

The Spoke'n Word

Volume 41, Number 4

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

August/September 2011

nbwclub.org



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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).

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Exeter, RI 02822
401-539-7540

WeeBIKE.com

Balance Bike & Merino Wool Specialist
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330 Hathaway Rd
New Bedford, MA 02746
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459 Willett Ave
Riverside, RI 02915
401-433-4491

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



MOVING?

If you're planning to move, please let us know. The US Post Office will not forward your newsletter to you. Email your new address to our Membership Chair, Ted Shwartz at:

membership@nbwclub.org

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

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

*** MEMBERS PASSWORD ***

NBW website: nbwclub.org
Members' page access (case-sensitive):
User name: **spring2010_mem**
Password: **Cross2ed**

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

Cover: Bladimir Rodrigues leads out on the Diamond Hill Two ride, Apr 24 2011
Photo: Alfredo Sosa

Want your photo in the Spoke'n Word?

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

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

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

President's Message

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

Many riders take our arrowing for granted – it is easy to do since it is such a consistently first-rate and reliable part of our rides. New and visiting riders are always amazed at how well thought-out and well marked our club rides are. To all arrowers out there - **thank you** on behalf of the entire club.



This year's Tour de France climbed Luz Ardiden—we won't be arrowing this one!

In addition, there is another “under the radar” force that helps the club operate at a very high level – that unseen dynamo is **Monica Foulkes**. A master of communications and organization, Monica manages this magazine, the website, and so much more with efficiency, humor, and an amazing attitude. Few know how much work goes on behind the scenes so I wanted to say thanks to

her as well. Next time you see Monica on the road or at a club event, please take a moment to give her your thanks as well.

TFCE – Please contact **Larry Shwartz** or **Ted Shwartz** about volunteering at the upcoming September TFCE. As you know, this is the club's largest source of revenue and it is important to maintain the treasured status this ride has achieved. Volunteers make it happen so your participation is vital, welcome, and appreciated.

Andy Arkway – As you may have heard, the club lost a long time member and a terrific friend with Andy's passing on July 8, 2011. Andy always met you with a warm smile, a funny quip, and a positive outlook. He was a steadfast volunteer for the club for all kinds of events – TFCE, PB&J making, special projects, brainstorming new ideas about the club, etc. As a fast rider, Andy would always make a point to ride at whatever level of the others around him. In so many ways, he made our rides and our events loads more fun just by being there. On behalf of the Narragansett Bay Wheelmen, we will forever cherish the memories of riding, talking, and especially laughing with Andy. Without question, he lived life well and I know the club as a whole relishes our time with him. My deepest sympathies to Andy's family and friends. He is and will be sorely missed.

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, 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
Arrowers/Paint coordinator: Jim Berry, arrows@nbwclub.org
Ride starters: Raul Silvia, Jack Williamson, 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

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: _____

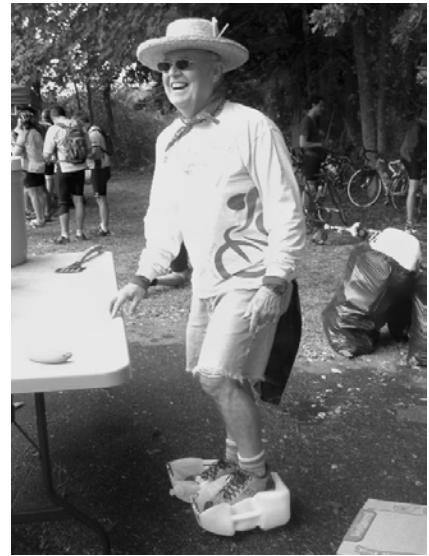
Mail entire page and check to: NBW Membership, PO Box 56, Dartmouth, MA 02714-0056

Allow 6-8 weeks for processing

HELP WANTED

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

September 11, 2011



Volunteers are needed for:

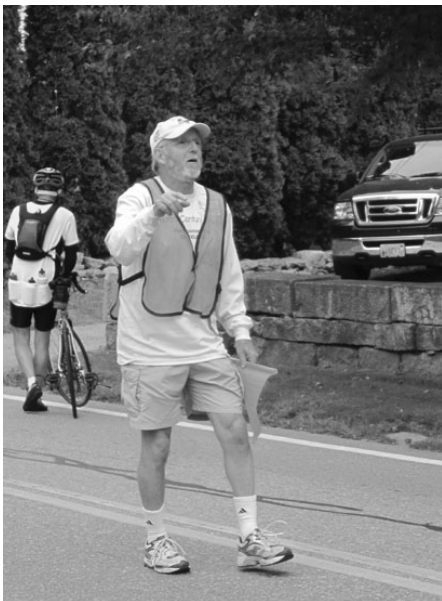
- Registration
- T-shirt distribution (start late morning)
- Check points
- Parking detail
- SAG drivers
- Sales table

