

The Spoke'n Word

Volume 42, Number 2

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

April/May 2012

nbwclub.org



TFCE—September 9, 2012

***Members-only registration opens April 1
from the Members section of our website, nbwclub.org
You will need the Members' password (see inside front cover)
and your Member Number (see top line of your mailing label on the back cover,
or check the members list on the website).***

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SUPER CYCLE SHOPS

Support your local bike shop. They not only support the NBW but also promote safe bicycling for all. Some of these shops give a discount on parts and accessories to NBW members. Show your valid NBW membership card (your mailing label).

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508-677-0710
www.bikeworksma.com

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Lincoln, RI 02865
401-335-3163

BRUMBLE BIKES

49 Beach St
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401-315-0230
www.brumbalebikes.com

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3480 Post Rd
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401-739-0393

EAST PROVIDENCE CYCLE

414 Warren Ave
East Providence, RI 02914
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www.EastProvidenceCycle.com

GREENWAY CYCLES INC.

579 Washington St
Coventry, RI 02816
401-822-2080

LEGEND BICYCLE

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

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1153 Boston Neck Rd
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www.pedalpowerri.com

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No Attleboro, MA 02760
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W. E. STEDMAN CO.

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401-789-8664
westedman.com

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Newport, RI 02840
401-847-5609

TRAVIS CYCLE INC.

1 Oak St
Taunton, MA 02780
508-822-0396

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77 Pleasant St
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Exeter, RI 02822
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WeeBIKE.com

Balance Bike & Merino Wool Specialist
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401-654-0029
NBW member discount promo code:
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330 Hathaway Rd
New Bedford, MA 02746
508-993-2525

YOUR BIKE SHOP

459 Willett Ave
Riverside, RI 02915
401-433-4491

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



MOVING?

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

membership@nbwclub.org

or mail: NBW Membership, PO Box 41177, Providence, RI 02940-1177

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: Raul Silvia, Gary Archer, and Margaret Vigorito make an impromptu stop on the 2011 TFCE in Westport.
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



Spring has finally come. Traditionally the Spring Opener seems to be the coldest ride of the year. The biking world just looks better once we have left winter behind. Perhaps someone in the club knows how many years that Rob and Helen **Foulkes** and **East Providence Bicycle** have hosted our ride season start?

Something else that happens with the start of spring is that we start thinking of this year's riding goals, and getting rid of all those layers we have been carrying around all winter. For some of us this means less clothes, for some less personal layers, and for some less mental cobwebs from being inside too much for too long.

It might be that every club member has different goals for their riding season, but we all share one common goal. No one wants to get hurt on their bicycle. No one wants to crash, no one wants to be in a collision with another cyclist, and no one wants to be in a collision with a motor vehicle. Being involved in a bicycle accident has a way of ruining your season. Please expect to hear more about safety at ride starts this year, and in *The Spoke'n Word*.

Many club riders swear by using mirrors as tools for their own personal safety. They would no sooner go out riding without their helmet or their mirror. We are going to have a trial program this year with ride starters having loaner mirrors for club members who would like to try them. Please see the ride starter before the ride begins if you are interested.

One thing that you will see happening differently at ride starts this year is the starters calling out for new riders 15 minutes before the ride start. We would like to give our new riders more attention. We were all new riders with the NBW once. It takes time to figure out how the club works for new members. Recently we had a visitor, Wayne from the Western Maryland Wheelmen (WMW), who joined us for a February ride out of Seekonk. Wayne was an experienced club rider from the WMM. The WMM do their rides a little differently than the NBW, but it only took a couple of moments to introduce Wayne to the club and how we do our rides. Some riders new to the club have never ridden with a club, some have never seen arrows, some expect cue sheets, and some have never ridden off a bike path.

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

Here is my safety reminder for this issue of *The Spoke'n Word*. When you have to stop, stop safely, and get off the road safely. Once this is done, you can safely go about doing whatever you wanted to when stopped, without causing an accident with another cyclist or motor vehicle. Recently, on a club ride, my GPS flew off its mount, denting a car. The only safe thing to do was continue on and pull off safely, and then look for the GPS. If I had hit the brakes when the GPS flew off I would have caused an accident with another club rider.

Safe Riding - Ted

NBW Officers etc.

NBW OFFICERS (Terms begin February 1)

President: Ted Shwartz, president@nbwclub.org
Vice President: Elizabeth Masterson, vicepres@nbwclub.org
Treasurer: Paula Raposo, 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: Todd Wise, Janice Velozo, Ray Foulkes
Membership Secretary: Ted Shwartz, membership@nbwclub.org,
NBW-Membership, PO Box 41177, Providence, RI 02940-1177
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 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
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM

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

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

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

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, or omissions 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) <input type="checkbox"/> Individual | 2) <input type="checkbox"/> New | 3) <input type="checkbox"/> One year (\$15 individual or \$25 family) |
| <input type="checkbox"/> Family | <input type="checkbox"/> Renewal | <input type="checkbox"/> Two year (\$25 individual or \$30 family) |

I would like to receive my newsletter (*The Spoke'n Word*) as:

- Paper, via US Postal Service Electronic, read on the NBW website: nbwclub.org, Members section
(requires password, which is printed on the inside front cover of every newsletter)
(new members will receive the current password via email)

Membership No. _____ Amount enclosed: _____

Print Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Tel: _____ E-mail: _____

Mail entire page and check to: NBW Membership, PO Box 41177, Providence, RI 02940-1177

Allow 6-8 weeks for processing



NARRAGANSETT BAY WHEELMEN

THE FLATTEST CENTURY IN THE EAST

41st Annual—September 9, 2012

2000 RIDERS • LAB SANCTIONED
29, 52, 68, 100 MILES

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

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

SAFETY

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

WHEN

Sunday, September 9, 2012

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

WHERE

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

REGISTRATION

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

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

Registration for NBW MEMBERS ONLY will open on April 1st. A link to the on-line members' registration site will be available in the Members' section of our website, nbwclub.org. You must begin from the Members' web page, accessed by password. For the current members' password, see the inside front cover of your *Spoke'n Word*.

