

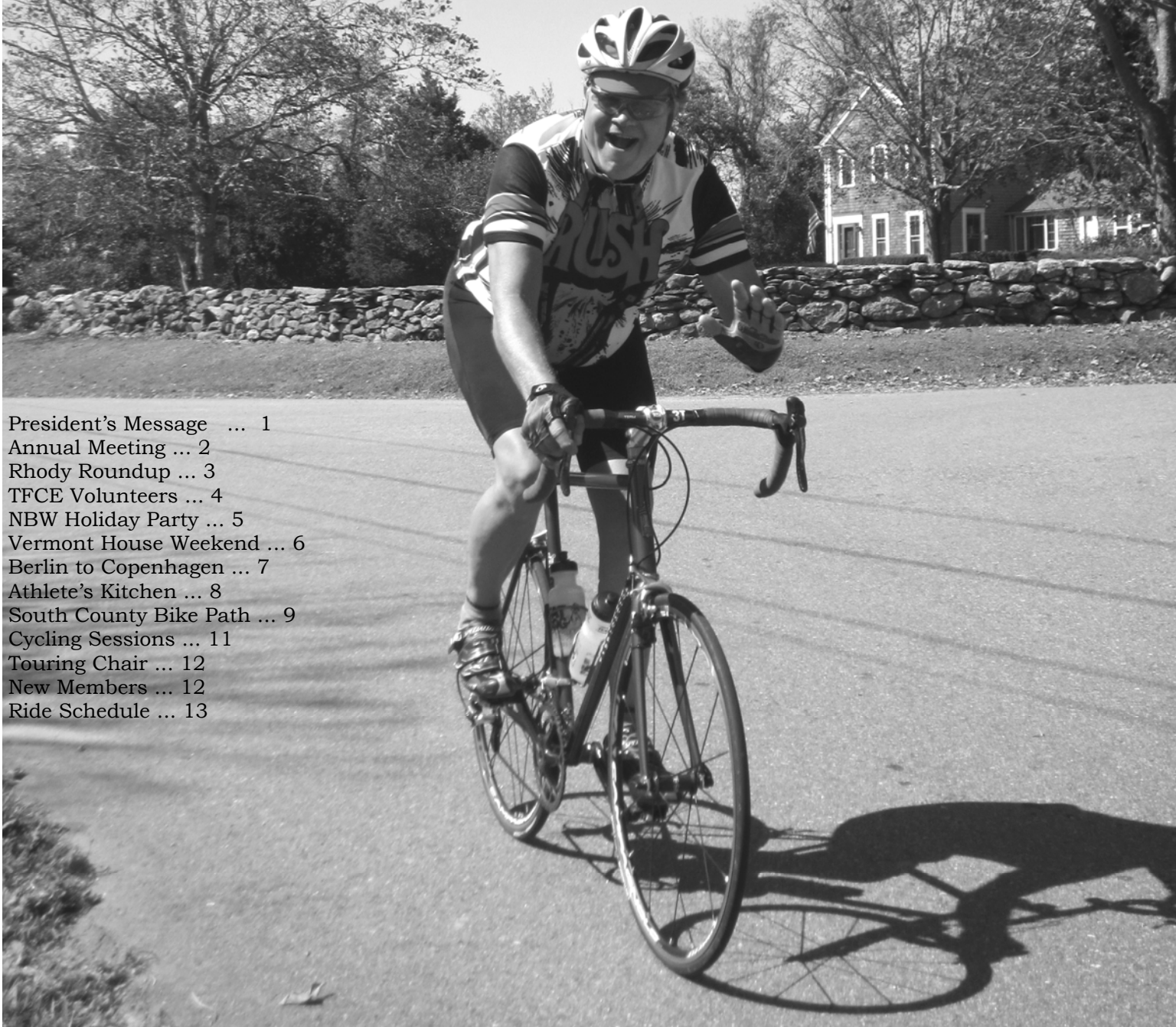
The Spoke'n Word

Volume 41, Number 5

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

October/November/December 2011

nbwclub.org



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**Annual Meeting/Volunteers' Banquet – November 5 2011
Johnson & Wales Inn, Seekonk, MA**

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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330 Hathaway Rd
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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: Mike Miller rides TFCE, Sep 2011, following arrows that he himself painted as part of our valued TFCE arrowing team. Mike is also 2009 Volunteer of the Year, and a member of the Board of Directors
Photo: M. Foulkes

Want your photo in the Spoke'n Word?

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

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

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

President's Message

The weather feels like summer, but the calendar says it is September 5th. This is the long weekend that marks the end of a hot and rainy summer as we look forward to wonderful crisp and clear Fall riding.

TFCE is next weekend, which I know will be a tremendous success due in large part to the **incredible efforts of all the volunteers** involved. In particular, I would like to thank our co-chairs **Larry Schwartz** and **Ted Shwartz**. It is their energy and experienced hands which manage the mountains of detail in this event. Please take a moment and review the photos and list of volunteers on our website and in this newsletter.

Also coming up is the seasonal **Holiday Party on Dec 4th** at **Patricia Lang's** (for Amos House). This is for an important cause so please mark the date and plan to attend.