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

Please contact:

Ted Shwartz

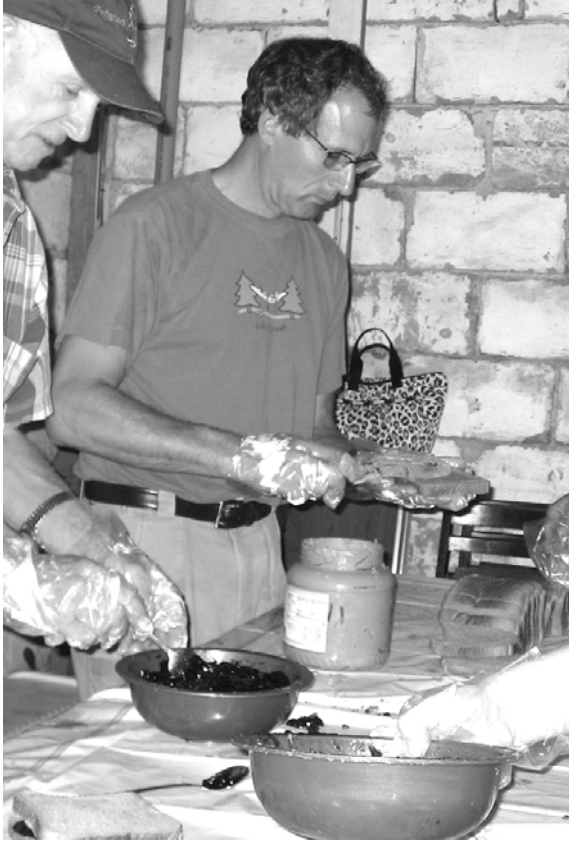
e-mail: tshwartz@gmail.com



*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.*

Andy Arkway



NBW member Andy Arkway, 51 years old, passed away July 8th after being hospitalized since April 7 with encephalitis.

A Celebration of Andy's life was held July 17, 2011, at Sweet Berry Farm, Middletown, RI, with a walk of the five mile long Sakonnet-Greenway Trail, Andy's premier project while with the Aquidneck Land Trust. Donations and memorials in lieu of flowers may be made in Andy's name to the Aquidneck Land Trust and the Providence Animal Rescue.

Andy was a long-time club member and volunteer. He was a friend to many in the club—always with a warm smile and good conversation. If you had the chance to

know Andy, you liked him—he always had a kind word or a good story to share. He could talk intellectually on almost any topic and also had a wild sense of humor and a quick wit.

Members who don't know him by name might remember him as the guy who would show up with his titanium Seven bike on the back of his Porsche Boxster. He was a fast rider but was always willing to slow down to chat with a friend. Friends remember that his last club ride was the April 3rd Connecticut Coastal & Ridges ride.

Andy had certain sayings we referred to as "Andyisms". If we were setting out on a somewhat dubious adventure he would say "but what could possibly go wrong?" Even though he took every safety precaution with all of his extreme sports he always said "safety second".

Andy was a regular TFCE volunteer (our photo shows him on the PB&J sandwich-making crew), riding to the PB&J session on his powerful Japanese motor bike. He had many activities, including road and mountain biking, downhill and backcountry skiing, swimming, kayaking, motorcycling, scuba diving. He was a world traveler, loved cats and dogs. He had a love for fast cars and track days at the race track, Monty Python and the Three Stooges. He had a love of fireworks that didn't fit in with his peaceful and nature loving personality. His fireworks display at the Maine House weekend in 2009 will be long remembered. He did the MS150 bike ride, and the Save the Bay swim.

Andy had a passion for environmental causes. Over the years he worked at Roger Williams Zoo and most recently he worked at the Aquidneck Island Land Trust until last November when he left to spend more time with his dad in Vermont and pursue some of his other passions. Not only a great friend to many, a great son, brother and uncle but also a great citizen of the world. He left an impact on everyone he met and made this world a better place. He will be sorely missed by all those he touched.

Thank you once again for all your support, concern, and love during these past months.

Contributed by NBW member Paula Bissell.



