

The Spoke'n Word

Volume 43, Number 4

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

August/September 2013

nbwclub.org



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SUPER CYCLE SHOPS

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

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and
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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: Diamond Hill Two Ride, April 18, 2013—Bladimir Rodriguez and (?) return in spring sunshine by the reservoir.
Photo: M. Foulkes

Want your photo in the Spoke'n Word?

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

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

Email me your *original* JPG file.

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

See our website for membership application and brochure:
nbwclub.org

President's Message



What are you doing?

I am just going for a ride. That's what we tell our husbands, our wives, our sons, our daughters, our mothers, our fathers, maybe even the cat or the dog. Is there anything so simple, so pleasurable as just going for a ride in the summer? All it takes is one rider, and one bicycle.

Everything we do as a club starts with just going for a ride. In the words of Dr Seuss's Lorax "We bigger it".

We make it more complicated. We might add a drive to the ride. We certainly add friends, and arrows, and maybe more miles. Perhaps we add snacks, or a picnic, or a social tent. The amazing fact is that it works, and works well, almost every time.

Once in a while we have a little *oops*. Not an *oops* like a team bus getting stuck under the finish banner at the Tour de France first stage. Our last *oops* was an arrow *oops* on a Sunday ride, and there was more than enough said about that. What was not said, was we lost a good volunteer, a club lifer, over what was said on the Yahoo email list. Every time we have an *oops* followed by flaming emails we seem to lose a club volunteer and that is a shame.

The NBW needs more volunteers like the one we lost over an *oops*. **Jim Berry** did a great job for many, many years.

Many of you do not know Jim because he did not attend Sunday rides, but he was an integral part of making sure your rides were arrowed. When you see Jim next, thank him, he deserves it.

Jim Berry resigned as Arrows/Paint Coordinator. **Chip Kent** who was Rides Coordinator, has volunteered to take over as Arrows/Paint Coordinator. Chip is stepping down from Rides Coordinator, and **Bob Paiva**, **Raul Silvia** and **Don Chiavaroli** have stepped up to become the new Touring Board. Chip, Bob, Raul and Don will do a fine job. Please give them your support. Don Chiavaroli asked that we find a new police liaison to take his place in that role. Would anyone like to volunteer for this?

Speaking of volunteers, we will have over 100 volunteers participating in the TFCE. We can always use more, either the day of, or PB&J afternoon (watch us make 3000+ sandwiches in under 2 hours). If you would like to volunteer then please contact me at president@nbwclub.org

Our new Arrows/Paint Coordinator, Chip Kent, is also looking for volunteers. Our arrowing team needs a few new people to step up and become arrowers. If you have arrowed in the past and would like to resume, then please contact me. If you have never arrowed I will arrow with you.

TFCE is coming up in September. Our social tents have been going strong, so let's just go for a ride ...

Safe riding,
Ted

REMINDER: Ride start times return to 10 AM (except for centuries)

NBW Officers etc.

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

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Larry Shwartz, Ted Shwartz
Arrows/Paint coordinator: Chip Kent, 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: Mike Emma, 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

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:

Tel: E-mail:

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

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.

NBW Special Events Committee announces
The Vermont House Fall Foliage Getaway Weekend



Thursday September 26–Monday September 30, 2013

Accommodations:

- Located in the village of Proctorsville, a five minute drive from Ludlow and Okemo Mountain
- Accommodates up to 38 people
- 6 spacious dorm style bedrooms
- 7 independent bathrooms
- Fully equipped kitchen facilities
- Informal dining and living areas complete with wet bar
- Franklin stove
- Color cable television and stereo system
- Workshop space for bicycle repairs
- Secure storage facilities for sports equipment

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

Location: Proctorsville, Vermont – approximately 4-hour drive from Providence

Cost: \$150 per person (includes 4 nights stay, 4 breakfasts & 3 dinners)

\$50.00 deposit required

Make check payable to: Narragansett Bay Wheelmen (NBW)

Mail check to: Donald Paiva, 81 Harris Street, Riverside, RI 02915

For more information contact Don Paiva at donpaiva53@cox.net, or 401-433-3463

The Athlete's Kitchen

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

2013 Sports Nutrition Update from ACSM

The American College of Sports Medicine (www.ACSM.org) is the world's largest organization of sports medicine and exercise science professionals. At ACSM's annual meeting in Indianapolis (May, 2013), over 6,000 exercise scientists, sports dietitians, physicians, and health professionals gathered to share their research. Here are a few nutrition highlights.

