

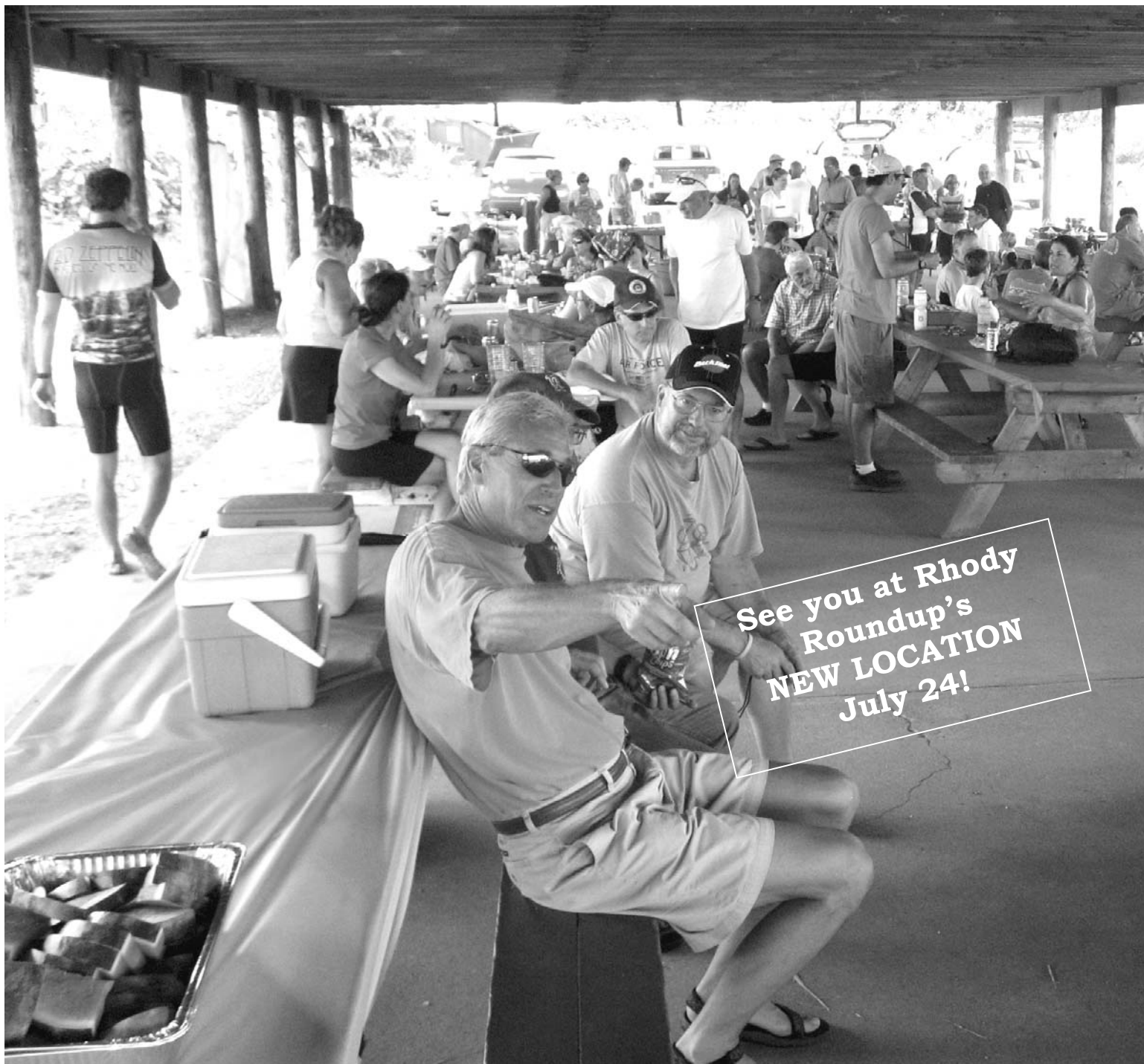
# The Spoke'n Word

Volume 41, Number 3

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

June/July 2011

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



See you at Rhody  
Roundup's  
NEW LOCATION  
July 24!

President's Message ...	1
Rhody Roundup ....	3
New Members ...	4
Advocacy ....	5
Athlete's Kitchen ....	5
Cycling Sessions .....	7
Touring Committee ..	9
Ride Schedule ....	10

## Rhody Roundup

July 24, 2011

This year we'll be at

Yawgoo Bakes, Slocum Rd (near URI)

See announcement on page 3

## 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

### LEGEND BICYCLE

181 Brook St  
Providence, RI 02906  
401-383-3070  
www.legendbicycle.com

### 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

### 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](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: Steve Rodriguez and Paul Martens at Rhody Roundup 2010.  
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

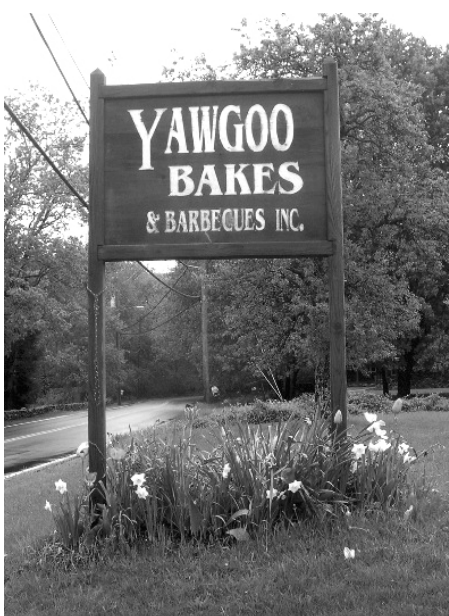
---

**R**emember this time last year when our region suffered through the Great March Flood of 2010? Probably a distant memory by this point but the flooding had its impact on everyone including the NBW – we had the rare experience of having to cancel a Sunday ride. Even without the flooding this year, it was a challenging Spring for arrowing and special thanks go out to **Gil Peel, Jim Berry, and all the volunteers** who gave us safe and enjoyable rides for the last few months. Not to be taken for granted, these volunteers do an outstanding job and cannot be recognized enough.

