

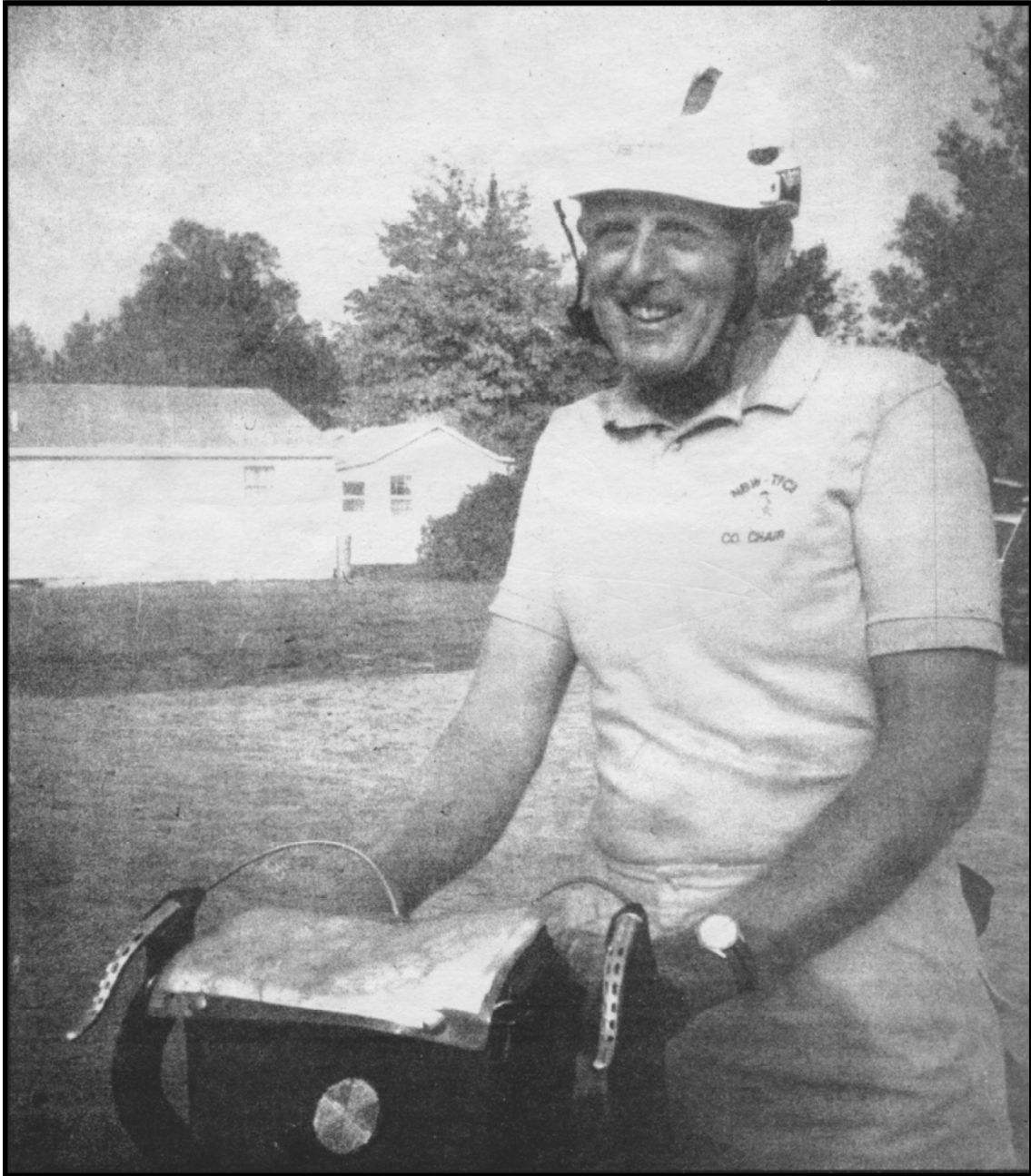
# The Spoke'n Word

Volume 42, Number 5

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

October/November/December 2012

[nbwclub.org](http://nbwclub.org)



***Don MacQuattie***

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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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### BLACKSTONE BICYCLES

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### GREENWAY CYCLES INC.

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181 Brook St  
Providence, RI 02906  
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www.legendbicycle.com

### NARRAGANSETT BIKES INC.

1153 Boston Neck Rd  
Narragansett, RI 02882  
401-782-4444

### NEWPORT BICYCLE

162 Broadway St  
Newport, RI 02840  
401-846-0773

### PEDAL POWER BICYCLE SHOP

879 West Main Rd  
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401-846-7525  
www.pedalpowerri.com

### PROVIDENCE CYCLE

725 Branch Ave  
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### SCOTTEE'S WESTPORT BICYCLE

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508-384-0665 (shop)  
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### UNION CYCLE

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155 Black Plain Rd  
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Warren, RI 02885  
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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 HAS CHANGED

NBW website: nbwclub.org  
Members' page access (case-sensitive):  
**User name: member13**  
**Password: 2flaTs**

**The old password info will also work until December**

NBW email discussion list:  
<http://groups.yahoo.com/group/nbwclub/>

Cover: Photo from the April/May 1989 issue of *The Spoke'n Word*

## 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.

Email me your *original* JPG file.

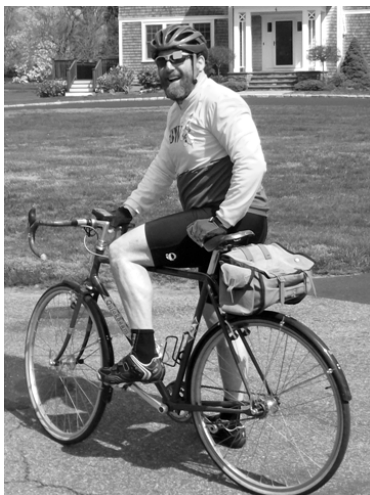
Old prints of early NBW rides are especially desirable. I will scan and return your prints.

**See our website for membership application and brochure: [nbwclub.org](http://nbwclub.org)**

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## President's Message

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**T** FCE has come and gone. It has been a huge success, just like the forty TFCE's before it. We could not do it without our volunteers, all 113 of them. Most importantly we could not do it without our co-chair Larry Shwartz and our pb&j queen Louise Shwartz. No one puts in as much effort to making TFCE happen as Larry & Louise.

TFCE is a signature event for the NBW. I believe it is the largest one-day bicycle club event in the Northeast. We attract riders from 25 states. Isn't that an amazing statistic? We have three goals in running the TFCE. The first is to put on a great century for the riders. The second is to finance the club's operations for the year with the proceeds. The third to make sure that our volunteers enjoy the event as much as the riders do. I think we can all agree that we have met our goals with the TFCE this year.

