

The Spoke'n Word

Volume 40, Number 3

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

June/July 2010

nbwclub.org



You want a leg or a breast? The Rhody Roundup crew serves a cool barbecue.

Join us by the beach at Fort Getty, Jamestown, on Sunday, July 11 2010, for rides around the island followed by the best barbecue bargain around (only \$5).

Sign-up form in this issue.

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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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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

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: Rhody Roundup 2009
Servers: Monica Foulkes, Paula Bissell,
Susan Steiner, Linda Pietras, Ellen LaFazia
Photo: ? sorry, forgot who sent this in ?

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

The aroma of fresh cut grass (ahh). Flowers blooming and sounds of birds (yes). Senses re-awakened (ahh). Continuously-changing weather (uh-oh). March floods (ugh). Base miles (groan). Must be springtime in Southern New England!

Hopefully "the Great March Flood" is a distant memory by this point. The flooding certainly had its impact on the NBW—we had a unique occurrence, with the April 4 Westerly ride cancellation being the first time the club had to cancel a Sunday ride. Special thanks go out to **Gil Peel and all the volunteers** who came up with the many creative solutions to keep our routes active after Westerly. Look for **Gil's** comments regarding the flooding later in this issue.

Rhody Roundup sign-up form: Don't delay in signing up for this popular barbecue, held this year on July 11. This is a great opportunity to reconnect as a community, so don't miss out.

Advocacy and Support: The NBW is committed to bicycle advocacy—see the article on efforts to amend the "3-foot passing distance" bill to become a "vulnerable roadway users" law in RI.

Keep your balance: Check out *Protein, Carbs and Endurance Performance: Finding the Right Balance*. Related is Gary Stafford's *High Intensity Interval Training* session.

A few announcements ...

Sharing NBW news and activities and staying connected with people and organizations outside of the immediate biking community is vital. **Bruce Masterson** has tackled the important role of **Outreach Coordinator**, which we re-activated this year. **Janice Veloza** is now Chair of the Social Tent committee and she is doing a wonderful job of driving this important initiative forward.

Regarding **Social Tents**, our plan is to have the social tents evolve into being rallying points for riders of all levels before, during, and after select Sunday rides. We are looking at having a number of special activities and, in

particular, they will be a place to assist newer riders. **June 13 at the Scramble Metric** will be the first Social Tent of the 2010 season. We are looking for volunteers to act as ambassadors—please contact Janice for more information.

TFCE Sold Out! Online registration promised to streamline the registration process and speed things up. Boy did it! We sold out in less than five days after opening up to non-members. However, no system is perfect and hearty thanks go out to **Jack Williamson** and **Ted Schwartz** for their quick response when issues did arise—their past experience proved to be invaluable.



Luca Marchi did an outstanding job of creating a new set of complete and thorough arrowing guide-

lines. Veteran through novice arrowers should review the guidelines, which are posted on the website: nbwclub.org

Thanks once again to all the arrowers and volunteers who made our club rides and events possible during March, April, and May.

Looking forward to seeing you on the road,

Safe Riding, Todd

Mark your calendar!

NBW Annual Meeting & Volunteers' Banquet

Saturday, November 6 2010

6 PM, Johnson & Wales Inn, Seekonk

Details to be announced in the August issue

NBW Officers

NBW OFFICERS

President: Todd Wise, president@nbwclub.org, 401-744-1157
Vice President: Elizabeth Masterson, vicepres@nbwclub.org
Treasurer: Norman LaBrie, treasurer@nbwclub.org;
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Don Paiva, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Janice Velozo, Ray Foulkes, David Andrews
Membership Secretary: Ted Shwartz, membership@nbwclub.org,
PO Box 56, Dartmouth MA 02714-0056
Rides Coordinator: Gil Peel, touring@nbwclub.org
Advocacy Chair/LAB representative: Matt Moritz, 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

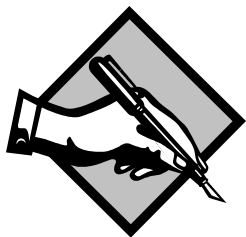
TFCE Committee co-chairs: Don Paiva, Larry Shwartz
Arrows/Paint coordinator: Jim Berry, arrows@nbwclub.org
Ride starters: Raul Silvia, Jack Williamson, Gretchen Chipperini, Rod Breault
Maps/rides database: Monica Foulkes, maps@nbwclub.org
Ride schedulers: Gil Peel, Tina Williams, Bob Paiva
Ride scouts: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

