

The Spoke'n Word

Volume 43, Number 1

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

January/February/March 2013

nbwclub.org



*2012 NBW Volunteer of the Year
Jack Williamson*



*2012 Arrower of the Year
Tony Rizzotti*

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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

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

Cover: Jack Williamson, 2012 Volunteer of the Year, and Tony Rizzotti, Arrower of the Year. Photo: M. Foulkes

Want your photo in the Spoke'n Word?

The Editor <editor@nbwclub.org> welcomes your photos of our club's activities for the newsletter. I do the conversion to black/white. Digital files are easiest, but I'll take prints and scan them for you. Some hints:

- Shoot in high resolution.
- Sharp focus—there's only so much I can do in Photoshop to sharpen your shot.
- Action! Try for riders moving (easiest if they're coming towards you or going away), or candid shots of cycling interest. Tell me who your subjects are, if you know.

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



Looking Back at 2012

2012 has been another good year for the NBW. We had another safe year on the roads. The Sunday rides went off without any major hitches. Our social tent is back! Membership is at an all-time high. The club's finances are good. Lastly, the TFCE was another perfect day.

FYI – there are 11 major activities within the club: Sunday rides, TFCE, Social

Tent, Weekend Trips, Rhody Round Up, New Year's Day ride, Clothing, Website, *The Spoken' Word*, Volunteer Banquet/Annual Meeting and lastly Cycling Advocacy. In financial terms we only make a profit on one activity, TFCE. We are break-even on Clothing and Week End Trips. All other activities are subsidized by profits from the TFCE.

This past year we have increased the “**give back**” to members in a couple of significant ways from last year. We have increased funding to the Social Tent, and our “**100 Hats**” for TFCE Volunteers. Both give backs were well appreciated by club members.

I did not mention two activities: Holiday Open House (run by Patricia Lang & Keith Enos) and the Women's Series (run by Bonnie Reibman & Randi Braunstein). Both of these events do not take any financial support from the club, other than web space, and mind space. Both events have been quite successful, and well appreciated.

Our main activity is our Sunday rides. They have a long history of success. They work, they have *Beausage*. (Ed—see October issue.) Through the years they change, the roads change, the starts change, and we change. At the annual meeting we voted in two changes to support our Sunday rides.

The first change that we voted in was to try in 2013, during the month of July, an earlier start time of 9:00 AM. The idea behind the earlier start is to beat the heat, beat the traffic, and leave some time during the day for other non-NBW activities. I would like to thank the club members who proposed this change, Bruce Holden, Paula Raposo and Raul Silvia.

The second change voted in at the club meeting was to add one more form of club communication. This new communication is above and beyond existing club communications, and designed to address last-minute communica-

tions; the type that our ride announcers give before every ride. Our ride announcers do a great job spelling out the weekly ride details, and upcoming events. Unfortunately you only benefit from this if you come to the ride. Starting in 2013 we will give the full membership the best of our ride announcer's information in advance, and be inclusive (for new members) and proactive (for members doing rides off time or off day). This email would only go to club members, as opposed to our email list, which is open to the world.

What I like about this proposal is that it solves several issues: it is inclusive for new members, proactive for existing members, and does not require members to use social media (i.e. Facebook). Credit for this idea goes to Paula Raposo and Rod Breault.

FYI – this year's annual meeting was the best attended. Thanks to Margaret and Mike Vigorito for doing a great job.

Volunteer of the Year:

The NBW Volunteer of the Year is an award given each year to a member who gives above and beyond for the club. This year's winner is a long-time club member. He has reformed a position that used to be a thankless task, to something that brings kudos to the club. This year's winner was a unanimous selection by the board, and is also a ride starter. I am, of course, speaking of Jack Williamson – our 2012 Volunteer of the Year winner.

Officers:

I would like to thank Paula Raposo for service as Treasurer. She has done a great job, and is looking forward to riding with the club with one less thing on her mind. Congratulations to long-time club member Rick Schwartz who stepped forward to be our incoming Treasurer. Our Secretary Mark St Amour was re-elected as was our Vice President, Liz Masterson. Our president was re-elected too.

Safe riding,
Ted

Looking Ahead to 2013

January 1— traditional New Year's Day Ride, hosted this year by Bill Gagda in Little Compton.

Jan/Feb—our Sunday rides continue, with January rides repeated in February.

March 17—another tradition—EP Cycle/Spring Opener begins the spring/summer riding season, with a great send-off from East Providence Cycle.

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:

NBW Annual Meeting and Volunteers' Banquet, November 3, 2012



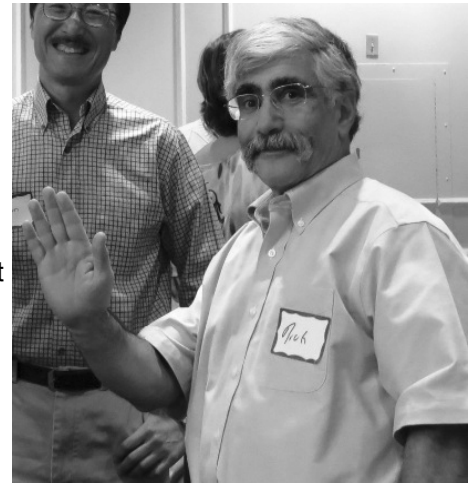
Our annual meeting and banquet was held at the Johnson & Wales Inn, Seekonk, and organized this year by Margaret and Mike Vigorito.

Election of Officers
(terms begin 2/1/13):

Ted Shwartz, President
Elizabeth Masterson, Vice President
Rick Schwartz, Treasurer
Mark St. Amour, Secretary

For full report, see President's Message.

Ted Shwartz congratulates Jack Williamson, NBW Volunteer of the Year



Rick Schwartz will take over as Treasurer from Paula Raposo.

Blue Shirt winners:
Elizabeth Masterson,
Matt Moritz, Margaret
Vigorito, Patricia Lang,
Jack Williamson, Chip
Kent, Lee Sproul.



The annual meeting crowd.



Lauretta, Chip Kent, Bladi and Andrea Rodriguez.



NBW Holiday Party Raises Funds for Amos House



Once again members gathered at Patricia Lang's house after the Sunday December 2nd ride to celebrate another great year of bike rides and general comraderie. Patricia and Keith's famous feast drew a very large crowd this year, partaking of many festive delights and several bottles of Keith's own vintage wines.

Besides having a great old time, NBW members (including those who couldn't come but who sent in donations) contributed around \$4,000 to Amos House, which provides food, shelter and social service programs to help people in need in Rhode Island.

Thank you to all who attended, and all who contributed to this local and worthy cause.

