

The Spoke'n Word

Volume 42, Number 1

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

January/February/March 2012

nbwclub.org



*Join us to ride in the New Year
with style*

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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: New Year's Day 2011 - Euclides
"Frenchy" Amado on Horseneck Rd.
Photo: M. Foulkes

Want your photo in the Spoke'n Word?

The Editor <editor@nbwclub.org> welcomes 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.
- 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.
- Posed shots of riders stood in parking lots are only of interest to those riders, sorry — except if your photos are of archival interest.

Email me your *original* JPG file.

Old prints of early NBW rides are especially desirable. I will scan and return your prints.

See our website for membership application and brochure: nbwclub.org

President's Message

This is my final message for *The Spoke'n Word* as I am transitioning out of the President's role—my term will officially end on January 31, 2012.

Following established club by-laws and protocols, **Ted Shwartz** was voted in as the new NBW President at the recent November 2011 Annual Meeting. Also voted in was **Paula Raposo** as Treasurer who replaces outgoing Treasurer Norm LaBrie. The club is fortunate to have two seasoned officers continuing with the Executive Board - **Liz Masterson**—Vice President, and **Mark St. Amour**—Secretary. A smooth transition of the new officers is planned for now through January 2012.

We welcome **Bonnie Reibman**, Volunteer of the Year 2011, to the Board of Directors as **Larry Shwartz**, Volunteer of the Year 2008, transitions off the Board. On behalf of the club, I would like to thank Larry for his years of valuable contributions to the BOD and, in particular, for his expert management of the TFCE the last many years.

Here are some details for events past, present, and future:

TFCE—A tremendous success due in large part to the incredible efforts of all the volunteers involved. In particular, I would like to again thank our co-chairs **Larry Shwartz** and **Ted Shwartz**. Please take a moment and review the photos in this issue and on the NBW website.

November 5, 2011 **Annual Meeting**—The annual meeting was opened by me, followed by **Norm LaBrie** and the Treasurer's report on the financial status of the club. In brief, we had entertaining and informative speakers –

Alicia McManus, Matt Moritz—Advocacy Chair, and **Bari George**—Founder, Bike Newport. We next had the Election of Officers. Of special note were the Blue Shirt Awards, instituted by Clarke Richardson in 1985 and awarded to those long-time members who are always there when help is needed, advocates for better cycling, and committed to the sport and our club. Receiving the awards this year were: **Ted Shwartz, Randi Braunstein, John Nery, Sondra Spencer, Ed Holden, Tony Rizzotti, and Bladimir Rodriguez**



Holiday Party on Dec 4 at Patricia Lang's (for Amos House)—once again a warm, delightful, and successful event.

New Year's Day Ride—this year the ride starts in a new location at Bill Gajda's house.

Spring Opener—March 18. See the ad for the annual Bike Show at East Providence Cycle, where our ride will be based.

I would like to thank the Executive Board, the Board of Directors, and countless others for their insight and patience as I navigated new waters in my two years as President. It has truly been an enriching experience to get to know so many members of this great organization. In particular, I would like to thank the hundreds of volunteers who make this club so outstanding. As it is said, "Volunteers are seldom paid; not because they are worthless, but because they are PRICELESS!"

All the best to each of you in 2012 as we look forward to another thrilling year of riding together!

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
(incoming President, Ted Shwartz)
Vice President: Elizabeth Masterson, vicepres@nbwclub.org
Treasurer: Norman LaBrie, treasurer@nbwclub.org
(incoming Treasurer, Paula Raposo)
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
(as of Feb 1, D. Andrews will be replaced by T. Wise)
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 2009: Mike Miller
Volunteer of the Year 2010: Sue Barker
Volunteer of the Year 2011: Bonnie Riebman

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Larry Shwartz, Ted 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 Chiavarioli
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
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

NBW Annual Meeting and Volunteers' Banquet, November 5, 2011



Ted Shwartz being congratulated by Rob Foulkes, of East Providence Cycle.

A full house gathered for the annual meeting and banquet, organized again by Don and Lydia MacManus at the Johnson & Wales Inn, Seekonk.

