

The Spoke'n Word

Volume 41, Number 1

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

January/February/March 2011

nbwclub.org



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LATE NEWS

Mark St. Amour has temporarily taken over the job of arrower coordinator until Jim Berry is back to health.

Please contact Mark at arrows@nbwclub.org

SUPER CYCLE SHOPS

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

BIKEWORKS

79 Swansea Mall Dr
Swansea, MA 02777
508-677-0710
www.bikeworksma.com

BLACKSTONE BICYCLES !NEW!

179 Front St
Lincoln, RI 02865
401-335-3163

BRUMBLE BIKES

49 Beach St
Westerly, RI 02891
401-315-0230
www.brumbalebikes.com

CASTER'S

3480 Post Rd
Warwick, RI 02889
401-739-0393

EAST PROVIDENCE CYCLE

414 Warren Ave
East Providence, RI 02914
401-438-2453
www.EastProvidenceCycle.com

GREENWAY CYCLES INC.

579 Washington St
Coventry, RI 02816
401-822-2080

NARRAGANSETT BIKES INC.

1153 Boston Neck Rd
Narragansett, RI 02882
401-782-4444

NEWPORT BICYCLE

162 Broadway St
Newport, RI 02840
401-846-0773

PEDAL POWER BICYCLE SHOP

879 West Main Rd
Middletown, RI 02842
401-846-7525
www.pedalpowerri.com

PROVIDENCE CYCLE

725 Branch Ave
Providence, RI 02903
401-331-6610

SCOTTEE'S WESTPORT BICYCLE

1125 State Rd
Westport, MA 02790
508-636-RIDE (7433)

SIROIS BICYCLE SHOP

893 Landry Ave
No Attleboro, MA 02760
508-695-6303

W. E. STEDMAN CO.

196 Main St
Wakefield, RI 02880
401-789-8664
westedman.com

TEN SPEED SPOKES

18 Elm St
Newport, RI 02840
401-847-5609

THE HUB

181 Brook St
Providence, RI 02906
401-383-9934
www.thehubprovidence.com

TRAVIS CYCLE INC.

1 Oak St
Taunton, MA 02780
508-822-0396

UNION CYCLE

77 Pleasant St
Attleboro, MA 02703
508-226-4726

VICTORY CYCLES

155 Black Plain Rd
Exeter, RI 02822
401-539-7540

RAY WILLIS BIKES

53 Railroad Ave
Westerly, RI 02891
401-596-1045

YESTER'YEAR CYCLERY

330 Hathaway Rd
New Bedford, MA 02746
508-993-2525

YOUR BIKE SHOP

459 Willett Ave
Riverside, RI 02915
401-433-4491

51 Cole St
Warren, RI 02885
401-245-9755



MOVING?

If you're planning to move, please let us know. The US Post Office will not forward your newsletter to you. Email your new address to our Membership Chair, Ted 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: December riding, local cyclo-cross action. 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

As the days have gotten colder and have grown a bit shorter, let's all remember the warm and flowery days of spring, sticky summer rides and crisp riding in the Fall. It will all be back soon!

The November annual meeting began with **Norm LaBrie** delivering the Treasurer's report on the financial status of the club. I gave the President's Report, which included an update on **Vision 2020** – an overarching initiative designed to ensure the longevity and legacy of the NBW are maintained. Intent of Vision 2020 is to answer the questions, "Where will we be in ten years and how will we get there?"



Related, the NBW website is evolving and a beta version of the new site was presented. Features include an easy to navigate series of drop-down menus, front page with impactful, useful information prioritized per member needs, and a rolling slide show that will be updated regularly with differing themes. Launch of the site is planned for early 2011.

In addition, the President's Report covered club donations to charitable organizations like the League of American Bicyclists, Mass Bike, Bikes Not Bombs, Recycle-A-Bike and East Coast Greenways. We had an entertaining and informative guest speaker in Eric Weis, who is the Trail Program Coordinator for the East Coast Greenway Alliance. Also announced, NBW is the League of American Bicyclists **2010 Bicycle Club of the Year**. This was achieved only through the outstanding efforts of all the volunteers in the club. Thanks for showing your amazing support this year!

The two proposed amendments to the club by-laws were approved – *Article IV, Section 4, Financial Controls* and *Article IV, Section 1, Enumeration: Election*.

Elections were held and the officers for the coming year are as follows:

Todd Wise, President;
Liz Masterson, Vice-President;
Norm LaBrie, Treasurer;
Mark St. Amour, the newly-elected Secretary.
Welcome Mark!

The activity of the NBW volunteers is the reason this organization functions so well. Those honored at the dinner were: **Don Paiva**, who served as Secretary, TFCE Co-Chairperson, and club pillar for many, many years; **Don Paiva**, most miles arrowed, and **Sue Barker**, Volunteer of the Year. A good friend of the club, **Steve Church**, RIDOT, warmly and eloquently presented Sue's award. The Blue Shirt Award, instituted by Clarke

Richardson in 1985, was again awarded to those long time members who are always there when help is needed, advocate for better cycling and are committed to the sport. Receiving this award were: **Larry Shwartz, Don McManus, Pauline Nery, Raul Silvia, Rob Breault, Louise Shwartz, and Ray Naughton**. Thanks to all for a fine job!

Thanks to each member and volunteer who attended the annual meeting and volunteer dinner. Kudos to all for showing your support for NBW at this special gathering.

