

The Spoke'n Word

Volume 40, Number 4

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

August/September 2010

nbwclub.org



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NBW Annual Meeting & Volunteers' Banquet

Saturday, November 6 2010

6 PM, Johnson & Wales Inn, Seekonk

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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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51 Cole St
Warren, RI 02885
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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 ***

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: A triple flies round Jamestown on
the 2010 Rhody Roundup
Photo: Paul Martens

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

Before I get into club business, let's all take a moment to look back at some of our favorite NBW rides this year and says thanks to a very important group who helped make those experiences happen—our arrowers. This faithful army has been out in force the past few months doing an amazing job.

Many riders take our arrowing for granted—it is easy to do since it is such a consistently first-rate and reliable part of our rides. But it is this aspect of every ride that makes NBW events safe, efficient, and enjoyable. Compared to other clubs and cycling organizations, our arrowers have elevated this seemingly simple task to a very high level and our skills have impressed innumerable visiting riders. To all arrowers out there—thank you on behalf of the entire club.

As I noted in April, there is a great deal of legislation currently being debated and considered, from Washington to the local level; legislation that will help shape our future in the areas of transportation, climate, health care, and natural resources. The NBW remains committed to being part of this movement and engaged in the process.

As an update, Ray LaHood, Transportation Secretary, recently caused a stir when he proclaimed that bicycling and walking should be given the same consideration as motorized transport in state and local transit projects. Hooray for Ray! Support like this is very important to our sport.

Secretary LaHood is also a supporter of the long-term initiative of a national interstate network of bicycle routes connected across the entire US. The US Bicycle Route System opened its first routes in 1982 and, although slow out of the gate, the initiative is gaining significant momentum. It won't be too long before we have a true national network of officially designated routes, supported and maintained by state and local agencies. Related, the NBW has offered continued support of the East Coast Greenway Alliance, which is working to link 3000 miles of bike routes from Maine to Florida traveling through most of the larger cities along the way.

The NBW receives requests from time to time to assist certain organizations with their initiatives. Although we are not in the position of donating huge sums, the NBW can strategically target organizations that are aligned with our charter, which in short is to promote and be an advocate for cycling in Southern New England. To better coordinate and review NBW funding support opportunities, the Board of Directors recently assembled a committee to develop a common grant/donation form. **Louise Shwartz, Larry Shwartz and Matt Moritz** did an outstanding job in creating a thorough and straightforward funding request form which should streamline the review

process greatly. More to come on this topic in coming issues.

At the NBW Annual Meeting on November 6, 2010, two proposed amendments to the By-Laws will be presented for vote. Details are printed below.

Looking forward to seeing you on the road.
Safe Riding, Todd.

Narragansett Bay Wheelmen, Inc. Annual Meeting, November 6, 2010 Johnson & Wales Inn, Seekonk, MA

Proposed amendments to the By-Laws

The Board of Directors propose the following amendments to the club bylaws. These amendments will be put forth for member voting at the next Annual Meeting of the Members. The first change involves raising the maximum amount the President may approve in an emergency from \$300 to \$1000, necessitated by the rising costs of just about everything. The second change adjusts the term served by the Board of Officers, from Annual Meeting to Annual Meeting, to February 1 to January 31. This change allows a completion of the fiscal calendar year by the incumbents to wrap up our financial obligations (file taxes), and a period of transition to bring the new officers up to speed.

Text to be changed in strike-thru – proposed change in italic.

Article IV, Section 4, Financial Controls

Expenditures up to \$300 ~~\$1000~~ may be approved by the President in an emergency but must be presented to the Board of Officers at or before its next meeting.

