

# The Spoke'n Word

Volume 40, Number 1

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

January/February/March 2010

nbwclub.org



## HIGHLIGHTS

President's Message ... 1  
New Members .... 2  
Password change ... 3  
Annual Meeting/Banquet photos ... 3  
Holiday Party report ..... 5  
Beginner's rides ... 5  
Memorial Day Weekend .... 6  
Maine House Weekend ..... 7

Arrowing Guidelines ... 8  
2010 Ride Log ..... 9  
Athlete's Kitchen ... 11  
Cycling Sessions ..... 13  
Advocacy ..... 14  
Merchandise ... 14  
EP Cycle/Spring Opener ... 15  
Outer Banks Tour ... 16  
Touring Committee ... 17  
Ride Schedule ... 18

## *New publication schedule*

*This issue covers 3 months—January, February and March.  
The normal bi-monthly schedule will resume with  
the April issue.*

## 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: There's a bike that deserves a front cover! It's Rick Schwartz' bike, and he took this photo at the TFCE checkpoint in Hixville.

### 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.

---

## President's Message from Todd Wise

---



**T**his is my first message for *The Spoke'n Word*, having been elected President at the recent November Annual Meeting and Volunteers' Dinner. It is quite an honor and I am very excited to be taking on this important role.

The new Executive Board (EB) also voted in are **Liz Masterson**-Vice President, **Don Paiva**-Secretary, and **Norm LaBrie**-Treasurer. Other personnel changes: **Matt Moritz** was welcomed as Advocacy Chair as **Sue Barker** has stepped down, and **Mike Miller**, Volunteer of the Year 2009, has joined the Board of Directors (BOD) as **Sue Steiner** transitions off the Board.

I know I speak for the entire NBW in offering a sincere thanks to the outgoing officers: **Janice Velozo**-President, **Carleen McOsker**-Vice President, and **Lisa Stein**-Treasurer. We are very appreciative that **Don Paiva** is continuing with his consistent and authoritative voice as Secretary. We thank **Sue Steiner-Past President**, for her many years of valuable contributions to the club. On behalf of each new officer, I can say our transitions have been made immeasurably easier with the help of each exiting officer. Janice has been wonderfully patient with my thousands of questions, although the idea of her changing her phone number has come up recently. Her professionalism and thoroughness has made all responsibility changes very smooth – **thank you again Janice!**

**Annual Meeting**—The annual meeting was opened by **Janice Velozo**, followed by the Treasurer's report on the financial status of the club. **Lisa Stein** summarized the revenue and expenses, noting that the club's major revenue producer is the TFCE. Janice delivered the President's report, which gave the status of the projects undertaken by the Board during 2009. These projects included: social tents, special events weekends, cycling education program, arrower recognition program, introduction of an electronic version of *The Spoke'n Word* spearheaded by **Monica Foulkes**, successful completion of the RI Bicycle Maps project by **Ray Foulkes**, and IRS approval of NBW as a 501 (c) (4) non-profit corporation. Thanks to Don MacManus for organizing a superb Annual Volunteers' Banquet.

The efforts of the NBW volunteers are the reason this club functions so well. Those honored at the dinner were: **Mike Miller**, most miles arrowed, Volunteer of the Year 2009 and new BOD member. The following arrowers were awarded a free club membership: **Margaret Hahn, Mike Miller, Diane Robillard, Don Chiavaroli, Jim Berry, Pete Rice, Gil Peel, Paula Bissell, John Satterlee, Don Paiva**. The Blue Shirt

Award, instituted by Clarke Richardson in 1985, was again awarded to those long-time members who are always there when help is needed, advocate for better cycling and committed to the sport. Receiving this award were: **Jim Berry, Don and Sue Chiavaroli, John Ho, Bonnie Reibman, Dianne Robillard, John Rohland**. Thanks to all of you for a fine job!

**First Executive Board Meeting**—The new EB had its first meeting in late November – we are off to a positive start and will be communicating in future publications near and longer-term initiatives for the club. The EB, the larger BOD, and for that matter, the entire NBW, are comprised of passionate cyclists who strongly believe in the principles and ideals that have consistently driven the club forward all these years. The new boards will look to be both progressive AND recognize the legacy of the club as we evaluate future possibilities and new ideas.

As an example, what will the club look like 10 short years from now in the year 2020? How do we continue the wonderful tradition of volunteerism that is the backbone of the club? How do we transfer our legacy and drive for longevity? What is our vision for our future?



Vision 2020 is an overarching proposal that will be designed to address these issues – more on that in the coming months.

**Activities** - This time of year has us reflecting on our many activities during the year. We want to recognize **Patricia Lang** for her tireless efforts on behalf of the annual Amos House event and to the **LaFazia** family for their generosity in hosting the New Year's Day Ride for over 30 years. If you are thinking ahead to warmer weather, focus in on the March 21 annual **Spring Opener** and check out the information on the **Maine House** weekend in May. People have already started reserving their spots so don't be left out.

**Appreciation**—It is important to note that your ideas are valuable and could benefit the club greatly – please do not hesitate to contact any board member with your ideas and inspirations. Additionally, we have many projects/events coming up for the coming year – Rhody Roundup, TFCE, social tents, annual meeting/volunteer dinner, advocacy programs, arrowing – all requiring volunteers to make them successful. If you would like to help out, please contact either **Paul Martens** or me. As it is said, "Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS!"

All the best to each of you in 2010 as we look forward to another thrilling year of riding together!  
Warmest Regards, Todd

Photo: Todd working at TFCE PB&J sandwich-making.

