dorm style bedrooms
- 7 independent bathrooms
- Fully equipped kitchen facilities
- Informal dining and living areas complete with wet bar
- Franklin stove
- Color cable television and stereo system
- Workshop space for bicycle repairs
- Secure storage facilities for sports equipment

**Meals:** Family style – with participants sharing in meal preps and clean up

**Location:** Proctorsville, Vermont – approximately 4-hour drive from Providence

**Cost:** \$125 per person (includes 4 nights stay, 4 breakfasts & 3 dinners)

\$50.00 deposit required

Make check payable to: Narragansett Bay Wheelmen (NBW)

Mail check to: Donald Paiva, 81 Harris Street, Riverside, RI 02915

For more information contact Don Paiva at [donpaiva53@cox.net](mailto:donpaiva53@cox.net), or 401-433-3463

**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                              2)  New    3)  One year (\$15 individual or \$25 family)
- Family     Renewal     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

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# From the Touring Committee

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

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**W**e are deep into summer and if the rain has stopped I hope that you are enjoying it. I hope that everyone feels good about the incredible power that has developed in your legs. It is time to get ready for the TFCE (NBW's Flattest Century in the East, Sep 13). Don't forget to take advantage of our many weeknight rides. They are a good source for extra training.

It is time again for me to make my pitch to you to consider volunteering. This club can only thrive on the energy of a large group of volunteers. Get in gear, volunteer! Hope you have a great rest of summer.

### Thanks to our most recent **ARROWERS**:

6/7	Cumberland 50	Rod & Sue Breault
6/14	New Bedford-Plymouth	Gil Peel, Mike Miller
6/21	Major Taylor Tribute	Jim Berry
6/28	Tom & Pat's Half Cent.	Jan Harbutiak
7/5	Tiverton 50	John Nery
7/12	Rhody Roundup	Carleen McOsker & Sue Barker
7/19	Tri State Century	Jim Dumont & Brian Lorber
7/26	Joe Medeiros Ride	Mike Miller

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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## News — bike paths and bridge access

from RI Dept of Transportation, [www.dot.state.ri.us/bikeri/](http://www.dot.state.ri.us/bikeri/) and also Providence Bike Coalition, [bikeprovidence.org](http://bikeprovidence.org)

### Quonset Shared Use Bike Path:

The new 2.5 mile Bike Path was formally opened on July 17, 2009, providing for unprecedented access from Post Road in North Kingstown to the Calf Pasture Point nature preserve. The new path, for the first time, creates access for bikers and pedestrians to the pristine waterfront preserve.

### East Bay Bike Path:

RIDOT has started a maintenance project to bring a much smoother riding surface to the 14.5-mile East Bay Bike Path. The work will take place in various locations through the summer months. Cyclists along the path from Providence to Bristol already may have encountered construction work on the path.

The project will involve repairs at various locations, but the bulk of the work will take place in the Warren-Barrington area. This includes the placement of new

decking on the bike path bridges that pass over the Barrington and Warren rivers.

The path will remain open throughout the project, although temporary closures may be needed due to construction – especially during weekdays. Cyclists and other path users are urged to exercise caution when using the path during this project.



### Washington Bridge Bike Path (I-195):

The path was reopened in May, temporarily, until construction begins on the new Linear Pedestrian and Bicycle Park on part of the old Washington Bridge (the future George Redman Park).

### Henderson Bridge:

As construction proceeds, changes to bike access are announced, with maps, at

[www.dot.state.ri.us/bikeri/](http://www.dot.state.ri.us/bikeri/)

Also, monitor reports on the Providence Bike Coalition website: [bikeprovidence.org](http://bikeprovidence.org)

## NBW RIDE SCHEDULE

Last minute changes are announced via our website - [nbwclub.org](http://nbwclub.org) - and our email list - <http://groups.yahoo.com/group/nbwclub/>. Informal mid-week rides are also organized via the email list. In case of rain on Sundays, "show'n go" start (no starter, no maps) at 2 PM. "Show'n Go" ride repeats the following Saturday at the same time as first scheduled.

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**August 2, 2009**

**Providence Bicycle Ride**

10/35/57 miles

**Sunday**

10:00 AM

Map No. 32

Arrower:

*Route*

Providence-Smithfield-Glocester-N Scituate-Greenville

*Directions*

Start at Providence Bicycle, 725 Branch Ave, Providence. From I-95 South: Take Exit 24 (Branch Ave). Turn right onto Branch Ave. Providence Bicycle is 1 mile down Branch Ave. From I-95 North: Take 146 North to Branch Ave exit, turn left onto Branch Ave.

