

# The Spoke'n Word

Volume 40, Number 2

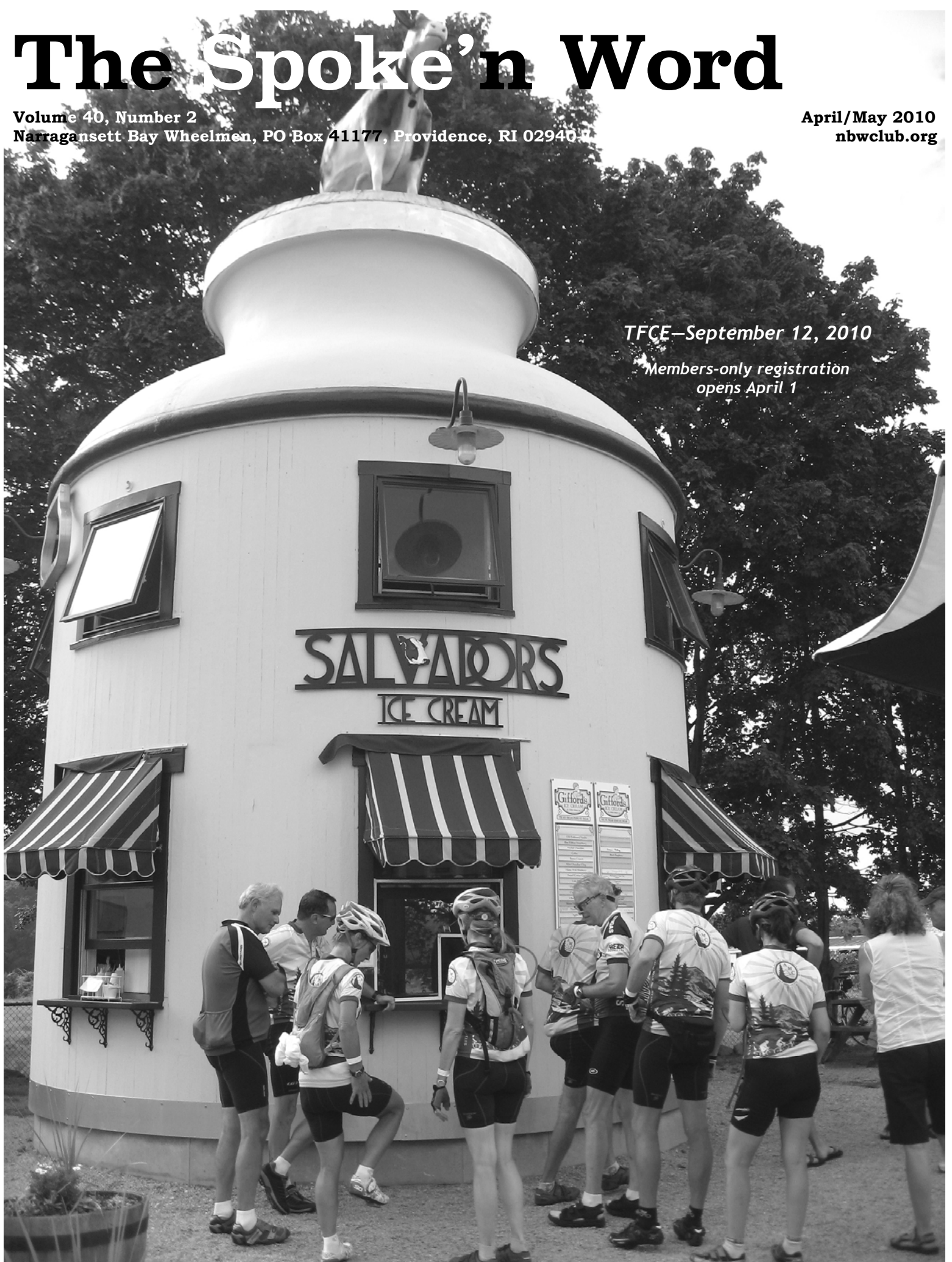
Narragansett Bay Wheelmen, PO Box 41177, Providence, RI 02940-1177

April/May 2010

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

*TFCE—September 12, 2010*

*Members-only registration  
opens April 1*



## SUPER CYCLE SHOPS

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

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79 Swansea Mall Dr  
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3480 Post Rd  
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401-331-6610

### SCOTTEE'S WESTPORT BICYCLE

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330 Hathaway Rd  
New Bedford, MA 02746  
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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 Shwartz at:

[membership@nbwclub.org](mailto: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](mailto:editor@nbwclub.org)

### \*\*\* MEMBERS PASSWORD CHANGE \*\*\*

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

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

Cover: A favorite stop on the TFCE route.  
Salvador's Ice Cream, Smith Neck Rd,  
So Dartmouth, MA. Sep 2009.  
Photo: M. Foulkes

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

From the Editor <[editor@nbwclub.org](mailto: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.

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## President's Message

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**W**ell it looks like the worst is over and warmer weather is finally here. At this writing in early March, the weather is a balmy 60 degrees and I am having visions of a beautiful Spring ahead. Let's all hope it continues.