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

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

TFCE MAPS and cue sheets will be available on-line as soon as the route has been finalized—no later than 1 week before the ride—**only at: nbwclub.org**. Maps and cue sheets will **not** be available at Active.com. All registered riders will be emailed to let them know when the maps become available. Maps and cue sheets will also be available at check-in on the day of the ride.

No refunds will be given.

T-SHIRTS

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

SAG WAGONS

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

SPORTS MASSAGE

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

FOOD

Food will be available for purchase after the ride.

HOTELS

www.umassd.edu/southcoast/tourism

More information at: nbwclub.org

Questions: tfce@nbwclub.org

HELP WANTED

For the 41st annual NBW-TFCE
The Flattest Century in the East

September 9, 2012



Volunteers are needed for:

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

Volunteers are required to work a minimum 4 hour shift.

Please contact:

Ted Shwartz, nbwpresident@gmail.com



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

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

Advocacy Column

Matt Moritz, advocacy@nbwclub.org



2-Abreast or Single File? Do you know the rules of the road in RI, MA and CT?

At a recent meeting, the subject of safety of bicycle riders during club rides was discussed at some length and I was caught in the somewhat embarrassing position of not being

familiar with the rights, responsibilities and special allowances made for use of bicycle roadways in all of the states that the club regularly holds rides. Specifically, I didn't know the specifics of rules in Connecticut and Mass. with regards to riding single file, passing and use of lanes

Frequently, the subject of single file riding is raised, especially during events with a hundred or more riders. Many town police like to enforce that bicycle users should be riding single file except when passing. As it turns out, this instruction is incorrect in CT, MA and RI. In all of these states, riding two abreast is legal, so long as the riders are not impeding traffic. Courteous behavior and safety indicate that it is best to ride in as far to the right as safety allows. Note that riding two abreast was only made legal in Massachusetts in 2008, repealing the prior requirement to ride single-file at all times.

In all cases, even when riding two abreast, riders are required to operate within a single travel lane and within the portion of the road designated for travel in same direction as the riders are going. None of the states' laws appear to specifically detail what a third person riding a bicycle should do if they need to pass a pair of people riding abreast.

Another area of concern is when being passed by a motor vehicle. Only CT and RI have safe passing laws in place that require vehicle operators passing a bicycle to give a minimum clearance distanced. In Connecticut this is 3-feet, while in Rhode Island the distance is much more complicated. Essentially, whatever the rider's height is on a bicycle is the safe passing distance. Additionally, in RI motor vehicle operators are specifically permitted to cross a double-yellow centerline to pass a bicyclist safely, with similar provision in Massachusetts for situations where there isn't enough space to pass safely within the lane.

For anyone who has been through a safe cycling course, safe passing laws make the instruction to "take the lane" more legally defensible in situations where it would be unsafe for a vehicle to pass. It is always the responsibility of the overtaking driver to pass safely. As the more vulnerable party, we should be sure to use the

road in a courteous manner, but one which allows us to use the road safely and reduce risks.

Another place where cyclist safety and road rule compliance is frequently ignored is stop signs and traffic lights.



While it is understandable to not want to slow or stop at traffic controls, safety, courteous behavior and the law indicate that within our three states, it is required to obey these controls no matter what the type of vehicle. Nothing seems to irritates non bicycle riding members of the public more than watching a cyclist ride through an intersection without slowing or stopping for the appropriate traffic control. When I talk about riding a bicycle with non-riders, this is almost invariably the first complaint and topic with which they wish to bend my ear. In their minds riders who don't stop are flaunting traffic rules, acting as though they have a privileged status and behaving distinctly unsafely by charging out in front of them and their vehicles.

As I've said in this column and the club email group, it is always best to behave in a courteous way towards our fellow road users, regardless of the specifics of the laws. Antagonizing another person by not allowing them to pass, and not obeying laws, can cause them to retaliate either physically with their vehicle or by contacting police and law makers and working to have our rights to use the roads removed with mandatory side-path laws and out-right bans.

Think any of these laws don't make sense and should be altered? Let me know, advocacy@nbwclub.org.

Updates on Bike Paths/Routes

George Redman Linear Park update

After the events to honor George Redman last November, RIDOT has indicated that the project is to be sent out to bid in March, with construction to begin in 2013 and completion in 2015. Unfortunately, this important link between Providence and East Providence will be completely closed during construction. The City of Providence and RIDOT have both indicated that they intend to install appropriate signs for a detour to use the bike lanes on the Henderson bridge.

Continued ...

Coventry Greenway Maintenance Planned

Bids have been requested for improvements in the section from Station Street, west to the end of town ownership (roughly behind Suburban Propane where the pavement currently ends). Unfortunately, this entire section (2.7 miles) will be closed during construction from June 2012 to June 2013, possibly sooner.

Other sections of the greenway will also be undergoing maintenance where pavement installed as early as 1997/98 will be removed due to root damage; in one particular section just west of Station Street soils will be removed from the path area under a hazmat remediation plan. As a result the Coventry Greenway will likely be closed and completely impassable.