Indian summer follows TFCE. Some of our best cycling weather is now. Soon enough we will be digging through

the closet looking for our cooler weather gear, then the colder weather, and lastly the dreaded full kits of winter. Enjoy the fleeting daylight while you can. Try not to run over too many acorns, and watch out for the leaves when they fall. I have even had to dodge pumpkins rolling across the road on a particularly blustery fall ride. Our Mattapoissett ride adds the challenge of avoiding dropped cranberries from the fall harvest. Those first days of riding on wet leaves will be a reminder that summer is truly gone.

Fall brings the Providence Cyclo Cross festival at Roger Williams Park, as well as the New England Bike Builder's Ball at the Biltmore. Hunting season also starts, and it's time for the mountain bikers to be wearing their orange.

Please give thanks to Gil Peel who has stepped down as our Touring Committee Chair after 9 years. Gil has done an excellent job and leaves big shoes for his replacement Chip Kent.

The annual meeting/banquet will be coming up on Saturday November 3rd. This is when we elect club officers and thank our volunteers for their efforts. Mike and Margaret Vigorito will be our hosts for this evening.

Safe riding,  
Ted



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### ALERT FROM YOUR WEBMASTER—MEMBERS' PASSWORD HAS CHANGED

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Members' page access (following are case-sensitive):  
**User name: member13**  
**Password: 2flaTs**

The old password will only work until December—make a note of the new one now.

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

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

*Saturday, November 3, 2012  
Johnson & Wales Inn, Route 44, Seekonk, Mass*

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

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

*Guests are \$25 ... make checks payable to "NBW" and mail to  
Margaret Vigorito, 12 Lisa Drive, North Attleboro, MA 02760*

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

**Reminder—this is what we expect on our rides**  
(excerpts from our website, "About our Rides" page)

NBW is not a racing club; we attract all levels of cyclists, so there is usually someone riding at your pace. Non-members are welcome on our rides; we merely expect riders to ride safely and lawfully.

You should use safe riding techniques for riding in groups. Riding in a group is very different from riding on your own, and we expect riders to use these guidelines:

- Ride on the right.
- Ride single file, except where legal to ride abreast; single out when alerted that a vehicle is approaching from the rear.
- Maintain a safe distance between you and other riders.
- Pass other riders only on their left, saying "On your left" to alert them.
- Signal turns, or intentions to slow or stop, well in advance.
- Alert other riders about overtaking vehicles by calling "Car back".
- Do not use earphones or answer your cell phone while riding.
- Aero bars are unsafe when riding in groups.
- Obey all traffic laws.

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# 2012 TFCE Volunteers

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## **Accommodations**

Rick Schwartz

## **Adamsville Checkpoint Team**

Phil Craven  
Stephen Dunn  
Billy Gajda  
Kate Imbrie  
Susan McCalmont  
Mary McCauley  
Carleen McOsker, *captain*  
Lawrence Rollins  
Susan Rollins  
Mary St. Amour  
John Swyers  
Janice Velozo

## **Arrow Team**

Mike Miller  
Gil Peel  
Dianne Robillard

## **Co-Chairs**

Larry Shwartz  
Ted Shwartz

## **Hixville Checkpoint Team**

David Bojar  
Sue Chiavaroli  
John Darcy  
Wendy Davis  
Michael Emma  
Kathryn Mahoney  
Mark Mahoney  
Bob Paiva  
Louise Paiva, *captain*  
Linda Pietras  
Pat Stark

## **Mechanical Support**

Rob Foulkes, *captain*  
East Providence Cycle team

## **Parking Team**

Gary Archer  
Bob Brown  
David Carroll  
Norman Clavet  
Keith Enos  
Raymond Foulkes  
Frank Frain  
John Ho  
Mike Klek

Pat Lang  
Bill McGrane  
Gil Mello  
Bob Melucci  
Kevin Mitchell  
Ken Peloquin  
Craig Mace  
Raul Silvia, *captain*  
Lee Sproul  
Mike Vigorito  
Todd Wise

## **Peanut Butter & Jelly**

Gary Archer  
Leslie Baker  
Sue Barker  
Amey Blackburn  
Gretchen Chipperini  
Phil Craven  
Ron Doane  
Stephen Dunn  
Michael Emma  
Monica Foulkes  
Ray Foulkes  
Billy Gadja  
Jan Harbutiak  
Lenore Henderson  
Scott Henderson  
Ed Holden  
Kate Imbrie  
Deb Luhrs  
Don MacManus  
Jessica MacManus  
Lydia MacManus  
Kathryn Mahoney  
Mark Mahoney  
Liz Masterson  
Carleen McOsker  
Elvis Munis  
Ray Naughton  
John Nery  
Pauline Nery  
Bob Paiva  
Don Paiva  
Louise Paiva  
Jo-Ann Perry  
Paula Raposa  
Susan Roberts  
Lawrence Rollins  
Susan Rollins  
Larry Shwartz  
Louise Shwartz, *captain*  
Ted Shwartz  
Laura Silvia  
Raul Silvia  
Lee Sproul

Mary St Amour  
Cheri Varney  
Dave Varney  
Janice Velozo  
Todd Wise

## **Registration Team**

Sue Baker  
Stephanie Benedetti  
Nancy Borges  
Gretchen Chipperini  
Lois Dimock  
Heidi Hallemeier  
Norman Labrie  
Kris Brown  
Susan McMillan  
Matt Moritz  
Jo-Ann Perry  
Rob Price, *captain*  
Gayle Rapoza  
David Reynolds  
Susan Roberts  
Sally Shwartz  
Mary St Amour  
Margaret Vigorito

## **Route Design**

Rick Schwartz  
Larry Shwartz  
Ted Shwartz

## **Sales Team**

Sue Barker  
Kent Cameron  
Gretchen Chipperini  
Phil Craven  
Paula Bissell  
Pete Bissell  
David Carroll  
Sue McMillen  
Don Paiva, *captain*  
David Reynolds

## **Sag Team**

Juergen Hallemeier  
Jan Harbutiak  
Bill Luther  
Don MacManus, *captain*  
David Michel  
Rob Price  
John Rohland  
Sondra Spencer  
David Vitello

## **Tiverton Four Corners Team**

Mark Dieterich  
Ronald Doane  
Joyce Fontaine  
Lenore Henderson  
Scott Henderson  
Lori Lantos  
Raymond Naughton  
John Nery, *captain*  
Pauline Nery, *captain*

