

The Spoke'n Word

Volume 40, Number 5
Narragansett Bay Wheelmen, PO Box 41177, Providence, RI 02940-1177

October/November/December 2010
nbwclub.org

TFCE issue

*Annual Meeting and Volunteers' Banquet
Saturday, November 6*



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53 Railroad Ave
Westerly, RI 02891
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330 Hathaway Rd
New Bedford, MA 02746
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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: John Nery, TFCE volunteer
Photo: Monica Foulkes

Want your photo in the Spoke'n Word?

From the Editor <editor@nbwclub.org>
I welcome your photos of our club's activities for the newsletter. I do the conversion to black/white. Digital files are easiest, but I'll take prints and scan them for you. Some hints:

- Shoot in high resolution.
- Think about good composition.
- Sharp focus—there's only so much I can do in Photoshop to sharpen your shot.
- Action! Try for riders moving (easiest if they're coming towards you or going away), or candid shots of cycling interest. Tell me who your subjects are, if you know.
- Take lots of photos. Out of 10 you might get one good one—send that one to me!

Email me your *original* JPG file (the reduced sizes produced by photo-sharing/album websites are not suitable for printing). Large, hi-res files are preferred.

President's Message

It's mid-September and I hope you are looking forward to the wonderful experience of Fall riding. Although the days are shorter, there is a richness of color and conditions this time of year that cannot be denied.

Kicking off this fine riding season was the **TFCE**, which was a tremendous success due in large part to the **incredible efforts of all the volunteers** involved. I heard many times "What an event! What a team!" – could not agree more. In particular, I would like to thank our co-chairs **Larry Schwartz and Don Paiva**. It is their energy and experienced hand that so effortlessly shapes the mountains of detail tackled in this event. Please take a moment and review the photos and list of volunteers later in this issue. Along with that, we have a retrospective of TFCE shirts available on the website.

Fall also is the time for the **Annual Meeting/Banquet, which is Nov 6** – I encourage members to attend this important annual event. There are proposed amendments to bylaws to be voted on which are printed in this issue. Also, any nominations for officers need to be submitted before the event—any board member can take your nomination. **Lydia & Don MacManus** will be our hosts for the evening. If you would like to help, contact Lydia, Don, or myself.

Also coming up are the Holiday Party/Dec 5, at **Patricia Lang's** (for Amos House), LAB traffic skills course Nov 4, 11, & 13, and the New Year's Day ride, which has a new location in Westport. A very special thanks goes out to the **LaFazia family** for hosting for the New Year's ride for an amazing **35 years!!**

Once again, I would like to thank our arrowers through the year: Gil Peel, **John Nery, Ed Holden, Henry Lopez, Carleen McOsker, Paul Rider, Kevin Mitchell, Luca Marchi, Bill McGrane, Jim Dumont, Tony Riz-zotti, Rod Breault, Janice Velozo, Bladimir Rodrigues, John Satterlee, Providence Cycle, Sue Barker, Jim Berry, Bryan Lorber, Mike Miller, Diane Robillard, Mike Emma, Monica Foulkes, Don Chiavaroli, Tom Shackelford, Don Paiva, Norm Clavet, Mark St. Amour, Chip Kent and Scott McNeilly**. (Please forgive me if I did not get everyone). Your work and attention to detail made our rides safe and fun!

November will be my first anniversary as President and I would like to thank the Executive Board, the Board of Directors, and countless others for their insight and patience as I navigated new waters in my first year. It has truly been an enriching experience to get to know so many members of this great organization. As I stated last November, I remain committed to celebrating our traditions and recognizing new opportunities as we launch future initiatives.

In closing, you may know **Don Paiva** plans to step down as NBW Secretary. I would like to sincerely thank Don for being an invaluable counselor and mentor to me this year, but more importantly to the club for so many years. I cannot think of a single instance where I stumped Don with a question about past history, protocols, or club trivia. Dedicated, selfless, and downright funny are just a few words to describe him. I urge you take time out and thank Don yourself – he is a significant pillar in our club and I know will remain so.

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.*

Annual Meeting, November 6, 2010 Election of Officers

NBW President, Vice President, Secretary and Treasurer are elected annually at the annual meeting for terms of one year.

**Nominated for the position of Secretary is
Mark St. Amour, who submits this statement:**

I am a recent NBW member, joining about one year ago. The welcome that I received from your wonderful members, along with the rides, events, and educational programs offered by the club, have really drawn me in. I began wanting to become more involved, and soon decided that I wanted to do more, to give something back to the club for all of the enjoyment that I've taken out. That's why I'd like to be your next secretary.

I'm married, have two grown children, and live in Fall River, MA. I work for Allied Waste Services, located in the Fall River Industrial Park. While road cycling has become my greatest passion, I also enjoy football, my home, friends, cooking, and my pug, Frankie.



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

*Saturday, November 6, 2010
Johnson & Wales Inn, Route 44, Seekonk, Mass*

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

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

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

All checks and RSVPs should be received no later than October 25.

