

The Spoke'n Word

Volume 43, Number 3

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

June/July 2013

nbwclub.org

“The Hell of the North”

**Maarten Broess
Roubaix Velodrome**

**See page 5 article about
NBW riders' adventures
at the Spring Classics**



Rhody Roundup

July 28

join us for our annual chicken barbecue—see page 3

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MOVING?

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

membership@nbwclub.org

or mail: **NBW Membership, PO Box 41177, Providence, RI 02940-1177**

The Spoke'n Word is the official publication of the Narragansett Bay Wheelmen and is published in January, April, June, August, and October each year. Contributions must be received by the 5th of the month before the month of issue and will become the property of the newsletter. Submissions may be edited as deemed appropriate by the editor, Monica Foulkes
email: editor@nbwclub.org

MEMBERS' PASSWORD

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

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

Cover: Maarten Broess at Paris-Roubaix,
April 2013
Photo supplied by M. Broess

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

The spring weather gods finally declared a truce on cyclists. Our first century of the year went off without a hitch. We had to cope with sunshine, flowers and pollen. The towns of Kingston, Duxbury, Marshfield, Scituate and Cohasset gave us some spectacular scenery. It was a good omen for our summer riding season, which is upon us.

People often ask how NBW makes up its ride schedule. Our rides coordinator (**Chip Kent**) tries to spread out geographically to the four quadrants (centered on Providence). He tries to vary the rides geographically, by difficulty, and by drive time. This way we can serve the diverse needs of club members. Four NBW rides from May 12 to June 2 visited three states and 31 towns, from Assonet, Berkley, Chepachet ,, , all the way to Wrentham! As a point of reference there are only 39 municipalities in all of Rhode Island. We have visited them all on a regular basis, except for one town. Can you guess which town we don't schedule rides on a regular basis?

The club has Sunday rides, 52 weeks a year. Additionally there are a few weekend trips organized by **Don Paiva**—a spring trip to the Maine House and a fall trip to the Vermont House. Those trips sometimes stray into New Hampshire. If we take the weekend trips and the Sunday rides we find that the NBW visits every New England state.

Coming up ...

Rhody Roundup: July 28 this year. Mark your calendar for our 3rd RR at Yawgoo Bakes and Barbecues in Slocum, RI. Relax and enjoy chicken barbecue after the rides. See **Liz Masterson's** full announcement and sign-up sheet in this issue. Here is a bit of Rhode Island trivia — what 2012 movie had scenes filmed at Yawgoo?

July Start Times: This July we are experimenting with earlier start times — **9 AM** (except for the Rhody Roundup). The idea is to see if we can beat the heat, traffic, and have one more hour free later for non-biking stuff.

Below: Our riding area, showing the 4 quadrants. For larger color map see our website—nbwclub.org/rides/maps/NBWarea.jpg



Social Tent: The Social Tent has returned from its winter hiatus and we're expecting to see it a few times this summer. Bring a chair and a cold drink to socialize under the tent after a ride. It's a great way to cool down and meet some of your fellow club members.

TFCE: TFCE Sold Out. Registration opened April 1 to NBW members and during the month we had almost 700 club members register. May 1 we opened up registration to the rest of the world for the remainder of the 2,000 slots. We sold out on May 2. Our TFCE registrar (**Jack Williamson**) did a superb job as always; in fact this seemed to be the smoothest year ever.

This year the club has scheduled four centuries: South Shore Century in May, Tri-State Century in June, Plymouth Century in August, and TFCE in September. The first three are unsupported and uncrowded, but just as rewarding as TFCE.

Arrowing Team: The Sunday rides would not be what they are without their announcers (**Rod Breault, Paula Raposo, and Jack Williamson**). We have people at the start getting the ride going properly and, more importantly, we have arrowers putting down the arrows in the days and weeks before the ride. It seems that our Arrow Coordinator (**Jim Berry**) is having to ask a little harder than usual this year for volunteers. We have some stalwart arrows like **Tony Rizzotti**, who more than carry their share of the load. Do we have any new volunteers willing to learn how to arrow? If so, contact Jim Berry (arrows@nbwclub.org) or me.



Safe riding,
Ted

NBW OFFICERS (Terms begin February 1)

President: Ted Shwartz, president@nbwclub.org
Vice President: Elizabeth Masterson, vicepres@nbwclub.org
Treasurer: Rick Schwartz, treasurer@nbwclub.org
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Mark St. Amour, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Todd Wise, Janice Velozo, Ray Foulkes
Membership Secretary: Ted Shwartz, membership@nbwclub.org, 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

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 or vests)

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

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

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Larry Shwartz, Ted Shwartz
Arrowers/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

THE ANNUAL RHODY ROUNDUP



Sunday, July 28th

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

~Rain or Shine~

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

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

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

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

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

Return this form by July 21st (check made payable to NBW) to:

Liz Masterson • 86 James St. East Providence RI 02914 • 401-438-8926 • lizmasterson@rocketmail.com

Name: _____

Mailing Address: _____

Tel: _____ Email: _____

meal tickets: Adult: _____ Children 12 and under: _____

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 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:
Electronic, via e-mail or Paper, via US Postal Service

Membership No. Amount enclosed:

Print Name(s):

Address: City: State: Zip:

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

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com



NBW goes to the Spring Classics!