Article IV, Section 1, Enumeration; Election

The officers of the Association will be a President, a Vice President, a Secretary, and a Treasurer who will be elected annually at the annual meeting of the members for terms of one year (*February 1 – January 31*) and thereafter until their successors are duly elected and will have qualified. *Newly elected officers will begin their term February 1 of the year following their election. Officers-elect will be included in all Board of Officers and Board of Directors meetings in an informational capacity only, and will have no voting or other powers until their term begins.*

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

Jonathan Ang, Providence, RI
Christine M. Bandoni, Tiverton, RI
Edward J. Bernine, Lakeville, MA
Jessica Bishop, Jamestown, RI
Thomas S. Cook, East Providence, RI
Stephen M. Dunn, Portsmouth, RI
Jennifer D. Dutra, Providence, RI
Cyndy Fontaine, Saundertown, RI
Paula Gouras, Seekonk, MA
Marc Graham, N Kingstown, RI
Matthew O. Harbour, Swansea, MA
Mark A. Hosley, Westport, MA
Mark & Debra Lefkowitz, Sharon, MA

Jean D. Maack, Narragansett, RI
Thomas K. Meehan, Bellingham, MA
Kathleen A. Mulkerin, Cranston, RI
Jane Nichols, Providence, RI
Omar Perigo, Providence, RI
Jennifer Riley & family, Middletown, RI
Nicholas, Ellen, Kenneth & Lauren Shanos, Warwick, RI
Rosie Shaw & Bob Foss Jr, Lakeville, MA
Melissa H. Thaxton, Newport, RI
Lori J. Ultsch, Westerly, RI
Jack P. Vaz, Acushnet, MA
Robert & Wendy Vitek, Providence, RI
Jay Walsh, Foster, RI

NBW Annual Meeting & Volunteers' Banquet

Saturday, November 6 2010

6 PM, Johnson & Wales Inn, Seekonk



Ed Holden rides by his yacht.
Jamestown, RI

Rhody Roundup, July 11 2010

What a gorgeous sunny riding day we got this year (after sweating through a week of sweltering heat), and about 200 riders took advantage of the cooler temps to ride around the lovely island of Jamestown. Over 150 stayed for the chicken barbecue at Fort Getty by the beach (and some took advantage of a cooling swim after their ride). Liz Masterson was in charge this year (it's the Vice-President's job, in case you didn't know). Many volunteers helped to put on this most family-oriented and social ride that the club promotes. Thanks to all who helped by working on early set-up (very important), put in hours of prep work and cooking, brought desserts, or did cleanup afterwards.

Photos: Paul Martens and Monica Foulkes, who fanned out along the course to record a flavor of this favorite ride. More photos are posted on the NBW website: nbwclub.org (see photo gallery)



Liz Masterson & Pete Bissell work the chicken while riders are out.



Riders gather for the start



From the start—Lead group of riders charge up the hill to Beavertail lighthouse (that's Bladi and Steve!)



Rounding Beavertail lighthouse

Few yards of unpaved dirt on Racket through the marina, but the view is worth it.



Nice descent into Jamestown harbor



Cleanup crew after the barbecue

Downtown Jamestown



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

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

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.



Washington Pedestrian Bridge Linear Park project



Construction on the Washington Bridge Linear Park is expected to begin in the spring of 2011. As currently planned, the project will run for approximately two years and cause the closure of the bridge to pedestrian and bicyclists for the duration of the project. Given the importance of this link between the East Bay Bike Path and the India Point/Fox Point, and Providence for both recreational users as well as daily commuters, the Rhode Island Bike Coalition is in discussions with RIDOT and the construction company to see if there is a way to keep this key connection in the non-motorized network as usable as possible for as much of the construction as is safely feasible.

RIBike plans to perform a traffic count on two days to ascertain the number of weekday as well as weekend users. It is believed that the Henderson bridge detour is not practical, will lower usage of the East Bay Bike Path, create a hardship for bridge users, and that presenting concrete usage information will aid in explaining that.

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

Bicycling Coalition of Maine releases public service videos

Two bicycle safety PSAs (public service announcements) have been produced by the Bicycle Coalition of Maine. One stresses the importance of wearing bicycle helmets. The other informs viewers about the law in Maine and several other states requiring motorists to give at least three feet of clearance when passing cyclists.

The videos are posted on the Bicycle Coalition of Maine's website (<http://www.bikemaine.org/news-room/share-the-road-media-campaign>) and are also on YouTube. Links from our NBW website, nbwclub.org, will also be posted.

NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM

NOTE: This is a release form with legal consequences. Read it carefully and mail the entire page with appropriate signatures and your check, made payable to Narragansett Bay Wheelmen (NBW), to the address below.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Narragansett Bay Wheelmen Inc. sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Narragansett Bay Wheelmen, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered to be one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant's Signature (only if age 18 or over): _____ I HAVE READ THIS RELEASE _____ Date: _____

Family Member's Signature (only if age 18 or over): _____ I HAVE READ THIS RELEASE _____ Date: _____

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST WHICH ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/guardian signature (only if participant is under the age of 18): _____ I HAVE READ THIS RELEASE _____ Date: _____

TYPE OF MEMBERSHIP (check one box in each column)

- 1) Individual 2) New 3) One year (\$15 individual or \$25 family)
- Family Renewal Two year (\$25 individual or \$30 family)

Membership No. _____ Amount enclosed: _____

Print Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Tel: _____ E-mail: _____

Mail entire page and check to: NBW Membership, PO Box 56, Dartmouth, MA 02714-0056

Allow 6-8 weeks for processing

The Athlete's Kitchen

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

2010 Sports Nutrition News from the American College of Sports Medicine

The American College of Sports Medicine (ACSM) is the world's largest sports medicine and exercise science organization. At ACSM's annual meeting in Baltimore, June 1-5, 2010, over 6,000 exercise scientists, sports dietitians, physicians and health professionals gathered to share their research. Here are a few of the nutrition highlights. More highlights are available at www.acsm.org (click on "media").

- **What are four keys to weight loss success?**

In a study with 65 overweight or obese men, the keys were choosing smaller portions, cutting back on sugary soft drinks, eating fewer high fat snack foods, and consuming less alcohol.

- **Is marathon training a good way to lose weight?**

Likely not, at least among 64 participants in a three month marathon training program. Only 11% lost weight. Eleven percent gained weight and the rest remained stable. Of the 7 who gained weight, 6 were women. In general, 74% of the women reported eating more while training, as compared to only 48% of the men. The goal of running should be to improve performance, not to lose weight.

- **Fatigue** is associated with not just depleted muscles but also a tired mind. Inhibitory mechanisms in the brain can contribute to a 25% reduction in muscle contraction. Caffeine might be able to help counter that fatigue. During rest, caffeinated drinks (with or without sugar) contribute to 12% greater ratings for mental energy compared to plain water.

- **Walking up stairs** can burn about 10 calories per minute; taking the elevator burns only about 1.5 cal/min. Motivational signs that encouraged people to take the stairs instead of the elevator increased stair usage from 51% to 60%. More signs, please!

- **Consuming protein** before lifting weights may enhance recovery better than consuming a protein recovery drink afterwards. Enjoy that pre-exercise yogurt as a part of your recovery plan!

- **Cyclists and triathletes who consumed 60 to 80 grams of carbohydrate per hour** (240-320 calories/hour) performed better than those who consumed 10-50 g or 90-120 g carb/hour. By experimenting with different doses of carbs during training, you can learn the right dose for your body.

- **Fat-free chocolate milk is an excellent recovery drink.** It stimulates muscle-building and reduces muscle break-down. Chocolate milk also replaces glycogen faster than a protein-free drink.

- When compared to a placebo, **anti-oxidant-rich pomegranate juice improves recovery** and decreases muscle soreness after muscle-damaging exercise in trained men. The same likely holds true for other colorful, anti-oxidant-rich juices such as grape, blueberry and cherry.

- **Is coconut water preferable to a sports drink** in terms of replacing sweat losses? While it does replenish body fluids as well as a sports drink, it lacks taste appeal. The athletes in this study preferred the standard sports drink. A food is only good for you if you consume it!

- During one hour of simulated bike racing, Ironman triathletes lost about 1.5 liters of sweat and they drank about half a liter too little fluid to replace that loss. While they were able to perform well for the one-hour exercise test, if they were to exercise for 14 hours with a similar deficit, they'd get into medical trouble. **Endurance athletes** should learn their sweat rate by weighing themselves naked before and after an hour of race-pace exercise! One pound of weight lost equates to a deficit of 16 ounces of fluid.

- **After hard exercise, are you better off drinking a large amount of water at one time** to replace sweat losses—or smaller amounts of water every 30 minutes for four hours? Either works. The trick is to be sure you consume 150% more than you lost in sweat. Again, learn your sweat rate!