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

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

Dwight & Janice Abbott, Duxbury, MA
Paul Beukema, Rehoboth, MA
Peter H. Chaffee, Providence, RI
Cuong Cy, Cranston, RI
Murphy M. Godek, Jr., Riverside, RI
Mary F. Hutchinson, Jamestown, RI
Krystal L. Kazi, West Warwick, RI
Michelle C. Lalanne, Albion, RI
Lori L. Lantos, Norton, MA
Michael & Harvey Mellion, Pawtucket, RI
Cathryn Moskow, Providence, RI
Michael S. Mulvey, Charlestown, RI

William H. Olinger, Providence, RI
Jaime & Mary Pereira, North Dartmouth, MA
Paula J. Raposa, North Dartmouth, MA
Bernard Rodriguez, Bristol, RI
William & Paige Roth, Fairhaven, MA
John A. Rutledge, Bristol, RI
Jack A. Schemp, Providence, RI
Kevin S. Silva, Dartmouth, MA
John, Andrew, Kristin & Kayle Stern, East Greenwich, RI
Keith, Carol, Kelly, Kiffin & Connor Ward, N Kingstown, RI
Nancy J. Whipple, Pembroke, MA
Dee Dee Whitman, Providence, RI



TFCE Volunteers' ride, September 2010
Adamsville



From the Editor ...

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 (they are case-sensitive).
username: `spring2010_mem`
password: `Cross2ed`

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 is available in the public section—and is the most up-to-date version because any late-breaking changes are posted there. You can also print ride maps.

Monica Foulkes, editor@nbwclub.org

NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM

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

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

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

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

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

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

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

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

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

MINOR RELEASE

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

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

TYPE OF MEMBERSHIP (check one box in each column)

- | | | |
|----------------------------------------|----------------------------------|-----------------------------------------------------------------------|
| 1) <input type="checkbox"/> Individual | 2) <input type="checkbox"/> New | 3) <input type="checkbox"/> One year (\$15 individual or \$25 family) |
| <input type="checkbox"/> Family | <input type="checkbox"/> Renewal | <input type="checkbox"/> Two year (\$25 individual or \$30 family) |

Membership No. _____ Amount enclosed: _____

Print Name(s): _____

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

Tel: _____ E-mail: _____

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

Allow 6-8 weeks for processing

TFCE 2010—Volunteers at work

Thanks to about 100 volunteers, both experienced and new, this year's TFCE ride on September 12 was once more a uniquely enjoyable ride for 2,000 registered riders. The day was cloudy and cool—perfect century weather.

Photos: Rick Schwartz, Monica Foulkes, Louise Paiva. Many more TFCE photos are posted in the Photo Gallery on our website—nbwclub.org. See also Rick's online photo show at: http://www.photoshow.com/watch/SE8UP8IX?source=em_ps_show_recipient



PB&J crew

Tiverton checkpoint



Hixville checkpoint



Jeff Rizzolo works the hardest marshaling job on the TFCE route at Adamsville



Ted Shwartz, map-maker



Rick Schwartz closes the day.

Hixville two-step

2010 TFCE Volunteers

COMMITTEE

Larry Schwartz & Donald Paiva, *Co-chairpersons*

Louise Paiva, *Hixville checkpoint*
Carleen McOsker, *Adamsville checkpoint*
Jack Williamson, *on-line registration*
Todd Wise, *T-shirts & magnets*
Bill Gajda, *parking*
Donald Paiva, *volunteers*
Donald MacManus, *SAGs*
Rick Schwartz, *field consultant*

VOLUNTEERS

PB&J Sandwich Makers

Larry Schwartz, *host home*
Ray Foulkes, *bagging instructor*
Monica Foulkes
Louise Schwartz
Donald Paiva
Louise Paiva
Graham Foulkes
Ed Holden
Mike Emma
Ray Naughton
Stanley Spink
Bill Gajda
Janice Velozo
Norm LaBrie
Daniel LaBrie
Heide Hallemeier
Jurgen Hallemeier
Scott Henderson
Lenore Henderson
Bob Paiva
Kevin Mitchell
Sue Barker
Bruce Holden
Mary St. Amour
Sue Roberts
Jan Harbutiak
Lee Sproul
Jack Williamson
Joanne Williamson
Sue Chiavaroli
Bonnie Riebman
Tom Schwartz
Ted Schwartz
Nick Rosenthal

David Carroll
Andy Arkway
Todd Wise
Michele Wise
Garielle Wise
Daniella Paterno
Norm Clavet

Registration

Jack Williamson, *coordinator*
Todd Wise
Mary St. Amour
David Reynolds
Heide Hallemeier
Jurgen Hallemeier
Matt Moritz
Sue Roberts
Don Paiva
Ellen LaFazia
Margaret Cornell
Sue McMillen
Bonnie Riebman
Jo-Ann Perry

T-shirt Distribution/ PM Check-in/Sales

Don Paiva (t-shirt sales)
Dave Reynolds (sales)
Dave Carroll (t-shirts)
Margaret Hahn (sales)
Jack Williamson (check-in)
Mike Vigorito (t-shirts)
Paula Bissell (t-shirts)
Pete Bissell (t-shirts)
Sue Barker (NBW sales)
Todd Wise (t-shirts)
Daniel LaBrie (t-shirts)

Parking

Bill Gajda, *captain*
Lee Sproul
Raul Silvia
Mike Klek
Norm Clavet
Ray Foulkes
Graham Foulkes
Mike Vigorito
David Gardiner
Janice Velozo
Bob Paiva
Bill McGrane
Patricia Lang
Keith Enos

Bob Pankin
John Ho
Bob Melucci
Kevin Mitchell
Peter Kenahan

Tiverton Checkpoint

John Nery, *captain*
Leona Henderson
Scott Henderson
Pauline Nery
Ray Naughton
Ron Doane
Michele Wise
Gabrielle Wise
Stanley Spink
Lori Lantos