WELCOME New Members

Brian I. Lorber, Barrington, RI
Nancy L. D'Arezzo, West Greenwich, RI
Nicholas J. Mocerri, Cranston, RI
Kathy & Daniel Gauthier, Killingworth, CT
Elizabeth Campo, Warwick, RI
Mary F. Shiel-L'Esparance, Mapleville, RI
Edward F. Hanley, Jr., Riverside, RI
Jeff Jordan & Leonie Shapiro, Sharon, MA
Benoit G. Gauthier, Little Compton, RI
Mary Jane Waite & Andrew Geller, Wayland, MA
John S. Mills, Bristol, RI
Tim, Dan, Beth & Anne McArdle, Coventry, RI
Linn M. Mangano, Providence, RI
Karl Abrahamson, Providence, RI
Ronald Gardner, Manchester, CT
Linda M. Siluk, Clifton, NJ
Charles F. Farfaglia, Sandy Hook, NJ
Peter W. Landry, Little Compton, RI
John L. Simpson, Concord, MA
Kelly & David Foss, Rehoboth, MA
Henry Lopez, Rumford, RI
Darrow F. Loucks, Hamden, CT
Sandra A. Salvatore, Narragansett, RI
Hartwell D. Hooper, Jr., Providence, RI
Scott G. Cameron, Braintree, MA
Kevin J. Sullivan, Westport, MA
Jean Hibbert & Teresa Skinkle, Smithfield, RI
Julie M. Mahaney, Cranston, RI
Clifton C. Dutton & Barbara Tannenbraum, Providence RI
Keith McClening & Susan Petti, Tiverton, RI
Scott & Brenda Briden, Greenville, RI
Gregory B. Roche, Sagamore, RI
David Daniel, Warwick, RI
David F. Gardiner, Cranston, RI
Erica & Todd Estus, Wakefield, RI
Christine M. Morelli, Coventry, RI
Ann Pinheiro, Hope, RI

Pamela L. Filip, Branford, CT
Susan, Ian, & Jenna Jarvis, Westport, MA
Richard Orr, West Hartford, CT
Karen M. Wischnowsky, Coventry, RI
Megan E. Thompson & Nicholas Germt, Cranston, RI
Andrew R. Thorne, Groton, CT
Michael E. Hisey, Exeter, RI
Jon M. Burgess, Johnston, RI
Hillary Harris, Johnston, RI
Robert F. Downing, Plymouth, MA
Michael A. Nasso, Providence, RI
Russell C. Carey, Providence, RI
Lynn & Gary Beard, Prospect, CT
James, Pamela & Alex Cropley, Bolton, CT
Peter W. Kenehan, Portsmouth, RI
Harry & Jayne Morris, Coventry, RI
Christopher J. Byers, Lakeville, MA
Gregory F. Nye, Falmouth, MA
Kathleen A. Palumbo, Johnston, RI
Stephen G. Prince, Brockton, MA
Mary Roach, Tiverton, RI
Alfredo Sosa, Cumberland, RI
Gary & Margot Weinstein, Providence, RI
Michael Zucker, Barrington, RI
Bobbie & Matt Meierowitz, Portsmouth, RI
Edward Dunne, Barrington, RI
Shirley & Eric Ezerins, Middleboro, MA
Timothy D. Fry, Chepachet, RI
Curtis V. Given, Jr., Coventry, RI
Jay Catalno, Lakeville, MA
Kimberly A. Smith, Moosup, CT
Patricia A. Lynch, Plainville, MA
Christine Pike & Julie Fierstein, Attleboro, MA
Dwight R. Haley, Warren, RI
Gaynel Bradford, Middleboro, MA
Joan T. Wildenhain, Rehoboth, MA
Jan Leone, Mashpee, MA

From the Editor



The April issue of this newsletter was swallowed in a black hole at the US Post Office; some copies took over 4 weeks to be delivered!

We're hoping this was a "one-off" screw-up, perhaps resulting from the March floods (a lot of things have been ascribed to the March floods it seems).

But it's timely to remind members that you need not suffer frustration if your newsletter is late!

You can read *The Spoke'n Word* on our NBW website from the first day of the month of publication. Archive copies of back issues, since we've been posting them on the website, are also available on the website.

The ride schedule has always been available on our website. You can also print the online ride maps.

To read your newsletter online:

Go to nbwclub.org
Click on the "members" tab at the top of the screen.
Enter the username/password:
username: `spring2010_mem`
password: `Cross2ed`
The above are case-sensitive (important).
The current username/password info is always printed on the inside front cover of the newsletter.