- **Staying well-hydrated on a daily basis** is important to optimize performance. Winter athletes commonly need to be taught to drink more throughout the day. Urine samples of high school alpine skiers indicated 11 of 12 were dehydrated pre-competition. A survey of NCAA hockey players indicated they arrived or practice under-hydrated and ended the exercise session with a bigger fluid deficit.

- A study with **racing cyclists** compared the effects of consuming two caffeinated beverages 55 minutes prior to a 25-mile simulated road race: 1) Red Bull Energy Drink or 2) Coca-Cola with extra caffeine (to match the 160 mg caffeine in Red Bull). The cyclists performed similarly with Red Bull and Coke. Caffeine and sugar are popular energizers!

- **Persistent fatigue affects 96% of cancer survivors.** Low intensity exercise (cardio and lifting) can reduce fatigue. If you know of any cancer patients, encourage them to participate in a supervised exercise program.



Continued ...

- **Among 269 cancer patients who exercised** for at least 3 months, the cancer survival rate was 93%. This is higher than the national average of 66%. In the breast cancer group, exercisers have a 95% survival rate, as compared to the national average of 89%.

- While physical education classes seem easiest to cut during a budget crisis, the reality is **students who are physically active perform better** on standardized achievement tests. What's good for the body is good for the brain!

- **Strength training** is key to having lean muscle tug on bones; this can help stop the development of osteoporosis.

- **Athletes with anorexia** would be wise to do resistance exercise. Having strong muscles tugging on bones can enhance bone strength and potentially reduce the risk of stress fractures.

- **Loss of bone density affects men as well as women.** A survey of 35 to 50 year old men and women indicates 42% of these relatively young men and 28% of the women had low bone mineral density! These shocking results mean men, as well as women, need to take steps to maintain their bone health and reduce their risk for developing osteoporosis.

- **The incidence of iron deficiency anemia in the general population is 2% of men.** A survey of male cross country and distance runner ages 18-22 found that 21% of the men were iron deficient. That's 10 times more than expected! If you feel needlessly fatigued, get your blood tested to rule out anemia.

- The incidence of iron deficiency anemia in the general population is 14% of females, but about 50% among female athletes. Taking an iron supplement for the 7 days during menses can help maintain a strong iron status.

- **Physical activity can help older adults** (ages 60-99) maintain their youth. Because women tend to be more active than men, they experience less physical decline. Keep active, everyone, as well as strength train twice a week!



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



Thick and Frosty Milk Shake

Here's a thick and tasty milk shake recipe from Nancy Clark's *Sports Nutrition Guidebook*, Fourth Edition (2008). The shake is a tasty carbo-protein combination and makes a welcome recovery food. The instant pudding adds a thick texture; the ice cubes make it frosty and refreshing. It's a healthful alternative to standard milk shakes made with ice cream and

an enjoyable way to boost not only your protein and calcium intake, but also reduce post-exercise muscle soreness. By varying the flavor of the pudding (vanilla, lemon, chocolate), you can create numerous variations. You can also add fruit (preferably frozen chunks) for extra nutritional value.

Note: The shake thickens upon standing; you can add more (or less) pudding mix, depending on how thick you like your shakes. If there are pieces of ice cubes remaining in the shake, worry not—they'll just keep the beverage cool.

- 1 cup milk, skim or lowfat
- 1/4 cup instant pudding
- 1/4 cup powdered milk
- 3 ice cubes

Optional: 1/2 to 1 cup (frozen) fruit chunks

1. Place all ingredients in a blender, and blend until smooth.

Yield: 1 serving

Nutrition Information : 280 total calories; 55 g carbohydrate; 15 g protein; 0 g fat

Reprinted with permission from Nancy Clark's *Sports Nutrition Guidebook*, Fourth Edition (Human Kinetics, 2008).



Cycling Sessions

Gary Stafford, cyclingsessions@hotmail.com

Recovery

Now that you have started to log in those mega rides, your body may be feeling a bit overworked. Along with a good dose of Pilates or Yoga from time to time to help your body recover, massage and good nutrition can help as well.