Adamsville Checkpoint

Carleen McOsker, *captain*
Stephen Dunn (am)
Dale Jansen (am)
Larry Rollins (am)
Sue Rollins (am)
Mary McCauley (am)
Sue Breault (am)
Rod Breault (am)
Jeffrey Rizzolo (am)
Matt Moritz (pm)
Bob Paiva (pm)
Heide Hallemeier (pm)
Ellen LaFazia (pm)
David Gardiner (pm)
Lydia MacManus (pm)
Bob Pankin (pm)
Jo-Ann Perry (pm)
Mary St. Amour (pm)
John Swyers (pm)

Hixville Checkpoint

Louise Paiva, *captain*
John Darcy, *truck*
Linda Pietras
Sue Chiavaroli
Wendy Davis
Michael Emma
David Bojar
Deb Luhrs
Daniel LaBrie
Margaret Hahn

SAGs

Don MacManus, *coordinator*
John Rohland

Jurgen Hallemeier
Jan Harbutiak
Jim Berry
Sondra Spencer
Bill Luther
Norm LaBrie

Arrowers

Gil Peel
Mike Miller
Dianne Robillard

Van Drivers

Bill Gajda (Adamsville)
John Darcy (Hixville)
John Nery (Tiverton)
Don Paiva (UMass)
Ed Holden (Truck pick-up)

Mechanics services donated by East Providence Cycle

Rob Foulkes
Matt DaPalma
Michael Rounds
Tim Poland



Thank you !

League of American Bicyclists Certified Traffic Skills 101 November 4, 11, and 13 2010

The Narragansett Bay Wheelmen and the East Providence Cycle Company invite you to participate in the League of American Bicyclists Certified Traffic Skills 101 course, beginning on November 4.

The classes will focus on important skills needed to ride safely in groups with other cyclists and in traffic with automobiles. Bring your bike to all sessions to participate in drills to review basic bike handling skills and learn new ones. The course will include information on group riding skills, urban cycling, bike commuting, and use of lights for night riding. A demonstration by Rob Foulkes on the best and fastest way to fix a flat tire is also on the schedule.

The Saturday class will feature road work, including a ride around the "circle" in East Providence, followed by a ride up the bike path and on local streets in East Providence. The road work will be followed by a quick written exam. All who pass the biking and class tests will receive an official League of American Bicyclists diploma. Attendance is required at all three meetings to earn a diploma.



New and seasoned NBW members are encouraged to take advantage of this opportunity to learn, review, or improve your skills to ride safely on city streets and country roads.

Here are the details:

Title: League of American Bicyclists Certified Traffic Skills 101

Dates and Times: Thursday evenings, November 4 & 11, from 5:30 to 8:30 pm and Saturday, November 13, from 9:00 to noon.

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

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

Register: Email to Sue Barker at sueb4@cox.net

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

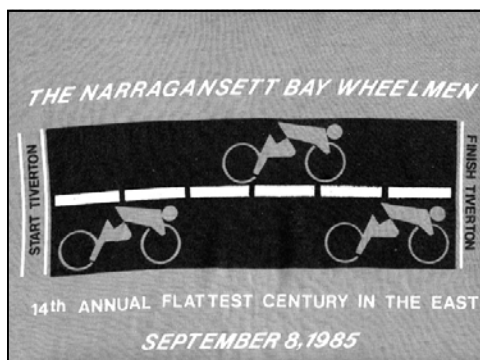
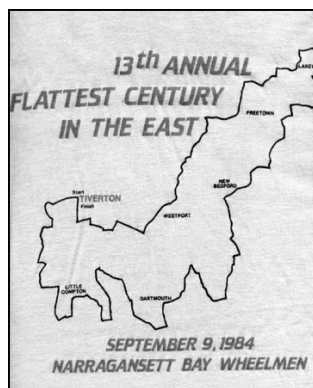
NEW! TFCE t-shirts archive on website

T-shirts have been a feature of the NBW TFCE (The Flattest Century in the East) since 1984. Riders may have noticed the collection displayed at every TFCE ride. We now have an archive of these TFCE logos on our website.

To see this online catalog go to nbwclub.org (go to Photo Gallery, the link is listed in the Archives section at the bottom of the page). Which is your favorite logo?

We thank Susan Steiner (former NBW President) for starting the collection, and Don Paiva, the current custodian. Monica Foulkes took the photos.

Here are the very first TFCE t-shirt logos:



Ottawa to Quebec, July 2010

Bob Melucci



I have a T-shirt with a message on the back: "Do you dream of a bicycle friendly America?" After completing a six-day bike tour in Canada, I don't have to dream as I have already seen it, providing we accept that Quebec is part of America (north).

Four NBW* members rode 350 miles from Ottawa to Quebec City during the last week of July, joining two other "Americans" and nine Canadians on a CycleCanada bike tour. For three of us, this was our second trip with this company, having done its Fall Colours Tour of the Ottawa River Valley a few years back. Again, we experienced a value-packed week with wonderful biking, terrific SAG and superb accommodations.

The weather was perfect as we departed Ottawa on our first day, headed for Hawkesbury, 70 miles away. The week-long ride followed a pattern of flat cycling on quiet country roads through farmland, with an occasional ferry crossing. The Laurentians loomed in the background, but we stayed close to the many rivers of the St. Lawrence drainage basin. The first day also established a pecking order as riders tested the abilities of the group in setting a very fast pace. The rest of the week saw the group stay pretty much together, with the better riders usually acting as scouts and reporting back to the main body.