The 2011 Spring Opener is not that far off - tentative date is March 20 so be watching for that. If you are thinking ahead to warmer weather and hanging out with friends, check out the information on the Maine House weekend in May. People have already started reserving their spots so don't be left out.

I hope you had a wonderful holiday season and I am looking forward to seeing you at the New Years Day ride.

Remember: Volunteers do not necessarily have the time; they just have the heart. ~Elizabeth Andrew

See you on the road and Safe Riding, Todd

2010 NBW Volunteer of the Year Sue Barker



NBW Annual Meeting and Volunteers' Banquet, November 6 2010

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

For report on the proceedings, and photo of the 2010 Volunteer of the Year Sue Barker, see the President's message on page 1.



More photos on the website,
nbwclub.org

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



Our 15th annual holiday party to benefit Amos House attracted a record crowd and raised a record amount (as we went to press it was well over \$2,500 and donations were still coming in).

Once again we thank our warm hosts ... Patricia Lang, who opened up her house to us and, with Keith Enos, cooked up a storm for NBW.

Keith again donated several bottles of his famous home-made wine!



Thank you all for your fifteen years of support for Providence's Amos House, providing food and shelter to help thousands of people in need.



WANTED

Volunteer Coordinator

to organize volunteers for the 2011 TFCE

If you are interested, contact Larry Schwartz at larryshw@gmail.com

NBW Officers etc.

NBW OFFICERS (Terms begin February 1)

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: Mark St. Amour, 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 2008: Larry Shwartz
Volunteer of the Year 2009: Mike Miller
Volunteer of the Year 2010: Sue Barker

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: 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 Chiavaro
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
Map creators: Rob Price, Bob Paiva, Ted Shwartz, Luca Marchi
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



From the webmaster

Watch for a redesigned NBW website, coming soon.

Reminder—Password

You need the members' password to read issues of *The Spoke'n Word* online, and other pages in our Members section of the website. Current password info is always printed on the inside front cover of the newsletter ... make a note of it.

Remember to type exactly—they're case sensitive!

Username: spring2010_mem
Password: Cross2ed

If you have problems, email: webmaster@nbwclub.org

Margaret Hahn donates bicycle travel case to club

Margaret Hahn has donated her bicycle travel case to the NBW for use by any member needing it for travel. Don Paiva will store the box at his house. Members should contact him if they need to borrow the case. Call him at tel: 401-433-3463



A cold Marion-Rochester ride, November 7, 2011.
Photo: Gretchen Chipperini

WELCOME New Members

John T. Allen, Chartley, MA
Murat & Reis Altinbasak, Warwick, RI
Donald Basso, Hopedale, MA
Paul F. Cassey, North Kingston, RI
Peter Klenk, Hope Valley, RI
Jill & Fred Law, North Dartmouth, MA
Gary A. Parece, Somerset, MA
Paul R. Pibula, Pawcatuck, CT
Steven A. Sylvia, New Bedford, MA

Expanded Hours! More Show Specials!

36th ANNUAL R.I. BIKE SHOW and 3-DAY BIKE SALE



Friday, March 18th · 10-8
Saturday, March 19th · 10-5
Sunday, March 20th · 11-5

Free Admission! Door prizes!

BICYCLE EXHIBITORS

GIANT

SPECIALIZED

TREK



ACCESSORY EXHIBITORS

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

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

Come Celebrate Spring!

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

Schedule of events:

Bike Sale

Fri. March 18 · 10-8
Sat. March 19 · 10-5
Sun. March 20 · 11-5

Bike Show

Sun. March 20 11-5
Rides 10:00 am

Win a
\$600.00

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

Enter our "By Invitation Only" Drawing
We're giving away a \$600
Shopping Spree to celebrate
our 60th Year!



East Providence Cycle

414 Warren Avenue

East Providence, RI 401-434-3838

www.EastProvidenceCycle.com

Come donate blood on
Saturday, March 19
from 10:00 to 2:30

Rhode Island
**Blood
Center**

INTRODUCING
our *new* line of
Recumbent Bicycles!

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



Race VeloSprints this Winter!

Keep in Shape and Help a Great Cause!

Fixed-gear Roller Racing ♦ 500 Metre Sprints ♦ Best 7 of 10 Sessions Series
 Championship Round on April 3rd ♦ Thousands of \$ in Prizes

**Benefitting U.S. Open Cycling Foundation's mission to beat Childhood Obesity
 by putting kids – of all ages – on bikes!**

Sessions Begin January 3rd. Register Now! RIVeloSprints.com

Categories

Men	Women	Teams
Overall	Overall	Male
40 – 49	40 – 49	Female
50+	50+	Co-Ed

Weekly, Beginning January 3

Providence – McFadden's – Monday's
 Wakefield – Fat Belly's – tbd
 Foxboro – tbd



Ten sessions, each location. Your **best** seven count towards that location's championship. Each location's top three individuals and teams in each category advance to the Championship Round on April 3. No sessions weeks of **January 24, February 14** and **March 14!**

Prizes

Grand Finale Prize cache expected to be worth over \$10,000. Nightly prizes at each session for fastest times per category and most aggressive rider.

Registration

\$75 registers you for the series and gets you a T-shirt. \$65 before Christmas. Register, then build a team or go it alone. Just looking for a one-nighter? A \$15 donation and you're in (we'll even give you a receipt for your tax return)!

What do you bring?