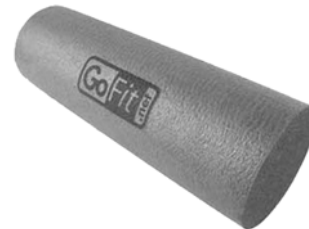
Engaging in endurance sport is very healthy for those able to enjoy its benefits. It can lower blood pressure, reduce fat and help you loss some weight, strengthen the heart muscle and tone the body. But as I have mentioned in previous CS columns, exercise for duration like endurance exercise can cause overuse injuries, tightness and soreness. It can also create inflammation, muscle damage and oxidative stress to the body by producing toxins known as free radicals.

Antioxidants help rid the body of the damage caused by free radicals. Foods like dark green veggies, blueberries, and cherries reduce inflammation and free radicals. To facilitate the needed nutrients to recover, a recovery drink consisting of a protein/carbohydrate combination like Hammer's Recoverite or other post-workout recovery drink taken within the 30 minutes following the activity will help facilitate healing and replacement. Why right after? This is the window where insulin transfer of these nutrients will go straight into the liver and into the bloodstream to the muscles that need them the most. The longer the delay, the less effective these products perform.

A simple comparison to achieving healthy results is treating your nutrition like you would fuel your car. You would not take old, sticky gasoline and pour it in your cars gas tank. Treat your body in a similar fashion by looking at what is heading to your mouth to eat before you eat it. There are things you can do on the outside with muscles and joints as well to facilitate a good recovery. Massage has been a long standing practice that, with a trained sports massage therapist, helps to flush out the toxins trapped in tissue and reduce inflammation. Inflammation is the body's way of putting the body in stasis; in many cases this is a very valuable tool like in a traumatic accident. But for after a hard workout, inflammation can trap toxins and cause calcium leakage, damaging muscle tissue. Post exercise soreness can be increased and nutrients are not able to reach the parts of the body that need them the most. Massage will help.

Unless your friend is a masseur, most of us cannot justify the cost to visit the massage therapist when we feel like it.

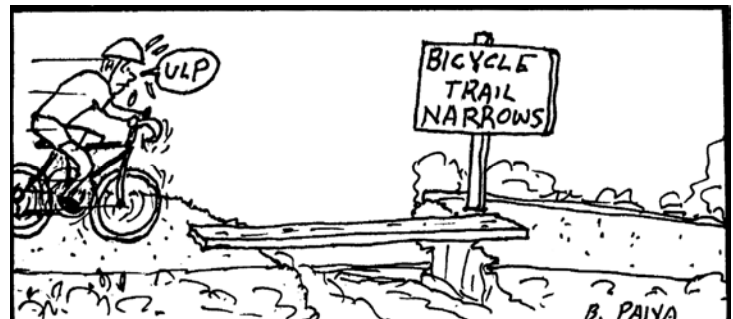
There are tools you can use to provide some self massage on those tight and damaged areas following a hard ride. One I suggest you invest in is a foam roller.



The foam roller is a flexible open dense foam log of about 3 feet wide. By placing your legs with some of your body weight on the roller, you get a similar effect to massage. Pressure while breathing and relaxing will open up tight IT bands or quads, allowing them to lengthen and relax and get blood to move freely. This can be done while watching tv or while stretching. You can find these at any department or sporting good store. I highly recommend it to cyclist and runner. You can find many exercises for use of the foam roller on YouTube.

When we combine good nutrition and recovery not by just what we eat but also how we manipulate the body to maximize good recovery, our body will thank us with improved cycling efficiency, improved fitness, and no over-use issues.

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/>



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 Riders Participate in Best Buddies Hyannis Port Challenge

[June 5, 2010] –Several NBW members supported Team Rhode Island and raised over \$15,000 for Best Buddies local school-based programs. NBW members pictured here at the finish line are: JoAnn Perry, Tom Dickinson, Kurt Schnabel, and Maarten Broess. The after-ride festivities at the beach included a gourmet lobster bake, private concert by KC and The Sunshine Band, and a special visit by Tom Brady of The New England Patriots! The team enjoyed the ride and day's events so much that most have already signed on for 2011.