WELCOME New Members

Rick, Michelee, Emory & Chance Harkins, Providence, RI
John T. Miller, Newport, RI
Georgina & Mike Morris, Lincoln, RI
Dawn M. Nadone, Coventry, RI
Jill O'Hagan, Colchester, CT
Matt Patrick, Westport, MA
Christine Rayner, Providence, RI



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
(incoming Treasurer, Rick Schwartz)
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,
PO Box 56, Dartmouth MA 02714-0056
Rides Coordinator: Chip Kent, touring@nbwclub.org
Advocacy Chair/LAB representative: Matt Moritz, advocacy@nbwclub.org
Volunteer of the Year 2010: Sue Barker
Volunteer of the Year 2011: Bonnie Riebman
Volunteer of the Year 2012: Jack Williamson

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Larry Shwartz, Ted Shwartz
Arrows/Paint coordinator: Jim Berry, arrows@nbwclub.org
Ride starters: Raul Silvia, Jack Williamson, Rod Breault
Maps/rides database: Monica Foulkes, maps@nbwclub.org
Ride schedulers: Chip Kent, Tina Williams, Bob Paiva
Ride scouts: Bob Paiva, John Satterlee
Ride liaison w/police depts: Don Chiavaroli
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
Map creators: Bob Paiva, Ted Shwartz, Gil Peel
NBW merchandise sales: Sue Barker, sales@nbwclub.org
Social events organizer: Margaret Vigorito
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

2013 Mileage Log on the next pages is provided by Rick Schwartz. An interactive spreadsheet is also available in the Members' section of our website, nbwclub.org

Ride Mileage Record Chart 2013

| 2013 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total Week | Total Accumulation |
|----------|--------|--------|---------|-----------|----------|--------|----------|------------|--------------------|
| January | | | 1 | 2 | 3 | 4 | 5 | | |
| | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | |
| | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | |
| | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | |
| | 27 | 28 | 29 | 30 | 31 | 1 | 2 | | |
| February | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| | 24 | 25 | 26 | 27 | 28 | 1 | 2 | | |
| March | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| April | 31 | 1 | 2 | 3 | 4 | 5 | 6 | | |
| | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | |
| | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | |
| | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | |
| | 28 | 29 | 30 | 1 | 2 | 3 | 4 | | |
| May | 5 | 6 | 7 | 8 | 9 | 10 | 11 | | |
| | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | |
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | |
| | 26 | 27 | 28 | 29 | 30 | 31 | 1 | | |
| June | 2 | 3 | 4 | 5 | 6 | 7 | 8 | | |
| | 9 | 10 | 11 | 12 | 13 | 14 | 15 | | |
| | 16 | 17 | 18 | 19 | 20 | 21 | 22 | | |
| | 23 | 24 | 25 | 26 | 27 | 28 | 29 | | |

Ride Mileage Record Chart 2013

| 2013 | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Total Week | Total Accumulation |
|-----------|--------|--------|---------|-----------|----------|--------|----------|------------|--------------------|
| July | 30 | 1 | 2 | 3 | 4 | 5 | 6 | | |
| | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | |
| | 14 | 15 | 16 | 17 | 18 | 19 | 20 | | |
| | 21 | 22 | 23 | 24 | 25 | 26 | 27 | | |
| | 28 | 29 | 30 | 31 | 1 | 2 | 3 | | |
| August | 4 | 5 | 6 | 7 | 8 | 9 | 10 | | |
| | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | |
| | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | |
| | 25 | 26 | 27 | 28 | 29 | 30 | 31 | | |
| September | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | |
| | 29 | 30 | 1 | 2 | 3 | 4 | 5 | | |
| October | 6 | 7 | 8 | 9 | 10 | 11 | 12 | | |
| | 13 | 14 | 15 | 16 | 17 | 18 | 19 | | |
| | 20 | 21 | 22 | 23 | 24 | 25 | 26 | | |
| | 27 | 28 | 29 | 30 | 31 | 1 | 2 | | |
| November | 3 | 4 | 5 | 6 | 7 | 8 | 9 | | |
| | 10 | 11 | 12 | 13 | 14 | 15 | 16 | | |
| | 17 | 18 | 19 | 20 | 21 | 22 | 23 | | |
| | 24 | 25 | 26 | 27 | 28 | 29 | 30 | | |
| December | 1 | 2 | 3 | 4 | 5 | 6 | 7 | | |
| | 8 | 9 | 10 | 11 | 12 | 13 | 14 | | |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | |
| | 22 | 23 | 24 | 25 | 26 | 27 | 28 | | |
| | 29 | 30 | 31 | | | | | | |

The Athlete's Kitchen

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

Expanding Your Sports Diet: Seeds and Grains

Times have changed from when we used to joke about folks who ate “nuts and berries.” Today’s athletes routinely enjoy nuts and berries and are now looking for ways to notch up their diets with more seeds (such as flax and chia) and whole grains (such as quinoa). This trend can enhance the health of both our bodies and the planet. That is, by choosing more plant foods, we’ll end up eating less meat and animal protein. If each of us were to eat just one less pound of beef per week, greenhouse gas emissions would drop significantly.

While seeds and grains are health-enhancing choices to include in your sports diet, their nutritional value can sometimes get exaggerated. The following information offers a perspective on some “trendy” foods that are getting mainstreamed.

Nuts and Seeds

Want to add a nice crunch, along with vitamins and minerals, to your sports diet? Sprinkle some slivered almonds, chopped walnuts, pistachios, sunflower and sesame seeds into your yogurt, cereal, salad, and smoothie. Nuts and seeds offer protein, healthy fats, fiber, vitamin E, magnesium, and many other nutrients. The fact that a plant grows from a nut or seed indicates it is life sustaining.

Many nuts and seeds offer alpha linoleic acid, also known as ALA, a type of health-protective omega-3 polyunsaturated fat. While ALA from plants is not as potent as the type of omega-3s found in fish, any omega-3 fat is better than none. But dieters beware! When you nonchalantly toss a few spoonfuls of nuts and seeds into your smoothies and salads to pump up their nutritional value, you can also easily toss in 100 to 400 calories. While vegans may need this protein and calorie boost, weight-conscious athletes who consume dairy and animal proteins might want to think twice.

