

# The Spoke'n Word

Volume 43, Number 2

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

April/May 2013

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



*Raymond Lafazia*



**TFCE—September 8 2013**  
**Members-only registration opens April 1**

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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).

### BIKEWORKS

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

### BLACKSTONE BICYCLES

391 Mendon Rd  
Cumberland, RI 02864  
401-335-3163

### BRUMBLE BIKES

49 Beach St  
Westerly, RI 02891  
401-315-0230  
www.brumblebikes.com

### CASTER'S

3480 Post Rd  
Warwick, RI 02889  
401-739-0393

### EAST PROVIDENCE CYCLE

414 Warren Ave  
East Providence, RI 02914  
401-438-2453  
www.EastProvidenceCycle.com

### GREENWAY CYCLES INC.

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

### LEGEND BICYCLE

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

### 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  
Middletown, RI 02842  
401-846-7525  
www.pedalpowerri.com

### PROVIDENCE BICYCLE INC.

725 Branch Ave  
Providence, RI 02903  
401-331-6610  
www.providencebicycle.com

and  
150 Lambert Lind Highway,  
Warwick, RI 02886  
401-773-7733

### SCOTTEE'S WESTPORT BICYCLE

1125 State Rd  
Westport, MA 02790  
508-636-RIDE (7433)

Dan Ibbitson

### SHELDONVILLE BICYCLE REPAIR

277 Hancock Street  
Wrentham, MA 02093  
508-384-0665 (shop)  
508-954-2364 (cell)

### SIROIS BICYCLE SHOP

893 Landry Ave  
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### W. E. STEDMAN CO.

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18 Elm St  
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### TRAVIS CYCLE INC.

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77 Pleasant St  
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155 Black Plain Rd  
Exeter, RI 02822  
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### WeeBIKE.com

Balance Bike & Merino Wool Specialist  
Warwick, RI  
401-654-0029  
NBW member discount promo code:  
NBWSAVE20

### YESTER'YEAR CYCLERY

330 Hathaway Rd  
New Bedford, MA 02746  
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### YOUR BIKE SHOP

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

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



## MOVING?

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

[membership@nbwclub.org](mailto: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](mailto:editor@nbwclub.org)

## MEMBERS' PASSWORD HAS CHANGED

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

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

Cover: Ray Lafazia and family, from the  
1993 Spoke'n Word cover  
Photo: Joe Medeiros

## Want your photo in the Spoke'n Word?

The Editor <[editor@nbwclub.org](mailto: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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## Spring - Season of Renewal

Spring should be here by time you receive this issue of *The Spoke'n Word*. If tradition held, our Spring Opener will have been one of the last days of cold riding. Our dedicated winter riders will have packed their winter bikes and winter kits away. Everyone will be thinking of how soon can we take the tights and knickers off, and go back to just wearing shorts on a warm day. The

clocks change, longer daylight is coming, and a quick ride after work becomes a possibility. The decision on whether to do the Sunday ride no longer involves the Weather Channel.

Recently *RI Monthly* asked the NBW for help "to map out a perfect day of biking around Rhode Island, with places you would stop, etc..." Could you ask for a better way to start thinking of your biking season? If your neighbor asked you, what would you suggest? How about a friend or family from out-of-state? What would you suggest to them? My first thought always goes to the Ray Young ride, no matter what the season. Ray Young's Ride is a four season ride. We see ice fishermen during winter, and at the end we hear the peepers. Spring time brings the apple blossoms. Summer has long downhill runs, bombing down Chestnut Oak, and a speedy run from Douglas returning

us to Burrillville. Lastly, the fall harvest season has its treats of fresh cider, and crisp apples.

We join the NBW to cycle, and to support cycling. Once you start riding with the club you get this benefit of great rides, supported by local knowledge, from Connecticut to Cape Cod, from Sakonnet to Mount Wachusetts, and everywhere in between. Is there a better way to experience an area than by bicycle with your friends? During your ride, you become more local. You experience your environment more slowly, and more deeply. A stop at a local store becomes a treat, and not an errand. Getting lost, and getting found, is an adventure, and not an annoyance.

Many years before I learned of the club I would do my regular 14 mile loop. About three quarters through the loop I would stop at our local general store and get a snack. Many times I would run into an older, far more experienced cyclist. He would talk of traveling around the country, with friends and family via bicycle. He had a quiet demeanor that inspired confidence. His stories were an inspiration. I did not learn his name until years later, at my first NBW New Year's Day ride, which started from his home. Ray Lafazia was an inspiration to many of us, and we will miss him.

Spring brings a renewal of our cycling, starting with the EP Cycle/Spring Opener. Thanks once again to **Rob and Helen Foulkes** of **East Providence Cycle** for hosting our annual opener. New season, new dreams, new rides...