- For fuel during endurance exercise, the recommended intake is 30 grams carbohydrate per hour during 1 to 2 hours of exercise; 60-90 g carb/h for exercise lasting more than 2.5 hours. Yet, some athletes have intestinal issues and prefer to abstain from food and fluids before and during exercise. If you train on "empty," you should know that just rinsing your mouth with a sports drink can reduce the perception of fatigue and improve performance by 3%. The next time your stomach can't handle anything and you are about to hit the wall, try swishing and spitting?

- Strength and power athletes who do high intensity exercise (i.e., gymnastics, weight lifting, ice hockey) rely on carbohydrates for fuel. These strength/power athletes commonly eat plenty of protein but they often fail to consume adequate carbohydrates. They may look towards supplements to enhance their energy when more oatmeal, sweet potato, or brown rice could do the job.

Some popular sports supplements among strength/power athletes include creatine (for weight lifting and other repetitive high intensity exercise that lasts for less than 30 seconds) and beta-alanine and sodium bicarbonate (buffers that reduce fatigue associated with lactic acid build-up during 1 to 6 minutes of sprint-type exercise, including track and crew). Sodium bicarbonate is best tolerated when taken in capsule-form, not as baking soda.

Strength/power athletes who train intensely should be sure to drink enough water. Being dehydrated by 3% reduces muscle power and strength in the upper body by 7% and in the lower body by 19%. Don't underestimate the power of proper hydration!

- Could eating beets/drinking beet juice before daily training help athletes train harder and thereby compete better? Perhaps. Nitrate-rich beets, concentrate beetroot juice "shots", and other nitrate-rich foods (spinach, rhubarb, arugula) get converted into nitric oxide, which helps reduce the amount of oxygen needed during constant-work-rate exercise. Hence, for the same oxygen uptake, athletes who consume beet juice "shots" might

be able to exercise harder. For example, a runner might improve by 5 seconds a mile.

Some athletes respond better to dietary nitrates than others. Perhaps the "strong responders" routinely eat very few fruits and veggies, hence have a low nitric oxide baseline. Consuming nitrates might contribute to a more dramatic response? Note: bacteria in the mouth help convert dietary nitrate into nitric oxide. Skip the mouthwash!

- Bacteria and other microbes might be very influential regarding good health. The human body contains 10 times more microbial cells than human cells. About 2 to 6 pounds of these microbes live in the intestines, where they help digest food, synthesize vitamins, and enhance the immune system. This gut ecosystem changes according to diet, use of antibiotics, heat stroke, and other factors (some known, some unknown). For example, the gut bacteria of obese children can differ from that of lean kids, just as the gut bacteria of gastric bypass clients can change after surgery. (Maybe this is one reason why bypass patients lose weight faster than predicted?)

Microbes might also play a role in Alzheimer's disease, hyperactivity in kids, and heart disease, so take good care of your gut! This means enjoying fiber-rich fruits, vegetables, and whole grains (microbes like to eat fiber) as well as cultured foods (yogurt, kefir) and fermented foods (miso, Kimchi, tempeh, blue cheese). Probiotic supplements might also be helpful.

For female athletes with PMS, taking probiotics for the seven days before the start of the menstrual period might reduce PMS symptoms, as well as the risk of diarrhea (a common problem at the time of the menstrual period).

- Regular exercise 4 to 5 days a week helps maintain a "youthful" heart. Yet, the performance of even master athletes declines with age. Champion runners might lose about 0.5% of their VO_2 -max per year even if they train vigorously. Fit older men (ages 50-70) tend to lose about 1.5% per year.

- Among untrained women ages 60 to 74, exercising 2 days a week was more beneficial than 3 days a week. When women exercised 3 days a week, they became tired and did fewer other activities. Don't push your relatives too hard!

- Mortality increases during heat waves. The 2003 European heat wave contributed to 14,000 more deaths than usual, with more than 90% of those deaths in people older than 65 years. The deadliest impact is seen in people over 74 years. Most of the deaths are due to

Continued ...

cardiovascular problems; the heart has to pump double the normal amount of blood to get it to the extremities where it can dissipate body heat. If global warming means we will be dealing with very hot weather, we certainly want to stay fit as we age.