During a cold stretch in late April on the cobbled roads of Belgium and Northern France, three adventure-seeking cyclists and NBW members joined together to take on the great Classic races of that area; **Tour of Flanders** and **Paris Roubaix**, citizen rides. They are also known as two of the hardest one-day classic races in the world.

Maarten Broess, Kurt Schnabel, and Tom Dickinson got a taste of what the pros partake.

Maarten and Kurt tell us the tale.



CS: *Describe the difference of riding the classic cobbles as compared to our roads in New England.*

Maarten (MB): The cobbles are old roads made of granite blocks. The cobbles in Belgium are even, smoother and well maintained. Most of the Belgian cobbles are public roads in small towns. The cobbles in the Tour of Flanders are mostly uphill. Short steep 14-20% climbs. The cobbles in Northern France are very uneven with big gaps and poorly maintained. They are primarily used for farm roads and not used as public roads. Riding the cobbles is violent. You cannot compare it to anything we ride here in Rhode Island. The best way to ride them is as fast as possible so you don't feel each single impact; you kind of

float over them. It is very hard on your body and stamina.



CS: *What was the highlight of the trip?*

Kurt (KS): The highlight of the trip for me was Belgium and the Tour of Flanders. It is the cycling capital of the world! The people there really love this sport and were outside cheering us on just like we were pros! Bikes were everywhere and it was great to see teenagers as well as seniors out on their bikes socially and for transportation. I also really enjoyed the company of my good friends when we were on and off the bikes.

CS: *What kind of equipment changes did you make to ride the classics?*

MB: I rode a cycle cross bike so I could use larger tires. For the Belgian cobbles I used 25 size clinchers and for Paris Roubaix I used 32 size tires. For wheels I used Mavic open pro 32 spokes.

CS: *How did you manage the long efforts in the saddle?*

MB: The longest ride was The Tour of Flanders—160 miles. This took us about 12 hours, total time. Riding time was 10 hours so we spent about 2 hours at the various rest stops. The most important aspect on these long rides is eating (on the ride). Also we had brought our own bikes.

KS: Towards the end of the Tour of Flanders I was running low on energy and heading towards bonking. At the last rest stop they had these small packets of honey. I ate three and washed them down with a sport drink. It actually revived me and got me through the final miles.

CS: *Did you have any problems?*

MB: None. No flats and no mechanicals. We were well

Continued.....

prepared. During the week we were in Belgium, the temperatures were around 30°F with high humidity; cold to the bone. It was the coldest spring in more than 50 years. We did not expect this, but fortunately we brought our full winter gear. The cold weather was the only issue we had. Happily it never rained. It did snow, (a little).



CS: How would you describe the experience to our cycling readership?

KS: This was the cycling adventure of a lifetime. If you are an avid cyclist and ever have the chance to experience Belgium, especially during the Tour of Flanders, you have to do it. Don't do it alone. Good friends can make it that better.

MB: I love any cycling vacation. You don't have to go to such extremes as we did to have fun. Cycling is a great way to enjoy a new country and culture. The cycling in Belgium was very nice. We also did a fair amount of cycling in Holland as we were close to the border. The cycling roads in Holland are superb. Just be prepared for the weather.

CS: If you had any advice to those thinking of a challenge or adventure, what would you suggest?

MB: If you dream about doing a cycling vacation ... go for it. We organized this trip ourselves. We rented a house for a week in Brugge, Belgium, and did all our biking excursions from this location. In my opinion, this

is the best way to do it. It is less expensive than an organized trip with a touring company and it is nice to return to a place where you are settled instead of living out of your suitcase from hotel to hotel.



KS: The idea of this trip came about after seeing a promotion from a leading cycling tour company. Tour companies offer a great experience but at a very steep price. You can save a lot of money by doing some research and making your own travel plans and entering the events yourself. You can then do exactly what you want. It is also a much better experience with a group of good friends with similar riding abilities. An organized tour group of strangers may not work out as well.



Thanks guys for a great story. These are tough guys everyone. I should know, I chase them often myself!

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/>

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

It seems that with the return of spring, there is a greater interest than usual from those not already enjoying the camaraderie, scenery and challenges of riding in our region. Discussions about bicycles and the economy dominated the National Bike Summit in Washington DC in March, whether for examining the impact of bicycle tourists on local economies, increased receipts for businesses near bike lanes and facilities, or the simple math of employment based on bicycle businesses.

The conversation came home to Providence in late March when EcoRI ran some pieces criticizing the city's bike plan project for not being audacious or visionary.