Come as you are. Nothing special needed, not even your helmet. We have the bikes!

How do I register?

Surf over to RIVeloSprints.com and click the "Buy Now" Button.

What happens with the money raised?

Monies raised through VeloSprints support the mission of US Open Cycling to battle childhood obesity by getting kids on bikes. We go into elementary and middle schools and teach safe cycling, nutrition and environmental awareness. In 2011, we'll be going *with* bikes so kids can experience the joy and freedom that cycling brings!

Questions? Call or email US Open Cycling Foundation – 401.484.1161, rdurishin@usopencycling.org



Masi Bicycles Provided by



Sponsored by U.S. Open Cycling, United States Cycling Federation

NBW Special Events Committee announces

The 4th Annual Maine House Getaway Long Weekend



Thursday May 19 - Monday May 23, 2011

Accommodations:

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

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

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

Cost: Queen size bedroom: \$150 per person
Men or Women dorm style bedroom: \$140 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

Ride Mileage Record Chart 2011

2011	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
							1		
January	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4	5		
February	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	1	2	3	4	5		
March	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	31	1	2		
April	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
May	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
June	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	1	2		

Ride Mileage Record Chart 2011

2011	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
July	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
August	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
September	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
October	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4	5		
November	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	1	2	3		
December	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

As you read this, we're on the upward swing for daylight, and all can start plotting our riding goals for the coming year, be it a trip out of state, Saturday jaunts to Bristol, or the weekly club ride. As always, there are always opportunities to advocate for better protections and conditions for riding.

As you may have heard following the November elections, come January, new leadership will be taking control of many federal, state and local governments and alter the priorities assigned to transportation funding and projects.

At the federal level, Representative Jim Oberstar of Minnesota was not re-elected and is likely to be replaced on the House Transportation Committee by a new chair who is not likely to be as vocal in support of bicycle projects, especially with the likely exclusive focus in the next Congress on economic development, jobs and fiscal austerity.

Why is this relevant to Rhode Island and South Eastern New England?

Because much of the funding that has been used by RIDOT to develop our state bike paths and build bridges has been sourced in federal transportation enhancement programs. As we're all very well aware, the economics of building and maintaining our paved infrastructure is seriously underfunded, which may lead to cancellation at the federal level of existing funding grants and reducing or eliminating programs that have been used to for those projects. I'm sure the situation is similar in Eastern Connecticut and Southeastern Massachusetts, as well as in other states where you may choose to ride this year.

What can you do about it?

At a recent conference I attended, Jim Sayer, the Executive Director of Adventure Cycling Association described our government system as "Government of the people, for the people, by the people—who show up." Jim was referring to the opportunity that the League of American Bicyclists' National Bike Summit in spring offers for anyone interested in making a difference to improve road conditions and fund changes to how roads get built so as to improve the safety of bicycle riders and other road users. As part of that summit, the "by the people who show up" is put into action when the 700+ advocates go to Capitol Hill and ask their representatives and senators to represent their interests by sponsoring or voting in favor of crucial bills. This year, while I'm there, I'll be making a request that on the day that the attendees are visiting congressional offices, that

you call, fax or write to your elected officials and reinforce the message we deliver in person.

Not everything occurs at the federal level, as you well know. Planning decisions are made, projects are prioritized and funding sought based on input from communities, appointed department heads, and bills are introduced in state legislatures that intend to increase the safety and penalties for injuries caused by automobile operators striking bicyclists, pedestrians, emergency responders and road workers. With a nearly unenforceable safe passing distance law on the books with a paltry \$85 fine, the Rhode Island Bicycle Coalition, with my support, will be working to have a vulnerable road user law enacted to impose tough automatic fines. Connecticut attempted to pass such last session; though it did not pass, it is hoped it will be reintroduced in the near future. Given the number of accidents in the past year to pedestrians and cyclists who have been hit, with no charges brought against the drivers, we desperately need this law to change the mentality that damages caused while driving a motorized vehicle are acceptable.

Again, I'll be asking for your support in the form of letters, faxes or phone calls to state representatives to support this bill.

Have a great winter, and as always, if you see an opportunity in your community for an improvement to be made for bicyclists, feel free to contact me at my club email address, advocacy@nbwclub.org.



Bike to Work Day Friday, May 20, 2011

Details in next issue

League of American Bicyclists

See their website for an interesting new
Advocacy Report
"Bikes on Bridges"
www.bikeleague.org/resources/reports/pdfs/bridges.pdf

Bridges are extremely important to bicyclists. They are critical to overcoming the barriers to cycling.
Learn how to get bikes on bridges from successful advocacy campaigns.

also linked from the NBW website, nbwclub.org

Chesapeake Tour, October 2010

Bob Melucci



A bicycle story....sort of. What 's that old saying about "love being blind"? I think I fell into the love struck role and got burned. I still love *The Bikebus*, but my devotion was severely tested as five NBW cyclists* took a Thursday-Monday tour of the Chesapeake peninsular in late October. We compressed the tour because we needed to return by Election Day as one of our group was working the polls and we all wanted to vote.

A 6 AM start was necessary because we needed to pick up a member in CT and we planned to cycle Cape May that afternoon after a 6-1/2 hour ride (or so we thought). The traffic on Rt. 95 was horrendous; stop and go and finally stop when we threw a fan belt. An ignominious tow to a gleeful mechanic cost us money and a few hours. Cell phones kept our waiting 5th rider apprised of our delay.