Election of Officers (terms begin 2/1/12):

- Ted Shwartz, President
- Elizabeth Masterson, Vice President
- Paula Raposo, Treasurer
- Mark St. Amour, Secretary

For full report, see President's Message.



Paula Raposo will take over as Treasurer from Norm LaBrie.



Bonnie Riebman, NBW Volunteer of the Year.



Attentive audience for the reports.



Blue Shirt winners:
Ed Holden, Ted Shwartz, Randi Braunstein, John Nery, Tony Rizzoti, front—Bladimir Rodriguez.

Matt Moritz gives the Advocacy report



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www.EastProvidenceCycle.com



Advocacy Column

Matt Moritz, advocacy@nbwclub.org

NBW End of Year Advocacy Donations

As I outlined at the Annual Meeting and Volunteer Banquet, November 5, one of the ways that I focus on advocacy for the NBW is trying to find places where the club can contribute to other organizations financially to help projects get achieved, programs provided or general advocacy conducted. At the Board's last meeting of 2011, it was decided that several years of lean giving needed to be addressed and many organizations were chosen to receive donations. A total of \$40,000 was donated.

Donation were sent just before Thanksgiving and ecstatic thank you notes began rolling in on the Monday following. Advocacy organizations and related nonprofits run lean, and with the economic downturn, donations are even more precious. Every dollar translates to one more project that can be started or be just a little bit bigger.

In no particular order, but grouped by scope, the following organizations were chosen:

National:

- Adventure Cycling*, adventurecycling.org
 - Inspiring Americans to travel by bicycle.
- International Mountain Bike Association (IMBA)*, www.imba.com
 - Advocating for off-road trail development as well as educating on trail use and construction.
- League of American Bicyclists (LAB)* bikeleague.org
 - National advocacy organization for all things bicycle.

Statewide:

- Bike/Walk Connecticut*, wecyclect.org
 - Advocacy for biking and walking issues statewide in Connecticut.
- Massachusetts Bike Coalition (MassBike)*, massbike.org
 - Advocacy for bicycle related issues statewide in Massachusetts.
- Rhode Island Bicycle Coalition (RIBIKE)*, ribike.org
 - Advocacy for bicycle-related issues statewide in Rhode Island.

Regional

- East Coast Greenway Alliance (ECGA)*, greenway.org
 - Building an off-road greenway from Calais, ME to Key West, FL.
- South Coast Bikeway*, <http://ow.ly/7KwF1>
 - Advocating to build a network of interconnected paths and lanes across the South Coast of Massachusetts to the Cape.

Local

- Bikes Not Bombs*, bikesnotbombs.org
 - Jamaica Plain based nonprofit offering classes in bike maintenance, earn-a-bike programs, and rebuilding bicycles for use in developing nations.
- Bike Newport*, bikenewport.me
 - Working to improve bike-friendliness of Newport, RI.

Blackstone Valley Corridor Keepers

- Working to improve the recreational opportunities of the Blackstone River Valley.

Connecting for Children and Families

- Woonsocket charity offering programs for bicycle education for youth

Friends of India Point Park

- Maintaining and advocating for increased use and improved facilities.

Friends of the Mattapoisett Bike Path

- Working to complete the Mattapoisett bike path allowing off-road travel from Fairhaven to Marion and beyond.

Recycle-A-Bike (RAB), recycleabike.org

- Olneyville based non-profit, rehabbing used bikes for return to use and offering maintenance and earn-a-bike programs.

US Open Cycling Foundation, usopen.org

- RI based nonprofit, teaching safe cycling skills to improve health through bicycling.

Woonasquatucket River Watershed Council, wrwc.org

- Olneyville based non-profit offering programs for river use and bicycling, a bike shop and bike path management.



George Redman

Honored at RI State House Ceremony



George Redman, who many in the club know, was honored on November 29 by Governor Chafee, Chairman Melo, family, friends and recreational path users for his selfless quest to have the East Bay Bike Path built. According to son Paul, the 87-year old would be out on the path more frequently if his health and family allowed. As it is now, several times a year, he can be found at Your Bike Shop in Warren, providing water and snacks to path users.

