

# The Spoke'n Word

Volume 42, Number 3

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

June/July 2012

nbwclub.org



***Join the crowd going to the annual NBW Rhody Roundup  
July 29, 2012  
See page 3***

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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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## 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: The fast front group heads out on the BikeWorks Swansea Ride, April 29 2012  
Photo: Alfredo Sosa

### 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](http://nbwclub.org)**

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## President's Message

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Summer is coming; the official date is June 20. We have had a few sneak previews already.

With the arrival of summer comes great cycling, longer rides, and summer traffic. Our longer rides ask more from our bodies, bicycles and communities. Sometimes we are in a rush to get to start a ride, that we forget some basics. Please remember your water and sunblock.

Spare inner tubes, patch kits and pumps/CO2 cartridges are often unneeded, but good insurance. Murphy's Law says that if your only repair kit is a cell phone, the battery will die when you need it the most.

Lastly, please remember, the club starts on private property (Shopping Plazas) are a privilege. Park as far away from the stores as you can. Every year we have to move

starts because we lose our parking privileges. Let's make 2012 different in that regard.

Rhody Round Up will be held on July 29 this year. Please mark your calendar.

This year's TFCE sold out in record time—in under one day. This year we have four other scheduled centuries: Plymouth, STORI, Sturbridge, and South Shore, for your benefit. TFCE volunteers also have another century. There is no need to wait until September to tackle a century.

Common courtesy goes a long way to making summer cycling safer. Ride safely, and predictably. Signal to other riders when you pass them. Call out road hazards to other cyclists. Regarding summer traffic, there are the laws of motor vehicles, and the laws of physics. Remember, cyclists do not often win against motor vehicles.

Safe riding,  
Ted



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### NEW ... TFCE Extras

PowerBar will provide this year's TFCE riders with free samples on the day of the ride, as well as a free training program to help prepare for this year's ride.

The free training programs are available on the PowerBar Trainer website:  
[www.powertrainer.com](http://www.powertrainer.com)

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### NBW Officers etc.

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#### NBW OFFICERS (Terms begin February 1)

*President:* Ted Shwartz, [president@nbwclub.org](mailto:president@nbwclub.org)  
*Vice President:* Elizabeth Masterson, [vicepres@nbwclub.org](mailto:vicepres@nbwclub.org)  
*Treasurer:* Paula Raposo, [treasurer@nbwclub.org](mailto:treasurer@nbwclub.org)  
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177  
*Secretary:* Mark St. Amour, [secretary@nbwclub.org](mailto:secretary@nbwclub.org)

#### NBW BOARD OF DIRECTORS

*Past Presidents:* Todd Wise, Janice Velozo, Ray Foulkes  
*Membership Secretary:* Ted Shwartz, [membership@nbwclub.org](mailto:membership@nbwclub.org),  
NBW-Membership, PO Box 41177, Providence, RI 02940-1177  
*Rides Coordinator:* Gil Peel, [touring@nbwclub.org](mailto:touring@nbwclub.org)  
*Advocacy Chair/LAB representative:* Matt Moritz, [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org)  
*Volunteer of the Year 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](mailto:arrows@nbwclub.org)  
*Ride starters:* Raul Silvia, Jack Williamson, Rod Breault  
*Maps/rides database:* Monica Foulkes, [maps@nbwclub.org](mailto:maps@nbwclub.org)  
*Ride schedulers:* Gil Peel, Tina Williams, Bob Paiva  
*Ride scouts:* Bob Paiva, Maarten Broess, John Satterlee  
*Ride liaison w/police depts:* Don Chiavaroli  
*Webmaster:* Monica Foulkes, [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org)  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* Don Paiva, [events@nbwclub.org](mailto:events@nbwclub.org)  
*Map creators:* Rob Price, Bob Paiva, Ted Shwartz, Luca Marchi  
*NBW merchandise sales:* Sue Barker, [sales@nbwclub.org](mailto:sales@nbwclub.org)  
*Social events organizer:* Don MacManus  
*Interstate liaison:* Bob Melucci, [interstate@nbwclub.org](mailto:interstate@nbwclub.org)  
*General information:* Bruce Masterson, [info@nbwclub.org](mailto:info@nbwclub.org)  
*Spoke'n Word editor:* Monica Foulkes, [editor@nbwclub.org](mailto:editor@nbwclub.org)  
*Contributing writer:* Gary Stafford  
*Cartoonist:* Bob Paiva

**NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM**

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

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

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

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

I would like to receive my newsletter (The Spoke'n Word) as:
Paper, via US Postal Service or 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:



**Sunday, July 29<sup>th</sup>**

**Ride start and BBQ at  
Yawgoo Bakes & Barbecues,  
Slocum, RI**

*~Rain or Shine~*

555 Slocum Rd, Slocum, RI  
(if using GPS use Exeter for town)

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

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

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

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

**Return this form by July 22nd (check made payable to NBW) to:**

Liz Masterson • 86 James St. East Providence RI 02914 • 401-438-8926 • [lizmasterson@rocketmail.com](mailto:lizmasterson@rocketmail.com)

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

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

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

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

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# The Athlete's Kitchen

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

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## Chocolate and Your Sports Diet

*Chocolate—Is it a bad food for athletes, an addictive drug, and the instigator of dietary disasters? Or is it a health food, dieter's weight loss aid, and effective recovery food for tired, hungry athletes?*

I vote for the latter! Personally and professionally, I like to think of chocolate (in moderation, of course) as one of life's pleasures. Here is some research that might be of interest to active people who love chocolate.