- Every 34 seconds, someone in the US has a heart attack. Eighty percent of first heart attacks can be predicted by 5 risk factors: smoking, high triglycerides, high blood pressure, diabetes, and obesity. Both endurance and resistance exercise help protect the heart. Just 3 to 5 days of training can offer health-protective benefits that last for 9 to 18 days. Encourage your unfit friends and relatives to get moving.

- Are athletes at high risk for developing osteoarthritis? No clear evidence indicates exercise is associated with arthritis. Clear risk factors include age, sex (more women than men get arthritis), genetics, obesity (three times higher risk), and osteoporosis. Strength training seems to be protective.

- Sleep deprivation is associated with obesity. In the past 20 years, Americans have been sleeping less. This drop in sleep mirrors a rise in obesity. Sleep is restorative; the body needs sleep to maintain normal circadian rhythms. Good night.



Nancy Clark, MS, RD, CSSD (Board Certified Specialist in Sports Dietetics) counsels both fitness exercisers and competitive athletes in her private practice in the Boston area (617-795-1875). Her *Sports Nutrition Guidebook*, *Food Guide for Marathoners* and *Cyclist's Food Guide* all offer helpful information. The books are available via www.nancyclarkrd.com. See also www.sportsnutritionworkshop.com.

WELCOME New Members

Robert Adair, Foxboro, MA
John Allegrini, Douglas, MA
Michael S. Blazar, Providence, RI
Michael Bobroff, Providence, RI
Ellen S. Borden, Narragansett, RI
James & Matthew Card, Cumberland, RI
Patricia A. Craddock, Johnston, RI
Dana M. Delbonis, Exeter, RI
Sheri Eisenstadt, Warwick, RI
James Fogerty, Middletown, RI
Bari George, Newport, RI
Robert Geruso, Forestdale, RI
Brian J. Gibbons, Mansfield, MA
Edward G. Goff, Providence, RI
Robert A. Hicks, Exeter, RI
Jonathon D. Horton, Barrington, RI
Alfred T. Jeffries III, Providence, RI
Ann M. Johnson, Bristol, RI
William F. Landry Jr, Raynham, MA
Douglas Maiko, Pawtucket, RI
Michael Marino, Providence, RI
Chris Martin, Sterling, MA
Robert Norigian, Cranston, RI
Laurie Palombo, Cranston, RI
William R. Peterson, Middletown, RI
Jeffrey A. Sine, Rehoboth, MA
Gerald Venditti, North Providence, RI
Donna V. Wright, Stafford Springs, CT

Bike Path Updates

The Woonasquatucket River bike path has reopened after the completion of the Narragansett Bay Commission water quality improvements. Now you don't need to detour to Manton Avenue and can ride right into Johnston.

RIDOT and DEM are adding two new segments to the path that are expected to be completed in September—an off-road connector along the river through Donigian Park and connecting to Delaine Street, and a new loop on the south-west side of Route 6, extending north from Merino Park along the river, crossing over Rt 6 on Glenbridge Avenue.

September 21, Fourth Annual Woony River Ride. Start Waterplace Park, Providence. 5/10/27/50 mile rides from Providence on the bike path and then the back roads

of RI to North Smithfield. Fundraiser for the restoration of the Woonasquatucket River. Details will be available at www.wrwc.org

(Above information comes from the Woonasquatucket River Watershed Council, and RI Bicycle Coalition.)

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Sakonnet River Bridge

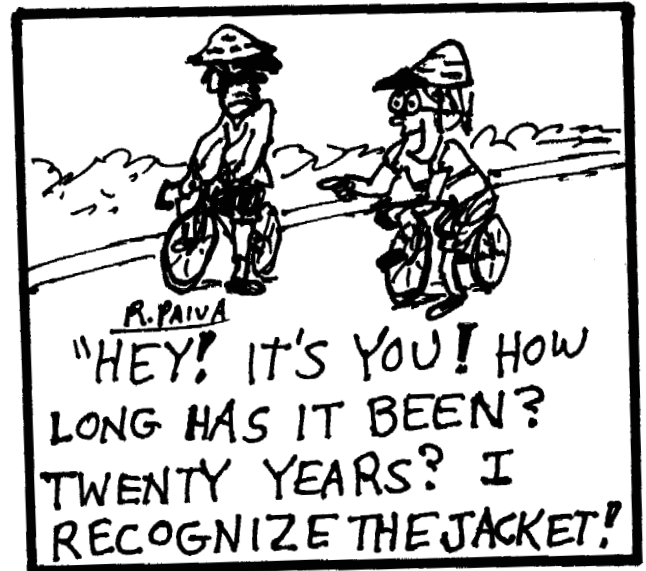
Unofficial reports from adventurous riders lead us to believe that it looks likely that the 2-way bike path on the new bridge over the Sakonnet River from Tiverton to Aquidneck Island will soon be officially opened! Great news for our members who have been waiting patiently.