Comparing Seeds and Nuts

This chart shows how 1/4 cup of nuts and seeds (two spoonfuls or a large handful) adds a lot of calories but minimal protein towards the daily target of about 60 to 90 grams of protein. Vegans still need additional plant proteins, like beans and tofu, to get enough protein.

| Seed ¼ cup/30 g | Calories | Protein g | Fiber g | Calcium mg | Iron mg |
|--------------------|----------|-----------------------|-----------------------|------------------------|------------------------------------|
| Chia | 140 | 5 | 10 | 180 | 8 |
| Flax, ground | 150 | 5 | 8 | 70 | 1.5 |
| Hemp seeds | 180 | 10 | 4 | -- | 1 |
| Sunflower | 190 | 6 | 3 | 20 | 1 |
| Pumpkin | 170 | 9 | 2 | 50 | 2 |
| Sesame | 200 | 6 | 4 | 350 | 5 |
| Walnuts | 190 | 4 | 2 | 30 | 1 |
| | | Daily target: 60-90 g | Daily target: 25-35 g | Daily target: 1,000 mg | Daily target: 8 mg men 18 women |

Flax seeds, commonly consumed for their ALA omega-3 fat benefits, need to be ground before being eaten. Otherwise, they pass through your intestines whole and undigested.

Chia seeds also offer ALA omega-3 fats—but you don’t need to grind them. Just sprinkle chia on yogurt and enjoy the crunch. When soaked in water for 10 minutes, chia seeds create a gel that can be used as a thickener for smoothies and as an alternative to eggs and oils in some recipes. The slimy consistency of soaked chia seeds can be tough to enjoy for some athletes. If you fall into the “no thank you camp,” worry not. You have many other options for enjoyably consuming similar nutrients in other seeds and nuts.

Sunflower seeds have a mild, pleasing taste when added to salads, trail mix, or cold cereals. For people with peanut allergies, sunflower butter is a popular alternative to peanut butter.

Pumpkin seeds, also known as pepitas, are slower to eat when you buy them in the shell. This can save unwanted calories.

Continued ...

Hemp seeds are touted as containing all the essential amino acids. Hemp adds a protein-boost to vegan diets, but at a high price. Hemp seeds costs about \$15 per pound, as compared to soy nuts, that also have all the amino acids, about \$3.50/lb.

Sesame seeds have a gentle flavor and make a nice addition to stir-fried tofu or chicken. Although sesame seeds are touted as being calcium-rich, their calcium is poorly absorbed.

Chopped nuts, such as walnuts or slivered almonds, add a protein boost—but not as much of a protein bonus as many athletes think. If you ate half a cup of walnuts (two man-sized handfuls), you'd get only 8 grams of protein. For the same calories, you could add 1.5 cups of cottage cheese to your salad and get five times more protein (40 grams).

Grains

Both whole and refined grain foods offer carbohydrates that easily fuel your muscles. Whole grains include whole wheat, brown rice, corn (including popcorn), oats, barley, millet, and quinoa. Unrefined grains offer trace minerals, such as magnesium and copper, that refined grains don't offer because they are lost in processing.

However, most refined grains are enriched with B-vitamins and iron, two important nutrients for athletes. So, if you end up eating some white pasta or bread, there's no need to fret! Dietary guidelines allow for half of the grains you consume to be refined.

Quinoa is actually a seed, but we eat it as a grain, and it offers more protein than other grains. But take note (see the chart below): Quinoa is not a protein powerhouse, so eat it with tofu, beans or yogurt to reach the target of 20 to 30 grams protein per meal. Quinoa is also expensive: \$6 per pound, as compared to brown rice at \$1.50 per pound.

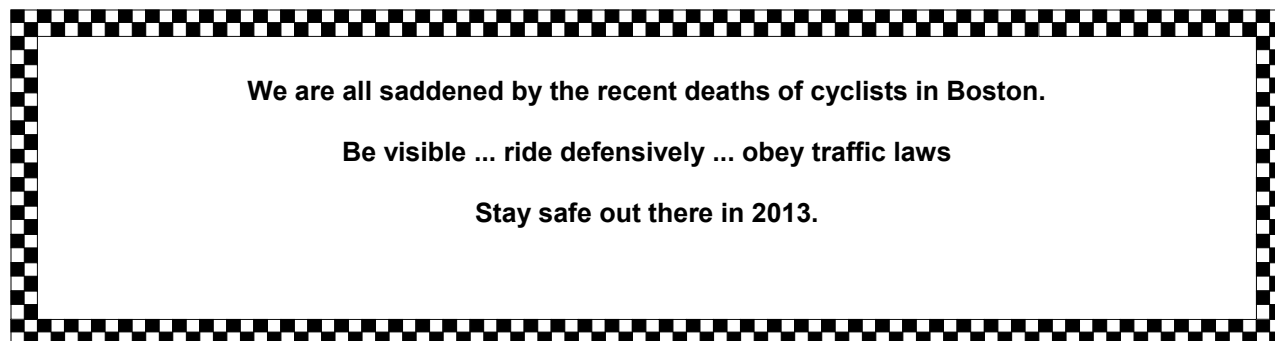
| Grain/ starch | 1 cup cooked | Calories | Protein g | Fiber g | Iron mg |
|--------------------|--------------|----------|--------------|------------|------------|
| Pasta, white | 2 oz dry | 200 | 7 | 2 | 2 |
| Pasta, whole wheat | 2 oz dry | 200 | 8 | 6 | 2 |
| Rice, white | 1/3 c raw | 225 | 4 | 1 | 2 |
| Rice, brown | 1/3 c raw | 225 | 5 | 2 | 1 |
| Couscous | 1/3 c raw | 215 | 7 | 3 | 1 |
| Quinoa | 1/3 c raw | 200 | 8 | 5 | 3 |

The bottom line:

When you resolve to "eat healthier," be sure to create a sustainable plan that will offer lifelong enjoyment. While you want to explore new foods, you don't have to routinely choke down seeds and whole grains that do not really please your taste buds. By filling your meals with a variety of wholesome foods—including generous portions of colorful fruits and vegetables—you'll be able to consume abundant nutrients that invest in both good health and top performance. Plus, you'll also help save the planet by choosing more seeds and grains and fewer steaks and chops.

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. See also www.sportsnutritionworkshop.com.

Continued ... next page.



SUPER SPICE TRAIL MIX, using nuts, seeds, grains, and spices

This mix includes a yummy combination of health-enhancing nuts, seeds, grain, and spices. Pack it into into little individual baggies for snacks, sprinkle it into yogurt, or add it to cold or hot cereal. It offers a really nice crunch and flavor boost to shredded wheat and other bland cereals. I found this recipe at www.McCormick.com. The McCormick Spice website offers lots of really nice and flavorful recipes filled with herbs and spices. Take a tour?

1/4 cup firmly packed brown sugar
2 teaspoons cinnamon
2 teaspoons ginger
2 teaspoons paprika
3 cups nuts, such as a mix of almonds, shelled pistachios, and pecan halves
1 cup rolled oats
1 cup roasted pepitas (shelled pumpkin seeds)
1/4 cup apple juice concentrate, thawed
1-1/2 cups dried fruit, such as a mix of dried cherries, cranberries, and golden raisins

1. Preheat oven to 250°F. Mix brown sugar, cinnamon, ginger and paprika in small bowl. Set aside.
2. Place nuts, oats, and pepitas in a large bowl. Add thawed apple juice concentrate; toss until nuts are evenly coated.
3. Sprinkle with spice mixture, tossing to coat well.
4. Spread evenly on two 15x10x1-inch baking pans. Bake 30 minutes, stirring halfway through cook time. Cool completely on wire rack.
5. Stir in cherries and raisins. Store in airtight container.