Since this is the last issue for 2011, a brief recap of the year is in order....

Winter – heavy snowfall wreaked havoc on arrowers but they came through tremendously and we did not cancel any rides.

March – a new design for the website was launched with the goal being easy access and prioritizing the most important member info. Response from members has been very positive.

Spring & Summer – some of the rainiest Sundays on record, which wreaked havoc, this time on riders.

New Printing of State Maps – the club was once again asked to bring local knowledge and improvements to the RI state biking maps. A group of volunteers spent quality time examining and riding current routes and then suggested changes/improvements.

Rhody Roundup – we moved from our traditional site at the Jamestown Pavilion to Yawgoo Bakes & Barbecue. **Liz Masterson, NBW VP**, managed the thousands of details that made this event a success. Please look for event photos in this edition.

TFCE – sold out in four days after opening to the public. TFCE remains incredibly popular and one of the most treasured events in all of cycling.

Social Tents – Don Paiva took over management and re-instituted this *after-ride series* – it proved to be quite successful and a great time!

Arrowers - Your work and attention to detail once again made our Sunday rides effortless and fun! A hearty thanks goes out to this noble group.



Annual Meeting/Volunteers' Banquet—Nov 5th

I encourage members to attend this important annual event (see the next page for details). **Lydia and Don MacManus** will be our hosts once again for the evening. If you would like to help, contact Lydia, Don, or me.

It is at the Annual Meeting where we vote for **club officers** ...

You may know that **Norm LaBrie** plans to step down as NBW Treasurer. I would like to sincerely thank Norm for being an invaluable manager of club finances, important counselor to the club, and one who wrestled down countless issues with professionalism and efficiency. "Dedicated" and "selfless" easily come to mind when thinking about Norm.

The club is looking for nominations for Treasurer. Please remember that all nominations for officers need to be submitted before the event. Any board member can take your nomination.

It is with a profound sense of pride and gratitude that I share with you my plans to step down as President of the NBW, effective January 31, 2012. It has been my good fortune to be a part of the extraordinary NBW legacy and I plan to continue to be a part of this exceptional community for years to come. As noted above, nominations for officers need to be submitted before the Annual Meeting in November. **Ted Shwartz**, ever-popular figure, arrower, and acknowledged technical wizard, has kindly put his name forth for new club president.

I have been deeply privileged to meet many NBW members—all offering their assistance, advice, and best of all time, confirming my opinion that this is an unparalleled organization & community. Without all your help, these last two years would have been remarkably more difficult.

I am immensely grateful to the following group: The Executive Board - **Liz Masterson**, Vice President, **Mark St. Amour**, Secretary, **Don Paiva**, Secretary in 2010, and **Norm LaBrie**, Treasurer. The Board of Directors—**Janice Velozo**, **Ray Foulkes**, **David Andrews**, **Ted Shwartz**, **Gil Peel**, **Matt Moritz**, **Larry Shwartz**, **Mike Miller**, and **Sue Barker**. *Spoke'n Word* & website editor

Continued

President's message, contd.

Monica Foulkes. Arrows/Paint Coordinator **Jim Berry.**
All the **Ride Starters.** The **Amazing Arrowers.** All the
Volunteers for their continuing enthusiastic support.

Much more lies ahead for this great club—as I stated
from the beginning, I remain committed to celebrating our
traditions and recognizing new opportunities as we

launch future initiatives. I will work to uphold that mission
even out of office and look forward to a smooth leader-
ship transition.

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

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

Saturday, November 5, 2011
Johnson & Wales Inn, Route 44, Seekonk, Mass

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

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

*Guests are \$25 ... make checks payable to "NBW" and mail to
Donald MacManus, 126 Newman Ave, Seekonk, MA 02771*

All checks and RSVPs should be received no later than October 20.

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

NBW Officers etc.

NBW OFFICERS (Terms begin February 1)

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

NBW BOARD OF DIRECTORS

Past Presidents: Janice Velozo, Ray Foulkes, David Andrews
Membership Secretary: Ted Shwartz, membership@nbwclub.org,
PO Box 56, Dartmouth MA 02714-0056
Rides Coordinator: Gil Peel, touring@nbwclub.org
Advocacy Chair/LAB representative: Matt Moritz, advocacy@nbwclub.org
Volunteer of the Year 2008: Larry Shwartz
Volunteer of the Year 2009: Mike Miller
Volunteer of the Year 2010: Sue Barker

OTHER CLUB FUNCTIONS

TFCE Committee chair: Larry Shwartz
Arrows/Paint coordinator: Jim Berry, arrows@nbwclub.org
Ride starters: Raul Silvia, Jack Williamson, 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

Rhody Roundup, July 24 2011

Our traditional home in the Fort Getty pavilion on Jamestown was blown away in the spring storms, so NBW Vice President Liz Masterson scouted other options. Nice this year was that our new home at Yawgoo Bakes & Barbecues, on Slocum Rd in North Kingstown, did all the cooking for us, to the joy of our regular cooking/cleaning crews of volunteers! New routes were designed by Ted Shwartz, incorporating the South County Bike Path on our way to the ocean in Narragansett. Over 125 riders stayed for the barbecue after the ride.