Providence Bicycle is on the right, in a red brick converted mill, directly across the street from Dunkin Donuts. Don't park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot. Overflow parking in the shopping center on the other side of Branch Ave, next to Rt 146 exits.

*Drive Time*

10 minutes from Providence

*Description*

This ride is sponsored by Providence Bicycle and was designed by Bart Craig. The ride soon leaves the city behind, heading north west for a challenging loop of 57 miles, through Lincoln, Greenville, and North Scituate, crossing the Scituate Reservoir before heading back through Greenville to North Providence. 10 milers ride as far north as Lincoln before returning through North Providence. 35 milers also have an easier ride, turning south in Smithfield towards Greenville. One of our favorite riding areas, with a new look! Providence Bicycle invite riders to stop by the shop after the ride for drinks and nibbles, and to check out their latest gear.

---

**August 3, 2009**

**\*\*Martha's Vineyard Ride**

30/60 miles

**Monday**

9:30 AM

Map No.

Arrower: Org: Dave Hebert

*Route*

*Directions*

Organizer Dave Hebert plans to take the 9:30 AM high speed ferry from New Bedford to Oak Bluffs, returning on the 8 PM ferry. Reservations recommended (add bike at reservation). See [www.newenglandfastferry.com](http://www.newenglandfastferry.com)

*Drive Time*

*Description*

SPECIAL EVENT: Our annual tour around the island of Martha's Vineyard. Note that this year the ride will NOT be on VJ Day. Rides are not arrowed but Dave will provide maps. Riders can also devise their own rides. Long ride usually circles the island, arriving back at Oak Bluffs in time to eat before catching the return ferry. Expect some hills in the middle of the island and sandy patches; we ride roads and some (narrow) bike paths. Contact: Dave Hebert, tel 401-641-6443

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**August 9, 2009**

**♥ Seekonk Southern Ride**

15/28/50 miles

**Sunday**

10:00 AM

Map No. 89

Arrower: Don Chiavaroli

*Route*

Seekonk, Rehoboth, Somerset

*Directions*

Start at Seekonk High School on Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.

*Drive Time*

10 minutes

*Description*

This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob Paiva .



---

**August 16, 2009****Century of the Century**

18/35/55/75/100

**Sunday** 8:00 AM *Map No.* 41 *Arrower:* D. Paiva/N. Clavet*Route* Kingston, Mystic, Hopeville, Sterling*Directions* URI, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick building to the parking lot by the soccer fields.*Drive Time* 40 minutes from Providence*Description* This ride gets its name from the League of American Bicyclists' centennial celebration held at URI in 1980. The century ride is very challenging but is well worth the effort, because it is a scenic, classic tour containing all types of terrain.100 mile riders start at 8:00 am, others at 10:00 am.

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**August 23, 2009****Putnam Ride**

15/32/66 miles

**Sunday** 10:00 AM *Map No.* 79 *Arrower:* Paul Rider*Route* Putnam, Woodstock, Staffordville, MA, Pomfret*Directions* Start at Riverside Commons plaza, Kennedy Dr, Putnam, CT. Take Rt. 44 W into CT. About 6 miles after state line, go into Putnam Ctr, down hill to traffic light before the river, turn right on Kennedy Dr. Plaza is 0.2 miles on right.*Drive Time* 50 minutes from Providence*Description* A challenging, but beautiful ride, mostly in northeast CT. The long ride climbs to the Hamilton Reservoir in MA, heads west to the Staffordville Reservoir, returning by Ragged Hill and Bald Hill. Carry ample food/water - few stores on the route.

---

**August 30, 2009****Cranberry Metric**

17/35/62 miles

**Sunday** 10:00 AM *Map No.* 81 *Arrower:**Route* Lakeville, Assawompsett, Middleboro, Bridgewater*Directions* Start at the Staples plaza on Route 44 in Raynham, MA, near the junction of Routes 44 and 24. Park away from stores.*Drive Time* 25 minutes from Providence*Description* Enjoy this spectacular and relatively flat ride originated by Judy Northrup. Scenic country roads, ponds, and cranberry bogs abound throughout the ride.