Speaking to honor George were Bob Votava, Representative Melo, Governor Chafee, RIDOT Director Lewis and RIDEM Director Coit. As Master of Ceremony, trail advocate Bob Votava shared details of George's long history of community involvement and sacrifice, from serving in World War 2 and as a Boy Scout leader, as a leader of Bay shore cleanups, to bike path advocate and husband of 60 years. Chairman Melo and the Governor thanked George for his persistence in the face of community opposition to the bike path, including letters he wrote to the Chief-of-Staff of President Reagan.

RIDOT director Michael Lewis spoke not just about thanking and recognizing him, but also informed the assembled crowd that efforts like this are what it takes to get changes started, quipping that if RIDOT was perceived to be inflexible now, imagine its demeanor and response in 1975 to the idea of pedestrian and bicycle recreation trails.

Continued ...



Architect's rendering of the planned George Redman Linear Park, to be built on RI's Washington Bridge (Rt. 195).

Four generations of George's family were on hand for the ceremony, including his son Paul, who delivered the thank you and acceptance. Although George's health did not allow him to deliver his own thanks and acceptance of the honor, it was clear from his expression and discernible attention and focus that he appreciated the kind words being spoken of and for him by those gathered.

With the assistance of the NBW, Greenways Alliance of Rhode Island and the Ocean State Pathways, signatures were collected in support of the unanimous 2006 legislation to name the yet-to-be-built linear park on the Washington Bridge in honor of a visionary. From the seed of an idea in one person's mind, the gathering of likeminded persons to the cause, the allocation of 1.2 million dollars to begin construction of what is now considered to be one of the top ten most-used paths in the nation, it is truly fitting that the connection between Providence and East Providence be named the **George Redman Linear Park**. The park is currently expected to be completed in 2015 after a 2 year construction project beginning in 2013.



NBW members were present at the State House ceremony. l to r: Don Paiva, Mike Emma, Ray Foulkes, Steve Church (RIDOT), Sue Barker, Ted Schwartz. Front: George Redman and Matt Moritz. Photo: Monica Foulkes

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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.

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

I do not know about the rest of you, but my time cycling goes down dramatically outdoors when the clocks change back to standard time in the fall. Not being able to go out and ride in daylight after work is quite a bummer. I am never that psyched to jump on the trainer so quickly either.

As the winter takes its hold, the trainer becomes more attractive to be sure. Cold weather has become more and more difficult for me as well as I have gotten older. I have asthma issues in cold, dry air but I also think that the older we get, the more "practical" we get too. Maybe we get more common sense too!

The most important thing to do during this transition period is to allow yourself to reduce the intensity and allow for your mind and body to get away from the structure that you have been putting on it during the peak cycling season of spring through fall.

When you can get out and ride, make your rides less structured. Go out and mountain bike for just the fun of it. If you feel good, bring up the intensity but really allow your body to tell you what it feels like. I try to get out on the nice days in late fall when I can, and we have been blessed with many opportunities this November.

Mixing up your fitness goals can be fun as well when the outdoors does not provide ideal cycling conditions. What I find useful is to look at keeping your body strong. Weaknesses are a part of any chosen sport and with cycling upper body strength suffers as the legs become exclusively developed.

Turn to weight training or Pilates and Yoga to fill in for the times you were out riding. For aerobic fitness you can join a spin class or do some light running on the treadmill or elliptical trainer.

Weight training will not make you gain upper body muscle weight as long as your training includes a variety of exercises combined with a good cardio warm-up. By providing your body with this shift, your general fitness as you age is improved. It is really all about balancing the body's strengths and weaknesses.

Even if you gain 5 pounds of muscle, adaptation will do its thing and lean you out come summertime as you increase mileage and ride time.

Bone density has been proven to be lowered with the non-impact aspect of cycling. Weight training and running will help to shift up bone density, allowing an adjustment. As the season approaches in the spring, that type of weight training should include power based activities. These should be done of course following a gradual adaptation to weight training.

A power based weight training workout would include moderate to high weights with explosive push or pull movement followed by low return to start. By turning the strength gained during the off season to explosive power-based muscle fibers, the transition to power on the bike which equals speed and endurance will help you get back in the saddle faster come spring.



Yoga can do more than just increase flexibility, which it is known for. Yoga, like Pilates, uses the body's own weight in postures and movements that isometrically fire the muscles making your muscles shake and sweat to form on your brow.

