

# The Spoke'n Word

Volume 41, Number 2

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

April/May 2011

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



New Year's Day Ride, 2011 ..... BEFORE the snows of winter came  
Hope you all survived this horrible winter and are ready to RIDE!

## HIGHLIGHTS

President's Message ...	1
New members ....	3
TFCE 2011 announcement ...	5
TFCE Volunteers wanted ....	6
Advocacy ....	7
Women's Rides ....	9
Cycling Sessions ....	10
Athlete's Kitchen ....	11
Touring Committee ..	13
Ride Schedule ....	14

**TFCE**

September 11, 2011

On-line registration for Members opens April 1

[nbwclub.org](http://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

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

### BRUMBLE BIKES

49 Beach St  
Westerly, RI 02891  
401-315-0230  
www.brumblebikes.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](mailto:membership@nbwclub.org)

or mail to: NBW Membership, PO Box 56,  
Dartmouth, MA 02714-0056

*The Spoke'n Word* is the official publication of the Narragansett Bay Wheelmen and is published in January, April, June, August, and October each year. Contributions must be received by the 5th of the month before the month of issue and will become the property of the newsletter. Submissions may be edited as deemed appropriate by the editor, Monica Foulkes  
email: [editor@nbwclub.org](mailto:editor@nbwclub.org)

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

NBW website: [nbwclub.org](http://nbwclub.org)  
Members' page access (case-sensitive):  
User name: **spring2010\_mem**  
Password: **Cross2ed**

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

Cover: New Year's Day Ride, 2011.  
Photo: Monica Foulkes

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

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

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

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

---

## President's Message

---

The worst is over and warmer weather is finally here. AAAAHHH – a new spring is upon us! A time for reflecting on the crazy winter, for thinking about new riding goals, and for getting out and getting in some miles. I hope you have gotten in many so far.

Flowers are not the only thing blooming this spring for our new NBW website blossomed as well. During the winter, the entire site was revamped to make it easier to use and have it be a more flexible communication tool for the club. Instrumental in bringing the new site to life were **Monica Foulkes**, NBW Webmaster and **Wendy Valente**, a new member of the club and independent web developer. It was their tireless efforts and creativity that helped shape the new look and feel. A hearty THANK YOU once again goes out to Monica and Wendy as well as the entire team who offered valuable insight and guidance in early tests of the site.

Members make this club special and it is with your input that we want to have a dynamic and informative website. Your ideas are valuable so do not hesitate to contact us with ideas on content.

Regarding the **TFCE**, please look for the latest announcement in this issue. Members have the special privilege of registering starting April 1, which is one full month before the general public. I urge you to take advantage of this special and unique opportunity – please do not wait. With the online format, registration gets filled very quickly after May 1.

As in previous years, TFCE volunteers are needed. **Larry Schwartz** is the main volunteer contact for now as we do not have a replacement for **Don Paiva** as of this writing. I would like to invite those of you who have not yet participated in the activities of NBW, to consider

spending a few very valuable hours and help out with the TFCE. It is always a fun time and you get to help manage one of the best-organized and most anticipated cycling events around.



Regarding the **Rhody Roundup**, you may have heard about how the pavilion at Fort Getty suffered damage this winter. We are currently looking at alternative sites while hoping the traditional site will be rebuilt in time. More to follow on this in future newsletters and be sure to check on the website for updates.

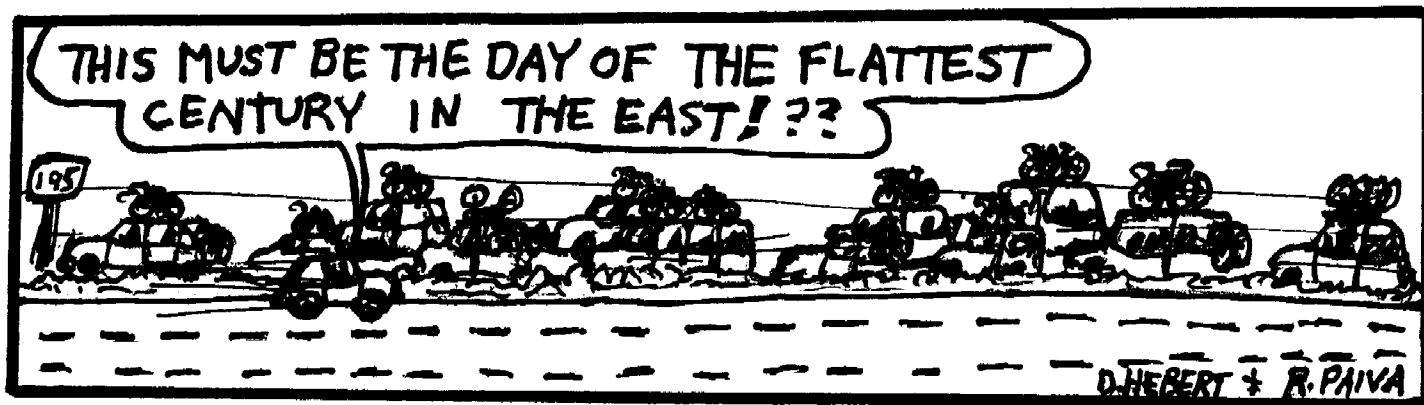
As a reminder, **Bike to Work Day** is **Friday, May 20**. Details regarding NBW involvement and special events will be available on the website.

New for this spring will be a special group ride called **All Women Rides**. Because many women expressed interest in a non-competitive, women-only riding group, **Bonnie Reibman** and **Randi Braunstein** decided to get the wheel rolling by offering to lead bimonthly Saturday morning rides. They will begin at 9 am and will feature a moderate pace and distance – please see announcements on the website. A special thanks goes out to Bonnie and Randi for spearheading this new ride series.