Then in April, RINPR hosted a Policy and Pinot discussion at the Providence Aetheneum on how bicycling is a part of the vision for Providence's future. Well-attended by local cyclists and policy makers, the panel fielded questions about what makes the city great for bicycling, what are the challenges for riding and how the city government and developers see potential to capitalize on a movement away from auto-centered development back to walkable, bikeable neighborhoods. As a member of the panel that was recorded that evening, it's easy to be upbeat about the compactness of the city, but there are challenges in connecting neighborhoods across highways and traffic-heavy major streets that dissuade new riders from venturing out from their homes.

The general mood from the panel, of which I was a part, was that Providence is well-placed in its compactness, and has an opportunity with the road repaving bonds to make small changes in the short term to help identify routes for moving around easily. The city is on board, because of the health, happiness and community benefits that accrue, and developers are keen to capitalize on trends in car ownership and livability. The recording of the evening is an hour long and can be heard online at <http://ripr.org/post/policy-and-pinot-bicycles-rhode-island>.

By the time you read this, we'll have seen the first ever BikeFest RI, the International Ride of Silence, and Bike To Work Day events in Newport and Providence. The summer season will be well underway, new bike route markings will be going onto the streets in Newport and Providence, hopefully with the effect of encouraging more people to ride.

Bike Path News

Improvements are in the works on some of the trails with the re-opening of the Woonasquatucket Bikeway between Riverside and Johnston, with the conclusion of

the storm intercept tunnel along the river that had closed a section of that path for over a year. Also underway, and expected to be completed very quickly, is the addition of a new off-road segment on the same path in Olneyville, including a new bridge over the river just above the dam and fish ladder, removing the need to ride on Valley street, instead riding through a park and along the river.

It seems that with the return of spring, there is greater interest than usual from those not already enjoying the camaraderie, scenery and challenges of riding in our state.

While the George Redman Linear Park will be under construction for another year, the Blackstone Valley Tourism Council, with the assistance of an NBW grant, has installed detour signs to guide riders from the north end of the East Bay Path, along the river in East Providence to the Henderson bridge to connect with Providence streets and the Blackstone Bikeway via Blackstone Boulevard bike lane.



WELCOME

New Members

Paul & Gaelen Adam, So Dartmouth, MA
Steven J. Ahern, Wakefield, RI
Elkin Angel, Central Falls, RI
Robert E. Antonitis Jr., Pawtucket, RI
Ted & Diane Argentieri, Needham, MA
William B. Aurebach, Westport, MA
P. Davis Ayeres & Jennifer Cahill, So Easton, MA
Bankard (Ted) Baer, Bristol, RI
Jeffrey S. Baker, Narragansett, RI
Timothy L. Butler, Waban, MA
Susan E. Bernstein, Providence, RI
Christopher Bisanti, Foxboro, MA
Chad Blackmore, Somerset, MA
Thomas Boreiko & Allison Coolidge, Lexington, MA
Sherri Boulet, Douglas, MA
Jim Byrne & Patti Hamburg, Mission Viejo, CA
Jill A. Calderone, Tiverton, RI
Peter & Gaelen Canning, Westport, MA
Larry D. Carpenter, So Attleboro, MA
Jennifer P. Catanzaro, Cranston, RI
Janice A. Clark, E. Greenwich, RI
Natalie Darnohraj, Providence, RI
Wendy Davis & Kellie Graham, Rehoboth, MA
William R. Dempsey, Foxboro, MA
Amy M. Dow, Providence, RI
Eric G. Dow, Barrington, RI
Anita & Leon Droby, Uxbridge, MA
Robert J. Espindola, Fairhaven, MA
Dino D. Fiscaletti, Hope Valley, RI
Robert M. Fox, Taunton, MA
Douglas N. Fritts, Kingston, MA
Julie B. Frost, Rochester, NY
Mark & Shira Fuller, Newport, RI
Elizabeth Gabel, Pittsford, NY
Thomas & Jean Galib, Portsmouth, RI
Ryan Gardiner, Providence, RI
Jonathon E. Geiger, Plainville, MA
Joseph R. Gelineau, E. Greenwich, RI
Eric J. Giasson, Somerset, MA
Douglas J. Gregoire, Rehoboth, MA
John P. Hanlon, Westerly, RI
Gary & Paula Hasson, So Attleboro, MA
Lawrence E. Hicks, Bristol, RI
Henry Johnson, Providence, RI
Oliver Julyan & Kaitlan Ohara, Providence, RI
Robert J. Kenney, Braintree, MA
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James & Debra Lachance, Wood River Junction, RI
Mark A. Leahy, Hanover, MA
Leslie A. Leblanc, West Hartford, CT
Frank E. Litwin, Newton, MA
Robert Loebelenz, Dover, MA
Thomas & Scott McColl & Gail Glen, East Lyme, CT