---

## Your NBW Officers have changed, as of the election at the November 7 Annual Meeting

---

### NBW OFFICERS

*President:* Todd Wise, [president@nbwclub.org](mailto:president@nbwclub.org), 401-744-1157  
*Vice President:* Elizabeth Masterson, [vicepres@nbwclub.org](mailto:vicepres@nbwclub.org)  
*Treasurer:* Norman LaBrie, [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:* Janice Velozo, Ray Foulkes, David Andrews  
*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:* Matt Moritz, [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org)  
*Volunteer of the Year 2007:* Paul Martens  
*Volunteer of the Year 2008:* Larry Shwartz  
*Volunteer of the Year 2009:* Mike Miller

### 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:* Sue Barker, [sales@nbwclub.org](mailto:sales@nbwclub.org)  
*Social events organizers:* Don MacManus  
*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



### From the webmaster ....

Some of you may know that in October (just before my bike tour in Spain of all times), our website was hacked and was down for a couple of days. I thank our former webmaster, Rob Price, who still handles top-level administrative contact with our host, Network Solutions, for helping me solve the problems. We now have a more secure website, which I suppose is worth all the headaches, although I'm told nothing on the web is *that* secure (sigh). During that time we managed to keep the important pages updated (the ride schedule and maps), but some other work got pushed back. My apologies to those members who were inconvenienced.

### Reminder—Password Change

Members' page password changed in October. You'll need it to read issues of *The Spoke'n Word* online. Remember to type exactly—they're case sensitive!

Username: spring2010\_mem  
Password: Cross2ed

If you have problems, email: [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org)



### From the editor ...

The Board of Directors have decided to eliminate one issue per year of this newsletter. This issue covers three months—January, February and March. Your next issue will be published in April, when we will be back on our usual bi-monthly schedule.

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)

Send contributions ... articles, photos, letters to the editor (plain text or Word .doc files) ... to [editor@nbwclub.org](mailto:editor@nbwclub.org)

A reminder to members who responded to Janice that they no longer wished to receive a paper copy of our newsletter ... we do not email it to you, for several reasons ... you can read it online on the Members' page at [nbwclub.org](http://nbwclub.org), accessed by the updated password (see left).

---

## WELCOME New Members

Kendra L. Beaver, Barrington, RI  
Arthur S. Bernier, Raynham, MA  
Jacob Brier, Pawtucket, RI  
Frederick G. Burkley, Newport, RI  
Margaret M. Cabrinety, North Kingstown, RI  
Carl J. Casper, North Branford, CT  
Patricia A. Donovan, Providence, RI  
Leonel Gonzalez, Pawtucket, RI  
Joan Hartnett-Barry, Marion, MA  
Verner C. Khederian, Plymouth, MA  
Peter B. Kirchsmann, Marion, MA  
William M. Kolb, Barrington, RI  
Erin Kraig, Riverside, RI

Michael & Wendy Lefasseur, Middleboro, MA  
David G. Levesque, East Providence, RI  
Tim R. Melton, Mansfield, MA  
Richard A. Morrison, Newport, RI  
Kent & Kren Nasveschuk, Plymouth, MA  
Nancy & Jeffrey Oakes, Marion, MA  
Paul E. Pelski, Nashua, NH  
David P. Rioux, Swansea, MA  
Mark St Amour, Fall River, MA  
Victor Simas, New Bedford, MA  
Carlos D. Teixeira, Pawtucket, RI  
Kathleen A. Teixeira, Attleboro, MA  
Stephanie A. Williams, North Stonington, CT

# NBW Annual Meeting and Volunteers' Banquet, November 7 2009



**Todd Wise,  
NBW President**

Over 100  
NBW members and guests  
attended this year's banquet,  
organized by Don MacManus

**Elected Officers:**  
President, Todd Wise  
Vice-President, Elizabeth  
Masterson  
Treasurer, Norman LaBrie  
Secretary, Don Paiva

More photos on the website,  
[nbwclub.org](http://nbwclub.org)



**Mike Miller,  
2009 Volunteer of the Year**



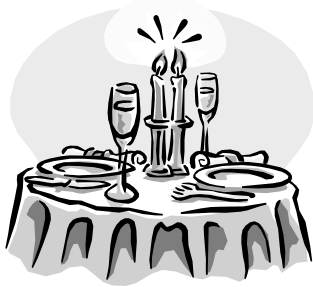


---

## NBW Holiday Party raises over \$2,500 for Amos House

---

Despite the snow, NBW members gathered at Patricia Lang's House on December 6 for the Annual Holiday Party for Amos House and had a happy time celebrating a good year of club riding. As we went to press, donations were still coming in from those who could not attend. Patricia writes "The total at this time is \$2,500. A grand number. Two extra ordinary donations put the total well over last year's \$1,550. What a wonderful thing in these difficult times."



Thank you all for your fourteen years of support for Providence's Amos House, providing food, shelter and social service programs that have helped thousands of people in need.



*Preliminary announcement—see [nbwclub.org](http://nbwclub.org) for updates as the 2010 rides are scheduled*

*... for the fifth year ...*

### **NBW Beginner/New Rider Rides**

April 18 (Ride to be announced)

May and June dates TBA

Leaders: John Ho and Bonnie Reibman

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

You don't need to register for these rides, but you do need to wear a helmet (and bring a spare tube). Plan to arrive about 30 minutes before the 10:00 am ride start to assemble your bike and locate John and Bonnie. Maps will be handed out at the ride start, but you can also print them from our website. Rides will be arrowed.

*The April issue of The Spoke'n Word will contain more details, and the website will be updated as soon as the ride schedule firms up.*

*John Ho* is a rider with over 35 years' experience. His background is recreational touring, having ridden across the U.S. twice, and in Canada, Mexico, Ecuador, Ireland, Great Britain, Switzerland, Austria, Greece, Nepal, China, Australia, and New Zealand.

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



## Annual Memorial Day Weekend In Southern Vermont

Friday, May 28 to Monday, May 31, 2010

at the Blue Gentian Lodge, Magic Mountain Rd,  
Londonderry

Enjoy Green Mountain scenery, quaint Vermont villages and stores.  
Mapped loops vary from 23 to 78 miles; most rides are hilly.

Single, double or triple occupancy, with private baths.  
A common gathering room, game room, hot tub, heated swimming pool.  
Weekend includes 3 nights lodging, 3 breakfasts, 2 dinners (Sat & Sun).