The one constant in the week's ride was the confidence that grew sharing the road with autos. In over 20 years of cycling I always had the feeling that I was "borrowing" space on the road and in order to survive, be super attentive and keep out of the way. In Quebec, I had a right to be on the road. When I made a left turn, I moved into the left turn lane with absolute confidence that auto traffic would treat me as one of them, allowing me the time to move through the intersection. I did not have to wait until the road

was completely clear to make the transit. Signs abound in the US requesting that vehicles share the road. In Quebec, they do it. It is reassuring to not only see substantial bicycle traffic but, more important, numerous autos sharing the road have bicycle racks. Proof that you are among friends!

We did travel frequently on well-marked bike paths, part of the Route Verte and many times stayed on the roads even though the bike path was parallel.



We enjoyed stellar lodgings in Montreal (Hotel le Dauphin) and Quebec (Hotel Universel) and a show stopper group dinner at the Manor Dauth Lodge in Ste-Anne. This after a 73 miler through historic Trois Rivières, where we enjoyed lunch in an outdoor cafe called Peche' Original (Original Sin). But after all is said and done, the highlight of the tour was enjoying the camaraderie of the Canadian cyclists. You could not have designed a better bunch of people with which to spend a glorious week on the friendly roads of Quebec.

**Bob Melucci, Ken Peloquin, Pat Grabel, Sue McCalmont,*

Help the club keep its ride start locations

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.

Larry rides Le Tour

Larry Shwartz rode a Backroads tour to the Tour de France this July, tackling a few of the hautes alpes routes (on his recumbent) before the pros came through. And he had time to get some great photos! Allez, Larry.



Last 2K on Stage 7, Tournus to Station des Rousses.



Stage 9—a tough stage from Morzine. That's you-know-who on the left, climbing the Col des Saisies, which comes after the Col de la Colombiere and before the Col de la Madelaine!



Didier greets Larry. This is fame, Larry!



Rhode Island has joined the ranks of at least 15 states who now have a "safe passing" law in effect. The new law states that a motorist must pass a rider and leave "a distance that is sufficient to prevent contact with the person operating the bicycle if the person were to fall over into the driver's lane of traffic." Thanks to the efforts of a number of people, including Lori DiBiasio, the Warwick City Council, Representative Gemma, Senator Connors, various members of the Rhode Island Bicycle Coalition (RIBIKE) and numerous others, and over two years of work, Governor Carcieri allowed the new law to go into effect without signature. The law has been named by the legislature "Frank's Law" to honor the memory of Frank Cabral, a cyclist killed in September 2007. I wish to extend a thank you to all of the people who have been involved in getting this law passed.

As many of you know, Frank Cabral was killed on Route 1 while riding his bicycle by being struck from behind in the shoulder of the road by a person driving a car. The Attorney General, for unknown reasons, did not pursue criminal charges, and Lori DiBiasio has made it her mission to honor Frank by crusading to increase cyclist safety, and to ensure no one else is forced to endure the thought that a person on bicycle can be killed by a car whose driver does not carry any penalty.

In March of 2009, a number of area cyclists came together to discuss this issue and decide how to best support Lori's efforts to improve our protection. The conclusion reached at that meeting was that a non-trivial, mandatory penalty should be in effect and as a result, the former Providence Bike Coalition, now RIBIKE, endeavored to work with Rep. Gemma to get the draft house bill altered to be a general "vulnerable road user" law with a \$1,200 fine. The decision was also reached by those at the meeting that a 3-foot law, as originally proposed, was not desired, as it wasn't felt it provided any real protection to bicyclists. While this effort has not yet borne results, RIBIKE has resolved that they will continue to work with the legislature to get a stronger mandatory fine as well as broader protections for everyone who isn't in a car.

Most of us who have been working on this issue for the last two years are disappointed with the final law that has gone into effect. The penalty remains paltry, at \$85 for striking a cyclist if the motor vehicle is traveling faster than 15 mph. The only way in which we consider this a victory, really, is that it is now law and can be quoted and used to educate drivers on how better to interact with bicyclists.

Enforcement of non-existent Laws

On a very tangentially related note, I'm curious to know if anyone reading this has ever received a ticket in Rhode Island for riding two-abreast, or while cycling in general? If so, please drop me a line, I'd like to hear about your experience. While riding in the MS150 the last weekend of June, I was supremely annoyed to see a sign saying that cyclists should ride single-file as the local police had been writing tickets. After a quick review of the law, I cannot find any requirement that cyclists ride single file, only that they ride within a single lane and no more than two abreast as long as they are not impeding other traffic (RIGL § 31-19-7). One of the challenges in keeping our right to the road is making sure that law enforcement is enforcing laws that actually exist.

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 an email to advocacy@nbwclub.org.



“On your left” How to pass other riders

Sadly, many riders on the 2010 TFCE did not appear to know the etiquette of group riding.

Alert other riders as you are about to pass them.
It's the safest way to pass.

If you startle riders by passing without alerting them
you run the risk of them swerving into you.

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

NBW Holiday Party

Sunday, December 5, 2010

From 1:00 P.M.



Patricia Lang is continuing the NBW tradition, started 14 years ago by Jeanne Petrarca, of a party after the Sunday Dec 5 Cranston Holiday ride to benefit Amos House.

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

Suggested donation \$10 (or more).

Anyone donating to Amos House through the NBW Holiday Party will be entered into a drawing for a copy of Bicycle: The History signed by the author, David Herlihy

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



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

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



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

Name:

Address:

Amount: \$

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

The Athlete's Kitchen

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

Fueling for Training: What to eat before, during and after you exercise

Athletes of all sports and abilities commonly ask me what they should eat before, during and after a competitive event:

When should I eat the pregame meal: 2, 3 or 4 hours beforehand?

How many gels should I take during a marathon?

What's best to eat for recovery after a soccer game?