---

**September 6, 2009****Hope Valley "Extra" Ride**

18/29/42/58/70

**Sunday** 10:00 AM *Map No.* 156 *Arrower:* Tina Williams*Route* Hope Valley-Charlestown-Richmond*Directions* Start at Richmond Plaza former Victory Cycles location, Rt 138, Wyoming (Hope Valley), RI. Take I-95 South to Exit 3-B West onto route 138 West; the plaza is about one quarter mile on the right.*Drive Time* 40 minutes from Providence*Description* This popular ride was created by Tina Williams to include many of our favorite roads in this area. The basic ride is a scenic 18 mile loop, with the possibility of taking 3 extra loops. Choose 1, 2 or all 3 loops. Loop #3's return along Rt. 3 is one of RI's best downhills. If you're looking for a challenge, take the "Hero" loop with an extra 11 mile hilly section up and over Mt. Tom, to get your mileage to 70.

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**September 7, 2009**

**\*Labor Day Show'n Go**

**Monday** 10:00 AM *Map No. 89* *Arrower:*

*Route*

*Directions*

*Drive Time*

*Description* Repeat Seekonk Southern ride (map #89). Follow arrows from Aug 9.

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**September 13, 2009**

**\*\*TFCE**

**Sunday** *Map No.* *Arrower:*

*Route*

*Directions*

*Drive Time*

*Description* This annual ride is for PRE-REGISTERED riders only.

---

**September 20, 2009**

**♥ Mattapoisett Ride**

15/30/50 miles

**Sunday** 10:00 AM *Map No. 52* *Arrower:*

*Route* Mattapoisett, Rochester

*Directions* Start at the Commuters' Parking Lot off I-195 at the Mattapoisett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. **IMPORTANT:** We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, do NOT park on street or sidewalks and do NOT park in the coffee shop across the street from the commuter lot - please use the industrial park just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right).

*Drive Time* 40 minutes

*Description* This easy ride travels past Mattapoisett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars.

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**September 27, 2009**

**Norwich Metric**

30/44/60/63 miles

**Sunday** 10:00 AM *Map No. 69* *Arrower:*

*Route* Norwich, East Haddam CT

*Directions* WAL-MART, Rt. 82, Norwich CT. We have approval from Wal-Mart provided we park up by the road (Rt. 82) Directions: From Providence, take I-95 South to Rt 102 South exit. Then take Rt 3 South to Rt 165 West to join Rt 138 West. Stay on Rt 138 West to I-395 South for about 11 miles to Exit 80. Head West on Rt. 82 for approx. 1/2 mile; turn left into Wal-Mart and first left into the parking area near the road.

*Drive Time* 60 minutes from Providence

*Description* This hilly ride offers some beautiful scenery as it meanders along narrow roads lined with stone walls, large trees and historic colonial homes. Some of the descents will be blazingly fast -- USE CAUTION ON THESE DESCENTS!. The 60 mile ride offers an option of taking a ferry across the Connecticut River that adds about 3 miles, or visiting Gillette Castle. The 45 and 60 mile routes travel through Devil's Hopyard State Park with a view of a beautiful waterfall. Thanks to Gil Peel and Mike Miller for scouting and updating this very old NBW ride -- and adding the shorter loops.

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**October 4, 2009**

**Fall Foliage Tour**

20/40/64 miles

**Sunday**      10:00 AM      Map No. 74      Arrower: Pete and Paula Bissell

*Route*      Gloucester, Hampton, Eastford, Putnam

*Directions:*      Start at Ponagansett High School, Anan Wade Rd, Gloucester, RI. Take Rt. 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (which is on the left at the lights). At the fork where Rt. 6 splits from Rt. 101, stay to the right on Rt. 101. Turn right on Anan Wade Rd, two miles past the junction of Rts. 101 and 102. School is one mile on the left.

*Drive Time:*      35 minutes from Providence.

*Description:*      Fall in Connecticut. One of our prettiest fall rides, on lovely quiet back roads. There are ridges, some climbs and fast downhill.

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♥ Beginners will love these rides.

\* Holiday Show'n Go

\*\* Special Event

**Calendar—Other Rides and Charity Events**

Check the Events page at [nbwclub.org](http://nbwclub.org) for latest updates and full list

**July 31, Aug 1 & 2, 2009 - League of American Bicyclists (LAB) National Rally of Cyclists.** Winona, Minnesota. See LAB website: [www.bikeleague.org](http://www.bikeleague.org)

**Aug 2, 2009 - 6th annual Tour of the Litchfield Hills.** Start Coe Park, Rt 202, Torrington, CT. 12, 30, 50, 75 and 100 mile rides on the scenic, though hilly, roads of Litchfield County, to benefit the Center for Cancer Care Fund, Inc. Walking routes also available. \$35 registration includes t-shirt and free picnic at the end. For information, see [www.tourofthelitchfieldhills.com](http://www.tourofthelitchfieldhills.com) - online registration is at [www.bikereg.com](http://www.bikereg.com)

