

The Spoke'n Word

Volume 39, Number 5

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

October/November/December 2009

nbwclub.org



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Change to Spoke'n Word publication schedule

This issue covers 3 months—October, November and December. The next issue will reach you in January, and will also cover 3 months—January, February and March. Then the normal bi-monthly schedule will resume with the April issue. See details on page 3.

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
www.bikeworksma.com

BRUMBLE BIKES

49 Beach St
Westerly, RI 02891
401-315-0230
www.brumblebikes.com

CASTER'S

3480 Post Rd
Warwick, RI 02889
401-739-0393

EAST PROVIDENCE CYCLE

414 Warren Ave
East Providence, RI 02914
401-438-2453
www.EastProvidenceCycle.com

EPICYCLE

345 E Washington St
No Attleboro, MA 02761
508-643-BIKE

GREENWAY CYCLES INC.

579 Washington St
Coventry, RI 02816
401-822-2080

NARRAGANSETT BIKES INC.

1153 Boston Neck Rd
Narragansett, RI 02882
401-782-4444

NEWPORT BICYCLE

162 Broadway St
Newport, RI 02840
401-846-0773

PEDAL POWER BICYCLE SHOP

879 West Main Rd
Middletown, RI 02842
401-846-7525
www.pedalpowerri.com

PROVIDENCE CYCLE

725 Branch Ave
Providence, RI 02903
401-331-6610

SCOTTEE'S WESTPORT BICYCLE

1125 State Rd
Westport, MA 02790
508-636-RIDE (7433)

SIROIS BICYCLE SHOP

893 Landry Ave
No Attleboro, MA 02760
508-695-6303

W. E. STEDMAN CO.

196 Main St
Wakefield, RI 02880
401-789-8664
westedman.com

TEN SPEED SPOKES

18 Elm St
Newport, RI 02840
401-847-5609

THE BIKE SHOP @ THE SKI HOUSE

1241 Wilbur Ave, Rt 103
Somerset, MA 02725
508-673-3354
theskihouse.com

THE HUB

181 Brook St
Providence, RI 02906
401-383-9934
www.thehubprovidence.com

TRAVIS CYCLE INC.

1 Oak St
Taunton, MA 02780
508-822-0396

UNION CYCLE

77 Pleasant St
Attleboro, MA 02703
508-226-4726

VICTORY CYCLES

155 Black Plain Rd **NEW ADDRESS!**
Exeter, RI 02822
401-539-7540

VILLAGE BICYCLE

678 Main Rd
Westport, MA 02790
508-636-0525
www.villagebicycle.com

RAY WILLIS BIKES

53 Railroad Ave
Westerly, RI 02891
401-596-1045

YESTER'YEAR CYCLERY

330 Hathaway Rd
New Bedford, MA 02746
508-993-2525

YOUR BIKE SHOP

459 Willett Ave
Riverside, RI 02915
401-433-4491

51 Cole St

Warren, RI 02885
401-245-9755



MOVING?

If you're planning to move, please let us know. The US Post Office will not forward your newsletter to you. Email your new address to our Membership Chair, Ted Schwartz at:

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 in January, April, June, August, and October each year. Contributions must be received by the 5th of the month before the month of issue and will become the property of the newsletter. Submissions may be edited as deemed appropriate by the editor, Monica Foulkes
email: editor@nbwclub.org

*** MEMBERS PASSWORD CHANGE ***

NBW website: nbwclub.org
Members' page access (case-sensitive):
User name: spring2010_mem
Password: Cross2ed

NBW email discussion list:
<http://groups.yahoo.com/group/nbwclub/>

Cover: Riders stop in Adamsville to consult map on the Sep 7 TFCE Volunteers Ride.
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. 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!

President's Message

The weather indicates it is finally summer, but the calendar says it is September 4. This is the long weekend that marks the end of the hot summer, the one we didn't have. School has either started or will be starting next week and that means that I have to get back to work too. Now instead of making a riding schedule that follows the rain, I will have to make one that follows my students. I guess I will enjoy the lazy last weekend with some quiet and solitude until the grandkids come on Sunday. (That is because my bike is in the shop.)

As many of you know, I am not running for president of the NBW this year. I believe that no one should stay in a position for too long. Comfort and routine tend to take the place of motivation and energy when one occupies a place for a length of time. My two years as president have given me opportunities to meet many NBW members, most offering their assistance, advice and best of all time, confirming my opinion that this is one great organization. Without all the help, these last two years would have been difficult at best.

My heartfelt thanks goes out to the executive board members **Carleen McOsker**, *vice-president*; **Don Paiva**, *secretary*; and **Lisa Stein**, *treasurer*; to board members **Sue Barker**, **Larry Shwartz**, **Ted Shwartz**, **Liz Masterson**, **Ray Foulkes**, **Paul Martens**, **Gil Peel**; and to *Spoke'n Word* editor **Monica Foulkes**; Interstate Liaison **Bob Melucci**; Paint Coordinator **Jim Berry**; Ride Starters **Raul Silvia**, **Jack Williamson**, **Gretchen Chipperini**, and **Rod Breault**; Ride Liaison with Police **Don Chiavaroli**, NBW merchandise sales **Bev Thomas**; Social Tent Hostess **Sue Chiavaroli**; and a special thanks to **Bill Gajda** who carried the equipment, cooked the hot dogs, cleaned the grill and whatever messy, mundane job that needed to be done.

The executive board is going to have three new members, as Carleen and Lisa are also stepping down. This provides an incredible chance for you to help steer the Narragansett Bay Wheelmen. If you would like to be considered as a candidate during the annual meeting on November 7, you can contact me, Carleen, Don, or Lisa. So far we have **Todd Wise**, **Norm LaBrie**, and **Liz Masterson** who have put their names on the ballot.

Sue Barker has stepped down as advocacy chair; welcome to **Matt Moritz** who has agreed to fill the post.