Although it was a cold and snowy winter, we had nice turnouts at our regular rides. Thanks to the hearty souls who volunteered to arrow despite looming weather forecasts—**Jim Berry, Mark St Amour, John Satterlee, Don Paiva, Norm Clavet, Monica Foulkes, Kevin Mitchell, Rod Breault**, and of course the leading arrower of 2009 **Mike Miller**.

The TFCE committee has already met and started planning our annual ride on September 12. **Larry Shwartz** and **Don Paiva** have graciously volunteered to co-chair again this year. The rest of the committee includes: **Rob Price, Rick Schwartz, Carleen McOsker, Bill Gajda, Don MacManus, Ted Shwartz, Louise Paiva, Jack Williamson** and **John Nery**. We can always use additional volunteers for this event so if interested, please contact Don Paiva.

With respect to ongoing events, our sport has come a long way in the last 10 years and the League of American Bicyclists has been at the forefront of helping to shape bicycle-related legislation. Our movement has grown larger and more effective; the number of people riding is growing in almost every community in the nation. We need more people on bikes more often, and the reasons just keep on growing. Whether it's obesity, health care, climate change, air quality, energy independence, traffic congestion, economic development or quality of life issues—bicycling has got to be part of the solution.

In 2010, Congress and our Federal agencies will be setting national targets and goals for 2020. They will be writing transportation, climate, health care, natural resources and other critical pieces of legislation that will shape our future. Bicycling must be prominently featured in these important pieces of legislation, documents, funding streams and programs. And the NBW will be part of this movement on a national and local level. Our own **Matt Moritz**, Advocacy Chair, participated in the March LAB National Bike Summit in Washington, DC. A summary of major LAB initiatives and NBW involvement will be in the upcoming issues.

In 2009, the NBW worked closely with and financially assisted the RIDOT to print Rhode Island state bicycle maps. Citing the importance of the maps, the RIDOT has earmarked in their 2010 budget a re-print of the updated

maps that were generated last year. A thank you once again needs to go out to the team that helped steer this project last year—**John Rohland, Pete Rice, Eric Weis (East Coast Greenway Alliance)** and in particular, **Ray Foulkes**. Ray took on the job of getting the files from the state, getting bids on the printing, and helped drive the project to completion.

The Board of Directors has had one meeting since the last issue and we have scheduled quarterly meetings set up through the year based on a financial calendar. If you as a member have initiatives or projects that you would like the board to address, please contact any board member

at any time—our contact information is listed on the NBW website. Board members are your representatives and their role is to help shape and steer the current and future direction of the club. Members make this club special so in essence, you are the club! Your ideas are valuable so do not hesitate to contact us.

As you may know, the NBW has gone green! *The Spoke'n Word* can now be found on the website. We are offering everyone the option of **NOT** receiving the printed version by informing editor@nbwclub.org. This will reduce the amount of paper that goes into landfills and

reduce the printing and mailing costs associated with distribution. The option has proven to be popular so please consider it going forward.

We have many projects/events coming up for the coming year—Rhody Roundup, TFCE, social tent, 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. This is your club ... be active, participate, have fun!

Hopefully, by the time you read this, I will have seen you at the Spring Opener! Looking forward to another great year on the road!

Regards and Safe Riding, Todd.

### **Bike to Work Day—Providence Friday, May 21 2010**

See the Providence Bike Coalition website for details closer to the date:  
[www.bikeprovidence.org](http://www.bikeprovidence.org)

## NBW Officers

### 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



## 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

## WELCOME New Members

Kelly A. Barrette, Woonsocket, RI  
Brenda Cardullo, Bristol, RI  
Dennis A. Charest, Wallingford, CT  
Mano Chinnaswamy & Family, Wrentham, MA  
Edward Cicione, North Kingstown, RI  
Gilbert Conover, Jr., Little Compton, RI  
William C. Dakai, Millville, MA  
Edythe M. De Marco, Pawtucket, RI  
Audrey B. Hill, Wakefield, RI  
Todd & Jennifer Jendzejrec, Foster, RI  
Raymond R. Jenkins, Narragansett, RI  
Karen M. Kaczynski, East Freetown, MA

Richard & Karen Karash, Boston, MA  
Christopher T. McDonald, Dighton, MA  
Karen Norman & David Etchells, Sterling, CT  
Mary M. Powers, Rutland, MA  
Michael J. Senno II, Cumberland, RI  
Barry Shuster, Lebanon, NH  
Geraldo Stanton, Marlborough, MA  
Eileen E. Sullivan, Dedham, MA  
Deborah M. Tate, Providence, RI  
John W. Thompson, Fairhaven, MA  
Michael A. Trant, Barrington, RI  
Dick, Karen, Susan & Jill Waterman, Barrington, RI



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## Advocacy Column

Matt Moritz, [advocacy@nwclub.org](mailto:advocacy@nwclub.org)

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Firstly, thank you to Janice, Todd and Sue for the opportunity to fill the role of Advocacy chair for the club. This role is a natural fit for my interest as a cyclist, and hopefully the club's as well. Prior to this I already was working with the Providence Bike Coalition on local issues and welcome the challenge to act at a larger scale and with the support of the members of the NBW. Unfortunately there is only one of me and I cannot effectively know about every opportunity to act as a nudge to our local governments to take cyclists' interests and safety seriously. If you are aware of such an opportunity in your community, or another group which the NBW can act in concert with, please let me know at [advocacy@nwclub.org](mailto:advocacy@nwclub.org).