Sharon H. Maguire & Alan Winsor, West Warwick, RI
Fran, Scott, Erin & James Manchuso, Wrentham, MA
Paul J. Mandeville Jr., Woonsocket, RI
Karin A. Manfredi, Bridgewater, MA
Frank P. Marcotti Jr., Stoughton, MA
Iain Massie, Wrentham, MA
Patty & Tracy Matthews, Glastonbury, CT
Joseph L. Medeiros, Fall River, MA
Victoria & Mehdi Moutahir, Providence, RI
Vincent J. Murray, Wallingford, CT
Bert E. Neales, Swansea, MA
Scott Nickerson, Fairhaven, MA
Erika Niedowski, Providence, RI
Gregory J. Niles, Stonington, CT
John & Elaine Oliver, Pascoag, RI
Jose Parece, Pawtucket, RI
Eric & Patty Pauls, Westport, MA
Marc C. Pfeiffer, Tiverton, RI
Arnold D. Phillips, Sharon, MA
Stephen G. Plays, Uxbridge, MA
Andrew R. Podojil, Waterford, CT
Kelly L. Prevett, Providence, RI
Robert, Nicole & Sofia Quindazzi, E. Greenwich, RI
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Deborah G. Roher, New Bedford, MA
David M. Rooney, Kingston, RI
Dale H. Ruth, West Hartford, CT
Sean M. Scahill, So Attleboro, MA
Brian D. Scott, Johnston, RI
Mike Sechio, North Providence, RI
Phyllis A. Seeba, Middletown, RI
Ashley T. Sherman, Pawtucket, RI
Allen L. Simmons, Bristol, CT
John B. Smith, Newport, RI
Andrew D. Stone, Bristol, RI
Gordon G. Stroupe, Cumberland, RI
Raymond J. Tellier, Warwick, RI
Jocelyn Thibeault & Laurie Torf, Milford, MA
Kathy E. Tipirneni, Saundertown, RI
Michelle & Geoffrey Tremont, Rehoboth, MA
Brian & Maureen Trimby, Oakham, MA
Antoinette Tourony, Warwick, RI
Cheryl Vincent, Simsbury, CT
Ann-Marie & Wallace Whitney, Norfolk, MA
Steven R. Zitta, So Attleboro, MA



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



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.

The Athlete's Kitchen

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

Sodium, Muscle Cramps and Sweat Losses: Tips for Sweaty Athletes

We've all heard the stories about marathoners and soldiers who have died due to consuming too much water. Clearly, overhydration can be as dangerous to your health as underhydration. So what does a sweaty athlete need to know about staying adequately hydrated without stomach sloshing? Dr. Timothy Noakes' book *Waterlogged: The Serious Problem of Overhydration in Endurance Sports* is an interesting yet controversial resource that addresses that question.

According to Dr. Noakes, the sports drink industry has effectively marketed a positive image (successful athletes) despite having an overhyped product (salted sugar-water). Noakes believes the sports drink industry has brainwashed athletes to overhydrate—and this has created life-threatening problems. For example, between 1983 and 1998, more than 700 cases of exercise-induced hyponatremia (overhydration that leads to low blood sodium, brain swelling, coma, and even death) were documented in the Gatorade-sponsored Ironman Hawaii Triathlon. The participants had been encouraged to drink copiously. Did that advice backfire? For the Comrades Marathon, participants were told to drink according to thirst. Race organizers placed aid stations every 5 km (3 miles) and cases of hyponatremia dropped.

The information in *Waterlogged* challenges the theory *drink before you get thirsty*. Noakes believes elite athletes who become champions can tolerate significant sweat loss without intolerable thirst. He contends the associated weight lost via sweating enhances performance. Others question if those athletes could run better if better hydrated!

Below are a few droplets of less-controversial hydration information to help you quench your thirst, perform well, and stay out of the medical tent when you are doing extended exercise in hot weather.

- Our bodies can deal with transient underhydration that lasts from 4 to 8 hours. In contrast, chronic dehydration leads to health issues—such as happens when elderly people are trapped in hot apartments during a heat-wave.
- Most athletes feel thirsty at about 2% dehydration. At that point, they'll start looking for water. Ultrarunners can maintain performance at 3% dehydration. (To determine

your percent dehydration, weigh yourself naked before and after your workout. A one-pound drop equates to a loss of 16-ounces of sweat; 2% dehydration equates to a 3 pound sweat loss for a 150-lb. person.)