Thanks to our arrowers for the summer: **John Nery**, **Carleen McOsker**, **Sue Barker**, **Jim Berry**, **Bryan Lorber**, **Jim Dumont**, **Mike Miller**, **Dianne Robillard**, **Providence Bicycle crew**, **Don Chiavaroli**, **Don Paiva**, **Norm Clavet**, **John Satterlee**, **Paul Rider**, **Scott McNeilly**, and **Gil Peel**. Your work and attention to detail made our Sunday rides effortless and fun!

Thanks also to the people who made our post-ride social tent a success – **Sue Chiavaroli**, **Bill Gajda**, **Don MacManus**, **Sandy McImail**, and new member **Roger** (sorry, I don't know your last name).

The TFCE was another success thanks to our co-chairs **Larry Shwartz** and **Don Paiva**. (Well anyway, I hope it was a success because I am writing this prior to the event. I am praying to the rain and hurricane gods to behave themselves on September 13.) Thanks to all the volunteers. Don has posted a list in this issue.

Sue Barker is arranging to have a RoadBike II course this fall. More information is available in this issue.

You will see a change in the publication of the *The Spoke'n Word*. The board has agreed to drop one issue during the winter months because our rides repeat during January and February. You can read more about the upcoming changes in this and the next issue.

I hope to see all of you at the annual meeting and volunteers' dinner on November 7 at Johnson & Wales Inn in Seekonk. **Don MacManus** will be our host for the evening. If you would like to help, contact Don or me.

Thank you for the opportunity to serve you during the past two years. It has been a wonderful experience!

Janice

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

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**

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

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 forty years 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.

Treasurer: Norman LaBrie

I am fifty-seven years old, married, have four children and five grandchildren. I have been a member of NBW for about five 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.

Secretary: Don Paiva

NBW Secretary 2007 to present. NBW member since 1984. TFCE co-Chair (six years) and TFCE Volunteer Coordinator (twenty-one years). Special Events Chairman (three years). Civil Engineering degree from URI. Retired from Barker Steel (Senior Estimator). Bucket List Wish is to ride in all fifty states (have thirty-one to date).

Married to Louise (forty years in August). One son, one daughter, four grandchildren. High School basketball and volleyball referee.

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
Arrows/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
NBW merchandise sales: Bev Thomas, sales@nbwclub.org
Social events organizers: OPEN
Interstate liaison: Bob Melucci, interstate@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva
Super Cycle Shops Coordinator: OPEN



From the webmaster

Password Change

Not before time, the members' username and password have changed.

Remember to type exactly—they're case sensitive!

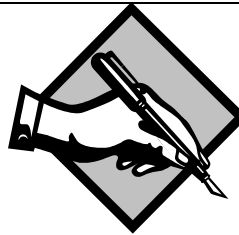
Username: spring2010_mem
Password: Cross2ed

The old username/password will work for a while to give you time to get used to the change.

By the time the next issue of *The Spoke'n Word* is published in January you will need the new username/password to access this newsletter online.

Our website ... nbwclub.org ... is the place to go for:

- * most up-to-date ride schedules and maps
- * late-breaking news/alerts
- * photos of club rides
- * newsletter online, plus archives
- * membership application form
- * special events and charity rides in the area
- * classified ads



From the editor ...

Publication Change

The Board of Directors have decided to eliminate one issue per year of this newsletter.

This issue covers three months—October, November and December. Your next issue will be published in January and will cover January, February and March.

New publication schedule of five issues per year:

January	(deadline for items, Dec 5)
April	(deadline for items, Mar 5)
June	(deadline for items, May 5)
August	(deadline for items, Jul 5)
October	(deadline for items, Sep 5)

*Narragansett Bay Wheelmen
Annual Meeting & Volunteers' Dinner
Election of Officers*

*Saturday, November 7, 2009
Johnson & Wales Inn, Route 44, Seekonk, Mass*

*6:00 PM Happy Hour
6:45-7:15 PM Election of Officers/Meeting*
7:30 PM Dinner
8:45 PM Program*

*All volunteers will receive an invitation ... Confirm by email to **NBWBanquet@aol.com**
If you volunteered this year but did not receive an invitation,
please contact Donald MacManus at the above email address.*

*Guests are \$20 ... make checks payable to "NBW" and mail by October 25 to
Donald MacManus, 126 Newman Ave, Seekonk, MA 02771*

**All current NBW members are invited to the meeting part of the evening*

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) <input type="checkbox"/> Individual | 2) <input type="checkbox"/> New | 3) <input type="checkbox"/> One year (\$15 individual or \$25 family) |
| <input type="checkbox"/> Family | <input type="checkbox"/> Renewal | <input type="checkbox"/> 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

East Providence Cycle presents



PARK TOOL BICYCLE REPAIR CLASSES

Sign Up now for one of our classes!

The "W.H.A.T." BASIC CLASS

Exclusively at East Providence Cycle!

W.H.A.T.™ means "We Have A Tip" to teach you so you will have the confidence that, if you have a mechanical problem, you'll be able to ride your bike back to your car or home without using your cell phone to call for help!

It's a fun and fast moving 3 hours. We recommend this course for every rider, whether a novice or veteran, who wants to become more self-sufficient and self-confident when they go cycling. We believe that students who complete this course will enjoy their cycling experience more (and probably ride more, too!)

The Basic Class assumes no prior mechanical experience.

All classes will be held at our newly remodeled Education and Training Center:

**111 Crescent View Avenue
Riverside, RI 02915**

(adjacent to the East Bay Bike Path, near the Crescent Park Carousel)

For more information, including dates and times, visit: EastProvidenceCycle.com or call us at 434-3838.

INTERMEDIATE CLASS

Our Intermediate Class is designed for cyclists who enjoy spending time maintaining or repairing their bike as well as riding it. The class consists of 2 three-hour-sessions and covers maintenance and repair in significantly greater depth than the Basic "W.H.A.T." Class.

The goal of the Intermediate Class is to provide students with the knowledge to perform a basic tune-up on their bicycle. It covers the following topics:

- Spoke replacement
- Wheel truing
- Chain repair
- Derailleur and brake adjustment
- Cable replacement
- and more...