Safe riding,  
Ted

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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:* Rick Schwartz, [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),  
PO Box 56, Dartmouth MA 02714-0056  
*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 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](mailto:arrows@nbwclub.org)  
*Ride starters:* Raul Silvia, Jack Williamson, Rod Breault  
*Maps/rides database:* Monica Foulkes, [maps@nbwclub.org](mailto:maps@nbwclub.org)  
*Ride schedulers:* Chip Kent, Tina Williams, Bob Paiva  
*Ride scouts:* Bob Paiva, John Satterlee  
*Ride liaison w/police depts:* Don Chiavaro  
*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:* Bob Paiva, Ted Shwartz, Gil Peel  
*NBW merchandise sales:* Sue Barker, [sales@nbwclub.org](mailto:sales@nbwclub.org)  
*Social events organizer:* Margaret Vigorito  
*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, the actions 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  Family
- 2)  New  Renewal
- 3)  One year (\$15 individual or \$25 family)  Two year (\$25 individual or \$30 family)

I would like to receive my newsletter (*The Spoke'n Word*) as:  
 Electronic, via e-mail  Paper, via US Postal Service

Membership No. \_\_\_\_\_ Amount enclosed: \_\_\_\_\_

Print Name(s): \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Tel: \_\_\_\_\_ E-mail: \_\_\_\_\_

Mail entire page and check to: NBW Membership, PO Box 41177, Providence, RI 02940-1177 Allow 6-8 weeks for processing



# NARRAGANSETT BAY WHEELMEN

## THE FLATTEST CENTURY IN THE EAST

### 42nd Annual—September 8, 2013

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

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

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

#### SAFETY

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

#### WHEN

Sunday, September 8, 2013 ... **RAIN OR SHINE!**  
Check in begins at 6:30 am and closes promptly at 8:30 am. The course opens at 6:45 am and riders must return by 6:00 pm

#### WHERE

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

#### REGISTRATION

TFCE is limited to 2,000 riders (last year it was filled by the first week in May). The fee for registration is \$27.50 per person for NBW members and \$40 for non-members.

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

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

**Registration for NON-MEMBERS will open May 1st.** A link to the on-line registration site will be available on the club website: [nbwclub.org](http://nbwclub.org)

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

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

No refunds will be given.

#### T-SHIRTS

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

#### SAG WAGONS

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

#### SPORTS MASSAGE

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

#### FOOD

Food will be available for purchase after the ride.

#### HOTELS

[www.umassd.edu/southcoast/tourism](http://www.umassd.edu/southcoast/tourism)

More information at: [nbwclub.org](http://nbwclub.org)

Questions: [tfce@nbwclub.org](mailto:tfce@nbwclub.org)

# HELP WANTED

For the 42nd annual NBW-TFCE  
The Flattest Century in the East

*September 8, 2013*



*Volunteers are needed for:*

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

*Volunteers are required to work a minimum 4 hour shift.*

*Please contact:*

**Ted Shwartz, [nbwpresident@gmail.com](mailto:nbwpresident@gmail.com)**



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

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





## **Bike to Work Day – Friday May 17, 2013**

You are invited to Bike To Work (and get complimentary breakfast for doing so!)

### ***PROVIDENCE***

Providence Bike To Work Day 2013 will be held Friday May 17th, 2013.

Location and Times still to be determined.

Come and celebrate riding to work. Doesn't matter if it's the first time or the five hundredth. Share your experiences with others, find others commuting the same routes, enjoy complimentary breakfast and entertainment!

Providence Bike To Work Day is organized by the Rhode Island Bicycle Coalition.

More information visit [ribike.org/b2wd13](http://ribike.org/b2wd13)

### ***NEWPORT***

Bike to Work Day Newport - Friday May 17

Bike Newport is planning a full day of activity to mark the 3rd annual Bike To Work Day Newport

Friday, May 17, 2013 in Washington Square, the city's historic center

6 am—9 am Commuter Breakfast

3:00 pm Press Conference

4:00 Community Bike Ride

5-7:00 pm Bike Fair

Please check web site for updates to the day's schedule: [www.BikeNewportRI.org](http://www.BikeNewportRI.org)

(401) 619-4900



• R I B I K E •

## **Rhode Island Bicycle Coalition**

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

**RIBike.org**

## ***BikeFest RI***

***Saturday, May 11***

***10 am to 4 pm***

***at the MET School, Providence, RI***

BikeFest RI — a bicycle festival for Rhode Island. Come and enjoy a day centered on the possibilities of bicycles, whether for recreation, sport, or everyday life. BikeFest RI will feature live entertainment, an expo area of bicycles and related gear, Information and resources about riding in the State, demonstrations, food vendors and games.

Organized by the MET School, Recycle-A-Bike, Rhode Island Bicycle Coalition and FULLCYCLE @ the MET.

Visit [bikefestri.com](http://bikefestri.com) for schedule and activities



## Annual Memorial Day Weekend In Southern Vermont

Friday, May 24 to Monday, May 27, 2013

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](mailto:raynaughton@cox.net) or tel: 401-781-6963

### ***Help the club keep its ride start locations***

When using a shopping center parking lot, please fill the lot from the farthest spaces **away from the shops first**. This way we will keep a good relationship with shop owners and shopping center managers.

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## **NBW End of Year Donations**

Board members decided to make donations to the following organizations for projects supporting cycling in our riding area:

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Adventure Cycling, \$400  
Bike Newport, \$700  
Bike Walk Connecticut, \$500  
Bikes Not Bombs, \$1,900  
Blackstone River Watershed Association, \$800  
East Coast Greenway, \$1,050  
Friends of the Mattapoissett Bike & Recreation Path, \$200  
League of American Bicyclists, \$1,000  
Mass Bike, \$2,500  
NEMBA, \$200  
New Bedford Bicycle Committee, \$2,700

Rails to Trails, \$200  
Recycle-a-Bike, \$2,700  
RI Bike, \$1,700  
East Bay Met School Bicycle Program, \$700  
Woonasquatucket River Watershed Council, \$2,100

The small grants program has been rekindled, administered by Sue Barker, and grants have been made to: Blackstone Valley Tourism Council, Burrillville Bike Path, Coventry Greenway, South County Bike Path, \$1000 each. Met School (Providence), \$700. Friends of the West Warwick Greenway, \$325.