The same athletes who worry about event-day fueling often neglect their day to day training diet. Hence, the real question should be: "What should I eat before, during and after I *train*?" After all, you can only compete at your best if you can train at your best.

The goal of this article is to remind you to train your intestinal tract as well as your heart, lungs and muscles. To get the most out of each workout, you need to practice your fueling as well as your sports skills. Then, come day of the competition, you know exactly what, when and how much to eat so you can compete with optimal energy and without fear of bonking nor intestinal distress. Here are some sports nutrition tips to help you perform faster, stronger, longer.

*When and what should I eat **before** I exercise?*

Each person has a different tolerance with pre-exercise food. I often talk with athletes who report they don't eat before they exercise because they're afraid the food might cause intestinal problems. Then, they needlessly suffer through major energy problems during their workouts. That's why they need to practice not only what they eat but also when and how much to eat before they exercise. From Day 1, I recommend you start training your intestinal tract by nibbling on a pretzel, a cracker or other fuel that will enhance stamina, endurance, and enjoyment of exercise.

You don't need to wait around for pre-exercise snack to digest. You can grab a small snack just five minutes pre-exercise and the food will get put to good use—as long as you are exercising at a pace that you can maintain for more than half an hour. That is, you might not want to eat much five minutes before a hard track workout, but you could enjoy a banana before you put on your jogging shoes. Research suggests you can eat an energy bar either 15 or 60 minutes before moderate exercise and gain a similar energy boost. (1)

In general, most active people prefer to wait two to four hours after having eaten a full meal before they head to the gym or prepare for a team practice. The meal will have plenty of time to digest and empty from the stomach, particularly if they don't stuff themselves with high

fat foods (cheeseburgers and fries) that take longer to digest than a carb-based pasta-type meal. The rule of thumb is to consume (2):

<i>Time pre-exercise</i>	<i>Grams carb/lb</i>	<i>Calories/150-lb athlete</i>
5-60 minutes	0.5 g/lb	300 calories
2 hours	1.0	600
4 hours	2.0	1,200

For a 150-lb person, 300 pre-exercise calories translates into:

- two packets oatmeal or a Dunkin Donuts-size (4 oz.) bagel within the hour before your morning run
- 4 Fig Newtons and a banana at 4:30 in the afternoon when you plan to go to the gym after work at 5:30.

If you will be meeting your triathlon buddies for a 50-mile bike ride at 10:00 a.m., you'll want 600 calories by 8:00 a.m. That's a bowl of granola with a banana and milk, or several pancakes. It's more than many cyclists tend to eat!

*When and what should I eat **during** a long workout?*

If you plan to exercise for longer than 90 minutes (be it a long run, row, bike ride or team practice), you should plan to consume not only a pre-exercise snack (to fuel the first 60 to 90 minutes of your workout) but also additional carbs to maintain a normal blood sugar. Your brain relies on the sugar (glucose) in your blood for fuel. If your blood sugar drops, you'll bonk—lose focus, lag on energy, yearn for the workout to end, fail to get the most from your effort. Many a coach has learned that planning a mid-workout fueling session pays off in terms of happier athletes and enhanced ability to train harder at the end of a 2+ hour team practice.

While athletes in running sports that jostle the stomach may prefer to drink primarily liquid carbs (i.e., sports drink), cyclists and skiers might prefer a granola bar, dried fruit or a chunk of bagel plus water.

The goal is:

- 30-60 g carb (120-240 calories)/hour exercise that lasts 2-3 hours
(Note: the pre-exercise snack will fuel the first hour)
- 60-90 grams carb (240-360 calories)/hour extended exercise
(Examples: all-day hike, Ironman triathlon, century bike ride)

Some athletes choose the convenience of engineered sports foods (i.e, Sports Beans, Clif Chomps, PowerGels). Others save money by choosing "real" foods (raisins, gummy candy) that cost less and often taste better. Both are equally effective.

*When and what should I eat **after** a long workout?*

Rapid refueling is most important for people who do re-

Continued ...

peated bouts of intense, depleting exercise. You want to rapidly refuel if you are, let's say, a triathlete who does double workouts and will be exercising within the next six hours. Your muscles are most receptive to refueling within an hour after a hard workout, so the sooner you refuel, the sooner you'll be ready to roll again.

If you have a full day to recover before your next training session or if you are a fitness exerciser who has done an easy workout and have lower recovery needs, you need not get obsessed with refueling immediately after your workout. Yet, I encourage all athletes to get into the habit of refueling soon after their workout. You will not only feel better and have more energy but also will curb your appetite. If you are trying to lose weight, a post-exercise snack can ward off the Cookie Monster...

To avoid over-indulging in recovery-calories, plan to back your training into a meal. For example, enjoy breakfast after your morning workout instead of waiting to eat at the office. Plan to eat dinner right after your 5:00 p.m. workout.

Remember: You haven't finished your training until you've refueled!



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.

References

(1) Kerr, K. et al. Effects of pre-exercise nutrient timing on glucose responses and intermittent exercise performance. *Med Sci Sports Exerc* 40(5 Supplement): S77

(2) Joint Position Stand of the American College of Sports medicine, the American Dietetic Association and the Dietitians of Canada: Nutrition and Athletic Performance. *Med Sci Sports Exerc* 41(3): 709-731, 2009

TFCE Volunteers—Junior Group

Although you must have encountered these young NBW members on our rides, you may not know them as long-time and valued members of our TFCE crew, so it's time to draw your attention to the fact that the club has hard-working **young** members. Both these fine young riders are long-time NBW volunteers. Your editor remembers both of them when they were much shorter than her (yes indeed) and has watched in wonderment until this year they both shot up to be enormously taller!