## **Trucking Team**

Frank Fain  
Bill Gajda  
Ed Holden  
Larry Shwartz  
Ted Shwartz

## **Special Thanks to**

The University of  
Massachusetts—Dartmouth  
Jim Weir—Four Corners  
Tiverton  
Finish Line Massage Team  
The Town of Dartmouth  
The Town of Freetown  
The Town of Assonet  
The City of Fall River  
The Town of Westport  
The Town of Tiverton  
The Town of Little Compton



# TFCE 2012

A little wet to start, but most of the day was cloudy, cool, perfect weather for riding a century for the approx. 2,000 riders on our famous annual century ride in the Dartmouth, Tiverton, Little Compton area. Smooth, fast riding this year attracted mostly experienced, courteous riders. Only one minor accident was reported and the efficient SAG drivers kept the route swept of problems. Power Bars and Gatorade kept the riders' energy level high. Photos: Rick Schwartz, Monica Foulkes, Louise Paiva, Kate Imbrie. More photos on our website—nbwclub.org and professional photos available at [http://seemebiking.com/NBW\\_2012.htm](http://seemebiking.com/NBW_2012.htm)



Sally Shwartz at registration



Tiverton Gatorade



Dramatic flags at the Hixville rest stop

Adamsville fruit display



Bob Paiva helps with the route map.



Mike Miller, arrower



Ted and Larry close the day.





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## Obituaries

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### Don MacQuattie

*Submitted by Elsie Laverty, Jeanne Petrarca, Miki Green, Don Paiva, Lee Sproul, Clark Richardson and Carleen McOsker*

We remember Don as a mighty cyclist from the East Bay Bike Path to the mountain road of Mt. Washington. A chef extraordinaire, host to many cookouts in Barrington, New Hampshire and the Vermont House weekends. Well identified by those “lemon yellow” riding shirts, wry humor, and steady pace no matter the terrain.

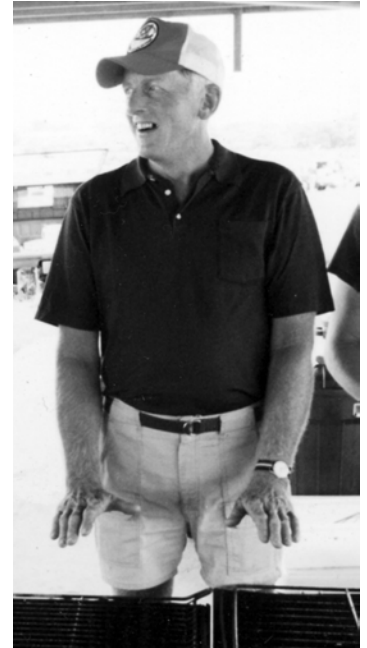
Wheelman of the Year in 1988—Co-Chair of The Flattest Century in the East—Captain of the 75 rest stop—head chef of many of the club’s chicken bbq’s—and PB&J host for 20 years.

Don arrowed many rides including the year 2000 Bridge Ride. How many stops for Dunkin Donuts’ iced coffees? He must have owned stock in that company!

Canoeing, flying, photography and antique cars were three more keen interests. Many of us were privileged to share in these interests.

Thanks, Don, for all you did for our club, your friendship and leadership.

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### George Redman

*Submitted by Sue Barker*



The bicycle community lost a dear friend on August 16 this year with the passing of George Redman. He was the last of the small and dedicated group of East Bay community advocates whose vision created the East Bay Bike Path. George and his friends were the fathers of the bike path movement in Rhode Island. Today we can thank them for all the wonderful bike paths that wind through our communities.

The group worked for many years to convince our state government and the towns of East Providence, Warren, Barrington, and Bristol that the bike path would create a positive recreational resource for those communities. After many years of hard work to alleviate the fears of home owners who lived near the proposed right of way they secured the funds and community support to complete the greenway.

George’s commitment to bicycle resources did not stop after the East Bay Bike Path was completed. He remained a strong advocate for greenways, bicycle safety and pedestrian resources all his life. He never stopped looking ahead and never ran out of new ways to raise awareness of bicycle issues and improved resources for our safety. In honor of that commitment, the soon-to-be-built linear park on I-195 across the Seekonk River in Providence is named after him.

We mourn his loss but are comforted in the knowledge that he will never stop cycling even after he cruises through those pearly gates on his bike.

George Redman was awarded lifetime membership of the Narragansett Bay Wheelmen.



# Rhody Roundup, July 29 2012

Torrential rains the night before did not deter the Narragansett Bay "Mealmen" from once again enjoying the hospitality of Yawgoo Bakes in Slocum, RI, for our annual summer ride and barbecue. Riders enjoyed the scenic South County roads and tranquil bike path, heading to Narragansett and its ocean views. Over 115 riders stayed to enjoy the post-ride chicken barbecue. Many thanks to Ray & Monica Foulkes for arrowing another splendid ride, and to Rob & Co. for cooking up some tasty chicken.

Suggestions for other venues/locales that members would like to visit for this moveable feast? Email them to me at [vicepres@nbwclub.org](mailto:vicepres@nbwclub.org)  
See you on the road—Liz Masterson, NBW VP.



Chicken barbecue after the ride at Yawgoo Bakes on Slocum Rd.



The obligatory flat.



Bike path section of the ride, heading for Narragansett



Debris washed down by last night's rains after the tunnel under Rt. 1

Riders coming through the towers by the ocean in Narragansett.



Relaxing after the ride in the bar at Yawgoo Bakes

Liz Masterson, organizer, records the chicken feast.



## “The Riders Change. We Change.”

Bob Melucci



As I read the *President's Message* in the August *Spoke'nWord* I became melancholy, as his explanation of *beausage* was immediately applied to the recent loss of a friend.

Why couldn't friendship be a beauty that comes from or through use? I am positive that it can. ... **“The riders change. We change.”** My riding group<sup>1</sup> changed. Did it ever.

Carl and I roomed together on the first tour that our group did, an exploration of Portugal's Algarve almost 10 years ago. I was the perfect bunkmate for an insomniac. “What light?”, I always responded, as he spent many overnight hours reading, incapable of falling asleep. This inability to sleep through the night brought Carl into cycling. Regardless of the time of year, he would awaken around 3 a.m. dress accordingly (heated booties etc.) and do a 10/15 mile ride. Back in bed before 5, sleep 'til 7 and then on to work as the administrator of a highly regarded nursing home. A very good pool player (read pool shark), he left the bar scene and grinded out an education in a success story that impressed family and friends alike. My favorite tale of the many he related was dancing with an older woman in Miami, who looked at him and said “what a waste”. Did he ever prove her wrong. When I met him, he had traded in the soiled work clothes of a rendering truck driver for the well-tailored suit of a successful manager making his rounds to the delight of his elderly clients. He was signed on to our group after telling of his nocturnal cycling. He managed to do this while in the usual one-way conversation with his dentist (Ken).