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](mailto:donpaiva53@cox.net), or 401-433-3463

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# The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD, January 2013

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## Injured Athletes: Nutrition Tips to Hasten Healing

Being injured is one of the hardest parts of being an athlete. If you are unable to exercise due to broken bones, knee surgery, stress fracture, or concussion, you may wonder: *What can I eat to heal quickly? How can I avoid getting fat while I'm unable to exercise? Should I be taking supplements?* This article will address those concerns, plus more.

### Don't treat good nutrition like a fire engine

To start, I offer this motherly reminder: rather than shaping up your diet when you get injured, strive to maintain a high-quality food intake every day. That way, you'll have a hefty bank account of vitamins and minerals stored in your liver, ready and waiting to be put into action. For example, a well-nourished athlete has enough vitamin C (important for healing) stored in the liver to last for about six weeks. The junk food junkie who gets a serious sports injury (think bike crash, skiing tumble, hockey blow) and ends up in the hospital in a coma has a big disadvantage. Eat smart every day!

### Don't diet

A big barrier to optimal fueling for injured athletes is fear of getting fat. Please remember: even injured athletes need to eat! I've had a runner hobble into my office on crutches saying, "I haven't eaten in three days because I can't run." He seemed to think he only deserved to eat if he could burn off calories with purposeful exercise. Wrong! Another athlete lost her appetite post-surgery. While part of her brain thought "what a great way to lose weight", her healthier self realized that good nutrition would enhance recovery.

Despite popular belief, your organs (brain, liver, lungs, kidneys, heart, etc.)—not exercising muscles—burn the majority of the calories you eat. Organs are metabolically active and require a lot of fuel. About two-thirds of the calories consumed by the average (lightly active) person support the resting metabolic rate (the energy needed to simply exist). On top of that, your body can require 10% to 20% more calories with trauma or minor surgery; major surgery requires much more. Yes, you may need fewer total calories because you are not training hard, but you definitely need more than your sedentary baseline. Your body is your best calorie counter, so respond appropriately to your hunger cues. Eat when hungry and stop when your stomach feels content.

Here are two other weight **myths, debunked:**  
*Muscle turns into fat.* Wrong. If you are unable to exer-

cise, your muscles will shrink, but they will not turn into fat. Wayne, a skier who broke his leg, was shocked to see how scrawny his leg muscles looked when the doctor removed the cast six weeks later. Once he started exercising, he rebuilt the muscles to their original size.

*Lack of exercise means you'll get fat.* Wrong. If you overeat while you are injured (as can easily happen if you are bored or depressed), you can indeed easily get fat.

Joseph, a frustrated football player with a bad concussion, quickly gained 15 pounds post-injury because he continued to eat lumberjack portions. But if you eat mindfully, your body can regulate a proper intake. Before diving into meals and snacks, ask yourself, "How much of this fuel does my body actually need?"

When injured, some underweight athletes gain to their genetic weight. For example, Shana, a 13-year-old gymnast, perceived her body was "getting fat" while she recuperated from a knee injury. She was simply catching up and attaining the physique appropriate for her age and genetics.

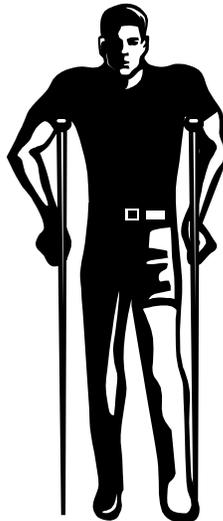
To enhance healing, you want to choose a variety of quality foods that supply the plethora of nutrients your body needs to function and heal. Don't eliminate food groups; they all work together synergistically!

### Offer your body:

*Carbohydrates from grains, fruits, vegetables.* By having carbs for fuel, the protein you eat can be used to heal and repair muscles. If you eat too few carbs—and too few calories, your body will burn protein for fuel. That hinders healing.

*Protein from lean meats, legumes, nuts and lowfat dairy.* Protein digests into the amino acids needed to repair damaged muscles; your body needs a steady stream of amino acids to promote healing (especially after physical therapy). You need extra protein post-injury or surgery, so be sure to include 20 to 30 grams of protein at each meal and snack. A portion with 20 to 30 grams of protein equates to one of these: 3 eggs, 1 cup cottage cheese, 3 to 4 ounces of meat, poultry, or fish, two-thirds of a 14-ounce cake of firm tofu, or 1.25 cups of hummus. While you might see ads for amino acid supplements including arginine, ornithine, and glutamine, you can get those amino acids via food.

*Plant and fish oils.* The fats in olive and canola oils, peanut butter, nuts and other nut butters, ground flaxseeds, flax oil, and avocado have an anti-inflammatory effect. So do omega-3 fish oils. Eat at least two or three fish meals per week, preferably the oilier fish such as Pacific salmon,



Continued ...

barramundi, and albacore tuna. Reduce your intake of the omega-6 fats in packaged foods with “partially hydrogenated oils” listed among the ingredients, and in processed foods containing corn, sunflower, safflower, cottonseed, and soy oils. Too much of these might contribute to inflammation.

**Vitamins.** By consuming a strong intake of colorful fruits and vegetables, you'll get more nutrition than in a vitamin pill. Fruits and veggies have powerful anti-oxidants that knock down inflammation. Don't underestimate the healing powers of blueberries, strawberries, carrots, broccoli, and pineapple. Make smoothies using tart cherry juice, PomWonderful pomegranate juice, and grape juice.

**Minerals.** Many athletes, particularly those who eat little or no red meat, might need a boost of iron. Blood tests for serum ferritin can determine if your iron stores are low. If they are, your doctor will prescribe an iron supplement. You might also want a little extra zinc (10 to 15 mg) to enhance healing.