Tom Shwartz (AKA "Breadman"), son of our Membership Secretary, Ted Shwartz. Tom, and his brother Sam, is well-known for working at the PBJ and for riding on the triple with their dad when younger. Photo: M Foulkes



Daniel LaBrie, son of our Treasurer, Norm LaBrie. Daniel is multi-talented, doing valiant service for many years in charge of the jelly supply at PBJ (Peanut Butter & Jelly sandwich-making sessions) and also checking-in riders at various check-points on TFCE day. Photo: L Paiva (this is actually taken at the 2009 TFCE)

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

Cycling Sessions

Gary Stafford, cyclingsessions@hotmail.com

One of the greatest causes of crashes in a group ride or race is improper cornering skills on the bike.

The basic idea of turning seems simple, but on a bicycle, it is good to understand the basics.

First, do not brake when leaning into a turn. Brake, if you have to, before the turn or when you finish it. Also consider the line you take around the corner and aim at the apex if the road is in good condition. This will get you around safely and quickly. Too much lean unweighted approaching a sandy corner can wash out your front wheel.

Now on a race or fast group ride, turning at speed with others is even more important. Here are two methods.

The first method involves keeping the bike upright and steering it through the turn. As you enter, avoid leaning the bike and focus on keeping it fairly upright. Shift your body weight slightly from the center of the saddle toward the inside of the turn. Then steer the handlebars step by step so the corner becomes a series of straight lines. This technique works well in the rain or in any corner where the road surface is poor or speed is slower. Keeping the bike more upright also allows you to pedal through the corner, a definite advantage in certain racing situations.

The second method is a counter-steering approach. As you enter the turn, weight the outside pedal, and plant your butt firmly on the seat. Keep your center of gravity on the pedal by leaning the bike far into the turn. Gently push down on the side of the handlebar closest to the ground as you get into the turn.

This feels very unnatural at first, but the speed you can carry through the corner with this method is far greater because it uses the turn's gravity to keep the bike under control. It also has the advantage of allowing you to take

pressure off the bars and the pedal, causing the bike to straighten for a moment if need be without a problem. It is very important to be aware of those around you; looking for any strange cornering from others and adjusting may save you from some nasty road rash or worse.



A race or a fast group ride can many times require you to turn as a (hopefully) coordinated group. This works by everyone holding their line around the corner. I have seen some nasty crashes in races when someone decides to take a totally different line than everyone else (it only takes one, *aka* domino effect). This happens mostly in races like a criterium where high speed turning and fighting for position is repeated many times, allowing more chance for trouble to happen.

Practice cornering alone around corners in your neighborhood, aiming for the apex and make sure you keep your upper body relaxed. With confidence it will become easier and actually lots of fun!

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/>



TFCE 14 Registration Tables keep the lines moving

left: Sue Roberts and Monica Foulkes

right:
Heide Hallemeier

Photos: Rick Schwartz



From the Touring Committee

Gil Peel, touring@nbwclub.org

It is hard to believe that another summer is gone already. It seems that we were just thinking about summer riding getting started and now it is already autumn.

When you read this we will be gearing up for the NBW Annual Meeting and Banquet, where all of our volunteers are recognized for this good work. We have had a great bunch of volunteers this year. A great big thank you to each of you.

As this issue will cover three months I would like to point out that on January 1, 2011, we will be organizing our New Year's Day ride in a new place. The ride will start at Westport High School. As New Year's Day is a Saturday we decided to use the scheduled Sunday ride as the New Year's Day ride. Join us after the ride for the usual party at Carleen McOsker's house—details in the ride schedule.

This will be the first time in 36 years that the New Year's Day ride will not be held at the LaFazia's in Little Compton. We will miss the LaFazia's hospitality for sure. I take this opportunity to give a great big NBW thank you to the LaFazia family for 35 years of fun.

Thanks to our most recent ARROWERS:

Aug 1 Westerly Watch Hill John Satterlee
Aug 8 Providence Bicycle Ride Joe & PVD Bike Crew
Aug 9 Martha's Vineyard Org: Dave Hebert

Aug 15 Cranberry Metric Scott McNeilly
Aug 22 Fall River 50 Mark St. Amour
Aug 29 Uxbridge Animal Farm Chip Kent
Sep 5 Tom & Pat's Half Cent. Don Paiva
Sep 12 TFCE Dianne Robillard,
Mike Miller, Gil Peel
Sep 19 For Peter's Sake Ride Ed Holden

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 Taunton, 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

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

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

Sat, Oct 2 2010 - Cycle Martha's Vineyard. 50k and 100k routes. Sponsored by Rotary Club of Martha's Vineyard, with proceeds to benefit Big Brothers Big Sisters of Martha's Vineyard. \$100 registration includes aid stations and route assistance, t-shirt and post-ride barbecue. See www.cyclemarthasvineyard.org

Sun, Oct 3 2010 - Major Taylor Century. Seven Hills Wheelmen and 10th Gear Christian Youth Cyclists. 25, 62 or 100 miles on quiet, rolling back roads of central Massachusetts, RI and CT. Start: Whit-

insville, MA. \$15-\$25 entry fee includes breakfast, cue sheet and snacks. See www.sevenhillswheelmen.org/centuries.htm

Thu, Oct 7 2010 - first-ever New England Bike-Walk Summit. Downtown Providence, RI. Presented by East Coast Greenway Alliance. Topics: development/management of multi-jurisdictional trails, economic development potential of biking and walking, state-level legislation, how to foster better relations betw agencies and advocates, etc. See newenglandbikewalksummit.org