Jim was our fourth, but he didn't start as a cyclist. He did a lot of sagging his first years, although engaging fully in post ride camaraderie. His drink of choice, a Rob Roy, paid tribute to his original homeland, whence he emigrated in his early twenties. To observe Jimmy savor and consume his favored Scotch provided as much enjoyment as the drink

for him. Nevertheless, he developed into a competent and competitive cyclist and added much to our group.

Ken, Carl, Jim and I became the nucleus of numerous local rides, including the annuals: TFCE, Seacoast Century, Blazing Saddles, Shelter Island and Martha's Vineyard. The routine became well established. Ken would hatch the idea, leave it to me to flesh out and then we would invite others to enlarge our group. Trips to Europe (4), Canada (3) and tours to Chesapeake, Outer Banks, Lake Champlain, Finger Lakes and Pennsylvania Dutch Country were among the many ridden since 2004. The SUV was the sag vehicle of choice until the arrival of the ultimate touring machine, the Bikebus. We had achieved cycling perfection.

Two years ago, this idyllic cycling world came under attack from a vicious adversary.

Carl and Jim were both diagnosed with throat cancer. This was not uncommon among individuals who in previous years drank heavily and smoked, but since the treatment began early, the prognosis was good and the outcome deemed favorable. Neither of our cycling friends fulfilled this optimistic result. Jim survived rigorous radiation and chemo, but is suffering from acute dementia. Carl's cancer spread to his lungs and he passed away in July.



Yes the rides continue and with different cyclists. Thankfully we have photos to remind us of the sweetness of our friendship and to dull the pain of our loss.

<sup>1</sup> Riding group: Ken Peloquin, Bob Melucci, Carl Newell, Jim Malone.

# *NBW Holiday Party to benefit Amos House*

*Sunday, December 2, 2012, from 1:00 PM*



Patricia Lang and Keith Enos welcome Ray Foulkes to sample their delicious gourmet cooking, December 2011

Patricia Lang and Keith Enos are continuing the NBW tradition, started 16 years ago by Jeanne Petrarca, of a party after the Sunday Dec 2 Cranston Holiday ride to benefit Amos House.

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

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

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

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

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



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

Name: .....

Address: .....

Amount: \$ .....

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

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# Cycling Sessions

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

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**J**ust as important as the previous columns' discussion of Lactate threshold and V02 max training is the value of Endurance Zone training year round.

Endurance Zone is one step higher than easy recovery riding. Recovery should mimic riding with the family on the bike path intensity or into low endurance zone.

Endurance Zone based for heart rate requires you know your max heart rate. For power meter cyclists you need to know your Functional Threshold Power or FTP. In both cases Endurance zone will be from 55% to 75% of these numbers.

You want to use this type of riding to provide a way to sustain long rides when you are base training early in the season and to teach the body to burn fat. Your body learns to derive calories from stored fat to a greater degree when the intensity of the effort is below 70% of max heart rate. Anything over that begins to take calories from carbohydrate. By doing this your body gets used to long duration activity and provides the foundation to build harder long efforts. Without this foundation you will find the possibility of bonking much, much greater.

Not only does your heart muscle adapt and grow larger and stronger through this process, your capillary and mitochondria growth takes place at this level. Think of this as maximizing the efficiency of blood delivery, which means oxygen, nourishment to the muscle fibers, and the ability to remove more Hydrogen Ions which cause your blood PH to rise, which causes that sting and acute muscle fatigue in your legs.



The body is a marvel of adaptation. Incorporating this type of training in the middle of harder zone training and riding allows some crossover recovery and provides some active rest.

Endurance Zone riding is helpful not just at the beginning of the season, but also following a heavy period of riding whereby your body needs to back things down but still keep fitness. By incorporating a 1 hour, 55% to 75%

MHR spin, even on the trainer, your body gets active exercise which can reduce PEMS (Post exercise muscle soreness), usually the day after the effort.

Active recovery allows for active repair. Broken down blood vessels are removed and fresh nutrients can get to the damaged muscles. Sitting around for three days waiting to feel the soreness go away usually does not work.

Because of the adaptation process, most people's bodies will get better at endurance as you increase miles, and stronger and faster if trained for short explosive threshold work. But if you have a good base of endurance riding for early in the season, you should be able to adjust through the season with proper recovery days or weeks over the year.

Enjoy the art of listening to your body, especially as you get older. With careful observation you can have your cake and eat it to!

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/>

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## Elvis Visits TFCE

**I**nterrupting his round-the-world bicycle ride to visit TFCE, Elvis Munis talked to riders at the Adamsville rest stop about his journey thus far, from Chile to California. Now he heads for Alaska and on to Kili. Members will remember hearing at last year's Annual Meeting about his herculean adventure to raise funds for Tanzanian students. See [www.chiletokili.com](http://www.chiletokili.com)



Photo: Kate Imbrie



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# Advocacy Column

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

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## George Redman Linear Park Construction Begins

On July 9, 2012, construction finally began to convert the preserved span of the George Washington Bridge to become the George Redman Linear Park. Formerly a drawbridge and the supports for I-195 Eastbound, one set of spans was preserved during the construction of the new I-195 bridges with the intent of it becoming a bicycle and pedestrian link between Providence and East Providence over the Seekonk River.



The project is expected to take 2 years to complete, as the existing bridge decks are removed to allow stabilization of the deteriorating superstructure. After repairs are completed, a new bridge deck will be added with space dedicated to bicycling and walking, as well as refurbishing the bridge houses and overlooks. Construction is proceeding quickly, with guard rails and other hardware having been removed within the first week of construction, and work crews observed on Saturday.



Unfortunately for those unfamiliar with the area, RIDOT has chosen not to provide any detour signs and is only recommending use of the Henderson (Red) Bridge to experienced riders. At each end of the bridge on an

easily overlooked bulletin board, a large map is posted that shows the bus routes that cross the Washington and Henderson bridges and could assist, though nearest bus stops are not identified. RIPTA has installed additional, small map signs on nearby poles to indicate suggested 3 mile detour routes for each direction of travel. Also unfortunately, RIDOT did not announce the pending closure until 2 days before, during a holiday week, surprising many daily bike commuters and recreational users.

Bridge sweeping on the bike lanes on the Henderson every other week during the bicycling season has been occurring and is included as part of the construction contract. Also expected is that in Fall 2012, East Providence will open Waterfront Drive between Warren Ave and Massasoit Ave, providing a much more pleasant riding space than Massasoit Ave. It is hoped that this new road, when opened, will be signed as a detour for bicycle users, though it does not have sidewalks, just as the current suggested detour.

