

The Spoke'n Word

Volume 42, Number 4

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

Aug/Sep 2012

nbwclub.org



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SUPER CYCLE SHOPS

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

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79 Swansea Mall Dr
Swansea, MA 02777
508-677-0710
www.bikeworksma.com

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401-335-3163

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www.brumbalebikes.com

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

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181 Brook St
Providence, RI 02906
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Newport, RI 02840
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westedman.com

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401-654-0029
NBW member discount promo code:
NBWSAVE20

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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: Ah, the joy of summer evening rides ... Thursday night group, July 2012.
Photo: William Hicks

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



Beausage

I was arrowing a club ride recently. It was time to put an arrow down. I looked down, and there was a faded arrow—*beausage*. Grant Peterson of Rivendell describes "*beausage*" as a beauty that comes from, or through, use.

Our club rides have *beausage*. The more that you ride

a particular ride, the more you realize how well-crafted it is. NBW rides delight; they bring you to new areas, show you geography that you would not find yourself. There are rhythms to the ups and downs, the viewscapes, and the turns. Eventually you find yourself back where you started, after a beautiful ride.

Club rides age. Through the years they change. The roads change. The starts change. The riders change. We change. Yet the rides continue on with a well-crafted beauty, and we are better off because of it.

NEMBA Fest & TFCE

I recently attended NEMBA Fest in Burke, Vermont. It was a 3-day celebration of mountain biking in all its forms. There was downhill riding (lift serviced) at Burke Mountain, and the magnificent "Kingdom Trails" network of mountain bike trails. Attendance was approximately one thousand people, and the whole community was actively supporting the event. I spotted more than a few TFCE t-shirts. NEMBA Fest will repeat in Burke, Vermont, next June. It is worth putting on your calendars.

It's nice to see another event besides TFCE that just celebrates riding.

Safe riding,
Ted



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

As we went to print late news

Don MacQuattie

Don Macquattie passed away this week. He had been an active member and long time volunteer for NBW. Many of you will remember how he hosted the peanut butter and jelly sandwich making at his house for many years. An article will appear in the next issue.

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: Rod Breault, Jack Williamson, Paula Raposo, Ted Shwartz
Maps/rides database: Monica Foulkes, maps@nbwclub.org
Ride schedulers: Gil Peel, Tina Williams, Bob Paiva
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: Ted Shwartz, Gil Peel
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) 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:

Rhode Island DOT News

RIDOT Release 73:12 July 5, 2012 Contact: Charles St. Martin 401-222-1362, Ext. 4007

RIDOT TO BEGIN WASHINGTON BRIDGE LINEAR PARK PROJECT

Path to be closed for two years while RIDOT builds a new bikeway and linear park

The Rhode Island Department of Transportation (RIDOT) announced that it is starting the construction of a new linear park and bikeway over the old Washington Bridge between Providence and East Providence. Due to the construction, the Department must close the portion of the East Bay Bike Path that crosses the old Washington Bridge on Monday, July 9, 2012. This section of the bike path will be closed for approximately two years.

During the closure, experienced cyclists who commute to work by bike may use the Henderson Bridge to cross the Seekonk River. No formal bike path detour will be established.

Cyclists also may make use of RIPTA's Rack 'n Ride service, which is available on all regular buses. For no additional charge beyond the normal fare, cyclists can load their bikes on racks mounted on the front of RIPTA buses. RIPTA's 33, 34 and 60 bus routes utilize I-195 and the Washington Bridge, while Buses 32, 35 and 78 provide service over the Henderson Bridge.

Maps showing local roads and bus routes will be posted at kiosks at each end of the closed bikeway. The maps and more information will be posted on RIDOT's website at www.dot.ri.govv/bikeri

"Given the popularity of the East Bay Bike Path, we know this closure will inconvenience some cyclists, especially those who bike to work," RIDOT Director Mi-

chael P. Lewis said. "When construction is done, however, cyclists will have a vastly different experience riding into Providence. We eagerly await the reopening of this bridge as not only a first-class bikeway, but as a new park and destination for the city."

Like the reconstruction of the India Point Park Pedestrian Bridge as part of the Iway project in 2008, this project will replace a sub-standard bridge for cyclists and pedestrians. The current crossing is so narrow that when cyclists approach one another from opposite directions, one must stop to let the other pass safely.