- Thirst is a powerful fluid regulator. Noakes disapproves of the advice to drink before you are thirsty because that can create problems with overhydration. Yet, others contend drinking on a schedule can help endurance athletes maintain proper hydration, as long as they do not aggressively overhydrate but rather replace fluids according to their sweat losses (as learned during training via pre-post exercise weigh-ins).
- Exercise-induced hyponatremia (low blood sodium) occurs when athletes drink excessively during prolonged exercise. It can also occur when even dehydrated endurance athletes lose significant amounts of sodium in sweat. Data from 669 ultramarathoners indicates 15% experienced low blood sodium. Of those, 24% were overhydrated, 36% were dehydrated, and the rest were in fluid balance (but not sodium balance) (1).
- The amount of sodium lost in sweat varies from person to person. Some people are salty sweaters. Athletes accustomed to exercising in the heat retain more sodium than unacclimatized athletes. (Compare the saltiness of your sweat on first hot day of spring vs. in the fall.)
- Athletes lose relatively more water than sodium, so under standard conditions, the blood sodium level can actually increase during exercise (unless you overhydrate). But with abnormally high sodium losses, such as during an ultramarathon, blood sodium can be low even in a dehydrated athlete. Hence, sodium replacement can be a wise idea.
- The amount of sodium in a sports drink is small—and unable to counter the dilution of body fluids that occurs with over-drinking. The 220 mg of sodium in 16 ounces of Gatorade is far less than ~1000 mg sodium in 16 ounces of sweat loss.
- Noakes says evidence is lacking to prove that athletes who cramp have low serum sodium or are more dehydrated than non-crampers. He suggests muscle cramps are related to fatigue, not sodium deficiency. If sodium deficiency was the problem, wouldn't the entire body cramp, not just one muscle?
- Exercise-induced muscle cramps occur in muscles that perform repetitive contractions. Athletes who get cramps tend to be those who do high intensity exercise, as well as

Continued ...

those who have a history of cramping. Note: Many exercise scientists believe there are two types of muscle cramps: some related to fatigue, others related to sodium imbalance. The science of cramping lacks a clear consensus!

- Stopping exercise to stretch resolves muscles cramping. (Stretching also resolves nocturnal cramps.)
- A 2.5 oz. mouthful of (salty) pickle juice has been shown to alleviate muscle cramping within 90 seconds of drinking the pickle juice. This rapid benefit is unlikely due to changes in blood sodium levels—too quick! Noakes speculates drinking the (acidic) pickle juice triggers a reflex in the throat that lessens or stops the cramps.
- An athlete who collapses after the finish line is most likely experiencing blood pressure changes—not severe dehydration. When exercise stops, the heart stops pumping enough blood to the brain; the athlete collapses. Noakes advises to quickly raise the athlete's feet and pelvis above the level of their heart. This aids the return of blood to the heart and rapidly corrects the situation—without any IV fluids.

So what's a sweaty endurance athlete supposed to do during prolonged exercise? Learn your sweat rate and drink accordingly. If fluid in your stomach starts "sloshing", stop drinking! The body can absorb about 600 to 1,000 ml/hour (women/ men). Adding carbohydrates and sodium to the water enhances fluid absorption as well as palatability and performance. Consuming "real" foods (salty pretzels, pickles, chicken broth, ham-cheese-mustard wrap) during ultraendurance events can do a fine job of providing needed electrolytes. Just don't get too aggressive with water or sodium intake—and have fun!



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 sportsnutritionworkshop.com.



SpokesWomen Rides

From: Bonnie Reibman, breibman@gmail.com

To kick off their third season, twenty-five SpokesWomen met at the Trinity Brewhouse on March 26 to plan the schedule for 2013. As in previous years, rides will be held two Saturdays a month, will start at 9am and will be 25-35 miles in length. Recently-arrived NBW Sunday rides will be used as the routes and directions to the starting point can be found on the NBW website. Currently, we have 140 cyclists on our email list and usually get 20 to 30 women at every ride. We ask that you come with a road bike and some prior road cycling experience. Our commitment, though, is that we will not drop anyone who joins one of our rides.

Proposed SpokesWomen 2013 Season Schedule

Apr 13	Lakeville (25)
Apr 27	Fish Road (34)
May 4	Diamond Hill 2 (30)
May 18	Ray Young (33)
June 8	Cumberland 50 (30)
June 22	Dartmouth 50+ (34) (Paula Raposo will be happy to take anyone on the rest of the 50)
July 13	Hill and Gully W. Gloucester (35)
July 27	Westport (25 or 44)
Aug 10	Plymouth Century (starts in Seekonk)
Aug 24	Western Hills (how about 41...since it's late in the season) (or wimp out with 30)
Sept 7	Mattapoisett ride (30)
Sept 21	Cranberry Metric - Raynham (35)
Oct 5	Two Towers N. Kingstown (28) or (44)
Oct 19	Purgatory Chasm (30)



Mid-week ad-hoc rides that come together via the NBW email list

Every spring NBW members begin using our Yahoo group email list to get the word out to like-minded companions to ride during the week in various areas. This year David Kerber sent a particularly informative email to get his South County group going again that we reprint here as a good model for how to shape up informal groups.

Mind you, our Yahoo email group is also used for getting the word out about late-breaking information on NBW rides, swapping bike tech how-to's, bike routes in other areas, gathering volunteers to arrow rides, and lots more. It's the club's fastest way to communicate with members. To get started go to

groups.yahoo.com/group/nbwclub/

Here's Dave's email to get his group organized

Apr 27 2013

From: David Kerber

....

After basically taking last year off, it's time for Tuesday SoCo to ride again! The things that kept me away from it last year have mostly been resolved, and now I need to make up for a year of probably less than 100 mi total.