The project is using funds set aside during the I-195 relocation project to preserve the historic landmark Washington Bridge south facade and provide a river crossing for non-motorized transport typical of most modern highway river crossings. The project was delayed and not executed as part of the original construction for various administrative and technical reasons.

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· RIBIKE ·

## Rhode Island Bicycle Coalition

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*join us to make cycling  
in the Ocean State safer  
and more enjoyable for YOU*

— — — — —

## RIBike.org

## Federal Funding Levels Reduced for non-motorized Transportation Programs

With an eye towards the future, state DOTs, cities and other organizations are working to figure out how the new federal transportation bill, code name MAP-21, affects plans to continue to develop facilities dedicated to non-motorized users, such as pedestrians and bicyclers. The simple version is that the bill produced lumps various programs that used to have dedicated funding into a single pool of funding, and reduces the overall funding for all of these programs. The program funding reduction varies by state, as it is linked as a percentage to the overall federal highway funding a state receives. In the case of the states in the NBW riding area, funding levels for Fiscal year 2013, which begins October 1st are as follows:

State	2012*	2013*	Percent cut
Connecticut	\$10.8	\$8.6	21%
Massachusetts	\$15.2	\$11.6	24%
Rhode Island	\$5.6	\$3.1	44%

\* Dollar Figures are in Millions.

In the case of Rhode Island, RIDOT and other planning agencies had been expecting a flat level of funding in the new bill and had planned project based on \$5 million per year. While the states are free to invest other funds into their non-highway, non-motorized funds, given the tight budgets at all levels of government, without borrowing, projects will need to be reprioritized based on the new funding levels.

MAP-21 is not a typical as a funding authorization bill as it is only valid for 2 years, instead of the usual 5, so planning for all projects and organizations becomes difficult after Fiscal Year 2014. In Fiscal Year 2014, there is a 1.38% increase in funding, still falling far short of the investment levels made over the past decade. It took nearly 3 years to replace the last bill, which expired in 2009, and a similar drawn out process could repeat in 2014 and further reduce investment in non-motorized projects and amenities in road projects.

While it is certainly prudent for Congress to cut spending to match incoming revenues and eliminate wasteful spending, cutting funding to low cost, highly valued and desirable projects that have been shown to create more jobs than other road construction projects is counter intuitive. It also gets in the way of NBW and other advocacy groups goals of making bicycle use more attractive to more of the population.

As bicycle advocates, we still have to make our desires known to the Governor and Director of DOT Lewis, as the new federal funding can be opted out of and the

money applied to other projects. While 3 million dollars a year doesn't go far with current road projects, it is all too easy to envision the money being appropriated to other projects instead given the condition of state finances.

For many, riding a bike path to cross the state, see the bay, or just get some exercise is the first introduction to riding, frequently transferring to becoming an avid bicycle user. With projects like the George Redman Linear Park, it seems ridiculous to think that bike lanes and off road paths to connect to the Blackstone River Bikeway, Woonasquattuck Greenway and Washington Secondary bike paths could be delayed far beyond current projections.

## Recycle-A-Bike's Community Bike Shop

Jenna Yu



Recycle-A-Bike (RAB) is a volunteer-based community organization that connects people with refurbished bikes, provides practical bike knowledge, and advocates bicycle use by safer, more confident cyclists. As the largest community bicycle shop in Rhode Island, Recycle-A-Bike provides a much needed service for the greater Providence area. We have seen the need for used bicycles grow dramatically in recent years. As the poor economy slowly improves and gas prices continue to climb, many in our city are in need of affordable transportation. In our own neighborhood, Olneyville, the U.S. Census Bureau reports that 41% of families both live below the poverty line and do not own a car. Bikes are a simple solution; they cost little to maintain and can be used for everyday transportation needs. Bikes are particularly efficient in a city such as Providence that is relatively small and dense, but lacks the public transportation infrastructure of a larger city. Area bike shops also help people get on bicycles, but at higher cost and lower educational benefit. New bikes can cost 3 times as much as RAB bikes, alienating people who need them the most. Most shops do not offer affordable mechanics classes, or the chance to share knowledge and gain valuable insights from other, more experienced cyclists. Recycle-A-Bike serves

Continued ...

our 800-plus regular users. This year, at our Olneyville shop, Recycle-A-Bike recycled over 300 abandoned bicycles. RAB also trained over 90 people of all skill levels, ages, and economic backgrounds in bicycle mechanics and maintenance.

We thank the Narragansett Bay Wheelmen for their many years of support in donations made to improve the community shop space. It is important that shop users are able to easily work on bicycles getting people on bikes and on the road. This year, Recycle-A-Bike received over 250 abandoned bicycles which were rebuilt into road ready vehicles or stripped and sorted for reusable parts. Tool benches, shelving for parts crates, bike storage, a volunteer check-in area, bench, book shelf, cubbies, a frame cleaning station within the bathroom, a floor, and a ceiling are the additions we greatly needed in the space. With funding from New Roots, designers drew up plans and construction details for a community shop that supported a multi-use learning environment.

In drawing out the shop, our team of designers broke the shop build-out into 2 phases, and the first phase is complete. This included shelving for used parts bins, rolling tool stands, bike hangers, a bathroom, and a wheel rack. We purchased materials with grant funding from the New England Grassroots Environmental Fund and the Narragansett Bay Wheelmen. We recruited volunteers to do the shop build. Since completing the first phase of the build-out, we have observed an improved work flow during program hours. Shop users are able to navigate the shop and find tools, parts, and information with ease. Recycle-A-Bike currently seeks funding for phase two, which we are scheduled to complete by fall 2013. The phase two plans include renovating the ceiling and floor and building the volunteer information station. The renovation of the shop space provides us a safe, organized, and inviting space where people can better refurbish even more bikes, and provide mechanics and maintenance training for a greater number of users.

Cycling empowers neighborhood riders to become actively engaged, informed bike advocates and citizens. Fixing bikes affordably and recycling bicycles for others puts more people on bikes and on the road. A safer road is one with more cyclists. Bicycles are visually inspiring to community life and as a vehicle, they offer the rider a sensory filled journey through their city streets and neighborhoods. Riders become more aware and connected to their environment, they grow closer to the rich culture of the area, and they experience the joy of operating a simple pedal powered machine that they know how to diagnose and fix when problems arise. Valuable connections are made in our community shop among bicycle riders. By learning and sharing bike maintenance knowledge, people learn to believe in themselves and their community. Our pro-

grams make the simple technology of these pedal powered machines available to all with the help of the volunteer staff and general skill sharing.