Photos: Monica Foulkes



Chicken barbecue after the ride at Yagoo Bakes and Barbecues on Slocum Rd.



Riders coming through the towers in Narragansett.



Bruce Masterson & Carleen McOsker take a minute by the ocean in Narragansett.



Dave Carroll takes the tricky climb on the South County Bike Path, from Wakefield

Tandem on the bike path section in Wakefield.

Time out for Dell's lemonade by the ocean.



2011 TFCE Volunteers

COMMITTEE

Larry Shwartz & Ted Shwartz, *Co-chairs*

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

VOLUNTEERS

PB&J Sandwich Makers

Ray Foulkes, *master spreader*
Louise Shwartz, *host*
Gary Archer
David Carroll
Gretchen Chipperini
Margaret Cornell
Stephen Dunn
Michael Emma
Monica Foulkes
Graham Foulkes
Frank Fain
Bill Gajda
Heide Hallemeier
Jurgen Hallemeier
Scott Henderson
Lenore Henderson
Ed Holden
Bruce Holden
Kristine Ledsworth
Deborah Luhrs
Kathryn Mahoney
Lynn Mاسترا
Carleen McOsker
Kevin Mitchell
Ray Naughton
John Nery
Don Paiva
Louise Paiva
Linda Pietras
Rob Price
Paula Raposa

Larry Shwartz
Ted Shwartz
Laura Silvia
Raul Silvia
Sondra Spencer
Lee Sproul
Michael Vigorito
Todd Wise
Michele Wise
Gabrielle Wise

Registration

Jack Williamson, *captain*
Paula Bissell
Nancy Borges
David Carroll
Gretchen Chipperini
Margaret Cornell
Lois Dimock
Heide Hallemeier
Jurgen Hallemeier
Ellen LaFazia
Kris Ledsworth
Sue McMillen
Barbara Packer
Jo-Ann Perry
Gayle Raposa
David Reynolds
Susan Roberts
Haydee Santiago
Jim Schweitzer
Mary St. Amour

T-shirt Distribution/Sales

Don Paiva, *captain*
Sue Barker
Dave Carroll
Dan LaBrie
Gretchen Chipperini
Sue McMillen
Barbara Packer
Gayle Raposa
David Reynolds
Haydee Santiago
Ted Shwartz
Jack Williamson

Parking

Bill Gajda, *captain*
Gary Archer
Norm Clavet
Keith Enos
Ray Foulkes
Graham Foulkes
David Gardiner

John Ho
Patricia Lang
Bob Melucci
Ken Peloquin
Raul Silvia
Lee Sproul
Janice Veloza
Mike Vigorito

Tiverton Checkpoint

John Nery, *captain*
Mark Dieterich
Ronald Doane
Joyce Fontaine
Leona Henderson
Scott Henderson
Lori Lantos
Douglas Luoma
Sharon Luoma
Raymond Naughton
Pauline Nery
Gerri Weir

Adamsville Checkpoint

Carleen McOsker, *captain*
Stephen Dunn
Patricia Gabel
Heide Hallemeier
Lydia MacManus
Sue McCalmont
Jo-Ann Perry
Jeff Rizzolo
Larry Rollins
Sue Rollins
Mary St. Amour
John Swyers

Hixville Checkpoint

Louise Paiva, *captain*
David Bojar
Sue Chiavaroli
John Darcy
Wendy Davis
Michael Emma
Daniel LaBrie
Mark Mahoney
Kathryn Mahoney
Linda Pietras
Bernard Rodriguez

SAGs

Don MacManus, *coordinator*
Jim Berry
Jurgen Hallemeier

Jan Harbutiak
Norm LaBrie
William Luther
David Mitchell
Rob Price
Tony Rizzotti
John Rohland
Sondra Spencer

Arrowers

Gil Peel
Mike Miller
Dianne Robillard

Truck Drivers

Frank Fain
Bill Gajda
Ed Holden
Kevin Mitchell
John Nery
Larry Shwartz
Ted Shwartz

Mechanics services donated by East Providence Cycle

Rob Foulkes
Matt Dipinto
Michael Rounds
Tim Poland

Massage Team

Deborah Luhrs
Lou Botsford

TFCE report and photos

Because of the tight deadline for this issue, the usual report and photos will appear in the next (January) issue. On the website, photos will be posted sometime in October—when your editor returns from her bike tour of the Italian Dolomites.

Arrivederci!
Monica

NBW Holiday Party to benefit Amos House

Sunday, December 4, 2011, from 1:00 PM



Patricia Lang and Keith Enos are continuing the NBW tradition, started 15 years ago by Jeanne Petrarca, of a party after the Sunday Dec 4 Cranston Holiday ride to benefit Amos House.

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

Last year NBW members contributed over \$2,500 to Amos House.

Suggested donation \$10 (or more).