### Chocolate Cake—or Breakfast?

*Chocolate cake for breakfast enhances weight loss.* Really? Yes, according to researcher Prof. Daniela Jacubowicz (1). The subjects were 193 obese, non-diabetic adults who ate either a 300-calorie low carbohydrate breakfast or a 600-calorie breakfast that included protein plus chocolate cake (or another sweet dessert). Both groups were instructed to eat the same amount of total calories: 1,400 for the women and 1,600 for the men. In the first 16 weeks, both groups lost an average of 33 pounds per person. But in the second half of the study, the no-cake group had poor compliance and regained an average of 22 pounds per person while the cake-eaters continued to lose another 15 pounds each. By 32-weeks, the cake eaters had lost about 40 pounds more than their peers.

Prof. Jacubowicz noticed that those who had cake for breakfast had fewer cravings for carbohydrates and sweets later in the day. By frontloading their calories, they were less hungry and less likely to stray from their food plans. They had curbed their cravings for sweets and treats, in comparison to the group that ate the smaller breakfast.

### So what does this research mean for you?

- 1) Eat a satisfying breakfast that leaves you content. Do not stop eating breakfast just because you think you should.
- 2) If you want a treat, such as chocolate cake, enjoy it earlier in the day, as opposed to indulging at 9:00 p.m. when you are tired, too hungry, and lack the mental energy needed to stop yourself from overeating. Think of it as having dessert after breakfast instead of after dinner.
- 3) Even on a weight reduction diet, you should eat what you truly want to eat, without deprivation of your favorite foods. Otherwise, you'll end up doing "last chance" eating. (You know, "I just blew my diet by eating cake, so I might as well keep eating it because this is my last chance before my diet starts again...")

Note: Even people with diabetes can substitute chocolate cake for grains at a meal without creating blood glucose problems. Just eat the cake instead of—not in addition to—the grains! (2)

### Dark Chocolate—A "Health Food"?

It's not a secret: a candy bar contains primarily nutrient-poor calories from sugar and fat. For example, a Hershey's Bar (43 g) contains 210 calories—of which 46% are from sugar, 55% from fat. Hence, you want to enjoy milk chocolate in moderation, not in binges....

However, less-processed dark chocolate can be considered a healthier choice. Chocolate is made from cocoa, a plant that is a rich source of health-protective phytochemicals (just like you'd get from fruits, vegetables, and whole grains). Two tablespoons natural cocoa power (the kind used in baking) offers the antioxidant power of 3/4 cup blueberries or 1.5 glasses red wine. Unfortunately, dark chocolate has a slightly bitter taste and most people prefer the sweeter milk chocolate, a poorer source of phytochemicals. (We need to raise our children on dark chocolate, so they will they learn to prefer it!)

Dark chocolate also contains flavonoids, health-protective compounds found in many plant foods including tea, apples, and onions. Epidemiological surveys of large groups of people indicate those who regularly enjoy chocolate consume more of these health-protective flavonoids than non-chocolate eaters. This reduces their risk of heart disease. For example, in the Netherlands, elderly men who routinely ate chocolate-containing products reduced their risk of heart disease by 50% and their risk of dying from other causes by 47% (3). Maybe a daily (preferably dark) chocolate fix can be a good idea?

### Chocolate Milk—for Recovery?

If you've just had a killer workout and want to rapidly refuel and repair your muscles, boost your blood sugar, and replace sweat losses—as well as reward yourself with a tasty treat—reach for some low fat chocolate milk! Research indicates refueling with chocolate (or any flavored) milk enhances recovery of both fluids and muscles better than the standard carb-only, sugar-based sports drink (4).

Anyone responsible for stocking the recovery food table for tired, thirsty athletes who want to rapidly refuel after a hard workout will tell you chocolate milk is an all-time favorite. Weight-conscious female athletes, in particular, let themselves enjoy this treat "guilt-free" and meanwhile boost their intake of nutrient commonly missing in their diet, such as high quality protein, riboflavin, calcium, and



Continued ...

vitamin D. What a positive change from their embattled relationship with chocolate! This is good.

But shouldn't we be staying away from sugary foods? The World Health Organization recommends a limit of 10% of calories from refined sugar per day; that's about 200 to 300 sugar-calories for most athletes. Getting sugar from chocolate milk is nutritionally preferable than from sports drinks. Milk's high quality protein, calcium, vitamin D, riboflavin and a host of other important nutrients is far better than sugar water with a dash of salt!

For those of you who happen to read the Boston Globe (3/13/12), you might have caught my answer to a healthwriter's criticism of USA Swimming for choosing chocolate milk as a sponsor. My response: "Kudos to USA Swimming for choosing to be sponsored by a whole food as opposed to an engineered sports food. To have role-model athletes touting low fat chocolate milk is preferable to the alternative of them touting sports drinks. I only wish more "real food" companies would do the research needed to counter the influential engineered sports food industry."