For more information please email kurtschnabel@yahoo.com or visit: www.hpchallenge2011.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

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

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

Calendar—Other Rides and Charity Events

Check the Events page at nbwclub.org for latest updates and full list

Sun, Aug 1 2010 - 7th annual Tour of the Litchfield Hills. To benefit the Center for Cancer Care Fund Inc. Start Coe Park, Torrington, CT. 12, 30, 55, 75, 100 mile rides through scenic, hilly Litchfield County, CT. Walking routes 1.2, 4, and 8 miles. Supported ride. For more information see www.tourofthelitchfieldhills.com

Sat, Aug 14 2010 - MassBike Summer Century and Family Ride. Start: Lexington, MA. 10, 20, 40, 62, 100 mile rides through Lexington and Concord. Rolling start times. Pre-registration \$15, on the day \$25. To register, see www.massbike.org.

Sat, August 14 2010 - 21st Annual DKH Deary Memorial Race/Walk. Putnam, CT. 8:45 AM start. 5 mile Family Ride, 15 mile City Ride, 30 mile Velo Club Challenge. Day Kimball Healthcare fund raiser for cancer care. See www.daykimball.org for more details. Ride registration at bikereg.com

Sun, Sep 12 2010 - 3rd annual A Reason to Ride bike-a-thon, presented by Fuddruckers. 8 AM Liberty Tree Mall in Danvers, MA. In support of brain cancer care and research. Join the Beth Israel Deaconess Medical Center for rides of 10, 25 or 50 miles through the scenic North Shore of Boston, and a day of activities. See www.gratefulnation.org/areasonstoride

Sun, Sep 19 2010 - Foundation Fifty Five. Start: Onset, MA. 55 mile ride on Cape Cod to raise funds for free helmets for children. to register see www.dmyf.org/id6.html.

Sep 24-26 2010 - Braking the Cycle. 3-day 285-mile, fully supported ride on New England country back roads, from Boston to NYC. To support the HIV/AIDS services of the Center in Greenwich Village. Limited to 150 riders. See www.brakingthecycle.org

Sep 25-26 2010 - 37th annual Tri-State Seacoast Century. Granite State Wheelmen. Based at Hampton Beach State Park, NH. Limited to 1600 riders. See www.granitestatewheelmen.org/SCC/SCC-HomePage.htm

Sat, Oct 2 2010 - 2nd Annual Miles for Megan. Start: Tiverton RI. 12, 25, 62 mile rides around Tiverton and Little Compton. All proceeds benefit the Megan L. Cordeiro Memorial Foundation. Barbecue upon return, and t-shirt. Registration \$50. See www.milesformegan.com.

Sat, Oct 2 2010 - Tour de South Shore. McCourt Foundation's 25 mile ride from Wompatuck State Park, Hingham, MA. To benefit Alzheimers and MS research. \$45 registration. See www.mccourtfoundation.org/events/1st-bike-event.html.

Sat, Oct 2 2010 - Eurand Cycle for Life. 12, 30, 65 mile routes to benefit the Cystic Fibrosis Foundation. Start: Fatime Shrine, Holliston, MA. To register, see mass-ri.cff.org/cycleforlife

Sun, Oct 3 2010 - Major Taylor Century. Start: Whitinsville, MA. See www.majoraylorassociation.org.

Read your newsletter on-line

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.

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 members' username/password info is always printed on the inside front cover of the newsletter.

Archive copies of back issues (from July 2009) are also available on the website.

The ride schedule has always been available on our website—available in the public section—and is the most up-to-date version as any late-breaking changes are made there. You can also print the online ride maps.

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

From the Touring Committee

Gil Peel, touring@nbwclub.org

Now that summer is in full swing the foul weather of spring is a distant memory. I think that we have had some great riding weather of late. I hope that you all are having a good time on our weekly rides.

We have been having some problems lately in parking lots of shopping centers with riders parking close to shops that are in these shopping centers.

Please be mindful that these shops require the ability to have parking places for their customers.

When using a shopping center parking lot please fill the lot from the farthest spaces away from the shops first. This way we will keep a good relationship with shop owners and shopping center managers.