During the first 3-hour session, students learn on shop bicycles. After applying what they have learned to their bicycles at home, students bring their bicycles to the second session for an evaluation and perform an actual "tune-up."



414 Warren Avenue East Providence, RI 401-434-3838

www.EastProvidenceCycle.com

Announcing East Providence Cycle's 2010 Lecture Series

Improve your knowledge of cycling by attending our FREE lecture series. These 2-hour sessions will include presentations on both product technology and competitive cycling techniques.

Listen, learn and ask questions of product managers and factory experts from:

- Bontrager
- SRAM
- Shimano
- Giant
- Trek
- Specialized

Learn about bike racing and triathlons from actual coaches and competitors.

All classes will be held at our newly remodeled Education and Training Center, 111 Crescent View Ave. Riverside, RI 02915

Log onto our website for specific topics, dates and times or call us at 401-434-3838 for more information.



414 Warren Avenue East Providence, RI 401-434-3838

www.EastProvidenceCycle.com



**Saturday and Sunday, October 10 & 11, 2009 - Interbike Festival open to the general public
(new for 2009)
Roger Williams Park, Providence, RI**

Local riders ... here's interesting news. We've heard that you have the rare chance of public access to the last two days of the East Coast version of the world-famous Interbike Festival, a trade-only show held annually in Las Vegas (that has NO consumer days). Held in Roger Williams Park, south of Providence, this is a chance to see and try the very latest bikes and gear from the major retailers.

As we went to print there weren't many details available on their website, but you should check out the Interbike website—www.interbike.com—closer to the date, or contact East Providence Cycle—www.EastProvidenceCycle.com—to find out more. Rob Foulkes of EP Cycle, a great supporter of NBW activities, tells us that these two consumer-access days may be called the "Bike Demo" and will be a rare chance to see preproduction and latest gear from 40-50 major bike manufacturers. Test the latest and talk to the reps. There are also plans for a cyclo-cross race

(evokes memories of the exciting US Open Cyclo-Cross Championships that were held in Roger Williams Park a few years ago).

So, mark the dates and keep watching the Interbike website or EP Cycle for up-to-date local information.

Here's the current blurb from the Interbike website as we went to print:

"New for 2009, we will be partnering with local race promoters GSD to hold two days of the expo that will be open to the general public following the trade-only days of the Outdoor Demo. Interbike and the industry are excited to welcome the region's cycling community to join in the fun to stoke and encourage their passion for cycling by getting a glimpse at the latest gear that they will be buying from retailers beginning the fall. GSD will also be bringing top-notch cross racing action to the weekend's festivities with the Providence Cyclocross Festival."

WELCOME

New Members

Gary W. Archer, Rehoboth, MA
Joyce S. Babbins, Westerly, RI
Terry & Danna Brackenbury, Cranston, RI
Dennis M. Cody, Lakeville, MA
Stephen M. Cohan, Barrington, RI
Maureen M. Dunn, Smithfield, RI
Michael & Patricia Fontanrosa, Eastham, MA
Ronald, Jeffrey, Dale & Jennifer Francis, Raynham, MA
Kelley Lee Hannon, New Bedford, MA
Jakub D. Kucharzyk, Pawtucket, RI
Raymond Laguerre, Attleboro, MA
James F. Malone, North Smithfield, RI

James Mangrum & Laura McPeake, Providence, RI
Daniel J. Martin, Norton, MA
Yvette O. Nguyen, Bolton, MA
Emily M. Paul, Boston, MA
David & Laura Pedrick, Newport, RI
Nancy D. Perlman, Canton, MA
Michelle Ristuccia-Mattos & Jeffrey Mattos, Bristol, RI
Robert A. Rood, Bellingham, MA
Josh Rosenthal, Rehoboth, MA
Deanna Rossi & Johann Sweitzer, Narragansett, RI
Joseph M. Sherlock, Providence, RI

TFCE 2009—Volunteers at work

Once again it was raining as the volunteers made about 3,000 PB&J sandwiches the day before. And once again we got lucky, and by 8 AM on TFCE morning the roads were drying and the sun broke through as the morning wore on. Because of the early morning rain riders set off a bit later than usual and more spread out, which helped the parking and registration crews.

Photos: Rick Schwartz, Monica Foulkes, Louise Paiva, Matt Hopkins. Many more TFCE photos are posted on our website—nbwclub.org.



2009 TFCE Volunteers

COMMITTEE

Larry Shwartz & Donald Paiva, *Co-chairpersons*

Louise Paiva, *Hixville checkpoint*
Carleen McOsker, *Adamsville checkpoint*
Jack Williamson, *on-line registration*
Janice Velozo, *T-shirts & magnets*
Bill Gajda, *parking*
Donald Paiva, *volunteers*
Rob Price, *SAGs*
Donald MacManus, *SAGs*
Rick Schwartz, *field consultant*
Ted Shwartz, *Tiverton checkpoint/mapping*

VOLUNTEERS

PB&J Sandwich Makers

Larry Shwartz, *host home*
Ray Foulkes, *bagging instructor*
Monica Foulkes
Louise Shwartz
Donald Paiva
Louise Paiva
Melissa Paiva-Haworth
Cheryl Dodd
Ron Doane
David Carroll
Bob Paiva
Ray Naughton
Janice Velozo
Raul Silvia
Laura Silvia
Susan Roberts
Jan Harbutiak
Heide Hallemeier
Jurgen Hallemeier
Norm Clavet
Rod Breault
Sue Breault
Lee Sproul
Norm LaBrie
Daniel LaBrie
Todd Wise
Michele Wise
Gabrielle Wise
Sue Barker
Paula Bissell
Pete Bissell

Sondra Spencer
Carleen McOsker
Ted Shwartz
Andy Arkway
Jeanne Petrarca
Bill McGrane