Adventure Cycling Atlantic Coast route now in RI for 5.5 miles

In a recent map update, the Adventure Cycling Association altered the Atlantic Coast route to use 5.5 miles of roads in the northwest corner of Rhode Island in the town of Burrillville. ACA undertook this change, as they previously had no routes that included Rhode Island. The route uses RI Route 100 and Buck Hill Road.



Bike to Work Day Friday May 18, 2012

As events are finalized they will be announced on the Rhode Island Bicycling Coalition's website, ribike.org

Providence: Commuter Breakfast at a location still to be determined. More information on ribike.org

Newport: Commuter Breakfast, Community Bike Ride and Bike Fair are planned in Washington Square. More information available on bikenewportri.org

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.
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.

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

We have been lucky this winter. But there are still those cool, wet days that keep you indoors. As I have mentioned before, the trainer is a good but perhaps a boring means to achieve some cycling fitness for those times.

Structured training is difficult to get indoors or even outdoors. When you ride outdoors, many things can change your workout plans. Wind, traffic, stoplights and hills can affect a structured workout that may focus on specific efforts for allotted times.

One of the ways to provide entertainment as well as structured hard training indoor workouts is the digital downloaded videos called "*The Sufferfest*" videos. They can be found at www.thesufferfest.com/



THESUFFERFEST I will beat my ass today to kick yours tomorrow.

Yes, now you can suffer just like you do on those group rides to come! For those who might not find that appealing, let me tell you why *The Sufferfest* could become your new workout friend by what it could provide to your fitness goals.

It is important to provide some structure to your trainer riding in order to develop certain specific areas. Intervals provide the ability to repeat an effort for an allotted time and a certain intensity with rest periods in between. They can focus on tempo, sweet spot, threshold, V02 max, anaerobic, and sprint abilities.

Unfortunately, detailing what each area of training would take a column for each, so not for today.

What *The Sufferfest* videos do is largely very high intensity. You will work a little tempo, but mostly V02 max, anaerobic, sweet spot, and some sprinting. Most of the workouts are in the one hour timeframe. With the intensity, the one hour workout is high quality, high intensity, which will improve fitness relatively quickly.

My suggestion is to warm-up before one of these workouts. Some of the workouts you can develop are: ILT (Isolated Leg Training) whereby you spin with one leg at a time trying to smooth out your pedaling action to remove any mashing or dead spots. I would do this for no longer than you can maintain smooth circles at a moderate resistance.

Other separate trainer workouts you should incorporate along with the videos include high cadence work (without bouncing) and intervals from 2 to 10 minutes at your lactate threshold or sweet spot (95% below your FTP). FTP

is your Functional Threshold Power for those of you that have power meter equipment available.

One of the latest videos is *A Very Dark Place*. It truly is that! Here are some screen shots.



Other videos include:

The Downward Spiral, Fight Club, Revolver, Angels, Local Hero, and a few other really masochistic workouts for your suffering and entertainment with very high energy music that fits the efforts. At least you can't say you are bored doing these workouts on the trainer! There is even a great workout with Pro woman's racing called *Hell Hath No Fury*. Very applicable name!

The key to getting motivated to ride on the trainer is interaction. Structured workouts provide the focus and at the same time the distraction from watching the clock. *The Sufferfest* has a couple of Extra shots; smaller length add-on's or quicker workouts for when you are time-strapped.

The Long Scream is one of them at around 30 minutes. The name does justice to what you might find yourself doing by the 20 minute point. Sweet sufferama!!

The Long Scream description:
30 minute time trial simulation following the pros during the UCI Time Trial World Championships in Copenhagen.

Continued ...

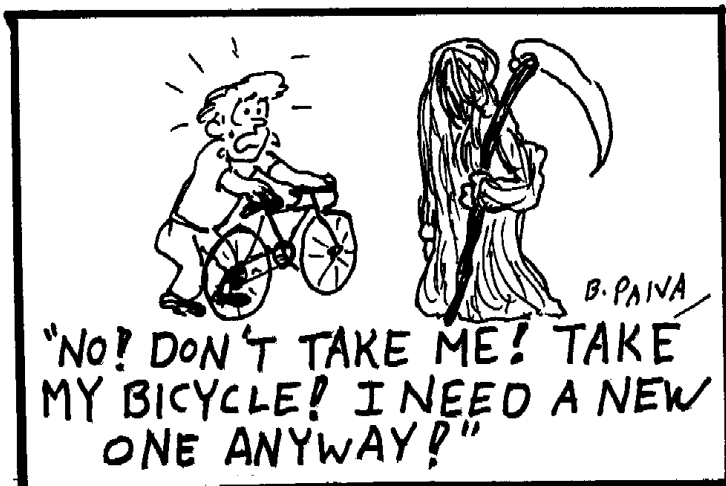
So the next time you want to get a ride in on a rainy day or at night why not ride with the pros? You might feel like you are catching them, which translates to a great cycling season later with your friends outside.

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/>

NBW Grant Money at Work in the Community



Woonsocket High School Bicycle club students proudly display their bikes after a field trip to Recycle-a-Bike, where they had them fitted. January saw the students on an 8 mile bike ride around the hills of Woonsocket, led by Richard Durishin, of US Open Cycling, who sent in this photo.