On to club business:

**Rhody Roundup** - As you may know, the Jamestown Pavilion suffered a catastrophic failure this winter. **Sue Barker, Volunteer of the Year 2010, and Liz Masterson, NBW VP,** were on the case and closely followed the possible replacement of the pavilion. It became apparent that a replacement would not be complete in time for the typical mid-Summer timing so an alternative plan was needed.

This gave the club an opportunity to look at the event in a new light and see if we could address some of the issues we have encountered (riding area, cooking/cleaning burden, etc). After weighing different factors (tent/tables/chairs/bathrooms/potable water/location, etc.) and the costs and effort involved, the club changed the venue to **Yawgoo Bakes & Barbecue in Slocum, RI** ([www.yawgoobakes.com](http://www.yawgoobakes.com)).



Special thanks go out to **Liz Masterson** who spear-headed the drive for a new location, new ride, new menu, and managed the thousands of other details involved in an event this size.

**Rhody Roundup Sign-Up** – Don't delay in signing up – the RR will be held this year on **July 24**. By shifting the burden of food shopping, food prep, and clean up, this event can focus even more on socializing. The Rhody Roundup has grown to be a major event and is a great opportunity to reconnect as a community so don't miss out.

### TFCE Sold Out!!

Online registration promised to streamline the registration process and boy did it – we sold out in less than five days after opening up to non-members. However, no system is perfect and a hearty thanks goes out to **Jack Williamson, Ted Shwartz, and Larry Shwartz** for their quick response when issues did arise – their past experience proved to be invaluable.

**Social Tents** – **Don Paiva** has volunteered to take over social tents and make them a more consistent and casual post-ride rallying point. Don is looking for volunteers to act as ambassadors – please contact him for more information and how you may be able to help.

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

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

---

## NBW Officers etc.

---

### NBW OFFICERS (Terms begin February 1)

*President:* Todd Wise, [president@nbwclub.org](mailto:president@nbwclub.org), 401-744-1157  
*Vice President:* Elizabeth Masterson, [vicepres@nbwclub.org](mailto:vicepres@nbwclub.org)  
*Treasurer:* Norman LaBrie, [treasurer@nbwclub.org](mailto:treasurer@nbwclub.org);  
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177  
*Secretary:* Mark St. Amour, [secretary@nbwclub.org](mailto:secretary@nbwclub.org)

### NBW BOARD OF DIRECTORS

*Past Presidents:* Janice Velozo, Ray Foulkes, David Andrews  
*Membership Secretary:* Ted Shwartz, [membership@nbwclub.org](mailto:membership@nbwclub.org),  
PO Box 56, Dartmouth MA 02714-0056  
*Rides Coordinator:* Gil Peel, [touring@nbwclub.org](mailto:touring@nbwclub.org)  
*Advocacy Chair/LAB representative:* Matt Moritz, [advocacy@nbwclub.org](mailto: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  
*Arrowers/Paint coordinator:* Jim Berry, [arrows@nbwclub.org](mailto:arrows@nbwclub.org)  
*Ride starters:* Raul Silvia, Jack Williamson, Gretchen Chipperini, Rod Breault  
*Maps/rides database:* Monica Foulkes, [maps@nbwclub.org](mailto: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](mailto:webmaster@nbwclub.org)  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* Don Paiva, [events@nbwclub.org](mailto:events@nbwclub.org)  
*Map creators:* Rob Price, Bob Paiva, Ted Shwartz, Luca Marchi  
*NBW merchandise sales:* Sue Barker, [sales@nbwclub.org](mailto:sales@nbwclub.org)  
*Social events organizer:* Don MacManus  
*Interstate liaison:* Bob Melucci, [interstate@nbwclub.org](mailto:interstate@nbwclub.org)  
*Spoke'n Word editor:* Monica Foulkes, [editor@nbwclub.org](mailto:editor@nbwclub.org)  
*Contributing writer:* Gary Stafford  
*Cartoonist:* Bob Paiva

**NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM**

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

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

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

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

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

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

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

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

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

**MINOR RELEASE**

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

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

TYPE OF MEMBERSHIP (check one box in each column)

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

Membership No. \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

Print Name(s): \_\_\_\_\_

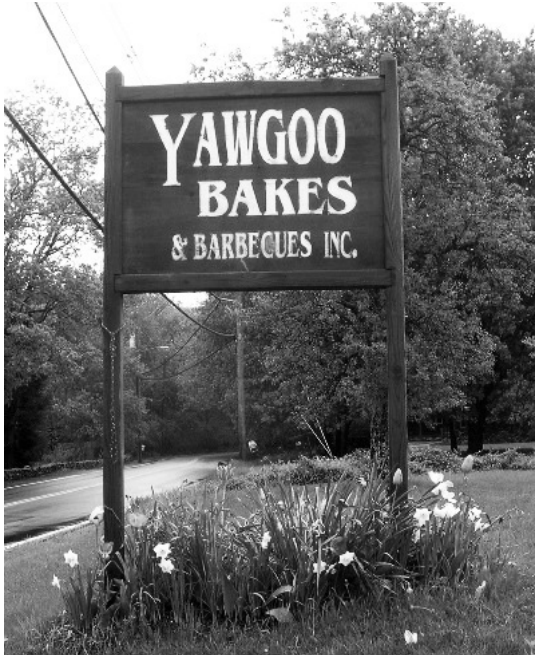
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tel: \_\_\_\_\_ E-mail: \_\_\_\_\_

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

Allow 6-8 weeks for processing

# THE ANNUAL RHODY ROUNDUP



**Sunday, July 24th**  
Ride start and BBQ at  
**Yawgoo Bakes & Barbecues,**  
**Slocum, RI**  
*Rain or Shine*

**NEW LOCATION !!**

Rides start at 10:00am, with a selection of loops (please see ride schedule for distances). Barbecue chicken dinner served at 1:30pm by our new hosts at Yawgoo Bakes & Barbecues. Please plan your ride to be back by serving time. We cannot guarantee meals for those who return late.