The interesting observation that I have seen is that this process wrings out the muscle in a way where it totally relaxes following the posture. When you go into a hip opener again following those movements, you are magically wide open and loose in those previous tight muscles!

Instead of dreading the winter, use winter as a time for reflection and keeping the fitness up, even if indoors. Mix things up and by springtime, the bicycle and the riding will be as fresh an experience as it was when you first fell in love with it!

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/>

Bike to Work Day

May 18, 2012



2012 Mileage Log is presented on the next pages, provided by Rick Schwartz. An interactive spreadsheet is available in the Members' section of our online newsletter, see nbwclub.org

Ride Mileage Record Chart 2012

2012	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
January	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
February	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	1	2	3		
March	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
April	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	1	2	3	4	5		
May	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	31	1	2		
June	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		

Ride Mileage Record Chart 2012

2012	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total Week	Total Accumulation
July	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		
	29	30	31	1	2	3	4		
August	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	31	1		
September	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	1	2	3	4	5	6		
October	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31	1	2	3		
November	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	1		
December	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31							

The Athlete's Kitchen

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

WINTER NUTRITION: Fueling for Cold Weather Exercise

If you are a winter athlete, you want to pay careful attention to your sports diet. Otherwise, lack of food and fluids can take the fun out of your outdoor activities. These tips can help you fuel wisely for cold weather workouts.

Winter hydration

- Failing to drink enough fluids is a major mistake made by winter athletes. A study comparing hydration status of athletes who skied or played football or soccer, reported the skiers had the highest rate of chronic dehydration. Before a competition, 11 of the 12 alpine skiers showed up dehydrated. (1).
- Some winter athletes purposefully skimp on fluids to minimize the need to urinate. There's no doubt that undoing layer after layer of clothing (ski suit, hockey gear, etc.) can be a hassle. Yet, dehydration hurts performance and is one cause of failed mountaineering adventures.
- Cold blunts the thirst mechanism; you'll feel less thirsty despite significant sweat loss and may not "think to drink."
- Winter athletes (especially those skiing at high altitude) need to consciously consume fluids to replace the water vapor that gets exhaled via breathing. When you breathe in cold dry air, your body warms and humidifies that air. As you exhale, you lose significant amounts of water. You can see this vapor ("steam") when you breathe.
- Unless you are hot, you do not want to drink icy water (i.e., from a water bottle kept on your bike or outside pocket of your back pack). Cold water can cool you off and give you the chills. The better bet is having an insulated water bottle or a bottle filled with hot sports drink then covered with a wool sock to help retain the heat.
- Dress in layers, so you sweat less. Sweaty clothing drains body heat. As the weather becomes "tropical" inside your exercise outfit, make the effort to strip down. You'll stay drier and warmer. Simply taking off a hat is cooling; 30% to 40% of body heat gets lost through the head.

Winter fuel

You need adequate pre-exercise fuel to generate body heat. Hence, you want to fuel-up before you embark on winter exercise, particularly before you ski, run outside, or embark on any outside activity in extreme cold.

- Food's overall warming effect is known as thermogenesis (that is, "heat making"). Thirty to sixty minutes after you eat, your body generates about 10% more heat than when you have an empty stomach. Hence, eating not only provides fuel but also increases heat production (warmth).
- Aerobic workout can increase your metabolism by 7 to 10 times above the resting level. That means, if you were to exercise hard for an hour and dissipate no heat, you could cook yourself in the process! In the summer, your body sweats heavily to dissipate this heat. But in the winter, the warmth helps you survive in a cold environment. Exercise is an excellent way to warm up in the winter!
- If you become chilled during winter exercise (or even when

swimming, for that matter), you'll likely find yourself searching for food. A drop in body temperature stimulates the appetite and you experience hunger. Your body wants fuel to "stoke the furnace" so it can generate heat.

- For safety sake, you should always carry some source of emergency food (such as an energy bar) with you in case you slip on the ice or experience some incident that leaves you static in a frigid environment. Winter campers, for example, commonly keep a supply of dried fruit, chocolate, or cookies within reach, in case they wake up cold at 3:00 a.m.



Energy needs

Cold weather itself does not increase energy needs, but you will burn extra calories if your body temperature drops and you start to shiver. Shivering is involuntary muscle tensing that generates heat.