Thanks to our most recent ARROWERS:

Jun 6	Hill & Gully Ride	Ed Holden
Jun 13	Scramble Metric	Rod Breault
Jun 20	Joe Medeiros Ride	Dianne Robillard, Mike Miller, Gil Peel
Jun 27	Western Hills	Don Paiva, Norm Clavet
Jul 4	Ray Young's Ride	Tony Rizzotti
Jul 11	Rhody Roundup	Sue Barker, Carleen McOsker, Janice Veloza
Jul 18	New Bedford-Plymouth	Gil Peel, Mike Miller, Dianne Robillard
Jul 25	Higginson Park	Bladimir Rodriguez, Tony Rizzotti

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



Nah ... NBW riders never ride like THAT!

Don't "swarm" on the road.

"Car back" alerts riders that a car will be passing and they should single out.

Stay to the right.

Pass on the left.

Be considerate of other road users.

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.

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.

August 22, 2010 **Fall River Fifty (aka Chourico)** 19/27/47 miles

Sunday 10:00 AM *Map No.* 159 *Arrower:* Mark St Amour

Route Fall River, Assonet, Lakeville, Berkley

Directions Start at Bristol Community College (BCC), Fall River. From Rt. 24 in Fall River take the President Ave Exit (exit 5), go through the rotary and take a Right on Elsbree St (1st light). Enter the last parking lot on the right, near the end of Elsbree St.

Drive Time 30 minutes from Providence

Description This scenic ride starts from the highlands of Fall River and meanders through forests, mill towns, lakes and cranberry bogs. Its rolling hills will keep your heart at an elevated state, and after a cool coast down near the waterfront in Fall River one can take a left up President Ave and return to the start. A little short cut will lead one up the infamous Weetamoe St for a little more pain.

After the ride stop by the NBW social tent for beverages etc.

August 29, 2010 **Uxbridge Animal Farm** 18/30/40/50 miles

Sunday 10:00 AM *Map No.* 106 *Arrower:* Chip Kent

Route Uxbridge, Whitinsville, Grafton

Directions Start at Uxbridge High School. Take Rt. 146 North to Uxbridge/Chocolog Rd (Rt. 146A) exit. Bear right off ramp, then left onto 146A North, for 1.5 miles. Turn left onto Rt. 122 North for 1 mile to Rt. 16 traffic light. Turn right onto Rt. 16, for 0.2 miles. Bear left onto Capron St; the high school is at the end of the street.

Drive Time 40 minutes from Providence

Description A scenic area for cycling, dotted with ridges, hills and mill towns. The Blackstone River bisects the area and was the first in New England to become industrialized. The old Blackstone Canal, opened in the 1830's, is still seen in Uxbridge and Northbridge. 40 mile riders go by Southwick's Zoo in Mendon (the former "animal farm" in the ride title). The long ride visits Upton, with an old millpond, and Hopedale before the ascent to Mendon.

September 5, 2010 **Tom & Pat's Half Century** 19/24/50 miles

Sunday 10:00 AM *Map No.* 19 *Arrower:*

Route Coventry, Foster, Sterling

Directions Coventry Plaza on Rt. 3 in Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 6 (not 6A) and bear right onto Rt. 3N for about 2 miles. Coventry Plaza is on the left just after Burger King.

Drive Time 35 minutes from Providence

Description A very scenic 50 miles straddling the Rhode Island/Connecticut border. The ride was designed by Tom Chabot and Pat Young, who have toured throughout the USA.

September 6, 2010 ***Labor Day Show'n Go**

Monday 10:00 AM *Map No.* 81 *Arrower:*

Route

Directions

Drive Time

Description Repeat Cranberry Metric ride (map #81). Follow arrows from Aug 15.

September 12, 2010 ****TFCE**

Sunday *Map No.* *Arrower:* TFCE crew

Route

Directions

Drive Time

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

September 19, 2010 **Diamond Hill One** 13/32/50 miles

Sunday 10:00 AM *Map No.* 129 *Arrower:*

Route Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA

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

Drive Time 20 minutes from Providence

Description This ride travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses. There is also an ice cream store across from the park (open in season).

September 26, 2010 **For Pete's Sake Ride** 20/27/52 miles

Sunday 10:00 AM *Map No.* 97 *Arrower:*

Route Greenville, Slatersville, Nasonville, Wallum Lake, Pascoag

Directions Start at the commuter parking lot behind McDonalds, next to the Apple Valley Mall at junction of Rts 44 and 5 in Greenville, RI. Take I-295 to Exit 7B (Rt. 44 W). 1/2 mile from exit turn right on Rt. 5 and McDonalds is on your right. Do not park in the shopping plaza to the left (where the fish market is). If the commuter lot is full, go around to the front of McDonalds and park well away from the stores - over by Rt. 44.