### The bottom line

By no means is chocolate the key to a healthy sports diet, nor is eating lots of dark chocolate preferable to snacking on apples and bananas. We all need to eat chocolate in moderation so it does not crowd-out other nutrient dense foods. But chocolate can be balanced into an overall wholesome sports diet and add pleasure to the day—even if you are dieting to lose weight. For chocolate lovers, deprivation of chocolate may create more problems than it solves.



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](http://www.nancyclarkrd.com) and [sportsnutritionworkshop.com](http://sportsnutritionworkshop.com).

### References

1. Jakubowicz D, O Froy, J Wainstein, M Boaz. Meal timing and composition influence ghrelin levels, appetite scores and weight loss maintenance in overweight and obese adults. *Steroids* 77(4): 323-331, 2012.
2. Peters, AL, MB Davidson, K Eisneberg. Effect of isocaloric substitution of chocolate cake for potato in type I diabetic patients. *Diabetes Care* 13(8):888-92, 1990.
3. Buijsse B, Feskens EJ, Kok FJ, Kromhout D. Cocoa intake, blood pressure, and cardiovascular mortality: the Zutphen Elderly Study. *Arch Intern Med.* 27;166(4):411-7, 2006.
4. Lunn WR, Pasiakos SM, Colletto MR, Karfonta KE, Carbone JW, Anderson JM, Rodriguez NR. Chocolate milk & endurance exercise recovery: protein balance, glycogen and performance. *Med Sci Sports Exerc.* 44(4):682-91,2012.

## Women's Rides

From Bonnie Reibman:

April 14 was a beautiful Saturday morning and 45 women came to the first ride of our second season. It was also our first ride as the NBW Spokes Women. We enjoyed meeting women new to our group and re-connecting with riders from last year's season. Helen and Rob Foulkes graciously provided a delicious breakfast and the support of a mechanic.

Although the start of our second ride was a not so balmy 38 degrees, 20 riders joined us April 28 in Lakeville for another 25 mile ride.

An inspired committee is designing our own Spokes Women jersey and we now have a Facebook page. Check us out at <http://www.facebook.com/SpokesWomen>. Our Spokes Women have also come out in strong support of the Ride Around Rody charity ride to benefit RI cancer victims and their families and we have a team that is 20 strong. Contact Paula Raposo if you would like to join us (men are invited, too!)

Our ride schedule is posted on our Facebook page and the NBW website. We encourage women with road bikes who can ride at a 13-16 mph pace on the flats to come out and join us and the company of a lot of other fun women cyclists.

## NBW Social Tent



The first social tent of the year was held after the Barrington Ride on April 15, attracting a lot of riders for refreshments and club information after their ride. Thanks to Fred DeFinis for this photo.

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



**Thursday October 4–Monday October 8, 2012**

**Accommodations:**

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

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

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

**Cost:** \$150 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



# 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](mailto: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.*



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# WELCOME

## New Members

Cindie & Magnue Aadland, Rochester, MA  
Paul & Meredith Allen, Sudbury, MA  
Thomas Almy, Rocky Hill, CT  
Ronald P. Augustus, Bristol, RI  
Duncan I. Bailey, Norwich, CT  
Betsy Barbera, Wakefield, RI  
John P. Baryllick, Providence, RI  
David B. Beauchesne, Middleboro, MA  
Richard L. Beckman, Cranston, RI  
Kim & Eddie Booher, Charlotte, NC  
Steven H. Briggs, Norwalk, MA  
Michael R. Brown, Wethersfield, CT  
John r. Buck, New Bedford, MA  
Michael & Susan Bush, Narragansett, RI  
David R. Cadier, Middletown, RI  
Joan M. Cembrola, Bristol, RI  
Thomas H. Clemow, Little Compton, RI  
John J. Connors, Swansea, MA  
Steven L. Costa, Somerset, MA  
Wendy Costanza, Narragansett, RI  
Jennifer K. Crocker, Dublin, OH  
David A. Crocker, Providence, RI  
Peter J. Dadalt, Wakefield, RI  
Daniel L. Dalessio, Walpole, MA  
David G. Deuel, Jr., Wakefield, RI  
Max & Mary Jo Diem, Jamestown, RI  
Henry DiPeitro & Janet Garnier, Newport, RI  
Lee Eckhart, Assonet, MA  
Mary & Richard Fournier, Middletown, RI  
David R. Fraley, North Smithfield, RI  
Harold E. Gerbis, Jr., Scituate, MA  
James & Fraser Gilbane, Rumford, RI  
Mark J. Goldstein, Lexington, MA  
Thomas & Barbara Goodwin, Taunton, MA  
Mark & Kathleen Gracia, Rochester, MA  
Kevin J. Green, Coventry, RI  
Cheryl & Glen Guillemette, Narragansett, RI  
Douglas Hartley, Cambridge, MA  
Patricia C. Henry, Providence, RI  
Marc Hoffman, Mansfield, MA  
Edward & Melissa Hunter-Ensor, Belmont, MA  
Heather N. Hynes, West Warwick, RI  
Krista A. Jarrell, East Greenwich, RI  
Edward V. John, Bellevue, WA  
Steve & Jackie Katz, Bristol, RI  
Chris, Devin, Melissa & Lily Kennon, Rehoboth, MA  
Patrice Kilroy, Jamestown, RI  
Kitsa Knodylis-Deblois, Concord, MA  
Joseph E. Langlois, Washington, DC  
Troy Lister, Boston, MA  
John & Megan Litherland, Newport, RI  
Anthony W. Loffredio, Riverside, RI  
Mary J. MacDonald, Franklin, MA  
Michael J. Magner, Weston, CT  
John & Melissa Jenkins Mangili, Cranston, RI  
Robert Marchand, Taunton, MA  
Jeremy May & Stephanie Obodda, Cranston, RI