TFCE Tips

If you've registered for our TFCE (The Flattest Century in the East) September 8, here are some reminders:

- The ride goes "rain or shine".
- Check-in opens at 6:30 AM and closes at 8:30 AM.
- Directions to the start were in your confirmation e-mail and are also available at active.com
- Links to the online TFCE map and GPS files will be emailed to you no later than one week before the date. Maps will also be available at check-in.
- Port-a-Jons will be available at the start and at the checkpoints.
- East Providence Cycle will provide bicycle repair service at the start and at the checkpoints.
- Food on the ride: the 3 checkpoints at Hixville, Tiverton, and Adamsville will provide Gatorade, fruit, PB&J sandwiches, and PowerBars.
- The start can be cool but century riders head through wooded backroads initially and will soon warm up.
- This is a ride and not a race.
- SAG wagons are available for first aid and irreparable breakdowns.
- Obey all traffic laws—we provide police details at all necessary/busy junctions—please obey their directions.
- When passing other riders (there will be 2,000 of you out on the route), alert them ("on your left" will do) to avoid crashes.
- T-shirts and magnets will be given out at the end of the ride. Food will be available for purchase after the ride.
- Riders should return by 6 PM.
- TFCE Contact: tfce@nbwclub.org



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 most-frequently-scheduled 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 always 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.



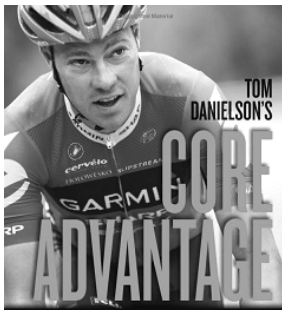
The fastest tandem riders in the club—Wolfgang and Rebecca set off on the Dartmouth 50+ ride, June 16.

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

As many of us know, one bad link in the body's chain, be it strength, energy, or core strength, can lead to a difficult riding experience. As you put on the miles you will eventually find your weakness, whether it be energy reserves, tired legs or a sore back, if not now then as you get older. A treasure of a book that I recently bought provides information on what the "core" truly is, and is written just for us cyclists.

Pro cyclist Tom Danielson's *Core Advantage* not only educates you on how the connected middle of your body is so important for stability and power on the bike, but also provides three levels of workouts, including warm ups, that need no special equipment whatsoever.



Co-written by Tom Danielson's physical therapist, Allison Westfahl, the book provides insight and a wealth of knowledge to take a fresh look at what is needed to avoid lower back and structural issues while riding. Topics include common injuries, postural issues and other problems that come with the highly repetitive action of pedaling.

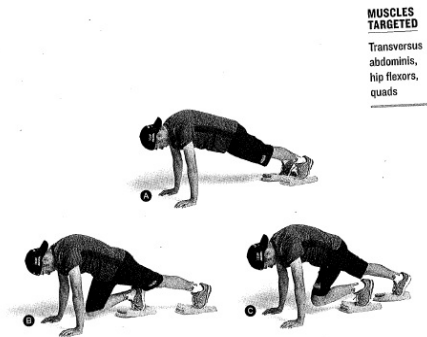
Workouts provided in the book help build stability and bike handling core strength based on the positions one finds oneself on a bicycle. Allison developed key movements that address TVA (Transversus Abdominis) and other important areas. The TVA stabilizes the lumbar and pelvis during movement on the bike. It literally is the link from lower to upper body in movement and can be very weak, as cycling and normal day to day activities do not challenge or strengthen this system.