For those of you who aren't familiar with it, here's how it works:

This is a social ride, not a training ride. We don't do structured intervals, hammer in the big ring, etc, unless we just happen feel like it that night. We do talk, joke, tease each other, etc, so that we can enjoy the company while getting some exercise. We DO try to use proper group riding etiquette: we try to single up the line when there are cars trying to pass; and we stop at stoplights and stop signs. If the group starts to break up due to people riding different speeds, we will generally stop and wait for them, except maybe toward the very end of the ride when in the home stretch on the way back to the starting point. We do rotate who is "pulling" at the front of the line, so everybody can get some exercise, or some rest, as they prefer.

We meet 6:00 on every Tuesday that the weather is decent (we don't ride in the rain), from spring until the Tuesday after the TFCE. The starting point is usually the Park & Ride at the intersection of Rts 138 and 1A (Boston Neck Rd), which is near the west end of the Jamestown bridge; we have been known to change it, but not very often. We leave promptly at 6:00 PM, so unless you call or e-mail somebody and ask us to wait, if you aren't there at 6:00, we'll be gone. We do different routes depending on what we feel like at the time. Typically this early in the year, we only do ~15 miles, gradually lengthening as the amount of daylight we have, and our conditioning improves. We have done as much as 40 miles, but only once that I can recall.

On cooler nights, we tend to stay away from the water, and on hot ones we'll ride along the water.

The pace varies enormously depending on what the group feels like that night. We've been as low as 11 mph, and as high as 17+, if I remember correctly.

Since we're riding near sunset, please bring lights if you have them, both front and rear. They're not required, but having at least a few in the line makes the whole group safer. Always bring your helmet; that's a group rule. We generally try to stay together during the ride, but sometimes will break up into a couple of groups, and often get rather strung out during the last couple of miles near the end.

If you have any questions, post back to the group, and I'll try to answer them.

Hope to see you all there!

Dave



From your webmaster ...

nbwclub.org

GPS Files — Thanks to our hard-working President, Ted Shwartz, we now have GPS files posted on our website for over 40 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 or 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 or editor@nbwclub.org

Members' password information to access the members' section of our website:

Username: member13 Password: 2flaTs

The current password is always printed on the inside front cover of this newsletter—make a note of it.

From the Touring Committee

Chip Kent, touring@nbwclub.org



Despite a very cool and strange spring, we still had a large turnout at most of our Sunday rides. Even the morning of the South Shore Century on May 5 was cold but there was still a large turnout. At some rides the parking lot was filled to capacity and overflowed to the

street or other parking areas. The Connecticut Coastal and Fish Road rides come to mind.

It is exciting to see the parking lots fill up, but it also means we may have to change the start location for some of our rides. This is nothing new, but a rather ongoing process of adapting to the increasing volume of riders. Sometimes changes are made to the routes to avoid heavy or dangerous intersections, and other times changes may be temporary to avoid construction.

I'm sure that this summer we will continue to get large turnouts at our weekly rides which, as I said, is exciting. Can you imagine if all these riders show up with great expectations and the ride isn't arrowed? I've only witnessed that happen once and we had a parking lot full of grumpy cyclists, most of whom had never arrowed. We are still looking for arrowers for some of the sum-

mer and fall rides. If you are interested in arrowing a ride or would like to help someone arrow please contact Jim Berry at arrows@nbwclub.org

NOTE: JULY RIDES START AT * 9 AM * (ex Rhody Roundup July 28)

Until next time, keep the rubber side down.
Chip

Thanks to our most recent ARROWERS:

Apr 7	CT Coastal	John Rohland
Apr 14	Fish Road	Mark St Amour
Apr 21	Killingly Tour	Tony Rizzotti
Apr 28	Diamond Hill Two	Rod Breault
May 5	South Shore Century	Jim Berry & crew
May 12	Ray Young's Ride	Ed Holden
May 19	Bike Works Swansea	Jim Berry
May 26	South County 50	Peter Leviten

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.

Local Events Calendar

Updated calendar posted at nbwclub.org

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

Jun 8, 2013: Westport River Watershed Ride. Start: Buzzard's Bay Brewery, Westport. 45 mile ride circumnavigating the Westport River Watershed through the northern forest lands of the bioserve to the coastal beauty of both branches of the Westport River. WRWA members \$40 (day of \$50); nonmembers \$50 (day of \$60).

Jun 9, 2013: King's Tour of the Quabbin. Seven Hills Wheelmen. 62, 100 or 125 miles on challenging route around the Quabbin Reservoir, a pristine jewel in the heart of Massachusetts. Start Naquag Elementary School, Rutland, MA

Jun 15, 2013: 35th Annual AMC Boston Chapter Bicycle Rally. Start: Friendly Crossways Hostel. 15/27/50/67 mile routes on beautiful rolling terrain. \$30 for rides, showers, happy hour, dinner and eventing presentation, or \$15 for rides and happy hour only. Speaker: Denis Beaudry, who has completed a self-supported tour from Madrid, Spain, through Europe, Asia and China, returning to Massachusetts.

Jun 23, 2013: 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, barbeque. Registration \$50.