Gail Meisner & Randy Kaufman, Wakefield, RI  
James A. Mohler, Rehoboth, MA  
Mario Morales, North Providence, RI  
Philippe H. Morriseau, North Kingston, RI  
Odilo Mueller, Arlington, MA  
Kevin & Sue Mulligan, Norton, MA  
Charles R. Myers, Jr., Coventry, RI  
David A. Neustaedter, Needham Heights, MA  
James Nissen, Franklin, MA  
Charles & Lisa Noel, Mendon, MA  
Daniel E. Oaks, Sr., Warwick, RI  
Mark, Stephanie, Elliott & Sophia Pawlak, Westport MA  
Carl Pecchia, Warwick, RI  
Stanley A. Pelli, Charlestown, MA  
Dean R. Pendleton, South Attleboro, MA  
Lars Platt, Providence, RI  
Kevin P. Preble, Portsmouth, RI  
Marilyn & Dennis Rand, Sudbury, MA  
Robert N. Rico, Coventry, RI  
Amy Robinson, Fall River, MA  
Edward, Carolyn, Brendan, Colin & Kristen Roy, Coventry, RI  
Rose & Chris Rubbico, Sterling, CT  
Colleen P. Russell, Mystic, CT  
Christine Satterwhite, Chepachet, RI  
Ronald W. Sikora, Cotuit, MA  
Constance Snow, Brattleboro, VT  
Amey Spiewak, Seekonk, MA  
Thomas Stefanik, Newbury, NH  
Charlie A. Stone, Wakefield, RI  
Cheryl L. Theodore, North Dartmouth, MA  
Cheryl A. Washwell, West Bridgewater, MA  
Fred Wetzel & Patty O'Leary, West Barnstable, MA  
Kathleen White, Brattleboro, VT  
Woodrow E. Wilson, Westport, MA  
Charlie & Leigh Wolpensinger, North Kingston, RI  
Martha Yates, Jamestown, RI  
Robert S. Yeager, East Greenwich, RI



# Cycling Sessions

Gary Stafford, [cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)

In this issue let's talk about the phenomenon of suffering, of bonking. What happens to cause this? Not enough to eat? No, you may have reached past your lactate threshold heart rate (LTHR), also known as anaerobic threshold.

Hard efforts force your body to work harder; the heart, lungs and the working muscle structure. Your heart needs to get more oxygen to the body, so the heart pumps faster. Your lungs work harder to bring in more oxygen, causing rapid breathing. This is not a real problem for the fit endurance athlete to tolerate as long as toxins do not build up in the blood. Besides free radical accumulation, lactate and hydrogen ion concentration (HICR) are the main byproducts of this increased activity.

The body can use the lactate as fuel, which is a good thing. The problem is the HICR. As HICRs accumulate in the working muscles, the body's PH levels change to a more acidic level causing the muscles not to fire correctly and also causing stinging pain where the concentrated levels are occurring. For cyclists it is, of course, the legs. As the system breaks down, oxygen delivery begins to be compromised a bit as well. Muscle weakness occurs in the legs and you get dropped.

Knowing your LTHR can be if you have a heart rate monitor, which is a good investment for long term for sure. How can one test for this? The "easiest" way to do this is to find a route where you can ride as hard as you can, without too much interruption for 30 minutes, following a warm-up of 15 to 20 minutes. (A trainer can work here as well.) It is important to work hard, but complete the ride and not go so hard that you have to slow down or rest. This will affect determining an accurate LTHR.

This is not about trying to break a record, just steady hard effort just below where you overcook yourself.

Take a look at your average heart rate for this effort. This will be your LTHR plus or minus a few beats. If you truly know your maximum heart rate, it should be at least 10 beats higher. Maximum heart rate (MHR) is a poor indicator of fitness and is mostly genetic. It is good to know, but LTHR tells you when you are creeping over the lactate processing ability of your body. Think of lactate absorption like a funnel, wide on one side and small on the bottom. As the lactate increases the funnel begins to fill faster than it is emptying. As LTHR arrives the funnel is now overflowing; lactate acidosis.