Through a \$22 million contract, RIDOT will rebuild the remaining section of the original Washington Bridge that carries the existing bikeway and a section of the original highway bridge. In the same footprint will be a much wider bikeway and linear park. It will feature a separate bikeway and walking path, scenic overlooks, park benches, flag poles, decorative lighting and landscaped planters. The project also calls for restoration of the historic, multi-arch granite façade of the Washington Bridge and two operator's houses from which an original drawbridge was controlled.

When opened, the new linear park will be named the George Redman Linear Park, after the East Providence resident who was instrumental in making the East Bay Bike Path a reality 25 years ago. Redman continues to advocate for bike path development across the state.

RIDOT also will reconstruct the Warren Avenue Ramp Bridge, which carries off-ramp traffic from I-195 East to Veterans Memorial Parkway (Exit 4) as part of this project. This ramp is scheduled to close in Fall 2012 and reopen in late Summer 2013.

Those with questions can contact RIDOT's Customer Service office at 401-222-2450 weekdays from 7:30 a.m. to 4 p.m. Additional information will be available on RIDOT's social media sites on Twitter and Facebook.

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

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.

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

Recent news from East Bay Met School

The East Bay Met School Bike Program is grateful for the support of the Narragansett Bay Wheelmen. We've been busy on multiple fronts and have lots of good news.

Thanks to the graciousness of the Newport School Department we've secured expanded shop space at Rogers High School in the south end of Newport, which we now refer to as the Bike Garage. The 1500 square feet allows us to store donated bikes and run classes.

In April and May we ran a 12 session Cycle Smart program for 11 Newport County middle school students on Tuesday and Thursdays, and on Wednesday afternoons Newport Bicycle owner, Rob Purdy, ran a class for Rogers High School students through the Community School. Both programs are scheduled to run again in the fall.



The Met School program is also working closely with Bike Newport. A half a dozen Met students volunteered on Bike to Work Day and five students worked hard to build 20 bike racks for the America's Cup Races at Fort Adams. The demand was overwhelming. Check Bike Newport's Facebook page for pictures. On July 3rd, we broke the racks down and relocated them at the Newport Visitor's Center for Tall Ships. On July 5th we went to Providence to volunteer at the Bicycle Shed.

We are also working in conjunction with Newport Bicycle to develop Newport Bicycle Tours. Our 9-mile ride reveals Newport's rich cultural and architectural history on a quiet ride along lightly travelled streets.

We donated 20 refurbished bicycles and worked with the City of Newport to round up no longer wanted bikes. We

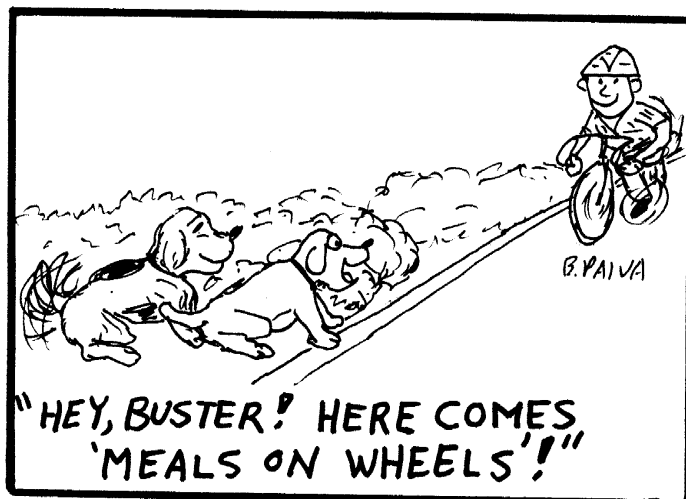
took spring rides to Arcadia, Burlingame, the East Bay Bike Path and lots of local outings.

One Met student, Rob Dowler, is working with local shop owners to develop a mechanic certification program that would assist shops in hiring well-trained youth mechanics.



Plans for the fall include weekly road rides and bi-weekly weekend trips for mountain biking. We are in need of serviceable road bikes for teens. Many teens are reluctant road riders until they experience the thrill of speed and expended energy. NBW members are welcome to assist with road rides.