Wheeler Dealer

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

For Sale:

Trek 1600, woman's bike, 54 cm, blue, hollow bottom bracket, Ultegra derailleur, 30 speed, Shimano shift. \$500
Contact: Bev Thomas, email: bevthomas2@cox.net or call 401-568-8166

For Sale:

(3) Continental Ultra Gatorskin 700x28C tires. Two are used, one is new. Used tires have 1416 miles on them. I rode them on Route 66 from Texas to Chicago this year. No punctures during the ride. Price: Used rear-\$10, used front-\$15, new one-\$20. Prices are firm and prefer to sell as a group.
Call Don at 508-252-4164 or E-mail dchiavaroli@yahoo.com

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

On-Road Connection Opened Between the East Bay Bike Path and the Blackstone River Bike Path

Throughout the last few months there has been a bit of a buzz in the Providence bicycling community as new road markings and signs have appeared near India Point Park end of the popular East Bay Bike Path. Through tireless effort, the Blackstone Valley Tourism Council (BVTC), who is very active in the continued development of the Blackstone Valley bike path, has worked with the towns of Cumberland, Central Falls, East Providence and Providence to have an on-road connector marked until the path is completed.



The new markings include new painted markings called "sharrows", short for **Shared Lane Arrows**. This marking is intended to help all road users understand the best place for a bicycle rider to be positioned in a lane as well as notify automobile drivers that bicycles are present. There has been some confusion with the new markings, as they are not common in New England. Some have thought that they indicate an official bike lane, leaving no room for automobiles to operate. Bicycle riders are meant to align their bicycle with the points of the arrows on the road, which should put them outside of the door zone of parked cars and away from debris-strewn gutters and curbs.

In addition to the road markings, standard green "bike route" signs have been installed, as well as "wayfinding" signs to indicate the route to follow specific to the Blackstone Valley Bikepath. These generally follow the existing route markers that the East Coast Greenway has installed throughout the state and indicate all turns.

To inaugurate the new signage and connector, BVTC hosted a ride on Monday July 11, 2011 with a ride and speaking programs along the route, starting at the north terminus of the East Bay Path and ending at the start of the Blackstone Valley Bikeway. Due to construction on the I-95 bridge in Pawtucket, the route is temporarily rerouted, with bicycle detour signs in place, but will eventually use Taft Street to enter Pawtucket.

Plans are being developed under the supervision of RI-DOT to provide a more comprehensive connection in the future. Some of the final route may reuse these markings, as it isn't considered possible to create a completely off-road path to connect the East Bay and Blackstone Valley bike paths.

The 8.5 mile route uses Gano street as far as Pitman and reaches the Blackstone Boulevard bike lane via the Blackstone Park waterfront area. From the boulevard, Alfred Stone to Pleasant Street, then Taft street to Roosevelt Ave in Pawtucket, meeting up with the Blackstone bikepath in Valley Falls near Broad Street.

[Ed—If you read our newsletter online the following very long Facebook URL's are live! Go to nbwclub.org, members section, to save yourself a lot of tricky typing]



Wayfinding sign:

<http://www.facebook.com/photo.php?fbid=228673200496021&set=a.228673193829355.74537.169829136380428&type=1&theater>

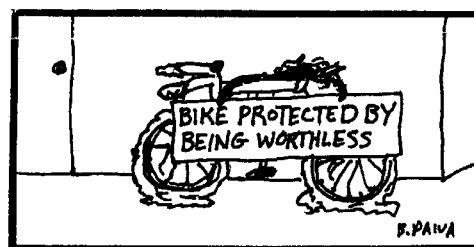
Sharrows Example:

<http://www.facebook.com/event.php?eid=110716099020545>

Map (the on-road connector is designated by the dotted line on the map):

<http://cycleblackstone.com/maps.htm>

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



NBW Special Events Committee announces
The Vermont House Fall Foliage Getaway Weekend



Thursday October 6–Monday October 10, 2011

Accommodations:

- Located in the village of Proctorsville, a five minute drive from Ludlow and Okemo Mountain
- Accommodates up to 38 people
- 6 spacious dorm style bedrooms
- 7 independent bathrooms
- Fully equipped kitchen facilities
- Informal dining and living areas complete with wet bar
- Franklin stove
- Color cable television and stereo system
- Workshop space for bicycle repairs
- Secure storage facilities for sports equipment

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

Location: Proctorsville, Vermont – approximately 4-hour drive from Providence

Cost: \$140 per person (includes 4 nights stay, 4 breakfasts & 3 dinners)

\$50.00 deposit required

Make check payable to: Narragansett Bay Wheelmen (NBW)

Mail check to: Donald Paiva, 81 Harris Street, Riverside, RI 02915

For more information contact Don Paiva at donpaiva53@cox.net, or 401-433-3463

The Athlete's Kitchen

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

Exercise, Injury & Creatine: Updates from ACSM

Each year, more than 5,000 health professionals gather at the Annual Meeting of the American College of Sports Medicine (ACSM; www.acsm.org). At this year's meeting (Denver, June 1-4, 2011), exercise physiologists, sports medicine doctors, and sports nutritionists shared their research and offered updates. Here are three updates that might be of interest.