By the time you read this, I will have attended the 10th annual National Bicycle Summit, hosted by the League of American Bicyclists in Washington DC. The primary purpose of this gathering is to make our national legislators aware of bills currently in progress that could benefit their cycling constituents as well as the communities and people who they represent. This year, efforts are focused on the Complete Streets Act of 2009, the transportation funding bill and several others. With jobs and the economy being the primary focus for many, it is even more important than ever to be sure that cyclists are not marginalized and show how funding for cycling can serve to create jobs and improve the economy.

On the local scene, "Frank's Law", a law intended to protect cyclists by providing for penalties for passing cyclists too closely, is still working its way through the RI state legislature. Various cycling organizations are working to improve the wording of the law to improve enforceability, provide stiff penalties and cover all vulnerable road users. Hopefully, the recently-passed ban on texting while driving, in effect since November, has already improved the safety on our roads for pedestrians, motorists and cyclists.

Also locally, the week of May 17 to 21 is Bike to Work week, a week to make cyclists' presence apparent and real for other road users and our local governments. If you have the opportunity to bicycle to work during this week, please do so. Many communities will be holding events on May 21, a Friday, for Bike-to-Work day. In Providence, the Providence Bike Coalition will be acting as host, but no details have been published as yet. Watch <http://bikeprovidence.org> for more information.



NBW booth at Bike-to-Work-Day, May 2009, downtown Providence. Howard Stone advises on bike routes, with the help of the 2009 NBW Guide to Cycling in the Ocean State (RIDOT's bike map). Photo: M Foulkes

Lastly, in conjunction with the Greenways Alliance of Rhode Island, various small organizations have received funding to encourage youth cycling, improve signage on the South County Bicycle Path and assist Recycle-A-Bike's earn-a-bike program with supplies and parts that cannot be recovered from donated bicycles.

*Time for our annual reminder on how to ride in a group ...*

### **“On your left” How to pass other riders**

Please alert other riders as you are about to pass them. Not only is it the polite thing to do, it's the safest way to pass. If you startle the rider by passing without alerting them you run the risk of them swerving into you. Do not pass on the right (on the inside) of other riders ... we really mean that ... do not pass on the right!

*Pass on the left—only on the left—and alert by saying “On your left” or “Passing on your left”.*



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## League of American Bicyclists Certified Cycling Course I April 20, 21 & 24

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Once again Rob Foulkes will open the East Providence Cycle Company Bicycle Education Center on the East Bay Bike Path for the Narragansett Bay Wheelmen, so we can hold another League of American Bicyclists safe bicycling course. The training will cover safe bicycling in rural and urban areas, bicycle-automobile relationships, and safe group cycling skills.

We are tailoring the course to focus on the topics in past LAB basic training series most relevant for NBW members. Participants will learn how to cycle safely in all road and traffic conditions. Even the most experienced cyclists have picked up valuable skills in prior classes. Everyone will bring bikes to the second and third meetings to try out new skills through drills and obstacle courses.



Here are the details:

**Title:** League of American Bicyclists Certified Cycling Course I

**Dates and Times:** April 20 & 21 from 5:30 to 8:30 pm and Saturday, April 24, from 9:00 to 12:00 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 to Sue Barker at [sueb4@cox.net](mailto:sueb4@cox.net)

**Instructors:** Bill DeSantis, Certified League of American Bicyclists Instructor and Senior Projects Manager at Vanasse Hangen Brustlin, Inc. and Rob Foulkes, Owner, East Providence Cycle, Inc.

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... *fifth year* ...

### NBW Beginner/New Rider Rides

April 18 BikeWorks Ride, 16 miles, start Swansea, MA

May 16 Westport Ride, 13 miles, start Westport, MA

June 13 Scramble Metric, 17 miles, start Seekonk, MA

Leaders: John Ho and Bonnie Reibman



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

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

See the ride schedule for directions to the start locations of these rides. Maps will be handed out at the ride start, but you can also print them from our website. Rides will be arrowed.

*John Ho* is a rider with over 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.

## New Year's Day, 2010



**A** grey, slushy, cold day did not deter riders from assembling, welcomed as always by our gracious hosts Ray, Ellen and Jeanne LaFazia.

Thanks to Rick Schwartz for the photographs (more are posted in the photo gallery page on the NBW website, nbwclub.org).



Riders who signed in:

Ed Adams, Tim Cantwell, Gretchen Chipperini, Noel Field, Monica Foulkes, Raymond Foulkes, Mike Miller, Perky Nellison, Gil Peel, David Potter, Dianne Robillard.

Note from Ray LaFazia:

The LaFazia's have been hosting the New Year's day ride in Little Compton since 1977. The weather did not

interfere with any of the New Year's day rides until 2009. The weather that year was terrible. Less than ten people showed up to ride. In 2010, the weather was the worst ever! All of the above named riders are to be commended for completing the ride.

Ray Lafazia is probably the oldest member in the NBW.