Steve Heath
sheath@metmail.org
(401) 439-0160



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

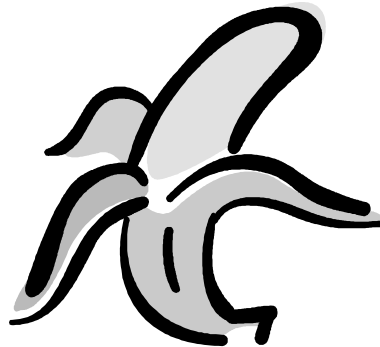
The Athlete's Kitchen

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

Sports Nutrition News from The American College of Sports Medicine

The American College of Sports Medicine (www.ACSM.org) is the world's largest organization of sports medicine and exercise science professionals. At ACSM's annual meeting in San Francisco, May 30-June 3, 2012, over 6,000 exercise scientists, sports dietitians, physicians and other health professionals gathered to share their research. Here are a few of the nutrition highlights.

- During a 46-mile (75-km) race, cyclists performed just as well when they fueled with banana as compared to sports drink. They drank about 8 ounces of sports drink or ate half a medium banana + water every 15 minutes during the 2.3-hour event. Time to start taping bananas to your helmet?
- Tart cherry juice contains numerous antioxidant and anti-inflammatory agents that can reduce pain and inflammation associated with osteoarthritis. When arthritic women (ages 40-70) drank a 10.5-ounce bottle of tart cherry juice or a placebo twice a day for three weeks, some of the inflammatory markers in their blood decreased. Women with the highest amount of inflammation noticed the most benefits. This is just one example of how food is a powerful medicine.
- Pomegranate juice is another rich source of bioactive compounds that reduce muscle soreness. Healthy men who drank PomWonderful juice for eight days before muscle-damaging exercise experienced less muscle soreness.
- Nitrates in foods such as spinach (and beets) reduce the oxygen cost of exercise and enhance efficiency. Healthy young men who consumed half a liter of spinach juice for 6 days were able to perform better anaerobically. Maybe this is why Popeye was strong to the finish?
- Dietary nitrates in the form of beet juice (called beetroot juice in the UK) have been shown to improve 2.5 mile (4 km) and 9.5 mile (16 km) time trial performance by almost 3% in racing cyclists. During a longer, 50-mile time trial, cyclists who consumed a half-liter of beet juice 2.5 hours pre-ride rode almost 1% faster. This small improvement was not statistically significant, but to a cyclist, the improvement would likely be meaningful.



- Elite rowers who consumed beet juice for 6 days performed better on an erg test. This was particularly noticeable in the later stages of exercise. Pre-exercise beets or borscht anyone?
- Both beta-alanine and sodium bicarbonate can reduce the negative effects of lactic acid in athletes who do very high intensity exercise. In an intense five-minute cycling test, beta-alanine enhanced performance. When combined with sodium bicarbonate, the improvements were even better.
- Most research with caffeine is done with pure caffeine supplements. Does coffee offer the same ergogenic effect? Yes. In research with cyclists and triathletes, the time trial results were very similar with pure caffeine (39.4 minutes) and coffee (39.5 minutes). Instant decaffeinated coffee (41.4 minutes) gave the slowest time. The researchers suggest the small improvement was related to caffeine's ability to stimulate the central nervous system. This makes exercise seem easier so the athlete can work harder.
- An extensive review of the literature indicates caffeine does not have a dehydrating effect nor impair heat tolerance. Hence, a 150-lb (68 kg) athlete need not worry about consuming about 200 to 600 mg caffeine (3-9 mg caffeine/kg body weight) when exercising in the heat. That's 1 to 3 large cups of Joe.
- While commonly consumed intakes of caffeine do not have a diuretic effect over the course of the 24-hour day, what happens in the short term? In three hours, habitual coffee drinkers who consumed 7 ounces (200 mL) coffee (with 250 mg caffeine) voided 11.3 ounces (316 mL) urine, very similar to the group that consumed plain water and voided 10.4 ounces (290 mL) urine.
- When cyclists were given 1.5 or 3 mg caffeine/lb body weight (3-6 mg/kg) one hour prior to a 24-mile (40-km) time trial, they performed equally well, regardless of the dose. However, the athletes who responded best to pre-exercise caffeine had a specific gene that was missing in the non-responders. That is, when compared according to genotypes, the AA homozygote group was 4.6% faster at 6 mg caffeine/kg as compared to 2.6% improvement in the C allele carriers. Genetic differences influence caffeine's ability to enhance exercise performance.
- Is Red Bull better than coffee? Doubtful. In a cycling time trial, Red Bull enhanced performance similarly to

Continued ...

caffeine. Red Bull's added ingredients offered no additional benefits.