Here is an excerpt from Tom Danielson on glute activation:

"Glute activation is not really on cycling's radar, because we generally think of the prime movers as hamstrings, quads, and calves. After all, those are the muscles that develop as you train. But the glutes have been a critical component in my ability to use both legs equally. Strong glutes have also helped me avoid future chronic back pain."

Muscle imbalances are typically caused with sports that overuse certain muscles while the counter-movement muscles stay relaxed. These muscles are designed to be

used together. What I found interesting with this book is that the typical weak muscles that a cyclist has get activated, along with torso strengthening movements, all using body weight and movement. "One of the most common imbalances seen in the core musculature is the over-development of the Rectus Abdominis, which in turn causes the TVA, psoas, and low back to become weak and inactive. Stop doing crunches!"



When muscles are imbalanced, some muscles literally do not fire or turn on. Ideally, opposing muscles work to share the load as the legs move, providing a balance of movement that allows the body to work as a unit. Over-use causes burned-out muscles that recruit stability muscles like the IT band to work in a way that it really is not designed for, causing a shortening and tension, followed by sore, tight IT bands, for example.

Core Advantage provides both lots of exercises and three levels of workouts as you get stronger. All movements require body weight only and will work your support muscles and also turn on those weak muscles. The book also gets into issues like how the lower back can be compromised by cycling and poor posture support, as well as how the upper and lower body depend on the muscles of the core, in this case the core includes the hip girdle, side body and front and rear planes as well.

Nothing can ruin your ride as a lower back that acts up. I can attest to this from personal experience. Not only does the dull pain take from the fun of cycling, it also takes from your power to turn the pedals and you can go from a F1 to a smart car fairly quickly when all you want to do is finish the ride.

I recommend this book for the chronic cases, acute cases, as well as those who want to avoid the problems to begin with. Enjoy!

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

From the Touring Committee

Chip Kent, touring@nbwclub.org



The timing of our first 9 AM start in July couldn't have been better. It was the Hill and Gully ride and those who rode won't soon forget how hot and humid it was. Thank you to Jan and Theresa Harbutiak for setting up the social tent and providing us with food and cold drinks.

We are continuing to get large turnouts at our Sunday rides. With the effort that goes into the arrowing of

these rides it is rewarding for the arrowers to see a lot of riders enjoying the rides. Our arrowers have been doing a fantastic job of keeping these rides going but we can't take this for granted. Over the years many of our rides have gotten longer and we have added more century rides, which also attract more riders but this also increases the work load of the arrowers. Our arrowers seem to be the same core group that we've had for years.

After almost six years of most excellent service to the club, Jim Berry has decided not to continue as our Arrowers/Paint Coordinator. He has done a profound job of recruiting and connecting with arrowers and making arrangements to get the paint to them. He has also managed to chart which color paint and how many cans are typically used for each ride. In addition to this he has been one of our stalwart arrowers. From all of us at NBW, thank you Jim!

For the time being, and to help with the transition, I will fill in as Arrowers/Paint Coordinator so if you are interested in arrowing an upcoming ride please contact me. Meanwhile, you will find me at most of the rides so be warned, you might find me cruisin' the parking lot looking for new arrowers.

See you at the rides,
Chip

Thanks to our most recent ARROWERS:

Jun 2	Cumberland 50	Steve Rodkey
Jun 9	Tri State Century	Tony Rizzotti, Chip Kent, Bladimir Rodriquez
Jun 16	Dartmouth 50	Tony Rizzotti
Jun 23	Tom & Pat's 50	Kate Imbrie, Phil Paige
Jun 30	Joe Medeiros Ride	Mark St Amour, Abbey Courchaine
Jul 7	Hill & Gully Rider	Dave Carroll, Chip Kent
Jul 14	Hope Valley "Extra"	Tony Rizzotti
Jul 21	Westport	Carleen McOsker, Janice Veloza
Jul 28	New Rhody Roundup	Monica & Ray Foulkes

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.

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.

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. See whitemountaingranfondo.com

Sep 7, 2013—8th Annual Kelly Brush Century. Middlebury VT. 25/50/100 miles through the Champlain Valley. To support the Kelly Brush Foundation's mission to help athletes with spinal cord injuries. BBQ. Registration: www.kellybrushfoundation.org

Sep 21, 2013—4th Annual Woony River Ride. 5/10/27/50 miles from downtown Providence to North Smithfield. To

benefit the restoration and preservation of the Woonasquatucket River. See www.wrwc.org

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. See www.cff.org

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). See newenglandbikewalksummit.org

Oct 5, 2013—Fifth Annual Miles for Megan. Tiverton RI. 12/25/62 mile rides. BBQ and raffles after. To benefit Megan L. Cordeiro Memorial Foundation. See www.milesformegan2013.kintera.org

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.