WELCOME New Members

Ed, Lucas, Meredith & Micalen Adams, Middletown, RI
Susan A. Baker, Providence, RI
Jeffrey Barkley & Colleen Clark, Cumberland, RI
Jeffrey W. Beauchamp, Norton, MA
Michael F. Bissett, Canton, MA
Thomas, Nathan, Ann, Noah & Ingrid Boland,
Old Saybrook, CT
Spencer C. Borden, Uxbridge, MA
Allyson R. Bradford, Halifax, MA
Ted & Nancy Brandley, Barrington, RI
Andrea I. Brennan, Ashaway, RI
Laura F. Burkett, Pawtucket, RI
Jeff D. Caplin, Barrington, RI
Jeffrey P. Cavanaugh, Providence, RI
George & Candace Cottrell, Tiverton, RI
Kathleen Curren-Cheng, Cambridge, MA
Joseph P. DeMello, Acushnet, MA
Miriam Eizenbaum, Providence, RI
John A. Folan, North Dartmouth, MA
Stephen Hahl, Woonsocket, RI
Walter M. Hammerick, Wilton, ME
John Hanshaw, Draper, UT
Wendy M. Hayes, East Freetown, MA
Thomas Hevner, Lincoln, RI
Lise Holst, Providence, RI
David W. Ingle, Cumberland, RI
Ronald & Becky Jacobson, West Greenwich, RI
Robert & Susan Kidd, Wakefield, RI
Christopher E. Kiernan, Mattapoisett, MA
William Kolb, Barrington, RI
Barry D. Lamkin, Norwell, MA
Richard S. Limbird, Saunderstown, RI
Susan I. Lucas, Lincoln, RI
Sharon H. Luther, Warwick, RI
Stephen MacGillivray, Middletown, RI
Stephen R. McGuinness, Fiskdale, MA
Jeffrey J. Medeiros, Portsmouth, RI
Karen Mooney & Kevin Garlick, Glastonbury, CT
Linda N. Moore, Pawtucket, RI
Warren M. Moran, Cranston, RI
Leonard & Barbara Moulton, Warwick, RI
Leah K. Moynihan, No Attleboro, MA
Joel & Daina O'Connor, Cranston, RI
Sean O'Neill & Kimberly O'Connell, No Attleboro, MA
Scott Olsen, Jamestown, RI
Heather & David Palmer, Foster, RI
Michael W. Prevost, Bourne, MA
Thomas N. Prinster, Wakefield, RI
Stephen J. Reed, Acushnet, MA
Nelson F. Rego, So Attleboro, MA
Jennifer K. Silver, Weston, MA
Fred Silverblatt, No Kingston, RI
Michael A. Steller, Providence, RI
Matthew N. Sykes, No Dartmouth, MA
Christine S. Vandemoortele, Greenville, RI
Archibald Williams IV, Wareham, MA
Laura M. Wormruth, Franklin, MA

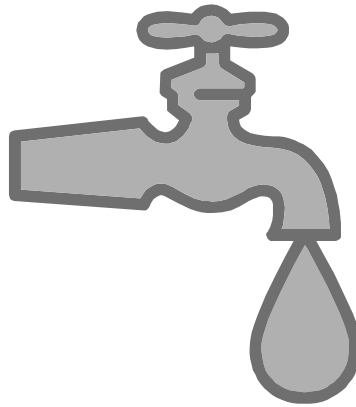
The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD, February 2012

Water: A Wonderful Performance Enhancer

Water is a wonderful performance enhancer. When a star U Conn basketball player took the advice of his sports nutritionist, Nancy Rodriguez RD, and started drinking enough to consistently void a light-colored urine, he was amazed at how much better he felt all day. Unfortunately, too many athletes overlook the power of this essential nutrient. Perhaps it's your turn to give water a try? This article offers droplets of information to enhance your water IQ, optimize your water balance, and help you feel and perform better.

- You don't have to drink plain water to get adequate water into your body. All fluids count, as do foods that have a high water. For example, oatmeal is 84% water; lowfat milk, 90%; coffee, 99.5%; lettuce, 96%; tomato, 95%; broccoli, 89%; lowfat vanilla yogurt, 79%; and ice cream, 60% water.
- Water is the solvent for biochemical reactions. Your body cannot function without sufficient water, as noted by the fact that athletes die from dehydration.
- Your body needs water to moisten food (saliva), digest food (gastric secretions), transport nutrients to and from cells (blood), discard waste (urine), and dissipate heat (sweat). Water is a major component of the cells in muscles and organs; about 60% of a young male's body weight is water, as is about 50% of a young woman's body weight.
- Different body parts have different water contents. For example, blood is approximately 93% water, muscle is about 73% water, and body fat is about 10% water. Water constantly moves between the inside and the outside of cells. About 4% to 10% of your body-water gets replaced every day with "fresh" water.
- Note: Bioelectrical impedance (BIA) methods of measuring body fat actually measure body water. From that, a formula estimates the ratio of water to muscle and fat. Hence, if you use a Tanita Scale or Omron device, be sure to maintain adequate hydration. If you are dehydrated, you'll end up with an inaccurate (higher) estimate of body fatness.
- Your body produces about 8 to 16 oz. (250-500 ml) water per day during normal metabolic processes. During a marathon, a runner's muscles can produce that much water over 2 to 3 hours. When muscles burn glycogen,



they simultaneously release about 2.5 units water for each one unit of muscle glycogen; this helps protect against dehydration.