- When you first become slightly chilled (such as when watching a football game), you'll find yourself doing an isometric type of muscle tensing that can increase your metabolic rate two to four times.
- As you get further chilled, you'll find yourself hopping from foot to foot and jumping around. This is Nature's way to get you to generate heat and warm your body.
- If you become so cold that you start to shiver, these vigorous muscular contractions generate lots of heat--perhaps 400 calories per hour. Such intense shivering quickly depletes your muscle glycogen stores and drains your energy. This is when you'll be glad you have emergency food with you!
- Your body uses a considerable amount of energy to warm and humidify the air you breathe when you exercise in the cold. For example, if you were to burn 600 calories while cross-country skiing for an hour in 0° F weather, you might use about 150 of those calories to warm the inspired air. In summer, you would have dissipated that heat via sweat.
- If you wear heavy clothes, you will burn a few more calories carrying the extra weight of skis, boots, heavy parka, snow shoes, etc. The Army allows 10% more calories for heavily clad troops who exercise in the cold. If you are a runner, however, the weight of your extra clothing is minimal. Think twice before chowing down!

Winter recovery foods

- To chase away chills, replenish depleted glycogen stores, and rehydrate your body, enjoy warm carbohydrates with a little protein, such as hot cocoa made with milk, oatmeal with nuts, lentil soup, chili, and pasta with meatballs. The warm food, added to the thermogenic effect of eating, contributes to rapid recovery.
- In comparison, eating cold foods and frozen fluids can chill your body. That is, save the slushie (ice slurry) for summer workouts; it will cool you off. In winter, you want warm foods to fuel your workouts. Bring out the mulled cider or thermos of soup!

Winter weight gain

Many athletes bemoan winter weight gain. Some eat too much because they are bored and less active. Others experience seasonal affective disorder (SAD) and the change of seasons has a marked affect upon their mood. Changes in brain chemicals increase carbohydrate cravings and the desire to eat more. The temptations of winter holiday foods can also contribute to weight gain.

Continued ...

• To limit winter weight gain, stay active! Exercise helps manage health, weight, and the winter blues. The tricks are to invest in proper clothing, fuel well, and prevent dehydration so you can stay warm and enjoy winter's outdoor wonderland.



Nancy Clark, MS RD offers nutrition consultations to casual exercisers and competitive athletes at her private practice located at Healthworks, the premier fitness center in Chestnut Hill MA (617-795-1875). Her popular *Sports Nutrition Guidebook* and food guides for runners, cyclists, and soccer players are available at www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

Reference

1. Johnson C, A Davenport, M Hansen, D Bacharach. Pre-competition hydration status of high school athletes participating in different sports. *Med Sci Sport Exerc* 42(5): S128 (Abstract 1149).



More TFCE photos at nbwclub.org

TFCE 2011

Perfect riding weather once again for the approx. 2,000 riders on our famous annual century ride in the Dartmouth, Tiverton, Little Compton area. Efficient organization by the volunteers helped make the ride a smooth one for riders, including two unicycles who did the whole century! One bad accident reported, to our regret.

Photos: Rick Schwartz, Monica Foulkes, Louise Paiva. Many more TFCE photos are posted in the Photo Gallery on our website—nbwclub.org.



37th ANNUAL R.I. BIKE SHOW

and **3-DAY BIKE SALE**



Friday, March 16th • 9-8
Saturday, March 17th • 9-5
Sunday, March 18th • 11-5

Come Celebrate Spring!

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

Schedule of events

Bike Show

Sun. March 18 11-5

Bike Sale

Fri. March 16 • 9-8

Sat. March 17 • 9-5

Sun. March 18 • 11-5

NBW Bike Rides

Sun. March 18 • 10 am

Blood Drive

Sat. March 17 • 10-2:30

Trek Factory Demo

Sat. March 17 • 9-5

Sun. March 18 • 11-5

Come donate blood on
Saturday, March 17
from 10:00 to 2:00

Rhode Island
**Blood
Center**



ACCESSORY EXHIBITORS

**Bontrager • Garmin • Mavic • Onguard
Park Tools • Pearl Izumi • Profile
Shimano • Thule • Topeak • Yakima**

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



East Providence Cycle

414 Warren Avenue East Providence, RI 401-434-3838

www.EastProvidenceCycle.com

NBW Special Events Committee announces

The 5th Annual Maine House Getaway Long Weekend



Thursday May 17 - Monday May 21, 2012

Accommodations:

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

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

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

Cost: Queen size bedroom: \$160 per person
Men or Women dorm style bedroom: \$140 per person
(includes 4 nights stay, 4 breakfasts & 3 dinners)

\$50.00 deposit required

Make check payable to: **Narragansett Bay Wheelmen (NBW)**
Mail check to: **Donald Paiva, 81 Harris Street, Riverside, RI 02915**

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

From the Touring Committee

Gil Peel, touring@nbwclub.org

Another year has passed us by. We had a great year of volunteerism. Congratulations go out from me to Bonnie Riebman and Randi Braunstein for starting the award-winning Women's Rides. This netted Bonnie the Volunteer of the Year award. We also had some new names in the Most Rides Arrowed and Most Miles Arrowed competitions. Those congratulations go out to Ed Holden and Ted Schwartz respectively. Nice job people. Keep it up for 2012.

Have a great winter and don't forget to get your bikes tuned up at one of our "Super Cycle Shops".

Thanks to our most recent **ARROWERS**:

Oct 2	Wachusett 3/4	Chip Kent
Oct 9	Cape Caper	Ted & Larry Schwartz
Oct 16	Fall Foliage Tour	Tony Rizzotti
Oct 23	Uxbridge Animal Farm	Ed Holden
Oct 30	Caster's Halloween	Claudia Chappelle
Nov 6	Fall River 50	Mark St. Amour
Nov 13	Taunton-Sharon	Jim Berry, Abby Courchaine
Nov 20	Tri State Tour-B'ville	Steve Rodkey
Nov 27	South Co Coastal	Tony Rizzotti
Dec 4	Cranston Holiday Ride	Ed Holden
Dec 11	Swansea Touisset	Tony Rizzotti
Dec 18	Walpole Dover	Jim Berry
Dec 25	Seekonk North	Don Paiva

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

NBW All Women Rides Plan Their 2012 Season

Thanks to all the amazing women who showed up for the inaugural season of the Women's Rides, making it such a huge success, planning for next spring is underway.

The first step is to find a team name and have team jerseys so we look like a team! All suggestions will be honored and a team vote will be held via email in January. The winning name will be announced at a team dinner in February. If you have a name suggestion or would simply like to be on our email list for information about the group and our upcoming dinner, please email Randi Braunstein at randibraunstein@gmail.com. You can also check the NBW website at nbwclub.org for updated information about our activities.

Hope to hear from you. RIDE ON!
Randi Braunstein

Members at the Annual Meeting/Volunteers' Banquet were interested to hear a presentation given by Alicia MacManus on the following project.



AROUND THE WORLD BICYCLE TRIP

**To create College Scholarships for
Tanzanian Students**

**To Study Wildlife Conservation in
Africa**

**Support Elvis - the first black African to bicycle
around the world (we think!)**

Create your own firstgiving.com fundraising page
start gathering money, help send students to college.

First GivingA registered 501(c)3 non-profit

www.chiletoKiji.com

NBW RIDE SCHEDULE

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

January 1, 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. From Providence take I-195 east through Fall River MA. Take exit 8A (Route 24 South) to MA exit 1A (Route 81 Adamsville). Go 8 miles to end of Route 81 (stop sign), take right and then first left. Follow that road to stop sign (Long Hwy). Go approximately .5 mi. to #124 on right. Park on shoulder of road to leave as much road space as possible

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

18/25 miles

Sunday 11:00 AM *Map No.* 66 *Arrower:* Jim Berry

Route North Attleboro, Plainville, Foxboro, Mansfield

Directions Start at 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 the 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 the winter (short) version of the Triboro Tour (aka Attleboro Flat). It is relatively flat, except for one hill on the 18 and 25 mile loops, and passes by a fish hatchery and some 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.