The power of exercise

"Exercise is medicine" is the slogan for ACSM's public health campaign to teach people the importance of living an active lifestyle. *"Exercise is better than medicine"* would also be a good slogan!

According to Dr. Karim Khan of the University of British Columbia, lack of physical activity is the biggest public health problem in the 21st Century. (I know, I am "preaching to the choir" because you are undoubtedly already active. But I'm sure you have friends and loved ones who spend too much time on the couch. Please pass along this message along to them.)

We know that exercise can reduce the risk of heart disease, certain cancers, dementia, and other diseases of aging. But what most people don't know is 16% of North Americans will die from low fitness/sedentary lifestyle. That's more than the 14% of people who will die from "smokerdiabesity" (smoking, diabetes, and obesity combined). (1)

If exercise is so good for us, why are so many people failing to exercise regularly? And how can we get them to exercise by choice? Incentives work in the short term. That is, employees who get a discount on their health insurance premium will initiate an exercise program. But in the long term, people maintain an exercise program if it gives them pleasure, makes them feel good about themselves, improves their mood, and offers friendship.

Wanna-be exercisers should take weight loss out of the equation. That is, if they are exercising just to lose weight, what happens when they reach their goal? They'll still need to keep exercising to maintain that fat loss, so they had better start a program they are interested in enjoying for the rest of their lives!

Just as MDs monitor blood pressure and weight, they should also monitor physical activity. Thanks to ACSM's *Exercise is Medicine* campaign, doctors are now being encouraged to prescribe exercise to their overfat, under-

fit, (pre)diabetic clients, telling them how often, how hard, and how long to exercise. This written prescription has been shown to help improve exercise compliance.

Nutrition for injuries

Unfortunately, part of living an active lifestyle seems to entail being injured; no fun. Athletes with injuries should pay attention to their diet. If they are petrified of gaining weight (yes, petrified is a strong word, but it seems fitting to many injured athletes who seek my counsel), they may severely restrict their food intake. One runner hobbled into my office saying, "I haven't eaten in two days because I can't run..."

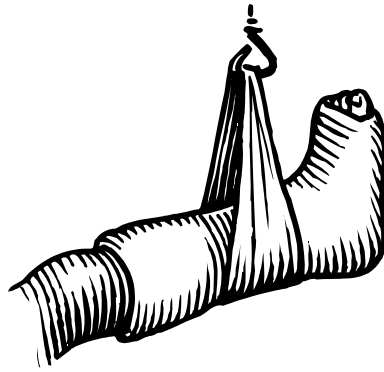
While injured athletes do require fewer calories if they are exercising less than usual, they still need to eat an appropriate amount of fuel. Injuries heal best with proper nourishment. For example, if you have had surgery (such as to repair a torn ligament), your metabolic rate might increase up to 20%. Using crutches increases energy expenditure by 5 to 8%. If a wound happens to get infected, metabolic rate can increase by 50%.

When injured, you want to eat mindfully, so that you eat enough calories—but not too many calories. Before you put food into your mouth, ask yourself: "Does my body need this fuel? ... Will this food provide nutrients to help my injury heal?" Your mind may want excessive treats to comfort your sorrow, but the nutrient-poor cookies that help you feel happier for a moment can contribute to undesired fat gain that will increase your misery for the long run.

If you have ever had a broken bone, you have seen firsthand the muscle wasting that occurs when, let's say, a leg has been in a cast for 6 to 8 weeks. The good news is, according to Dr. Stuart Phillips of McMaster University, muscle strength and power returns quicker than muscle size. You can minimize excessive muscle loss by eating adequate protein. The typical (and adequate) protein intake is 0.5 g protein per pound of body weight per day ((1.1g/kg/day). During recovery, a better target is about 0.7 g pro/lb (1.6 g/kg). For a 150-pound athlete, that's 75 to 105 g protein for the day, an amount easily obtained through your diet. Simply choose a protein-rich food at each meal and snack throughout the day to help maximize healing and minimize muscle loss.

Creatine and health

Creatine has been shown to enhance performance in sports that require short bursts of energy (including ice hockey, sprinting, soccer, weight lifting). The question



Continued ...

arises: Is creatine harmful? According to Eric Rawson, PhD of Bloomsburg University in PA, creatine is safe. Although critics have tried to implicate creatine in athletic events that resulted in death, other factors were involved, such as excessive exercise in extreme heat (2, 3, 4).