### 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

#### 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.*



# NARRAGANSETT BAY WHEELMEN

## THE FLATTEST CENTURY IN THE EAST

### 39th Annual—September 12, 2010

#### 2000 RIDERS LAB SANCTIONED T-SHIRT & MAGNET 29, 52, 68, 100 MILES

The Narragansett Bay Wheelmen's annual one-day tour through the scenic coastal shoreline, forests and marshlands of southeastern Rhode Island and Massachusetts.

TFCE has become the largest century in New England. It is a social and recreational tour to be enjoyed by all cyclists.

#### SAFETY

This is a recreational ride, not a race. Obey all traffic laws, lights and signs. The police have been advised to cite any rider not following the vehicular laws. Wear a helmet and carry plenty of water and a spare tube. REMEMBER—Think safety first.

#### WHEN

Sunday, September 12, 2010  
Check in begins at 6:30 am and closes promptly at 8:30 am.  
The course opens at 6:45 am and riders must return by 6:00 pm

#### WHERE

Ride starts and finishes in Dartmouth, MA. Directions to the start will be sent with your confirmation e-mail.

#### REGISTRATION

TFCE is limited to 2,000 riders (last year it was filled by mid-May). The fee for registration is \$25 per person for NBW members and \$35 for non-members.

All registrations will be processed on-line by Active.com, who charge an additional \$3 service fee.

**Registration for NBW members only will open on April 1st.** A link to the on-line members' registration site will be available in the Members' section of our website, [nbwclub.org](http://nbwclub.org). For the current members' password, see the inside front cover of your *Spoke'n Word*.

**Registration for non-members** will open May 1st. A link to the on-line registration site will be available on the club website: [nbwclub.org](http://nbwclub.org)

Registration covers map and cue sheet, marked route, TFCE magnet, T-shirt, refreshments at three checkpoints and sag wagons. Restroom facilities will be available at the start and the checkpoints.

No refunds will be given.

#### T-SHIRTS

Every rider who registers will receive a T-shirt designed especially for this ride. XXL size is available for an additional \$3.

#### SAG WAGONS

Sag wagons are for first aid and irreparable breakdown. Attention is given last to riders who simply wish to be transported back to UMass. Both bike and rider should be in top shape.

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#### SPORTS MASSAGE

Massage therapists will be available for a nominal fee from noon to 5:00 pm.

#### FOOD

Food will be available for purchase after the ride.

#### HOTELS

[www.umassd.edu/southcoast/tourism](http://www.umassd.edu/southcoast/tourism)

For on-line information: [nbwclub.org](http://nbwclub.org)

Questions: [tfce@nbwclub.org](mailto:tfce@nbwclub.org)

# HELP WANTED

For the 39th annual NBW-TFCE  
The Flattest Century in the East

*September 12, 2010*



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

*Please contact:*

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



*Volunteers are needed for:*

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



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

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

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





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# The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD, March 2010

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## Figuring Out Your Sports Diet: Tips for Label Readers

*"What percent of my calories should come from carbs, protein and fat?"*

*"Orange juice has 24 grams sugar. Isn't that bad...???"*

*"I stopped eating peanut butter; the label says it has 16 grams of fat!!!"*

If you are like many active people, you feel totally confused about what to eat. You listen to a plethora of nutrition experts, read food labels, and then try to piece the information together to build a better sports diet. Yet, you end up with lots of questions, like what percent of calories should come from carbs, protein and fat: 40-30-30% or 60-15-25%?

According to the American Dietetic Association's Position Stand on Nutrition & Athletic Performance, percentages are not the way to calculate a sports diet. Here's one example why:

- If you are a lightweight rower trying to drop five pounds to make weight and are eating only 1,600 calories a day, 10-15% of calories from protein translates into 160-240 calories of protein. That's the equivalent of 40-60 grams protein. (There are 4 calories/gram protein.) That's way too little. The rower who weighs 140 lbs. would need almost double that amount, because dieting athletes should target about 0.8 grams protein per pound of body weight (1.7 g pro/kg).

### Assessing your diet

Instead of getting overwhelmed by percentages of calories, I suggest you envision a dinner plate. The goal is for 2/3 to 3/4 of the plate to be filled with carb-based foods (such as brown rice and broccoli) and 1/4 to 1/3 filled with a protein-rich food (such as a piece of fish). The plate-method is far easier than calculating grams of carbs, protein and fat!

But, if you are curious about your food intake and want to learn more about what you eat, you can track your diet on websites such as [www.MyDailyPlate.com](http://www.MyDailyPlate.com), [www.fitday.com](http://www.fitday.com) or [www.sparkpeople.com](http://www.sparkpeople.com). One critical key when assessing your diet is to weigh and measure your food so you know exactly how much you actually eat and not just guess. (*Hmm. I guess that's about 1 cup of oatmeal...*) Be honest now; people tend to change what they eat when they have to record it. Be sure to include the Munchkin someone brought into the office, the Hershey's Kiss from the candy jar, the French fry you snatched....