Finally, I also wanted offer a special thank you to all the **winter arrowers**. Few can remember a tougher winter than this last one but that did not stop this dedicated group. Drifting snow, craggy roadside ice sculptures, and menacing snowplows – none could stop this tenacious team!

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

Regards and Safe Riding, Todd.





---

## 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 chair:* 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  
*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 organizer:* 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 ....

We have redesigned our website!  
Thanks to all who have sent in comments.

Wendy Valente, a new member, was our web designer. Todd Wise, our President, contributed the vision, and I, your humble webmaster, worked hard. We hope you find our new website easy to navigate and find what you want.

Up-to-date news and a 30-day ride calendar, with links to maps, are new on the home page.

Drop-down menus make most of our information available right from the home page (and sub-pages).

Our popular ride schedule pages are unchanged.

Members' section ... April 1 ... NBW members have early-bird TFCE registration for a full month before we open it up to the whole world. You will need your members' password information to access the members section (you should have made a note of the password info, but it's always on the inside front cover of this newsletter if you forgot to note it). You will also need your member number to register. This is an important benefit of membership, because as soon as we open TFCE registration to the world, on May 1, the ride will be filled within a few days. Members who wait until August to try to register will get no sympathy from TFCE volunteers ... really ... now is your opportunity.

Username: spring2010\_mem  
Password: Cross2ed

---

# WELCOME

## New Members

Joanne Abella, East Greenwich, RI  
David R. Ambrose, Vergennes, VT  
Richard J. Smith, New Bedford, MA  
Janice M. Aucoin, Sudbury, MA  
Stephen C. Barker, Newport, RI  
Allen Beaupre, Assonet, MA  
Scott Benson & Elizabeth Leuthner, Providence, RI  
Joseph Bieniecki, South Lancaster, MA  
Susan, Harold & Joshua Burgoyne, Cranston, RI  
Wendy A. Burke, Cumberland, RI  
James Campiformio, Ashford, CT  
Russell C. Carey, Providence, RI  
Frank, Linda & Marina Carro, Cranston, RI  
Justin R. Chew, North Scituate, RI  
Lindsay D. Daskalopoulos, East Greenwich, RI  
Alexander D. Dufus, South Attleboro, MA  
David, Molly, Menaela & Nancy Esau, East Greenwich  
Roger G. Fontaine, West Warwick, RI  
Michael E. Garrity, Sagamore Beach, MA  
Ronald A. Girard, Cumberland, RI

Brian Goldberg, Providence, RI  
Stuart & Skylar Hamill, East Greenwich, RI  
Michael D. Kasun, Cumberland, RI  
Kevin K. Keener, Coventry, RI  
Howard Levine, Somerset, MA  
Patrick & Marie McConaghy, North Providence, RI  
Edith F. McKearney, Plainville, MA  
Richard & Karen Norlin, Sutton, MA  
Cedric & Christina Priebe, Cranston, RI  
Robert E. Rose, Plainville, MA  
Megan & Gary Rubin, Wayland, MA  
Jim Schweitzer, Norfolk, MA  
Brian Silva, Seekonk, MA  
Richard J. Smith, New Bedford, MA  
Nancy Stafford, Woods Hole, MA  
Douglas L. Tirrell Jr., Cranston, RI  
Wendy Valente, East Greenwich, RI  
Karen & Bob Votava, Wakefield, RI  
Sharon Woodward, Middleboro, MA  
Peter Wronski & Jodi Frank, Charlestown, RI

---

## Those noble winter arrowers

---

### Confessions of an NBW arrower, by Mark St. Amour



I think I speak for all volunteer arrowers when I say that I take ownership of the ride that I sign up to arrow. As I'm painting, the color is so fresh and bright, I can't imagine how anyone could ever miss a turn. I'll put the arrows well in advance of a turn, just the way I'd picture seeing them as I ride along with my friends. I believe no-one will ever have to fish the map out of their pocket while enjoying

the scenery. Even better than that—why waste your paper? You won't need a map today!

It was such a beautiful day when I arrowed the New Year's Day ride. I had to remove layers of clothing as

the sun climbed higher into the sky. There was not a hint of the winter that was soon to come. The bright orange paint was ablaze on the asphalt, and on my shoes as well, replacing the bright green that was there from a previous effort. That's an addition to my wardrobe that I would surely try to keep hidden.

I rode much of the ride the following day with some friends, pointing to and complimenting the awesome work done by some anonymous soul. Of course, I made sure they knew it was their riding partner who had put down such nice artwork—a pat on the back well-deserved.

Too bad it had to snow. Why didn't I see it coming? I trained for this by doing the Taunton Two Rocks ride with Jim Berry in deplorable conditions last year. We could have painted it ten minutes before the ride and the arrows would still have disappeared. Didn't I learn anything from that experience? Winter rides are so difficult to maintain.

It was such a beautiful day when I arrowed the New Year's Day ride. Then it snowed. Now I'm hoping everyone has a map. To heck with the paper—take two maps in case you drop one! Many of the arrows are under the snow, if not gone altogether. Go slow everybody!

---

From your editor:

This winter was an especially tough one for our arrowers. Just relentless. They nobly did their work under atrocious conditions, only to see it go for naught when a Nor'Easter blew in on Sunday.

The January arrowers normally only have to do a touch-up job when the rides repeat in February, but this year I understand that the arrows wore off so quickly because of storms, grit and plowing that re-arrowing had to be done.

*January/February arrowers:* Mark St. Amour, Don Paiva, Ed Holden. Ed took care of TWO rides, both of which repeated (I understand he had help from Dave Reynolds). Sorry, I don't have a photo of Ed at work.

Winter still had New England in its grip when the winter schedule ended, so the following arrowers also had a tough time: Kevin Mitchell, Monica & Ray Foulkes, Ted Shwartz.