1/2 bbq chicken, corn-on-the-cob, tossed salad, potato, rolls & butter, watermelon & lemonade included. Cash bar available for sodas and adult beverages. Reminder: outside food and beverage may not be brought onto the premises (other than ride beverage/clif bar etc).

Price for meal ticket: \$10 per person, children 12 and under \$5.

*Sorry, all meal tickets must be purchased in advance as our final meal count must be given one week before the event.*

**Return this form by July 17th (check made payable to NBW) to:**

Liz Masterson • 86 James St. East Providence RI 02914 • 401-436-8926 • [lizmasterson@rocketmail.com](mailto:lizmasterson@rocketmail.com)

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Tel: \_\_\_\_\_ Email: \_\_\_\_\_

# meal tickets: Adult: \_\_\_\_\_ Children 12 and under: \_\_\_\_\_

---

# WELCOME New Members

Kevin & Susan Romines, Walpole, MA  
Brenda Cardullo, Bristol, RI  
Michael & Paulette Stout, Columbia, SC  
Abby & Andrew Courchaine, Fall River, MA  
Elizabeth, Katie & Curtis Pepin, Fairhaven, MA  
Paula P. Deblois, Fall River, MA  
Frank P. McGoff, East Greenwich, RI  
Paul & Madeline Benyeda, Gettysburg, PA  
Richard E. Walsh, Old Lyme, CT  
Carolyn Ramos, Wethersfield, CT  
Jae A. Lorenznet, Ellington, CT  
Aristedes A. Membreno, Pawtucket, RI  
Robert Catinella, Sudbury, MA  
C. Edward Furtado, Riverside, RI  
Jeffrey G. West, Sudbury, MA  
Mike Azrin & Michelle Malane, Southington, CT  
Jeffrey A. Moss, South Windsor, CT  
Glenn, Jenny, Robert & Jake Almquist, Rumford, RI  
Joseph G. Riel, Foster, RI  
David A. Gregson, Warwick, RI  
Heather Ameen, Seekonk, MA  
Jon, Trent, Reese Babington & Glenda Jeffrey, North Scituate, RI  
Steven, Linda, Andrew & Jesse Levine, Providence, RI  
Gregory & Renee Jones, Tiverton, RI  
Normand P. Couturier, North Providence, RI  
Robert M. Swift, East Greenwich, RI  
Christian Teeden, Saunderstown, RI  
Joyce M. Ball, Cranston, RI  
Michael J. Donohue, North Kingston, RI  
John Silvia, Jr., Fairhaven, MA  
Peter H. Leviten, Saunderstown, RI  
Fred N. Definis, Wellesley, MA  
Mindy J. Gregson, North Kingston, RI  
Joseph W. Lambert, North Kingston, RI  
Steven & Andrew Frank, Providence, RI  
Amanda R. Resch, Providence, RI  
Randi & Marc Braunstein, Providence, RI  
John, Cynthia, Sam & Jonathon Stenning, Coventry, RI  
Carole-Lynn Degroat, Providence, RI  
Carroll, Philip, Kellis & Hanna Garland, Barrington, RI  
Malcolm E. Beattie, Tiverton, RI  
Donald B. McNaughton, Providence, RI  
Deborah & David Mitchell-Young, Portsmouth, RI  
John C. Ayers, Uxbridge, MA  
Lori A. Keough, Seekonk, MA  
John Goodmonson & Robin Greenleaf, Wayland, MA  
Tom F. Hanifan, Plymouth, MA  
David Schroeder, Stow, MA  
Victor & Karen Jiminez, Newbury, MA  
Alyssa & Jonathan Kaplan, Sudbury, MA  
Sarah B. Young, Andover, MA  
Donald E. Ziniti, Cumberland, RI  
Ed, Sheila, Hanna & Chip Broderick, North Kingston, RI  
Kenneth J. Sejkora, Norton, MA  
Brian J. Sheridan, Blackstone, MA  
Timothy C. Hines, Franklin, MA  
Thomas W. Irvine, North Falmouth, MA  
Marci & Andy Bloch, Wayland, MA  
Sheila A. Perry, Sudbury, MA  
Thomas R. Stanton, Norton, MA  
Clare & Thomas Evans, Newport, RI  
Sandra Norris, Barrington, RI  
Javier I. Gallego, Pawtucket, RI  
Julie A. Oh, East Greenwich, RI  
Stephen H. Spina, Wayland, MA  
Elanor M. Uddo, Wellesley Hills, MA  
Andrew R. Sutton, Exeter, RI  
Jeffrey G. Parker, Providence, RI  
Joseph R. Lawrence, Westborough, MA  
Susan & John Desantis, Sudbury, MA  
Robin E. Randall, Providence, RI  
Michael A. Means, South Attleboro, MA  
Catherine & Madeline Tesauro, Cohasset, MA  
Dick & Jane Tracy, Middletown, RI  
Laura R. Studen, Newton, MA  
Christopher & Judith Menton, Bristol, RI  
Miriam M. Chirico, Glastonbury, CT  
Timothy N. Schmutzler, Wakefield, RI  
Jonathon E. Ingersoll, Cambridge Springs, PA  
John Scheub & Kimberly Melloni, Rochester, MA  
Marvin & Robin Kuznitz, Middletown, RI  
Paul A. Beaulieu, North Providence, RI  
Michael A. Camacho, Lakeville, MA  
Ray & Garrett Tarczuk, East Greenwich, RI  
Lauren E. Moran, Providence, RI  
Michael J. Giugno, III, Littleton, MA  
Andrew O. White, Chicago, IL  
Sharon Maguire, West Greenwich, RI  
Laurette M. Vitello, West Kingston, RI  
Daniel W. Wijangco, Oakland, RI  
Eric J. Polacek, Cranston, RI  
Edward Moore, Scituate, MA  
Joan M. Martin, Marston Mills, MA  
Randy J. Fleuernt, Jr., Fairhaven, MA  
Jack R. Amaral, East Greenwich, RI  
Pierre Dupuy, Stratford, CT  
John, Dylan & Sadie Reynold & Marlene Holohan, South Dartmouth, MA  
Daniel Carrion, Webster, MA  
Carol A. Clafin, South Attleboro, MA  
Matthew P. Dalton, Cumberland, RI  
David & Jill Haeg, Providence, RI  
Peter S. Kaplan, Concord, MA  
Robert D. Manchester, Barrington, RI  
Timothy J. Preston, Seekonk, MA  
Denise Randall, Swansea, MA  
Edward & Laura Ritchey, West Kingston, RI  
Lealand O. Walsh, Jr., Wrentham, MA  
David M. Winoker, Barrington, RI  
Bruce A. Tavarozzi, Cranston, RI  
Jeffrey Slone, Newton Center, MA  
Scout, Dwyer, Dayton Deighan & Liz Margolies, Lincoln RI  
Dale Sogge, Wrentham, MA  
Paul Sprouse & Inger Janicki, Dover, NH