**Herbs, spices and botanicals.** Anti-inflammatory compounds are in turmeric (a spice used in curry), garlic, cocoa, green tea, and most plant foods, including fruits, vegetables, and whole grains. For therapeutic doses of herbs and spices, you likely want to take them in pill-form. Yet, consuming these herbs and spices on a daily basis, in sickness and in health, lays a strong foundation for a quick recovery.

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). See also [sportsnutritionworkshop.com](http://sportsnutritionworkshop.com).

# WELCOME New Members

Kelle A. Calani, West Warwick, RI  
Kathleen & Lawrence Curran-Cheng, Cambridge, MA  
Theodore Dourdeville, Providence, RI  
David B. Edwards, Hoboken, NJ  
Drew T. Estabrook, Newport, RI  
Scott Franklin, West Hartford, CT  
Allison H. Gauthier, Providence, RI  
Jeffrey P. Grandchamp, Adams, MA  
Jonathon D. Kaplan, Cumberland, RI  
Sherry L. Kroll, Pomfret Center, CT  
Michael E. Laude, Upton, CT  
Brenda Lucier, Riverside, RI  
Arthur E. Lusignan, Riverside, RI  
Harry, Dianne, Jacquelyn & Kevin Mead,  
South Windsor, CT  
Jill G. Morawski, West Hartford, CT  
Jim & Katherine Robinson, Cranston, RI  
Anne-Marie Roche, Middletown, RI  
Joseph M. Silva, Somerset, MA  
Jon Spooner, Portsmouth, RI  
John, Mary & Duncan Stiller, Wakefield, RI  
Catherine Sutton, Providence, RI  
Steven J. Tardy, Carver, MA  
Charles & Arlene Thompson, Orleans, MA  
Jayson Tolbert, South Attleboro, MA  
Gloria Valentino & Ashley Clarke, Cheshire, CT  
George F. Warner, Saunderstown, RI



## January 1, 2013—NBW New Year's Day Ride

A good crowd rode the New Year in from Bill Gajda's house in Little Compton, and enjoyed hot drinks and donuts after the ride in his barn and around his big log fire. Many thanks to Bill and Janice for their hospitality (and arrowing the ride).

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# Cycling Sessions

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

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When someone asks you why you ride your bike so much, what do you say? Like many of you, we all get this question if we are diehard high mileage cyclists, competitive or otherwise recreational cyclists.

Sure, riding a bike can be a fitness activity and is often the safe answer to the casual inquisitor. It can be an escape from the stress, the obligations, the commitments, the job, insert here. It can be for fun, fitness, commuting, competition, or a group social activity?

The group riding is social in a shared experience kind of way. It is not always about talking or gossip, but rather experience and comradely. Communication exists on a different level perhaps, not unlike the animals in the forest. There is not much talking when you are all breathing hard. No need to comment on everything, just taking in the moments in time as a group consciousness. Working together, watching out for danger, taking in the world around you, sensing the efforts of others. You feel the wind on your face, smelling the salt air, as you whizz by Horseneck beach.



As a group of like-minded cyclists, you hear the derailleurs shifting, the brakes activating, the accelerations, the hard breathing. As a group working together, you become part of a larger organism. Taking turns up front, sheltering the one behind you. The group becomes its own living entity, a wiggling, speeding serpent of color and spinning wheels streaking down a country road. You feel the ebb and flow of energy collectively shared. You begin to sense the collective energy of the group and who is strongest.

When you are riding alone, sometimes, when it all lines up, something happens; you let it go. You know, you let your mind go. The constant chatter, worries, comments. You let go of the story, of who you are. You are just riding a bike, feeling the speed, the effort, the dance of spinning legs. You find yourself just plain happy, like when you were a kid with no worries except maybe if there will be dessert after dinner when you got home later. Perhaps you can sometimes forget the *You* altogether, and become the bike, the movement, the moments in time.

There is pain in cycling. Physical pain as you push yourself to new achievements; longer distances, bigger hills, faster speeds or keeping up with your friends. That pain will not kill you, but it sure gets your attention. There is pain in your lungs, pain in your legs. That pain takes

whatever you are worrying about and puts it away as you focus on tolerating the burn, the physicality of the moment. Guess what? You are Present in the moment!

When the weather gets warmer and I am more inclined to journey out for long rides on my bike, I look forward to the quiet country road over the CT line, the wild turkeys and the horses, the eagles in the sky. Away from the traffic and man-made noise. I look forward to the challenges laid before me. Not life or death stressful challenges, but challenges to experience life at its fullest. To test my fitness, feel the sensations, live moment to moment. Competing with myself in a world that does not demand answers, just fun and deliberate focus!

Just become the activity. Use sensation to experience it in real time. To leave the goals, emails or worries aside, if only from time to time when it calls to you. When you were a kid, a big part of your life was the present moment.

I guess my answer to the question of why I ride my bike is passion; becoming that which you enjoy. Passions that come from the heart, whatever they really are, drive your essence

into the moment, into the zone. Where does that two-wheeled wonder ride really take us?

The bike can take you to the zone, where we all long to be; in the moment, the second, the action; the bliss of No-Mind in Zen Buddhism. The moment you hit the saddle, if cycling is your passion, your journey is that place, not finishing the ride, but during the ride. It is not about the destination, but rather the journey that is most important, yes?

A passion for the activity, feeling like I am that kid, with the dirty hands and big smile, with the moment in front of me and no worries about the past or future. That kid who knew more about finding joy in the moment than I may know now, but for the momentary reminder.