## NBW Merchandise

### NBW CYCLING JERSEY

Short sleeve.

Specify men's or women's cut when ordering

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sizes: M, L, XL, XXL

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sizes: M, L, XL, XXL

**\$50, incl tax.** Add \$3 postage (for one or 2 shirts or vests)



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One size.

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Check the NBW website, [nbwclub.org](http://nbwclub.org), for the latest supply list.

Make check payable to "NBW" and mail with order (please include your tel # in case Sue has questions) to:  
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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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# The Athlete's Kitchen

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

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## Protein for Athletes: What Do the Researchers Say?

Protein is a popular topic among both casual exercisers and competitive athletes, many of whom are confused about how much protein they need, when they should eat it, and the best kinds of protein to choose. The following article answers some of the questions active people commonly ask about protein in a sports diet. The information was presented by prominent protein researchers at the American College of Sports Medicine's Annual Convention (May, 2012). The session was sponsored by P.I.N.E.S, a global network of Professionals In Nutrition for Exercise & Sport ([www.PINESNutrition.org](http://www.PINESNutrition.org)).

### Do some athletes need more protein than others?

Just as children have high protein needs during growth periods (0.6 g Pro/lb; 1.3 g pro/kg), athletes also have requirements higher than the RDA (0.4 g pro/lb; 0.8 g pro/kg) when building muscles: 0.55 g/lb (1.2 g/kg) for endurance athletes and 0.75 g/lb (1.7 g/kg) for strength athletes. These protein recommendations assume the athlete is consuming adequate energy from carbohydrate and fat. Athletes who restrict their food intake end up using some protein for fuel, thus they need a higher protein intake. Most athletes consume ~0.7 g Pro/lb (1.6 g/kg/day), so they easily meet the protein recommendations—without supplements.

The biggest way to stimulate muscular growth is to lift weights or do other forms of resistance exercise. To support muscular development after hard lifting, all athletes need to consume high quality protein (with all the essential amino acids) in close proximity to their training. High quality proteins include milk products, poultry, eggs, fish, lean beef, all meats, and soy protein.

### How should I spread my protein intake over the day? Is it better to have a large steak for dinner or smaller protein doses every few hours?

Many athletes eat very little protein for breakfast, but then feast on a high protein dinner. Current research suggests the trick to optimizing muscular development is to spread the protein intake evenly throughout the day. For example, if you were having a carbohydrate-based

breakfast (such as oatmeal or a bagel) and a salad for lunch, you would be wise to include more protein in those meals. The goal is to consume at least 20 grams of protein every 3 to 4 hours. For example, a 200 lb (91kg) athlete who chooses at least 20 grams of protein per meal and snack will easily consume the recommended 150+ grams of high quality protein: 3 eggs for breakfast (21 g protein); 2 cheese sticks for a morning snack (14 g pro); 4 oz. deli meat in a lunchtime sandwich (28 g pro); an afternoon snack with 6 oz. Greek yogurt (18 g pro) mixed with 1/2 cup high protein cereal (6 g pro); a medium (6 oz.) chicken breast for dinner (42 g pro); and 8 oz. cottage cheese (24 g pro) before bed easily does the job, with no need for protein supplements.



### Are all dietary protein sources the same? What about supplements: whey vs. soy vs. casein?

Different types of proteins are comprised of differing amounts of essential amino acids (EAA) and have different rates of digestion. For example, whey is more rapidly absorbed than casein. Soy protein contains fewer EAA's than whey or casein. The EAA leucine is a key "trigger" for building muscle, so leucine-rich foods with rapid digestive properties are best for recovery from resistance exercise. Animal proteins—including plain or chocolate milk, lean beef, and tuna—are leucine-rich. Plant proteins contain leucine, but in lower amounts.



Because casein is slowly absorbed, consuming casein-rich foods before bedtime (such as cottage cheese) can help support muscle-building processes throughout the night. This may be particularly important for athletes seeking to maximize muscular growth during building seasons, such as during a pre-season training program.

### Do other nutrients consumed at the same time as protein affect muscle recovery?

Yes. You want to enjoy carbohydrates in combination with protein. Carbs are important to refuel muscles, while protein's job is to build and repair muscles. Adding some fat, such as low fat or whole chocolate milk vs. fat free chocolate milk, also seems to increase protein uptake. Researchers are unsure why fat enhances protein uptake, so stay tuned!

Continued ...

## Does adding protein to a sports drink enhance performance and/or recovery?

Studies suggest no improvement in either endurance or speed (time trial performance). The benefits of having protein in a sports drink relate more to recovery. Protein contributes to slightly higher muscle protein synthesis and glycogen replenishment.

## Should I eat protein before exercise to promote post-exercise recovery?

Won't hurt, but may not help. Eating 20 grams of protein 45 minutes before exercise increases amino acid uptake by the muscles to an equal extent as eating protein immediately after exercise. Take note: 20 grams of protein per recovery-dose is plenty. Athletes who consume higher amounts of protein either burn it for fuel or store it as fat.

## When athletes lose weight, they also lose muscle. Is there a way to prevent that loss?

About 25 to 30 percent of weight loss relates to muscle loss. To abate this loss of lean tissue, dieters can 1) create just a small calorie deficit (as opposed to starving themselves with a crash diet), 2) choose protein-rich meals and snacks, and 3) include resistance exercise twice weekly in their training.

## How should vegetarians - particularly vegans - meet their protein needs?

Vegan athletes can successfully meet their protein needs by eating a variety of plant foods. Most grains contain all 9 essential amino acids, just in lower amounts than an equivalent serving of animal foods. Hence, vegans need to consume generous portions of plant protein (grains, beans, legumes, nuts, soy) to compensate for both the lower density of the protein as well as the fact that plant proteins are less bioavailable (due to their fiber content).

The wisest way for a vegetarian to optimize protein intake is to consume adequate food. If the vegan is undereating, an energy deficit easily leads to muscle loss. Vegans who want to lose fat (not muscle) will want to focus their limited food intake on protein-rich plant foods. More tofu anyone?