Yield: 24 1/4-cup servings

Approximate calories per serving: 200



Annual Memorial Day Weekend In Southern Vermont

Friday, May 24 to Monday, May 27, 2012

at the Blue Gentian Lodge, Magic Mountain Rd,
Londonderry

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

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

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

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

NBW Special Events Committee announces

The 6th Annual Maine House Getaway Long Weekend



Thursday May 16 - Monday May 20, 2013

Accommodations:

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

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

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

Cost: Queen size bedroom: \$170 per person
Men or Women dorm style bedroom: \$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

Our Annual BEST DEALS ON 2 WHEELS CLEARANCE SALE!

**Clearance Sale Prices
plus Instant Rebates**

**for a LIMITED TIME only!
Jan. 25 - Feb. 3**

10%-50% OFF!

**Bicycle • Clothing • Accessories
Exercisers • Treadmills • Trainers**

For sale info, visit
www.EastProvidenceCycle.com

**12 Month
"Same-As-Cash"
Financing!**

Instant Rebate Purchase any sale bike during our "Best Deals on 2 Wheels Clearance Sale" and SAVE EVEN MORE!!!

- Take an additional **\$30** OFF the Sale Price of a Sale Bike priced between \$200 and \$399.99
- or **\$50** OFF the Sale Price of a Sale Bike priced between \$400 and \$999.99
- or **\$100** OFF the Sale Price of a Sale Bike priced between \$1,000 and \$1,999.99
- or **\$150** OFF the Sale Price of a Sale Bike priced between \$2,000 and \$4,999.99



Instant Rebate offer valid Jan. 25-Feb. 3 ONLY!

Rebate valid: Jan. 25 - Feb. 3, 2013

Preferred Customer Coupon EXTRA 10% OFF Single sale or Clearance Item

Excludes bicycles & fitness equipment.

**Coupon valid:
January 25 - February 3, 2013**

Sale ends Sunday, February 3, 2013 at 5:00 pm.

East Providence Cycle

414 Warren Ave.
East Providence, RI 401-434-3838

www.EastProvidenceCycle.com



Narragansett Bay Wheelmen 1978 Century Run

*Ed—The following is reprinted by kind permission of Peter Wang, who sent me the link to his blog—
//mu7westa.blogspot.com/2012/11/narragansett-bay-wheelmen-1978-century.html*

Narragansett Bay Wheelmen 1978 Century Run

Also known as the Tiverton Century, The Flattest Century in the East, TFCE.

All of this talk about doing a 100 mile bike ride in 2013 brings me back to my first 100 mile bike ride, or Century ride. When I was seventeen in September 1978, I went out for the NBW Tiverton Century; "The Flattest Century in the East".

I don't remember particularly training much for this ride. I must have been riding my new, expensive \$260 Moto-becane Grand Touring 10-speed all summer long, though (thanks, Mom!), 'round and 'round and 'round Blackstone Boulevard from Lincoln School / Blackstone Park, past Butler psych hospital, Swan Point Cemetery (where H.P. Lovecraft is interred), up to Hope St./East Ave. and back again, passing in front of our house at 200 Blackstone Blvd., Providence, RI 02906.

On the day, I borrowed Mom's 1977 Buick Skyhawk, and drive to the start point at Tiverton High School. As you might imagine for New England in the autumn, it was chilly. That much I remember. I started out with tights, possibly the same pair of Bike Nashbar spandex tights I own now, as I don't recall owning a pair before the current ones. I was wearing a helmet, it was a Mountain Safety Research bike helmet like the one below from sheldonbrown.com, but mine was orange:



MSR Bike Helmet from the 1970s

It was just so exciting, to be a kid and riding 100 miles out with the adults. I was a kid who liked the company of older people. On the ride, I met Merrill Budlong, a ham radio operator, with a callsign W1MB. Years after the ride, when I was an undergraduate at Brown University, Merrill and I would occasionally talk on 146.52 MHz simplex, he lived somewhere on the East Side of Providence, and I was in the fourth floor of Miller dorm, room 405. Apparently, he passed away only in 2011, so he

lived a good long life, and was bike racing and riding Centuries into his 70s. That sounds like a good plan.

Howard Stone, the author of the ride maps and a librarian from Brown University's Rockefeller Library, was on the ride, attempting it on a 1940s or 1950s semi-rusty vintage single-speed fat-tired white-walled cruiser bike. It must have weighed 50 - 60 pounds. It had a wicker basket, and either the basket had flowers on it, or perhaps Howard had placed flowers into the basket, I don't remember which. He was going about 8 - 9 MPH, so we passed him up. He was struggling mightily up any hill, I remember him standing on the pedals, his soft sneakers bending around the platform pedals.

I found the turn sheet for the ride! (*Ed—see next page*) I'm writing this blog entry on the Ubuntu desktop, while trying to simulate the ride on Google Maps on the Android tablet! I am trying to scare up some shreds of memory concerning the ride, over 34 years ago, and place them in some kind of context...

I don't remember large parts of the ride in detail at this moment in time; if I were to do it again (I am tempted), then it would probably all seem vaguely familiar. It looks like we came out of Tiverton HS, came south, circled Nonquit Pond, came through Little Compton, crossed the border into Mass., then worked our way over around the large cove to beloved Horseneck Beach. I **DO** remember Hotel Hill on the way into Horseneck Beach, that was a fun hill climb and descent. Then I think we wandered approximately through Dartmouth-ish and into the lunch break, which must have been New Bedford somewhere.

My lunch break was at McDonald's, the official half-way point, which must have been in New Bedford, looking at the turn sheet. I had a hamburger and fries. Maybe two hamburgers; I don't recall, but I did used to enjoy buying the original small burgers in pairs. The food was good to a hungry rider, no matter what we think of McDonald's currently. I think I took an entire hour off for lunch. It seemed like a good idea at the time. After lunch, the route took me over to the north of I-195 into Fall River, and back into Tiverton.

Maybe because of fatigue, I don't recall the afternoon much; it was probably a "How much longer until I get back?" process. The stand-out moments were in the morning, riding by the water, by the beach, riding more or less with a pack of other riders, but by afternoon I was riding by myself.