Total cost \$229 per person (\$375 for single room, by request)  
Reservations: contact Ken or Lisa at the Blue Gentian, 802-824-5908 and tell them you are with  
the NBW bicycling group.

Questions: contact NBW member Ray Naughton, email [raynaughton@cox.net](mailto:raynaughton@cox.net) or tel: 401-781-6963

### NBW member looking for team members to ride the June 5, 2010, Best Buddies Hyannis Port Challenge

Kurt Schnabel, long-time NBW member, is organizing Team Rhode Island to participate in this famous event. 100, 50 or 20 miles. Boston to Hyannis Port. In support of Best Buddies' work with people with intellectual and developmental disabilities. For more information contact Kurt at: [kurtschnabel@yahoo.com](mailto:kurtschnabel@yahoo.com), tel 401-245-9578. Event website: [www.hpchallenge2010.org](http://www.hpchallenge2010.org)

### February 12-15, 2010

CRW Bikers on Skis

Cross-country skiing and snowshoeing weekend at a comfortable B&B in the Northern White Mountains, NH. Visit ski touring centers at Bretton Woods and the Balsams. If no snow, bring hiking boots and/or mountain bike. 3-day President's Weekend. \$175-240 incl 3 nights lodging, 3 breakfasts, 2 dinners. See [crw.org/bikersonskis](http://crw.org/bikersonskis) for availability.

**May 17-21, 2010**, National Bike to Work Week  
**Friday, May 21, 2010**, Bike to Work Day

**LAB Rally 2010**—no information as we went to press, but the website will carry the latest info as it becomes available, and also the April *Spoke'n Word*.



### Wheeler Dealer

See also the Classifieds page on the NBW website [nbwclub.org](http://nbwclub.org)  
Free listings for members

#### For Sale:

Yakima Bike Work Stand, \$30  
In-Step Child's Bike, pulled by the adult's seat tube, \$40 Contact Philip Wildenhain, tel: 401-722-9995



Don't forget  
Sunday March 21 2010

NBW Annual Spring Opener Ride  
from East Providence Cycle

10 AM at EP Cycle  
Ride in Spring!





NBW Special Events Committee announces

## The 3rd Annual **The Maine House Getaway Long Weekend**



**Thursday May 20 - Monday May 24, 2010**

### **Accommodations:**

- Located on the shores of Lake Christopher – mountain & lake views
- Accommodates 24-31 people
- 9 bedrooms & 7.5 baths
- Updated fully equipped kitchen facilities
- 10 X 10 steam room
- Beautifully landscaped yard w/200 feet of lake frontage
- 2 boat docks, use of canoes, kayaks & windsurfer
- Gas grills & picnic tables
- “Endless” biking opportunities for both road and mountain bikes

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

**Location:** Bryant Pond, Maine (Southwest Maine) – approximately 4-hour drive from Providence

**Cost:** **\$150 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

***There are very few places left, so call for your reservation  
and send in deposit now.***

---

# NBW Arrowing Guidelines

Arrower/Paint Coordinator is Jim Berry, email: [arrows@nbwclub.org](mailto:arrows@nbwclub.org)

---

**T**he success of our club rides depends on the work of our volunteer arrowers. Even though we supply riders with maps, good arrowing beats a good map any day of the week—and especially on Sundays! (Quote from Ted Shwartz, map creator)

NBW arrows have a straight shaft, with a circle at the end, thus:



Please do not use “bendy” arrows, which are very confusing and hard to see clearly until riders are on top of them; use only straight shafts, pointing straight/left/right, or (occasionally) angled.

Arrows should be about 12” long (about the length of your foot). Well-placed arrows do not need to be longer than that; over-large arrows annoy local residents unnecessarily and waste paint and time.

Use the assigned color. We supply the paint, but if you need to buy your own, purchase upside-down marking paint and send the receipt to the NBW Treasurer for reimbursement.

Spray close to the ground to avoid “shadowing” (and painting your shoes). If you can find the old NBW arrows, paint over them, using the old paint as a base (not only does it save paint, it ensures your arrows last longer).

Paint on dry roads. Try to avoid arrowing in the rain because your arrows will fade out within days.

Each turn should have two or more arrows before it: first arrow at least 150 ft **before** the turn (250 ft if it’s a left turn), to give riders time to position themselves for the turn, and another arrow about 15-20 ft before. Avoid placing arrows in parking lanes (especially near a church, as parked cars on Sunday morning may cover them).

If the turn is on a downhill, put an extra arrow earlier (about 250 ft) for safety, because riders will approach at higher speeds.

Do not place arrows **at** the turn; riders need them well **before** the turn so they can prepare for the turn and alert those behind them. New arrowers tend to place arrows too close to the turns, which is dangerous; give riders plenty of notice!

**LEFT TURNS need much earlier arrows** (250 ft or more) to give riders time to move left across traffic; use double arrows to catch attention.

At intersections, such as traffic lights, a straight arrow is helpful.

If in doubt, for instance at forks in the road, put down an arrow.

Paint a confirmation arrow after the turn, especially if the turn was confusing. These should be within sight of the turn, between 50 and 100 feet from the turn, if possible.

If there is a long stretch between turns, place a “comfort” arrow every 2 or so miles to reassure riders they haven’t missed a turn.

**SPLITS:** Where the routes split, paint arrows with the different mileages for each direction. Please use the mileage numbers rather than “L” or “S” (which is very confusing). Sample split:



Road hazards should be indicated about 50 ft beforehand – e.g. “Caution” or “R/R” – and, if you can, paint a wiggly line around large potholes or hazardous grates (parallel to the road). Otherwise, do not write words on the road (riders can’t read them at speed, and they annoy residents).

**CONFLICTING ARROWS:** Use the black paint provided to you to black out any conflicting NBW arrows—but don’t black out other clubs’ arrows. As you arrow, watch out for conflicting arrows **between** the turns on your route – those old left-over arrows from previous rides that overlap your route are usually the reason that riders are led astray. If they are the same color, black them out. If you are driving, your navigator should be looking out for old conflicting arrows as you drive.