Sun, Oct 10 2010 - The Great River Ride. Westfield, MA. 10, 20, 35, 62, 110 mile rides. The ultimate century ride, rated as "one of the best century rides in the USA" by *Bicycling Magazine*, is the most challenging century in New England. Details at www.greatriverride.com

Sat, Oct 16 2010 - Woono River Ride. Woonasquatucket River Greenway Bike-A-Thon, Providence, RI. 10, 20 and 35 mile rides along the beautiful Woonasquatucket to help raise money to protect and expand the bike path. 35 mile ride goes from Providence to North Smithfield and back. Free barbecue sponsored by Wes' Ribhouse. Register or get more info at: www.wrwc.org

NBW RIDE SCHEDULE

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

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

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

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 downhills. 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 ♥ **Mattapoisett Ride** 15/30/50 miles

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

Route Mattapoisett, Rochester

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

Drive Time 40 minutes

Description This easy ride travels past Mattapoisett 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:* Don Chiavaroli

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

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

Drive Time 40 minutes from Providence

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

October 24, 2010 **Fall Foliage Tour** 20/40/64 miles

Sunday 10:00 AM *Map No.* 74 *Arrower:* Tony Rizzotti

Route Gloucester, Hampton, Eastford, Putnam

Directions Start at Ponagansett High School, Anan Wade Rd, Gloucester, RI. Take Route 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (on your left). At the fork where Rt. 6 splits from Rt. 101, stay to the right on 101. Turn right on Anan Wade Rd, two miles past the junction of Rts. 101 and 102. School is one mile on the left.

Drive Time 35 minutes from Providence

Description Fall in Connecticut. One of our prettiest fall rides on quiet, lovely backroads. There are ridges, some climbs and fast downhill. Thanks to Bob Paiva for extending this ride.

October 31, 2010 **Caster's Halloween Ride** 15/25/32 miles

Sunday 10:00 AM *Map No.* 16 *Arrower:* C Chappell/J Gibbs

Route Warwick, East Greenwich

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

Drive Time 20 minutes from Providence

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

November 7, 2010 **Marion Rochester** 19/30/40 miles

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

Route Marion, Rochester

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

Drive Time 45 minutes from Providence

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

November 14, 2010 **♥ Triboro Tour** 15/18/25/35 miles

Sunday 10:00 AM *Map No.* 66 *Arrower:* Jim Berry

Route North Attleboro, Plainville, Foxboro, Mansfield

Directions START: Start at the parking lot belonging to the Hodess Construction, located at 100 John Dietsch SQUARE, No Attleboro (this is very close to our former start). Take Rt. 95 N to Exit 5 (Rt. 152 Attleboro/No Attleboro). Turn right off the exit onto Toner Blvd. Almost immediately, turn right at first light onto John Dietsch Blvd. Go .4 mile and take first right on John Dietsch SQUARE, which is a loop street off of Dietsch Blvd. We have permission to park in the Hodess Construction lot; please respect our host's property - park away from building.

Drive Time 20 minutes from Providence

Description This ride is relatively flat and passes by a fish hatchery and four lakes. You'll ride through the town of Foxboro and finish up with a spin past the remaining farmlands of Mansfield. Long route circles the Norton Reservoir.

November 21, 2010 **Scituate Reservoir Ride South** 10/23/37 miles

Sunday 10:00 AM *Map No.* 84 *Arrower:* Tony Rizzotti

Route Scituate, North Scituate

Directions Start at the town common on Route 116 in No Scituate, RI. To get there, take Route 6 West from I-295. Bear left at the fork (stay on Route 6, the business route, not the bypass). Turn right at the intersection with Route 116. The town common is about 1/4 mile up on your right.

Drive Time 20 minutes from Providence

Description An old favorite ride around Rhode Island's largest lake. Somewhat hilly, with many old villages and factory-mill locations.

November 28, 2010 **Oneco Pond Ride** 17/31/41 miles

Sunday 10:00 AM *Map No.* 3 *Arrower:*

Route Escoheag, Sterling, Oneco, West Greenwich

Directions NEW START: Sterling Memorial School, Rt 14A, Sterling, CT
From Providence: Take Rt.6 West to Rt.295 South. Take Exit 4 Rt.14/Plainfield Pike and go West on Rt.14 for 19 miles (you'll cross the Scituate Reservoir - Rt.102 joins and leaves Rt.14 - stay on Rt.14). At the CT line bear Left at the fork on Rt.14A for 1 mile (don't miss this turn). School is on the Left.

Drive Time

Description This is basically the old Beach Pond Ride, with a new start because RI closed off Beach Pond. Scenic, rural rides around the SW RI border and into CT. Expect some hills. Rt. 49 runs along Ekonk Hill, a high open ridge with superb views. Bob Paiva has extended this ride into the Plainfield CT area, with a short extension to Gibson Hill Road to include a food stop.

December 5, 2010 **Cranston Holiday Ride Winter** 9/18/28 miles

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

Route Western Cranston, Scituate

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

Drive Time 15 minutes from Providence

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

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

December 12, 2010 **♥ East Providence Tour** 15/26 miles

Sunday 11:00 AM *Map No.* 138 *Arrower:* Don Paiva

Route East Providence, Riverside

Directions Start at Minerva's Pizza in East Providence, RI. Take I-195 E to the Broadway exit. Turn right off the exit. Turn left at the first traffic light onto Broadway. Minerva's is about 1/4 mile down on your left. Park in the lot across the street from Minerva's.