With LTHR you can venture out past it for a few minutes or so, depending on your fitness and pain tolerance, in V02 max efforts, but you will never be able to run at this level for a continuous amount of time without seeing diminishing results as far as speed, concentration and ability to finish. Your HR will continue to rise, sometime close to MHR. The "bonk" many times is not just a cramp or lack of salt intake, but rather pushing over the LTHR if it is combined with rapid breathing symptoms.



Can you increase your LTHR? Yes, you can by a little. But the real strength, whether you are riding a bicycle, running or some other endurance sport is to build you aerobic fitness by riding enough at endurance levels and pushing for intense efforts to build V02 max and threshold work.

Ultimately as you gain speed and power right below your LTHR, your true gains are achieved. By knowing your limit, you can train just below in a sweet spot to gain speed and power for the same HR, right below LTHR levels.

Use LTHR as a valuable tool to prevent over-the-top efforts that leave you wasted for the remainder of the ride. That should not happen as you get smarter with your understanding of how your body works, using specific training.

Even for the casual cyclist, an understanding of how your body works is like knowing about how your car works. More people know more about the engine in their car than the one we all carry inside ourselves—our heart and how to make the whole body work safely and strongly. Your rides will be more fun and safer, health wise too. Use these tools and enjoy your ride!

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/>





## Bladi's Blog

**L**ong-time NBW member, Bladimir Rodriguez, celebrated his 60th birthday by riding—on his fixed-gear bicycle—from Miami FL to his home in Lincoln RI, averaging around 100 miles per day. He kept members informed by daily postings on our website.

We hope you enjoyed Bladi's daily adventures as he rode north from Florida through Georgia, South Carolina, North Carolina, Virginia, Maryland, Delaware, New Jersey, NY (he took the Long Island route), CT and RI.

He ended up riding the last miles escorted by a group of riders, arriving at his home to host a barbecue for the NBW riders waiting to greet him after their May 6 ride.

See Bladi's Blog at:  
[nbwclub.org/resources/2012/2012-bladi/blog.html](http://nbwclub.org/resources/2012/2012-bladi/blog.html)  
 (or go to [nbwclub.org](http://nbwclub.org) and click on the link in "News")



North Carolina border



Bladi made it home (you had to be there to believe this pink outfit).  
 Happy Birthday Bladi!



Barbecue for NBW riders after the Bladi's Birthday Ride, May 6.

Guess who was the best salsa dancer?

## NBW Merchandise

### NBW CYCLING JERSEY

Short sleeve.  
 Specify men's or women's cut when ordering  
 Men's (RED OR BLUE)  
 sizes: M, L, XL, XXL  
 Women's (RED ONLY)  
 sizes: M, L, XL, XXL  
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### NBW CYCLING VEST ...

Blue; no photo—same design as jersey  
 Unisex sizing: M, L, XL, XXL  
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### NBW CAP

Lightweight summer cap, baseball style with visor.  
 One size.  
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Make check payable to "NBW" and mail with order (please include your tel # in case Sue has questions) to:  
 NBW/Sue Barker, 31 Stanchion St,  
 Jamestown, RI 02835

Questions? Email to: [sales@nbwclub.org](mailto:sales@nbwclub.org)

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

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## Advocacy Column

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

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The Friends of the West Warwick Greenway sent along this photo and description of the work they've been doing over the past years to keep the greenway clean. NBW has been a sponsor of this work by awarding a grant to advertise the cleanup day in the community.



### Community Clean-up

About fifteen years ago a small group of concerned citizens headed by David Perry formed a group called West Warwick Friends of the Greenway. The stated purpose of the group was to develop and maintain the Greenway (bike path) in West Warwick. The major annual event of the organization was a general clean-up of the Greenway held in late April.

Each year the group would organize and publicize a clean-up. Starting with a small group of friends, scouts, and concerned citizens concentrating on the bike path, the event has evolved into a community wide event with

groups cleaning not only the bike path but also the Arctic village area, the nearby river walks and other nearby areas that have excess trash.

On April 21, 2012 scouts, police explorers, cadets, Jaycees, school groups and many concerned citizens joined in the clean-up. See attached photo of some of the participants. Trash from the bike path, streets in Arctic village, river walks and school property was picked up and taken to the Town Garage for disposal. The trash collected would fill several dumpsters.

After the clean up, the group gathered for refreshments donated by local businesses. Volunteers were also given t-shirts. The t-shirts, long a tradition of the clean up, were donated by the John J. Clarke Insurance Company.

When the West Warwick Friends of the Greenway was organized, one of the goals was to encourage the use and proper maintenance of the bike path. Realizing that it was necessary to get the word out to the community, the clean up was used as a vehicle to both notify the community of the existence of the bike path and to request participation in the clean up. To accomplish this, signs and newspapers ads were used. The Narragansett Bay Wheelmen and the Greenways Alliance of Rhode Island have been very generous in providing funds for the signs and ads.

As we look back on the past fifteen years, we are greatly encouraged on the continuing increase in the use of the bike path. We are also encouraged that people, using the cleaned up areas, are realizing that any trash thrown out will eventually have to be picked up by somebody and that it is very irresponsible to trash any areas. We hope that will be the lasting legacy of the cleanups.