Let me know if you have problems: editor@nbwclub.org

I hope you will become so used to reading your newsletter online that you will let me know that you no longer wish to receive a paper copy. Help us save trees and \$\$\$, and help yourself avoid frustrating delays.

Thanks,
Monica Foulkes, editor@nbwclub.org

NBW Merchandise

NBW CYCLING JERSEY

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

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

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

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



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

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

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\$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

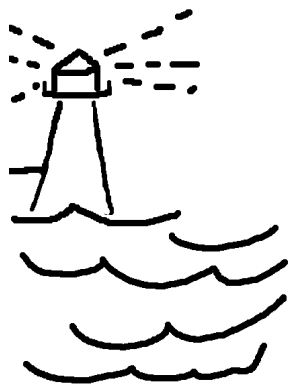
Questions? Email to: sales@nbwclub.org

All club clothing is sold at cost. Jerseys and vests are made in the US by Canari, CA. Socks made by DeFeet, NC.

THE ANNUAL RHODY ROUNDUP



Sunday, July 11 2010
at Fort Getty, Jamestown, RI
Rain or shine



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

Barbecue chicken dinner served at 1:00pm by the beach at Fort Getty. Salads, veg, fruit, desserts and soda are included. You don't have to ride to come to the barbecue (and you can do the ride and not stay for the barbecue, of course).

Price for BBQ chicken dinner: \$5 per person, children under 12 are free.
Sorry, the dinner portion of the Rhody Roundup is by preregistration only - 180 person maximum.

Return this form by July 5th (check made payable to **NBW**) to:
 Liz Masterson • 86 James St, East Providence RI 02914 • 401-438-8926 • lizmasterson@rocketmail.com

Name:

Address:

Tel: Email:

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

of children under 12: (free, but we need the number to reserve their dinner)

I can help with: Set-up Barbecue Clean-up

Rhode Island legislation update

In an effort to better protect cyclists and provide for stronger penalties for striking a cyclist, the RI Bike Coalition (former Providence Bike Coalition and Greenways Alliance of Rhode Island) have been working to get a vulnerable roadway user law enacted.

Last year the House Judiciary Committee approved a version of a 3-foot passing bill. However the Senate did not act on that and new bills have been introduced in both chambers.

Recently Barry Schiller of the RI Bike Coalition attended the April 27 meeting of the Senate Judiciary Committee. He reports that members of that committee were receptive to suggestions to amend the bill to be a “vulnerable roadway users” law and provide for stiffer penalties for striking and injuring a cyclist. As it stands now, the bill merely mandates a 3-foot passing distance for passing a cyclist and provides no penalties.

National update

On the national scene, the month of April was named Distracted Driving Month and the US DOT proposed a revision to the rules for Motor Carriers as regards the use of wireless communication devices. These rules, if adopted, would apply to Commercial Motor Vehicle operators and would ban texting while driving, which is estimated to be 23.2 times more likely to result in a “safety event” than a non-texting vehicle operator. By comparison, having a phone call with a hands-free device is 0.4, and talking on a hand-held phone is 1.0 times greater, the same as eating. The trucking industry is expected to support this rules change, as they have in the past supported legislation to ban texting while driving.

.....

As always, if you see an opportunity to improve conditions for cyclists, be it a planning meeting, street design, or neighborhood association, please let me know by sending email to advocacy@nbwclub.org



Thanks from Ray

It was a perfect day for the Westport Ride and, as Ray said later as he lay on the Emergency Room table, he was flying. Unfortunately a truck driver must also have been in the same mood as he emerged suddenly from a driveway. No collision, thankfully, but several riders came down. Ray is nursing a separated shoulder, but no broken bones. He thanks all who looked after him (and his bike) and who sent sympathy and get-well wishes.

Ride safely out there—it only takes a split second.

NBW Arrowing Guidelines Update

Luca Marchi has created a more graphic version of our arrowing guidelines, which we hope will help new and experienced arrowers.

Too lengthy for this newsletter, but they’re posted permanently on our website. Please review at nbwclub.org/announcements/nbw_arrowing_guide.pdf or go to nbwclub.org and click on “Follow our arrows” in the left-hand column.

Last chance this year

NBW Beginner/New Rider Ride

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

Leaders: John Ho and Bonnie Reibman



May 16 Westport Ride saw John, Bonnie, with several volunteer NBW riders assisting, lead over 25 new riders on the short loops of the Westport Ride.

(left) Regrouping at the 13 mile split at the corner of Drift Rd and Hixbridge Rd. Stronger riders split off on the 25 mile loop.

(below) Young riders from the MET group tackled a hill on Drift Rd.