By tracking your intake for three or four days, you'll get

a good snapshot of your training diet. Ideally, an athlete who routinely trains hard wants to consume about:

- 2.5 to 4.5 gram carbohydrate/lb body weight (6 to 10 g/kg)
- 0.5 to 0.8 gram protein/lb body weight (1.2 to 1.7 g/kg)
- the rest of the calories from fat (no less than 20% of calories from fat).

If you are consuming more than 2,000 calories a day from primarily nutrient-dense food, a diet analysis will help you discover you likely consume abundant vitamins and minerals—and get more than 100% of the Daily Value. (This may lead you to question if you actually need that vitamin pill after all!)

### Making sense of information on food labels

Here are some food label questions athletes ask me about the carbs, protein and fats in their diets. Perhaps this information will help address your confusion as well.

*Q. Is it OK to have 2% milk (with 5 grams fat) on my cereal instead of watery skim milk (with 0 grams fat)? It tastes better and is more satisfying.*

A. Yes, as long as you budget the rest of your day's fat intake. That is, if you enjoy 2% milk on cereal, then simply choose less mayo, cheese and fatty foods at other meals. Even dieting athletes should consume at least 40 grams of (primarily healthful) fat per day.



*Q. Should I avoid peanut butter because it has 16 grams of fat?*

A. No! About 25% of your calories can appropriately come from fat. That means the typical female athlete can enjoy 600 calories (~65 grams) of fat per day. Peanut butter can easily fit within your fat-budget. Plus, peanut butter's fat is health-protective. People who enjoy peanut butter and nuts five or more times a week reduce their risk of heart disease and diabetes by more than 20%. Perhaps you want to enjoy peanut butter *twice* a day?!

*Q. The label says 2 tablespoons of Skippy peanut butter has 3 grams of added sugar. Isn't that bad?*

A. Three grams of sugar equates to 12 calories of sugar. This is far less than the jelly that goes on a PB&J sandwich, as well as a fraction of the sugar in sports drinks and jelly-beans. A standard guideline is 10% of calories can come from refined sugar. That equates to about 240 to 300 calories (60-75 grams) of sugar for most athletes. You can choose how you want to spend those sugar-grams.

*Q. Should I avoid orange juice because it has too much sugar?*

A. All the calories in orange juice come from sugar, but along with that (natural) sugar, you get abundant vitamin C (to boost your immune system), potassium (to protect

*Continued ...*



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# Cycling Sessions

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

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## Cycling's Serenade



There is a purity found in the joy and pain of bicycling  
Merging machine with man  
Into perfect combination  
As one joins with the breezes and nature's scenery  
as they pedal  
The bicycle comes alive  
While gathering before the ride  
Clicking and singing their songs together,  
shoes are clipped in and gears are checked  
Sounds like bicycles talking  
Anxious for movement  
As though they only come alive in motion  
Gracefully gliding along,  
Sparkling spokes blending  
with a flower's fragrance.

As your legs make circles in the air  
Your heart, like an engine,  
Pumping as you glide along.

Those serendipitous moments  
arrive on a quiet road  
When one feels a part of the machine  
Body and bike are entwined  
the body automatically changes gears as the  
road changes and the hills come and go.

In those precious moments,  
When you look down as you are flying down an  
empty country road  
Legs like pistons  
Almost alive on their own

Oblivious to your curiosity  
Not stopping to ask  
'What are you looking at?'

Instead they move faster

When a twisty downhill  
Opens before you like a melody  
And you become the twists and turns, the song

Bending left, then right,  
Like a diving bird of prey  
Feeling the bends  
Tasting the breezes  
Gathering speed  
On a warm spring day



It's not hard to understand,  
Why most of us feel for our graceful steeds,  
As though they were alive,  
And take pleasure at their simplicity,  
We buy them new saddles,  
Or new wheels,  
And gently take them out of our cars,  
And feel strangely connected.

For in those moments,  
We are those spinning marvels,  
And they are us. They make us fly.  
And only those who journey miles and miles,  
will ever really know that feeling, that connection.

Here's to a great 2010 of adventure on your  
spinning friend!

Gary Stafford has a new website (blogspot) where he posts some older writings and lots of info; there's also a linked Twitter account.  
<http://cyclingsessions.blogspot.com/>

LEAGUE OF AMERICAN BICYCLISTS

# National Rally

130TH ANNIVERSARY

NEW MEXICO BICYCLE RALLY ■ JUNE 3-6, 2010 ■ ALBUQUERQUE, N.M.



*League of  
American  
Bicyclists*



Join cyclists from across the country for four days of riding through New Mexico's historical and colorful terrain! Several ride options and routes are available.

FIND OUT MORE AND REGISTER AT [WWW.BIKELEAGUE.ORG/CONFERENCES/RALLY10](http://WWW.BIKELEAGUE.ORG/CONFERENCES/RALLY10)



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# From the Touring Committee

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

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Spring is always a great time to set new goals for your upcoming cycling season. March Madness has gone by the wayside. There are no more excuses for staying inside. The clock has spring forward and the days are longer.

We have much more to pick from than the scheduled Sunday rides. Get active, check our online discussion list ([groups.yahoo.com/group/nbwclub/](http://groups.yahoo.com/group/nbwclub/)) and see what week-night rides you can do. These rides are very beneficial in promoting good bicycle fitness so you can perform better on Sundays.