The NCAA and other sports organizations discourage the use of creatine in teenage athletes. Teens who take creatine while their bodies are growing will never know how well they could have performed with simply a good sports diet and hard work. The question arises: Will athletes who take creatine be enticed to try other ergogenic aids, such as harmful and illegal steroids? The answer is unknown.

On a daily basis, the brain uses creatine to help us think and process. (Thinking requires quick energy, and creatine enhances that metabolic pathway.) Taking creatine supplements can increase brain creatine by 4 to 9%.

When the brain is tired, as happens with sleep-deprivation, creatine may be able to enhance brain function. For example, sleep deprived rugby players who took creatine improved their accuracy when throwing a ball (compared to those who did not take creatine). The effect was similar to if they had taken caffeine, another alertness-heightener (5).

Creatine might be helpful for athletes who suffer a concussion. Research with animals suggests taking creatine pre-concussion enhances recovery (6). Granted, few athletes know when they will get a concussion, but anecdotal

reports tell us that hockey players who routinely take creatine (and have higher brain creatine status than athletes who do not take creatine) report enhanced recovery. In certain medical situations (such as muscular dystrophy, Parkinson's disease), creatine can also have a health-protective role.



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

References:

1. Blair, S. Physical inactivity: the biggest public health problem of the 21st century. *Br. J Sports Med.* 2009; 43;1-2
2. Persky AM, Rawson ES. Safety of creatine supplementation. *Sub-cell Biochem.* 2007;46:275-89.
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Women's Rides

Randi Braunstein sent in this photo of the riders on their June 4, Fish Road ride. As you see, the women's rides have been attracting a good turnout.

Any future schedule will be posted on the NBW website, nbwclub.org

From the Touring Committee

Gil Peel, touring@nbwclub.org

The heat of summer is upon us. I remember last summer that riders on the New Bedford/Plymouth ride called it “the Death March” because many people suffered from heat and dehydration. There are more hot days ahead, so please think about your liquid intake before you get on the road. Plan ahead when to drink, and how much. If you are running low, don't cut back on the amount—drink what you need until it is gone. If you run out before you find a store, stop at someone's house and ask them for water. They will almost always be understanding and accommodating.

Thank you to our new arrower volunteers. A few new people have come forward. When you are arrowing, please try to use as many existing arrows as possible. Also, always take a can of black paint (we provide it). Black out conflicting arrows, or excess arrows at intersections. Even the black paint makes a good base for later rides. Make sure to check the arrowing guidelines before arrowing, even if you are an experienced arrower. The guidelines are available on the club website: nbwclub.org

Thanks to our most recent ARROWERS:

Jun 5	Dartmouth 50	Mark St. Amour
Jun 12	Norwich Metric	Pete Rice
Jun 19	Tiverton 50	Tony Rizzotti
Jun 26	North Country 50	Ted Shwartz
Jul 3	Century of the Century	Tony Rizzotti, Jan Harbutiak, Don Paiva, Jim Berry

Jul 13	Miles Standish	Margaret & Mike Vigorito, Don Paiva
Jul 17	Great Grandma's Ride	Ed Holden
Jul 24	Rhody Roundup	Monica & Ray Foulkes
Jul 31	Joe Medeiros Ride	Ted Shwartz

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 or arrows@nbwclub.org. Jim lives in Taunton, 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

WELCOME New Members

Patricia A. Barry, Plymouth, MA
Timothy Bryant, Westport, MA
Scott J. Cameron, Bristol, RI
Mary J. Clapp, Providence, RI
Pamela M. Clark, Wareham, MA
Dennis J. Cohen, Pawtucket, RI
Timothy & Joan Connell, Pawtucket, RI
Rosemary Crocker, Providence, RI
Robert B. Crook, Pawtucket, RI
Michael Degroen, South Dartmouth, MA
Scout, Dwyer & Dayton Deighan & Liz Margolies, Lincoln RI
Craig, Charlie, Susan & Coby Denegar, Mansfield Ctr, CT
Stephen Dickie, Newport, RI
Catherine A. Fanning, Smithfield, RI
Dwight R. Haley, Warren, RI
Steve & Mary Heath, Jamestown, RI
Benjamin W. Husted, Jr, Plymouth, MA
Jane & John Isaac, East Greenwich, RI
Shawn Littlefield, Swansea, MA
Eileen McAlary, Providence, RI
Kathleen Morrissey, Providence, RI