*From the webmaster ...*

## GPS files for NBW rides

**NEW ON THE WEBSITE:** GPS files for about 22 NBW rides are available on our website for those of you who like to use bicycle computers. There are files for each individual ride distance, so that means at least 3 files per ride are available. Ted Shwartz, our hardworking President, has created most of them, with Alfredo Sosa also contributing. The collection has been growing over the last few months, and as new files are created they will be posted at:

**[nbwclub.org/rides/gps.html](http://nbwclub.org/rides/gps.html)**

As with our ride maps, these GPS files may not fully match the arrowed route, which may contain detours made by the arrowers because of construction or other conditions encountered at the time of arrowing. Arrows rule! As always, use caution and common sense when following these rides.

## Rhode Island's Bike Shop Since 1919

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Lifetime of free tune-ups • Kids bike trade-up program

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### 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 Jun 10, 2012 - King's Tour of the Quabbin.** Annual Seven Hills Wheelmen Ride. Details at [www.sevenhillswheelmen.org/centuries.htm](http://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](http://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](http://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](http://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.majortaylorassociation.org](http://www.majortaylorassociation.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](http://www.vtchallenge.com)

**Sat Sep 22, 2012 - Cystic Fibrosis Cycle for Life.** Sakonnet Vineyards, Little Compton, RI. 26 and 62 mile fully-supported rides to benefit the Cystic Fibrosis Foundation. Registration details: [mass-ri.cff.org/RIcycleforlife](http://mass-ri.cff.org/RIcycleforlife) **Volunteers Needed:** prior to and day of event. Call Phil Santos-Higgins, 508-655-6000 or 401-662-1925, or email [psantoshiggins@cff.org](mailto:psantoshiggins@cff.org)

### Classifieds

**2011 Cervelo S2;** 56 cm; Ultegra; Thomson Step; Speedplay Pedals; Arundel Bottle Cages; Fulcrum Race Wheels. \$2,000 Contact: Dave Ingle, email: [david@bvft.necoxmail.com](mailto:david@bvft.necoxmail.com)

**Women's Pearl Izumi Road Bike Shoes:** Size 8 (40), colors: grey, white and orange, with solid plastic sole, CLEATS, Look Keo CLIPS/PEDALS, Look clip covers. All VERY lightly worn (about 15 times). Everything: \$110 Email: [catmoskow@hotmail.com](mailto:catmoskow@hotmail.com)

#### Hase Spezialrader Lepus recumbent trike.

Red German delta-type 'bent, color red, 27 speeds. Disk brake system redone by bike shop. Folds for transport. Adjusts for different size riders. Purchased new and lightly used by elderly rider. Original tires look new. Bike manual can be seen at this link: [http://hasebikes.com/files/lepus\\_09\\_d-eng\\_1.pdf](http://hasebikes.com/files/lepus_09_d-eng_1.pdf). Can be seen/ridden in North Providence, RI. Lists for \$4000 new. Asking \$1500. Contact: Call Paul at 401-719-6468 or email: [pbeaul@cox.net](mailto:pbeaul@cox.net)

### Interested in skiing?



The Rhode Island Ski Club, RISKI, is seeking new members. The club has a 5-unit house in North Conway that members can stay in (in individual 1-bedroom units) year-round. From May to October, one week at the lodge is just \$100 for club members, for biking and hiking in the White Mountains; great location for biking the Kanc or West Side Road or in nearby Maine. In winter, a unit at the lodge is \$32 a night. This is not a dorm, as many ski houses are; it's 5 individual units with their own kitchens, bathrooms, living room and bedroom. For more details about RISKI and photos see their website: [riskirunners.com/SkiLodge.html](http://riskirunners.com/SkiLodge.html)  
(Information submitted by NBW member Katherine Imbrie)

# From the Touring Committee

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

I hope that everyone is getting in some good riding. Seems like most of our week night rides are getting rained out; I am sure that the weather will improve.

Talk about improving! The TFCE sold out on the first day that general registration was open, May 1. That was 1,334 riders. A great job by Jack Williamson and the rest of TFCE crew.

Please ... I am looking for another volunteer. This time it is for my NBW job—Touring Committee Chairman. After 9 years at 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 that meets 3 to 4 times per year. If you are interested in this position please contact me at [touring@nbwclub.org](mailto:touring@nbwclub.org) and I will give you the rundown on the duties required.



**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](mailto:touring@nbwclub.org)

I will give you the rundown on the duties required.