August 4, 2013 ♥ **Plymouth Century** 21/56/100 miles

Sunday 8:00 AM *Map No.* 122 *Arrower:* Rizzotti & crew

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 *Arrower:* Rodriguez/Horton

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.

August 18, 2013 **Western Hills Ride** 22/30/41/62/83

Sunday 10:00 AM *Map No.* 43 *Arrower:* Rizzotti/Paiva/Emma

Route South County, East Greenwich, Foster, Scituate, Hope

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

Drive Time 45 minutes from Providence

Description This ride is a challenging tour of southwestern RI starting from URI. The tour includes many villages, including Slocum, Exeter, West Greenwich, Green, Foster Center, Clayville, a spin by the Scituate Reservoir, Hope and Coventry Center. There are few food stops along the route, so carry plenty of water.

August 25, 2013

♥ Mattapoisett Ride

15/30/50 miles

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

Route Mattapoisett, Rochester

Directions Start at the Commuters' Parking Lot, North St, Mattapoisett, MA - off I-195 at the Mattapoisett exit (Exit 19A in MA). Turn right off the exit, and the parking lot is about 1/8 mile on the right. **IMPORTANT:** We fill this lot early, and have problems with the local police unless we park respectfully. If commuter lot is full, use Industrial Rd just a few yards back towards the I-195 exit (turn left out of commuter lot, go back towards I-195 and it's on your right). Do NOT park on street or sidewalks and do NOT NOT park in the coffee shop across the street from the commuter lot (you know this is a NO NO to park in the little coffee shop lot, so don't do it, please).

Drive Time 40 minutes

Description This easy ride travels past Mattapoisett Harbor, numerous cranberry bogs and cedar-shingle cottages, and through plenty of woods. Also, this ride seems to follow Canada Geese routes for those who look up from their handlebars.

September 1, 2013

Diamond Hill One

13/32/50 miles

Sunday 10:00 AM *Map No.* 129 *Arrower:* Rod Breault

Route Cumberland, Wrentham, Franklin, Norfolk, Medfield, MA

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 This ride travels north from Diamond Hill. The terrain is rolling-to-hilly as we pass by old farms in Wrentham on our way to Franklin. The long ride features a section of Medfield that is noteworthy for its beautiful houses. There is also an ice cream store across from the park (open in season).

September 2, 2013

***Labor Day Show'n Go**

Monday 10:00 AM *Map No.* 52 *Arrower:*

Route

Directions

Drive Time

Description Repeat Mattapoisett ride (map #52). Follow arrows from Aug 25.

September 8, 2013

****TFCE**

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

Route

Directions

Drive Time

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

September 15, 2013 **Cranberry 55** 14/28/56 miles

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

Route Lakeville, Assawompsett, Middleboro, Bridgewater

Directions NEW START:
Start at Walmart, 36 Paramount Drive, off Route 44, Raynham, MA, just east of Rt 24. Take Rt 44 from Providence and Walmart is on the right. Park in the southwest corner of the lot, near the StoneForge Grill, but away from the stores. The ride begins by heading east along the south side of the parking lot, keeping WalMart on your left. Go to the end of the driveway, turn right, then left at the end onto Paramount Drive.

Drive Time 25 minutes from Providence

Description Enjoy this spectacular and relatively flat ride originated by Judy Northrup and updated this year by Howard Stone. Scenic country roads, ponds, and cranberry bogs abound throughout the ride. Long ride goes by Mattapoissett and Marion harbors.

September 22, 2013 **Oneco Pond Ride** 17/31/41 miles

Sunday 10:00 AM *Map No.* 3 *Arrower:*

Route Escoheag, Sterling, Oneco, West Greenwich

Directions NEW START: Sterling Memorial Library (formerly School), 1183 Plainfield Pike (Rt 14A), Sterling, CT.
From Providence: Take Rt.6 West to Rt.295 South. Take Exit 4 Rt.14/Plainfield Pike and go West on Rt.14 for 19 miles (you'll cross the Scituate Reservoir - Rt.102 joins and leaves Rt.14 - stay on Rt.14). At the CT line bear Left at the fork on Rt.14A for 1 mile (don't miss this turn). Library/School is on the Left.