Douglas R. Nickel, Providence, RI
John A. Nosach, North Kingston, RI
Patrick J. Orman, Providence, RI
Eileen A. Penner, Providence, RI
Mark A. Perry, Foxboro, MA
Timothy J. Preston, Seekonk, MA
Brian, Jennifer, Kelsey & Aidan Prince, Uxbridge, MA
Denise Randall, Swansea, MA
Edward & Laura Ritchey, West Kingston, RI
Al, Rachelle, Alex & Emily Romano, North Scituate, RI
Paul, Heather, Annabella & Nicholas Roy, Middlebury, CT
Amy B. Schoenbaum, Brookline, MA
Jeffrey Slone, Newton Center, MA
Dale Sogge, Wrentham, MA
Paul Sprouse & Inger Janicki, Dover, NH
Paul Sukphisit, Pawtucket, RI
Bruce A. Tavarozzi, Cranston, RI
Jeffrey B. Waldman, East Greenwich, RI
Lealand O. Walsh, Jr, Wrentham, MA
Elizabeth A. Wear, Albion, RI
David M. Winoker, Barrington, RI

NBW RIDE SCHEDULE

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

July 24, 2011 New Rhody Roundup 13/24/34/42 miles

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

Route Slocum-Charlestown-Narragansett-Wickford

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.

All routes head south towards the ocean at Narragansett and will use some part of the South County Bike Path - please use caution on the bike path, and by the ocean in Narragansett where you will encounter some beach traffic. The 13 mile route is flat; other routes have hills on the return from Narragansett (however, there is a flat ~20 mile option if you use the bike path all the way into Narragansett, then retrace the route back, following the 13 mile arrow turn off on South St to head back to the start).

NOTE: Barbecue tickets must be purchased in advance - the form is online and in the newsletter - 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 *Arrover:* 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 *Arrover:* 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 146 North to Branch Ave exit, turn left onto Branch Ave.
Providence Bicycle is on the right, in a red brick converted mill, directly across the street from Dunkin Donuts. Don't park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot. Overflow parking in the shopping center on the other side of Branch Ave, next to Rt 146 exits.

Drive Time 10 minutes from Providence

Description 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. 3N for about 2 miles. Coventry Plaza is on the left just after Burger King.

Drive Time 35 minutes from Providence

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

August 21, 2011 **South Shore Century** 27/54/75/100/125

Sunday 8:00 AM *Map No.* 54 *Arrower:* Jim Berry & Crew

Route Middleboro, Plymouth, Cohasset

Directions Start at the Middleboro High School, in Middleboro, MA, on Rt 28 just past the Rt 105 Intersection. Take I-95 N to I-495 S to the Rt 105 exit (Exit 4). Turn left off the exit onto Rt 105 to the first intersection with a traffic light. Go right at the light onto Rt 28. School is about 1 mile on the right.

Drive Time 60 minutes from Providence

Description This favorite century ride is one of the easiest and loveliest of the club's centuries, travelling along Boston's south shore with its spectacular water views. We will ride to Duxbury, then wind our way along the coast up to Cohasset, turning south to Middleboro on back roads, passing numerous ponds and farms along the way. Luca Marchi updated the old route, taking the shorter rides off some roads that have become extremely busy onto quieter back roads, adding an optional detour through Wompatuck State Park on the 100 mile return, and an extension to a double metric for the adventurous.

100/125 milers leave at 8:00 am; all other riders leave at 10:00 am.

August 28, 2011 **Putnam Ride** 15/32/66 miles

Sunday 10:00 AM *Map No.* 79 *Arrower:* Paul Rider

Route Putnam, Woodstock, Staffordville, MA, Pomfret

Directions Start at Riverfront Commons plaza, Kennedy Dr, Putnam, CT. Take Rt. 44 W into CT. About 6 miles after state line, go into Putnam Ctr, down hill to traffic light before the river, turn right on Kennedy Dr. Plaza is 0.2 miles on right.

Drive Time 50 minutes from Providence

Description A challenging, but beautiful ride, mostly in northeast CT. The long ride climbs to the Hamilton Reservoir in MA, heads west to the Staffordville Reservoir, returning by Ragged Hill and Bald Hill. Carry ample food/water - few stores on the route.

September 4, 2011 **Western Hills Ride** 22/30/41/62/83

Sunday 10:00 AM *Map No.* 43 *Arrower:* Ted Shwartz

Route South County, East Greenwich, Foster, Scituate, Hope

Directions URI, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick building to the parking lot by the soccer fields.

Drive Time 45 minutes from Providence

Description This ride is a rolling tour of southwestern RI starting from URI. The tour includes many villages, including Slocum, Exeter, West Greenwich, Green, Foster Center, Clayville, a spin by the Scituate Reservoir, Hope and Coventry Center. There are few food stops along the route, so carry plenty of water.