## Ride Mileage Record Chart 2010

2010	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Year
January						1	2		
	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
February	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
March	28	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
April	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
May	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4	5		
June	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	1	2	3		

# Ride Mileage Record Chart 2010

2010	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Year
July	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
August	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
September	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	1	2		
October	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
November	31	1	2	3	4	5	6		
	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	1	2	3	4		
December	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	31			

---

# The Athlete's Kitchen

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

---

## What's New in the Healthy Food Scene?

**H**ere I am, walking through the American Dietetic Association (ADA) Food and Nutrition Expo that is held in conjunction with ADA's Annual Convention. ADA, the nation's largest group of nutrition professionals, has over 70,000 members and this huge expo hall is filled with registered dietitians sampling new food products. Booth after booth of vendors are inviting me to sample their goodies. Mind you, no one leaves this expo hungry!

Here's a peek at a few new healthful foods (well, some are new and some are forgotten treasures) that taste good, are good-for-you, and can add variety to your daily sports diet. Look for them in your local grocery store, natural foods store, or on the internet.

**Frozen Fruit Bars.** The "Power of Fruit Frozen Fruit™ Bar" will be a welcomed and refreshing snack for half-time at the kids' soccer game—or for you after your sweaty workout! They are made with 100% whole frozen fruit, with no added sugar, color or preservatives. The frozen fruit bar looks like a hefty freeze-pop, but you can actually see bits of real fruit—banana, pineapple, mango, berries. [www.poweroffruit.com](http://www.poweroffruit.com)

**KIND Fruit & Nut Bars.** I know why KIND can claim to be the fastest growing brand of energy/nutrition bars. They taste great! They contain only wholesome natural ingredients—whole nuts, chunks of fruit, and honey. While they might be a bit sticky if you snack on them while biking, at least they taste finger-licking good! Five percent of profits from sales of the KIND bars are used to fund programs that foster tolerance and coexistence in the world. Hence, the name of their website is [www.peaceworks.com](http://www.peaceworks.com), and their slogan is "Be KIND to your body, your taste buds and the world."

**Omega Cookies.** Touting "pure science baked into a yummy treat," Omega Cookies offer a whole day's worth of omega-3 fats (500 mg EPA and 1200 mg DHA, equal in potency to a salmon filet or 8 fish-oil capsules). With 270 calories, the cookie can be a tasty pre- or post-workout snack, or even part of a breakfast on the run. Being rich in fiber, calcium and vitamin D, the cookies are preferable to a donut or cake-like muffin, that's for sure! Keep them in your freezer, and take one or two out for a quick thaw, when needed. [www.omegacookie.com](http://www.omegacookie.com)

**Welch's Grape Juice:** Not a new kid on the block, but promoting a new message, Welch's reports their grape juice (either purple or white) is antioxidant rich. Grape juice is also a local alternative to "tropical superfruits" such as acai berries that get flown in from the Amazon and leave a huge carbon footprint. Other antioxidant-rich juices

include tart cherry juice (CherryPharm) and pomegranate juice (POM Wonderful). All promote heart-health and a strong immune system. Drink them straight-up, or as the base for a fruit smoothie, blended with other colorful fruits.

**Blueberries.** A potent source of antioxidants, (frozen) blueberries claim to have the highest antioxidant capacity per serving, compared with more than 20 other fruits. Wild blueberries rank even higher than cultivated blueberries, but all blueberries are a good addition to your sports diet. Blueberries may help reverse the short-term memory loss that comes with aging, reduce inflammation that is associated with cancer and heart disease, and like cranberries, can reduce urinary tract infections. Sprinkle a handful of frozen berries on top of your breakfast cereal, zap in the microwave for 30 seconds, then douse with milk. Voila—you'll think you are eating blueberry cobbler for breakfast. Yum!

**Oikos Organic Greek Yogurt** (by Stonyfield Farms). If you haven't tried Greek yogurt yet, you are missing a treat! Available in 5-ounce single servings, Oikos is incredibly smooth, creamy and indulgent. It's hard to believe this healthful yogurt is really fat-free and has only about 80 calories per serving. Greek yogurt offers twice the protein of regular yogurt, and can be easily enjoyed mixed with fruit.

**Eggs.** Yes, remember the whole egg, yolk and all? Research has failed to even suggest that healthy people who eat egg yolks have a higher rate of heart disease, so why not eat the whole egg. Enjoying one or two eggs for breakfast is unlikely to give you a heart attack! **(1)** Half of an egg's protein is in the yolk, along with a myriad of health-promoting nutrients that help athletes thrive, including iron, folate, vitamin D, zinc, B-12, and riboflavin (plus more). Enjoying eggs for breakfast can be a good weight-reduction strategy because eggs are more satiating than just a carb-based breakfast (toast, bagel). You'll tend to stay "full" for longer after breakfast **(2)**.

**Barramundi.** Not a fan of salmon or strong-tasting fish? Try Barramundi (means "fish with big scales" in an Australian aboriginal dialect). Barramundi are a sweet, mild-tasting white fish (similar to cod) that have the omega-3 content of wild Coho salmon. Barramundi have the rare ability to make omega-3's from plants (unlike salmon that eat small fish). This means Barramundi have no mercury and are eco-friendly, with a small environmental footprint. They are raised using sustainable aquaculture and were crowned the 2009 "Seafood Champion" for ocean-friendly production practices. Definitely worth seeking out (either fresh or frozen) at Whole Foods, Costco, Legal Seafoods, and likely your local supermarket. A good catch!