- Coffee is a popular source of water. Although once thought to have a diuretic effect, current research indicates coffee (in amounts normally consumed) hydrates as well as water over a 24-hour period. That is, after drinking coffee, you may urinate sooner, but you will not urinate more than you consume. Army research on caffeine and dehydration confirms coffee is an acceptable source of fluids for athletes, even during exercise in the heat. Hence, coffee and other caffeinated beverages such as tea or cola count towards your water intake.
- An increased concentration of particles in your blood triggers the sensation of thirst. If you are a 150-pound athlete, you'll start to feel thirsty once you've lost about 1.5 to 3 pounds of sweat (1% to 2% of your body weight). You are seriously dehydrated when you have lost 5% of your body weight.
- Body water absorbs heat from the working muscles and sweat dissipates the heat. That is, the evaporation of a liter (about 36 ounces) of sweat from the skin represents loss of about 580 calories. Sweat keeps you from overheating during exercise and in hot environments.
- To determine how much water you lose when you sweat, weigh yourself (with little or no clothing) before and after an hour of hard exercise with no fluid intake. The change in body weight reflects sweat loss. A one-pound drop in weight equates to loss of 16 ounces of sweat. A two-pound drop equates to 32 ounces—that's one quart. Drink accordingly during your workouts to prevent that loss!
- When you sweat, you lose water from both inside and outside the cells. The water outside the cells is rich in sodium, an electrolyte that works in balance with potassium, an electrolyte inside the cells. Sweat contains about 7 times more sodium than potassium, hence sodium is the more important electrolyte to replace during extended exercise.
- Most athletes who lose more than 2% of their body weight (3 lbs for a 150-pound athlete) lose both their mental edge and their ability to perform optimally in hot weather. Yet, during cold weather, you are less likely to experience reduced performance, even at 3% dehydration. Three to 5% dehydration does not seem to affect muscle strength or performance during short intense bouts of anaerobic exercise, such as weight lifting. But distance runners slow their pace by ~2% for each percent

Continued ...

body weight lost by dehydration. Sweat loss of more than 10% body weight is life threatening.

- Adequate fluid intake can reduce problems with constipation and urinary tract infections. There is no scientific validation of theories that excessive water intake will improve weight loss, remove toxins, or improve skin tone.
- Should you plan to drink "eight glasses of water a day"? No scientific evidence supports that rule, so you can simply drink in response to thirst. You can also monitor the volume of your urine. If your urine is scanty, dark, and smelly, you should drink more! If you have not urinated during your work or school day (8:00 a.m.- 3:00 p.m.), you are severely underhydrated.
- Is bottled water better for you than tap water? Doubtful. According to the Center for Science in the Public Interest, nearly half of bottled waters come from municipal water supplies—not from the mountain streams pictured on the labels. This suggests standard municipal tap water is high quality. Rather than spend money on bottled water, turn on your tap! This will help stop the flood of 95 million plastic water bottles that get discarded each day, of which only 20% get recycled. Drink plenty of water—but think "green."



Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both casual and competitive athletes at her office in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for new runners, marathoners, and soccer players offer additional information. They are available at www.nancyclarkrd.com and www.sportsnutritionworkshop.com.

Resources:

Armstrong, L., A. Pumerantz, M. Roti, et al. 2005. Fluid, electrolyte, and renal indices of hydration during 11 days of controlled caffeine consumption. *Int J Sport Nutr Exerc Metab* 15:252-265

Koslo, J. "Water, hydration and health: What dietetics practitioners need to know" in *SCAN's Pulse*, Academy of Nutrition and Dietetics, 2012 31:1 (Winter)

National Academy of Sciences. Institute of Medicine. Food and Nutrition Board.

Dietary Reference Intakes for Water. http://www.nal.usda.gov/fnic/DRI//DRI_Water/73-185.pdf

Wilmore, J and D. Costill. *Physiology of Sport and Exercise*, Human Kinetics, 1994



Annual Memorial Day Weekend In Southern Vermont

Friday, May 25 to Monday, May 28, 2012

at the Blue Gentian Lodge, Magic Mountain Rd,
Londonderry

Enjoy Green Mountain scenery, quaint Vermont villages and stores.
Mapped loops vary from 23 to 78 miles; most rides are hilly.

Single, double or triple occupancy, with private baths.
A common gathering room, game room, hot tub, heated swimming pool.
Weekend includes 3 nights lodging, 3 breakfasts, 2 dinners (Sat & Sun).

Total cost \$229 per person with double occupancy (\$375 for single room, by request)
Reservations: contact Ken or Lisa at the Blue Gentian, 802-824-5908 and tell them you are with the NBW bicycling group.

Questions: contact NBW member Ray Naughton, email raynaughton@cox.net or tel: 401-781-6963

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

ALL WOMEN RIDES

Saturday Ride Start Times

9:00 AM: April-June, 8:00 AM: July-August (beat the heat!), 9:00 AM September-October

Please plan to arrive at least 15 minutes early to set up your bike. Bring your helmet, spare tube, food and water bottles. Maps will be provided and rides are arrowed. Distances in **bold** indicate the ride the group will take, but

individuals can opt for other distances. **FOR ALL RIDES:** See nbwclub.org for detailed route information, including food and water stops, as well as directions to the ride start.

Date	NBW Ride Name	Distances	Start Location
April 14	Seekonk North	12/17/ 25	Seekonk High School, Seekonk, MA
April 28	Lakeville Tour	15/ 25 /40	Assawompset School, Lakeville, MA
May 12	Barrington Ride	9/15/ 30	Barrington High School, Barrington, RI
May 26	Killingly Tour	17/ 35 /47	Ponagansett High School, Glocester, RI
June 9	Ray Young's Ride	11/18/23/ 33 /54	Anna McCabe Elementary School, Smithfield, RI

NOTE: The following rides are based on the NBW Tentative Schedule, which is subject to change.