Shaking off the delay, we again set course for NJ. As we neared the approach to the GW lower level, *The Bikebus* began to buck, finally losing power in the middle of the bridge. Road work had closed one lane and we closed the other, leaving just one. I thought, "in five minutes traffic will be backed up to CT". About a half hour later we were towed to a gas station (no charge: Port Authority) and thinking we were out of gas, added a gallon and presto, we were on our way again. Yes, we did fill up.

Cruising down the Garden State about 100 miles from the bridge, *The Bikebus* again lost power and we rested uncomfortably on the shoulder while 70/80 mph traffic whizzed by. I have Navy experience, but the toughest order/request I have ever had to make was to tell my navigator/co-pilot to disembark and find the nearest mile marker for Parkway towing assistance. She lacked color, but the blood was pumping because she returned in a flash with the information. Acting on a request from one of the cyclists, I turned the key and it fired right up, saving another

tow and precious time. We proceeded again without incident to Cape May after adding dry gas, the solution to our problem: water in the gas.

We conducted our first ride the next morning, cycling Cape May, leaving *The Bikebus* at a gas station whose owner was our motel's recommended mechanic. The tour of gorgeous Cape May made us forget the travails of the previous 12 hours and the weather, consistent for the five day tour, was a little chilly and windy, but more than suitable. We returned to retrieve our SAG and load our bikes, learning that a fuel filter was the culprit. Wouldn't you think that a filter would last more than 20 years? (original 1989) We caught the 2:30 ferry to Lewes, DE and then sagged to Ocean City, MD, acting as bus riding tourists.

Our riding schedule suffered major adjustments, but our SAG tour of Assateague National/State Park guaranteed our return next year as a primary destination, since it is so beautiful. Deer and wild horses abound in a seashore wonderland, excellently protected and maintained by park staff and visitors. A massive bike-bridge to access the island parallels the main road and establishes the bike friendly nature of the park. We just have to go back

That evening, a dip in the hotel pool and some excellent dining provided adequate diversions and the next morning we then took our longest SAG across the peninsular to Chestertown, MD. Finishing our 50 mile afternoon ride, we encountered a tall ship festival on the docks, one of the surprises that are always part of a bike tour.

Another swim and fine meal ended a very enjoyable day and we loaded up the next morning for the SAG to our final stop in St Michaels, MD. Touring by bicycle is such a pleasurable experience that it is hard to select a highlight or a favorite place, but St Michaels is just one of those sleepy, laid back, gentrified fishing villages that truly represent the good life. A 35 mile ride to the tip of the peninsula onto Tilghman Island was inspiring and enjoyable; bike riding at its best. That evening we had dinner in a pub/bar/pizzeria (you name it) and it was one of my finest dining experiences in a long time. Staff, food, people...it had it all.

Monday morning, we headed out for a ho hum, uneventful trip back to RI. *The Bikebus* ran flawlessly. I'm in love again ...but I have a suspicion that the others might not be as forgiving.

*Ken Peloquin, Dennis Kalberer, Pat Gabel, Sue McCalmont, Bob Melucci

Cycling Sessions

Gary Stafford, cyclingsessions@hotmail.com

So we all know that getting out on those cold days to get in a ride is good for your body, good fitness, right?

It definitely is, and will keep your body weight down and make you feel better. But do you notice that there are solo rides that just make you feel happy, calm and at peace after you are done and there are others where it just felt like hard work as you lamented all of your problems and got few solutions.

There is a reason for those not so fun rides besides just suffering. It is about thinking about stuff.

New research from Harvard University by psychologists Matthew Killingsworth and Daniel Gilbert performed a study through an iPhone app to contact 2250 participants and find out whether or not they are happy, what activity they were currently involved in. They asked if they were thinking about stuff to do after or problems by or just engaged in the activity itself.

Participants reported feeling happiest while making love, exercising or engaging in an interesting conversation. These activities require most of our undivided attention. Compare this to those who felt the most unhappy while thinking of the past, lamenting problems, working or resting. These activities have mind wandering the common outcome.

“Mind-wandering appears ubiquitous across all activities,” says Killingsworth. “This study shows that our mental lives are pervaded, to a remarkable degree, by the non-present.”

How does this relate to that bike ride you are planning to do tomorrow? It turns out it relates quite a bit. If you decide to bring your problems with you on the ride and literally be riding without really being fully aware, you are much more likely to not enjoy it as much.

Our minds provide us abilities that other animals do not possess, like forethought and long term memories. We also can act out scenarios in our mind to the point of almost believing they were true. Undoubtedly, these abilities were instrumental against our predators in the prehistoric days and gave us the edge without having to have huge teeth, hides and claws.

But like any tool used for too many tasks, this skill robs you of your present moment awareness. Our ancestors

did not use this ability like we do is for certain. Just look at the bike path; people using their phones, texting, not the least bit aware of a bike heading their way.

In the prehistoric past we would be easy kill.

More importantly, mind wandering robs you of being that moment; the road, the scenery, the body sensations, the wind.

All of this allows moment by moment cognitive sensation. Your being loves this stuff. Being pre-occupied takes it away.

“Mind-wandering is an excellent predictor of people’s happiness,” Killingsworth says. “In fact, how often our minds leave the present and where they tend to go is a better predictor of our happiness than the activities in which we are engaged.”