Perhaps it is not really all about the bike after all. It is what the bike can do to get you there. To help you be present. To let you escape. To become that kid again. Go ahead. Clip in and take that journey and rediscover that freedom. Take a big breath, smile and unplug.

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/>

## Raymond Lafazia

The Narragansett Bay Wheelmen lost a revered member in January. Ray Lafazia was an ambassador for the club for many years, as well as an influential RI lawyer. He and his family hosted the annual New Year's Day Ride from his home in Little Compton from 1977 to 2009. We received the following tributes from members who were long-time friends.

### **Carleen McOsker:**

23 years ago Ray Lafazia said "Come for a ride on Sunday". I said "I don't have a bike" and he said "you will ride on the tandem with me and we will go to South Dartmouth". And that was the beginning of my bicycling. Then he said "Join the bike club and do the century ride". When he rode with a group he was definitely the one in charge ... giving pointers to new riders on safety, traffic, always planning and organizing. I had no tent for the tour of Prince Edward Island, so Ray lent me his Moss tent and last summer he gave it to me. For over 30 years he organized the New Year's Day ride from his house (with his wife Ellen's support—also worked the TFCE Adamsville checkpoint). As a lawyer he helped many club members with advice on legal matters and referrals.

### **Howard Stone:**

Ray was the epitome of the old-school recreational rider. He would pedal along at a leisurely pace, never failing to start a friendly conversation with anyone he would catch up with or who might need help by the side of the road, offering words of encouragement and helpful hints when needed. When I bought my first ten-speed in 1971, I intuitively rode it in higher rather than lower gears. Ray caught up with me grinding along and gently suggested the importance of spinning in lower gears and keeping one's cadence up. On another ride, noticing that I had finished my single water bottle with several miles left to go, Ray stressed the importance of carrying enough water and drinking little by little throughout the ride to avoid feeling thirsty. I bought a second water bottle the next day.

Ray was a successful attorney, but was one of the most humble and unpretentious people you'd ever meet. In conversation, he'd be just like the guy behind you in the checkout line at the supermarket or at the next table in the local diner. Ray was a wonderful advocate for recreational cycling both within and outside the NBW. Ray introduced many of his co-workers and acquaintances to bicycling, and they would often appear at the midweek evening rides (held at various NBW members' homes on a rotating basis) which became an NBW tradition during the early years of the club. He would make anyone he met feel comfortable with his kindly and patient manner.

Ray was best known for hosting the annual New Years Day ride, together with his daughter Jeanne and his wife Ellen, at his house in Little Compton. After the ride, they'd warm us up with hot cider and donuts served by their fireplace. Ray showed heartfelt hospitality and loyalty to those whom he befriended. For example, around 1990 we told Ray that we were planning to join an organized tour of the Texas Hill Country starting from Kerrville. By coincidence, Ray and Ellen owned a vacation house a few miles from Kerrville, and offered to put us up before and after the tour. Ray met us at the airport in San Antonio, about 60 miles away, brought us and our bikes (we were riding singles at the time) to his house, helped us assemble the bikes, put us up overnight, and drove us to the start of the tour. After the tour he helped us disassemble and box up the bikes, put us up overnight again, and drove us back to the airport. Last July, in failing health, Ray gamely plugged along with his cane to attend Don MacQuattie's wake in East Providence.

Old-time riders like Ray, with his unflinching friendliness and genuine love of cycling, helped get the NBW off to a good start in its formative years. He will be greatly missed."

### **Kent Cameron:**

Back in the 70s I often found myself riding with Ray in the slower riding group. During one of these rides he suggested that we organize a ride to GEAR (Great Eastern Rally) to be held that year, 1978, in Lancaster PA. A small group of us gathered in Ray's law office in the Turk's Head building in Providence. Ray had laid out a route offered by the East Coast Bike Way (that may not be the correct name) which included strip maps, each covering about 25 miles of the route. Maps also listed lodging and other facilities. We planned for a 5 to 6 day ride, using motels shown on the maps. We all over-packed for the trip. When we reached our first night lodging we headed for the post office and shipped most of the extra clothes etc. back to RI. The route took us through the Catskill mountains, Delaware River Gap and down to Lancaster. The last time I saw Ray was after the New Year's ride in 2002 where he asked me if I was interested in another multi-day trip.



## 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)



### NBW CYCLING VEST ...

Blue; no photo—same design as jersey

Unisex sizing: M, L, XL, XXL

**\$45, incl tax.** Add \$3.00 postage (for one or 2 shirts)

### NBW CAP

Lightweight summer cap, baseball style with visor.

One size.

White or Blue (specify color)

**\$12** Add \$1.50 postage



### NBW SOCKS ... DeFeet©

Specify cushioned foot or non-cushioned.

Sizes: S, L, XL

**\$5** per pair. Add postage (\$1.50 for one pair, \$2 for two pairs)



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

NBW/Sue Barker, 31 Stanchion St,  
Jamestown, RI 02835

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

## Letter to the Editor

January 25 2013

The Lafazia family would like to thank the Narragansett Bay Wheelmen for the beautiful floral arrangement sent for Ray's funeral. They were truly lovely and also to thank those of you who attended the services. It was very much appreciated.

The NBW was such an important part of Ray's life ever since he started riding in the 1970's. He has seen tremendous growth in the club since the early days. Hopefully, Ray's contributions have helped make the club the wonderful organization it is today. Thank you all again.

Ellen Lafazia



*From your webmaster ...*

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

**GPS Files** — Thanks to our hard-working President, Ted Shwartz, we now have GPS files posted on our website for over 38 NBW rides. As each ride involves at least 3 GPS files (one for each mileage loop) that's over 100 files for your riding pleasure.