June 23	Westport Ride	13/ 25 /44/50	Westport Middle School, Westport, MA
July 7	Westerly Ride	20/ 33 /45	Commuter Parking Lot, Rt 3 North, Ashaway, RI
July 21	Dartmouth Fifty	16/ 33 /55	Sears Parking Lot, Dartmouth Mall, Dartmouth, MA
Aug 4	Western Hills Ride	22/ 30 /41/62/83	URI (W Independence Way Parking Lot, Kingston, RI
Aug 18	STORI Century	19/ 30 /50/80/100	Anna McCabe Elementary School, Smithfield, RI
Sep 1	Providence Bicycle	10/ 35 /57	Providence Bicycle, Branch Ave, Providence, RI
Sep 15	Bridge Ride	15/ 30 /50	Burrillville High School, Burrillville, RI
Sep 29	Tom & Pat's Half Century	19/ 28 /50	Coventry Plaza, Coventry, RI
Oct 13	Mattapoisett Ride	15/ 30 /50	Commuter Pkg Lot, Rt 195, Exit 19A, Mattapoisett, MA
Oct 27	Newport Island Circuit	12/25/ 35 /45	Fort Adams State Park (meeting point TBA), Newport

Special rides will be announced at a later date for those interested in riding longer distances.

IMPORTANT: Taking your cell phone on rides is highly recommended. Please put leader cell phone #'s in your phone in case of an emergency, mechanical problem or delay.

Randi Braunstein: 401-451-3272 (randibraunstein@gmail.com)

Bonnie Reibman: 401-580-8536 (breibman@gmail.com)

Dear Intrepid Women Cyclists,

We will attempt to have easier, i.e. flatter rides in the beginning of the season, with hillier, more challenging rides later in the season.

Special, longer rides that may be a longer drive from Providence (such as the Miles Standish Ride that we did in October last year) may be offered during the cycling season.

Alli McNally and Vicky Bocash graciously agreed to collaborate on developing a Facebook page and/or a website for a group. Either would be a great forum for exchanging information about informal rides planned, cycling tips, repair and gear information, etc.

We all feel that learning each other's names is important. One suggestion for the rides is to re-use a clip-on name tag that you may have gotten at a conference. Bring it to the rides and attach it to your seat bag or seat. Any other suggestion for a tag that can hang from the back of your seat will be welcomed and sent out to the group.

Once our team name has been finalized, we will be looking for one or more volunteers to take charge of our team jerseys. We will want that person(s) to research design, style and price and present options to the group via email and to be responsible for the team order and distribution.

Finally, those of us at the Pot Luck chose Ride Round Rhody as our team charity ride for this year. Paula Raposo is the team captain and the name she has chosen for the team for this event (not our women's group team name) is Chains of Hope. Please join Paula and other members of our group for this very worthwhile event to be held August 12. You can choose to ride 25/50/75 miles. Registration (which includes a great cycling jersey, water bottle and other goodies) is \$80 and you are asked to raise at least \$100. More information and sign up at www.lifecycleinc.org/ride-round-rhody.

Can't wait to see you all on the road for the first ride of the season - April 14!

Bonnie and Randi

From the Touring Committee

Gil Peel, touring@nbwclub.org

Spring is always a great time to set new goals for your upcoming cycling season. March Madness has gone by the wayside. There are no more excuses for staying inside. The clock has sprung forward and the days are longer. We have much more to choose from than the scheduled Sunday rides. Get active, check online and see what weeknight rides you can do; these rides are very beneficial to promoting good bicycle fitness, so that you can perform better on Sundays. (Ed—informal midweek rides are often arranged and announced on our NBW email discussion list—[//groups.yahoo.com/group/nbwclub/](http://groups.yahoo.com/group/nbwclub/))

I would like to express our highest appreciation to Janice Velozo for taking up the New Year's Day ride, bringing it back to Little Compton. Hopefully this will be a long-lasting tradition.



I am looking for another volunteer.

**This time it is for my NBW job—
Touring Committee Chairman.**

After 9 years in this position it is time for a change. It is not what you would call a busy position, but it does require your vigilance.

This is a Board of Directors position; the Board meets 3 to 4 times per year.

If you are interested in this position, please contact me at touring@nbwclub.org

I will give you the rundown on the duties required.

Thanks to our most recent ARROWERS:

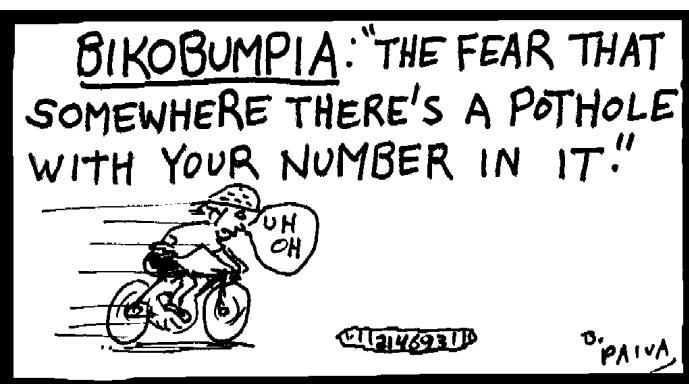
Jan 1	New Year's Day Ride	Janice Velozo & Billy Gajda
Jan 8	Triboro Tour	Jim Berry
Jan 15	Jonnycake	Paul Martens
Jan 22	L & T's Dartmouth	Kevin Mitchell
Jan 29	Seekonk North	Don Paiva
Feb 5	Triboro Tour	Jim Berry
Feb 12	Jonnycake	Paul Martens
Jan 22	L & T's Dartmouth	Kevin Mitchell
Jan 29	Seekonk North	Don Paiva
Mar 4	Simple Arrow	Ed Holden
Mar 11	Mystic Seaport	Jim Berry
Mar 18	EP Cycle/Spring Opener	Tony Rizzotti
Mar 25	Lakeville Tour	Mike Miller

Our Paint and Arrower Coordinator is Jim Berry. Jim's phone number is (cell) 508-944-6969. Jim's email address is james.berry1@comcast.net 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 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.