I would like to give special thanks to the LaFazia family. Our January 1, New Year's Day rides that are a right of passage, have been hosted by the LaFazia family for 35 years. This year was the last time that they will be able to do it. The club wishes them well.

### Thanks to our most recent ARROWERS:

Jan 1	New Year's Day Ride	Jeanne LaFazia
Jan 3	Taunton 2 Rock Ride	Jim Berry, Mark St Amour
Jan 10	Jonnycake Ride	John Satterlee
Jan 17	Dartmouth Ride #1	Mark St Amour
Jan 24	Scituate Foster Coventry	Don Paiva, Norm Clavet
Jan 31	Taunton 2 Rock Ride	Jim Berry, Mark St Amour
Feb 7	Jonnycake Ride	John Satterlee
Feb 14	Dartmouth Ride #1	Mark St Amour
Feb 21	Scituate Foster Coventry	Don Paiva, Norm Clavet

Feb 28	Walpole Dover Ride	Monica Foulkes
Mar 7	Narragansett Saunderstown	Tom Shackelford
Mar 14	Westport Dartmouth	Kevin Mitchell
Mar 21	EP Cycle/Spring Opener	Jim Berry
Mar 28	Lakeville Tour	Mike Miller

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

### When riding please remember the following:

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

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



what's the best way to ride from the East Bay bike path across Providence to join up with the Cranston bike path ... that's just a selection of recent hot topics.

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**Join our email discussion list**  
**<http://groups.yahoo.com/group/nbwclub/>**

- find out about ad hoc and midweek rides that members put together quickly, that don't make it onto our regular ride schedule,
- keep up on late-breaking club news and alerts,
- get together with other riders for bike tours, rides,
- swap information about bike tours, races, events, both local, national and international,
- discuss the esoterica of bike-riding ... how to clean an 11 speed chain (hint: don't take it off) ... whether or not to use Simple Green ... why bike racers shave their legs ...

## NBW RIDE SCHEDULE

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

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**April 4, 2010**

### Westerly Ride

24/36/48 miles

**Sunday** 10:00 AM *Map No.* 113 *Arrover:* Jim Dumont

*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.

---

**April 11, 2010**

### Lincoln Smithfield

15/21/42 miles

**Sunday** 10:00 AM *Map No.* 48 *Arrover:* Rod Breault

*Route* Lincoln, Lime Rock, No Smithfield

*Directions* Start at McDonalds at the Lincoln Mall, 622 Geo Washington Hwy (Rt 116) in Lincoln, RI. Take Rt 146 N to the exit that is marked for Lincoln Mall (Rt 116 S). Go right at the exit. The mall entrance is 1/2 mile on the right at the light. Park near the Bank, away from McDonalds.

*Drive Time* 15 minutes from Providence

*Description* The route heads south from the Mall, passing the airport, and circles Lincoln Downs, before turning north on old roads. We're in the NW quadrant of our riding area, so expect hills, especially on the long (42 mile) loop, which has some big hills to test your Spring legs! Phil "DeRosa" Wildenhain scouted and extended this old ride.

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**April 18, 2010**

### BikeWorks Swansea Ride

16/26/50 miles

**Sunday** 10:00 AM *Map No.* 160 *Arrover:* Monica Foulkes

*Route* Swansea, Dighton, Freetown

*Directions* Start at parking lot in the Plaza behind BikeWorks cycle shop, 179 Swansea Mall Drive (Rt.118), Swansea, MA. Take Rt 195 East to Massachusetts exit #3 (Swansea Mall). Take Rt 6 East to Rt 118 North. BikeWorks is .4 mile on the right, just before the first set of lights. Turn right at the lights into shopping center parking, then go LEFT to the end of the parking lot; please park far away from stores.

*Drive Time* 15 minutes from Providence

*Description* A nice quiet ride, designed by BikeWorks and modified by NBW. The 16 mile ride is good for beginners, meandering through Swansea and Rehoboth. The 26 mile ride continues over to Dighton. The 50 mile ride crosses the Taunton River into Assonet, Lakeville and Berkley. Be sure to stop at the BikeWorks store after the ride for shopping and refreshments.

BEGINNER/NEW RIDERS: John Ho and Bonnie Reibman will lead a group ride for beginners on the short (16 mile) loop. If you plan to join this ride, please arrive 30 minutes before the start to assemble your bike and locate John and Bonnie. Bring helmet and spare tube.



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**April 25, 2010**

**Miles Standish State Forest**

22/46 miles

**Sunday** 10:00 AM *Map No.* 57 *Arrower:* Bill McGrane

*Route* Wareham-Marion-Carver-Plymouth

*Directions* START: Town Hall/High School complex, Wareham, MA. Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.

*Drive Time* 45 minutes from Providence

*Description* This easy ride heads south to the waterfront town of Marion on Buzzards Bay, before turning north through cranberry bog country to Miles Standish State Forest. Long ride goes through the forest to Plymouth and the other shore. 22 miler doesn't go through the forest, but it skims close by, and you can add a couple of miles if you want to detour and check out the pond. The old route used the old bike path in the forest. We eliminated that, but left it on the map in case you really want to use your technical skills on an narrow, twisty path with steep ups and downs. Thanks to the touring crew for resuscitating this old ride.