Here's a cheering note for arrowers who watched the Sunday blizzards and wept that no-one was riding to see their hard work. No arrow goes to waste! You'd be surprised how many riders follow our arrows well after the date of the ride. In fact, that's how my family ended up joining the club, in the early '80s. After years of inactiv-

ity, Ray dragged his old bike out of the cellar and started riding locally, mostly out-and-back. He kept seeing these arrows of various colors, all with a circle at the end of the shaft, and eventually someone told him that a local bike club painted them. There's a bike club? Who knew? So cheer up—someone, somewhere notices and appreciates your work.

This is me, arrowing the Walpole-Dover ride in March, with snow banks still seriously around. My method: Put the arrows down on DRY roads (sweep the sand away if necessary). Arrows painted on wet roads are a waste of time and paint—they're gone in a few days. Put winter arrows much further out in the road than in summer to allow for snow banks. Wear reflective vest (I got it at a Bike to Work Day). Use a red cone to help visibility (I forget where I got that). Wear a designated pair of old "arrowing" shoes (now layered in many colors).



*Causeway Street on the Walpole-Dover ride, heading for the Charles River Watershed area (pothole country)*



# NARRAGANSETT BAY WHEELMEN

## THE FLATTEST CENTURY IN THE EAST

### 40th Annual—September 11, 2011

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

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

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

**SAFETY**

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

**WHEN**

Sunday, September 11, 2011  
Check in begins at 6:30 am and closes promptly at 8:30 am.  
The course opens at 6:45 am and riders must return by 6:00 pm

**WHERE**

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

**REGISTRATION**

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

All registrations will be processed on-line; a small servicing charge will be added by Active.com for on-line registration.

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

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

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

No refunds will be given.

**T-SHIRTS**

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

**SAG WAGONS**

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

**SPORTS MASSAGE**

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

**FOOD**

Food will be available for purchase after the ride.

**HOTELS**

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

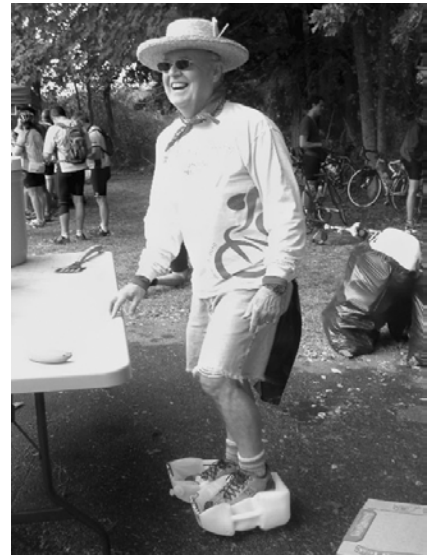
**For on-line information: [nbwclub.org](http://nbwclub.org) Questions: [tfce@nbwclub.org](mailto:tfce@nbwclub.org)**



# HELP WANTED

For the 40th annual NBW-TFCE  
The Flattest Century in the East

*September 11, 2011*



*Volunteers are needed for:*

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

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

*Please contact:*

**Larry Schwartz**

**e-mail: [larryshw@gmail.com](mailto:larryshw@gmail.com)**



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

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



## Johnston MultiUse Trail Development Support Needed



*Woonasquatucket River Greenway*

The Woonasquatucket River Watershed Council, a non-profit based in Olneyville needs the assistance of any NBW members who are residents of Johnston, RI. If you are town resident, please consider writing a letter to the mayor and council members indicating support for the development of the trail. If writing to the mayor or council, politely indicate that you are why the trail is important to you. Read on for more information.

In a letter received by RIDOT, Mayor Polisena communicated that town's refusal to accept any further development of the trail, citing concerns about public safety of potential neighbors as well as the community at large. The mayor also indicated an inability to accept maintenance expenses that would be required by the RIDOT trail development contract. The letter goes on to indicate that the town would not grant concessions required for development on parcels included in the development plan owned by the town.

---

**As details of the following rides become known, they will be posted on RIBike.org and also on the NBW website: nbwclub.org**

**May 18 Providence: Ride of Silence in honor of fallen cyclists.**

**May 20 Bike to Work Day.**

Providence: Cyclist/commuter breakfast at the World War I Memorial, 6:30 AM to 9:30 AM. Program details are still being refined. Newport: Cyclist/commuter breakfasts. Program details and location still being refined.

Providence: Tentative plans for short rides to a local destination for food, socialization and fun.

Development of the trail is funded through an earmark of federal dollars that are part of the RIDOT Transportation Improvement Plan (TIP). Money in the TIP is set aside for projects such as bike path development, and other projects that do not necessarily directly get spent on infrastructure for motor vehicles. There are 12.5 million dollars left in the earmark for development of the Northwest Trail. There are plans underway to develop a segment in Providence from Donigian park to Delaine Street, parallel to Valley Street for 1.4 million dollars, and 1 million for another segment. This leaves 10 million which is set aside for development extending from the current terminus at Lyman Street. With the letter on file with RIDOT, the federal funds could be revoked.

In order to assist the town in maintenance, WRWC is examining options that would lighten or remove the burden on the town to manage maintenance of the trail, formalizing the role that they already undertake on the existing trail.

## South Coast Trail Development gains support

The Southeaster Regional Planning and Economic Development District held a summit to discuss alternative transportation in the Massachusetts South Coast and unveiled plans to create a South Coast Bikeway network, linking trails that would link from the Warren/Swansea border to the Cape Cod canal. The planned network would be primarily offroad, using multi-use paths, with on-road accommodations where necessary. This plan links several existing town bike ways and proposes new bike lanes in various towns. Get a feel for the full plan by the 38-page draft labeled as Chapter 12 -Draft Bicycle and Pedestrian Transportation plan, at <http://www.srpedd.org/tplan2011.asp>

---

### Other events in the works:

Lectures and classes to help commuters learn useful skills, such as flat repair.

Plans are being made for social tents after some NBW Sunday rides.