March 25, 2012

♥ **Lakeville Tour**

15/25/40 miles

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

Route Lakeville, Freetown, Acushnet, Rochester

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

Drive Time 40 minutes from Providence

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

April 1, 2012

♥ **Killingly Tour**

17/35/47 miles

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

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:* Jim Dumont

Route Escoheag, Sterling, Oneco, West Greenwich

Directions NEW START: Sterling Memorial Library (formerly School), 1183 Plainfield Pike (Rt 14A), Sterling, CT. 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.

April 15, 2012

♥ **Barrington Ride**

15/30 miles

Sunday 10:00 AM *Map No.* 2 *Arrower:* Don Paiva

Route Barrington, Seekonk

Directions Start at Barrington High School in Barrington, RI. Take the Wampanoag Trail (Rt. 114) to Rt. 103. At the intersection of Rt. 103 and Federal, where there is a large white church on the left, turn right. The school is on your left after you make the turn.

Drive Time 20 minutes from Providence

Description This ride crosses the Barrington River and heads north into Seekonk along the Palmer River. Returning south to Barrington, we pass Barrington Beach, the Rhode Island Country Club, Nayatt Point, Echo Lake and Bullocks Cove. If you omit Rumstick Point, your mileage will be about 3 miles less.

April 22, 2012 **Diamond Hill One** 13/32/50 miles

Sunday 10:00 AM *Map No.* 129 *Arrower:* Rod Breault

Route Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA

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

Drive Time 20 minutes from Providence

Description This ride travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses. There is also an ice cream store across from the park (open in season).

April 29, 2012 **BikeWorks Swansea Ride** 16/26/50 miles

Sunday 10:00 AM *Map No.* 160 *Arrower:* Jim Berry

Route Swansea, Dighton, Freetown

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

Drive Time 15 minutes from Providence

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

May 6, 2012 **Bladi's Birthday Ride** 26/57 miles

Sunday 10:00 AM *Map No.* 165 *Arrower:* Ed Holden

Route Lincoln, North Smithfield, Uxbridge

Directions Start at 9 Riverside Drive, Lincoln, RI.
From Providence take Rt 146 N to Breakneck Hill Rd (Rt. 123). Take Right and go past Lincoln Woods State Park. Take Left on River Rd, then at 0.5 miles take Right onto Sprague Ave. Take Left on Grove, then Right on Willow Way. Bladi's house is at the corner of Riverside and Willow. Park on neighborhood streets; try to keep it orderly.

Drive Time 20 min.

Description Bladi is riding from Miami, Florida, and will time his arrival to Lincoln to meet as large a group as practical at the entrance to Lincoln Woods toward the end of the ride, to ride the mile or so back to his house. Bladi has invited anyone who wishes to attend to his house for his 60th birthday party at the end of the ride. There even might be some salsa dancing exhibitions going on. If you want to bring something to add to the party, please do.

May 13, 2012 **♥ Westport** 13/25/44/50 miles

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

Route Westport, Dartmouth

Directions ALERT ... NEW START
Start at WESTPORT MIDDLE SCHOOL, 400 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 10). Head south on Rt 88 for about 4 miles to Old County Road (traffic light intersection). Turn LEFT on Old County Rd. Middle School is on your left, about 1/4 mile, as you begin to go down the hill.

Drive Time 30 minutes from Providence

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

May 20, 2012

♥ **Plymouth Century**

21/56/100 miles

Sunday 8:00 AM *Map No.* 122 *Arrower:* T. Rizzotti/J. Berry

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

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

Drive Time 10 minutes from Providence

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

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

May 27, 2012

Ray Young's Ride

11/17/23/33/53

Sunday 10:00 AM *Map No.* 120 *Arrower:* Jan Harbutiak

Route Greenville, Chepachet, Pascoag

Directions ALERT ... NEW START ...
The ride will start from in back of the Anna McCabe Elementary School in Smithfield, on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. The school is located at 100 Pleasant View Av, Smithfield RI. This is by the intersection of Route 116 (Pleasant View) and Route 5 (Cedar Swamp Rd). To get to the new start go to the old start (Rt 495 N to Rt 44 W, turn Right on Rt. 5), and continue 1 mile North on Rt5 (Cedar Swamp Rd), then sharp left onto RT 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.

Drive Time 20 minutes from Providence

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

May 28, 2012

***Memorial Day Show'n Go**

Monday 10:00 AM *Map No.* 111 *Arrower:*

Route

Directions

Drive Time

Description Repeat Westport Ride, map #111 (use arrows from May 13 ride)

June 3, 2012

Western Hills Ride

22/30/41/62/83

Sunday 10:00 AM *Map No.* 43 *Arrower:* T Shwartz/P Leviten

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

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

Drive Time 45 minutes from Providence

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

June 10, 2012

Dartmouth Fifty+

15/34/55 miles

Sunday 10:00 AM Map No. 65 Arrows:

Route North Dartmouth, Assonet, Westport

Directions: Start at the Sears parking lot, North Dartmouth Mall, on Faunce Corner Road in North Dartmouth, MA. Take I-195 East to Exit 12 (Faunce Corner Rd, No Dartmouth). Bear right onto Faunce Corner Rd. Turn right into the plaza at the third light (.8 mile). Park on the Right of the lot, as far away from the stores as possible.

Drive Time: 50 minutes from Providence.