Drive Time 20 minutes from Providence

Description This is a rolling-to-hilly ride, traveling through old mill towns in northern RI. Long-time member Pete Petrocelli and his wife Jennifer contributed this ride.

October 3, 2010 **Hope Valley "Extra" Ride** 18/29/42/58/70

Sunday 10:00 AM *Map No.* 156 *Arrower:*

Route Hope Valley-Charlestown-Richmond

Directions NOTE NEW START: Start at the Stop & Shop Plaza, Rt 138, Wyoming (Hope Valley), RI. Take I-95 South to Exit 3-A; go left at the exit and left into the parking lot. Please park well away from the stores. (This lot is just on the other side of Rt. 95 from our old start in the Chariho Plaza, which we have been told not to use.)

Drive Time 40 minutes from Providence

Description This popular ride was created by Tina Williams to include many of our favorite roads in this area. The basic ride is a scenic 18 mile loop, with the possibility of taking 3 extra loops. Choose 1, 2 or all 3 loops. Loop #3's return along Rt. 3 is one of RI's best downhill. If you're looking for a challenge, take the "Hero" loop with an extra 11 mile hilly section up and over Mt. Tom, to get your mileage to 70.

October 10, 2010

♥ Mattapoissett Ride

15/30/50 miles

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

Route Mattapoissett, Rochester

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

Drive Time 40 minutes

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

October 11, 2010

***Columbus Day Show'n Go**

Monday 10:00 AM *Map No. 97* *Arrower:*

Route

Directions

Drive Time

Description Follow arrows from the For Pete's Sake Ride, map #97

October 17, 2010

Taunton-Sharon Tour

15/30/50 miles

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

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

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

Drive Time 40 minutes from Providence

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

♥ 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 Sep 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
Oct	Sun	3 156	Hope Valley "Extra" Ride	Hope Valley	18/29/42/58/70	
	Sun	10 52	Mattapoissett Ride	Mattapoissett, MA	15/30/50	
	Mon	11 97	*Columbus Day Show'n Go	Greenville		
	Sun	17 92	Taunton-Sharon Tour	Taunton, MA	15/30/50	
	Sun	24 74	Fall Foliage Tour	Glocester	20/40/64	
	Sun	31 16	Caster's Halloween Ride	Warwick	15/25/32	
Nov	Sun	7 51	Marion Rochester	Marion, MA	19/30/40	
	Sun	14 66	Triboro Tour	N Attleboro, MA	15/18/25/35	
	Sun	21 84	Scituate Reservoir Ride South	N Scituate	10/23/37	
	Sun	28 3	Oneco Pond Ride	Sterling, CT	17/31/41	
Dec	Sun	5 22	Cranston Holiday Ride Winter	Cranston	9/18/28	
	Sun	12 138	East Providence Tour	East Providence	15/26	
	Sun	19 93	Northern Border	Slatersville	14/30	
	Sun	26 150	Wickford Winter Ride	Wickford	17/23/27	
Jan	Sat	1 112	*New Year's Ride	Westport	21/32 miles	
	Sun	2 112	Westport Dartmouth	Westport, MA	21/32 miles	
	Sun	9 103	Taunton Norton	Taunton, MA	15/28	
	Sun	16 141	Johnston Winter Ride	Johnston	15/30	
	Sun	23 40	Narragansett Indian	URI Kingston	15/27	
	Sun	30 112	Westport Dartmouth-REPEAT	Westport, MA	21/32 miles	
Feb	Sun	6 103	Taunton Norton-REPEAT	Taunton, MA	15/28	
	Sun	13 141	Johnston Winter Ride-REPEAT	Johnston	15/30	
	Sun	20 40	Narragansett Indian-REPEAT	URI Kingston	15/27	
	Sun	27 155	Larry & Ted's Dartmouth Ride	Dartmouth, MA	12/17/31	
Mar	Sun	6 109	Walpole Dover	Walpole, MA	15/28	

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