Continued

NARRAGANSETT BAY WHEELMEN 1978 CENTURY RUN
 R-Right L-Left S-Straight BR-Bear right BL-Bear left

Arrows are bright pink with circle on the tail end. Ignore all other arrows
 Halfway checkpoint is at McDonalds parking lot, mile 51.6. The check-in vehicle will be at the Potomac, to the right of McDonalds. ALL RIDERS MUST CHECK IN



CAUTION Sewer construction on Slocum Rd. (mile 45-46)
 Mile 50-54 congested, heavily travelled, traffic lights
 Arrow at direction 66 (mile 79) may have been intentionally obliterated by local resident. Turn right.

Cutoff for half-century is at mile 35.9. Half-century goes straight, Century bears right. For directions, see bottom of next page

| | | Mileage to next direction |
|----|---------|--|
| 1 | 0.0 L | out of parking lot .2 |
| 2 | 0.2 S | cross route 177 1.8 |
| 3 | 2.0 R | King Rd .2 |
| 4 | 2.2 L | Lake Rd 2.0 |
| 5 | 4.2 R | at crossroads (route 179) 1.6 |
| 6 | 5.8 S | across route 77 (traffic light) .8 |
| 7 | 6.6 L | at end (Neck Rd) 1.3 |
| 8 | 7.9 L | Pond Bridge Rd .5 |
| 9 | 8.4 R | at end (route 77) 3.5 |
| 10 | 11.9 L | Meetinghouse Rd (Little Compton sign) .6 |
| 11 | 12.5 BR | at fork .2 |
| 12 | 12.7 L | at end (town of Little Compton) .1 |
| 13 | 12.8 R | Simmons Rd .6 |
| 14 | 13.4 BL | Main road curves sharply to left 1.1 |
| 15 | 14.5 BL | Main road curves sharply to left .1 |
| 16 | 14.6 BR | Main road curves sharply to right .9 |
| 17 | 15.5 BR | Mullen Hill Rd .8 |
| 18 | 16.3 R | at end .5 |
| 19 | 16.8 R | Howland Rd 1.1 |
| 20 | 17.9 L | at ocean (Atlantic Ave) .7 |
| 21 | 18.6 L | at end (River Rd) 3.9 |
| 22 | 22.5 R | at end (village of Adamsville) .4 |
| 23 | 22.9 R | Cornell Rd 1.9 |
| 24 | 24.8 R | at end (Main Rd). Ellie's Place on left--nice food stop 1.7 |
| 25 | 26.5 L | Hotel Hill .1 |
| 26 | 26.6 R | Traffic light at bottom of hill (route BE) 2.9 |
| 27 | 29.5 L | at end 2.5 |
| 28 | 32.0 R | Horseneck Rd. (unmarked) 2.0 |
| 29 | 34.0 L | at end (still Horseneck Rd) 1.9 |
| 30 | 35.9 BR | unmarked road as you go up short hill (half-century goes S) .1 |
| 31 | 36.0 BR | end (Book O'Dundee Rd) .9 |
| 32 | 36.9 BR | fork (Potomaska Rd) 3.3 |
| 33 | 40.2 L | end (Smith Neck Rd) 3.3 |
| 34 | 43.5 R | end (Go across bridge over bay) .4 |
| 35 | 43.9 L | stop sign (Elm St.) 1.3 |
| 36 | 45.2 R | end (CAUTION: SEWER CONSTRUCTION) 1.6 |
| 37 | 46.8 S | across Allen St. (traffic light) 1.1 |
| 38 | 47.9 S | across route 6 .4 |
| 39 | 48.3 R | at end (Hatheway Rd) 1.8 |
| 40 | 50.1 S | across Shawmut Av (Traffic light) .5 |

| | | |
|----|---------|--|
| 41 | 50.6 S | across Nash Rd (traffic light) .7 |
| 42 | 51.3 R | unmarked road (sign says 140 North) .3 |
| 43 | 51.6 | HALFWAY CHECKPOINT ON RIGHT, AT POTOMAC. WHEN LEAVING PARKING LOT .2 |
| 44 | 51.8 S | across Church St. (traffic light) .3 |
| 45 | 52.1 S | across route 18 (Traffic light) .6 |
| 46 | 52.7 S | across Acummet Ave (traffic light) .1 |
| 47 | 52.8 L | Belleville St--DON'T MISS THIS TURN .3 |
| 48 | 53.1 BR | at crossroads (pass Clara St. on right just past intersection) 3.8 |
| 49 | 56.9 R | Lake St 1.0 |
| 50 | 57.9 L | at end (route 105) .6 |
| 51 | 58.5 R | Quaker Lane 1.5 |
| 52 | 60.0 BL | unmarked road (still Quaker Lane) .3 |
| 53 | 60.3 L | at end (sign says Middleboro, N. Rochester) 2.2 |
| 54 | 62.5 R | at end (North Ave) 1.2 |
| 55 | 63.7 L | at crossroads (Neck Rd) 1.8 |
| 56 | 65.5 L | Long Point Rd 2.0 |
| 57 | 67.5 L | at end (route 105) 1.2 |
| 58 | 69.1 BR | Negus Way 1.1 |
| 59 | 70.2 L | at end (route 18) 1.8 |
| 60 | 72.0 R | Mason Rd (sign says E. Freetown, To 140) .7 |
| 61 | 72.7 S | at crossroads (across County Rd). Cross 140 overpass .6 |
| 62 | 73.3 L | at crossroads (Brayley Rd) 2.1 |
| 63 | 75.4 S | at crossroads (across Chipaway Rd) 2.0 |
| 64 | 77.4 S | at crossroads (across Bullock Rd) .7 |
| 65 | 78.1 L | Road makes 90 degree left turn 1.1 |
| 66 | 79.2 R | at crossroads (Collins Corner Rd) 2.2 |
| | | ARROW MAY BE OBLITERATED |

| | | |
|----|---------|---|
| 67 | 81.4 R | at end (Old Fall River Rd) .4 |
| 68 | 81.8 L | at end (Wood Rd) 1.9 |
| 69 | 83.7 S | across route 195 overpass 1.3 |
| 70 | 85.0 S | across route 6 (traffic light) 1.8 |
| 71 | 86.8 L | at end (FOOD STORE if you turn R 100 yards) .4 |
| 72 | 87.2 R | Pine Hill Rd 2.1 |
| 73 | 89.3 BR | still Pine Hill Rd 1.4 |
| 74 | 90.7 R | crossroads (Hix Bridge Rd) 1.0 |
| 75 | 91.7 S | crossroads (across Drift Rd) .5 |
| 76 | 92.2 S | Route 88 (traffic light) .3 |
| 77 | 92.5 R | at end (Main Rd) .7 |
| 78 | 92.8 L | Adamsville Rd .8 |
| 79 | 93.6 R | Sodom Rd 2.2 |
| 80 | 95.8 L | Narrow Av (Main road bears R, but go S for 50 yards to end, then L) 1.6 |
| 81 | 97.4 R | at end (route 81) .4 |
| 82 | 97.8 L | King Rd 1.0 |
| 83 | 98.8 R | Brayton Rd 1.8 |
| 84 | 100.6 S | across route 177 .2 |
| 85 | 100.8 R | into parking lot. CONGRATULATIONS |