Here is what I do to try to stay present when on a solo ride. I look down at my front wheel and see it spinning and notice the road conditions and move up to how my body feels, how the bumps feels, my speed, the scenery, the air, etc. When you do this you are fully present. No monkey mind.

So when you say “I love cycling” or skiing or running, it may be because these activities draw you into the present moment. In the end the present moment is all we really have.

These activities may in fact be just the launch vehicles that provide you with what you really crave deep down. This is not to detract from their pure enjoyment, but rather to delve deeper to understand what the attraction truly is. When we are suffering on the bike, we often say, never again.

Yet later, when the pain is a distant memory we can’t wait to go out again. Are we masochists? Possibly, but I doubt it. It has more to do with the fact that that painful intensity shuts off the monkey like mind we carry all day and screams, “Now!”

You cannot help to be in the present moment. In the end when you allow these intense present moments more and more into your life, you end up at peace and happier. Happy people make other people happy and we can use as much of that as we can get!



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

The Athlete's Kitchen

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

Commercial Sports Foods: A Source of Confusion?

Have you ever wondered which is *the best* sports drink, energy bar, or gel? **The answer is the best choice is the product that pleases your taste buds and settles well in your stomach.** You simply need to experiment to determine which products (if any) work best for your body.

A multitude of businesses have jumped on the bandwagon to create sports foods that appeal to a variety of athletes, including those with special diets (such as gluten-free or vegan) to athletes who are just plain hungry and want a "healthier" cookie (most energy bars!). While busy athletes enjoy the ease of using pre-wrapped sports foods, these commercial products tend to be more about convenience than necessity. Certainly, there is a time and place for these products, but "real" food (such as raisins, gummi bears, chocolate milk) can do the same job at a lower price. And please don't underestimate the power of peanut butter, bananas, and honey!

Below is an extensive (but incomplete) list of various types of sports fuels. Perhaps the information will help you untangle the jungle of choices. Don't be swayed by a product's name; it might be more powerful than the sports food itself!

SPORTS DRINKS:

With sodium (and perhaps other electrolytes): Gatorade, PowerAde, Edge Energy, Hydro-Boom!, GU2O, CytoMax, Infinit, Vitalyte

All natural, without dye/food coloring:

Carb BOOM! Electrolyte Drink, First Endurance EFS, HEED, Clif Quench, Recharge, Coconut Water

Extra sodium (if you plan to exercise for >2 hours in the heat): Gatorade Endurance, PowerBar Endurance, E-Fuel, First Endurance EFS, Clif Shot Electrolyte Drink, E-Load, Hydro Pro Cooler, Motor Tabs, GU Brew Electrolyte, Infinit, UCAN, Powerbar Ironman Perform

Added "buffers": Cytomax, Perpetuem, Revenge Sport

Extra carbs: Perpetuem, Carbo-Pro

Added protein (may reduce post-exercise muscle soreness): Amino Vital, Perpetuem, Accelerade, Revenge Pro, UCAN

Sports drinks for dieters (i.e., lower calorie):

G2, PowerAde Zero, Ultima Replenisher, Propel, Nuun, Na-than Catalyst, Elixir

GELS

(Test these during training; they often contribute to diarrhea) Gu, Carb-BOOM!, Clif Shot, Honey Stinger

Extra sodium: PowerBar Gel, Crank Sports e-Gel, EFS Liquid Shot, Gu Roctane

Added protein: Accel Gel, Hammer Gel, EFS Liquid Shot, Gu Roctane, Endless edge

Added caffeine: GU (most flavors), Rocktane (most flavors), Clif Shot Gel (Mocha, Double Espresso, Chocolate Cherry, Citrus, Strawberry); Carb-BOOM! Chocolate Cherry, Hammer Gel Espresso, PowerBar Gel (Double Latte, Tangerine, Chocolate, Green Apple and Strawberry-banana); Honey Stinger Ginsting and Strawberry

Added extras: EAS Energy Gel (taurine)

SPORTS SNACKS FOR ENDURANCE EXERCISE

Jelly Belly Sports Beans, Gu Chomps, Clif Shot Bloks, Carb BOOM! Energy Chews, Sharkies, SPIZ, FRS Healthy Energy Chews

ELECTROLYTES (to add to beverages)

Succeed! S Caps, Salt Stick, Endurolytes (Hammer Nutrition), Thermolytes, LavaSalts

RECOVERY DRINKS (Carbs with a little protein)

Amino Vital, First Endurance Ultragen, EAS Endurathon, Perpetuem, PowerBar Recovery Drinks, Recoverite, Endurox R4, Gatorade Nutrition Shake, Hormel's Great Shake, GNC's Distance, Clif Shot Recovery Drink, First Endurance Ultragen, Gu Brew Recovery

ENERGY BARS (for extra energy, not a meal replacement):

All natural/organic ((have no added vitamins or minerals): Clif Nectar, Clif Mojo, Lara Bar, Optimum, Honey Bar, Odwalla Bar, PowerBar Nut Naturals, KIND Bars, Zing Bars, NRG-Bar, Honey Stinger Bars, Kashi Bars, Peak Energy, Perfect 10, Gnu Bar, Raw Revolution Bar, Olympic Granola Bar, Pure Bar, Pro bar, Sun Valley Bar, Bonk Breaker Energy Bar

Caffeine-containing bar: Peak Energy Plus

Dairy-free: Clif Nectar, Clif Builder's, Olympic Granola, Pure, Bonk Breaker Energy Bar, Gnu Bar, Fit, Perfect 10, Larabar, AllerEnergy Bar, Soy Rocks Bar

Grocery store options: Nature Valley Granola Bar, Nutri-Grain Bar, Quaker Chewy Bars, Fig Newtons

Fructose-free: JayBar

Gluten-free: Larabar, Perfect 10, Hammer Bar, EnvirKids Rice Cereal Bar, Omega Smart Bars, Extend Bar Delight, Zing Bar, BoraBora Bar, Wings of Nature Bar, Elev8Me.