**Aug 8, 2009 - Cycling for Cancer Cure.** The Deary Memorial Cancer Fund, Day Kimball Hospital, Putnam, CT. 27 miles around the city of Putnam, CT, on some of the most scenic roads in northeastern CT. Also 4 mile children's fun/safety education ride. 9:15 AM start, but come early. Start and finish at JD Coopers Restaurant, Putnam. \$15 entry fee/\$20 day of event, or pledges of \$50 to get free registration. See [www.daykimball.org/philanthropy/events](http://www.daykimball.org/philanthropy/events) or call 860-928-7141 for details.

**Aug 9, 2009 - Larz Anderson Bicycle Show & Swap Meet.** Larz Anderson Museum of Transportation, 15 Newton St, Brookline, MA. Sign up for swap meet at 8:00 AM, bicycle concourse sign up at 9:00 AM. Show time from 10:00 AM to 2:00 PM. Details: [www.oldroads.com](http://www.oldroads.com)

**Aug 29, 2009 - JDRF Ride to Cure Diabetes.** Killington VT. 30, 60, 100 mile rides along the Mad River on a relatively flat course, to support the Juvenile Diabetes Research Foundation. Fundraising also includes accommodations and meals at Killington resort for the 4 day event Aug 27-30. Details: [ride.jdrf.org](http://ride.jdrf.org)

**Aug 30, 2009 - Ride 'Round Rhody.** Ride from Providence to NW Rhode Island to raise \$\$ for cancer patients at Hasbro Children's Hospital, Rhode Island Hospital, Miriam Hospital and Newport Hospital. Organized by LIFEcycle. For more details see [www.lifecycleinc.org](http://www.lifecycleinc.org)

**Sep 13, 2009 - 2nd Annual Frank's Ride.** 25.5 mile ride in memory of Frank Cabral, killed by a motorist on Rt.1 in Charleston, RI. Start at Matanuck Beach School (?Warwick?) \$25 registration fee covers t-shirt, hamburgers/hot dogs and drinks. Registration by August 25 to Lori DiBiasio, 90 Sheffield St, Warwick, RI 02889. Questions: 401-738-7809

**Sep 26, 2009 - 15th Annual Escape New York.** Organized by New York Cycle Club. 50, 65, 100 mile rides out of Manhattan across the Hudson River, Palisades, Geo Washington Bridge through Bergen and Rockland counties. Profits to Recycle a Bicycle and Transportation Alternatives. Food, raffle w/great prizes. Details: [www.nycc.org/eny/](http://www.nycc.org/eny/)

**Oct 2-4, 2009 - American Lung Association's 25th Annual Autumn Escape Bike Trek.** 3-day, 160 mile at-your-own-pace tour along Cape Cod, MA (2-day 105 mile option available). From Plymouth to Provincetown, MA. Weekend of beautiful scenery, entertainment and support. Ride rain or shine, overnight accommodations, medical and mechanical support, rest stops provided. See [www.biketreknewengland.com](http://www.biketreknewengland.com)

**Oct 3, 2009 - 1st Annual Miles for Megan Bike Ride.** 12.5, 25 and 50 mile rides, starting at Town Farm Recreation, Main Rd, Tiverton RI. Easy riding through the Tiverton and Little Compton area. Barbecue on return. To benefit the Megan L. Cordeiro Memorial Foundation. 11 yr old Megan died from acute myelogenous leukemia in 2008. Details and registration: [www.milesformegan.com](http://www.milesformegan.com)

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### **Deadline for the next issue is September 5**

Mailing label is your valid membership card; includes your number and expiration date  
Is your membership about to expire?

### **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, please note that I will post the file in the Members' section of our website. It is much 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 (Feb, Apr, Jun, Aug, Oct, Dec). I'll send an alert when it's posted to the NBW email list, [groups.yahoo.com/group/nbwclub/](http://groups.yahoo.com/group/nbwclub/).

Members will need the username and password to access the Members' section of [nbwclub.org](http://nbwclub.org). To avoid confusion, what with early TFCE registration and now the newsletter access producing more traffic, I've left 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*. Future changes—and they will change soon—will, as usual, be announced prominently in the newsletter and there will be a change-over month during which both old and new passwords will work. But members are responsible for keeping an eye out for future changes; I'll also send an alert to the email list when passwords change.

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

Although only a few members have so far taken advantage of this new service, I'm hoping that more members will do so in future. Let me know if you have problems.

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