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**May 2, 2010**

**Mystic Seaport**

19/47 miles

**Sunday** 10:00 AM *Map No.* 61 *Arrower:*

*Route* Hopkington, Clark Falls, Old Mystic CT

*Directions* Start at the former Victory Cycles shop in the Chariho Plaza, Rt 138 in Hope Valley, RI. Take I-95 south to Exit 3-B West onto route 138W; the plaza is about one quarter mile down on the right. As you enter the plaza, go to your left; park near the Post Office.

*Drive Time* 40 minutes from Providence

*Description* Ride from Hope Valley to the Mystic Seaport and back, through Hopkington, Clark Falls, through Old Mystic and past the seaport of Mystic.

Thanks to Gil Peel for revising the old "out-and-back" route to create a much more enjoyable ride.

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**May 9, 2010**

**Killingly Tour**

17/35/47 miles

**Sunday** 10:00 AM *Map No.* 30 *Arrower:* Paul Rider

*Route* Scituate, Foster, Glocester, East Killingly

*Directions* Start at Ponagansett High School, Anan Wade Rd, Glocester, 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* Some climbing on this ride, which explores the woods and farmlands at the western end of the state. Visit RI's highest point, Jerimoth Hill at 812 ft, and check out the oldest town hall in the US located in Foster.

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**May 16, 2010**

**♥ Westport**

13/25/44/50 miles

**Sunday** 10:00 AM *Map No.* 111 *Arrower:* Kevin Mitchell

*Route* Westport, Dartmouth

*Directions* Start at Westport High School, in 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 (traffic light intersection). Turn right, then left at the end of the road (about a block), and the school is just ahead. We usually park to the left of the school.

*Drive Time* 30 minutes from Providence

*Description* This ride is considered to be one of the club's best, rolling down the Westport waterway to scenic Horseneck Beach. Easy riding past rural farms. 50 mile extension by Gil Peel.

BEGINNER/NEW RIDERS: John Ho and Bonnie Reibman will lead a group ride for beginners on the short (13 mile) loop. If you plan to join this ride, please arrive 30 minutes before the start to assemble your bike and locate John and Bonnie. Bring helmet and spare tube.

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**May 23, 2010**

**South Shore Century**

27/54/75/100/125

**Sunday** 8:00 AM *Map No.* 54 *Arrower:* McGrane/Dumont crew

*Route* Middleboro, Plymouth, Cohasset

*Directions* Start at the Middleboro High School, in Middleboro, MA, on Rt 28 just past the Rt 105 Intersection. Take I-95 N to I-495 S to the Rt 105 exit (Exit 4). Turn left off the exit onto Rt 105 to the first intersection with a traffic light. Go right at the light onto Rt 28. School is about 1 mile on the right.

*Drive Time* 60 minutes from Providence

*Description* This favorite century ride is one of the easiest and loveliest of the club's centuries, travelling along Boston's south shore with its spectacular water views. We will ride to Duxbury, then wind our way along the coast up to Cohasset, turning south to Middleboro on back roads, passing numerous ponds and farms along the way. Luca Marchi updated the old route, taking the shorter rides off some roads that have become extremely busy onto quieter back roads, adding an optional detour through Wompatuck State Park on the 100 mile return, and an extension to a double metric for the adventurous.

100/125 milers leave at 8:00 am; all other riders leave at 10:00 am.

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**May 30, 2010**

**♥ Chariho Tour**

15/25/30/47 miles

**Sunday** 10:00 AM *Map No.* 17 *Arrower:*

*Route* Charlestown, Richmond, and Hopkinton

*Directions* Start at Chariho High School, on Hope Valley Rd in Richmond, RI. Take 95S to exit 3B West ( Rt 138W Hope Valley). Go 1.1 miles to a traffic light and go straight on Rt. 3/Rt 138. About 1 mile on Rt. 3 bear left at blinking light onto Mechanic St. (which becomes Switch Rd, then bears right and becomes Hope Valley Rd), for about 4 miles to the school on the right. Please park at rear of school.

*Drive Time* 45 minutes from Providence

*Description* This scenic ride on quiet roads in the southwest corner of RI passes first through Woodville, with its dam and millpond, and continues through Charlestown, which hosts bike races at Ninegret Park. You'll travel through Burlingame State Park and to the ocean along Quonochontaug Neck before returning through Wood River Junction. CAUTION when crossing Rt. 1 on the long routes!

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**May 31, 2010**

**\*Memorial Day Show'n Go**

**Monday** 10:00 AM *Map No.* 111 *Arrower:*

*Route*

*Directions*

*Drive Time*

*Description* Repeat Westport Ride (use arrows from May 16 ride)

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**June 6, 2010**

**Hill & Gully Rider**

25/35/50/70 miles

**Sunday** 10:00 AM *Map No.* 76 *Arrower:*

*Route* Glocester, Pomfret, CT, Thompson, CT, Charlton, MA

*Directions* Start at W. Glocester Elementary School, Rt. 94, W. Glocester, RI. Take Route 44 west. About 5 miles past Chepachet, turn left on Rt. 94 (there's a lake on the right). The school is a mile up the road on your right.