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)

# WELCOME New Members

Gail Agronick & Steven Schwartz, Greenville, RI  
Robert J. Allen, Cranston, RI  
Michael Altomari, North Providence, RI  
Steve & Angela Bader, Chestnut Hill, MA  
Michael D. Beland, East Greenwich, RI  
Eric & Sharon Benson, North Kingston, RI  
Charles H. Bradley, Woodstock, CT  
Kent Cameron, North Scituate, RI  
Donald J. Carcieri, Cranston, RI  
Mark Grant, Raynham, MA  
John R. Graves, Marshfield, MA  
Jeffrey Herman & Elizabeth Johnson, West Warwick, RI  
Merideth S. Hiemstra, Newport, RI  
Steve & Jennifer Lynch, Glastonbury, CT  
William T. McInnis, Swansea, MA  
Robert L. Mattioli, Warwick, RI  
Francine Mozer, New Bedford, MA  
Andrew J. Murphy, Saundertown, RI  
Dale S. Nelson, Newport, RI  
Thomas & Sandra Noel, North Dighton, MA  
Denise & Alan Patterson, Newport, RI  
Jeffrey P. Richards, Manville, RI  
Hector I. Rios, Barrington, RI  
Bennett & Lissa Singer, Rehoboth, MA  
Lennin A. Tabora, Lincoln, RI  
Jay Trojan, Lincoln, RI  
Kenneth C. Vale, Cranston, RI  
Julia Vanover, Middletown, RI



From the archives .... TFCE 1978 patch, kept by Bladimir Rodriguez. Note that at that time they were generic League of American Wheelmen (LAW) patches, signifying that the ride was an LAW-sanctioned century.

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# From the Touring Committee

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

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**A**fter 9 years I am writing my last Touring Committee report. **Chip Kent (left)** has agreed to take on the Touring Committee chairmanship. It will be good for the club to get some new energy infused into this position. It's amazing how fast the years have ticked by.

I take this opportunity to thank the many people who tirelessly work week after week to make our rides go off without issue.

First off are the **ride announcers**. They print the maps and prepare themselves with the latest route information. Then, after everyone is gone from the parking lot, they ride, often alone. Our rides cannot happen without them. Please thank them personally when you see them.

Another important job that gets little recognition is the one held for the last 9 years by **Don Chiavaroli**. He sends our ride schedule and ride maps to the police departments of the start towns. This has really helped us to foresee ride start problems, as the police let us know that our route might interfere with other events going on in their town. Many towns send police to control traffic for the ride start. Please give Don a thank you when you see him at rides.

Finally a special thank you to **Jim Berry**. He is like the Energizer Bunny, tirelessly getting volunteers to arrow all of our rides. Week after week this goes on and few realize that it happens. Then Jim drives all over, delivering paint to the arrowers or leaving the paint at bike shops for them to pick up. There really would be no rides as we know them without Jim, so give him a big thank you as well.

There are many others who have given their time so freely, making NBW work so well over the years. We have a unique club—one that other bike clubs aspire to emulate.

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

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

Aug 5	Providence Bicycle Ride	Don Paiva
Aug 12	Bridge Ride	Tom Ferreira
Aug 19	South Shore Century	Tony Rizzotti/Jim Berry
Aug 26	Diamond Hill Two	Steve Rodkey
Sep 2	Tom & Pat's 50	Don Paiva, Kate Imbrie, Phil Paige
Sep 9	TFCE	Gil Peel, Mike Miller, Diane Robillard
Sep 16	Cranberry Metric	Mike Miller
Sep 23	Hill & Gully Rider	Don Paiva/Mike Emma
Sep 30	Norwich Metric	John Satterlee

Our Paint and Arrower Coordinator is Jim Berry. 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

## 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.

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

**Sunday** 10:00 AM Map No. 52 Arrower: Mike Miller

*Route* Mattapoissett, Rochester

*Directions* Start at the Commuters' Parking Lot off I-195 at the Mattapoissett exit (Exit 19A in MA). Turn right off the exit, and 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 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-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars.

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### October 8, 2012 \*Columbus Day Show'n Go

**Monday** 10:00 AM Map No. 81 Arrower:

*Route*

*Directions*

*Drive Time*

*Description* Follow arrows from the Cranberry Metric, map #81

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

**Sunday** 10:00 AM Map No. 64 Arrower: Carleen McOsker

*Route* Newport, Middletown

*Directions* Start from Fort Adams State Park in Newport, RI. Get there by going through downtown Newport along the harbor, staying on Thames St. Turn right onto Wellington Ave and follow the signs to Fort Adams. 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, and then continues up Bellevue Avenue past the mansions. The longer ride heads further up the island past Middletown's farmlands and beaches.

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### October 21, 2012 Purgatory Chasm 20/30/54 miles

**Sunday** 10:00 AM Map No. 117 Arrower: Tony Rizzotti

*Route* Uxbridge, Whitinsville, Sutton, Douglas

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

*Drive Time* 40 minutes from Providence

*Description* The ride rolls through the northern part of RI and into Massachusetts. Expect some hills. Bring a lock with you so you can take a break to walk in the Chasm. Spring water can be found at the picnic grounds. Pete Petrocelli extended the ride to 54 miles.

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**October 28, 2012**                      **Caster's Halloween Ride**                      15/25/32 miles

**Sunday**      10:00 AM              *Map No.* 16                      *Arrower:* C Chappell/J Gibbs

*Route*              Warwick, East Greenwich

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

*Drive Time*      20 minutes from Providence

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

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**November 4, 2012**                      **Fall River Fifty (aka Chourico)**                      19/27/47 miles

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

*Route*              Fall River, Assonet, Lakeville, Berkley

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

*Drive Time*      30 minutes from Providence

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

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**November 11, 2012**                      **Taunton-Sharon Tour**                      15/30/50 miles

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

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

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

*Drive Time*      40 minutes from Providence

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

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**November 18, 2012**                      **TriState Tour Burrillville**                      20/25/34 miles

**Sunday**      10:00 AM              *Map No.* 10                      *Arrower:* Pete Bissell

*Route*              Pascoag, Webster, Sutton, Douglas

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

*Drive Time*      35 minutes from Providence

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

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**November 25, 2012**

**South County Coast Cruise**

19/30/42 miles

**Sunday** 10:00 AM *Map No.* 44 *Arrover:* Tony Rizzotti

*Route* South Kingstown, Narragansett, North Kingstown

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

*Drive Time* 45 minutes from Providence

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

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**December 2, 2012**

**Cranston Holiday Ride Winter**

9/18/28 miles

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

*Route* Western Cranston, Scituate

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

*Drive Time* 15 minutes from Providence

*Description* Enjoy a rural ride with scenic views of farms and the Scituate Reservoir that's still conveniently close to Providence. Rolling-to-hilly terrain, especially along Rt.12 south of the reservoir.  
NOTE: We are staying with the 10 AM start time until Dec 9.

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

Be aware that if you search on a mapping program it will probably kick up the wrong house (there's a 62 Marion Ave in Providence with the same zip code).