Registration

Jack Williamson, *coordinator*
Janice Velozo
John Ho
David Reynolds
Heide Hallemeier
Jurgen Hallemeier
Matt Moritz
Sue Roberts
Jeanne Petrarca
Sue Barker
Ellen LaFazia
Gayle Raposa
Margaret Cornell
Sue McMillen

T-shirt Distribution/PM Check-in/Sales

Mike Klek
Dave Reynolds
Jeanne Petrarca
Sue Roberts
Jack Williamson
Mike Vigorito
Paula Bissell
Pete Bissell
Sue Barker
Bev Thomas
Don Paiva

Parking

Bill Gajda, *captain*
Lee Sproul
Raul Silvia
Mike Klek
Norm Clavet
Ray Foulkes
Mike Vigorito
Andy Arkway
John Swyers
Bob Paiva
Bill McGrane
Patricia Lang
Keith Enos
Cheryl Dodd
Craig Mace

Tiverton Checkpoint

Ted Shwartz, *captain*
Sam Shwartz
John Nery
Pauline Nery
Ray Naughton
Ron Doane
Sharon Luoma
Doug Luoma

Adamsville Checkpoint

Carleen McOsker, *captain*
Louise Shwartz
David Carroll
Larry Rollins
Sue Rollins
Mary McCauley
Sue Breault
Rod Breault
Jeffrey Rizzolo
Matt Moritz
Bob Paiva
Heide Hallemeier
Ellen LaFazia
Craig Mace
Lydia MacManus
Todd Wise
John Swyers
Gabrielle Wise

Hixville Checkpoint

Louise Paiva, *captain*
John Darcy, *truck*
Linda Pietras
Sue Chiavaroli
Wendy Davis
David Bojar
Daniel LaBrie
Norm LaBrie

SAGs

Rob Price, *coordinator*
Don MacManus, *coordinator*
John Rohland
Jurgen Hallemeier
Matt Hopkins
Jan Harbutiak
Jim Berry
Sondra Spencer

Arrowers

Gil Peel
Mike Miller
Dianne Robillard

Van Drivers

Bill Gajda
John Darcy
Ted Shwartz
Don Paiva

Mechanics services donated by East Providence Cycle

Rob Foulkes
Dean Dunning
Michael Rounds
Tim Poland
Zachary Dunning

THANK YOU





League of American Bicyclist Road II coming in November

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

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

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

Student manuals will be included with each class.

Here are the details:

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

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

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

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

Register: Email sueb4@cox.net

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

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

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

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

US Open Cycling Foundation

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

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

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

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

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

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

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

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

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

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

US Open Cycling Foundation: www.usopencycling.org

Recycle-a-Bike: www.recycleabike.org

Providence Bicycle Coalition: www.bikeprovidence.org

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

Bill Luther



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

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

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

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

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

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

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



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



Outer Banks/Ocracoke Tour, October 2009

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

NBW Merchandise

NBW CYCLING JERSEY

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

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

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

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



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

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, Red, or Blue. 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

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, or 401-433-3463

NBW Holiday Party

Sunday, December 6, 2009

From 1:00 P.M.



Patricia Lang is continuing the NBW tradition, started 13 years ago by Jeanne Petrarca, of a party after the Sunday Dec 6 Cranston Holiday ride to benefit Amos House.

Enjoy a holiday gathering after the ride while making a gift to someone who will appreciate your support. Amos House, in Providence, has food, shelter and social service programs that have helped thousands of people in need.

Suggested donation \$10 (or more).

Stop by Patricia Lang's house at
62 Marion Ave, Cranston, RI 02905



Directions from ride start (Western Hills Middle School, 400 Phenix Ave, Cranston) to 62 Marion Ave, Cranston (~ 5 mi)

Turn right from parking lot onto Phenix Ave.
Within 1/4 mi Phenix joins Rt 12/Park Ave.
Go to end of Park Ave to a T-intersection (appr 4-1/2 mi).
Turn right onto Broad St.
Take immediate left onto Bluff Ave.
At second street turn left onto Birchfield Rd.
Turn right at next corner onto Marion Ave.
#62 is second house on right (brick wall in front).
tel: 401-265-5700



I cannot attend the party but would like to make a donation to Amos House.

Name:

Address:

Amount: \$

Please make check out to **Amos House**, and mail to Patricia Lang, 62 Marion Ave, Cranston, RI 02905

Cycling Sessions

Gary Stafford, cyclingsessions@hotmail.com

We often create memories whenever we embark onto the road on our bicycles. It seems as though the world is more vibrant when on the saddle. Perhaps it is because more of your senses are engaged than when you drive a car. The smells, the sounds, like the smell of freshly-cut grass or flowers that you pass by, or the sounds of the wind in the trees.

We often find ourselves with a personal goal for our ride. Maybe a little farther this time, or a little faster. Maybe I can stay with the faster group for a bit longer. We remain mostly present and in the moment when we are engaged in a tight group, or when we are pushing ourselves. I find that on a fast group ride, time moves so quickly, the past and future disappear, and everything is now.



For some of us perhaps it is the allure of the pain one faces, or the personal goal to achieve a faster average speed. For many it is seeing beautiful vistas without paying for gasoline to do it. No matter the reason, all of your little worries that you carry around at home or at work disappear, sometimes for just the ride, sometimes for good. At best those problems somehow seem smaller when you are done, or are solved without even knowing how they seemed so insurmountable.

I realized years ago as I got more and more into the sport of cycling that these memories and details needed to be remembered. If not for the stories, also to look back and see the progress.

My log of rides straddles the feelings and passions of past rides with the metrics; speed, distance, heart rate, etc. Each yearly log became my best coach, my reminder about that ride coming up. How were those hills? How fast did I do it last time? What happened that day? How many miles have I ridden for this year? I now have over ten years of yearly logbook spreadsheets.

So in the end that Excel logbook can take me back to my races, my best times, my epic rides with my friends, and most of all, help me to remember the richness of this activity we all find ourselves compelled to do.