**Newsletter email** — Again thanks to Ted, our pilot program testing the emailing of this newsletter directly to members (instead of requiring you to read it on the website) has gone very well. The file is rather large but so far members seem to be receiving the attachment without too many problems. Of course, the newsletter is still available on the website, as usual, if you do have problems. Send comments/problems to: [president@nbwclub.org](mailto:president@nbwclub.org) or [editor@nbwclub.org](mailto:editor@nbwclub.org)

We encourage members to change to the online newsletter from a paper one. Only 14% or so do so at present. When you renew your membership please check off the "online" box on the application form. Or just email us any time to change your preference : [president@nbwclub.org](mailto:president@nbwclub.org) or [editor@nbwclub.org](mailto:editor@nbwclub.org)

**TFCE registration** — members' only early-bird registration begins April 1 **ON OUR WEBSITE ONLY!**

Go to our members' section.  
Username: member13 Password: 2flaTs

You will need your member number, which you can check in the members' section.

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# From the Touring Committee

Chip Kent, [touring@nbwclub.org](mailto:touring@nbwclub.org)

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**S**pring is here and so is some of the best riding weather of the year.

With the March EP Cycle/Spring Opener we got to press the reset button and say *adios* and farewell to winter and hello to a new riding season.

The Touring Board has selected a great set of rides for this year. A lot of

our seasoned arrowers have stepped forward already, but we are always looking for new arrowers to help with the workload. If you are interested, check out the future ride schedule to see which rides are available for arrowing. It helps if the ride is in an area that you are familiar with. Remember, NBW supplies the paint, map and arrowing guidelines. You can contact and coordinate with Jim Berry for the paint and map for a particular ride.

Be sure to contact Jim or me if any problems come up when arrowing a ride. Jim's address is [james.berry1@comcast.net](mailto:james.berry1@comcast.net) or [arrows@nbwclub.org](mailto:arrows@nbwclub.org)

Until next time, keep the rubber side down,  
Chip

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## Thanks to our most recent ARROWERS:

Jan 1	New Year's Day	Bill Gajda
Jan 6 & Feb 3	Taunton Norton	Jim Berry
Jan 13 & Feb 10	Narragansett Indian	Ted Shwartz
Jan 20 & Feb 17	Barrington Ride	Don Paiva/Mike Emma
Jan 27 & Feb 24	Johnston Winter	Ed Holden
Mar 3	Raynham Middleboro	Jim Berry
Mar 10	Narragansett Point	Alfredo Gutierrez
	Judith	
Mar 17	EP Cycle/Spring Opener	Don Paiva
Mar 24	Lincoln Smithfield	Rod Breault
Mar 31	Lakeville Tour	Mike Miller

## 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.

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## Local Events Calendar

Updated calendar posted at [nbwclub.org](http://nbwclub.org)

These are not NBW events; we publish as a service to local organizations, subject to available space.

**May 11: BikeFest RI.** 10 AM to 4 PM at The Met School, Providence. A bicycle festival for RI. Live entertainment, expo area of bicycles and related gear, information and resources about riding in the State, demonstrations, food, games. Organized by The Met School, Recycle-A-Bike, RI Bicycle Coalition, and FULLCYCLE @ the MET. See [bikefestri.com](http://bikefestri.com) for information on schedule.

**May 18-19: Breathe New Hampshire: 28th Annual Seacoast Bike Tour.** Portsmouth NH to Ogunquit ME. Ride one day or two, individuals or teams. Scenic rest stops, prizes, live music, barbecue. Register at [www.breathenh.org/bike](http://www.breathenh.org/bike)

**Jun 23: 4th Annual Ride for the Flame.** Start: Chester, CT. To benefit Special Olympics Connecticut. Scenic 25/47/100 mile rides along the CT river to the shore. Raffles, barbecue. Registration \$50. Register at [soct.convio.net/ridefortheblade2013](http://soct.convio.net/ridefortheblade2013)

**Aug 24: White Mountain Gran Fondo.** Timed loops through White Mountains of New Hampshire: 100/50/25 miles. To benefit City Year's work to increase graduation rate, keep kids in school and on track. See [whitemountaingranfondo.com](http://whitemountaingranfondo.com)

## Classified Ads

Complete listing posted at [nbwclub.org](http://nbwclub.org)

**Bug Eyes Helmet Mirror:** New, sealed in package. I was so impressed with this mirror I purchased a few extra at volume price and offer them to other NBW riders. Robust design: PBT plastic, ball and socket hinge points. I have yet to break mine even after several off-road crashes. Larger-than-average mirror offers superior rear view. Dual hinge point arm allows easy positioning. Mirror dia: 1.79 in. Mirror area: 2.51 sq. in. Housing material: PBT plastic. Mirror: Optical glass. Base dia: .812 in. Adhesive: 3M Double Stick. Arm length: 1 in. center socket to center socket. Adjustability: 360 degree mult. axis rotation. Reach from center base socket to center mirror: 2.25 in. Weight of complete assy: 26 grams (less than 1 oz). \$10 each. \$3 shipping (for any number in one order). Contact: [jpnerly@yahoo.com](mailto:jpnerly@yahoo.com) (or see me - John Nery - on NBW rides).