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

From the ride start at the Western Hills Middle School, Cranston, it's about 5 miles to Patricia's house:

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



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

Name:

Address:

Amount: \$

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

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

Berlin to Copenhagen, June 2011

Bob Melucci



Cycling Berlin to Copenhagen, 450 miles in 11 days, confirmed what I had experienced in 5 previous European bike tours: food, friends and social relaxation make the quality of life there hard to resist. My bias is apparent when I submit that there is no better way to truly see a place than by passing through on a bike, the pace allowing a long and lingering taste of the people and countryside.

Although the distances between overnights was a modest 40 miles per day, our group* learned quickly that cycling on the bike route would be an all day affair. Starting out around 8:30 after a hearty breakfast, we would usually arrive at our next hotel around 4 in the afternoon, stopping numerous times for sightseeing, lunch and just about any other diversion encountered. After a relaxing libation, we then would shower, change into casual dress and either go into town or eat at our hotel's restaurant. Each day would provide a different interaction with the residents and service providers. In Denmark, we rode along a forest trail with a housekeeper returning home from her job. She was a Swede married to a Dane and spoke perfect English, relating that her husband's uncle lived in Riverside, RI. (I called him when I returned and had a nice conversation.)

We started the tour in Berlin, arriving a couple of days early so that we could spend time in the former divided city, which is still trying to adjust since the wall came down more than 20 years ago. Berlin is truly an international city, very hip with a young, artsy and student makeup (Turkish population second only to Istanbul). We made the most of our time there by using our trusty two wheel companion to do a bike tour of the city. Twenty individuals from all parts of the world accompanied us. What a wonderful experience and opportunity to be ambassadors. We also began our parallel food and drink tour here.

This two city bikeway is highly promoted and used more and more by Europeans (our tour company group had Dutch and Swiss couples). Located in the agricultural sec-

tions of Germany and Denmark, it is well marked and consists of bike paths, shared roadways and forest and farm trails. An interesting social drama is playing out in the former East Germany as the young embrace the new freedom while the old yearn for the security and order of their Soviet influenced home. A freedom of information law has opened old wounds and fractured families when records of the dreaded "Stassi" (secret police) revealed that 1 in 6 East Germans were informers.

It could be that older folk everywhere like order and tranquility and my attraction to Europe could be that they have had centuries to get things right, whereas we are still experimenting and learning. Their land use has preserved small towns and villages, and light rail, bicycles and automobiles are treated as equals, preventing indiscriminate asphaltting of the countryside with expressways. No McMansions there unless it was a remnant of the old feudal system. This nurtures the interaction of people and slows the pace of life evidenced by the ubiquitous flowers seen everywhere in fields and homes. What better way to enjoy some down time than by good food, drink and gorgeous views.

We concluded our tour by sightseeing in Copenhagen, again by bike. The Danes are totally committed to bicycles for transportation and it is made by choice. They are truly "green" as evidenced by the investment in wind power and shared roadways.** The perfect city to end to a great bike tour.



* NBW's Ken Peloquin, Ken Thompson, Sue McCalmont. plus five others including two Canadians.

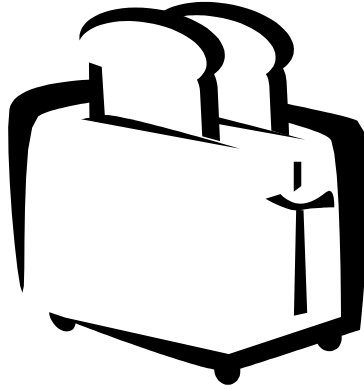
** I have almost 100k miles under my seat and I was very nervous cycling in this merger of wheels.

The Athlete's Kitchen

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

Gluten-Free Sports Diets: Winning Without Wheat

Gluten-free seems to be the latest sports nutrition buzzword. Gluten is a protein in wheat, rye and barley that must be avoided by people with celiac disease, an inherited autoimmune disorder. Symptoms of celiac vary greatly and can range from digestive problems (diarrhea, constipation, bloating, gas) to health problems such as anemia, stress fractures, infertility in both men and women, migraine headaches, canker sores, easy bruising of the skin, swelling of the hands and feet, and bone/joint pain. The person feels lousy. Yet, some athletes don't even realize they have celiac disease. They feel fine—until they experience iron-deficiency anemia or stress fractures due to poor absorption of iron, calcium, and vitamin D.



How common is celiac disease? More than we once thought! About 1% of the population (athletes included) has celiac and needs to avoid even traces of gluten. Up to 6% have non-celiac gluten sensitivity. The symptoms are similar but without the autoimmune reactions that result in cancer and osteoporosis. No one is certain why celiac disease and gluten sensitivity is on the rise. One theory relates to changes in the composition of our gut bacteria.

How to tell if you are gluten sensitive

If you and others in your genetic family are plagued with niggling health issues (including those mentioned above), you should learn more about celiac disease and gluten sensitivity. Untreated celiac disease can lead to severe complications including cancer of the gut and osteoporosis.

Two websites that offer abundant information include www.celiac.org and www.glutenfreediet.ca.