HALF-CENTURY: FOLLOW CENTURY DIRECTIONS THRU NUMBER 29
 30 35.9 S Go S up hill instead of bearing R .1
 31 36.0 L Fisher Rd (Village of Russels Mills) 1.8
 32 37.8 BL at fork (Gidley Town Rd) 1.9
 33 39.7 S at crossroads (across Pine Hill Rd) 1.0
 34 40.7 FOLLOW CENTURY DIRECTIONS 75 TO END. TOTAL 49.9 miles
 ABOVE ALL DON'T GO HOME WITHOUT CHECKING IN AT THE END OR NOTIFYING A SAG WAGON. EVERYONE MUST BE ACCOUNTED FOR AT THE END OF THE DAY!

About five miles from the end of the ride, I hit the wall. I mean, that's not surprising, what does a self-coached seventeen year-old know about sports nutrition, and in 1978 not very many people knew much about sports nutrition anyway. So I ran out of glycogen; I hadn't eaten enough carb calories. I was so cold and tired, I just wanted to lie down in the middle of the road and sleep. But I did make it back, albeit very slowly. I was one of the last ones back; my total elapsed time was 8 hours and 40 minutes (I did take an hour-long lunch break). I'm sure people finished in half that time. But no matter; it wasn't about the athletic performance. It was about being out there, and seeing and smelling the ocean by Horseneck Beach, being out in the autumn sun, and riding past meadows and forests and historic places in Rhode Island and Southeastern Massachusetts. It was one of my best days out on the bike ever, because I had ridden 100 miles, a Century.

When I arrived home, Mom had a party going on I think, and I sat down and ate every scrap of food I could lay my cold hands on.



Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

Recently in the world of professional cycling, the door is wide open regarding the doping that took place between the late nineties to around 2008. Legends have fallen. Just a bit before this bombshell, I read a very well-written book by UK cyclist David Millar called *Racing Through the Dark*.



The book chronicles the life of David from his early years in Hong Kong to the UK and his love of cycling. We journey with him through the amateur ranks, to the winner of the Prologue time trial in the Tour de France in 2000, where Millar beat none other than Lance Armstrong. Millar starts his Tour on the first stage in the yellow jersey that year.

Unlike other cyclists' "doping story" reads that are on the market, Miller provides a tale not to point to others, but to paint the world that he found himself in, following his amateur success and entry into the professional ranks. As a neophyte, he was not encouraged at first to "prepare", (which was secret code for using a doping protocol), until he began to have wins.

In many ways the atmosphere was one of acceptance, but quietly, behind closed doors. If a successful rider wanted the respect of his team in some cases, preparation was needed. Salaries went up with cooperation and bonuses brought even more money to the rider.

A hard-fought build-up through amateur ranks to elite levels opened a door that David honestly did not know existed. Carefully kept secret, the pro ranks had a dirty reality, and more and more of the top tier were adding performance enhancing "preparations" to their training, providing more oxygen to train harder, and testosterone for recovery and strength gains for greater efforts, along with blood doping, which came later.

The day Millar witnessed this revelation was when he was to go on a warm up ride with his first pro team after landing together in preparation for a one-day race. Upon landing they went out on a "loosen up" spin which was

incredibly hard. This was intended to force the hematocrit levels below 50, which was acceptable. He was riding with a juiced-up prepared group and had no idea at the time why it was so hard.

The moment Millar took his first EPO injection he joined the ranks of the elite, if one can use such a phrase. Quoted from his book: *By the mid-1990's, EPO use had become excessive, and there were plenty of those who'd pushed their hematocrit level to over 60 percent, and those whose blood was like thick soup.*

Due to this thick blood, heart failure becomes a concern. A few cyclists suffered from "heart issues". Millar mentions that some of the pros would set alarm clocks at night so that they could get up and move around for fear of thick blood clots.

Well written and articulate, Millar takes you through the years of innocence to his famous drug bust and his fall from the top.

Millar's story approaches the world of professional cycling as broken. He never points the blame on any particular rider or even any specific race or event. He does point out the UCI's lack of efforts to remedy the problem. Like a sickness, how it started is not the problem. The fact that it is and is across the top tier of elite cyclists during this period has practically become a fact in 2012.

Millar has become an ambassador for demanding a clean peloton. He has no axe to grind. His accounts show the pain of holding onto secrets but at the same time, taking the higher road without ego and starting from the bottom again and working hard. His entry into the Garmin team forced him to work, to prove himself and to rid himself of any guilt, self-pity and worry regarding how others perceive him. Rather, his only drive was to finally be that elite cyclist that, as a child, he yearned to be.

A good read and very informative, *Racing Through the Dark* also gives one an inside look at what it takes to move to pro level, without the drug issues as well. It provides a chance to feel what it would be like to be an elite cyclist, which is as close as most of us will ever get! A very interesting read.

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/>

38th ANNUAL R.I. BIKE SHOW

and **3-DAY BIKE SALE**



Friday, March 15th • 9-8
Saturday, March 16th • 9-5
Sunday, March 17th • 11-5

Come Celebrate Spring!

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

Schedule of events

Bike Show

Sun. March 17 11-5

Bike Sale

Fri. March 15 • 9-8

Sat. March 16 • 9-5

Sun. March 17 • 11-5

NBW Bike Rides

Sun. March 17 • 10 am

Blood Drive

Sat. March 16 • 10-2:30

Shimano and Trek Factory Demos

Sat. March 16 • 9-5

Sun. March 17 • 11-5

Come donate blood on
Saturday, March 16
from 10:00 to 2:00

Rhode Island
Blood
Center

BIKE SHOW EXHIBITORS



ACCESSORY EXHIBITORS

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

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

You're Invited!

All NBW members are invited for post-ride refreshments at 11:00 AM



East Providence Cycle

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

www.EastProvidenceCycle.com

From the Touring Committee

Chip Kent, touring@nbwclub.org



My first ride with NBW was in the mid 1990's and it started at what was then the Uxbridge High School. It may have been the Animal Farm Ride or the Uxbridge-Grafton Ride. At the time I was immersed in the competitive mountain biking scene but that year the trails were very muddy

so I decided to dust off and tune up my old Bianchi road bike and start road riding for fitness training. Most of my mountain biking friends didn't own a road bike so I started looking around for an organized group or club ride that would push me to ride harder than I might riding alone. A local sports magazine had a calendar of events and it was there that I saw the NBW ride listed under the 'Bicycle Rides' column. The start was about ten miles from my house so this was perfect. I rode to the ride and proceeded to get my butt kicked by a bunch of roadies. It was very humbling but encouraging. I was hooked.