Jul 13, 2013: Summer Breeze Century Ride for Autism. Southern Connecticut Cycle Club and the Madison Jaycees. 22/50/62/100 mile routes. Start: Polson Middle School, Madison CT.

Aug 24, 2013 - White Mountain Gran Fondo. Timed loops through the 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.

Sep 28, 2013: Cystic Fibrosis Cycle for Life Rhode Island Ride. 25/62 miles. Start: Sakonnet Vineyards, Little Compton, RI. Registration 7:30 AM. Ride starts 8:00 AM. Breakfast, lunch, beer garden, wine tasting, live music. To benefit Cystic Fibrosis Foundation.

Fri Oct 4, 2013: New England Bike-Walk Summit. Providence Biltmore. Speakers incl Andy Clarke (President, League of American Bicyclists), Keith Laughlin (President, Rails-to-Trails Conservancy).

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.
NOTE: JULY RIDES WILL START AT *9 AM* (APART FROM THE RHODY ROUNDUP).

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

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)

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!

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.

June 16, 2013

Dartmouth Fifty+

15/34/55 miles

Sunday 10:00 AM *Map No.* 65 *Arrower:* St Amour/Courchaine

Route North Dartmouth, Assonet, Westport

Directions Start at the Sears parking lot, 100 North Dartmouth Mall, Faunce Corner Road, North Dartmouth, MA. Take I-195 East to Exit 12 (Faunce Corner Rd, N Dartmouth). Bear right onto Faunce Corner Road. Turn right into the plaza at the third light (.8 mi). Park on the Right of the lot, as far away from the stores as possible.

Drive Time 50 minutes from Providence

Description This ride travels to Profile Rock and back over relatively flat terrain, exploring the rural areas between Fall River and New Bedford - a region of forest and farmland.
Formerly known as "Profile Rock Ride".

June 23, 2013

Tom & Pat's Half Century

19/28/50 miles

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

Route Coventry, Foster, Sterling

Directions Start at the Coventry Plaza, 1046 Tiogue Ave (Rt. 3), Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 6 (not 6A) and bear right onto Rt. 3N for about 2 miles. Coventry Plaza is on the left just after Burger King.

Drive Time 35 minutes from Providence

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

June 30, 2013

♥ Joe Medeiros Ride

17/25/47/62 miles

Sunday 10:00 AM *Map No.* 62 *Arrower:*

Route North Dartmouth, Freetown, New Bedford

Directions Start at the commuter parking lot off Rt. 140 - 1062 Mt Pleasant St, New Bedford, MA. From Providence, take I-195 E to Rt. 140 N, to Exit 4 (King's Hwy). Bear R off the exit and turn right at the next T intersection. The lot is 1/4 mi ahead on the right. From the north, take Rt. 140 S to Exit 4 (Mt. Pleasant St.). Turn right at the end of the ramp; the parking lot is on your right.

Drive Time 30 minutes from Providence

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

July 4, 2013

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

Thursday 9:00 AM *Map No.* 65 *Arrower:*

Route

Directions

Drive Time

Description Repeat Dartmouth 50+ Ride (map #65). Follow arrows from June 16.

July 7, 2013

Hill & Gully Rider

25/35/50/70 miles

Sunday 9:00 AM *Map No.* 76 *Arrower:*

Route Glocester, Pomfret, CT, Thompson, CT, Charlton, MA

Directions Start at W. Glocester Elementary School, 111 Reynolds Rd (Rt. 94), Chepachet, RI. Take Route 44 west. About 5 miles past Chepachet, turn left on Rt. 94 (there's a lake on the right). The school is a mile up the road on your right.

Drive Time 40 minutes from Providence

Description This ride features spectacularly scenic and challenging riding through magnificent rolling countryside, including two high, open ridges with unsurpassed views and long descents.

July 14, 2013

Hope Valley "Extra" Ride

18/29/42/58/70

Sunday 9:00 AM *Map No.* 156 *Arrover:*

Route Hope Valley-Charlestown-Richmond

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

Drive Time 40 minutes from Providence

Description This popular ride was created by Tina Williams to include many of our favorite roads in this area. The basic ride is a scenic 18 mile loop, with the possibility of taking 3 extra loops. Choose 1, 2 or all 3 loops. Loop #3's return along Rt. 3 is one of RI's best downhills. If you're looking for a challenge, take the "Hero" loop with an extra 11 mile hilly section up and over Mt. Tom, to get your mileage to 70.

July 21, 2013

♥ Westport

13/25/44/50 miles

Sunday 9:00 AM *Map No.* 111 *Arrover:*

Route Westport, Dartmouth

Directions ALERT ... NEW START
Start at WESTPORT MIDDLE SCHOOL, 400 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 10). Head south on Rt 88 for about 4 miles to Old County Road (traffic light intersection). Turn LEFT on Old County Rd. Middle School is on your left, about 1/4 mile, as you begin to go down the hill. Park rear left of the school.