---

## Advocacy Column

Matt Moritz, [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org)

---

**E**xciting times are afoot in the legislative arena of Rhode Island. With the support of Representative McNamara and Senator Sosnowsky and others, the Rhode Island Vulnerable Roadway User legislation has been introduced in both house and senate. At the end of April, the House Judiciary Committee heard and accepted written testimony related to the bill where several local bicycle riders voice their support for the legislation. While I was unable to speak at the committee hearing on behalf of the NBW, I did submit a letter to the committee indicating support from the NBW for this legislation, given that it would set penalties on vehicle operators who seriously injure or kill anyone legally using the road. Since the hearing there hasn't been an update on the status of if or when this bill will be moved out of committee and to the house for consideration.

The senate bill contains very similar language to the house bill, though of significance is that the senate bill does not class this to be a felony. Otherwise, both bills define the penalties for conviction to include driver training, community service, a fine, and loss of license for a minimum of one year. As of this writing, the senate Judiciary Committee is expected to hear testimony on the evening of May 5th, 2011.

Connecticut and Massachusetts have had similar legislation introduced during the current legislative sessions. Massachusetts has not yet had any hearing scheduled, whereas in CT, while the bill was voted down last session, it has been passed out of the Senate Judiciary

Committee to the full Senate for debate and vote. This activity had not yet been scheduled as of this writing.

Of course, even if all of these additional legal remedies become a reality, it is still a hard battle to make non-cycling vehicle operators aware of the dangers they can represent. There is currently no requirement for retesting to certify awareness of new laws governing vehicle operation. With at least two such laws passed in the last year related to vehicle operation, review should be mandatory at all license renewals. (Safe Passing Law, Texting and Driving).



It also becomes important to convince police, prosecutors and judges that the decision to operate a bicycle does not imply an acceptance of risk or an expectation of equal protection under the law. As we're all too aware from recent cases, getting police to investigate an incident related to a pedestrian or bike rider seems to always assume that somehow the fault was with the

most vulnerable party. Here we need to engage with these public servants and communicate with them as people to get past any notions of a person on a bicycle as taking on extra risks, is an adrenaline junky or risk taker and that we are not abdicating our rights to life, liberty and the pursuit of happiness (by operating a bicycle on the public way, legally).

As always, if you see an opportunity in your community or around the state for the NBW to be engaged, please let me know: [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org)

---

## The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD, March 2011

---

### Dieting Gone Awry: When Food is Foe

*I should be pencil-thin for all the exercise I do.  
I don't keep cookies in the house. If they are there, I eat way too many of them.  
I'm afraid if I start eating, I won't stop...*

Too many athletes are at war with food and their bodies. In their quest to attain the "perfect body" that is leaner, lighter and presumably faster and better, they have developed atypical eating patterns that are far from peaceful. As one client reported, "I'm trying so hard to lose five pounds but I'm getting nowhere. In fact, I'm even gaining weight. I'm "good" at breakfast and lunch, but after I get home from the gym at night, I end up devouring everything in sight. On weekends, my eating is even crazier." Sound familiar?

### The problems with dieting

The first three letters of diet are D-I-E. Dieting conjures up

feelings of deprivation and denial. Dieting is unsustainable, no fun. Few dieters win the war against hunger. Even 50% of people who had gastric bypass surgery regained weight within two years (1).

Why does this happen? Because the body perceives a diet as a famine and strives to protect itself from starving to death by signaling hunger. Hunger leads to the overwhelming urge to binge-eat. Research with healthy, normal-weight men who cut their food intake in half (similar to what many dieting athletes try to do) reports most regained the weight they'd lost—plus 10% more—within three months (2). Another study with middle school kids who were followed through high school indicates all efforts to lose weight resulted in disordered eating patterns five years later—but not leaner bodies (3). Dieting tends to create more long-term problems than it solves

### How to find peace with food

Let's take a look at some ways to transform blown diets into appropriate fueling (while you chip away at losing

Continuurf ....

undesired body fat). A first step is to remember food is *fuel*, not the fattening enemy. Food not only enhances athletic performance but also prevents hunger and out-of-control food binges.

As a human, you are supposed to eat, even if you are overfat. If you restrict your food intake, you also restrict protein, carbs, fats, vitamins, minerals and other bio-active food compounds that contribute to good health and high energy. Bad idea. Your body needs those nutrients.

**Calories:** Current research suggests a sustainable way to lose undesired body fat is to knock off about 200 calories a day (4), such as 10 ounces of wine, 20 tortilla chips or one roll with butter. By knocking off the calories at the end of the day, you can lose weight when you are sleeping (as opposed to when you are trying to train and function during the day).