*Continued ...*

**Chicken and Beef Strips.** This isn't just ordinary jerky; this is good stuff that has great flavor and texture! Silver Creek has created a variety of moist, tender and very tasty strips, such as dried chicken breast with black bean salsa and cheddar, and dried beef sirloin with cranberries and blueberries. Each strip has about 50 calories, 10-12 grams of protein and 1-2 grams of fat. They are a handy pre-wrapped, not-messy snack for hiking, biking, cross-country skiing—a welcomed protein alternative to keep you from getting “sugared out” from too many gels and sports drinks. Or just keep them filed under “emergency food” for a satiating afternoon snack at the office. [www.silvercreekspecialtymeats.com](http://www.silvercreekspecialtymeats.com)

**The bottom line:** The more variety in your daily diet, the more likely you are to enhance your intake of a wider variety of vitamins, minerals, antioxidants and other health protective compounds. Instead of eating the “same ol’ stuff,” find a few new menu items that are convenient, taste good, and support your goals for good health and high energy.

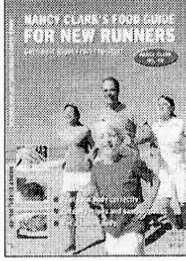
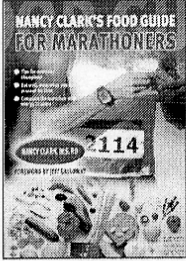
Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners and cyclists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

**References:**

1. Mente A, de Koning L, Shannon HS, Anans SS. A systematic review of the evidence supporting a causal link between dietary factors and coronary heart disease. *Arch Intern Med* 2009;169(7):659-669.
2. Leidy HJ, Bossingham MJ, Mattes RD, Campbell WW. Increased dietary protein consumed at breakfast leads to an initial and sustained feeling of fullness during energy restriction compared to other meal times. *British J of Nutr* 2009;(101):798-803.

# MISSING LINK?

**Nancy Clark's books can help you:**  
eat well • boost energy • lose body fat  
• build muscle • go the distance



**Nancy Clark's SPORTS NUTRITION GUIDEBOOK**  
The #1 nutrition resource for active people  
NANCY CLARK, MS, RD

**Eat smart ...  
Fuel well ...  
Feel great!**

---

TO ORDER ONLINE: [WWW.NANCYCLARKRD.COM](http://WWW.NANCYCLARKRD.COM)

---

**ORDER FORM** Enclosed is \$ \_\_\_\_\_ (includes postage)

<p>_____ <i>Food Guide for Marathoners</i>, \$22</p> <p>_____ <i>Sports Nutrition Guidebook</i>, \$26</p> <p>_____ <i>Food Guide for New Runners</i>, \$22</p> <p>_____ <i>Special offer:</i> Two books for \$35</p>	<p>Name _____</p> <p>Phone _____</p> <p>Address _____</p> <p style="text-align: center;">Send check to <i>Sports Nutrition Services</i> PO Box 650124, W Newton, MA 02465 617-795-1875 MA residents add 6.25% tax.</p>
--	--



Photos: H. Hallemeier. The mid-week casual group on a mild day in November, visiting Westport Point to check out the fishing fleet.

---

# Cycling Sessions

Gary Stafford

---

*Ed: At press time Gary was in Europe and asked me to select an earlier column to reprint. This Feb 2000 reprint, although it anticipates spring, might interest those of you who reflect on the development of our beloved machines.*

**H**ooray! The warmer weather is almost here to stay once again and with it brings the peak cycling season. It will be time to shine up those bikes and prepare for those longer Sunday NBW rides around picturesque rural Southern New England.

There is a characteristic love that we all share that may stand as a key ingredient in our enjoyment of bicycling. It is the feeling of self-propelled freedom, of soaring through the wind. It is akin to swimming but more light, more free. It's when you are spinning along and almost can't tell where you end and the bicycle begins.

We surely live in the golden age of "cycle stuff" to help us soar. From smooth shifting derailleurs, to suspension shocks, STI shift/brake levers, light, dependable frames and comfortable cycling clothing. We have digital lights for night riding, mirrors to see behind us, cycle computers to tell you time, speed, cadence and effort. Some of us even have GPS mapping to help navigate the known world.



It all began on a hobbyhorse with wheels that a person had to propel in a walking style, with a handlebar for steering the front wheel. It weighed three times as much as our bikes and was made of iron and wood, with wood and iron reinforced wheels, ouch!

Our cycling ancestors had the "Flintstone" bicycle, pushing and pushing, going a little faster than a jogging pace, but never truly feeling the soaring sensation they longed for. Climbing up hills was much harder than our current experience, believe it or not, and their legs ached for rest at the top of the hill. All they could do was push along since the legs hung down to the ground, dragging down the hill on their heavy iron velocipede.

This early Neanderthal of the bicycle would have never caught

on had it not been because of a need to have a place to put one's feet. The final outcome would be as important for the bike's development as fire or the wheel was for ancient man!

One day in 1861 a tired rider came to craftsman Pierre Michaux asking to have footrests installed up near the front wheel to rest one's feet while going downhill or coasting along. Pierre thought about how he could put footrests and still be able to steer the machine. He looked at the front wheel and spun it freely. Like Newton's proverbial apple an idea came to him that transcended the original request. Resting while pushing? Why not weld footrests at 90 degrees offset to the front axle? That would get the feet off the ground with the added benefit of being used as "pedals", new word for them, to allow you to truly self propel. The legs became the pistons we know and love today!



As significant as the chain drive, the shifting system, pneumatic tires and everything else that came later, the evolution of our best friend took shape and became a "pedal away" success with the public, thanks to pedals.

As time went on, cycling as a spectator sport became popular along with recreational riding. A closed-in garden was built in New York to house the popular six-day races. The great garden was Madison Square Garden, created originally for track cycling! Men would race for 144 hours with few rest stops. Watching the physical efforts intrigued the public and became America's favorite spectator sport for a time. In 1902, in France of course, the epic Tour de France was born and still is one of the most popular spectator sports in Europe. It all started with a request for a footrest on a hobbyhorse.