One more beginner ride left

June 13 Scramble Metric,
17 miles
Start Seekonk, MA

See ride schedule for directions
to the start and details of the ride.

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.

Cycling Sessions

Gary Stafford, cyclingsessions@hotmail.com

HITT-High Intensity Interval Training

As you start to pile on those miles in an effort to get your fitness up for another season of outdoor riding, oftentimes your body will show signs of rebellion. Age, doing too much too soon, and a host of other reasons can sometimes derail an otherwise good list of intentions.

The old adage still used by many today is to ride as hard as you can as long as you can, always.

Not a good idea.

Better to mix up your rides from interval style, perhaps by doing a fairly short, hilly route where you work up the hills and recover down the hills in a fashion like working with weights at the gym. By actively resting between sets your body builds back to again be able to push at 100 percent.

Studies from scientists at Canada's McMaster University have proven that short intense exercise can reap the same benefits as long rides with regards to building V02 and increasing lactate threshold. Known as *HIIT* or *High Intensity Interval Training*, HIIT can be used as a time-efficient but safe alternative to traditional types of moderate long-term exercise.

Professor Martin Gibala of McMaster University adds, "We have shown that interval training does not have to be 'all out' in order to be effective. Doing 10 one-minute sprints on a standard stationary bike with about one minute of rest in between, three times a week, works as well in improving muscle as many hours of conventional long-term biking less strenuously."

The HIIT training approach also can trigger an HGH hormone effect that can create strength gains even as you get older.

But using HIIT as your only method of training can be limited. The advantage is good for time-constrained people trying to squeeze in rides in crazy weather weeks, like we often get in New England. It also leaves some energy in your body for recovery purposes. You do not get better while training, you get better when you sleep, as your body responds to your efforts by over-compensating and building fitness.

But in the end, you still need to mix this type of training with longer riding as your fitness comes up, especially if you plan longer rides or races, as this provides you with

endurance that HIIT cannot provide. Longer duration tempo exercise also improves the way muscles use the oxygen to burn the fuel in mitochondria, the microscopic power station of cells.

Cycling for hours a week widens the network of vessels supplying muscle cells and also boosts the numbers of mitochondria in them, so that a person can carry out activities of daily living more effectively and without strain, and crucially with less risk of a heart attack, stroke or diabetes.

By listening to your body and mixing up the type of riding you do, those of you who are looking to build for racing or to get better on the bike can allow your body to do it in a more natural way.

Like over-watering a plant, if all rides are hammer rides, the plant, like you, drowns. The immune system gets impacted and the defense system of the body lowers, causing infections, injuries and possibly disease finds a way into your body.

Consider that what you do is for healthy reasons and treat your body like you would treat your garden; a careful combination of the right ingredients and TLC will grow you some great tomatoes!



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/>

The Athlete's Kitchen

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

Protein, Carbs & Endurance Performance: Finding the Right Balance

If you are curious about how to best fuel for endurance exercise, here are some tips presented at the 27th Annual SCAN* Symposium, April 2010. The information was presented by Asker Jeukendrup PhD, Professor of Exercise Metabolism-Univ. Birmingham in England and Nancy Rodriguez RD PhD, Professor of Nutritional Sciences-Univ. Connecticut. (*SCAN is the Sports Nutrition group of the American Dietetic Assoc.; SCANdpg.org).

Carbohydrate Update

Athletes commonly wonder what's best to eat during long runs, bike rides or other exercise that lasts more than 60 to 90 minutes. The answer depends on your personal tolerance. Some athletes enjoy the convenience of engineered sports foods such as Clif Chomps, PowerGels, and Sports Beans. Others prefer the taste (and price) of standard supermarket foods, such as Fig Newtons, dried pineapple, and gummy candy. All are equally effective. And because we're talking about "survival" more than "good nutrition" during endurance exercise, you need not *tsk tsk* yourself for enjoying candy. That's what your body wants—sugar! (FYI, gels and sports drinks are also "just sugar.")

Does it matter if you get your energy from an energy bar as opposed to a sports drink?

No. Both solid foods and liquids (i.e., sports drinks) get burned at the same rate when you are exercising at a pace you can maintain for more than half an hour. Your job is to experiment during training to learn—

- 1) what settles best in your intestinal tract, and
- 2) what tastes best to you during extended exercise.

Consuming *enough* calories is more important than the *form* of the calories. With endurance athletes, research suggests the faster finishers consume more calories than the slower finishers. (Ironman Champ Chrissie Wellington consumed about 335 calories/hour when she won at Hawaii.) The challenge is to train the intestinal tract to manage that much fuel. If you are an endurance athlete, part of your training program is to practice your fueling so you can train your intestinal tract as well as your heart, lungs and muscles.