Wheat-free but may not be gluten free (due to cross-contamination with wheat products in the manufacturing plant): Odwalla Bar, Clif Nectar, Clif Builder, Bonk Breaker

Continued ...

Kosher: Pure Fit, Larabar, Extend Bar, Balance Bar, HoneyBar

Meal replacement bar (with 10-15 g protein): Kashi Go Lean Bar, MetRx Mr. Big, MetRx Big 100 Colossal, Balance Satisfaction

Nut-free: AllerEnergy Bars, Metaballs

Peanut-free: Soy Rocks, AllerEnergy bar, Larabar

Protein bars (soy, whey, egg, or blended protein source): PowerBar ProteinPlus, EAS Myoplex Delux, High 5 Protein Bar, Maximuscle Promax Meal, Tri-O-Plex, Clif Builder's Bar, Detour Bar, Honey Stinger Protein Bar, Pure Protein

Raw food: Raw Revolution, Pure Bar

Recovery bar (4:1 carb:pro ratio): PowerBar Performance

Soy-free: Larabar, Perfect 10, Clif Nectar, KIND Bar, Bumble, Gnu Bar, Raw Bar, Zing Bar, NRG-Bar, AllerEnergy Bar

Vegan: Pure Fit Bar, Larabar, Hammer Bar, Clif Builder's Bar, Pro Bar, Vega Whole Food Raw Energy Bar, Perfect 10, Soy Rocks Bar

Vitamin+protein-filled candy bar: Marathon Bar, Detour Bar

Women's bars (fewer calories; soy, calcium, iron, folic acid): PowerBar Pria, Amino Vital Fit, Luna Bar, Balance Oasis

40-30-30 Bars: Balance Bar, ZonePerfect

If you intend to purchase energy bars instead of more bananas and chocolate (soy) milk, consider supporting entrepreneurs who have developed yummy products: www.NRG-Bar.com, www.zingbar.com, www.SunValleyBar.com, and www.OlympicGranola.com. A dad (with 8 kids!), triathlete, and three dietitians will appreciate your support!



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



Annual Memorial Day Weekend In Southern Vermont

Friday, May 27 to Monday, May 30, 2010

at the Blue Gentian Lodge, Magic Mountain Rd,
Londonderry

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

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

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

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

From the Touring Committee

Gil Peel, touring@nbwclub.org

When you read this we will be in (or near) yet another year. Twelve months ago when I wrote my column for the January issue I asked that the FEW rise up to be MANY. I am glad that you took heed of that request. In 2010 we saw that some of the FEW that were occasional arrowers stepped up and arrowed multiple rides. We also had a good number of new arrowers. Thank you all for volunteering your time. You are becoming the MANY.

If you haven't volunteered to arrow a ride yet, just look at the schedule and find a ride near where you live. We can put with you an experienced arrower so that you can learn how to do it. People have been known to have fun arrowing rides!

Have a great winter and don't forget to get your bikes tuned up for spring at one of our "Super Cycle Shops" (see inside front cover).

Thanks to our most recent **ARROWERS**:

Oct 3	Hope Valley Extra	Tina Williams
Oct 10	Mattapoisett Ride	Mike Miller & Dianne Robillard
Oct 17	Taunton-Sharon Ride	Don Chiavaroli
Oct 24	Fall Foliage Tour	Tony Rizotti
Oct 31	Caster's Halloween Ride	Claudia Chapelle & Jeff Gibbs
Nov 7	Marion-Rochester	Dianne Robillard & Mike Miller
Nov 14	Triboro Tour	Jim Berry & Tom Ferreira

Nov 21	Scituate Reservoir So	Tony Rizotti
Nov 28	Oneco Pond Ride	Ted Shwartz
Dec 5	Cranston Holiday Ride	Ed Holden
Dec 12	East Providence Tour	Don Paiva
Dec 19	Northern Border	Rod Breault
Dec 26	Wickford Winter Ride	Tony Rizotti

LATE NEWS ARROWER COORDINATOR

Mark St. Amour has temporarily taken over the job of coordinating NBW ride arrowers until Jim Berry is back to health.

Please contact Mark at arrows@nbwclub.org

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.

VeloSprints-Winter Racing-weekly

Beginning Jan 3. Providence, Wakefield, Foxboro. See US Open Cycling Foundation ad in this issue.

Sunday, March 20, 2011

NBW Annual Spring Opener Ride and East Providence Cycle Show—Ride in the Spring at 10 AM and browse the Cycle Show afterwards at EP Cycle.

Friday, May 20, 2011, Bike to Work Day

See nbwclub.org or ribike.org closer to the date for details.