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

Apr 1	Killingly Tour	Tony Rizzotti
Apr 8	Oneco Pond Ride	Jim Dumont
Apr 15	Barrington Ride	Don Paiva
Apr 22	Diamond Hill One	Rod Breault
Apr 29	BikeWorks Swansea	Jim Berry
May 6	Bladi's Birthday Ride	Ed Holden
May 13	Westport Ride	Kevin Mitchell
May 20	Plymouth Century	Tony Rizzotti & Jim Berry
May 27	Ray Young's Ride	Jan Harbutiak

Our Paint and Arrower Coordinator is Jim Berry. Jim's phone number is (cell) 508-944-6969. Jim's email address is [james.berry1@comcast.net](mailto:james.berry1@comcast.net) or [arrows@nbwclub.org](mailto:arrows@nbwclub.org). Jim lives in 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](mailto:touring@nbwclub.org)



## NBW RIDE SCHEDULE

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

---

**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 295 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 *Arrower:* Mark St. Amour

*Route* North Dartmouth, Assonet, Westport

*Directions* Start at the Sears parking lot, North Dartmouth Mall, on Faunce Corner Road in North Dartmouth, MA. Take I-195 East to Exit 12 (Faunce Corner Rd, N Dartmouth). Bear right onto Faunce Corner Road. Turn right into the plaza at the third light (.8 mi). 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.

Formerly known as "Profile Rock Ride".



---

**June 17, 2012**

**Mystic Metric**

15/30/63 miles

**Sunday** 10:00 AM *Map No.* 59 *Arrower:*

*Route* Ashaway, Mystic, Stonington

*Directions* Start from the car pool commuter lot in Ashaway. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.

*Drive Time* 45 minutes from Providence

*Description* This ride starts through North Stonington cow country and old farms, travelling beautiful country roads to Mystic and the Stonington coast before returning via Ashaway. There are hills, but John Satterlee revised the route to skip the three big climbs on the previous route - and avoids the Navy Sub Base and the casino, too! Note the new start location.

---

**June 24, 2012**

**♥ Scramble Metric**

17/27/53/66 miles

**Sunday** 10:00 AM *Map No.* 88 *Arrower:* Ed Holden

*Route* Seekonk, Rehoboth, Norton, Wrentham, Norfolk, Attleboro

*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 away from stores (i.e., around the edges of the parking lot away from the stores).

*Drive Time* 10 minutes from Providence

*Description* The Scramble Metric is an old NBW favorite; it's scenic and fairly flat. The route travels north through the woods and farms of Norton, Wrentham and Norfolk, returning through Franklin and Sheldonville. The short loops of this ride are good rides for beginners.

---

**July 1, 2012**

**STORI Century**

19/30/50/80/100

**Sunday** 8:00 AM *Map No.* 99 *Arrower:* Tony Rizzotti & ?

*Route* Greenville, Woonsocket, Kingston

*Directions* Start at the commuter parking lot behind McDonalds, next to the Apple Valley Mall at the junction of Routes 44 and 5 in Greenville, RI. To get there, take I-295 to Exit 7B (Rte 44 West). The Rte 5 junction is about a half mile from the exit. Turn right at the intersection and McDonalds is just ahead on your right. PLEASE DO NOT PARK in front of the stores. Park as far away from McDonalds and the stores behind it as possible. If necessary, park alongside Rt 44 in the Apple Valley parking lot (i.e., away from the stores).

*Drive Time* 20 minutes from Providence

*Description* The Scenic Tour of Rhode Island (STORI) is a tour of the western half of RI, along scenic back roads. Rolling-to-hilly terrain. 100 milers start at 8:00 am, all others at 10:00 am.

---

**July 4, 2012**

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

**Wednesd** 10:00 AM *Map No.* 88 *Arrower:*

*Route*

*Directions*

*Drive Time*

*Description* Repeat Scramble Metric (map #88). Follow arrows from June 24.

---

**July 8, 2012**

**Miles Standish State Forest**

22/46 miles

**Sunday** 10:00 AM *Map No. 57* *Arrower:*

*Route* Wareham-Marion-Carver-Plymouth

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

*Drive Time* 45 minutes from Providence

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

---

**July 15, 2012**

**♥ Joe Medeiros Ride**

17/25/47/62 miles

**Sunday** 10:00 AM *Map No. 62* *Arrower: Shwartz/Imbrie/Paige*

*Route* North Dartmouth, Freetown, New Bedford

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

*Drive Time* 30 minutes from Providence

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

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**July 22, 2012**

**Sturbridge Century**

18/38/50/58/100

**Sunday** 8:00 AM *Map No. 118* *Arrower:*

*Route* Glocester, Thompson, Woodstock, Sturbridge, Brimfield and Brookfield

*Directions* Start at W. Glocester Elementary School, Rt. 94, W. Glocester, RI. Take Route 44 west. About 5 miles past Chepachet, turn left on Rt. 94 (there's a lake on the right). The school is a mile up the road on your right.

*Drive Time* 40 minutes from Providence

*Description* This challenging but scenic century ride takes back roads to Sturbridge from Glocester. Then it's a hilly loop through Holland, Brimfield, Warren and Brookfield on quiet rural roads. (Note: This old map can be very confusing. Only the 58 milers may possibly have time to visit Old Sturbridge Village: they should follow the 100 mile route to Sturbridge Village then either retrace the route to pick up arrows in Southbridge, or turn right on Rt 20, then right on Rt 131 to pick up arrows. If you don't want to visit Old Sturbridge Village, follow the 50 mile arrows, turning right onto Rt 131 in Southbridge.)

Mileages may vary, depending on any detours that the arrowers had to make.

Century riders start at 8 am; others at 10 am.