I applaud each and every one of you who clip in to launch yourselves onto two wheels; to use your body and not fossil fuels to travel for miles and miles. We may help inspire those drivers who see us on the road to maybe stop by at the bike shop and take a look at getting themselves a bicycle.

Whether you realize it or not, we are on public display. We not only enliven ourselves but also those around us with our passion.

In the end I find cycling such a simple and yet profound activity. It has captivated me on so many levels. It has been my moving meditation, my vehicle to help me face my demons and problems, my moment of feeling totally alive. It is my connection to a feeling of total freedom.

Make up a logbook for your journey—for fitness goals or race goals, but most importantly, for the rich memories you will cherish for years to come.

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



Daniel LaBrie working hard on TFCE PB&J sandwiches.
Photo: M Foulkes

The Athlete's Kitchen

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

Calcium Concerns: Boning up nutrition

"I'm 44. Should I start taking calcium pills?"

"A bone density test indicated I have the bones of a 70 year old—and I'm only 34. I guess I should have had more milk and less soda as a kid...?"

"Will drinking more milk help my stress fracture heal faster?"

Questions and confusion abound about the role of calcium in athletes' diets. If you are like most active people, you may think, "Milk is for kids" and quench your thirst at lunch and dinner with (diet) soda or water. As a result, you can easily end up consuming a calcium-deficient diet (that is, unless you consume yogurt and cheese instead of milk).

Weight-conscious women, in particular, are known to have calcium-deficient diets out of the (unjustified) fear that milk's calories will add to undesired weight gain (1). Many men also have calcium-poor diets. If they are not milk drinkers, men's main sources of calcium are from the cheese on cheeseburgers and pizza. Not very health enhancing...

Given the average American lives for 77.7 years, maintaining bone health throughout the lifespan should be a priority for all athletes, starting as youngsters and continuing as master's athletes. A calcium-rich diet, weight-bearing exercise (such as running, as opposed to biking and swimming), and strength-training to have strong muscles tugging on bones are all important factors for optimizing the bone density of both growing children and active adults.

Bones are alive and require a life-long calcium intake. If your family has a history of osteoporosis, your risk for "shrinking" (losing height) as you get older is high and you should pay special attention to maintaining your bone density. Female athletes with a history of amenorrhea also have a high risk for weak bones and should get their bone density tested so they know where they stand and if they need to take extra steps to try to enhance bone density.

Here's some information about calcium and bone health to help you enjoy lifelong health, no bones about it.

Q. Can I take a calcium supplement instead of drink milk?

A. While any calcium is better than none, taking a calcium pill does not compensate for a calcium-poor diet. A supplement offers calcium, but it does not offer the high-quality protein found in milk or soymilk, nor the myriad of other health-enhancing nutrients. Little babies thrive on milk, not calcium pills. Do you really think a pill can replace

a whole food?

Q. I like to save calories by taking a calcium pill instead of drinking milk. Is that OK?

A. Not really. Although a calcium pill offers a low calorie alternative to consuming the recommended three (8-ounce) glasses of milk or yogurt each day, research indicates milk drinkers tend to be leaner than milk avoiders (1). I encourage my clients to embrace milk as a "liquid food" that is satiating and curbs one's appetite. That is, milk can be more filling than the same number of calories from soda or juice.

Most of my active female clients reduce weight on 1,800 calories; men on 2,100+ calories. That breaks down to 500 to 600 calories per meal (breakfast, lunch, dinner) and 300 calories for a snack. Enjoying low-fat (soy) milk on cereal, a mid-morning latte and a yogurt for a snack seems a powerful way to spend 300 of those calories and approach the recommended intake of 1,000 milligrams of calcium per for adults 19-50 years; 1,200 mg for adults older than 50 years, and 1,300 mg for kids 9-18 years. If you are a parent, be a role model and drink milk at dinner to encourage a calcium-rich intake for your kids. Building strong bones during the ages of 10 to 18 is a wise investment for the future.



Q. I'm lactose intolerant. Can I get enough calcium from non-dairy foods like soymilk, spinach, broccoli and almonds?

A. For certain, you can get calcium from non-dairy sources. Soy milk is calcium-fortified and offers ~300 mg calcium in 8 ounces—similar to cows' milk. Other convenient non-dairy calcium sources include fortified orange juice (350 mg/8 oz.) and fortified breakfast cereal, such as Total Cereal (1,000 mg/3/4 cup).

If you do not consume dairy products or fortified soy products, you will have to work hard to consume adequate calcium. For example, to get the recommended intake from plant sources, you'd need to eat 10 cups of spinach salad, 3.5 cups of broccoli, and 4 ounces of almonds (about 88 almonds @ 675 calories). That's a lot of eating...

What you do NOT get from those plant sources of calcium is Vitamin D. Vitamin D enhances the absorption of calcium and is needed to not only protect bone health but also to reduce the risk of high blood pressure, diabetes, and heart disease; enhance immune function and reduce inflammation. Vitamin D is added to milk and some brands of yogurt, but is hard to find naturally in foods other than oily fish. Hence, non-milk drinkers have a high risk for not only calcium but also vitamin D deficiency.

Continued ...

Q. I live in Boston and spend lots of time outdoors in the sun. Should I take additional D even though I drink milk?

A. Yes, especially between Thanksgiving and Easter. Vitamin D deficiency is surprisingly common in people who live in northern latitudes (north of Atlanta GA), where the sun's ultraviolet rays do not effectively convert the body's inactive form of D (just under the skin) into an active form. And even Southerners need to be mindful. A study of southern distance runners indicates 40% of them were D-deficient (2). Indoor athletes (dancers, swimmers, hockey players, figure skaters, basketball players, gym rats, etc.) should ask their doctors about getting their blood tested to determine their level of vitamin D, and if it is low, take steps to correct the problem.