If you suspect you are gluten sensitive, don't self-impose a gluten-free diet without first talking with a doctor who specializes in celiac. You need to get your blood tested for specific antibodies and then, to confirm the diagnosis, an intestinal biopsy. Do not eliminate gluten before you get the blood tests, because absence of gluten in your diet can interfere with making the correct diagnosis. If you don't get properly tested, you might miss a correct diagnosis or other health problems, like Crohn's, an ulcer, or colon cancer. Plus, if undiagnosed, you might be less motivated to strictly follow a gluten-free diet for life.

If you are "simply" gluten-sensitive, your blood tests will report none of the elevated levels of antibodies that signal celiac disease, but you will feel unwell. Hence, if you have intestinal issues, you might want to try a gluten-free diet for a month or so regardless of the blood test results. One athlete plagued with muscle pain stopped eating wheat and her pains disappeared. She reported she simply "felt better." Others report they recover better and have less stiffness and joint pain with a gluten-free diet. This might be due to eliminating gluten, a placebo effect, or eating better overall (no cookies, pastries, junk food). Adhering to a gluten free diet is challenging and expensive, so there's no need to self-inflict the limitations if you notice no benefits after a month of gluten-free eating.

Going gluten free

So what's a hungry athlete to eat if their favorite pasta, bagels, breads, and baked goods are off-limits? While a sports diet without pasta may seem like a day with no sunshine, rest assured, a plethora of gluten-free carbs can fuel your muscles. You can enjoy carb-rich rice in all forms (brown, white, basmati), corn in all forms (on the cob, cornmeal, grits), potato, sweet potato, lentils, kidney beans, hummus, quinoa, millet, and tapioca. Oats, if processed in a wheat-free plant, can also be safe.

Many fresh foods are naturally gluten-free. They include all plain fruits, vegetables, milk, yogurt, hard cheese, eggs, meats, fish, poultry, nuts, sunflower seeds, edamame, juice, and wine (but not beer). Just be aware that sauces, gravies, and seasoning mixes might contain gluten, as do marinades and soy sauce. Some gluten-free baked goods, pastas, and frozen meals are quite good; others might leave you wishing for something tastier. Two popular brands of gluten-free bread (commonly available at Whole Foods or Trader Joe's) are Udi's and Rudi's. Hint: they taste better when toasted!

Restaurant and Travel Tips

At home, you can easily control your diet. When on the road, you need to have a plan.

- When traveling, carry "emergency food" that doesn't spoil, such as dried fruit, Lara Bars, and nuts.
- When eating in a restaurant, you'll have to quiz the staff and carefully order your food. Omelets tend to be safe, while salads with croutons are not. Make sure the steak tips are not marinated in a gluten-containing sauce, the turkey was not injected with flavor enhancers, the gluten-free toast is not made in the same toaster used for standard breads, the sandwich is pre-

Continued ...

pared on a paper towel or surface not used for other breads (to prevent cross-contamination), the rice is not cooked in broth with unknown gluten-containing seasonings, the French fries are not cooked in the same oil as the breaded chicken, the hamburger is 100% beef (with no fillers) and not cooked on the same surface as the toasted buns. Some athletes travel with their own gluten-free pasta and request it be cooked in fresh water, in a clean pot, and drained into a clean colander. This all requires a patient waiter and an understanding chef.

Everyday Gluten-free Sports Food Suggestions

Even the hungriest Ironman triathletes need not go hungry on a gluten-free diet! The trick is to eat less processed foods and be a good label reader. Here are just a few suggestions of foods you'd find in standard grocery stores.



Breakfast ideas: Fruit smoothie with Greek yogurt; rice cakes with banana & peanut butter; scrambled eggs, hash browns, and fruit salad; Rice or Corn Chex, milk and berries.

Lunch: Tuna salad with baked corn chips; 100% corn tortilla with melted cheese and pinto beans, Crunchmaster Multigrain crackers and hummus.

Dinner: Baked chicken, potato & beets; salmon, sweet potato & peas; omelet, corn & tomatoes; baked potato stuffed with cottage cheese & salsa; Mexican beans & rice; shish kabob, rice, salad with oil & vinegar; frittata (potato, onion and egg "pancake"); meals with rice, corn, and quinoa.

Snacks: Apple & cheese, fruit & yogurt, baked potato chips, corn chips, Blue Diamond Nut Thins, rice crackers, trail mix (nuts & dried fruit), peanut butter & banana, baby carrots & hummus, popcorn, corn nuts, raisins, grape juice and all fruit juices, smoothies.

Commercial sports foods: Ensure, Gatorade, Powerade, Bakery On Main Granola Bar, Bonk Breaker Bar, Bumble Bar, Clif Nectar Bar, Clif Builder's Bar, Enjoy Life Snack Bar, Elev8Me Bar, Extend Bar, Go Raw Bar, Hammer Products (Heed, Perpetuem, Bar, Solids), KIND Bar, Lara Bar, Nonuttin' Granola Bar, Odwalla Bar, Omega Smart Bar, PB&Whey Bar, Perfect 10 Bar, Pure Bar, PureFit Bar, thinkThin Bar, Quest Bar, Clif Shot Bloks, Gu, Jelly Belly Sports Beans, Sharkies.



Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) helps both casual and competitive athletes feel great from the inside out. Her practice is at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for runners, cyclists and soccer players are popular resources. They are available at www.nancyclarkrd.com. See also sportsnutritionworkshop.com.

Dedication of Phase III, William C. O'Neill Bike Path, Wakefield to Narragansett, July 27 2011

On a glorious summer day a short but critical section was opened by RI Governor Lincoln Chafee (who rode his bike to and from the ceremony). This section takes riders safely across Rt 108 and under Rt 1. It was good to see George Redman--"the Father of the Bike Path"--present. George worked tirelessly back in the day to get the first RI bike path (the East Bay Bike Path) built, which became a model forerunner of the other bike paths around the state. RI's bike paths are a State treasure.



The new section is very well done, taking you under Route 1, thereby eliminating the "rotary from hell".



Governor Lincoln Chafee rode to the ceremony on a neat Lemond Poprad cyclocross bike.

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

Cycling Sessions

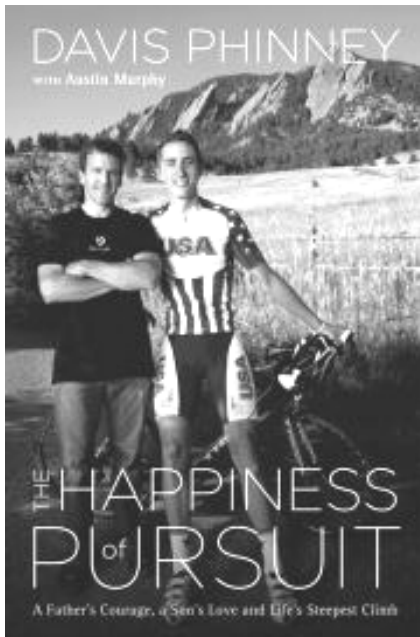
Gary Stafford, cyclingsessions909@gmail.com

There are some great biographies out there that provide insight and great stories. For cycling enthusiasts, Davis Phinney—multiple stage winner of the Tour de France and many other races back in the 80's—writes of his days riding for the first American cycling team, Seven Eleven.

The Happiness of Pursuit is a book about life, family, glory and pain told in a plain retrospective, friendly style. Davis Phinney found success in television commentating for cycling races for a time following his retirement. With his wife, Connie Carpenter Phinney, a top former champion cyclist herself and gold medalist in the Olympics, they have had a successful cycling camp in Colorado for several years.

Davis was later diagnosed with Parkinson's disease (PD), at age 40.

This turned his life around and his family's. Davis talks about his battle, his successes and hopes with his phenomenal son, Taylor Phinney, who has just entered the professional cycling ranks for team BMC, following his Mom and Dad's careers.



We see Davis as the proud parent as Taylor becomes the pursuit champion on the track and shows just what happens when your parents are such gifted cyclists. It just rubs off for the better with Taylor, a future prospect for cycling fans in the US for sure!

The book takes you back to Davis' cycling days, with great stories as Davis tells the story of the American team—ridiculed, yelled at and treated with little respect. He talks about the wins and hard-fought battles that

brought them respect, with leaders like Andy Hampsten and Davis winning sprints against established European specialists.

The book tells the story from the past to the degeneration that PD brought to his life and his son's newly found love for the bike. Davis shows determination and spirit that he attributes to those tough days in the saddle in the Tour de France, which helped him face his new demon.

The book sometimes digresses a bit but gets the feelings across very well of the struggle with this awful disease. Davis talks about his relationship with his father and how hard he tried to please him as he was growing up. I found the relationship and dynamic very interesting. In many ways that relationship set Davis down the path to discover himself through the battles in bike races. He talks about how riding a bike and racing mimic life in many ways.

Davis also talks about the battle with PD from drugs to holistic treatments and how sometimes the treatments were as bad as the disease.

I would recommend this book to those who remember Davis at his peak and to current cycling fans, to experience the first US team and how they single-handedly earned respect for American cyclists in the peloton and set the stage for the great successes American teams are receiving today.

I also recommend this book for anyone who has someone with the disease of PD as a way to perhaps see inside their world of being trapped and the freedoms it can take away from its victims.

(Davis Phinney has a PD foundation called davisphinneyfoundation.org that sets out to help people living with Parkinson's disease to live well today.)

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



From the Touring Committee

Gil Peel, touring@nbwclub.org

I hope that all of you are having as much fun bike riding out there as I am this season. As you may know, I have moved to a recumbent bike and have experienced a new appreciation and a new perspective (i.e., looking up at the trees instead of down at the road).

The regular scheduled rides and all of the weeknight rides can make for a busy schedule. Even though this keeps us busy, please remember that we still need volunteers to arrow our rides. Arrowing is not difficult and can be as much fun as doing a nightly ride, especially if you do it with a friend or two. Consider arrowing a future ride so that you can join the ranks of our super volunteers. It looks like we still need some arrowers for the end of year rides. Check the schedule, then contact Jim Berry (below).

As we wind down into fall and winter riding (yuk) keep your eyes peeled for hazards such as sand, leaves and branches. They can sneak up quickly.