**Carbs:** Bread, bagel, pasta, rice, crackers—all those dreaded carbs—are *not* fattening. Your body does *not* readily convert carbs into body fat. Rather, your body preferentially burns carbs to fuel your workouts. If your muscles become carb (glycogen) depleted, you will feel an incessant, niggling hunger that can lead to non-stop snacking. You may believe you are eating because you are just bored, but your muscles are telling you they want carbs to recover and refuel.

Do not try to “stay away from carbs.” Egg whites for breakfast, salad for lunch, and fish + broccoli for dinner leave muscles unfueled and your body unable to train and compete at its best. Oatmeal, whole grain breads, brown rice, and sweet potatoes are just a few wholesome suggestions. Enjoy them as the foundation of each sports meal.

**Protein:** Dieters need to consume a strong protein intake to help protect their muscles. That is, when you restrict calories, you burn not just body fat but also muscle tissue. Enjoy a protein-rich food (in combination with carbs) at each meal and snack.

Protein is satiating; it helps keep you feeling fed and can curb your appetite. Dieters who eat protein (eggs) at breakfast stay full longer than those who eat just carbs (bagel, fruit, granola bar). By eating a enjoying a satiating breakfast, you'll be less likely to crave sweets and succumb to donuts or candy bars.

**Fat:** Fat (preferably healthful fat such as in nuts, olive oil, salmon, peanut butter) is an essential part of a sports diet. It's required to absorb vitamins A, D, E and K. A little fat gets stored right within the muscle cells and gets used during long workouts. It enhances endurance. Runners who switched from a low (16%) fat diet to a moderate (30%) fat diet improved their performance by 14% (5). That's a lot! And, they did not gain body fat.

The mantra “*Eat fat, get fat*” is false. Overeat *calories* and you will get fat, particularly if you overeat calories from fatty foods. Excess dietary fat easily converts into body fat.

**Vitamins:** The less fuel you ingest, the fewer vitamins you consume. Taking a vitamin pill might replace some of those losses, but a pill does not provide other bio-active compounds in foods that protect your good health. Strive to enjoy colorful vegetables and/or fruits at each meal.

By satisfying your hunger with wholesome sports foods at day-

time meals, you will ruin your appetite for the evening “junk food” that contributes to fat-gain. You feel better during the day, have better workouts, be in a better mood—and be able to knock off 200+ calories of evening snacks so you can lose weight easily when you are sleeping. Experiment for just one day with front-loading your calories; the benefits will be obvious!

### Easier said than done?

While food-binges can simply be the backlash from unrealistic efforts to lose a few pounds, they sometimes also serve the important job of distracting people from thinking about painful relationships and feelings of inadequacy. That is, if you incessantly think about food, you are not thinking about how sad, depressed or lonely you might be feeling. You'd rather focus on losing five pounds, believing weight loss will make you happy. Doubtful.

Instead of trying to find happiness from a number on the scale, the better bet is to appreciate your body for all the good it does. Do not compare your body to others. *To compare is to despair.* Practice eating mindfully and ask yourself before you eat “Does my body need this fuel?” Eat mechanically, on a time schedule, with even-sized meals that truly satisfy you, so you don't just stop eating because you think you should.

Rather than struggle with food and weight issues on your own, consult with a sports dietitian who can help you create a positive food plan. Use the referral network at SCANdpg.org to find your local RD CSSD (Board Certified Specialist in Sports Dietetics). Life is too short to spend it fighting with food.



Nancy Clark, MS, RD, CSSD counsels both casual and competitive athletes in her practice at Healthworks, the premier fitness center in Chestnut Hill MA (617-383-6100). For weight loss help, read her *Sports Nutrition Guidebook* and food guides for new runners, novice marathoners and cyclists ([www.nancyclarkrd.com](http://www.nancyclarkrd.com)). See also [sportsnutrition-workshop.com](http://sportsnutrition-workshop.com).

### References

1. Magro D, Geloneze B, Delfini R, Pareja B, Callejas F, Pareja J. Long-term weight regain after gastric bypass: a 5-year prospective study. *Obes Surg.* 2008 Jun;18(6):648-51.
2. Keys A, Brozek J, Henschel A. et al. *The Biology of Human Starvation.* Vols 1 and 2. Minneapolis:University of Minnesota Press, 1950
3. Neumark-Sztainer D, Wall M, Guo J, Story M, Haines J, Eisenberg M. Obesity, disordered eating, and eating disorders in a longitudinal study of adolescents: how do dieters fare 5 years later? *J Am Diet Assoc.* 2006 Apr;106(4):559-68.
4. Stroebele N, de Castro J, Stuht J, Catenacci V, Wyatt H, Hill J. A small-changes approach reduces energy intake in free-living humans. *J Am Coll Nutr.* 2009 Feb;28(1):63-8.
5. Horvath PJ, Eagen CK, Fisher NM, Leddy JJ, Pendergast DR. The effects of varying dietary fat on performance and metabolism in trained male and female runners. *J Am Coll Nutr.* 2000 Feb;19(1):52-60.



---

# Cycling Sessions

Gary Stafford, [cyclingsessions@hotmail.com](mailto:cyclingsessions@hotmail.com)

---

**I**t appears that the bike lanes are being used more and more. We all know why, gasoline prices are going up lately like Apple's stock, and people are looking to the bicycle as something more than an outdoor weekend workout machine. It is time to think about being a part of the bicycle commuting public if you have not already joined!

So how can you join this new crowd of clean energy transportation? Let's look at the details.

- Determine what routes you may have to go back and forth to work. This route will almost always differ from your car route.
- Consider how long it will take based on a trial run on a Sunday to your workplace. Just don't go in. (It's Sunday!) Also take into account the traffic that a weekday morning or afternoon might do to change the time it takes.
- Choose the right bike. I used to ride from Warwick to Seekonk to a former workplace and chose an urban setup. I took my mountain bike, put on some Specialized armadillo slicks that almost never go flat but are heavy for road/glass, bumps through Providence construction. With a higher pressure and 1.5 inches wide, it rode like a road bike but handled like a mountain bike. You may be able to use a road bike for your commute. Some use the portable e-bike like this one below.