Q. Does the fat in milk contribute to heart disease?

A. Controversial. A study that tracked the health and dairy intake of 4,374 children for 56 years (between 1948 and 2006) reports there was no increased risk of heart disease or stroke among the 34% who died during that time—even though, as kids, the subjects in the study drank whole milk. In fact, the children who consumed the most milk and cheese lived longer. (3)

This study conflicts with the prevalent message to reduce the risk of heart disease by limiting the intake of milk's saturated fat. Until more research clarifies this confusion, I recommend you enjoy low fat dairy/calcium-rich foods to help reduce excessive fat and calorie intake while maintaining a strong calcium intake.

Q. Will drinking extra milk help a broken bone heal faster?

A. Doubtful. Bones need time to heal ... about 6 to 8 weeks. But perhaps you can reduce the risk of breaking a bone by building it stronger in the first place?



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 new runners, marathoners, or cyclists are available via www.nancyclarkrd.com. See also sportsnutrition-workshop.com for information about upcoming workshops in Providence, Boston and Toronto.

References

1. Heaney R, Davies K, Barger-Lux M. Calcium and weight: clinical studies. *J Amer College Nutrition* 2002. 21(2):152S-155S.
2. Willis KS, Peterson NJ, Larson-Meyer DE. Should we be concerned about the vitamin D status of athletes? *Int'l J Sports Nutr & Exerc Metab* 2008 18:204-235.
3. van der Pols JC, Gunnell D, Williams G, Holly J, Bain C, Martin R. Childhood dairy and calcium intake and cardiovascular mortality in adulthood: 65-year follow-up of the Boyd Orr cohort. *Heart*. 2009; July 29. (Epub ahead of print)



**Pete Rice
Rides Norway**

Pete sends the following note:

"I rode the StyrkeProven—Lillehammer to Oslo (Norway) on June 20, wearing my NBW jersey. The Norskes serve hot rhubarb soup at their rest stops. They don't see too many Bike Fridays; I got a lot of double-takes and laughs as I rode along. Great fun. I took the Bike Friday on the RallerVegen—80 kms of very bad, but very scenic, road. And I managed to do another 1200 kms of riding in the four weeks I was there."

Annual Martha's Vineyard Tour

Dave Hebert led his annual tour of Martha's Vineyard in August and sent in this photo of the little Menemsha ferry.



From the Touring Committee

Gil Peel, touring@nbwclub.org

Now that we are into the Fall riding season, I would like to give all of this year's volunteers a special thanks. We have had a large number of long rides that have required teams of arrowers. I have seen many new people step up and help, and in a few cases even taking the lead. As we have new people arrowing, I suggest that you please review the arrowing guidelines on the website. I have arrowed many rides and each time that I review the guidelines I relearn things that I forgot. I think that even the most seasoned arrowers should give these guidelines a gander from time to time. See nbwclub.org/announcements/nbw_arrowing_guide.html

Again, thanks for all your support.

Thanks to our most recent ARROWERS:

8/2	Providence Bicycle Ride	Providence Bike Crew
8/3	Martha's Vineyard	Dave Hebert
8/9	Seekonk Southern	Don Chiavaroli
8/16	Century of the Century	Don Paiva/Norm Clavet, John Satterlee
8/23	Putnam Ride	Paul Rider
8/30	Cranberry Metric	Scott McNeilly
9/6	Hope Valley "Extra"	Tina Williams
9/13	TFCE	Mike Miller, Gil Peel, Dianne Robillard
9/20	Mattapoisett Ride	Tom Shackelford
9/27	Norwich Metric	John Satterlee, Joe Natale

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 or 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



Quonset bike path opens

Sue Barker and Jeanne Petrarca explored the new 2.5 mile Quonset Bike Path, which was formally opened on July 17. It will get you from Post Road in North Kings-town to the Calf Pasture Point nature preserve.

Photo: Sue Barker



George Redman

Sue Barker also sent in this recent photo of George Redman—the "Father of the East Bay Bike Path". This year saw him on the bike path in a wheelchair, unfortunately, rather than riding his trusty bike. But he was there, greeting riders on sunny days. Say "Hello" if you see him.

As most of our NBW members know, or should know, it is thanks to George's many years of unflagging advocacy that we now have this treasured RI resource ... the East Bay Bike Path.



NBW RIDE SCHEDULE

Last minute changes are announced via our website - 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.

October 4, 2009 **Fall Foliage Tour** 20/40/64 miles

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

Route Gloucester, Hampton, Eastford, Putnam

Directions Start at Ponagansett High School, Anan Wade Rd, Gloucester, RI. Take Route 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (on your left). At the fork where Rt. 6 splits from Rt. 101, stay to the right on 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 quiet, lovely backroads. There are ridges, some climbs and fast downhill. Thanks to Bob Paiva for extending this ride.

October 11, 2009 **Diamond Hill Two** 17/30/50 miles

Sunday 10:00 AM *Map No.* 128 *Arrower:* Rod Breault

Route Cumberland, Wrentham, Plainville

Directions Start at Diamond Hill State Park on Rt. 114 in Cumberland, RI, 1.5 miles north of Rt. 120.

Drive Time 20 minutes from Providence

Description Scenic ride along the ridges and hillsides in the northeast corner of the state and nearby Massachusetts. In season there is an ice cream store across from the park! Pete Petrocelli extended this ride to 48 miles, to include scenic Wrentham town center, Gilbert Hill State Forest, and Lake Mirimichi.

October 12, 2009 ***Columbus Day Show'n Go** 15/30/50 miles

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

Route

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

Description Follow arrows from the Sep 20 Mattapoisett Ride, map #52

October 18, 2009 **Lincoln Cumberland** 14/25/30/41 miles

Sunday 10:00 AM *Map No.* 50 *Arrower:* Rod Breault

Route Lincoln, Cumberland

Directions Start at McDonalds at the Lincoln Mall on Rt 116 in Lincoln, RI. Take Rt 146 N to the exit signed Rt 116 S/Mall exit. Follow Rt 116 for .5 miles; the mall entrance is on the right at the light. Park near the Bank, away from McDonalds.