What got me hooked was much more than just finding some fast riders to chase. It was the whole bicycling club experience. That was new to me. You just had to show up and everything was taken care of. The routes were arrowed; you got a map; there were riders of all types and it didn't cost anything ... very impressive. It took me a while to realize what a long and rich history the NBW had.

Now, seventeen or so years later, after a bazillion NBW rides and friendships made, I'm still impressed. Until now I wasn't that involved with the inner workings of the club but now that is changing and I feel like the new kid on the block again. Gil Peel was Touring Board Chairman for nine years and he and other board members helped to develop a system to plan and post rides many months in advance. They all deserve a big pat on the back! Also, these rides won't happen without our arrowers and the coordination that takes. They are our foot soldiers and some have been steppin' up big time lately. *Muchas gracias* to them!

Hope to see you at some of the winter rides,
Chip

Thanks to our most recent ARROWERS:

| | | |
|--------|---------------------|---------------------------------|
| Oct 7 | Mattapoissett Ride | Mike Miller |
| Oct 14 | Newport Circuit | Carleen McOsker |
| Oct 21 | Purgatory Chasm | Tony Rizzotti |
| Oct 27 | Caster's Halloween | Claudia Chappell, Jeff Gibbs |
| Nov 4 | Fall River 50 | Mark St. Amour |
| Nov 11 | Taunton-Sharon | Jim Berry |
| Nov 18 | TriState Tour | Pete Bissell |
| Nov 25 | South County Coast | Tony Rizzotti |
| Dec 2 | Cranston Holiday | Ed Holden |
| Dec 9 | Swansea Touisset | Tony Rizzotti |
| Dec 16 | Walpole Dover | Jan Harbutiak |
| Dec 23 | Scituate Foster | Kate Imbrie, Phil Paige |
| Dec 30 | Hope Valley Eastern | Don Paiva |

Our Paint and Arrower Coordinator is Jim Berry. Jim's email address is james.berry1@comcast.net or arrows@nbwclub.org. Jim lives in Taunton, MA.

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.



Left: Gil "Hardman" Peel rides New Year's Day, 2010. Photo: R. Schwartz

A Big Thank-you to Gil Peel

... For nine years of knowledgeable and dedicated scheduling of NBW rides.

... For scouting and redesigning old rides that had fallen into disuse.

... For creating lots of new maps.

... For hustling around quickly to find new start locations when we had trouble with many traditional starts.

... For listening to, and responding wisely, to all comments about scheduled rides.

NBW RIDE SCHEDULE

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

January 1, 2013

***New Year's Ride**

~20/30 miles miles

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

Route Little Compton, Westport

Directions Start at Bill Gajda's 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.

January 6, 2013

Taunton Norton

15/28 miles

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

Route Taunton, Norton, Mansfield

Directions Start at Shaw's plaza, 280 Winthrop St (Rt 44) Taunton MA. This is at the junction of Rt. 44 and Joseph E. Warner Blvd (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 using Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Do not park near McDonalds. Park in center of large parking lot opposite the liquor store so as not to block stores.

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.

January 13, 2013

Narragansett Indian

15/27 miles

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

Route Kingston, Tuckertown

Directions Start at Univ of RI, Rt 138, 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.

January 20, 2013 ♥ **Barrington Ride** 15/30 miles

Sunday 11:00 AM *Map No.* 2 *Arrower:* Don Paiva

Route Barrington, Seekonk

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

Drive Time 20 minutes from Providence

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

January 27, 2013 **Johnston Winter Ride** 15/30 miles

Sunday 11:00 AM *Map No.* 141 *Arrower:* Ed Holden

Route Johnston, Scituate Reservoir

Directions NEW START: Ocean State Job Lot, 104 Danielson Pike, North Scituate, RI (it's right on the route). Directions: Take Route 6 W towards Hartford, CT. When you get on Route 6/Hartford Ave you follow for 3.2 miles then take a left onto Danielson Pike. The parking lot will be on the left. Please park away from the store.

Drive Time 10 minutes from Providence

Description An old winter ride, updated by Tina Williams, who found us a new and safer start location. There is a nice challenge on Pine Hill to test your winter gears. The 30 miler goes around Scituate Reservoir. This ride will repeat Feb 24.

February 3, 2013 **Taunton Norton-REPEAT** 15/28 miles

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

Route Taunton, Norton, Mansfield

Directions Start at Shaw's plaza, 280 Winthrop St (Rt 44) Taunton MA. This is at the junction of Rt. 44 and Joseph E. Warner Blvd (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 using Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Do not park near McDonalds. Park in center of large parking lot opposite the liquor store so as not to block stores.

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. Follow the arrows from Jan 6.

February 10, 2013 **Narragansett Indian-REPEAT** 15/27 miles

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

Route Kingston, Tuckertown

Directions URI, Rt 138, 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). Follow the arrows from Jan 23.

February 17, 2013 ♥ **Barrington Ride-REPEAT** 15/30 miles

Sunday 11:00 AM *Map No.* 2 *Arrower:* Don Paiva

Route Barrington, Seekonk

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

Drive Time 20 minutes from Providence

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

February 24, 2013 **Johnston Winter Ride-REPEAT** 15/30 miles

Sunday 11:00 AM *Map No.* 141 *Arrower:* Ed Holden

Route Johnston, Scituate Reservoir

Directions NEW START: Ocean State Job Lot, 104 Danielson Pike, North Scituate, RI (it's right on the route). *Directions:* Take Route 6 W towards Hartford, CT. When you get on Route 6/Hartford Ave you follow for 3.2 miles then take a left onto Danielson Pike. The parking lot will be on the left. Please park away from the store.

Drive Time 10 minutes from Providence

Description An old winter ride, updated by Tina Williams, who found us a new and safer start location. There is a nice challenge on Pine Hill to test your winter gears. The 30 miler goes around Scituate Reservoir. Follow the arrows from Jan 27.

March 3, 2013 **Raynham Middleboro** 15/31 miles

Sunday 11:00 AM *Map No.* 80 *Arrower:* Jim Berry

Route Raynham, Bridgewater, Middleboro

Directions Start at the Staples plaza, 600 South St West, Raynham, MA - off Route 44 near the junction of Routes 44 and 24. Park away from stores.

Drive Time 25 minutes from Providence

Description Rural ride past cranberry bogs, scrub pine. Flat terrain through Bridgewater with its central town green and Bridgewater State College. Ride past the great cedar swamp on narrow lanes in Middleboro.