September 5, 2011 ***Labor Day Show'n Go**

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

Route

Directions

Drive Time

Description Repeat Tom & Pat's Half Century ride (map #19). Follow arrows from Aug 14.

September 11, 2011 ****TFCE**

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

Route

Directions

Drive Time

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

September 18, 2011 **Cranberry Metric** 17/35/62 miles

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

Route Lakeville, Assawompsett, Middleboro, Bridgewater

Directions Start at the Staples plaza on Route 44 in Raynham, MA, near the junction of Routes 44 and 24. Park away from stores.

Drive Time 25 minutes from Providence

Description Enjoy this spectacular and relatively flat ride originated by Judy Northrup. Scenic country roads, ponds, and cranberry bogs abound throughout the ride.

September 25, 2011 **♥ Chariho Tour** 15/25/30/47 miles

Sunday 10:00 AM *Map No.* 17 *Arrower:* Tony Rizzotti

Route Charlestown, Richmond, and Hopkinton

Directions Start at Chariho High School, on Hope Valley Rd in Richmond, RI. Take 95S to exit 3B West (Rt 138W Hope Valley). Go 1.1 miles to a traffic light and go straight on Rt. 3/Rt 138. About 1 mile on Rt. 3 bear left at blinking light onto Mechanic St. (which becomes Switch Rd, then bears right and becomes Hope Valley Rd), for about 4 miles to the school on the right. Please park at rear of school.

Drive Time 45 minutes from Providence

Description This scenic ride on quiet roads in the southwest corner of RI passes first through Woodville, with its dam and millpond, and continues through Charlestown, which hosts bike races at Ninegret Park. You'll travel through Burlingame State Park and to the ocean along Quonochontaug Neck before returning through Wood River Junction. CAUTION when crossing Rt. 1 on the long routes!

October 2, 2011

Wachusett Three Quarter

15/28/55/77 miles

Sunday 8:00 AM *Map No.* 58 *Arrower:* Chip Kent

Route Sutton, Uxbridge, Auburn, Paxton, Worcester

Directions Start: Pot Pourri Group, 355 Main St, Whitinsville, MA. Use parking lot of Pot Pourri Group warehouse, but **PARK WELL AWAY** from their front door -- there's extra parking right across the road, by the lake. *Directions:* Take 146 North to the Main St exit, Whitinsville/Northbridge. No exit numbers on Rt 146, so best we can say is look for the exit after the Lackey Dam exit, and before the Purgatory Chasm exit (so if you miss the Main St exit, take the Purgatory Chasm exit). Turn right on Main St. Pot Pourri Group warehouse is on the right at the junction with N Main -- 1-1/2 miles from both the Main St and the Purgatory exits on Rt. 146.

Drive Time 45 minutes from Providence

Description Ride in an area of rugged, scenic ridge and valley country. Hilly ride with sweeping views and swift downhill (BE CAREFUL ON SOME BUMPY DOWNHILLS), travelling through small New England towns of Auburn, Paxton, Rutland, Princeton and the summit of Mt. Wachusett (2006 ft.). Return through West Boylston, Shrewsbury, Grafton and Whitinsville. Mt Wachusett summit loop is optional (access via gate and a very rough service road, exit via main entrance--or you can enter and leave via the main entrance on Mountain Rd). Summit can be omitted by continuing on Mountain Rd (see map).

77 Milers start at 8:00 AM (it rides like a century!); all others start at 10:00 AM.

October 9, 2011

♥ Cape Caper Ride

22/48/62 miles

Sunday 10:00 AM *Map No.* 130 *Arrower:* Ted Shwartz

Route Bourne, Falmouth, Woods Hole

Directions Start from Bourne High School in Bourne, MA. Take I-195 E to I-25E. Cross the Bourne Bridge to the rotary on the Cape side. Go right at the rotary onto Towbridge Rd. After 3/4 mile, make a sharp left onto Water House Rd (you passed the back of the school on Towbridge). The school's main entrance is on the left.

Drive Time 50 minutes from Providence

Description Explore the Cape on quiet back roads. We'll follow the Buzzard's Bay shore to Woods Hole, then on to Falmouth, heading back past ponds and pine woods, finishing with a run along the Cape Cod Canal. We schedule this ride to avoid heavy summer Cape traffic but still get some great fall riding weather. The long ride crosses railroad tracks several times - take care on the acute-angled crossings. Routes have been updated by Ed Foster, our Cape Cod representative.