How much should you eat to maintain good energy when you're exercising for longer than 60 to 90 minutes?

The standard recommendation for fueling during endurance exercise has been to target 1 gram carbohydrate/minute of exercise (60 g carb per hour, the equivalent of 240 calories). The research, originally done with just glucose, indicated consuming more than 60 g glucose/hour offered no benefits. The body has a limited number of glucose transporters and can carry only 60 g out of the intestines, into the blood and to the muscles.

More recent research indicates consuming a variety of sugars (that is, more than just glucose) allows more fuel to become available per hour. That's because different types of sugars (carbs) use different transporters. Generally, athletes consume more than just glucose. (Sports drinks, for example, tend to be glucose+fructose.) Let's say you eat a banana that consists of many different types of sugars and uses many different transporters. Your muscles will have access to more fuel (up to 90 g carb/hour; 360 calories) than if you consume just one kind of sugar. Variety is a wise idea!

In general, the recommendations for fueling during exercise are:

- If you are exercising for less than 45 minutes, no need for fuel during exercise. (As always, enjoy a pre-exercise snack.)
- For 1-2 hours of exercise, target ~30 g carb/hour (120 calories).
- For 2 to 3 hours of exercise, target ~60 g carb/hr (240 calories).
- For more than 2.5 hours of exercise, target ~90 g mixed carbs (i.e., 360 calories of sports drink, candy, dried fruit, pretzels).



Some serious athletes train first thing in the morning without eating before/during exercise. While doing this may teach the body to burn more fat (hence spare limited glycogen stores), it's grueling and the verdict is unclear if this will enhance competitive performance. Stay tuned!

What happens if fueling during exercise creates intestinal distress?

You might want to "swish and spit." When research subjects just swished and then spat out a sports drink, they improved their performance as compared to swishing and spitting just plain water. How could that be? Receptors in the mouth are linked to the brain. When the mouth gets a swish of sports drink, the brain gets the signal energy is on the way; it's OK to work harder.

Continued ...

Protein Update

Protein requirements are hard to define because the amount of protein your body needs depends on how many calories you consume. That is, if you are restricting calories, you require more protein than when you eat adequate calories; the protein gets burned for fuel. Dieting athletes should target at least 1 g protein/lb (2 g pro/kg).

Note: If you are dieting to lose undesired body fat, you are unlikely to lose only body fat and build muscle simultaneously. Building muscle takes energy; dieting restricts energy.

The protein recommendations for non-dieters who consume adequate calories are:

Healthy adults:	0.4 g Pro/lb	0.8 gm Protein/kg
Strength athletes:	0.5 to 0.8 g Pro/lb	1.2 to 1.7 g Pro/kg
Endurance athletes:	0.5 to 0.6 g Pro/lb	1.2 to 1.4 g Pro/kg.

Because the typical athlete's diet contains more than enough protein, most athletes do not need protein supplements. A protein-rich food with each meal and snack can do the job.

During endurance exercise, should you choose a sports drink with protein?

Not unless you prefer the taste; it does not offer performance advantages over a standard sports drink. The better time to consume protein is after exercise. That is, carbs+protein (as in chocolate milk, fruit yogurt, or spaghetti & meatballs) enhances muscle repair.

Consuming some carbs+protein before you workout, as a part of your pre-exercise meal (cereal+milk, fruit+yogurt) is another option to bolster the supply of protein that will be available both during and after exercise for recovery.

(Note: Athletes generally don't burn much protein for fuel during exercise unless their glycogen (carb) stores are depleted.)

The bottom line: Meals/snacks with carbs as the foundation and protein on the side offer the right balance for endurance performance.