*Drive Time* 40 minutes from Providence

*Description* This ride features spectacularly scenic and challenging riding through magnificent rolling countryside, including two high, open ridges with unsurpassed views and long descents.

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June 13, 2010

♥ Scramble Metric

17/27/53/66 miles

Sunday 10:00 AM Map No. 88 Arrows:

Route Seekonk, Rehoboth, Norton, Wrentham, Norfolk, Attleboro

Directions: Start at Seekonk Towne Centre (Ann & Hope plaza) across from Tasca Lincoln/Mercury at the intersection of Rts. 114A and 44 in Seekonk, MA. Coming from Providence on Rt 195E take the first exit after the Washington Bridge and follow Rt. 44 to Rt. 114A (it's the first light after you cross into Seekonk). The shopping center is on the left. PLEASE PARK AWAY FROM STORES (around the edges of the parking lot).

Drive Time: 10 minutes from Providence.

Description: The Scramble Metric is an old NBW favorite; scenic and fairly flat. The route travels north through the woods and farms of Norton, Wrentham and Norfolk, returning through Franklin and Sheldonville. The short loops of this ride are good rides for beginners.

BEGINNERS/NEW RIDERS: John Ho and Bonnie Reibman will lead a group ride for beginners on the short (17 mile) loop. If you plan to join this ride, please arrive 30 minutes before the start to assemble your bike and locate John and Bonnie. Bring a helmet and spare tube.

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## *Rhody Roundup*

**Sunday, July 11, 2010  
Fort Getty, Jamestown, RI**

**Mark your calendar!**

**Organizer this year is our VP  
Liz Masterson**

**Details in the June newsletter**

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### **Calendar—Other Rides and Charity Events**

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

Jun 3-6— League of American Bicyclists National Rally. Albuquerque, NM. Join cyclists from across the US for 4 days of riding in historical and colorful terrain. See [www.bikeleague.org/conferences/rally10](http://www.bikeleague.org/conferences/rally10)

Jun 4-6—39th Annual Tour of Scenic Rural Vermont (TOSRV-East). Charles River Wheelmen (CRW). Classic Vermont tour, riding 100 miles from Ludlow to Waterbury on Sat, returning on Sun (for 200 total miles). Cost \$145 covers Fri-Sat night lodging + meals. Limited to 25 riders. See [www.crw.org](http://www.crw.org) for details.

Jul 24— 9th Annual Maine Lobster Ride & Roll. Rockland, ME. 16/30/50/100 mile rides on country roads, past lighthouses and coast. Lobster roll for lunch. See [www.BikeMaine.org](http://www.BikeMaine.org)

Jul 25—Strides-Dartmouth Lions Club rides for diabetes awareness. Dartmouth, MA. 6 mile family ride, 27 mile road race. Go to NBW website, Events calendar—[nbwclub.org/events/](http://nbwclub.org/events/)—for detailed announcement.

Narragansett Bay Wheelmen  
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Mailing label is valid membership card - includes membership number and expiration date - is your membership about to lapse?  
 Deadline for the next issue of The Spoke'n Word is May 5

**Tentative Future Ride Schedule - subject to change - comments to Gil Peel, [touring@nwclub.org](mailto:touring@nwclub.org)**

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
<b>Jun</b>	Sun	6 76	Hill & Gully Rider	W Glocester	25/35/50/70	
	Sun	13 88	Scramble Metric	Seekonk, MA	17/27/53/66	
	Sun	20 62	Joe Medeiros Ride	New Bedford, MA	17/25/47/62	Miller/PeelRobillard
	Sun	27 43	Western Hills Ride	URI, Kingston	22/30/41/62/83	
<b>Jul</b>	Sun	4 120	Ray Young's Ride	Greenville	11/17/23/33/53	
	Sun	11 38	Rhody Roundup	Jamestown	5/18/25/30/40	Masterson/Foulkes
	Sun	18 162	New Bedford - Plymouth	New Bedford, MA	24/38/48/77	Miller/PeelRobillard
	Sun	25 118	Sturbridge Century	W Glocester	16/38/50/58/10	
<b>Aug</b>	Sun	1 39	Westerly Watch Hill	URI Kingston	20/40/64	
	Sun	8 32	Providence Bicycle Ride	Providence	10/35/57	
	Sun	15 81	Cranberry Metric	Raynham, MA	17/35/62	
	Sun	22 159	Fall River Fifty (aka Chourico)	Fall River, MA	19/27/47	Mark St Amour
	Sun	29 106	Uxbridge Animal Farm	Uxbridge, MA	18/30/40/50	Chip Kent
<b>Sep</b>	Sun	5 19	Tom & Pat's Half Century	Coventry	19/24/50	
	Mon	6 81	*Labor Day Show'n Go	Seekonk, MA		
	Sun	12	**TFCE			TFCE crew
<b>Oct</b>	Sun	31 16	Caster's Halloween Ride	Warwick	15/25/32	

Members can access our newsletter in the Members' section of our website, [nwclub.org](http://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 notify us by email to [editor@nwclub.org](mailto:editor@nwclub.org)