March 10, 2013 ♥ **Narragansett Point Judith** 15/28/32 miles

Sunday 11:00 AM *Map No.* 108 *Arrower:* Alfredo Gutierrez

Route Narragansett, Galilee, Point Judith

Directions Start at Salt Pond Shopping Center, Rt 208 (Point Judith Rd), Narragansett, RI. Take I-95 S to Rt 4 S (left exit) to Rt 1 S. Take Rt 108 S exit. Bear right at end of ramp. Shopping center is just ahead on right. Please park in the Stop & Shop parking lot - away from stores.

Drive Time 40 minutes from Providence

Description Beautiful ride that explores the midpoint of Rhode Island's southern coast and marshlands. A highlight of the ride is pedaling beneath the Narragansett towers.

March 17, 2013

EP Cycle/Spring Opener

14/18/31/43 miles

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

Route East Providence, Seekonk, Rehoboth

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

Drive Time 5 minutes from Providence

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

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

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

March 24, 2013

Lincoln Smithfield

15/21/42 miles

Sunday 10:00 AM *Map No.* 48 *Arrower:* Rod Breault

Route Lincoln, Lime Rock, No Smithfield

Directions Start at McDonalds at the Lincoln Mall, 622 Geo Washington Hwy (Rt 116) in Lincoln, RI. Take Rt 146 N to the exit that is marked for Lincoln Mall (Rt 116 S). Go right at the exit. The mall entrance is 1/2 mile on the right at the light. Park near the Bank, away from McDonalds.

Drive Time 15 minutes from Providence

Description The route heads south from the Mall, passing the airport, and circling Lincoln Downs, before turning north on old roads. We're in the NW quadrant of our riding area, so expect hills, especially on the long (42 mile) loop, which has some big hills to test your Spring legs! Phil "DeRosa" Wildenhain scouted and extended this old ride.

March 31, 2013

♥ Lakeville Tour

15/25/40 miles

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

Route Lakeville, Freetown, Acushnet, Rochester

Directions Start at Assawompset School, 232 Main St (Rt. 105), Lakeville, MA. Take Rt. 44 E to Middleboro rotary, take a right on Rt. 18 for 4 miles to the traffic light at intersection of Rt. 18 and Rt. 105. Turn left, and the school is just ahead on your right.

Drive Time 40 minutes from Providence

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

April 7, 2013

Connecticut Coastal & Ridges Ride

20/28/43 miles

Sunday 10:00 AM *Map No.* 60 *Arrower:* John Rohland

Route Stonington, Mystic

Directions Start at commuter parking lot on Rt 216 (Clarks Falls Rd) in North Stonington, CT. Take Rt 95 S to exit 93 (Rt 216) in North Stonington, CT (37 mi south of Providence). This is the first exit after the state line. Take a right at the stop sign at the end of the exit ramp, then immediately take another right at a second stop sign a few feet after that. The commuter parking lot is on the right.

Drive Time 45 minutes from Providence

Description A scenic, though hilly, ride traveling to Mystic Seaport and Stonington Point. On the long ride the climb up Lantern Hill past Long Pond leads to an optional foot trail with a great view at the top of Lantern hill. Wintechog Hill offers a tough climb, but rewards with a smooth run to Clarks Falls. 28 and 43 milers detour to the ocean in Stonington. 20 milers cut back before the coast, heading back through Westerly. Thanks to Paul Martens and John Satterlee for revising this old ride.

April 14, 2013

♥ Fish Road

18/26/34 miles

Sunday 10:00 AM Map No. 149 Arrows:

Route Tiverton, Sakonnet

Directions: Start at the commuter parking lot, 970 Fish Road, Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Rd exit. Take a right turn off the exit; parking lot is on the right.

Drive Time: 35 minutes from Providence.

Description: Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer (and TFCE) rides on these favorite NBW roads.

♥ Beginners will love these rides.

* Holiday Show'n Go

** Special Event

NBW Merchandise

NBW CYCLING JERSEY

Short sleeve.

Specify men's or women's cut when ordering

Men's (RED OR BLUE) sizes: M, L, XL, XXL

Women's (RED ONLY) sizes: M, L, XL, XXL

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



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Lightweight summer cap, baseball style with visor. One size.

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Check the NBW website, 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:
NBW/Sue Barker, 31 Stanchion St,
Jamestown, RI 02835

Questions? Email to: sales@nbwclub.org

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

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Deadline for the next issue is March 1

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

Tentative Future Ride Schedule—comments to Chip Kent, touring@nbwclub.org

| Month | Date | Map # | Ride Title | Ride Start | Distances | Arrower |
|-------|------|-------|------------------------------|------------------|------------------|----------------------|
| Apr | 7 | 60 | Connecticut Coastal & Ridges | N Stonington, CT | 20/28/43 | John Rohland |
| | 14 | 149 | Fish Road | Tiverton | 18/26/34 | St. Amour/Courchaine |
| | 21 | 30 | Killingly Tour | Glocester | 17/35/47 | Tony Rizzotti |
| May | 28 | 128 | Diamond Hill Two | Cumberland | 17/30/48 | Rod Breault |
| | 5 | 54 | South Shore Century | Middleboro, MA | 27/54/75/100/125 | Jim Berry & crew |
| | 12 | 120 | Ray Young's Ride | Smithfield | 11/17/23/33/53 | Ed Holden |
| | 19 | 160 | BikeWorks Swansea Ride | Swansea, MA | 16/26/50 | Jim Berry |
| | 26 | 45 | South County 50 | URI Kingston | 15/25/50 | Peter Levitan |
| | 27 | 120 | *Memorial Day Show'n Go | Smithfield | | |
| Jun | 2 | 1 | Cumberland 50 | Cumberland | 12/18/30/54 | |
| | 9 | 95 | TriState Century | Smithfield | 25/55/60/70/100 | |
| | 16 | 65 | Dartmouth Fifty+ | N Dartmouth, MA | 15/34/55 | |
| | 23 | 19 | Tom & Pat's Half Century | Coventry | 19/27/50 | |
| | 30 | 62 | Joe Medeiros Ride | New Bedford, MA | 17/25/47/62 | |

TFCE 2013

Scheduled date this year: Sunday, September 8

NBW Members-only early bird registration will open April 1 in the Members' section of our website: nbwclub.org



TFCE—Old Photos

Do you have any TFCE photos of the early days (70's, 80's)? Your webmaster is looking to add to our online archive. She will scan old prints and return originals to you. Contact: [Monica Foulkes, webmaster@nbwclub.org](mailto:Monica.Foulkes@nbwclub.org)

*Left: 1973 TFCE start at Stone Bridge Inn, Tiverton, Warren Hinterland with bullhorn.
 Photo contributed by Mark Howgate.*

NBW WEBSITE — 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). These are case-sensitive:

Username: member13
 Password: 2flaTs