The next time you are at a group ride listen attentively right before everyone leaves the parking lot to begin. You will hear that familiar clicking sound of shoes "clipping" into the beloved modern clipless pedal, the literal connection that bides us together to our trusty steeds, and the "fire of the wheel" invention of the

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/)

## Advocacy Column

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

### Recycle-a-Bike Update, Dec 4

Last Tuesday at OPEN SHOP may have been the most successful of all days! Nine Nepali/Bhutan refugees rode away with working bikes. Thanks to Aaron and Daniel, volunteers from the International Institute, who helped connect us. Thanks Henry and Peter who each brought a truck with donations.

An after school program in Central Falls would like to have a bike class. Are you interested in teaching twice a week for 9 weeks starting in January for \$45 a week 4:30-6? Let me know!

Open shop is every Tuesday from 6-9pm. We now have lights!

Recycle-a-Bike Director, 27 Sims Ave, Providence, RI 02909 Tel: 401-273-7101 [www.recycleabike.org](http://www.recycleabike.org)



### NBW Merchandise

Sue Barker has taken over the job of sales contact from Bev Thomas.  
Thanks, Bev, for your turn at organizing sales.

#### 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 Sue has questions) to:

NBW/Sue Barker, 31 Stanchion St, Jamestown, RI 02835

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.*



*Expanded Hours! More Show Specials!*

# **35th ANNUAL R.I. BIKE SHOW and 3-DAY BIKE SALE**



**Friday, March 19th · 10-8**  
**Saturday, March 20th · 10-5**  
**Sunday, March 21st · 11-5**

*Free Admission! Door prizes!*

## BICYCLE EXHIBITORS



## ACCESSORY EXHIBITORS

**Allen · Bell Helmets · Blackburn  
Bontrager · Giro Helmets · Mavic  
Onguard · Pearl Izumi · Profile  
Shimano · Thule · Topeak · Yakima**

Plus, the **Narragansett Bay Wheelmen** will be on hand to answer all of your questions about the club and their local rides and cycling schedule.

## *Come Celebrate Spring!*

From beginner to expert, this show is for everyone who enjoys bicycling.

### **Schedule of events:**

#### **Bike Sale**

Fri. March 19 · 10-8  
Sat. March 20 · 10-5  
Sun. March 21 · 11-5

#### **Bike Show**

Sun. March 21 11-5  
Rides 10:00 am

Win a  
**\$590.00**

**"By Invitation Only"  
Shopping Spree!**

Enter our "By Invitation Only" Drawing

We're giving away a \$590  
Shopping Spree to celebrate  
our 59th Year!



## **East Providence Cycle**

414 Warren Avenue

East Providence, RI 401-434-3838

**www.EastProvidenceCycle.com**

*Come donate blood on  
Saturday, March 20  
from 10:00 to 2:30*



**INTRODUCING**  
our *new* line of  
**Recumbent Bicycles!**

Don't miss the all new  
**GIANT "Twist" Electric Bike!**  
*The 3rd generation of  
electric bicycles is here!*

---

# The Outer Banks, October 2009

Bob Melucci

---



Luckily the group had packed their gear and bikes Saturday afternoon before the heavy rains arrived. We finished loading the vittles and provisions Sunday morning in the dark and not in an orderly manner. Nevertheless, five\* of us headed out in our recently-converted RV on schedule before sunrise, destination New Bern, NC.

Our plan was to pick up two additional cyclists on the CT line and meet the eighth in New Bern. I had been test driving *The Bikebus* for about a month on short trips in RI and nearby MA, but this was Nascar: Route I-95, the Talladega of the east. And it passed its baptism flawlessly for 1,790 miles (flat tires don't count).

Try to picture an RV's interior, but with the living and cooking facilities removed. Two persons forward, three at a table midships and two on the comfortable bench seat aft (note an old tin can sailor's terms). A veteran of quite a few RI-FL auto trips, the captain (me) was able to chart a course to avoid those horrible traffic conditions transiting NYC and DC. The more road travelled, the greater the confidence level. Soon the Bikebus's speedometer was registering 70/75 mph with aplomb (not good for mpg however). Gas and food stops allowed us to stretch our legs, but there was no need for pit stops because of our lavette.

We made an overnight stop in Petersburg, VA, where I was foiled in attempt to acquire \$29 rooms by Pat and Ken after a room inspection and we agreed on Motel 8 accommodations (\$70). A short pull the next day took us to our B & B in New Bern, the Howard House (B & B's are more expensive, but they are ideal for bike tours).

Our Alabama connection from the Birmingham Bike Club was already there.

The early arrival allowed us to walk the small downtown of

the former state capital and we had dinner in a restored colonial tavern, the favorite watering hole of the locals.

After a hearty breakfast, for which B & B's are noted, we sagged out 15 miles Tuesday morning to Pollocksville and began our tour of the Outer Banks. (We also had to sag returning from Ocracoke, necessitated by ferry schedules and bike-averse highways.)

Excited and filled with anticipation we eagerly sought the "andiamo" to move our bikes when our evil adversary (the flat) thwarted us. Not to worry. Tube replaced, we again moved forward a whole half-mile when we heard the rifle shot sound of Mr. Flat's second appearance. This time, a bike shop's services were required and so we summoned our Bikebus for sag duties once more. Good thing for cell phones.

The sagwagon with repaired bike and owner met us on the way to Swansboro about an hour later and after lunch we cycled across the inland waterway to Emerald Isle, the Outer Banks and on to Beaufort ("Bowfit") (about 50 miles). This route took us close to the water and we biked on a very quiet beach road lined with opulent "cottages". Truly serene. (Jeanne Petrarca, an NBW member was visiting a friend in NC and joined Sue Barker for a very short and aggressive ride.) The bridge coming back across the Inland Waterway to Beaufort did require some intestinal fortitude to ride.

Now the best part of the tour. The Inlet Inn in Beaufort is a typical motel, so we gulped down a modest continental breakfast and embarked on a 45 mile journey to the ferry at Cedar Island. The mileage wasn't tough, but we had to make a reservation for the Bikebus, so we had a time constraint. As it turned out, we arrived with enough time to gather on the ferry dock, chit chat with others heading for Ocracoke or wade in the water on a very warm day (low 80's; although temps were usually in the 60's and the weather was perfect for the week).