**Colnago Extreme C:** Size 52 Sloping full carbon frame and fork, Campagnolo Chorus 11 Group w/ compact crank; Mavic Kysirium wheels; Continental 4000s tires; FSA carbon set back seat post; Fizik Antares VS Saddle; Zipp Carbon Contour SL Handlebar Short and Shallow Drop 44CM; Zipp Carbon SL Speed Stem 100MM +/-6 Degrees; FSA Carbon Stem Top; Cris King No Thread Headset; Sold with Choice of either 10/25 or 12/29 Chorus 11 Cassette; Frame is carbon weave with beautiful gloss clear finish and no blemishes, scratches or dings; 2500 miles since new July, 2011; Excellent condition, never abused or ridden hard – built by Bob at Swansea Bike Works. \$5,000 or best reasonable offer; Pedals not included. Contact Lenny Halzel at (401) 688-0026 or email to [lenny@halzel.com](mailto:lenny@halzel.com)

## 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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**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.

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**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.

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**April 14, 2013**

♥ **Fish Road**

18/26/34 miles

**Sunday** 10:00 AM *Map No.* 149 *Arrower:* St Amour/Courchaine

*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 Road 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.

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**April 21, 2013**

**Killingly Tour**

17/35/47 miles

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

*Route* Scituate, Foster, Glocester, East Killingly

*Directions* Start at Ponagansett High School, 137 Anan Wade Rd, North Scituate, RI. Take Route 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (on your left). Stay to the right on 101 at the fork where Rt. 6 splits from Rt. 101. Go 3 miles then straight on 101 through the junction with Rt 102. Go 2 miles then turn right on Anan Wade Rd. School is one mile on the left.

*Drive Time* 35 minutes from Providence

*Description* Some climbing on this ride, which explores the woods and farmlands at the western end of the state. Visit RI's highest point, Jerimoth Hill at 812 ft, and check out the oldest town hall in the US located in Foster.

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**April 28, 2013****Diamond Hill Two**

17/30/48 miles

**Sunday** 10:00 AM *Map No.* 128 *Arrower:* Rod Breault*Route* Cumberland, Wrentham, Plainville*Directions* Start at Diamond Hill Park, Diamond Hill Rd (Rt. 114), Cumberland, RI. Directions: Take Rt 95 North, then Rt 295 South. Take Exit #11, Rt. 114, Cumberland. At the end of the ramp, go right onto Rt. 114 North (Diamond Hill Rd). Follow Diamond Hill Rd north, going straight through the first set of lights (Nate Whipple Highway). The Park is 1-1/2 miles on the right, opposite the Ice Cream Machine.*Drive Time* 20 minutes from Providence*Description* Scenic ride along the ridges and hillsides in the northeast corner of the state and nearby Massachusetts. In season there is an ice cream store across from the park! Pete Petrocelli extended this ride to 48 miles, to include scenic Wrentham town center, Gilbert Hill State Forest, and Lake Mirimichi.

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**May 5, 2013****South Shore Century**

27/54/75/100/125

**Sunday** 8:00 AM *Map No.* 54 *Arrower:* Jim Berry & crew*Route* Middleboro, Plymouth, Cohasset*Directions* Start at the Middleboro High School, 71 East Grove St (Rt 28) in Middleboro, MA - on Rt 28 just past the Rt 105 Intersection. Take I-95 N to I-495 S to the Rt 105 exit (Exit 4). Turn left off the exit onto Rt 105 to the first intersection with a traffic light. Go right at the light onto Rt 28. School is about 1 mile on the right.*Drive Time* 60 minutes from Providence*Description* This favorite century ride is one of the easiest and loveliest of the club's centuries, travelling along Boston's south shore with its spectacular water views. We will ride to Duxbury, then wind our way along the coast up to Cohasset, turning south to Middleboro on back roads, passing numerous ponds and farms along the way. Luca Marchi updated the old route, taking the shorter rides off some roads that have become extremely busy onto quieter back roads, adding an optional detour through Wompatuck State Park on the 100 mile return, and an extension to a double metric for the adventurous.

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

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**May 12, 2013****Ray Young's Ride**

11/17/23/33/53

**Sunday** 10:00 AM *Map No.* 120 *Arrower:* Ed Holden*Route* Greenville, Chepachet, Pascoag*Directions* The ride will start from in back of the Anna McCabe Elementary School, 100 Pleasant View Ave (Rt 116), Smithfield RI - on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. Directions: Rt 295 N to Rt 44 W, turn Right on Rt. 5 and continue 1 mile North on Rt 5 (Cedar Swamp Rd), then sharp left onto Rt 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.*Drive Time* 20 minutes from Providence*Description* This ride, and Ray Young, are so famous that the ride is written up in Howard Stone's book, "Short Bike Rides in Rhode Island." It's a scenic, rolling ride, with plenty of apple orchards and farmland.

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**May 19, 2013****BikeWorks Swansea Ride**

16/26/50 miles

**Sunday** 10:00 AM *Map No.* 160 *Arrower:* Jim Berry*Route* Swansea, Dighton, Freetown*Directions* Start at parking lot in the Plaza behind BikeWorks cycle shop, 179 Swansea Mall Drive (Rt.118), Swansea, MA. Take Rt 195 East to Massachusetts exit #3 (Swansea Mall). Take Rt 6 East to Rt 118 North. BikeWorks is .4 mile on the right, just before the first set of lights. Turn right at the lights into shopping center parking, then go LEFT to the end of the parking lot; please park far away from stores.*Drive Time* 15 minutes from Providence*Description* A nice quiet ride, designed by BikeWorks and modified by NBW. The 16 mile ride is good for beginners, meandering through Swansea and Rehoboth. The 26 mile ride continues over to Dighton. The 50 mile ride crosses the Taunton River into Assonet, Lakeville and Berkley. Be sure to stop at the BikeWorks store after the ride for shopping and refreshments.