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 and lake views
- Accommodates 24 -31 people
- 9 bedrooms and 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 and windsurfer
- Gas grills & picnic tables
- “Endless” biking opportunities for both road and mountain bikes

**Meals:** Family style – with participants sharing in meal prep 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 and 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](mailto:donpaiva53@cox.net), or 401-433-3463



**New Year's Day Ride, 2011**

As you see from our cover photo, the balmy weather this year drew a large turnout. We did the Westport Ride and gathered afterwards for a pot-luck feast at Carleen McOsker's house. Thank you, Carleen.

---

## Informal/midweek Rides

---

### Bonnie Reibman and Randi Braunstein announce the new “All Women Rides”



30-40 mile rides, 2 Saturdays/month  
13-16 mph average on the flat

No dropping. No-one gets left behind.

No GUYS! (we love them dearly, but this is just for us girls)

All rides begin promptly at 9 AM. Plan to arrive 15 minutes early to introduce yourself and set up your bike. Bring your helmet, spare tube and water bottle. Maps will be provided.

Questions? Email Bonnie at [breibman@cox.net](mailto:breibman@cox.net) or Randi at [randibraunstein@gmail.com](mailto:randibraunstein@gmail.com)

Schedule is also on the NBW website: [nbwclub.org](http://nbwclub.org)

April 9, EP Cycle Ride, 31 miles

Start: East Providence Cycle, 414 Warren Ave, East Providence, RI

April 23, Larry & Ted's Dartmouth Ride, 31 miles

Start: Dartmouth High School, 555 Bakerville Rd, Dartmouth, MA

May 7, Narragansett Point Judith, 32 miles

Start: Salt Pond Shopping Ctr, 91 Pt. Judith Rd, Narragansett, RI

May 21, Ray Young's Ride, 33 miles

Start: Apple Valley Mall, Rt 44, Greenville, RI

June 4, Fish Rd, 34 miles

Start: Commuter Parking Lot, Fish Rd, Tiverton, RI. Take Rt 24S to Fish Rd Exit, R turn off exit, parking lot is on right.

June 18, Diamond Hill Two, 30 miles

Start: Diamond Hill State Park, Rt 114, Cumberland, RI

July 9, Killingly Tour, 35 miles

Start: Ponaganset High School, 137 Anan Wade Rd, Gloucester, RI

July 23, Dartmouth 50, 34 miles

Start: Sears Parking Lot, Dartmouth Mall, 200 No Dartmouth Mall Rd, No Dartmouth, MA

---

### .... More informal/midweek rides

Other rides will probably be getting going in April, and are usually announced on the club's Yahoo email list — [www.groups.yahoo.com/group/nbwclub](http://www.groups.yahoo.com/group/nbwclub) For instance:

#### Café Tour

Saturday morning. Ride from the beginning of the East Bay Bike Path to Bristol (for coffee) and ride back. Organizer usually announces the ride and time every week on our Yahoo email list.

#### South County (SoCo)

Tuesday SoCo is entering its 6th (or so) year. We usually meet at the back of the Park and Ride lot at the intersection of Rts 1A and 138, at the west end of the Jamestown Bridge, at 6:00 PM. Both start time and location may change, but if so they will normally be announced on the NBW Yahoo email list. Details are generally worked out on a private email list of the regular riders and then posted to the Yahoo list. If the

weather is crappy (raining), we will cancel — usually without posting a notice.



# Cycling Sessions

Gary Stafford

Ed—In Gary's absence he asked me to reprint a previous column.

Over the years from the time I decided to buy my first real road bike and join the NBW until now, I have kept a journal of my rides on a spreadsheet for each year. To some it may seem a bit much or too much work to be bothered with. But I have to say that I have never regretted having the luxury to look back at previous rides I have done, total mileage for the year, and many other details, like how I felt, temp, calories burned, etc.

It takes me maybe 5 minutes tops to do this after a ride and has become a big motivator and goal setting tool as well.

If your interest is monthly mileage, preparing for a long event or charity ride, than a spreadsheet is ideal. As we all get a little older, the rides begin to mix together in our heads into one mixed up ride. Having the ability to look at the past is very useful and lots of fun too.

For some of us who ride for fitness, it is important to see trends where overtraining or goal setting can be seen in an objective fashion. If we only rely on what goes on in our heads after every ride, we would be lost as far as how we are doing at times. I have seen several riders who ride themselves into the ground with overtraining, and find themselves lagging behind on fast rides or worse, sick and tired all of the time. Too much is never a good thing, and a journal can be like a cheap version of a coach, telling you to pick up the pace or slow it down.

If you are a racer or former racer, tri-athlete or active amateur athlete, you can really benefit by having a cycling log journal. Recording your average and maximum heart rate is vital to determining intensity for the ride and planning future workouts. Times, average speeds, max speeds, etc. help to set goals in time trials or just trying to beat your time and average speed from last year on that same ride. These goals add to the activity and spice up the consistency of riding. I find it amazing sometimes how many miles I get in one month vs. another, how my effort for speed improves as the season progresses. Having a tool just makes the rides more meaningful.

You can add notes like when to change your chain, who you rode with, how much climbing you did, commenting on a fun rest stop to remember, all can be added in a comments area.