Drive Time 30 minutes from Providence

Description This ride is considered to be one of the club's best, rolling down the Westport waterway to scenic Horseneck Beach. Easy riding past rural farms. 50 mile extension by Gil Peel.

July 28, 2013

New Rhody Roundup

13/23/34/42 miles

Sunday 10:00 AM *Map No.* 164 *Arrover:* TENTATIVE DATE

Route Slocum-Charlestown-Narragansett-Wickford

Directions NEW RHODY ROUNDUP LOCATION:
YAWGOO BAKES, 555 SLOCUM RD, SLOCUM, RI
Take Rt 95 South to Rt 4 South (a left hand exit). Stay on Rt 4 until the second traffic signal
Turn right on West Allenton Rd. Continue onto Indian Corner Rd. 4/10 mile turn left at stop sign on Indian Corner Rd.
Continue onto Slocum Rd. Stay on this road until you reach Yawgoo Bakes
Total mileage from Route 4 is 3½ miles.

Drive Time 30 minutes

Description We will be based again in southwestern RI at Yawgoo Bakes & Barbecues in Slocum (it's just north of URI) for our Rhody Roundup barbecue. Rides start at 10 AM. **The food will be served at 1:30 PM** Choose your route accordingly, so you'll be back in time.

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

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

August 4, 2013

♥ Plymouth Century

21/56/100 miles

Sunday 8:00 AM *Map No.* 122 *Arrover:*

Route Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton

Directions Start at the Seekonk Towne Centre (Ann & Hope plaza), 140 Taunton Ave (Rt 114A), Seekonk, MA - across from Tasca Lincoln/Mercury at the intersection of Rts. 114A and 44 in Seekonk. Coming from Providence on I-195E, take the first exit after the Washington Bridge and follow Route 44 to Route 114A. (It's the first light after you cross into Seekonk.) The shopping center is on the left. Please park around the periphery of the parking lot first, then fill in towards the stores. DO NOT park in the bank lot or the Post Office lot. If we park around the periphery then fill in just 3 rows toward the stores there is near 120 parking spaces. Let's not aggravate the store owners.

Drive Time 10 minutes from Providence

Description We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor and the Mayflower (if they have time!). The ride back takes us through the rolling hills of Miles Standish Park. The short loops of this ride are good rides for beginners.

100 mile riders start at 8:00 am, all other riders at 10:00 am

August 11, 2013

Providence Bicycle Ride

10/35/57 miles

Sunday 10:00 AM *Map No.* 32 *Arrover:*

Route Providence-Smithfield-Glocester-N Scituate-Greenville

Directions Start at Providence Bicycle, 725 Branch Ave, Providence RI. From I-95 South: Take Exit 24 (Branch Ave). Turn right onto Branch Ave. Providence Bicycle is 1 mile down Branch Ave. From I-95 North: Take 146 North to Branch Ave exit, turn left onto Branch Ave. Providence Bicycle is on the right, in a red brick converted mill, directly across the street from Dunkin Donuts. Don't park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot. Overflow parking in the shopping center on the other side of Branch Ave, next to Rt 146 exits.

Drive Time 10 minutes from Providence

Description Sponsored by Providence Bicycle, this challenging ride soon leaves the city behind, heading north west. The 57 mile loop goes through Lincoln and North Scituate, crossing the Scituate Reservoir before returning through Greenville. 10 milers turn off in Lincoln to return through North Providence. 35 milers turn south in Smithfield. One of our favorite riding areas, with a new look!

Providence Bicycle invite riders to stop by the shop after the ride for drinks and nibbles, and to check out their latest gear.

♥ Beginners will love these rides!

* Holiday Show'n Go

** Special Event

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

Presorted Standard
US Postage
PAID
Providence, RI
Permit No. 527

Mailing label is valid membership card - includes membership number and expiration date - is your membership about to lapse?
 Deadline for the next issue of The Spoke'n Word is July 5 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
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	Mattapoissett Ride	Mattapoissett, MA	15/30/50	
Sep	Sun	1 129	Diamond Hill One	Cumberland	13/32/50	
	Mon	2 52	*Labor Day Show'n Go	Mattapoissett, 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
	Sun	6 153	Wareham-Manomet Ride	Wareham MA	22/35/47	
Oct	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	
	Sun	3 97	For Pete's Sake Ride	Smithfield	20/27/52	
Nov	Sun	10 131	The 'Bridge' Ride	Burrillville	15/30/50	
	Sun	17 102	Swansea Dighton	Swansea, MA	15/30/50	
	Sun	24 10	TriState Tour Burrillville	Burrillville	22/32/37	
	Sun	1 33	Hope Valley Southern Ride	Richmond	15/32/40	
Dec	Sun	8 22	Cranston Holiday Ride Winter	Cranston	9/18/28	TENTATIVE DATE
	Sun	15 155	Larry & Ted's Dartmouth Ride	Dartmouth, MA	12/17/31	
	Sun	22 84	Scituate Reservoir Ride South	N Scituate	10/23/37	
	Sun	29 138	East Providence Tour	East Providence	15/26	