January 15, 2012

♥ Jonnycake

15/25 miles

Sunday 11:00 AM *Map No.* 42 *Arrower:* Paul Martens

Route Kingston, Usquepaugh, Shannock

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 travels through the rural countryside of southern RI, following numerous back roads through farmlands, woods, towns, and turf farms. A good tourist stop is the Kenyon Grist Mill in Usquepaugh which grinds corn meal into jonnycake ("journeycake") flour.
This ride will be repeated Feb 12.

January 22, 2012 **Larry & Ted's Dartmouth Ride** 12/17/31 miles

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

Route South Dartmouth, Westport

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

Drive Time 30 minutes from Providence

Description Ride in one of the NBW's favorite areas, covering some familiar roads in South Dartmouth and Westport. The Horseneck beach bike path shown on the map may not be used if sand obstructs. This ride will be repeated Feb 19.

January 29, 2012 ♥ **Seekonk North-REPEAT** 12/17/25 miles

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

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 Feb 26.

February 5, 2012 ♥ **Triboro Tour-Winter-REPEAT** 18/25 miles

Sunday 11:00 AM *Map No.* 66 *Arrower:* Jim Berry

Route North Attleboro, Plainville, Foxboro, Mansfield

Directions Start at 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 the 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 the winter (short) version of the Triboro Tour (aka Attleboro Flat). It is relatively flat, except for one hill on the 18 and 25 mile loops, and passes by a fish hatchery and some lakes. You'll ride through the town of Foxboro and finish up with a spin past the remaining farmlands of Mansfield.

February 12, 2012 ♥ **Jonnycake-REPEAT** 15/25 miles

Sunday 11:00 AM *Map No.* 42 *Arrower:* Paul Martens

Route Kingston, Usquepaugh, Shannock

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 travels through the rural countryside of southern RI, following numerous back roads through farmlands, woods, towns, and turf farms. A good tourist stop is the Kenyon Grist Mill in Usquepaugh which grinds corn meal into jonnycake ("journeycake") flour.

February 19, 2012 **Larry & Ted's Dartmouth Ride-REPEAT** 12/17/31 miles

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

Route South Dartmouth, Westport

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

Drive Time 30 minutes from Providence

Description Ride in one of the NBW's favorite areas, covering some familiar roads in South Dartmouth and Westport. The Horseneck beach bike path shown on the map may not be used if sand obstructs.

February 26, 2012 ♥ **Seekonk North-REPEAT2** 12/17/25 miles

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

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.

March 4, 2012 **Simple Arrow Ride** 12/27 miles

Sunday 11:00 AM *Map No.* 12 *Arrower:* Ed Holden

Route Burrillville, Harrisville, Douglas, Uxbridge

Directions Start at Burrillville High School, in Burrillville, RI, on Rt 107. Take Rt. 146 N to the Rts 5/102 exit, go right at exit and then a quick left at lights (sign says "to 146"), after 100 yds bear left on 102 (entrance to 146 bears right). Go straight on 102 for 4 miles; turn right on 107 (East Ave). High School is about 3/4 miles on the left. Park behind school.

Drive Time 35 minutes from Providence

Description Fascinating ride - so simple you don't need arrows. Rolling, rural terrain.

March 11, 2012 **Mystic Seaport** 19/47 miles

Sunday 11:00 AM *Map No.* 61 *Arrower:*

Route Hopkinton, Clark Falls, Old Mystic CT

Directions NOTE NEW START: Start at the Stop & Shop Plaza, Rt 138, Wyoming (Hope Valley), RI. Take I-95 South to Exit 3-A; go left at the exit and left into the parking lot. Please park well away from the stores. (This lot is just on the other side of Rt. 95 from our old start in the Chariho Plaza, which we have been told not to use.)

Drive Time 40 minutes from Providence

Description Ride from Hope Valley to the Mystic Seaport and back, through Hopkinton, Clark Falls, through Old Mystic and past the seaport of Mystic.

Thanks to Gil Peel for revising the old "out-and-back" route to create a much more enjoyable ride.