Years from now, I certainly hope to be still riding. But being able to look back at my racing seasons, my PR's

2005 Cycling Log Spreadsheet

Location	Bike Used	Temp °F	Distance	Time			MPH	AHR	MPH	Calories Burned	Av HR	Max HR	% Max HR	AVG	Max
				H	Min	Sec									
Western Hills	2300	53	35	7	8	37	86%	16.3	1883	168	188	96%			
Seekonk NBW	SJ	36	28.5	7	18	56	80.4	81%	17.0	1829	159	176	91%		
PT	Tech	11		44	46	30.5	74%	14.7	490	146	159	81%	162	341	
PT	Tech	15		55	25	22	79%	16.2	729	156	172	88%	192	367	
PT	Tech	29	1	14	18	20	74%	16.2	976	146	163	87%	184	300	
PT	Tech	10		35	7	23	83%	17.1	507	163	176	89%	190	348	
PT	Tech	18.8	1	8	28	22	78%	17.9	953	152	168	86%	190	328	
EBBP	2300	31	24.71	1	47	3	22.2	82%	16.7	1409	161	175	89%		
PT	Tech	20		17	22	27	76%	15.5	928			0%	180	624	
PT	Tech	39.01	1	58	25	27	77%	16.2	1420	161	187	96%	171	624	
PT	Tech	10.01		40	7	21	88%	16.0	433	134	162	97%	162	320	
PT	Tech	10.75		40	7	20	90%	16.1	528			0%	193	278	
PT	Tech	18	1			26	81%	16.0	723	158	172	88%	180	616	
PT	Tech	23.02	2	5	31	26.5	81%	16.8	1506	158	173	88%	194	618	
PT	Tech	1.06		51	1	20.5	80%	16.6	850	156	176	90%	180	321	
SOUTH COUNTY	2300	45	30.55	1	47	3	28.2	86%	17.1	1545	169	182	97%		
PT	Tech	5.28	1			21	82%	16.8	720	160	174	89%	182	320	
Triboro Tour	2300	37	33.86	1	48	31	30	85%	18.7	1716	167	191	97%		
Warwick	2300	50	18		53	1	27	88%	18.1	941	169	180	92%		
EBBP	2300	26	27.8	1	36	38	28	88%	17.3	1385	169	185	94%		
PT	Tech	15		57	3	21	76%	16.8	884	147	166	86%	190	344	
PT	Tech	16		57	40	28	86%	16.6	769	172	183	93%	196	413	
Seekonk NBW	SJ	26	26	1	25	48	33.7	86%	19.2	1356	166	185	94%		
PT	Tech	11		40		22	77%	16.5	527	161	172	88%	182	321	
PT	Tech	12		45		27.5	83%	16.0	540	163	173	88%	181	548	
Simple Arrow	2300		28	1	30	55	33.5	80%	18.5	1438	167	187	96%		
PT	Tech	10.4		40		22	78%	16.6	480	149	166	86%	180	321	
PT	Tech	16.3	1			30	79%	16.3	790	154	176	89%	191	610	
Western Hills	2300	46	23.78	1	34	46	34	89%	16.8	1116	175	189	96%		
Spring Opener	2300	43	33	1	46	24	24	85%	18.6	1583	167	193	98%		
PT	Tech	18	1			25	82%	16.0	720	160	177	90%	178	438	
PT	Tech	11.05		40		23.5	84%	16.6	527	166	178	91%	188	410	
Warwick	SJ	47	10.02		37	45	23	83%	17.2	545	163	182	93%		
Situata South	2300	47	24.86	1	57	32	38.2	87%	17.8	1966	171	193	98%		
PT	Tech	10.64		40		21	82%	16.8	480	161	171	87%	181	300	
Western Hills	OCLV	58	20.46	1	10	42	38	90%	17.4	1144	176	188	96%		
Spartanage	Tech	22.11	1	19		31	83%	16.8	1340	162	186	94%	200	686	
Warwick	2300	30	13.21		59	22	30	88%	18.4	939	172	186	94%		
Warwick	SJ	45	18.2	1	5	26	25.7	86%	16.7	861	166	182	93%		
Seekonk	OCLV	31	22.62	1	61	32	35.4	86%	17.5	1909	168	187	93%		
Warwick	OCLV	56	24.72	1	21	18	28.2	83%	18.3	1285	162	182	93%		

(personal records), that I broke, will be a treasure I can share perhaps with my grandkids, (not that I have any yet!), someday.

So feel free to make up a log journal with what is important to you. Savor those great and not so great rides, and look back at those epic rides. It just makes waiting for the season to start even more enticing!

Gary Stafford has a new website (blogspot) where he posts some 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, March 2011

---

## Sports Snacks: Food Suggestions for Fueling Hungry Athletes

"What should I eat before I exercise?" That's a key question—as well as what to eat during extended exercise—that athletes commonly ask me, a sport nutritionist. While they know the words carbs, proteins and fats, they often don't know how to translate those words into food choices. Hence, the goal of this article is to offer specific food suggestions to fit a variety of sports situations. This is far from a complete list! Please be sure to experiment with new pre- and during-exercise foods to learn which ones settle best in your gut, don't "talk back" and enhance your performance.

### Pre-event carbo-loading dinner:

#1. Pasta with tomato sauce, meatballs, green beans, French bread, lowfat/skim milk, frozen yogurt with strawberries.

#2. Turkey with potato, stuffing, lowfat gravy, winter squash, cranberry sauce, dinner rolls, apple crisp with reduced-fat ice cream.

### Pre-game breakfast: 1 to 2 hours before, let's say, a 9:00 a.m. cross-country meet or soccer game:

Wheaties (or other dry cereal) with lowfat milk and banana; oatmeal with applesauce and brown sugar; cream of wheat with raisins; bagel or English muffin with peanut butter; poached eggs with two slices of toast; yogurt and granola.

### Liquid "meals" if you have trouble digesting solid food:

Fruit smoothie (milk, yogurt or juice blended with frozen berries, banana chunks), Carnation Instant Breakfast, Boost, Ensure, lowfat chocolate milk, vanilla pudding, pureed peaches.

### Brunch 4 hours before, let's say, a 1:00 football or hockey game:

Heftier portions of any of the above breakfast options. French toast with cinnamon sugar, berries, breakfast ham.

Pancakes with maple syrup, scrambled eggs, fruit cup. Veggie omelet with non-greasy hash brown potatoes, toast.

Breakfast burrito (scrambled eggs, lowfat cheese, salsa wrapped in a flour tortilla) plus fruit cup and orange juice.