• Female cyclists who trained about 10 hours a week had low spine bone density in the osteopenic range—even though they were only 26 years old! Whether you are male or female, if you spend most of your exercise-time cycling, think about cross training with weight bearing exercise to improve your bone health.

• When getting your body fat measured with a Bod Pod, be sure to follow the instructions to not eat, drink, or exercise for two hours before the measurement. Athletes who did 30 minutes of treadmill exercise prior to Bod Pod testing were 21.3% body fat pre-exercise and 19.6% post-exercise. That 2% drop was not due to a loss of body fat, but rather to inaccuracy related to having an elevated body-temperature!

• When getting your body fat measured, take note: Different methods of body fat measurement give different results. In collegiate gymnasts, the body fat results were:

Omron HBF-510W (\$55 on amazon.com)	26.1% fat
Tanita BF350 (\$899 at Walmart)	21.7%
Tanita BF-522 (\$366 at amazon.com)	21.7%
DXA (research-based; the "gold standard")	21.06%
Calipers	19.5%
Omron HBF-306C (\$30 on amazon.com)	18.4%

• Trained runners lost twice as much sweat during a one-hour summer race than they had predicted. As a group, they predicted losing about 750 mL sweat in hot, humid conditions but they actually lost about 1,500 ml. Weigh yourself pre/post exercise to learn your sweat rate!



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

WELCOME New Members

- Cathy Arcello, Portsmouth, RI
- John Bolton, Seekonk, MA
- Martin J. Brough, East Greenwich, RI
- Teresa M. Cordeiro, Tiverton, RI
- Ryan M. Doyle, Fall River, MA
- Ray Ferland, North Dartmouth, MA
- Zach Ferland, North Dartmouth, MA
- Dana Frascarelli, Newport, RI
- Daniel Gerard, Scituate, MA
- Janeen Haase, Saunderstown, RI
- Kerry E. Hinton, South Attleboro, MA
- Rhonda Koegel, Wayland, MA
- John Landosky, Providence, RI
- Peter Leclerc, West Kingston, RI
- Lorraine C. Medeiros, Fairhaven, MA
- Ann Moberg, Westport, MA
- Jeremy, Aparna, Aaron & Austin O'Neal,
West Warwick, RI
- Robert Shaw, Portsmouth, RI
- Jeffrey M. Siatkowski, Pawtucket, RI
- David Skzrypek, West Warwick, RI
- Maria Soares, Tiverton, RI
- Ho Kin Su, Providence, RI
- Linda O. Sullivan, East Bridgewater, MA
- Jonathon, Ben & Sadie Zucchi, Narragansett, RI



Spring riding on the BikeWorks Swansea Ride, April 29, 2012.
Photo: Alfredo Sosa

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.



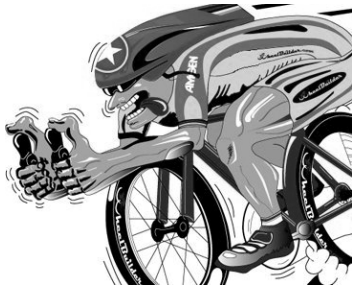
Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

In the last Cycling Sessions installment, I spoke about LTHR (Lactate Threshold heart rate) and how to train to develop this energy system and performance barrier with an understanding of where your heart muscle begins to lose the ability to filter out hydrogen ion in the muscles. We learned that we can improve this with training.

What about V02? What is that? V02 max is the point at which oxygen consumption plateaus where there is a limited amount of oxygen that you can take in per minute. This is an individual's maximal aerobic capacity.

Unlike LTHR, this remains a genetic precursor you get from your ancestors. But like all bodily systems it can be trained to optimal levels for the activity you pursue, in this case, cycling.