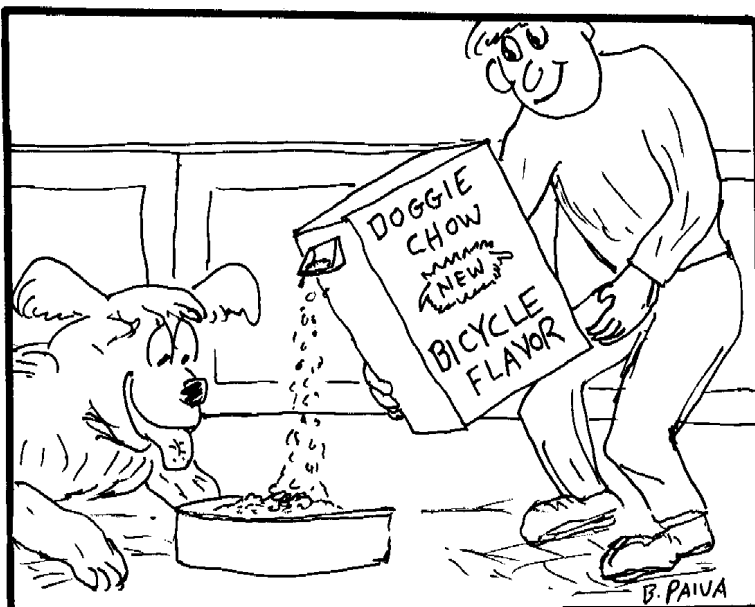
Nancy Clark, MS, RD, CSSD (Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For more information, read her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, soccer players, or cyclists. See www.nancyclarkrd.com and www.sportsnutritionworkshop.com.

Resources:

Jeukendrup, A. Sports Nutrition: From Lab to Kitchen. Meyer 7 Meyer Sport, 2010

Mettler S, N Mitchell, K. Tipton. Increased protein intake reduces lean body mass loss during weight loss in athletes. *Med Sci Sports Exerc.* 42 (2):326-337, 2010.

Rollo I. M. Cole, R. Miller and C. Williams. Influence of mouth rinsing a carbohydrate solution on 1-h running performance. *Med Sci Sports Exercise* 42(4):798-804, 2010.



Let us know about your 2010 bike tour

Embarking on the bike tour of a lifetime this summer? Or a day's ride to local areas you've never explored before and you'd like to pass the word? Send me a photo and a short anecdote or two about your experiences.

editor@nbwclub.org

NBW Classified Ads
are now posted on the website,
nbwclub.org

Check out the new bargains listed (with photos).

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.*



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



Thursday October 7–Monday October 11, 2010

Accommodations:

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

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

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

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

\$50.00 deposit required

Make check payable to: Narragansett Bay Wheelmen (NBW)

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

For more information contact Don Paiva at donpaiva53@cox.net, or 401-433-3463

From the Touring Committee

Gil Peel, touring@nbwclub.org

Spring! This has been a Spring to remember. Well, maybe a Spring to forget. The one thing that we can't forget is our incredible pool of volunteer arrangers. Virtually every ride that we have done since the March floods has required creative rerouting. The arrowing is so good that most people don't even know that they are being rerouted. My heartfelt appreciation goes out to the people that just won't give up.

For the first time in people's memory we actually needed to cancel an NBW ride. Westerly was literally under water and virtually every road was impassable. That didn't stop Jim Dumont though. He kept looking for a way through. Finally he just had to call in about the reality of the situation. Many thanks Jim—you went way beyond the call of duty.

I hope that we never have to go through that again. But if we do, our volunteers will get the job done.

Thanks to our most recent ARROWERS:

Apr 4	Westerly Ride	Jim Dumont
Apr 11	Lincoln Smithfield	Rod Breault
Apr 18	BikeWorks Swansea	Monica Foulkes & Carleen McOsker
Apr 25	Miles Standish	Don Paiva, John Nery, Ed Holden
May 2	Mystic Seaport	Henry Lopez
May 9	Killingly Killer	Paul Rider
May 16	Westport Ride	Kevin Mitchell

May 23	South Shore Century	Luca Marchi, Bill McGrane, Jim Dumont, Mark St. Amour, Tony Rizzotti
May 30	Chariho Tour	Don Paiva, Norm Clavet

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

When riding please remember the following:

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

That's all for now,
Gil Peel, touring@nbwclub.org

Calendar—Other Rides and Charity Events

Check the Events page at 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

June 12—32nd annual AMC Boston Chapter Bicycle Rally. Friendly Crossways Hostel, Harvard, MA. 27, 50, 67 mile rides \$25 for rides, happy hour, dinner and evening presentation by Melinda Lyon, first woman to finish the 1200 km Paris-Brest-Paris ride. See www.amcboston.org/bicycle/bikerally.htm

June 13—King's Tour of the Quabbin, Seven Hills Wheelmen. 62, 100, 125 miles challenging route around the Quabbin Reservoir, MA. Staggered starts 9, 8, 7 AM from Rutland, MA. Details www.sevenhillswheelmen.org

Jul 9-10—The Prouty Ride, Manchester, NH. To benefit cancer research at Dartmouth-Hitchcock's Norris Cotton Cancer Center. 200 mile 2-day ride, or do 100, 50, 35, 20 mile rides on Sun. Register at www.theprouty.org

Jul 23-25—Tri-State Trek. 3-day 270 mile ride from Boston to New York, to cure ALS. See www.tristatetrek.com

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

Jul 25—George Street Challenge for Major Taylor. Worcester, MA. See www.majortaylorassociation.org/georgestreet10

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/—for detailed announcement.