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**July 29, 2012****New Rhody Roundup**

13/23/34/42 miles

**Sunday** 10:00 AM *Map No.* 164 *Arrover:* M and R Foulkes*Route* Slocum-Charlestown-Narragansett-Wickford*Directions* NEW RHODY ROUNDUP LOCATION:  
YAWGOO BAKES, 555 SLOCUM RD, SLOCUM, RI  
Take Rt 95 South to Rt 4 South (a left hand exit). Stay on Rt 4 until the second traffic signal  
Turn right on West Allenton Rd. Continue onto Indian Corner Rd. 4/10 mile turn left at stop sign on Indian Corner Rd.  
Continue onto Slocum Rd. Stay on this road until you reach Yawgoo Bakes  
Total mileage from Route 4 is 3½ miles.*Drive Time* 30 minutes*Description* We will be based again in southwestern RI at Yawgoo Bakes & Barbecues in Slocum (it's just north of URI) for our Rhody Roundup barbecue. Rides start at 10 AM. **\*\*The food will be served at 1:30 PM\*\*** Choose your route accordingly, so you'll be back in time.

All routes head south towards the ocean at Narragansett and will use some part of the South County Bike Path - please use caution on the bike path, and by the ocean in Narragansett where you will encounter some beach traffic. The 13 and 23 mile routes are flat; 34 and 42 mile routes have hills on the return from Narragansett.

NOTE: Barbecue tickets must be purchased in advance - the form is online and in the newsletter - no meal tickets can be sold on the day, sorry.

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**August 5, 2012****Providence Bicycle Ride**

10/35/57 miles

**Sunday** 10:00 AM *Map No.* 32 *Arrover:**Route* Providence-Smithfield-Glocester-N Scituate-Greenville*Directions* Start at Providence Bicycle, 725 Branch Ave, Providence. From I-95 South: Take Exit 24 (Branch Ave). Turn right onto Branch Ave. Providence Bicycle is 1 mile down Branch Ave. From I-95 North: Take 146 North to Branch Ave exit, turn left onto Branch Ave.  
Providence Bicycle is on the right, in a red brick converted mill, directly across the street from Dunkin Donuts. Don't park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot. Overflow parking in the shopping center on the other side of Branch Ave, next to Rt 146 exits.*Drive Time* 10 minutes from Providence*Description* Sponsored by Providence Bicycle, this challenging ride soon leaves the city behind, heading north west. The 57 mile loop goes through Lincoln and North Scituate, crossing the Scituate Reservoir before returning through Greenville. 10 milers turn off in Lincoln to return through North Providence. 35 milers turn south in Smithfield. One of our favorite riding areas, with a new look!  
Providence Bicycle invite riders to stop by the shop after the ride for drinks and nibbles, and to check out their latest gear.

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**August 12, 2012****The 'Bridge' Ride**

15/30/50 miles

**Sunday** 10:00 AM *Map No.* 131 *Arrover:* Tom Ferreira*Route* Burrillville, Uxbridge, Northbridge*Directions* Start at Burrillville High School, in Burrillville, RI, on Rt 107. Take Rt. 146 N to the exit that reads "Rts 5 & 102", and then a quick left onto 146A. Go a mile to traffic light where 146A turns right and 102 goes straight. Go straight on 102 for 4 miles to 107 on right. High School is about 3/4 miles on the left. Park behind school.*Drive Time* 35 minutes from Providence*Description* Named for the towns along the route -- not for any bridges crossed -- this ride explores the NW corner of RI and the small towns of Sutton and Uxbridge, MA. The 50 mile ride goes past Purgatory Chasm into Northbridge. Ride through woods and farmland, with some great views. There is an alternate "hilly" version of the 30 miler.

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♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event

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

Presorted Standard  
 US Postage  
 PAID  
 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 July 5

**Tentative Future Ride Schedule - subject to change - comments to Gil Peel, [touring@nwclub.org](mailto:touring@nwclub.org)**

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
<b>Aug</b>	Sun	5 32	Providence Bicycle Ride	Providence	10/35/57	
	Sun	12 131	The 'Bridge' Ride	Burrillville	15/30/50	Tom Ferreira
	Sun	19 54	South Shore Century	Middleboro, MA	27/54/75/100/125	T. Rizzotti/J. Berry
	Sun	26 128	Diamond Hill Two	Cumberland	17/30/50	Steve Rodkey
<b>Sep</b>	Sun	2 19	Tom & Pat's Half Century	Coventry	19/28/50	Don Paiva
	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	
	<b>Oct</b>	Sun	7 52	Mattapoissett Ride	Mattapoissett, 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
<b>Nov</b>	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
<b>Dec</b>	Sun	2 22	Cranston Holiday Ride Winter	Cranston	9/18/28	
	Sun	9 101	Swansea Touisset Tour	Swansea, MA	15/30	Tony Rizzotti
	Sun	16 109	Walpole Dover	Walpole, MA	15/28	
	Sun	23 87	Scituate Foster Coventry	Scituate	15/25/30	
	Tue	25 22	*Christmas Day Show'n Go	Cranston		
Sun	30 126	Hope Valley Eastern Ride	Hope Valley	20/27/30		