V02 Max or aerobic threshold is generally considered the best indicator of cardiorespiratory endurance and aerobic fitness.

The key to developing your natural highest level of V02 is short intense efforts which force a demand on the muscular system and the demand to shift up oxygen requirements in a matter of seconds.

To compare once again to LTHR, when you are looking at LTHR efforts, it is really about knowing where your physiology along with training allows you to work just below where lactic acid and hydrogen ions can be processed. Think of this as the sound barrier. It can be broken or lifted.

V02 is your genetic aerobic capacity; where you can no longer take in enough oxygen to continue. This barrier is like the speed of light barrier; it is what it is and cannot be broken.

To train V02 you must work in up to 1 minute at high intensity, based on heart rate and/or FTP (functional threshold power). For efforts, you must be at 115 to 130% above FTP or close to maximum HR or Zone 5.

These efforts open you to the wall of your aerobic capacity. These efforts or Billats range from 30/30 or 30 seconds on 30 seconds off up to 1m/1m are based on the

work of Dr. Veronique Billat, a professor of Sport Sciences at the University of Lille in France, who did extensive research on various interval training methodologies to optimize VO2max training.

The real benefit of this training is to handle short intense efforts with high power. It is also the opinion of many coaches that V02 work will raise almost all other high intensity efforts including FTP or functional threshold power which is power average for 1 hour.

The only way you can take advantage of your V02 is building a workout consisting of several 30/30 reps for a set of 10 reps with 5 minutes rest. On the trainer this can be easier to measure without the distraction of stop signs and stop lights.

It is very important to work on shorter high intensity only after you have established a foundation of aerobic endurance miles in the bank. It also makes sense to have done some LTHR training as well.

Think of this as the top floor of the skyscraper. It is here when you train your body to gain pV02, or power at V02, which can be done with proper training.



Two levels of shorter duration efforts are above this one.

Anaerobic efforts which last up to say, around 5 to 15 seconds or so at even higher efforts, i.e.: 200% of FTP, for Sprint efforts or attacks, for example. Of course these require more muscle recruitment, much more power and still tickle the V02 engine. These efforts essentially require a rest and recovery period to follow.

Developing the V02 system by maximizing your ability to produce your best speed and power at V02 max is the goal of this training. Know your limits and train to them. Always remember to recover just as hard as you train. That does not mean tons of pizza and beer, but relaxation, stretching, good nutrition and good sleep. One more thing; always have fun. This is a hobby, not a job!

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

From the Touring Committee

Gil Peel, touring@nbwclub.org

At the time of this writing I can see that it has been an up-and-down summer for riding. Many of our week-night rides have been rained out on more of a regular basis than they have been held. Our Sunday rides have not been so bad, though. I hope that all of you are enjoying these rides. Our arrowers have been working very hard to make sure that the rides we all love are marked with precision. Please have a look at our future schedule in this issue of *The Spoke'n Word* and see if there is a ride that you can arrow. Jim Berry is just an email away from getting you the kit that you need to arrow that ride.

Hello! ... For the third time, I am looking for a volunteer 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 and I will give you the rundown on the duties required.

Thanks to our most recent ARROWERS:

Jun 3	Western Hills Ride	Ted Shwartz & Peter Leviton
Jun 10	Dartmouth 50	Mark St. Amour
Jun 17	Mystic Metric	John Satterlee
Jun 24	Scramble Metric	Ed Holden
Jul 1	STORI Century	Tony Rizzotti
Jul 8	Miles Standish Ride	Tony Rizzotti
Jul 15	Joe Medeiros Ride	Ted Shwartz, Kate Imbrie & Phil Paige
Jul 22	Sturbridge Century	Chip Kent
Jul 29	New Rhody Roundup	Monica & Ray Foulkes

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

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Questions? Email to: sales@nbwclub.org

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

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.

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.

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.