NBW RIDE SCHEDULE

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

June 6, 2010

Hill & Gully Rider

25/35/50/70 miles

Sunday 10:00 AM *Map No.* 76 *Arrower:* Ed Holden
Route Gloucester, Pomfret, CT, Thompson, CT, Charlton, MA
Directions Start at W. Gloucester Elementary School, Rt. 94, W. Gloucester, 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.

June 13, 2010

♥ Scramble Metric

17/27/53/66 miles

Sunday 10:00 AM *Map No.* 88 *Arrower:* Rod Breault
Route Seekonk, Rehoboth, Norton, Wrentham, Norfolk, Attleboro
Directions Start at the 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 I-195E, take the first exit after the Washington Bridge and follow Route 44 to Route 114A. (It's the first light after you cross into Seekonk.) The shopping center is on the left. PLEASE PARK away from stores (i.e., around the edges of the parking lot away from the stores).
Drive Time 10 minutes from Providence
Description The Scramble Metric is an old NBW favorite; it's 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.
After the ride stop by the NBW social tent for beverages etc.

BEGINNER/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 helmet and spare tube.

June 20, 2010

♥ Joe Medeiros Ride

17/25/47/62 miles

Sunday 10:00 AM *Map No.* 62 *Arrower:* Miller/Peel/Robillard
Route North Dartmouth, Freetown, New Bedford
Directions Start at the commuter parking lot off Rt. 140 in New Bedford, MA. From Providence, take I-195 E to Rt. 140 N, to Exit 4 (King's Hwy). Bear R off the exit and turn right at the next T intersection. The lot is 1/4 mi ahead on the right. From the north, take Rt. 140 S to Exit 4 (Mt. Pleasant St.). Turn right at the end of the ramp; the parking lot is on your right.
Drive Time 30 minutes from Providence
Description This ride was nurtured by Joe Medeiros, a former club vice president. Under Joe's guidance, this gently rolling ride through the rural countryside between Fall River, New Bedford and Freetown was improved and extended to 62 miles. The short loop of this ride is a good ride for beginners.

June 27, 2010

Western Hills Ride

22/30/41/62/83

Sunday 10:00 AM *Map No.* 43 *Arrover:* D Paiva/N Clavet

Route South County, East Greenwich, Foster, Scituate, Hope

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 is a rolling tour of southwestern RI starting from URI. The tour includes many villages, including Slocum, Exeter, West Greenwich, Green, Foster Center, Clayville, a spin by the Scituate Reservoir, Hope and Coventry Center. There are few food stops along the route, so carry plenty of water.

July 4, 2010

Ray Young's Ride

11/17/23/33/53

Sunday 10:00 AM *Map No.* 120 *Arrover:* Ted Shwartz

Route Greenville, Chepachet, Pascoag

Directions Start at the commuter parking lot behind McDonalds, next to the Apple Valley Mall at the junction of Routes 44 and 5 in Greenville, RI. To get there, take I-295 to Exit 7B (Rte 44 West). The Rte 5 junction is about a half mile from the exit. Turn right at the intersection and McDonalds is just ahead on your right.

Drive Time 20 minutes from Providence

Description This ride, and Ray Young, are so famous that the ride is written up in Howard Stone's book, "Short Bike Rides in Rhode Island." It's a scenic, rolling ride, with plenty of apple orchards and farmland.

July 11, 2010

♥ Rhody Roundup

5/18/25/30/40

Sunday 10:00 AM *Map No.* 38 *Arrover:* S Barker/C McOsker

Route Jamestown

Directions Start from Fort Getty in Jamestown, RI. From Providence take Rt 95 S, to Rt 4 S, runs into Rt 1 S, take Rt 138 East across the Jamestown Bridge, and take the first exit immediately after the bridge (sign says Helms St). Keep straight to the T-junction at N.Main Rd, and turn Right on N.Main. Go 3 miles, straight at light, continue past the causeway and then turn right into Fort Getty.

Drive Time 30 minutes from Providence

Description Ride a circuit of the lighthouses, beaches, and harbors of this lovely island. Come and enjoy the famous NBW barbecue afterwards. See separate announcement to reserve your feast (on the day only a limited number are available).