October 10, 2011

***Columbus Day Show'n Go**

Monday 10:00 AM *Map No.* 17 *Arrower:*

Route

Directions

Drive Time

Description Follow arrows from the Chariho Tour, map #17

October 16, 2011

Fall Foliage Tour

20/40/64 miles

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

Route Gloucester, Hampton, Eastford, Putnam

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

Drive Time 35 minutes from Providence

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

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

Narragansett Bay Wheelmen
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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
Oct	Sun 2	58	Wachusett Three Quarter	Whitinsville, MA	15/28/55/77	Chip Kent
	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

New England Rides/Events Calendar

More events posted on the NBW website, nbwclub.org NBW has no association with these rides, but posts them as a public service.

Aug 6, 2011 - Petersburg 300K - 190 miles, Westfield. Part of the Berkshire Brevet Series. Details newhorizonsbikes.com/page.cfm?pagelid=67

Aug 6-7, 2011 - Pan-Mass Challenge - to benefit Jimmy Fund at Dana-Farber Cancer Institute. Multiple one-day and two-day ride options, with starts Sturbridge or Wellesley, finishes Provincetown, Bourne or Wellesley. Details www.pmc.org

Aug 11-14, 2011 - MassBike Pike Tour - 25-70 miles per day. Start/finish at Tri-Valley Fairgrounds, Northampton. \$375 incl camping, meals, luggage transport. Details www.massbikepike.org

Aug 28, 2011 - Ride 'Round Rhody. Hosted by LIFEcycle Inc. 25/50/75 mile rides from Camp JORI, Wakefield, RI. To support treatment programs for children and adults at local hospitals. Details at www.LIFECycleinc.org

Sep 4-10, 2011 - Ride along the Maine Coast. To benefit Bicycle Coalition of Maine, run by Summer Feet Cycling. 7 day/6 night camping tour; coastal riding, most meals, sunset sail on an antique schooner, lobster feast. See www.summerfeet.net/trips/pedal-the-coast-camping/

Sep 10, 2011 - 6th annual Kelly Brush Century Ride. Middlebury, VT. 28, 50 or 100 miles (options for 65 & 85). Largest charity ride in VT on a beautiful course in the Champlain Valley. www.kellybrushfoundation.org

Sep 17, 2011 - South County Habitat for Humanity "Bike2Build" Bike Ride. Charlestown, RI. Scenic ride for both casual to experienced riders (no milages given - see the link for details) . To support the building of affordable homes in South County. Details at www.southcountyhabitat.org

Sep 24, 2011 - 2nd Annual Woony River Ride. Start downtown Providence. 5/10/23/50 mile rides. Party at WaterPlace at ride's end. Details at www.wrc.org

Sep 24, 2011 - Rodman Ride for Kids. Join Team BMC (Boston Medical Center). 25/50/100 mile rides in Massachusetts to support at-risk youth and pediatric programs at the hospital. Details at www.teambmc.org or email Jessica.Orndorff@bmc.org

Sep 25, 2011 - 7th Annual Hub on Wheels, Boston. Citywide bike rides (10/30/50 mile options) on hidden pathways and historic neighborhoods. AFTERWARDS: watch the **TD Bank Mayor's Cup** professional racers, incl national champions and Olympic cyclists, compete around Government Center for \$40,000 prize money. Details at hubonwheels.kintera.org

Oct 1, 2011 - 2011 Tour de South Shore for Alzheimer's & MS. Organized by the McCourt Foundation. 25 and 50 mile rides starting at Wompatuck State Park, through Hingham, Cohasset, Scituate & Norwell, MA. Registration information at www.mccourtbike.org

Oct 1, 2011 - Cycle for Life. To benefit the Cystic Fibrosis Foundation. 12, 30 & 65 mile rides starting at the Fatima Shrine, Holliston, MA and circling through the metro west area (Concord, Dover, Sherborn, Sudbury). 7:30 AM registration. Entertainment and beer garden after the ride. Contact: bennett_samantha@wheatoncollege.edu

Oct 1, 2011 - 3rd Annual Miles for Megan. To benefit the Megan L. Cordeiro Memorial Foundation. 12/25/62 mile rides through Tiverton and Little Compton, RI. Also 5K walk at Tiverton Town Farm. Registration information at www.milesformegan2011.kintera.org

Oct 2, 2011 - 5th Annual Watershed Ride. 9:00 AM . To support the Coalition for Buzzards Bay. 75 mile ride from Horseneck Beach along the coast, thru New Bedford's waterfront and Cape Cod back roads to Woods Hole. 35 mile ride begins in Rochester, ends in Woods Hole. Lunch and picnic at the finish line. Details www.savebuzzardsbay.org .