August 19, 2012

South Shore Century

27/54/75/100/125

Sunday 8:00 AM *Map No.* 54 *Arrover:* T. Rizzotti/J. Berry

Route Middleboro, Plymouth, Cohasset

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

Drive Time 60 minutes from Providence

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

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

August 26, 2012

Diamond Hill Two

17/30/50 miles

Sunday 10:00 AM *Map No.* 128 *Arrower:* Steve Rodkey

Route Cumberland, Wrentham, Plainville

Directions Start at Diamond Hill Park on Diamond Hill Rd (Rt. 114) in Cumberland, RI. Directions: Take Rt 95 North, then Rt 295 South. Take Exit #11, Rt. 114, Cumberland. At the end of the ramp, go right onto Rt. 114 North (Diamond Hill Rd). Follow Diamond Hill Rd north, going straight through the first set of lights (Nate Whipple Highway). The Park is 1-1/2 miles on the right.

Drive Time 20 minutes from Providence

Description Scenic ride along the ridges and hillsides in the northeast corner of the state and nearby Massachusetts. In season there is an ice cream store across from the park! Pete Petrocelli extended this ride to 48 miles, to include scenic Wrentham town center, Gilbert Hill State Forest, and Lake Mirimichi.

September 2, 2012

Tom & Pat's Half Century

19/28/50 miles

Sunday 10:00 AM *Map No.* 19 *Arrower:* Don Paiva

Route Coventry, Foster, Sterling

Directions Coventry Plaza on Rt. 3 in Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 6 (not 6A) and bear right onto Rt. 3N for about 2 miles. Coventry Plaza is on the left just after Burger King.

Drive Time 35 minutes from Providence

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

September 3, 2012

***Labor Day Show'n Go**

Monday 10:00 AM *Map No.* 128 *Arrower:*

Route

Directions

Drive Time

Description Repeat Diamond Hill Two ride (map #128). Follow arrows from Aug 12.

September 9, 2012

****TFCE**

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

Route

Directions

Drive Time

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

September 16, 2012

Cranberry Metric

17/35/62 miles

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

Route Lakeville, Assawompsett, Middleboro, Bridgewater

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

Drive Time 25 minutes from Providence

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

September 23, 2012 **Hill & Gully Rider** 25/35/50/70 miles

Sunday 10:00 AM Map No. 76 Arrows: _____

Route Gloucester, Pomfret CT, Thompson CT, Charlton MA

Directions: Start at W. Gloucester Elementary School, Rt. 94, W. Gloucester, RI. Take Rt. 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 ride features spectacularly scenic and challenging riding through magnificent rolling countryside, including two high, open ridges with unsurpassed views and long descents.

September 30, 2012 **Norwich Metric** 30/44/60/63 miles

Sunday 10:00 AM Map No. 69 Arrows: _____

Route Norwich, East Haddam CT

Directions: Start at WAL-MART, Rt. 82, Norwich, CT. We have approval from Wal-Mart provided we park up by the road (Rt. 82) - park away from the store, please.
From Providence, take I-95 South to Rt 102 South exit. Then take Rt 3 South to Rt 165 West to join Rt 138 West. Stay on Rt 138 West to I-395 South for about 11 miles to Exit 80. Head West on Rt 82 for approx. 1/2 mile. Turn left into Wal-Mart and take first left into the parking area near the road.

Drive Time: 60 minutes from Providence.

Description: This hilly ride offers some beautiful scenery as it meanders along narrow roads lined with stone walls, large trees and historic colonial homes. Some of the descents will be blazingly fast—USE CAUTION ON THE DESCENTS! The 60 mile ride offers an option of taking a ferry across the Connecticut River that adds about 3 miles, or visiting Gillette Castle. The 45 and 60 mile routes travel through Devil's Hopyard State Park with a view of a beautiful waterfall. Thanks to Gil Peel and Mike Miller for scouting and updating this old NBW ride.

October 7, 2012 **♥ Mattapoissett Ride** 15/30/50 miles

Sunday 10:00 AM Map No. 52 Arrows: _____ Mike Miller

Route Mattapoissett, Rochester

Directions: Start at the Commuters' Parking Lot of I-195 at the Mattapoissett exit (Exit 19A in MA). Turn right off the exit. The parking lot is about 1/8 mile on the right. **IMPORTANT:** We fill this lot early and have problems with the local police unless we park respectfully. If commuter lot is full, do NOT park on street or sidewalks and do NOT park in the coffee shop lot across the street from the commuter lot—please use the industrial park just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right).

Drive Time: 40 minutes

Description: This easy ride travels past Mattapoissett Harbor, numerous cranberry bogs and cedar-shingled cottages, and through plenty of woods.