March 18, 2012

EP Cycle/Spring Opener

14/18/31/43 miles

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

Route East Providence, Seekonk, Rehoboth

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

Drive Time 5 minutes from Providence

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

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

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

March 25, 2012

♥ Lakeville Tour

15/25/40 miles

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

Route Lakeville, Freetown, Acushnet, Rochester

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

Drive Time 40 minutes from Providence

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

April 1, 2012

Killingly Tour

17/35/47 miles

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

Route Scituate, Foster, Glocester, East Killingly

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

Drive Time 35 minutes from Providence

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

April 8, 2012

Oneco Pond Ride

17/31/41 miles

Sunday 10:00 AM *Map No. 3* *Arrower:*

Route Escoheag, Sterling, Oneco, West Greenwich

Directions NEW START: Sterling Memorial Library (formerly School), 1183 Plainfield Pike (Rt 14A), Sterling, CT ... thanks to our arrower, Ted Shwartz, for informing us that this building is no longer a school. From Providence: Take Rt.6 West to Rt.295 South. Take Exit 4 Rt.14/Plainfield Pike and go West on Rt.14 for 19 miles (you'll cross the Scituate Reservoir - Rt.102 joins and leaves Rt.14 - stay on Rt.14). At the CT line bear Left at the fork on Rt.14A for 1 mile (don't miss this turn). Library/School is on the Left.

Drive Time

Description This is basically the old Beach Pond Ride, with a new start because RI closed off Beach Pond. Scenic, rural rides around the SW RI border and into CT. Expect some hills. Rt. 49 runs along Ekonk Hill, a high open ridge with superb views. Bob Paiva has extended this ride into the Plainfield CT area, with a short extension to Gibson Hill Road to include a food stop.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

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

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Providence, RI
Permit No. 527

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

Tentative Future Ride Schedule - subject to change - comments to Gil Peel, touring@nwclub.org

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
Apr	Sun	1 30	Killingly Tour	Glocester	17/35/47	
	Sun	8 3	Oneco Pond Ride	Sterling, CT	17/31/41	
	Sun	15 2	Barrington Ride	Barrington	15/30	
	Sun	22 129	Diamond Hill One	Cumberland	13/32/50	
	Sun	29 160	BikeWorks Swansea Ride	Swansea, MA	16/26/50	
May	Sun	6 113	Westerly Ride	Ashaway	24/36/48	
	Sun	13 111	Westport	Westport, MA	13/25/44/50	
	Sun	20 122	Plymouth Century	Seekonk, MA	21/56/100	
	Sun	27 120	Ray Young's Ride	Greenville	11/17/23/33/53	
	Mon	28 111	*Memorial Day Show'n Go	Westport		
Jun	Sun	3 43	Western Hills Ride	URI, Kingston	22/30/41/62/83	
	Sun	10 65	Dartmouth Fifty+	N Dartmouth MA	15/34/55	
	Sun	17 59	Mystic Metric	Ashaway	15/30/63	
	Sun	24 88	Scramble Metric	Seekonk, MA	17/27/53/66	
Jul	Sun	1 99	STORI Century	Greenville	19/30/50/80/100	
	Wed	4 88	*July 4 Holiday Show'n Go	Seekonk		
	Sun	8 57	Miles Standish State Forest	Wareham, MA	22/46	
	Sun	15 62	Joe Medeiros Ride	New Bedford, MA	17/25/47/62	
	Sun	22 118	Sturbridge Century	W Glocester	16/38/50/58/100	
	Sun	29 164	New Rhody Roundup	Slocum, RI	13/24/34/42	TENTATIVE DATE
Aug	Sun	5 32	Providence Bicycle Ride	Providence	10/35/57	
	Sun	12 128	Diamond Hill Two	Cumberland	17/30/50	
	Sun	19 54	South Shore Century	Middleboro, MA	27/54/75/100/125	
	Sun	26 131	The 'Bridge' Ride	Burrillville	15/30/50	
Sep	Sun	2 19	Tom & Pat's Half Century	Coventry	19/28/50	
	Mon	3 128	*Labor Day Show'n Go	Cumberland		
	Sun	9	**TFCE			TFCE crew
	Sun	16 81	Cranberry Metric	Raynham, MA	17/35/62	
	Sun	23 76	Hill & Gully Rider	W Glocester	25/35/50/70	
	Sun	30 69	Norwich Metric	Norwich, CT	30/44/60/63	
Oct	Sun	7 52	Mattapoissett Ride	Mattapoissett, MA	15/30/50	