Thanks to our most recent ARROWERS:

Aug 7 Providence Bicycle	Bladimir Rodrigues
Aug 14 Tom & Pat's 50	Ed Holden
Aug 21 South Shore Century	Tony Rizzotti, Jim Berry
Aug 28 Putnam Ride	Paul Rider
Sep 4 Western Hills	Ted Shwartz
Sep 11 TFCE	Mike Miller, Diane Robillard, Gil Peel

Sep 18 Cranberry Metric
Sep 25 Chariho Tour

Don Paiva
Tony Rizzotti

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

James T. English, Providence, RI
Maureen & Dave Gomes, Hanover, MA
William C. Gouge, Coventry, RI
Leonard M. Hazel, Little Compton, RI
Ginette M. Kayser, Guilford, CT
Caroline Kinney, Cranston, RI
Justin Laliberte, Plainville, MA
Brandon, Eleni & Amdands Persinger, Kingston, RI
Michael & Donna Sandoval, Cumberland, RI
Debora M. Spano, Seekonk, MA
Thomas Ustas, Rehoboth, MA

2011 TFCE Volunteers at work
Daniel LaBrie, Ed Holden, Louise Paiva and Mike Emma pack the 3,000 peanut butter & jelly sandwiches that the volunteer crew made the afternoon before TFCE day.



NBW RIDE SCHEDULE

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

October 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 *Arrover:* Tony Rizzotti

Route Gloucester, Hampton, Eastford, Putnam

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

Drive Time 35 minutes from Providence

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

October 23, 2011 **Uxbridge Animal Farm** 18/30/40/50 miles

Sunday 10:00 AM *Map No.* 106 *Arrover:* Ed Holden

Route Uxbridge, Whitinsville, Grafton

Directions Start at Uxbridge High School. Take Rt. 146 North to Uxbridge/Chocolog Rd (Rt. 146A) exit. Bear right off ramp, then left onto 146A North, for 1.5 miles. Turn left onto Rt. 122 North for 1 mile to Rt. 16 traffic light. Turn right onto Rt. 16, for 0.2 miles. Bear left onto Capron St; the high school is at the end of the street.

Drive Time 40 minutes from Providence

Description A scenic area for cycling, dotted with ridges, hills and mill towns. The Blackstone River bisects the area and was the first in New England to become industrialized. The old Blackstone Canal, opened in the 1830's, is still seen in Uxbridge and Northbridge. 40 mile riders go by Southwick's Zoo in Mendon (the former "animal farm" in the ride title). The long ride visits Upton, with an old millpond, and Hopedale before the ascent to Mendon.

October 30, 2011 **Caster's Halloween Ride** 15/25/32 miles

Sunday 10:00 AM *Map No.* 16 *Arrover:* Claudia Chappelle

Route Warwick, East Greenwich

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

Drive Time 20 minutes from Providence

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

November 6, 2011 **Fall River Fifty (aka Chourico)** 19/27/47 miles

Sunday 10:00 AM *Map No.* 159 *Arrover:* Mark St Amour

Route Fall River, Assonet, Lakeville, Berkley

Directions Start at Bristol Community College (BCC), Fall River. From Rt. 24 in Fall River take the President Ave Exit (exit 5), go through the rotary and take a Right on Elsbree St (1st light). Enter the last parking lot on the right, near the end of Elsbree St.

Drive Time 30 minutes from Providence

Description This scenic ride starts from the highlands of Fall River and meanders through forests, mill towns, lakes and cranberry bogs. Its rolling hills will keep your heart at an elevated state, and after a cool coast down near the waterfront in Fall River one can take a left up President Ave and return to the start. A little short cut will lead one up the infamous Weetamoe St for a little more pain.

November 13, 2011 **Taunton-Sharon Tour** 15/30/50 miles

Sunday 10:00 AM *Map No.* 92 *Arrower:* Jim Berry

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

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

Drive Time 40 minutes from Providence

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

November 20, 2011 **TriState Tour Burrillville** 20/25/34 miles

Sunday 10:00 AM *Map No.* 10 *Arrower:* Steve Rodkey

Route Pascoag, Webster, Sutton, Douglas

Directions Start at Burrillville High School, in Burrillville, RI, on Rt 107. Take Rt. 146 N to the Rt. 102 S exit, and then a quick left onto 146A. Go a mile to traffic light where 146A turns right and 102 goes straight. Go straight on 102 for 4 miles to 107 on right. High School is about 3/4 miles on the left. Park behind school.

Drive Time 35 minutes from Providence

Description After cresting Buck Hill, this scenic ride passes Lake Chargoggagoggmanchaugagoggchaubunagungamaug as well as two small ponds with much shorter names. The ride winds through magnificent ridge and valley country, and passes through some elegant New England towns along the way.

November 27, 2011 **South County Coast Cruise** 19/30/42 miles

Sunday 10:00 AM *Map No.* 44 *Arrower:*

Route South Kingstown, Narragansett, North Kingstown

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 From the Kingston campus of URI, we will head south towards Wakefield and its historic sites. The longer rides head towards Galilee, Point Judith lighthouse, and scenic R.I. beaches. All rides go through Narragansett by the ocean. Long ride heads north on Rt. 1A to Bonnet Shores (to cut 3 miles off you can omit the Bonnet Shores loop). Food stops are marked on the map (good seafood in Galilee by the fishing boats).