June 5, 2010, Best Buddies Hyannis Port Challenge

Kurt Schnabel, long-time NBW member, is organizing Team Rhode Island to participate in this famous event. 100, 50 or 20 miles. Boston to Hyannis Port. In support of Best Buddies' work with people with intellectual and developmental disabilities. For more information contact Kurt at: kurtschnabel@yahoo.com, tel 401-245-9578. Event website: www.hpchallenge2011.org



Wheeler Dealer

See also the Classifieds page on the NBW website nbwclub.org
Free listings for members

Free:

Giant trainer in like-new condition. Great for keeping your legs in shape during winter. You have to pick it up in Adamsville, RI (part of Little Compton). Call Jack at 401-635-4498 or email: hoprovv@msn.com

For Sale:

Trek 5200, 56 cm, w/12-25 cassette, Shimano Ultegra equipped, Shimano SC-6502 computer, Look RIO carbon pedals w/new cleats available. \$1050.
Contact Richard, email: rekroll@comcast.net

For Sale: Shoes

Sidi Genius 5 Pro Carbon. Size 43. Silver. Lightly used, very good condition. \$150 or best offer.
Sidi Dominator 5. Size 43. Black. Used, good condition. \$100 or best offer. Contact: Bruce, brucevelo@yahoo.com

More items on the website

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.

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

Saturday 11:00 AM *Map No.* 112 *Arrover:* 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. So, we must change the start location. 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 after the ride to Carleen McOsker's traditional pot-luck New Year's Open House party at 75 Drift Rd, Westport, MA (it's only 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 miles

Sunday 11:00 AM *Map No.* 112 *Arrover:* 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 quiet, flat winter ride through woodlands and marshes and quaint villages.

Repeat of the New Year's Day Ride.

January 9, 2011 Taunton Norton 15/28 miles

Sunday 11:00 AM *Map No.* 103 *Arrover:* 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 ~15 miles; plaza is just as you enter the Taunton area, on right after light. If coming from Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Park behind bank so as not to block stores and McDonald's.

Drive Time 50 minutes from Providence

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

January 16, 2011 **Johnston Winter Ride** 15/30 miles

Sunday 11:00 AM *Map No.* 141 *Arrower:* Don Paiva

Route Johnston, Scituate Reservoir

Directions NEW START: Ocean State Job Lot on 104 Danielson Pike, North Scituate, RI (it's right on the route). Park away from the store.
Directions: Route 6 W towards Hartford, CT. When you get on Route 6/Hartford Ave you follow for 3.2 miles then take a left onto Danielson Pike. The parking lot will be on the left.

Drive Time 10 minutes from Providence

Description An old winter ride, updated by Tina Williams, who found us a new and safer start location. There is a nice challenge on Pine Hill to test your winter gears. The 30 miler goes around Scituate Reservoir.
This ride will repeat Feb 13.

January 23, 2011 **Narragansett Indian** 15/27 miles

Sunday 11:00 AM *Map No.* 40 *Arrower:* Ed Holden

Route Kingston, Tuckertown

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 40 minutes from Providence

Description This scenic tour of South County affords views of Worden's Pond and the Royal Indian Burial Ground. If you are up for a side trip down a dirt road, you can also see the Narragansett Indian church. Caution on Shannock Rd, just before Rt.2 (watch curves and sand).
This ride will repeat Feb 20.

January 30, 2011 **Westport Dartmouth-REPEAT** 21/32 miles miles

Sunday 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 quiet, flat winter ride through woodlands and marshes and quaint villages.
Follow the arrows from New Year's Day Ride.

February 6, 2011 **Taunton Norton-REPEAT** 15/28 miles

Sunday 11:00 AM *Map No.* 103 *Arrower:* 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 ~15 miles; plaza is just as you enter the Taunton area, on right after light. If coming from Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Park behind bank so as not to block stores and McDonald's.

Drive Time 50 minutes from Providence

Description This ride is scenic and secluded even though it's only 30 miles from Boston. Level terrain abounds with country roads looping past ponds and farmland. You'll pass Norton Reservoir, Winneconnet Pond, Watson Pond and Lake Sabbatia. Follow the arrows from Jan 9.

February 13, 2011 **Johnston Winter Ride-REPEAT** 15/30 miles

Sunday 11:00 AM *Map No.* 141 *Arrower:* Don Paiva

Route Johnston, Scituate Reservoir

Directions NEW START: Ocean State Job Lot on 104 Danielson Pike, North Scituate, RI (it's right on the route). Park away from the store.
Directions: Route 6 W towards Hartford, CT. When you get on Route 6/Hartford Ave you follow for 3.2 miles then take a left onto Danielson Pike. The parking lot will be on the left.

Drive Time 10 minutes from Providence

Description An old winter ride, updated by Tina Williams, who found us a new and safer start location. There is a nice challenge on Pine Hill to test your winter gears. The 30 miler goes around Scituate Reservoir. Follow the arrows from Jan 16.

February 20, 2011 **Narragansett Indian-REPEAT** 15/27 miles

Sunday 11:00 AM *Map No.* 40 *Arrower:* Ed Holden

Route Kingston, Tuckertown

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 40 minutes from Providence

Description This scenic tour of South County affords views of Worden's Pond and the Royal Indian Burial Ground. If you are up for a side trip down a dirt road, you can also see the Narragansett Indian church. Caution on Shannock Rd, just before Rt.2 (watch curves and sand). Follow the arrows from Jan 23.