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**May 26, 2013**

**South County Fifty**

15/25/50 miles

**Sunday** 10:00 AM *Map No.* 45 *Arrower:* Peter Leviten

*Route* Kingston, Shannock, Charlestown

*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. Pass URI athletic entrance then turn right on W. Independence Way after low brick building, to parking lot at rear.

*Drive Time* 45 minutes from Providence

*Description* This scenic tour of South County affords views of Larkin and Worden's Ponds. The 25 mile ride passes the Trustom Wildlife Refuge and Royal Indian Burial Grounds.

CAUTION: 25 and 50 milers should use extra caution on the two U-turns on Rt. 1

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**May 27, 2013**

**\*Memorial Day Show'n Go**

**Monday** 10:00 AM *Map No.* 120 *Arrower:*

*Route*

*Directions*

*Drive Time*

*Description* Repeat Ray Young's Ride, map #120 (use arrows from May 12 ride)

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**June 2, 2013**

**Cumberland Fifty**

12/18/30/54 miles

**Sunday** 10:00 AM *Map No.* 1 *Arrower:*

*Route* Cumberland, Wrentham, Medway, N Attleboro

*Directions* Start at Cumberland Middle School, 45 Highland Ave, Cumberland. Directions: Coming north on Rt 1, take a left onto Rt 123 West. Go 1.9 miles, turn right at light onto Rt 114 North (High St) for .4 mile, then right onto Highland Ave. School is on the right. ALTERNATE route for those coming north on Rt. 295: Take Exit #11, Rt 114 South. Go about 2-1/2 miles, take left onto Highland Ave.

*Drive Time* 15 minutes from Providence

*Description* This ride is close to home, yet very scenic with some fine stretches of farmland. Short ride goes through Arnold Mills. The longer rides go by the Diamond Hill Reservoir, and the Big Apple orchard in Sheldonville. 50-miler heads north to Medway, returning thru Franklin and Wrentham.

CAUTION: Take care 1) on the descent from the Start location; and 2) for the 54 milers, the long descent past the Big Apple on Union St from Franklin to Sheldonville, which has a T-junction at the bottom with a Stop sign!

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**June 9, 2013**

**TriState Century**

25/55/60/70/100

**Sunday** 8:00 AM *Map No.* 95 *Arrower:*

*Route* Northwestern Rhode Island, Connecticut, Massachusetts

*Directions* The ride will start from in back of the Anna McCabe Elementary School, 100 Pleasant View Ave (Rt 116), Smithfield RI - on the track side. Please do not park all the way down the parking lot by the High School and Baseball Fields. Directions: Rt 295 N to Rt 44 W, turn Right on Rt. 5 and continue 1 mile North on Rt 5 (Cedar Swamp Rd), then sharp left onto Rt 116 (Pleasant View Av), then enter right at the 2nd entrance for the school complex.

*Drive Time* 20 minutes from Providence

*Description* This is a challenging and scenic century that affords spectacular views from several different ridge lines. 100 milers start at 8:00 am, all others start at 10:00.

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♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event

Narragansett Bay Wheelmen  
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Mailing label is valid membership card - includes membership number and expiration date - is your membership about to lapse?  
 Deadline for the next issue of The Spoke'n Word is May 5 2013

**Tentative Future Ride Schedule - subject to change - comments to Chip Kent, touring@nwclub.org**

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
Jun	Sun	2 1	Cumberland Fifty	Cumberland	12/18/30/54	
	Sun	9 95	TriState Century	Smithfield	25/55/60/70/100	
	Sun	16 65	Dartmouth Fifty+	N Dartmouth MA	15/34/55	St Amour/Courchaine
	Sun	23 131	The 'Bridge' Ride	Burrillville	15/30/50	
	Sun	30 62	Joe Medeiros Ride	New Bedford, MA	17/25/47/62	
Jul	Thu	4 65	*July 4 Holiday Show'n Go	No Dartmouth, M		
	Sun	7 76	Hill & Gully Rider	W Gloucester	25/35/50/70	
	Sun	14 156	Hope Valley "Extra" Ride	Richmond	18/29/42/58/70	
	Sun	21 111	Westport	Westport, MA	13/25/44/50	
	Sun	28 164	New Rhody Roundup	Slocum, RI	13/23/34/42	TENTATIVE DATE
Aug	Sun	4 122	Plymouth Century	Seekonk, MA	21/56/100	
	Sun	11 32	Providence Bicycle Ride	Providence	10/35/57	
	Sun	18 43	Western Hills Ride	URI, Kingston	22/30/41/62/83	
	Sun	25 52	Mattapoisett Ride	Mattapoisett, MA	15/30/50	
Sep	Sun	1 129	Diamond Hill One	Cumberland	13/32/50	
	Mon	2 52	*Labor Day Show'n Go	Mattapoisett, MA		
	Sun	8	**TFCE			TFCE crew
	Sun	15 81	Cranberry Metric	Raynham, MA	17/35/62	
	Sun	22 157	Two Towers Tour	N Kingstown	17/28/44/52	
	Sun	29 92	Taunton-Sharon Tour	Taunton, MA	15/30/50	Jim Berry
Oct	Sun	6 153	Wareham-Manomet Ride	Wareham MA	22/35/47	
	Sun	13 117	Purgatory Chasm	Uxbridge, MA	20/30/54	
	Mon	14 92	*Columbus Day Show'n Go			
	Sun	20 130	Cape Caper Ride	Bourne, MA	22/48/62	
	Sun	27 16	Caster's Halloween Ride	Warwick	15/25/32	