Drive Time 15 minutes from Providence

Description Hilly ride exploring the Blackstone Valley, passing through several old mill villages, spinning through Lincoln Woods and cruising by an old colonial lime pit. 41 mile extension added by Maarten Broess.

October 25, 2009 **Caster's Halloween Ride** 15/25/32 miles

Sunday 10:00 AM *Map No.* 16 *Arrower:* Claudia Chappelle

Route Warwick, East Greenwich

Directions Start at Caster's Bike Shop, 3480 Post Road (Rt.1), Warwick, RI. Take I-95 S to Rt 117E (exit 10A). Go straight down Rt 117 to Apponaug Center and take a right at the lights onto Post Road south (Rt.1). Caster's is 3/4 mile down on the left. Park either at Caster's or at the medical center next door.

Drive Time 20 minutes from Providence

Description This is a fun ride; feel free to dress for the occasion! Reed and Mindy Caster invite everyone to an open-house at Caster's after the ride.

November 1, 2009 **Newport Island Circuit Tour** 12/25/45 miles

Sunday 10:00 AM *Map No.* 64 *Arrower:* DeWispelaere/Rice

Route Newport, Middletown

Directions Start from Fort Adams State Park in Newport, RI. Get there by going through downtown Newport along the harbor, staying on Thames St. Turn right onto Wellington Ave and follow the signs to Fort Adams. Fort Adams entrance is on the right side of Ocean Drive. Use the first parking lot on the left.

Drive Time 45 minutes from Providence

Description The short ride travels the famous Ocean Drive with its majestic bay and ocean views, and then continues up Bellevue Avenue past the mansions. The longer ride heads further up the island past Middletown's farmlands and beaches.

November 8, 2009 **Taunton-Sharon Tour** 15/30/50 miles

Sunday 10:00 AM *Map No.* 92 *Arrower:* Don Chiavaroli

Route Taunton, Norton, Mansfield, Foxboro, Sharon, Easton

Directions Start at BJ's Shopping Center at the corner of Bay Rd and Industrial Park Rd, Taunton. Just off Rt. 495, Exit 9. At light, turn left into lot. Please park away from the building.

Drive Time 40 minutes from Providence

Description This is a flat, easy ride along Massapoag and Winneconnet Ponds with some nice stretches of the remaining farmland in Easton and Norton. Formerly called the Sharon Tour, but because of problems with the old start location Bob Paiva has found us a new start, half-way round the route, in Taunton. Otherwise, the route stays the same.

November 15, 2009 **Marion Rochester** 19/30/40 miles

Sunday 10:00 AM *Map No.* 51 *Arrower:*

Route Marion, Rochester

Directions Start at the Town Beach Parking Lot in Marion, MA. Take Rt. 195 E to Marion exit 20. Turn right at top of ramp. Bear left at fork. Cross Rt. 6 at traffic light to Front St. Proceed 1-3/4 miles to Town Beach Parking lot at end of Front Street.

Drive Time 45 minutes from Providence

Description The ride circles Sippican Harbor, past mansions and estates, then roams around the cranberry bogs and past Blackmore and Mary's Ponds, returning through farm country in Rochester. Ride updated and extended by Ted Schwartz.

November 22, 2009 **Hope Valley Southern Ride** 15/32/40 miles

Sunday 10:00 AM *Map No.* 33 *Arrower:*

Route Hopkinton, Richmond, Charlestown

Directions Start at the Chariho Plaza, park near the former Victory Cycles shop and the Post Office, Rt. 138 West in Hope Valley, RI. Take I-95 S to Exit 3-B West onto Rt. 138 W. The plaza is about 1/4 mile on the right.

Drive Time 40 minutes from Providence

Description Explore the southernmost section of the state encompassing several fishing, state park & bird sanctuary areas. The short ride goes through Woodville & the Carolina management area. The long ride explores Woody Hill and Burlingame State Parks. The southernmost point goes along ocean scenery, Kinball Bird Sanctuary & Ninigret Pond. Noteworthy stops are Indian Cedar Swamp Area and the Narragansett Indian Church.
Ride extended by Tina Williams.

November 29, 2009 **Tour de Johnston** 15/21/30 miles

Sunday 10:00 AM *Map No.* 142 *Arrower:*

Route Johnston, Scituate

Directions Start at the Burlington Coat Factory plaza on Atwood Ave (Rt.5) in Johnston, RI. Take Rt 6 W (also known as I-195 W) to the Rt 5 exit. Head south (left off the exit). Please park near the street.

Drive Time 10 minutes from Providence

Description Gentle winter ride with one hill and a gasp for fresh air as you pass Johnston's man-made mountain (the landfill). The terrain is rolling. The longer loops head for the Scituate Reservoir.

December 6, 2009 **Cranston Holiday Ride Winter** 9/18/28 miles

Sunday 10:00 AM *Map No.* 22 *Arrower:*

Route Western Cranston, Scituate

Directions Start at Western Hills Middle School, 400 Phenix Ave, Cranston. From Providence take I-95 S to Rt 37 W (exit 14-B) Go to end of Rt 37. Turn Right at T-junction onto Natick Ave (which runs into Phenix Ave). School is 1.7 miles on the right.

Drive Time 15 minutes from Providence

Description Enjoy a rural ride with scenic views of farms and the Scituate Reservoir that's still conveniently close to Providence. Rolling-to-hilly terrain, especially along Rt.12 south of the reservoir.
NOTE: We are staying with the 10 AM start time until Dec 13.

HOLIDAY OPEN HOUSE: Stop by Patricia Lang's house - 62 Marion Ave, Cranston, RI 02905, about 5 miles from the ride start - after the ride for a holiday get-together/fund raiser for Amos House. Directions: From Western Hills Middle School turn right on Phenix Ave which joins Rt 12 (Park Ave) in 1/4 mile. Go all the way to end of Park Ave (appr 4-1/2 miles) to T-junction. Turn right on Broad St. Take immediate left onto Bluff Ave. At second street turn left onto Birchfield Rd. Turn right onto Marion Ave. #62 is second house on right (brick wall in front). Tel: 401-265-5700.
Be aware that if you search on a mapping program it will probably kick up the wrong house (there's a 62 Marion Ave in Providence with the same zip code).