- Plan for temperature changes. Morning is often much cooler than the return home part of the commute. Take this into account when you plan your ride.
- Cleaning up. If your commute is fairly short to medium distance you can get away with using sport wipes. I've used Nathan Power Shower Wipes, which are specifically used to take away sweat and grime

and leave you dry and clean smelling, a very important factor in the workplace. (You do not want to be known as the fit but stinky employee in the office up the hall.)

- Another factor to always consider when riding in less than cycling-friendly locations is to be visible. Make sure you mount a blinky light on the back for low light conditions so that you are easily spotted by approaching cars. Do not ride way over in the gutter. This only makes you less visible to the cars and more surprising when you pull across to turn.
- It is always best to let drivers know you are there before a big movement on your part. Wave to drivers who allow you to cross or when you make eye contact to turn left when they acknowledge you. You may see the same car again. (Remember, people love to tell stories about their day.) Let it be something nice like a friendly cyclist rather than a mean one. We want to spread a culture of acceptance in the community for bicycles on city streets, not the opposite. Besides, if you are commuting down the same road every day, you may bump into them again the next day!

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/>

## By the time you receive this issue it will be after May—Bike Month

Hope you joined in the wave of riders  
commuting on  
Friday, May 20—Bike to Work Day

Events were organized in Providence  
and Newport (new this year).

If you took any photos, your editor would be  
most pleased if you'd email copies  
to: [editor@nbwclub.org](mailto:editor@nbwclub.org)

**John Nery's  
New Hampshire Easton Lodge Getaway Long Weekend**  
1406 Easton Valley Rd (Rt. 116), Easton, NH 03580



**Thursday July 7—Monday July 11, 2011**

**Accommodations:**

- Located 4 miles from Franconia State Park, 20 miles from Mt. Washington.
- Sleeps 10 people in the upstairs three rooms. 5 on the main floor. Note: Sleeping is on mats or your own air mattress and sleeping bag or linen.
- Average home-size refrigerator, sink and oven.
- One wash room on main floor with sink and shower.
- A second wash room on the main floor has a sink, toilet, washer and dryer.
- Gas grill and picnic table

**Area attractions:**

- Franconia Notch State Park, Appalachian Trail, Mt. Washington Cog Railway, Lost River, Clarks Trading Post, Flume Gorge, Loon Mountain Ski Area.
- Hundreds of off-road bicycle trails at Franconia Inn and Franconia State Park. Off-road bicycle rental and horseback riding just 2 miles from cabin.
- Road bicycling routes—rolling hills and challenging climbs.

**Meals:** Family style, with participants sharing in meal prep and clean up.

**Location:** 1406 Easton Valley Rd (Rt. 116), Easton, NH 03580— approximately 3.5 hour drive from Providence.

**Cost:** Men or Women style dorm rooms: \$100 per person, includes 4 nights, 4 breakfasts, 3 dinners, and arrival BBQ on Thursday night.

\$50.00 deposit required. Make check payable to: JOHN NERY  
Mail check to: John & Pauline Nery, 3 Springer Ave, Tiverton, RI 02878

NOTE: Accommodation can handle no more than 15 people. Car pooling is encouraged, as parking is limited. If more than 15 show interest the overflow will be given information on nearby, reasonable-cost accommodations.

For more information email [JPNery@yahoo.com](mailto:JPNery@yahoo.com)

---

**HELP WANTED  
For the 40th annual TFCE  
September 11, 2011**

Volunteers are needed for:

- Registration
- T-shirt distribution (start late morning)
- Check points
- Parking detail
- SAG drivers
- Sales table
  
- Minimum 4 hour shift

**Please contact:**

**Larry Shwartz**  
email: [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 Volunteers TFCE ride, and a TFCE volunteer t-shirt. Also, all volunteers can attend our annual banquet free.

---

# From the Touring Committee

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

---

Summer riding season is upon us. I hope that all of you are getting in all the riding that you want. Our first century ride is behind us and our next one is just a few weeks away. With these and all the rest of our Sunday and weekday rides, make sure to keep your bike well-maintained. Any of our "Super Cycle Shops" is ready for your visit. Nothing rides better than a nicely tuned-up steed.

Have a happy summer. See you at Rhody Roundup and TFCE.

### Thanks to our most recent **ARROWERS**:

Apr 3 Connecticut Coastal	Ted Shwartz
Apr 10 Fish Road	John Nery
Apr 17 Killingly Tour	Ed Holden
Apr 24 Diamond Hill Two	Rod Breault
May 1 Westport	Kevin Mitchell
May 8 BikeWorks Swansea	Jim Berry
May 15 Ray Young's Ride	Ted Shwartz
May 22 Plymouth Century	Tony Rizzotti & Crew
May 29 Mystic Metric	John Satterlee & Paul Martens

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 work.

### **When riding please remember the following:**

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

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

---

## New England Rides/Events Calendar

More events posted on the NBW website, [nbwclub.org](http://nbwclub.org) .... NBW has no association with these rides, but posts them as a public service.

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

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

June 12, King's Tour of the Quabbin, Seven Hills Wheelmen century, 62, 100 or 125 miles, challenging route around the Quabbin Reservoir. Start Rutland, MA. Pre-register by Jun 9 at [www.sevenhillswheelmen.org/quabbin](http://www.sevenhillswheelmen.org/quabbin)

June 17-19, Trek Across Maine, Sunday River to the sea, 180 miles in 3 days. American Lung Assoc. See [www.biketreknewengland.org](http://www.biketreknewengland.org)

June 25-26, Ride the Rhode (formerly MS150). Start Narragansett for 75 mile ride to overnight at Connecticut College in New London. The ride 75 miles back to Narragansett.