October 14, 2012 **Newport Island Circuit Tour** 12/25/45 miles

Sunday 10:00 AM Map No. 64 Arrows: _____

Route: Newport, Middletown

Directions: Start from Fort Adams State Park in Newport, RI. Go through downtown Newport along the harbor, staying on Thames St. Turn right onto Wellington Ave and follow signs to Fort Adams. Entrance is on the right side of Ocean Drive. Use the first parking lot on the left.

Drive Time: 45 minutes from Providence.

Description: The short ride travels the famous Ocean Drive, with its majestic bay and ocean views, then continues up Bellevue Avenue past the mansions. The longer ride heads further up the island past Middletown's farms and beaches.

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Deadline for the next issue is September 5

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Tentative Future Ride Schedule—comments to Gil Peel, touring@nbwclub.org

Month	Date	Map #	Ride Title	Ride Start	Distances	Arrower
Oct	7	52	Mattapoissett Ride	Mattapoissett, MA	15/30/50	Mile Miller
	8	81	*Columbus Day Show'n Go	Raynham, MA		
	14	64	Newport Island Circuit Tour	Newport	12/25/45	
	21	117	Purgatory Chasm	Uxbridge, MA	20/30/54	
Nov	28	16	Caster's Halloween Ride	Warwick	15/25/32	Jim Berry
	4	159	Fall River Fifty	Fall River, MA	19/27/47	
	11	92	Taunton-Sharon Tour	Taunton, MA	15/30/50	
	18	10	Tri-State Tour Burrillville	Burrillville	20/25/34	
	25	44	South County Coast Cruise	URI Kingston	19/30/42	
Dec	2	22	Cranston Holiday Ride Winter	Cranston	9/18/28	Tony Rizzotti
	9	101	Swansea Touisset Tour	Swansea, MA	15/30	
	16	109	Walpole Dover	Walpole, MA	15/28	
	23	87	Scituate Foster Coventry	Scituate	15/25/30	
	25	22	*Christmas Day Show'n Go	Cranston		
	30	126	Hope Valley Eastern Ride	Hope Valley	20/27/30	

New England Rides/Events Calendar

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

Aug 12, 2012 —Falmouth Road Race - Join Compassionate Care ALS team. Bill Dias, former NBW member, asks bike riders who also run to join him in support of CCALS. Details: www.ccals.org or contact w.dias@comcast.net

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

Sep 8, 2012—7th Annual Kelly Brush Century, by VBT Vacations, for the Kelly Brush Foundation, for spinal cord injury. Middlebury, VT. 100/85/65/50/25 mile loops through the Champlain Valley. Registration at www.kellybrushfoundation.org

Sep 15, 2012—Harbor to the Bay. 126 miles from Boston to Provincetown (half-rides available) to benefit 4 Mass HIV/AIDS organizations. Breakfast, transportation of luggage, food, SAG support, brunch Sunday morning. Registration at www.harbortothebay.org

Sep 22, 2012—Woony River Ride/3rd Annual Bike-A-Thon. Ride along the Woonasquatucket River to support and expand the bike path. 50/27/10/5 mile options, starting in Providence (Waterplace Park). Registration at www.wrwc.org

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 Volunteers Needed: email Phil Santos-Higgins, psantoshiggins@cff.org

Sep 22—3rd Annual Tour de South Shore. 25 and 50 mile rides. Start Wompatuck State Park, Hingham MA, for scenic coastal course through Hingham, Cohasset, Scituate and Norwell. Ride for Alzheimer's & MS. Details: tourdesouthshore.org

Sep 29—4th Annual Miles for Megan Ride to benefit the Megan L. Cordeiro Memorial Foundation. 12.5, 25, 62 mile rides through Tiverton and Little Compton RI. Details: www.milesformegan2012.kintera.org

Oct 14—6th Annual Buzzards Bay Watershed Ride. 75 miles from Westport to Woods Hole, MA (half-rides available). To support the work of the Buzzards Bay Coalition to preserve and protect this important region. Details: www.savebuzzardsbay.org/ride

Oct 14—4th Annual Cycle Martha's Vineyard. Charity ride. Details: www.cyclemarthasvineyard.org

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