February 27, 2011 **Larry & Ted's Dartmouth Ride** 12/17/31 miles

Sunday 11:00 AM *Map No.* 155 *Arrower:*

Route South Dartmouth, Westport

Directions Start at Dartmouth High School. From I-195 going east, take Exit 12 (Faunce Corner Rd, Dartmouth). Right at exit. Go 1.2 miles. Turn Left at lights onto Rt. 6 E. Go 0.2 miles. Turn Right at first light onto Tucker Rd. Go 3.3 miles to Dartmouth High School on the left (road name changes to Bakerville at 2nd stop sign).

Drive Time 30 minutes from Providence

Description Ride in one of the NBW's favorite areas, covering some familiar roads in South Dartmouth and Westport. However, Ted and Larry have created a different route, and the long ride uses a road unfamiliar to most members - a beach side road that during off-season is a treat. Watch for beach sand.

March 6, 2011 **Walpole Dover** 15/28 miles

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

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

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

Drive Time 40 minutes from Providence

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

March 13, 2011 ♥ **Narragansett Point Judith** 15/28/32 miles

Sunday 11:00 AM *Map No.* 108 *Arrower:*

Route Narragansett, Galilee, Point Judith

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

Drive Time 40 minutes from Providence

Description Beautiful ride that explores the midpoint of Rhode Island's southern coast and marshlands. A highlight of the ride is pedaling beneath the Narragansett towers.

March 20, 2011 **EP Cycle/Spring Opener** 14/18/31/43 miles

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

Route East Providence, Seekonk, Rehoboth

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

Drive Time 5 minutes from Providence

Description This ride traditionally kicks off our Spring riding season. Enjoy an easy, scenic ride out of the city into rich farmlands. Short ride passes Shad Factory Dam.

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

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

March 27, 2011 ♥ **Lakeville Tour** 15/25/40 miles

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

Route Lakeville, Freetown, Acushnet, Rochester

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

Drive Time 40 minutes from Providence

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

April 3, 2011 **Connecticut Coastal & Ridges Ride** 20/28/43 miles

Sunday 10:00 AM *Map No.* 60 *Arrower:*

Route Stonington, Mystic

Directions Start at commuter parking lot off Rt 95, first exit in CT. Take Rt 95 S to exit 93 (Rt 216) in North Stonington, CT (37 mi south of Providence). This is the first exit after the state line. Take a right at the stop sign at the end of the exit ramp, then immediately take another right at a second stop sign a few feet after that. The commuter parking lot is on the right.

Drive Time 45 minutes from Providence

Description A scenic, though challenging, ride traveling to Mystic Seaport and Stonington Point. On the long ride the climb up Lantern Hill past Long Pond leads to an optional foot trail with a great view at the top of Lantern hill. Wintechog Hill offers a tough climb, but rewards with a smooth run to Clarks Falls. 28 and 43 milers detour to the ocean in Stonington. 20 milers cut back before the coast, heading back through Westerly. Thanks to Paul Martens and John Satterlee for revising this old ride.

April 10, 2011

♥ Fish Road

18/26/34 miles

Sunday 10:00 AM Map No. 149 Arrows:

Route Tiverton, Sakonnet

Directions: Start at the commuter parking lot on Fish Road, in Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Road exit. Take a right turn off the exit; parking lot is on the right.

Drive Time: 30 minutes from Providence.

Description: Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer (and TFCE) rides on these favorite NBW roads.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event



Mike Miller, Gil Peel, Dianne Robillard ready for the start, Caster's Halloween Ride. Photo: Gretchen Chipperini

NBW CYCLING JERSEY

Short sleeve. Blue or Red.

Specify color and men's or women's cut when ordering

Men's sizes: BLUE—M; RED—M, XL, XXL

Women's sizes: BLUE—M, L, XL, XXL; RED—L, XL

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



NBW CYCLING VEST ... Blue; no photo—same design as jersey

Unisex sizing: M, L, XL, XXL

\$45, incl tax. Add \$3.00 postage (for one or 2 shirts or vests)

NBW CAP

Lightweight summer cap, baseball style with visor. One size.

White or Blue (specify color)

\$12 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.

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

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 US Postage
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 Providence, RI
 Permit No. 527

Deadline for the next issue is March 5

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



Ride in the New Year

If this issue reaches you in time, here's a reminder
 to join us on our annual New Year's Ride
 January 1 2011, Westport, MA

See ride schedule for details

Tentative Future Ride Schedule—comments to Gil Peel, touring@nbwclub.org						
Month	Date	Map #	Ride Title	Ride Start	Distances	Arrower
Apr	Sun 3	60	Connecticut Coastal & Ridges Ride	N Stonington, CT	20/28/43	
	Sun 10	149	Fish Road	Tiverton	18/26/34	
	Sun 17	30	Killingly Tour	Glocester	17/35/47	
	Sun 24	128	Diamond Hill Two	Cumberland	17/30/50	
May	Sun 1	111	Westport	Westport, MA	13/25/44/50	
	Sun 8	160	BikeWorks Swansea Ride	Swansea, MA	16/26/50	
	Sun 15	120	Ray Young's Ride	Greenville	11/17/23/33/53	
	Sun 22	122	Plymouth Century	Seekonk, MA	21/56/100	
	Sun 29	59	Mystic Metric	Ashaway	15/30/63	
	Mon 30	120	*Memorial Day Show'n Go	Greenville		
Jun	Sun 5	65	Dartmouth Fifty+	N Dartmouth, MA	15/34/55	
	Sun 12	69	Norwich Metric	Norwich, CT	30/44/60/63	

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