### Four o'clock pre-game dinner before a 7:00 pm basketball game:

Any of the carbo-loading dinners or brunch suggestions. Cheese ravioli, tomato sauce, peas, fruit salad, sugar cookie.

Grilled chicken (small portion) with baked potato/lowfat sour cream, steamed carrots, bread, blueberry cobbler, lowfat milk (or milk alternatives: lactose-free milk, soy milk).

Turkey sub with lettuce, tomato, lowfat mayonnaise, baked potato chips, vanilla yogurt and oatmeal-raisin cookie.

Wonton soup, stir-fried chicken with veggies, steamed rice, lo mein noodles, pineapple chunks, fortune cookie.

### Grab 'n Go Snack: 100 to 300 non-perishable calories within the hour pre-exercise, stored in your desk or gym bag:

Nature Valley Granola Bar, Quaker Chewy Bar, Nutri-Grain Cereal Bar, Fig Newtons, Teddy Grahams, graham crackers, Nilla Wafers, animal crackers, hard or soft pretzels, cinnamon raisin bagel, snack-box raisins, trail mix.

### Energy Bar options to fit assorted dietary preferences:

Good tasting, all natural ingredients: Zing Bar, Clif Nectar Bar, Lara Bar, Perfect 10 Bar, Odwalla Bar, KIND Bar, NRG-Bar, PowerBar Harvest.

Gluten free bars: Bora Bora Bars, Lara Bars, PURE Bar, First Endurance Bar, Hammer Bar, Wings of Nature Bar; Zing Bar.

Nut-free: Metaballs, AllerEnergy Bar ([www.peanutfreeplanet.com](http://www.peanutfreeplanet.com))

Raw: Raw Revolution Bar, PURE bar.

Vegan: Pure Fit, Lara Bar, Hammer Bar, Vega Whole.

Food Raw Energy Bar, Clif Builder's Bar, Perfect 10, Re-New Life Organic Energy Bar.

Yummy organic options by entrepreneurs who will appreciate your support:

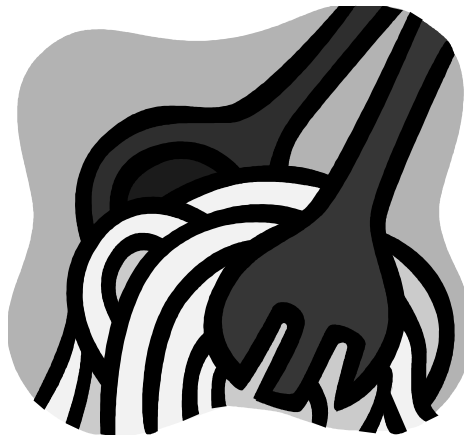
NRG-Bar ([www.NRG-Bar.com](http://www.NRG-Bar.com); developed by an Ironman triathlete), Olympic bar ([www.OlympicGranola.com](http://www.OlympicGranola.com); developed by a dad with eight kids), ZingBar

([www.zingbar.com](http://www.zingbar.com); developed by two dietitians who believe food should taste great!)

### Pre-exercise "quick fixes":

These choices lack nutritional value but are easy to digest, provide the quick energy the body wants, and when eaten five minutes pre-exercise, are unlikely to create rebound hypoglycemia (also known as a "sugar crash").

Pop-Tarts, Nabisco Sugar Wafers, Rice Krispie Treats, toast with jelly, marshmallows, gum drops, jelly beans, licorice, York Peppermint Patties, Jello, marshmallows,



Continued ...

sports drinks (Gatorade, PowerAde, etc.), fruit juice, sweetened iced tea, defizzed Coke, homemade "energy drink"\*

\*To avoid red dye and questionable ingredients, make your own energy drink. Simply add 7 packets (teaspoons) of sugar to 8 ounces of coffee. You'll end up with 80 mg caffeine and 110 calories, similar to what's in a Red Bull but at a fraction of the price!

**Pre-exercise high sodium snacks** for athletes who sweat heavily.

Consuming a salty food before exercise helps retain water in your body and delays becoming dehydrated.

Pretzels, salt bagel, baked chips, ramen noodles, chicken noodle soup, canned broth (chicken, beef or vegetable), beef consomme (jellied); boiled and salted red potatoes or potato chunks, ham & cheese sub with mustard, V-8 Juice.

**Fuel during exercise that lasts for 2 to 4 hours:**

Buy sports clothes with pockets, so you can carry these with you.

Gummi bears, Starburst Fruit Chews, jelly beans, licorice, butterscotch candies, Peppermint Patties, Tootsie Rolls, Whoppers Malted Milk Balls, mini MilkyWay Bars, GoGurt  
*Engineered options:* Gu, Carb-Boom!, Clif Shot, Clif Shot Bloks, Gu Chomps, Honey Stinger, Hammer Gel, Jelly

Belly Sports Beans, Sharkies, PowerBar Energy Blasts

**Fuel during exercise that lasts >4 hours, such as a long bike ride, cross-country ski, or adventure race:**

Any of the above snacks that you might consume during 2 to 4 hours of exercise, plus more substantial fare: Peanut butter & jelly on bread, bagel or flour tortilla (wrapped "burrito style" to keep the jelly from oozing out); gorp (raisins, peanuts, M&M mixture), trail mix, ham and cheese in a pita pocket, beef jerky (for sodium), noodle soup, sweetened condensed milk, chocolate bars ... any food that tastes good, settles well and helps you survive the event. (We'll talk "good nutrition" at another time!)



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). For more information, read her Sports Nutrition Guidebook and food guides for new runners, marathoners, and soccer teams: [www.nancyclarkrd.com](http://www.nancyclarkrd.com). See also [sportsnutritionworkshop.com](http://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](mailto:raynaughton@cox.net) or tel: 401-781-6963

---

# From the Touring Committee

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

---

Spring is always a great time to set new goals for your upcoming cycling season. March Madness has gone by the wayside. There are no more excuses for staying inside. The clock has sprung forward and the days are longer. We have much more to choose from than the scheduled Sunday rides. Get active, check online (the NBW Yahoo email group) and see what week-night rides you can do. These rides are very beneficial to promoting good bicycle fitness so that you can perform better on Sundays.