Description: This ride travels to Profile Rock and back over relatively flat terrain, exploring the rural areas between Fall River and New Bedford—a region of forest and farmland. Former known as the "Profile Rock Ride".

♥ Beginners will love these rides.

* Holiday Show'n Go

** Special Event

Judy Northrup



Club members were sorry to hear of the death of long-time member Judy Northrup in February. An early creator of rides, Judy's name can still be found on maps for rides in the Lakeville/Plymouth area—the Cranberry Metric was her creation. Judy was a lover of bike tours, a regular TFCE volunteer (members may remember the year she arranged for her husband's bluegrass band to play at the 75-mile checkpoint—that cheered up the tired legs!) And I was told to make note that Judy was one of the best-dressed riders in the club!

Although not riding recently, Judy was a regular attendee at the annual banquet. The above photo records her winning the raffle for TFCE Registration #1, at the banquet in 2007.

Monica Foulkes, Editor

New England Rides/Events Calendar

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

Sun May 6—The Historic Winslow Sprint. Marshfield, MA. 43.5 mile tour of salt water marshes, beaches, historic districts, cranberry bogs in Marshfield, Scituate and Duxbury. To support preservation of the 1699 Historic Issac Winslow House. Details at www.winslowhouse.org

Fri May 18—Bike to Work Day. Commuter breakfast in Providence and Newport. Details at ribike.org

Sun May 20, 2012 - CYCLE Kids Breakaway Charity Ride. deCordova Sculpture Park & Museum, Lincoln, MA. 62, 36 or 5 mile rides. Post-ride celebration feast. To support CYCLE Kids organization to teach metro-Boston students bicycle safety and skills. Registration details: conta.cc/breakaway-2012

Sun Jun 10, 2012 - King's Tour of the Quabbin. Annual Seven Hills Wheelmen Ride. Details at www.sevenhillswheelmen.org/centuries.htm

Sat Jun 16, 2012 - 34th annual AMC Boston Chapter Bicycle Rally. Friendly Crossways Hostel, Harvard, MA. 15, 27, 50 & 67 mile rides. \$25 includes ride, showers, dinner & presentation. Details at www.amcboston.org/bicycle/bikerally.php

Sat Jul 21, 2012 - 11th annual Maine Lobster Ride & Roll. Bicycle Coalition of Maine. Start/finish in Rockland, ME. 16, 30, 50 & 100 mile rides past lighthouses and the rock-bound coast of Maine. Registration includes lobster roll lunch. Details at www.BikeMaine.org

Sun Jul 22, 2012—Cycle for Shelter. 100, 62, 50 & 24 mile rides from Haverhill, MA, to benefit Emmaus Inc., a charity helping the homeless move into independent living. www.emausinc.org

Sun Jul 22, 2012 - George Street Bike Challenge for Major Taylor. Annual timed sprint up Major Taylor's famous training hill in Worcester, MA to remember this world champion. Details at www.majoraylorassociation.org

Aug 15-19—The Vermont Challenge. A 4-, 3- and 1-day cycling tour of southern and central Vermont. Distances range from 50 to 275 miles. Details at www.vtchallenge.com

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

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

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
Jun	Sun	3 43	Western Hills Ride	URI, Kingston	22/30/41/62/83	T Shwartz/P Leviten
	Sun	10 65	Dartmouth Fifty+	N Dartmouth MA	15/34/55	Mark St. Amour
	Sun	17 59	Mystic Metric	Ashaway	15/30/63	
	Sun	24 88	Scramble Metric	Seekonk, MA	17/27/53/66	Ed Holden
Jul	Sun	1 99	STORI Century	Greenville	19/30/50/80/100	Tony Rizzotti & ?
	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	Shwartz/Imbrie/Paig
	Sun	22 118	Sturbridge Century	W Gloucester	16/38/50/58/100	
	Sun	29 164	New Rhody Roundup	Slocum, RI	13/24/34/42	TENTATIVE DATE
	Sun	5 32	Providence Bicycle Ride	Providence	10/35/57	
Aug	Sun	12 128	Diamond Hill Two	Cumberland	17/30/50	Steve Rodkey
	Sun	19 54	South Shore Century	Middleboro, MA	27/54/75/100/125	T. Rizzotti/J. Berry
	Sun	26 131	The 'Bridge' Ride	Burrillville	15/30/50	Tom Ferreira
	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	Mike Miller
Sun		23 76	Hill & Gully Rider	W Gloucester	25/35/50/70	
Sun		30 69	Norwich Metric	Norwich, CT	30/44/60/63	
Oct		Sun	7 52	Mattapoisett Ride	Mattapoisett, MA	15/30/50
	Mon	8 81	*Columbus Day Show'n Go	Raynham, MA		
	Sun	14 64	Newport Island Circuit Tour	Newport	12/25/45	
	Sun	21 117	Purgatory Chasm	Uxbridge, MA	20/30/54	
	Sun	28 16	Caster's Halloween Ride	Warwick	15/25/32	C Chappell/J Gibbs
Nov	Sun	4 159	Fall River Fifty (aka Chourico)	Fall River, MA	19/27/47	
	Sun	11 92	Taunton-Sharon Tour	Taunton, MA	15/30/50	Jim Berry
	Sun	18 10	TriState Tour Burrillville	Burrillville	20/25/34	
	Sun	25 44	South County Coast Cruise	URI Kingston	19/30/42	Tony Rizzotti
Dec	Sun	2 22	Cranston Holiday Ride Winter	Cranston	9/18/28	
	Sun	9 101	Swansea Touisset Tour	Swansea, MA	15/30	Tony Rizzotti