After a two-and-a-half hour ferry ride, we set foot on Ocracoke. I can best describe it as a tourist paradise without the honky tonk. Extremely bike-friendly, cyclists can travel the length of the island on NC 12, about 14 miles. Granted, we spent our two days there in the off-season, so that traffic was calm, but a wide bike path under construction is nearly complete and will act to alleviate the daily bicycle gridlock during high season that locals described to us. The restaurants are uniformly excellent and reasonable.

*Continued next page ....*



## 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.

---

**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:* J Berry, M St Amour  
*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.

---

**January 10, 2010**

**♥ Jonnycake**

15/25 miles

**Sunday** 11:00 AM *Map No.* 42 *Arrower:* John Satterlee  
*Route* Kingston, Usquepaugh, Shannock  
*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* 45 minutes from Providence  
*Description* This ride travels through the rural countryside of southern RI, following numerous back roads through farmlands, woods, towns, and turf farms. A good tourist stop is the Kenyon Grist Mill in Usquepaugh which grinds corn meal into jonnycake ("journycake") flour. Ride will repeat Feb 7.

---

**January 17, 2010**                      ♥ **Dartmouth Ride #1**                      18/27 miles

**Sunday**      11:00 AM      *Map No.* 25      *Arrower:*

*Route*              Dartmouth, Padanaram, Russells Mills

*Directions*      Start at the Sears plaza, No Dartmouth Mall, Faunce Corner Road in North Dartmouth, MA. Take I-195 East to Exit 12. Bear right onto Faunce Corner Road. Turn right into the plaza at the third light.

*Drive Time*      50 minutes from Providence

*Description*      This ride passes through broad stretches of farmland and salt marshes. You'll pass through the picturesque village of Padanaram on Apponagansett Bay, and on the long ride you can stop at the uncrowded beach at Demarest Lloyd Park. This ride will repeat Feb 14.

---

**January 24, 2010**                      ♥ **Scituate Foster Coventry**                      15/25/30 miles

**Sunday**      11:00 AM      *Map No.* 87      *Arrower:* D Paiva, N Clavet

*Route*              Scituate, Foster, Coventry

*Directions*      Start from the Scituate High School, corner of Rockland and Trimtown Rds in Scituate. Take Rt 6 West from I 295. Stay to the left when Rt 6A forks off from Rt 6. You will go through the town of North Scituate, and then will pass the State police station on your right. Bear left onto Rockland Rd (also Scituate Rd) when it forks off from Rt 6. School is one mile up Rockland Rd, on the left.

*Drive Time*      20 minutes from Providence

*Description*      This is a somewhat hilly but scenic ride that travels along winding, wooded roads. Each ride crosses a portion of the Scituate Reservoir. This route was designed by club member Mike DeStefano, the winner of our first design-a-ride contest, held back in 1989. This ride will repeat Feb 21.

---

**January 31, 2010**                      ♥ **Taunton Two Rock Ride - REPEAT**                      13/24 miles

**Sunday**      11:00 AM      *Map No.* 104      *Arrower:* J Berry, M St Amour

*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 is a repeat of the Jan 3 ride.

---

**February 7, 2010**                      ♥ **Jonnycake - REPEAT**                      15/25 miles

**Sunday**      11:00 AM      *Map No.* 42      *Arrower:* John Satterlee

*Route*              Kingston, Usquepaugh, Shannock

*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*      45 minutes from Providence

*Description*      This ride travels through the rural countryside of southern RI, following numerous back roads through farmlands, woods, towns, and turf farms. A good tourist stop is the Kenyon Grist Mill in Usquepaugh which grinds corn meal into jonnycake ("journeycake") flour. This is a repeat of the Jan 10 ride.

---

**February 14, 2010**                      ♥ **Dartmouth Ride #1 - REPEAT**                      18/27 miles

**Sunday**      11:00 AM              *Map No.* 25                      *Arrower:*

*Route*              Dartmouth, Padanaram, Russells Mills

*Directions*      Start at the Sears plaza, No Dartmouth Mall, Faunce Corner Road in North Dartmouth, MA. Take I-195 East to Exit 12. Bear right onto Faunce Corner Road. Turn right into the plaza at the third light.

*Drive Time*      50 minutes from Providence

*Description*      This ride passes through broad stretches of farmland and salt marshes. You'll pass through the picturesque village of Padanaram on Apponagansett Bay, and on the long ride you can stop at the uncrowded beach at Demarest Lloyd Park. This is a repeat of the Jan 17 ride.

---

**February 21, 2010**                      **Scituate Foster Coventry - REPEAT**                      15/25/30 miles

**Sunday**      11:00 AM              *Map No.* 87                      *Arrower:* D Paiva, N Clavet

*Route*              Scituate, Foster, Coventry

*Directions*      Start from the Scituate High School, corner of Rockland and Trimtown Rds in Scituate. Take Rt 6 West from I 295. Stay to the left when Rt 6A forks off from Rt 6. You will go through the town of North Scituate, and then will pass the State police station on your right. Bear left onto Rockland Rd (also Scituate Rd) when it forks off from Rt 6. School is one mile up Rockland Rd on the left.

*Drive Time*      20 minutes from Providence

*Description*      This is a somewhat hilly but scenic ride that travels along winding, wooded roads. Each ride crosses a portion of the Scituate Reservoir. This route was designed by club member Mike DeStefano, the winner of our first design-a-ride contest, held back in 1989. This is a repeat of the Jan 24 ride.

---

**February 28, 2010**                      **Walpole Dover**                      15/28 miles

**Sunday**      11:00 AM              *Map No.* 109                      *Arrower:* Monica Foulkes

*Route*              Walpole, Medfield, Millis, Sherborn, Dover, MA

*Directions*      Start from the Municipal Parking Lot, off Rt. 27, Walpole, MA. From the south, take Rt. 95 N to exit 9 (Rts 1 & 27, Walpole exit). Bear right off the exit onto Rt. 1N for 1.1 mi. Go Left at the light onto Rt. 27. Stay on Rt.27 for 1.7 mi until approaching the junction with Rt 1A in Walpole. Just before that light take a Left on an unnamed street (there's a "Public Parking" sign at the turn). You'll see the parking area on the right (behind the shops on Rt.1A and behind the Fire Station).