December 13, 2009 **Raynham Middleboro** 15/31 miles

Sunday 11:00 AM *Map No.* 80 *Arrower:* Bill McGrane

Route Raynham, Bridgewater, Middleboro

Directions Start at the Staples plaza on Route 44 in Raynham, Massachusetts, near the junction of Routes 44 and 24. Park away from stores.

Drive Time 25 minutes from Providence

Description Rural ride past cranberry bogs, scrub pine. Flat terrain through Bridgewater with its central town green and Bridgewater State College. Ride past the great cedar swamp on narrow lanes in Middleboro.

NOTE: Winter start time 11 AM begins with this ride.

December 20, 2009 **Larry & Ted's Dartmouth Ride** 12/17/31 miles

Sunday 11:00 AM *Map No.* 155 *Arrower:*

Route South Dartmouth, Westport

Directions Start at Dartmouth High School. From I-195 going east, take Exit 12 (Faunce Corner Rd, Dartmouth). Right at exit. Go 1.2 miles. Turn Left at lights onto Rt. 6 E. Go 0.2 miles. Turn Right at first light onto Tucker Rd. Go 3.3 miles to Dartmouth High School on the left (road name changes to Bakerville at 2nd stop sign).

Drive Time 30 minutes from Providence

Description Ride in one of the NBW's favorite areas, covering some familiar roads in South Dartmouth and Westport. However, Ted and Larry have created a different route, and the long ride uses a road unfamiliar to most members - a beach side road that during off-season is a treat. Watch for beach sand.

NOTE: Winter start time 11 AM !!

December 27, 2009 **Simple Arrow Ride** 12/27 miles

Sunday 11:00 AM *Map No.* 12 *Arrower:* Jan Harbutiak

Route Burrillville, Harrisville, Douglas, Uxbridge

Directions Start at Burrillville High School, in Burrillville, RI, on Rt 107. Take Rt. 146 N to the Rts 5/102 exit, go right at exit and then a quick left at lights (sign says "to 146"), after 100 yds bear left on 102 (entrance to 146 bears right). Go straight on 102 for 4 miles; turn right on 107 (East Ave). High School is about 3/4 miles on the left. Park behind school.

Drive Time 35 minutes from Providence

Description Fascinating ride - so simple you don't need arrows. Rolling, rural terrain.

January 1, 2010 ***New Year's Ride** ~15/25 miles miles

Friday 11:00 AM *Map No.* *Arrower:*

Route Little Compton

Directions Start at the marked area on Route 77 in Little Compton, RI. Take I-195 E to Rt 24 S in Fall River. Then take the Tiverton Main Street Exit (Rt 77) and head south (left off the exit) for about 8.5 miles until you reach the marked area (on the right).

Drive Time 45 minutes from Providence

Description A great ride to begin the new year. Join us for this annual NBW new year's ride in our favorite riding area -- courtesy of the LaFazia family, our wonderful hosts for over 30 years. Hot beverages after the ride. No map for this ride - cue sheets will be handed out at the start.

Move on later to Carleen McOsker's traditional pot-luck New Year's Open House at 75 Drift Rd, Westport, MA. Take Rt 88 to Old County Rd (east), then right on Drift Rd - grey house with brick garage, 1/4 mile on the right.

January 3, 2010 **♥ Taunton Two Rock Ride** 13/24 miles

Sunday 11:00 AM *Map No.* 104 *Arrower:*

Route Taunton, Berkeley, Assonet, North Dighton

Directions Start at Shaw's plaza at junction of Rt. 44 and Joseph E. Warner Blvd, Taunton -- traffic light at corner, McDonald's at entrance. From Providence, take Rt. 44 for ~15 miles; plaza is just as you enter the Taunton area, on right after light. If coming from Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Park behind bank so as not to block stores and McDonald's.

Drive Time 30 minutes from Providence

Description This ride goes past two notable rocks: Profile Rock, which (to some) looks like the profile of a Native American face, and Dighton Rock, which bears some unusual and mysterious inscriptions. This ride will repeat Jan 31.

♥ Beginners will love these rides! * Holiday Show'n Go ** Special Event

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 Deadline for the next issue of The Spoke'n Word is December 5

Tentative Future Ride Schedule - subject to change - comments to Gil Peel, touring@nwclub.org

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
Jan	Sun	3 104	Taunton Two Rock Ride	Taunton, MA	13/24	
	Sun	10 42	Jonnycake	URI Kingston	15/25	John Satterlee
	Sun	17 25	Dartmouth Ride #1	N Dartmouth, MA	18/27	
	Sun	24 87	Scituate Foster Coventry	Scituate	15/25/30	
	Sun	31 104	Taunton Two Rock Ride - REPEAT	Taunton, MA	13/24	
Feb	Sun	7 42	Jonnycake - REPEAT	URI Kingston	15/25	John Satterlee
	Sun	14 25	Dartmouth Ride #1 - REPEAT	N Dartmouth, MA	18/27	
	Sun	21 87	Scituate Foster Coventry - REPEAT	Scituate	15/25/30	
	Sun	28 109	Walpole Dover	Walpole, MA	15/28	
Mar	Sun	7 82	Narragansett Saunderstown	Narragansett	19/30	
	Sun	14 112	Westport Dartmouth	Westport, MA	21/32 miles	
	Sun	21 28	EP Cycle/Spring Opener	East Providence	14/18/31/43	TENTATIVE DATE
	Sun	28 47	Lakeville Tour	Lakeville, MA	15/25/40	
Apr	Sun	4 113	Westerly Ride	Ashaway	24/36/48	

Members can access our newsletter in the Members' section of our website, nwclub.org (username: spring2010_mem, password: Cross2ed -- these are always printed inside the front cover). Members who no longer wish to receive a paper copy of the newsletter by US mail should let the President know by email to president@nwclub.org