Drive Time 5 minutes from Providence

Description This is a flat ride that parallels the East Bay Bike Path, and is great for beginners. There are nice views of the bay and Providence waterfront, and, if you're lucky, the swans may still be in residence just off Veteran's Memorial Parkway. Watch for the old carousel in Riverside.

WINTER START TIME BEGINS WITH THIS RIDE - 11 AM START!

December 19, 2010 **Northern Border** 14/30 miles

Sunday 11:00 AM *Map No.* 93 *Arrower:* Rod Breault

Route Slatersville, Uxbridge, Millville, Blackstone

Directions Start at Slatersville Plaza, junction of Rts. 5, 102, 146A in Slatersville, RI. Take Rt. 146 N to the first exit in Massachusetts, Rt. 146A (there is a McDonalds at the exit). Bear right off exit and follow Rt. 146A into Slatersville. At traffic light, Plaza is across street on the right. Please park as far away from the supermarket as possible.

Drive Time 25 minutes from Providence

Description Highlights of this ride are the Southwick Zoo, narrow, wooded lanes, rolling hills, small towns, old churches and pine groves.

NOTE: WINTER START TIME 11 AM

December 26, 2010 ♥ **Wickford Winter Ride** 17/23/27 miles

Sunday 11:00 AM *Map No.* 150 *Arrower:*

Route Wickford, Kingston

Directions Start at North Kingstown High School, North Kingstown, RI 02852. This is only a short distance from our old start at the Wickford Town Dock (which is too small and busy for us now) and is conveniently situated on the ride route. Take Rt 95 south to exit 9 (left side exit) onto Rt 4 south. LEFT at first light after the exit numbers end onto Oak Hill Road. Follow Oak Hill as it winds for 1.4 miles and ends at Route 1 (T intersection). LEFT onto Rt 1. Follow Rt 1 (Post Rd) for 0.3 miles and turn RIGHT onto Annaquatucket Road. Follow Annaquatucket for 0.8 miles to a stop sign. Turn LEFT at the stop sign onto Fairway Road. The HS is on the right immediately after the turn.
Note: The cops love to ticket on Annaquatucket and at the stop sign with Fairway.

Drive Time 30 minutes from Providence

Description Old favorite ride past historical homes, waterfronts, turf farms near URI, returning to Wickford via back roads. Gently rolling terrain -- a good ride for beginners. Thanks to Margaret Hahn for locating the new start and updating the route. Formerly called the Wickford Town Dock ride.

January 1, 2011 ***New Year's Ride** 21/32 miles miles

Saturday 11:00 AM *Map No.* 112 *Arrower:* Mark St Amour

Route Westport, Dartmouth

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

Drive Time 30 minutes from Providence

Description A change this year; after over 30 years, the LaFazia family hosted their last New Year's Ride last year, for which the club is extremely grateful. So, we must change. We will, however continue to ride in the New Year in our favorite riding area - but will head a little easterly on the Westport-Dartmouth Ride through farmland, salt ponds and coastline. Join us on this gentle, flat ride to begin 2011.

Move on later to Carleen McOsker's traditional pot-luck New Year's Open House party at 75 Drift Rd, Westport, MA (about 1 mile from the start). From the start take Old County Rd (east) across Rt 88, then turn right at bottom of hill onto Drift Rd - grey house with brick garage, 1/4 mile on the right.

January 2, 2011

Westport Dartmouth

21/32 miles

Sunday 11:00 AM Map No. 112 Arrows: Mark St Amour

Route Westport, Dartmouth

Directions: Start at Westport High School, Main Rd, Westport, MA. Take I-195 East through Fall River to Exit 10—Rt 88 South. Head south on Rt 88 for about 4 miles to the 2nd traffic light. Turn right on Old County Rd to the T. Turn left on Main Rd. High School is on the right—park in the lot at the far end.

Drive Time: 30 minutes from Providence.

Description: A quiet, flat winter ride through woodlands, marshes and quaint villages. Repeat of New Year's Day Ride.

January 9, 2011

Taunton Norton

15/28 miles

Sunday 11:00 AM Map No. 103 Arrows: Jim Berry

Route Taunton, Norton, Mansfield

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

Drive Time: 30 minutes from Providence.

Description: This ride is scenic and secluded even though it's only 30 miles from Boston. Level terrain with country roads past ponds and farmland. You'll pass Norton Reservoir, Winneconnet Pond, Watson Pond and Lake Sabbatia. This ride will repeat Feb 6.

♥ Beginners will love these rides.

* Holiday Show'n Go

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Deadline for the next issue of The Spoke'n Word is Dec 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
Dec	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	Mark St Amour
	Sun	2 112	Westport Dartmouth	Westport, MA	21/32 miles	Mark St Amour
	Sun	9 103	Taunton Norton	Taunton, MA	15/28	Jim Berry
	Sun	16 141	Johnston Winter Ride	Johnston	15/30	Don Paiva
	Sun	23 40	Narragansett Indian	URI Kingston	15/27	Ed Holden
	Sun	30 112	Westport Dartmouth-REPEAT	Westport, MA	21/32 miles	Mark St Amour
Feb	Sun	6 103	Taunton Norton-REPEAT	Taunton, MA	15/28	Jim Berry
	Sun	13 141	Johnston Winter Ride-REPEAT	Johnston	15/30	Don Paiva
	Sun	20 40	Narragansett Indian-REPEAT	URI Kingston	15/27	Ed Holden
	Sun	27 155	Larry & Ted's Dartmouth Ride	Dartmouth, MA	12/17/31	
Mar	Sun	6 109	Walpole Dover	Walpole, MA	15/28	

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