*Drive Time*      40 minutes from Providence

*Description*      Lovely ride around small towns and farms south and west of Boston, crossing the Charles River a couple of times on surprisingly rural roads. Ponds, marshes, lots of horses and a few cows to be seen. Expect a few hills but nothing major. At this time of year watch out for potholes on these little roads in the Charles River watershed area.

---

**March 7, 2010**                      ♥ **Narragansett Saunderstown**                      19/30 miles

**Sunday**      11:00 AM              *Map No.* 82                      *Arrower:*

*Route*              Narragansett, Saunderstown, Kingston

*Directions*      Start at Salt Pond Shopping Center in Narragansett, RI. Take I-95 S to Rt 4 S (left exit) to Rt 1 S. Take Rt 108 S exit. Bear right at end of ramp; shopping center is just ahead on right. Please park in the Stop & Shop parking lot, away from stores.

*Drive Time*      35 minutes from Providence

*Description*      This ride explores the midpoint of Rhode Island's southern coast and marshlands, passing close to Gilbert Stuart's birthplace. A highlight of the ride is pedaling beneath the Standford White's twin towers in Narragansett. Optional loop adds 4 miles around Bonnet Shores. Caution in traffic on Rt. 1A.

---

**March 14, 2010**

**Westport Dartmouth**

21/32 miles miles

**Sunday** 11:00 AM *Map No.* 112 *Arrower:* Kevin Mitchell

*Route* Westport, Dartmouth

*Directions* Start at Westport High School, Main Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 10). Head south on Rt 88 for about 4 miles to Old County Road (2nd traffic light). Turn right, then left onto Main Rd. High school is on the right - park in the lot at the far end of the school (as you face the school, it's the one on the left).

*Drive Time*

*Description* A quiet, flat winter ride through woodlands and marshes and quaint villages.

---

**March 21, 2010**

**EP Cycle/Spring Opener**

14/18/31/43 miles

**Sunday** 10:00 AM *Map No.* 28 *Arrower:* Jim Berry

*Route* East Providence, Seekonk, Rehoboth

*Directions* Start at East Providence Cycle, 414 Warren Ave (Rt 6) in East Providence, RI. Please park on Rt 6 or adjacent side streets, but do not block driveways or roads. Plan to arrive at start early to allow time to find parking.

*Drive Time* 5 minutes from Providence

*Description* This ride traditionally kicks off our Spring riding season. Enjoy an easy, scenic ride out of the city into rich farmlands. Short ride passes Shad Factory Dam. The 40 mile extension may not be arrowed if the weather turns nasty for the arrower (March can be "iffy" for 40 mile rides!).

After the ride, East Providence Cycle invites everyone to their Annual Bike Show to view the latest in bikes, accessories, and clothing. Some manufacturers' reps will be on hand. Refreshments too! Get those bikes out now and see you there.

NOTE: RIDE START TIME IS 10:00 AM ! We leave our winter schedule behind and revert to our usual 10 AM start time with this ride - don't be late!

---

**March 28, 2010**

**♥ Lakeville Tour**

15/25/40 miles

**Sunday** 10:00 AM *Map No.* 47 *Arrower:* Mike Miller

*Route* Lakeville, Freetown, Acushnet, Rochester

*Directions* Start at Assawompset School, Rt. 105, Lakeville, MA. Take Rt. 44 E to Middleboro rotary, take a right on Rt. 18 for 4 miles to the traffic light at intersection of Rt. 18 and Rt. 105. Turn left, and the school is just ahead on your right.

*Drive Time* 40 minutes from Providence

*Description* Flat, easy ride along the cluster of ponds in the area between New Bedford and Middleboro. This ride is known for its cranberry bogs and lack of hills.

---

**April 4, 2010**

**Westerly Ride**

24/36/48 miles

**Sunday** 10:00 AM *Map No.* 113 *Arrower:*

*Route* Westerly, Watch Hill, Niantic, Bradford, Ashaway

*Directions* START: Car pool commuter lot in Ashaway. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.

*Drive Time* 40 minutes from Providence

*Description* Along the southwest shores of RI are summer resort communities, colonial estates, and cove lined estuaries. Misquamicut Beach and Watch Hill have several fine Victorian hotels, the 1871 carousel and Coast Guard Station with lighthouse. Our thanks to Tina Hopkins for extending this ride.

---

♥ Beginners will love these rides!

\* Holiday Show'n Go

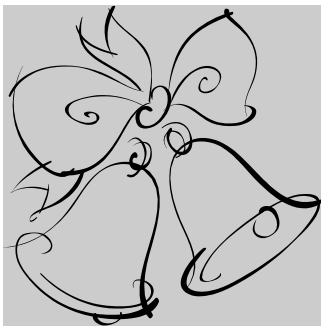
\*\* Special Event

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

Presorted Standard  
US Postage  
PAID  
Providence, RI  
Permit No. 527

### Deadline for the next issue is March 5

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



## Ride in the New Year

If this issue reaches you in time, here's a reminder  
to join us on our annual New Year's Ride  
January 1 2010, Little Compton, RI

See ride schedule for details

### Your newsletter is also available on the NBW website

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

Posted around the first of the month of issue (Jan, Apr, Jun, Aug, Oct). When it's posted an alert will be emailed to the NBW email list, <http://groups.yahoo.com/group/nbwclub/>.

Members will need the username and password to access the Members' section of [nbwclub.org](http://nbwclub.org).

username: spring2010\_mem  
password: Cross2ed

Remember, these are CASE-SENSITIVE.

Username/password are printed on the inside front cover of every issue of *The Spoke'n Word*. Changes are 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 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 email me at [editor@nbwclub.org](mailto:editor@nbwclub.org)

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