June 25-26, Cape Cod Getaway, 150 miles in 2 days, Quincy to Provincetown, MA. National Multiple Sclerosis Society. See [bikemam.nationalmssociety.org](http://bikemam.nationalmssociety.org)

June 30-July 4, CRW Bi-Coastal Bicycling from Burlington, VT. 3 or 4 days riding on both sides of Lake Champlain. Contact [ardnadler@aol.com](mailto:ardnadler@aol.com)

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

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

July 24, Strides Ride for Diabetes Awareness, Dartmouth Lions Club's 2nd annual 26-mile bicycle race, from Dartmouth High School. Contact [Dartmouth-Lions@comcast.net](mailto:Dartmouth-Lions@comcast.net)

July 24, George Street Bike Challenge for Major Taylor, uphill time trial on George and Main Streets, Worcester, MA. To benefit Major Taylor Assoc. See [www.majortaylorassociation.org/events/georgestreet11.shtml](http://www.majortaylorassociation.org/events/georgestreet11.shtml)

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

Sep 24, 2nd Annual Woony River Ride, start Providence. 5/10/23/50 mile rides, party after. See [wrwc.org](http://wrwc.org)

Oct 2, 5th Annual Watershed Ride. To support Coalition for Buzzards Bay. 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.

---

**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 *Arrower:* Pete Rice

*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 THESE 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.

---

**June 19, 2011**

**Tiverton Fifty**

15/30/50 miles

**Sunday** 10:00 AM *Map No.* 105 *Arrower:* Tony Rizzotti

*Route* Tiverton, Little Compton, Westport

*Directions* Start at the Tiverton Middle School. Take I-195 East to Rt. 24 South to the Fish Rd Exit. Turn left at the exit onto Fish Rd. At end of Fish Rd turn left onto Bulgarmarsh Road. Go 1.3 miles (keep straight across Brayton) and turn left on Quintal Drive to the middle school.

*Drive Time* 35 minutes from Providence

*Description* An old "sacred" riding area -- easy tour around the salt marshes, ponds, estates, and farms in the state's prime biking area. This ride is not to be confused with September's TFCE -- they are two different rides, although we use some of the same roads.

---

**June 26, 2011**

**North Country Fifty**

19/30/50 miles

**Sunday** 10:00 AM *Map No.* 98 *Arrower:* Ted Shwartz

*Route* Smithfield, Woonsocket, Scituate

*Directions* ALERT ... NEW START ...

The ride will start from in back of the Anna McCabe Elementary School in Smithfield, on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. The school is located at 100 Pleasant View Av, Smithfield RI. This is by the intersection of Route 116 (Pleasant View) and Route 5 (Cedar Swamp Rd). From PVD take Rt 44 W, turn Right on Rt. 5 and continue 1 mile North on Rt 5 (Cedar Swamp Rd), then sharp left onto RT 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.

*Drive Time* 20 minutes from Providence

*Description* The ride goes past the Woonasquatucket Reservoir into the woods and farmlands of North Smithfield, and then heads south to the Scituate Reservoir, finishing through apple orchards.

---

**July 3, 2011**

**Century of the Century**

18/35/55/75/100

**Sunday** 8:00 AM *Map No.* 41 *Arrower:* Tony Rizzotti & Crew

*Route* Kingston, Mystic, Hopeville, Sterling

*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 ride gets its name from the League of American Bicyclists' centennial celebration held at URI in 1980. The century ride is very challenging but is well worth the effort, because it is a scenic, classic tour containing all types of terrain.

100 mile riders start at 8:00 am, others at 10:00 am.

---

**July 4, 2011**

**\*July 4 Holiday Show'n Go**

**Monday** 10:00 AM *Map No.* 105 *Arrower:*

*Route*

*Directions*

*Drive Time*

*Description* Repeat Tiverton Fifty ride (map #105). Follow arrows from June 19.

---

**July 10, 2011**

**Miles Standish State Forest**

22/46 miles

**Sunday** 10:00 AM *Map No.* 57 *Arrower:* M & M Vigorito/Paiva

*Route* Wareham-Marion-Carver-Plymouth

*Directions* START: Town Hall/High School complex, Wareham, MA. Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.

*Drive Time* 45 minutes from Providence

*Description* This easy ride heads south to the waterfront town of Marion on Buzzards Bay, before turning north through cranberry bog country to Miles Standish State Forest. Long ride goes through the forest to Plymouth and the other shore. 22 miler doesn't go through the forest, but it skims close by, and you can add a couple of miles if you want to detour and check out the pond. The old route used the old bike path in the forest. We eliminated that, but left it on the map in case you really want to use your technical skills on an narrow, twisty path with steep ups and downs. Thanks to the touring crew for resuscitating this old ride.

---

**July 17, 2011**

**Great Grandma's Farm Ride**

15/23/50 miles

**Sunday** 10:00 AM *Map No.* 49 *Arrower:* Ed Holden

*Route* Lincoln, Burrillville, Uxbridge, Pascoag, Chepachet, Glocester, Smithfield

*Directions* Start at McDonalds at the Lincoln Mall on Rt 116 in Lincoln, RI. Take Rt 146 N to the exit signed Rt 116 S/Mall exit (Note: the Mall is only 1/2 mile west of this exit so don't go far on Rt 116 whichever exit you take!) Follow Rt 116 for 1/2 mile; the mall entrance is on the right at the light.

*Drive Time* 15 minutes from Providence

*Description* This challenging, but lovely, ride, designed by Luke Brisette, was the winner of our 1998 design-a-ride contest. It's a good workout (especially Burlingame Rd!). The ride is named for Luke's great grandmother, whose old farmhouse on Buxton St. still stands. The ride travels miles of back roads, with ponds, reservoirs, farmland, and country homes. On Stone Barn Rd note the actual stone barn. Enjoy a rest stop at White Mills Community Park at E. Wallum Lake Rd. in Pascoag, the historic Smith Appleby House on Stillwater Rd., the two fascinating houses that everyone sees from Rt. 295 in Smithfield, and Monster Head Rock on Mattity Rd. on the 23 mile loop. Food stops are at Slatersville Plaza, Pacoag Center, Chepachet (Rt. 44), Smithfield (Rt. 116 and Log Rd.) and McDonalds at the end of the ride.