December 4, 2011 **Cranston Holiday Ride Winter** 9/18/28 miles

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

Route Western Cranston, Scituate

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

Drive Time 15 minutes from Providence

Description Enjoy a rural ride with scenic views of farms and the Scituate Reservoir that's still conveniently close to Providence. Rolling-to-hilly terrain, especially along Rt.12 south of the reservoir.
NOTE: We are staying with the 10 AM start time until Dec 11.

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

December 11, 2011 ♥ **Swansea Touisset Tour** 15/30 miles

Sunday 11:00 AM *Map No.* 101 *Arrower:* Tony Rizzotti

Route Swansea, Somerset, Rehoboth, Dighton

Directions Start at the Swansea Place shopping plaza just after McDonald's along route 6 in Swansea . Take Rt. 195 E to Massachusetts exit #3 (Rt. 6) in Swansea, MA. Turn right off the exit. Plaza is 1/2 mile down on left.

Drive Time 15 minutes from Providence

Description This is a gentle ride that follows the Taunton River, past farmland, around Touisset, and numerous Bristol County scenic and historical landmarks.

11:00 AM WINTER START TIME BEGINS WITH THIS RIDE.

December 18, 2011 ♥ **Walpole Dover** 15/28 miles

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

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

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

Drive Time 40 minutes from Providence

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

December 25, 2011 ♥ **Seekonk North** 12/17/25 miles

Sunday 11:00 AM *Map No.* 90 *Arrower:*

Route Seekonk, Rehoboth

Directions Start at Seekonk High School on Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.

Drive Time 10 minutes from Providence

Description Ride meanders easily through the remaining farms of Seekonk and Rehoboth, past Caratunk Sanctuary, and through old Rehoboth on the return. This ride will be repeated on Jan 29 and Feb 26.

January 1, 2012 ♥ ***New Year's Ride** ~20/30 miles miles

Sunday 11:00 AM *Map No.* *Arrower:* Bill Gadja

Route Little Compton, Westport

Directions NEW THIS YEAR--Bill Gajda has offered to plan a ride starting at his house, 124 Long Highway, Little Compton, RI. Directions to the start will be provided on the website <nbwclub.org>. Park on the street.

Drive Time 30 minutes from Providence

Description Following the old tradition, Bill will devise a ride of around 20/30 miles through the Little Compton, Tiverton, Westport area for members to start the New Year off in good style. A map or cue sheet will be handed out at the start. Coffee and donuts will greet riders upon return.

Move on after the ride to Carleen McOsker's traditional pot-luck New Year's Open House party, after 2 PM at 75 Drift Rd, Westport, MA. Directions to Carleen's house will be provided at the ride.

January 8, 2012

Triboro Tour Winter

15/18/25 miles

Sunday 11:00 AM Map No. 66 Arrower:

Route North Attleboro, Plainville, Foxboro, Mansfield

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

Drive Time: 20 minutes from Providence.

Description: This ride is relatively flat and passes by a fish hatchery and four lakes. You'll ride through the town of Foxboro and finish up with a spin past the remaining farmlands of Mansfield. This ride will be repeated Feb 5.

♥ Beginners will love these rides.

* Holiday Show'n Go

** Special Event

NBW Merchandise

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

All club clothing is sold at cost. Jerseys and vests are made in the US by Canari, CA. Socks made by DeFeet, NC.

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

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Deadline for the next issue is Dec 1

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
Dec	25	90	Seekonk North	Seekonk, MA	12/17/25	
Jan	1		*New Year's Day Ride	Little Compton	~20/30	Bill Gagda
	8	66	Triboro Tour—Winter	No Attleboro, MA	15/18/25	
	15	42	Jonny Cake Ride	URI Kingston	15/25	
	22	155	Larry & Ted's Dartmouth Ride	Dartmouth, MA	12/17/31	
	29	90	Seekonk North	Seekonk, MA	12/17/25	
Feb	5	66	Triboro Tour (repeat)	No Attleboro, MA	15/18/25	
	12	42	Jonny Cake Ride (repeat)	URI Kingston	15/25	
	19	155	Larry & Ted's Dartmouth Ride	Dartmouth, MA	12/17/31	
	26	90	Seekonk North	Seekonk, MA	12/17/25	
Mar	4	11	The "Ville" Ride	Burrilville	20/30	



TFCE Volunteers Ride, Labor Day, 2011

Left:
 East Beach Road near Horseneck Beach in Westport is impassible after Hurricane Irene broke it up ... well, Ted Shwartz said he got through but I think he had to carry his bike in places.

Right:
 Volunteers return from inspecting the TFCE route and gather for a barbecue at Carleen McOsker's house in Westport.



NBW website — nbwclub.org — your go-to place for the latest news, ride schedules, last-minute changes, photo galleries — read your newsletter online in the Members' section.