Chicken barbecue served at 1:00 pm. Even if you cannot stay for the barbecue, come on out for the ride anyway. Sign up form for the chicken barbecue can be found in the Jun/Jul issue of The Spoke'n Word and on our website: nbwclub.org

July 18, 2010

New Bedford - Plymouth

24/38/48/77 miles

Sunday 10:00 AM *Map No.* 162 *Arrover:* Miller/Peel/Robillard

Route New Bedford-Rochester-Wareham-Plymouth-Lakeville

Directions Start at NATCO, Samuel Barnet Dr, New Bedford, MA. From Providence, take I-195E to New Bedford to Rt. 140N. Then take exit 7, Braley Rd. At end of exit go left, then go to stop sign. Go straight .25 miles then left on Duchaine Blvd. Go .4 miles and take right on Samuel Barnet Dr. Go .6 miles to NATCO. Special thanks to Larry and Ted Shwartz for making their parking lot available.

Drive Time

Description A new ride designed by Gil Peel, who says: A nice flat ride in our southeast quadrant that will keep you guessing where you are. Many of these roads that have been used on other NBW rides are, this time, ridden in opposite directions. Many other roads will be travelled for the first time. Did I mention a few cranberry bogs and a 4 second view of the Cape Cod Canal? Areas visited are New Bedford, Lakeville, Rochester, Middleboro, Carver, Plymouth, Bourne, Wareham, Marion and Acushnet.

Note: There will not be a beginners' ride on this date; there was an error in the newsletter.

July 25, 2010

Higginson Park Ride

25/50 miles

Sunday 10:00 AM *Map No.* 163 *Arrower:* Bladimir Rodriguez

Route Central Falls-Uxbridge

Directions Start at Higginson Park, intersection of Lonsdale Ave (Rt. 122) and Higginson Ave, Central Falls, RI. From Providence: Take Rt. 95 N to exit 26 (Main St). Left on Main then Left on Lonsdale Ave (Rt. 122 N). Left on Higginson Ave, then Left into the Park.

Drive Time 15 mins

Description A new ride - this hilly ride loosely follows the Blackstone River valley to Uxbridge, MA. The return takes us on some of our favorite hilly sections of RI.

At the end of the ride join in the fun by supporting a fund-raiser event for the Colombian American Cultural Society, the group that helped sponsor Bladimir and Chip's ride to Colombia a few years ago.

August 1, 2010

Westerly Watch Hill

20/40/64 miles

Sunday 10:00 AM *Map No.* 39 *Arrower:*

Route Westerly, Watch Hill, Kingston, Woodville, Ashaway

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 passes through scenic areas of South County. The long ride passes by South County coastal areas. Stop at the Watch Hill Coast Guard Station and lighthouse for a fantastic view of the ocean.

August 8, 2010

Providence Bicycle Ride

10/35/57 miles

Sunday 10:00 AM *Map No.* 32 *Arrower:*

Route Providence-Smithfield-Glocester-N Scituate-Greenville

Directions Start at Providence Bicycle, 725 Branch Ave, Providence. From I-95 South: Take Exit 24 (Branch Ave). Turn right onto Branch Ave. Providence Bicycle is 1 mile down Branch Ave. From I-95 North: Take 146 North to Branch Ave exit, turn left onto Branch Ave. Providence Bicycle is on the right, in a red brick converted mill, directly across the street from Dunkin Donuts. Don't park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot. Overflow parking in the shopping center on the other side of Branch Ave, next to Rt 146 exits.

Drive Time 10 minutes from Providence

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

August 9, 2010

****Martha's Vineyard Ride**

30/60 miles

Monday 9:30 AM *Map No.* *Arrower:* Org: Dave Hebert

Route

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

Drive Time

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

August 15, 2010

Cranberry Metric

17/35/62 miles

Sunday 10:00 AM *Map No.* 81 *Arrower:* Scott McNeilly

Route Lakeville, Assawompsett, Middleboro, Bridgewater

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

Drive Time 25 minutes from Providence

Description Enjoy this spectacular and relatively flat ride originated by Judy Northrup. Scenic country roads, ponds, and cranberry bogs abound throughout the ride.

♥ 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
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Providence, RI
Permit No. 527

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 July 5

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

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
Aug	Sun	8 32	Providence Bicycle Ride	Providence	10/35/57	
	Mon	9	**Martha's Vineyard Ride		30/60	Org: Dave Hebert
	Sun	15 81	Cranberry Metric	Raynham, MA	17/35/62	Scott McNeilly
	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
Sep	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
Oct	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 (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