---

**July 24, 2011**

**New Rhody Roundup**

13/23/33/46 miles

**Sunday** 10:00 AM *Map No.* 164 *Arrower:* Monica & Ray Foulkes

*Route* Slocum-Exeter-Coventry

*Directions* NEW RHODY ROUNDUP LOCATION:  
YAWGOO BAKES, 555 SLOCUM RD, SLOCUM, RI  
Take Rt 95 South to Rt 4 South (a left hand exit). Stay on Rt 4 until the second traffic signal  
Turn right on West Allenton Rd. Continue onto Indian Corner Rd. 4/10 mile turn left at stop sign on Indian Corner Rd.  
Continue onto Slocum Rd. Stay on this road until you reach Yawgoo Bakes  
Total mileage from Route 4 is 3½ miles.

*Drive Time* 30 minutes

*Description* We move to southwestern RI this year to Yawgoo Bakes & Barbecues in Slocum (it's just north of URI) for our Rhody Roundup barbecue. Rides start at 10 AM. The food will be served at 1:30 PM. Choose your route accordingly, so you'll be back in time. We adapted the rides from our popular Western Hills Ride, eliminating most of the hills, so you have a selection of rolling rural rides heading north from the village of Slocum, through Exeter. The long ride goes through Coventry Ctr.

NOTE: Barbecue tickets must be purchased in advance - see the form on page 3 - no meal tickets can be sold on the day, sorry.

---

**July 31, 2011**

**♥ Joe Medeiros Ride**

17/25/47/62 miles

**Sunday** 10:00 AM *Map No.* 62 *Arrower:* Ted Schwartz

*Route* North Dartmouth, Freetown, New Bedford

*Directions* Start at the commuter parking lot off Rt. 140 in New Bedford, MA. From Providence, take I-195 E to Rt. 140 N, to Exit 4 (King's Hwy). Bear R off the exit and turn right at the next T intersection. The lot is 1/4 mi ahead on the right. From the north, take Rt. 140 S to Exit 4 (Mt. Pleasant St.). Turn right at the end of the ramp; the parking lot is on your right.

*Drive Time* 30 minutes from Providence

*Description* This ride was nurtured by Joe Medeiros, a former club vice president. Under Joe's guidance, this gently rolling ride through the rural countryside between Fall River, New Bedford and Freetown was improved and extended to 62 miles. The short loop of this ride is a good ride for beginners.

**August 7, 2011**

**Providence Bicycle Ride**

10/35/57 miles

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

**Route** Providence-Smithfield-Glocester-N Scituate-Greenville

**Directions:** Start at Providence Bicycle, 725 Branch Ave, Providence. From I-95 South: Take Exit 24 (Branch Ave). Turn Right onto Branch Ave. Providence Bicycle is 1 mile down Branch Ave. From I-95 North: Take Rt. 146 North to Branch Ave exit, turn Left onto Branch Ave. Providence Bicycle is on the right, in a red brick converted mill. DO NOT park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot.

**Drive Time:** 10 minutes from Providence.

**Description:** Sponsored by Providence Bicycle, this challenging ride soon leaves the city behind, heading north west. The 57 mile loop goes through Lincoln and North Scituate, crossing the Scituate Reservoir before returning through Greenville. 10 milers turn off in Lincoln to return through North Providence. 35 milers turn south in Smithfield. One of our favorite riding areas, with a new look! Providence Bicycle invite riders to stop by the shop after the ride for drinks and nibbles, and to check out their latest gear.

**August 14, 2011**

**Tom & Pat's Half Century**

19/28/50 miles

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

**Route** Coventry-Foster-Sterling

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

**Drive Time:** 35 minutes from Providence.

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

♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event

**NBW CYCLING JERSEY**

Short sleeve. Red.

Specify men's or women's cut when ordering

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

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

**\$50, 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](mailto: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

**Deadline for the next issue is July 5**

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

Tentative Future Ride Schedule—comments to Gil Peel, touring@nbwclub.org						
Month	Date	Map #	Ride Title	Ride Start	Distances	Arrower
Jul	Sun 31	62	Joe Medeiros Ride	New Bedford, MA	20/28/43	Ted Shwartz
Aug	Sun 7	32	Providence Bicycle Ride	Providence	10/35/57	Bladimir Rodrigues
	Sun 14	19	Tom & Pat's Half Century	Coventry	19/28/50	Ed Holden
	Sun 21	54	South Shore Century	Middleboro, MA	27/54/75/100	Jim Berry & Crew
Sep	Sun 28	79	Putnam Ride	Putnam, CT	15/32/66	Paul Rider
	Sun 4	43	Western Hills Ride	URI, Kingston	22/30/41/62/83	Ted Shwartz
	Mon 5	19	*Labor Day Show'n Go	Coventry	19/28/50	
	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	Tony Rizzotti
	Sun 2	58	Wachusett Three Quarter	Whitinsville, MA	15/28/55/77	Chip Kent
Oct	Sun 9	130	Cape Caper	Bourne, MA	22/48/62	Ted Shwartz
	Mon 10	17	*Columbus Day Show'n Go	Richmond	15/25/30/47	
	Sun 16	74	Fall Foliage Tour	Glocester	20/40/64	Tony Rizzotti
	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

Your newsletter is also available on the NBW website ..... nbwclub.org/members

You will need the members' username and password to access the members' section of nbwclub.org  
 username: spring2010\_mem  
 password: Cross2ed

Members who no longer wish to receive a paper copy of the newsletter by US mail should email editor@nbwclub.org

**HELP WANTED**  
**For the 40th annual TFCE**  
**September 11, 2011**

Volunteers are needed for:

Registration	Parking detail
T-shirt distribution	SAG drivers
Check points	Sales table

**Please contact:**  
**Larry Shwartz**  
**email: larryshw@gmail.com**

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

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