I would like to express our highest appreciation to Mark St. Amour for relieving Jim Berry of the volunteer arrower and paint coordinator duties during Jim's recent illness. Mark really went the extra mile and got volunteers lined up well into the future, so Jim had no worries about getting back into the job. Thank you Mark.

### Thanks to our most recent ARROWERS:

Jan 1	New Year's Day Ride	Mark St. Amour
Jan 2	Westport Dartmouth	Mark St. Amour
Jan 9	Taunton Norton	Ed Holden
Jan 16	Johnston Winter	Don Paiva
Jan 23	Westport Dartmouth	Mark St. Amour
Jan 30	Narragansett Indian	Ed Holden
Feb 6	Taunton Norton	Ed Holden
Feb 13	Johnston Winter	Don Paiva
Feb 20	Narragansett Indian	Ed Holden/ Dave Reynolds

Feb 27	Larry/Ted Dartmouth	Kevin Mitchell
Mar 6	Walpole Dover	Monica & Ray Foulkes
Mar 13	Narragansett Pt Judith	Ted Shwartz
Mar 20	EP Cycle/Spring Opener	Tony Rizzotti
Mar 27	Lakeville Tour	Mike Miller

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

### When riding please remember the following:

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

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

---



## New England Rides/Events Calendar

**May 18, 2011, Ride of Silence, Providence** in memory of Paige Hicks. 6:15 PM Location TBA

**Friday, May 20, 2011, Bike to Work Day**  
See [nbwclub.org](http://nbwclub.org) or [ribike.org](http://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](mailto:kurtschnabel@yahoo.com), tel 401-245-9578. Event website: [www.hpchallenge2011.org](http://www.hpchallenge2011.org)

**June 5, 2011, Bicycle Coalition of Maine's 10th Annual Women's Ride.** Freeport, ME. See [www.BikeMaine.org](http://www.BikeMaine.org)

June 10-12, 2011, Tour of Scenic Rural Vermont (TOSRV-East), CRW tour. Contact: [spring6@comcast.net](mailto:spring6@comcast.net)

**July 22-24, 2011, Velo Vermont.** CRW tour. See [crw.org/VeloVT/](http://crw.org/VeloVT/)

**July 23, 2011, Bicycle Coalition of Maine's 10th Annual Lobster Ride & Roll.** Rockland, ME. See [www.BikeMaine.org](http://www.BikeMaine.org)

**August 11-14, 2011, 5th Annual MassBike Pike.** Western Mass. To benefit Mass Bike Coalition. See [www.massbikepike.org](http://www.massbikepike.org)

**Oct 2, 2011, 5th Annual Watershed Ride.** To support Coalition for Buzzards Bay. Rid along the coast from Horseneck Beach to Woods Hole. See [www.savebuzzardsbay.org](http://www.savebuzzardsbay.org)



## NBW RIDE SCHEDULE

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

---

**March 27, 2011**

♥ **Lakeville Tour**

15/25/40 miles

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

*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:* Ted Shwartz

*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 *Arrower:* John Nery

*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* 35 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.

---

**April 17, 2011**

**Killingly Tour**

17/35/47 miles

**Sunday** 10:00 AM *Map No.* 30 *Arrower:* Ed Holden

*Route* Scituate, Foster, Gloucester, East Killingly

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

---

**April 24, 2011**

**Diamond Hill Two**

17/30/50 miles

**Sunday** 10:00 AM *Map No.* 128 *Arrover:* Rod Breault

*Route* Cumberland, Wrentham, Plainville

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

*Drive Time* 20 minutes from Providence

*Description* Scenic ride along the ridges and hillsides in the northeast corner of the state and nearby Massachusetts. In season there is an ice cream store across from the park! Pete Petrocelli extended this ride to 48 miles, to include scenic Wrentham town center, Gilbert Hill State Forest, and Lake Mirimichi.

---

**May 1, 2011**

**♥ Westport**

13/25/44/50 miles

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

*Route* Westport, Dartmouth

*Directions* Start at Westport High School, in Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 10). Head south on Rt 88 for about 4 miles to Old County Road (traffic light intersection). Turn right, then left at the end of the road (about a block), and the school is just ahead. We usually park to the left of the school.

*Drive Time* 30 minutes from Providence

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

---

**May 8, 2011**

**BikeWorks Swansea Ride**

16/26/50 miles

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

*Route* Swansea, Dighton, Freetown

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

*Drive Time* 15 minutes from Providence

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

---

**May 15, 2011**

**Ray Young's Ride**

11/17/23/33/53

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

*Route* Greenville, Chepachet, Pascoag

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

*Drive Time* 20 minutes from Providence

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

---

**May 22, 2011**

**♥ Plymouth Century**

21/56/100 miles

**Sunday** 8:00 AM *Map No.* 122 *Arrower:* Tony Rizzotti & Crew

*Route* Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton

*Directions* Start at the Seekonk Towne Centre (Ann & Hope plaza) across from Tasca Lincoln/Mercury at the intersection of Rts. 114A and 44 in Seekonk, MA. Coming from Providence on I-195E, take the first exit after the Washington Bridge and follow Route 44 to Route 114A. (It's the first light after you cross into Seekonk.) The shopping center is on the left. Please park around the periphery of the parking lot first, then fill in towards the stores. DO NOT park in the bank lot or the Post Office lot. If we park around the periphery then fill in just 3 rows toward the stores there is near 120 parking spaces. Let's not aggravate the store owners.