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**December 9, 2012**

**♥ Swansea Touisset Tour**

15/30 miles

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

*Route* Swansea, Somerset, Rehoboth, Dighton

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

*Drive Time* 15 minutes from Providence

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

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

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**December 16, 2012**                      **Walpole Dover**                      15/28 miles

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

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

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

*Drive Time*      40 minutes from Providence

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

NOTE: WINTER START TIME 11:00 AM

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**December 23, 2012**                      **Scituate Foster Coventry**                      15/25/30 miles

**Sunday**      11:00 AM      *Map No.* 87      *Arrower:*

*Route*              Scituate, Foster, Coventry

*Directions*      Start from the Scituate High School, corner of Rockland and Trimtown Rds in Scituate. Take Rt 6 West from I 295. Stay to the left when Rt 6A forks off from Rt 6. You will go through the town of North Scituate, and then will pass the State police station on your right. Bear left onto Rockland Rd (also Scituate Rd) when it forks off from Rt 6. School is one mile up Rockland Rd, on the left.

*Drive Time*      20 minutes from Providence

*Description*      This is a somewhat hilly but scenic ride that travels along winding, wooded roads. Each ride crosses a portion of the Scituate Reservoir. This route was designed by club member Mike DeStefano, the winner of our first design-a-ride contest, held back in 1989.

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**December 25, 2012**                      **\*Christmas Day Show'n Go**

**Tuesday**      11:00 AM      *Map No.* 22      *Arrower:*

*Route*

*Directions*

*Drive Time*

*Description*      Repeat Cranston Holiday Ride (map #22)

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**December 30, 2012**                      **Hope Valley Eastern Ride**                      20/27/30 miles

**Sunday**      11:00 AM      *Map No.* 126      *Arrower:*

*Route*              Richmond, Shannock, Exeter

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

*Drive Time*      40 minutes from Providence

*Description*      Rolling to hilly ride through beautiful rural areas of western RI, featuring the best downhill in RI along Rt. 3. Picturesque old milltowns and two firetowers.



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**January 1, 2013**

**\*New Year's Ride**

~20/30 miles miles

**Tuesday** 11:00 AM *Map No.* *Arrower:* Bill Gajda

*Route* Little Compton, Westport

*Directions* Bill Gajda has offered to plan a ride starting at his house, 124 Long Highway, Little Compton, RI. From Providence take I-195 east through Fall River MA. Take exit 8A (Route 24 South) to MA exit 1A (Route 81 Adamsville). Go 8 miles to end of Route 81 (stop sign), take right and then first left (Cold Brook Rd). Follow that road to stop sign; turn right on Long Hwy. Go approximately .5 mi. to #124 on right. Park on shoulder of road to leave as much road space as possible. Do not block road.

*Drive Time* 30 minutes from Providence

*Description* Following the old tradition, Bill will devise a ride of around 20/30 miles through the Little Compton, Tiverton, Westport area for members to start the New Year off in good style. A map or cue sheet will be handed out at the start. Coffee and donuts will greet riders upon return. Move on after the ride to Carleen McOsker's traditional pot-luck New Year's Open House party, after 2 PM at 75 Drift Rd, Westport, MA. Directions to Carleen's house will be provided at the ride.

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**January 6, 2013**

**Taunton Norton**

15/28 miles

**Sunday** 11:00 AM *Map No.* 103 *Arrower:*

*Route* Taunton, Norton, Mansfield

*Directions* Start at Shaw's plaza at junction of Rt. 44 and Joseph E. Warner Blvd, Taunton -- traffic light at corner, McDonald's at entrance. From Providence, take Rt. 44 for ~15 miles; plaza is just as you enter the Taunton area, on right after light. If coming from Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Park behind bank so as not to block stores and McDonald's.

*Drive Time* 50 minutes from Providence

*Description* This ride is scenic and secluded even though it's only 30 miles from Boston. Level terrain abounds with country roads looping past ponds and farmland. You'll pass Norton Reservoir, Winneconnet Pond, Watson Pond and Lake Sabbatia. This ride will repeat Feb 3.

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**January 13, 2013**

**Narragansett Indian**

15/27 miles

**Sunday** 11:00 AM *Map No.* 40 *Arrower:*

*Route* Kingston, Tuckertown

*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* 40 minutes from Providence

*Description* This scenic tour of South County affords views of Worden's Pond and the Royal Indian Burial Ground. If you are up for a side trip down a dirt road, you can also see the Narragansett Indian church. Caution on Shannock Rd, just before Rt.2 (watch curves and sand). This ride will repeat Feb 10.

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♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event

Narragansett Bay Wheelmen  
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### Deadline for the next issue is December 1

Mailing label is your valid membership card; includes your number and expiration date  
Is your membership about to expire?

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Tentative Future Ride Schedule—comments to Gil Peel, touring@nbwclub.org						
Month	Date	Map #	Ride Title	Ride Start	Distances	Arrower
Dec	25	22	*Christmas Day Show'n Go	Cranston		
	30	126	Hope Valley Eastern Ride	Hope Valley	20/27/30	
Jan	1		*New Year's Day Ride	Little Compton, M	~20/30 miles	Bill Gajda
	6	103	Taunton Norton	Taunton, MA	15/28	
	13	40	Narragansett Indian	URI Kingston	15/27	
	20	2	Barrington Ride	Barrington	15/30	
	27	141	Johnston Winter Ride	Johnston	15/30	
Feb	3	103	Taunton Norton—REPEAT	Taunton, MA	15/28	
	10	40	Narragansett Indian—REPEAT	URI Kingston	15/27	
	17	2	Barrington Ride—REPEAT	Barrington	15/30	
	24	141	Johnston Winter Ride—REPEAT	Johnston	15/28	
Mar	3	80	Raynham-Middleboro	Raynham, MA	15/31	

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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.

**Oct 5—New England Bike Builders Ball.** A show of hand-built bikes. Providence Biltmore, 7-10 PM. Road, mountain, cyclocross, touring, utility, BMX. Live music, cash bar. Admission \$3, to benefit East Coast Greenway Alliance. Link: <https://www.facebook.com/newenglandbuildersball>

**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](http://www.savebuzzardsbay.org/ride)

**Oct 14—4th Annual Cycle Martha's Vineyard.** Charity ride. Details: [www.cyclemarthasvineyard.org](http://www.cyclemarthasvineyard.org)

**NBW WEBSITE — [nbwclub.org](http://nbwclub.org) — your go-to place for the latest news, ride schedules, last-minute changes, photo galleries, GPS files for NBW rides — read your newsletter online in the Members' section.**

**NOTE: We have changed the Members' Password. To access the Members' section you need the following information (please make a note of it). Type carefully—these are case-sensitive:**

**Username: member13  
Password: 2flaTs**

**Both old and new passwords will work until December.**