Drive Time

Description This is basically the old Beach Pond Ride, with a new start because RI closed off Beach Pond. Scenic, rural rides around the SW RI border and into CT. Expect some hills. Rt. 49 runs along Ekonk Hill, a high open ridge with superb views. Bob Paiva has extended this ride into the Plainfield CT area, with a short extension to Gibson Hill Road to include a food stop.

September 29, 2013 **Taunton-Sharon Tour** 15/30/50 miles

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

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

Directions Start at BJ's Shopping Center, 2085 Bay Rd, Taunton MA. Just off Rt. 495, Exit 9. At 2nd light, turn left into lot. Please park away from the building.

Drive Time 40 minutes from Providence

Description This is a flat, easy ride along Massapoag and Winneconnet Ponds with some nice stretches of the remaining farmland in Easton and Norton. Formerly called the Sharon Tour.

October 6, 2013 **Wareham-Manomet Ride** 22/35/47 miles

Sunday 10:00 AM *Map No.* 153 *Arrower:* Garrett Labonte

Route Wareham, Onset, Cape Cod Canal, Cedarville, Manomet

Directions Start at Town Hall/High School complex, 54 Marion Rd (Rt 6), Wareham, MA. Directions: Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.

Drive Time 50 minutes from Providence

Description This flat-to-rolling ride offers many coastal and fresh water views, from the Wareham narrows to the beautiful harbor village of Onset, along the canal, and in Miles Standish State Forest. The long ride treats the rider to some of the less-explored roads along Cape Cod Bay, up to the bluffs of Manomet. Caution: Early miles are on the Cape Cod Canal bike path - so no pace lines and watch out for walkers!

October 13, 2013

Purgatory Chasm

20/30/54 miles

Sunday 10:00 AM Map No. 117 Arrows:

Route Uxbridge, Whitinsville, Sutton, Douglas

Directions: Start at the School Superintendent's Office, 62 Capron St, Uxbridge, MA 01569 (the former high school). Take Rt. 146 North to Uxbridge/Chocolog Rd (Rt. 146A) exit. Bear right off ramp, then left onto 146A North for 1.5 miles. Turn left onto Rt 122 North for 1 mile to Rt 16 traffic light. Turn right onto Rt 16 for 0.2 miles. Bear left onto Capron St. The school building is at the end of the street.

Drive Time: 40 minutes from Providence.

Description: The ride rolls through the northern part of RI and into Massachusetts. Expect some hills. Bring a lock with you if you want to walk in the Chasm. Spring water can be found at the picnic grounds. Pete Petrocelli extended this ride.

October 14, 2013

***Columbus Day Show'n Go**

Monday 10:00 AM Map No. 92

Follow arrows from the Taunton-Sharon Ride, map #92

♥ Beginners will love these rides.

* Holiday Show'n Go

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Deadline for the next issue of The Spoke'n Word is Sep 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
Oct	Sun	6 153	Wareham-Manomet Ride	Wareham MA	22/35/47	Garrett Labonte
	Sun	13 117	Purgatory Chasm	Uxbridge, MA	20/30/54	L.Tabora/C. Kent
	Mon	14 92	*Columbus Day Show'n Go			
	Sun	20 130	Cape Caper Ride	Bourne, MA	22/48/62	Ted Shwartz
	Sun	27 16	Caster's Halloween Ride	Warwick	15/25/32	C. Chappell/J. Gibbs
Nov	Sun	3 97	For Pete's Sake Ride	Smithfield	20/27/52	
	Sun	10 131	The 'Bridge' Ride	Burrillville	15/30/50	
	Sun	17 102	Swansea Dighton	Swansea, MA	15/30/50	St Amour/Courchaine
	Sun	24 10	TriState Tour Burrillville	Burrillville	22/32/37	
Dec	Sun	1 33	Hope Valley Southern Ride	Richmond	15/32/40	
	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	St Amour/Courchaine
	Sun	22 84	Scituate Reservoir Ride South	N Scituate	10/23/37	
	Sun	29 138	East Providence Tour	East Providence	15/26	