*Drive Time* 10 minutes from Providence

*Description* First Century of the year! We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor and the Mayflower (if they have time!). The ride back takes us through the rolling hills of Miles Standish Park. The short loops of this ride are good rides for beginners.

100 mile riders start at 8:00 am, all other riders at 10:00 am

---

**May 29, 2011**

**Mystic Metric**

15/30/63 miles

**Sunday** 10:00 AM *Map No.* 59 *Arrower:*

*Route* Ashaway, Mystic, Stonington

*Directions* Start from the car pool commuter lot in Ashaway. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.

*Drive Time* 45 minutes from Providence

*Description* This ride starts through North Stonington cow country and old farms, travelling beautiful country roads to Mystic and the Stonington coast before returning via Ashaway. There are hills, but John Satterlee revised the route to skip the three big climbs on the previous route - and avoids the Navy Sub Base and the casino, too! Note the new start location.

---

**May 30, 2011**

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

**Monday** 10:00 AM *Map No.* 120 *Arrower:* Ted Shwartz

*Route*

*Directions*

*Drive Time*

*Description* Repeat Ray Young's Ride, map #120 (use arrows from May 15 ride)

---

**June 5, 2011**

**Dartmouth Fifty+**

15/34/55 miles

**Sunday** 10:00 AM *Map No.* 65 *Arrower:* Mark St. Amour

*Route* North Dartmouth, Assonet, Westport

*Directions* Start at the Sears parking lot, North Dartmouth Mall, on Faunce Corner Road in North Dartmouth, MA. Take I-195 East to Exit 12 (Faunce Corner Rd, N Dartmouth). Bear right onto Faunce Corner Road. Turn right into the plaza at the third light (.8 mi). We have been parking on the right of the lot, as far away from the stores as possible.

*Drive Time* 50 minutes from Providence

*Description* This ride travels to Profile Rock and back over relatively flat terrain, exploring the rural areas between Fall River and New Bedford - a region of forest and farmland.

Formerly known as "Profile Rock Ride".

June 12, 2011

Norwich Metric

30/44/60/63 miles

Sunday 10:00 AM Map No. 69 Arrows:

Route Norwich, East Haddam, CT

Directions: WAL-MART, Rt. 82, Norwich, CT. We have approval from Wal-Mart provided we park up by the road (Rt. 82) - park away from the store, please.
Directions: From Providence, take I-95 South to Rt 102 South exit. Then take Rt 3 South to Rt 165 West to join Rt 138 West. Stay on Rt 138 West to I-395 South for about 11 miles to Exit 80. Head West on Rt 82 for approx. 1/2 mile. Turn left into Wal-Mart and first left into the parking area near the road.

Drive Time: 60 minutes from Providence.

Description: This hilly ride offers some beautiful scenery as it meanders along narrow roads lined with stone walls, large trees and historic colonial homes. Some of the descents will be blazingly fast—USE CAUTION ON DESCENTS! The 60 mile ride offers an option of taking a ferry across the Connecticut River that adds about 3 miles, or visiting Gillette Castle. The 45 and 60 mile routes travel through Devil’s Hopyard State Park with a view of a beautiful waterfall. Thanks to Gil Peel and Mike Miller for scouting and updating this very old NBW ride—and adding the shorter loops.

♥ Beginners will love these rides!

\* Holiday Show’n Go

\*\* Special Event

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**

**Presorted Standard**  
**US Postage**  
**PAID**  
**Providence, RI**  
**Permit No. 527**

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

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

<b>Month</b>	<b>Date</b>	<b>Map#</b>	<b>Ride Title</b>	<b>Ride Start</b>	<b>Distances (miles)</b>	<b>Arrower</b>
<b>Jun</b>	Sun	5 65	Dartmouth Fifty+	N Dartmouth MA	15/34/55	Mark St. Amour
	Sun	12 69	Norwich Metric	Norwich, CT	30/44/60/63	
	Sun	19 105	Tiverton Fifty	Tiverton	15/30/50	
	Sun	26 98	North Country Fifty	Greenville	19/30/50	
<b>Jul</b>	Sun	3 41	Century of the Century	URI Kingston	18/35/55/75/10	
	Mon	4 105	*July 4 Holiday Show'n Go	Cumberland, RI		
	Sun	10 57	Miles Standish State Forest	Wareham, MA	22/46	
	Sun	17 49	Great Grandma's Farm Ride	Lincoln	15/23/50	
	Sun	24	Rhody Roundup (TENTATIVE)			DATE/PLACE TENTAT
	Sun	31 62	Joe Medeiros Ride	New Bedford, MA	17/25/47/62	
	Sun	7 32	Providence Bicycle Ride	Providence	10/35/57	
<b>Aug</b>	Sun	14 19	Tom & Pat's Half Century	Coventry	19/28/50	
	Sun	21 54	South Shore Century	Middleboro, MA	27/54/75/100/1	
	Sun	28 79	Putnam Ride	Putnam, CT	15/32/66	
	Sun	4 43	Western Hills Ride	URI, Kingston	22/30/41/62/83	
<b>Sep</b>	Mon	5 19	*Labor Day Show'n Go	Seekonk, MA		
	Sun	11	**TFCE			TFCE crew
	Sun	18 81	Cranberry Metric	Raynham, MA	17/35/62	
	Sun	25 17	Chariho Tour	Richmond	15/25/30/47	
	Sun	2 58	Wachusett Three Quarter	Whitinsville, MA	15/28/55/77	
<b>Oct</b>	Sun	9 130	Cape Caper Ride	Bourne, MA	22/48/62	
	Mon	10 17	*Columbus Day Show'n Go	Greenville		
	Sun	16 74	Fall Foliage Tour	Glocester	20/40/64	
	Sun	23 106	Uxbridge Animal Farm	Uxbridge, MA	18/30/40/50	
	Sun	30 16	Caster's Halloween Ride	Warwick	15/25/32	Claudia Chappelle