

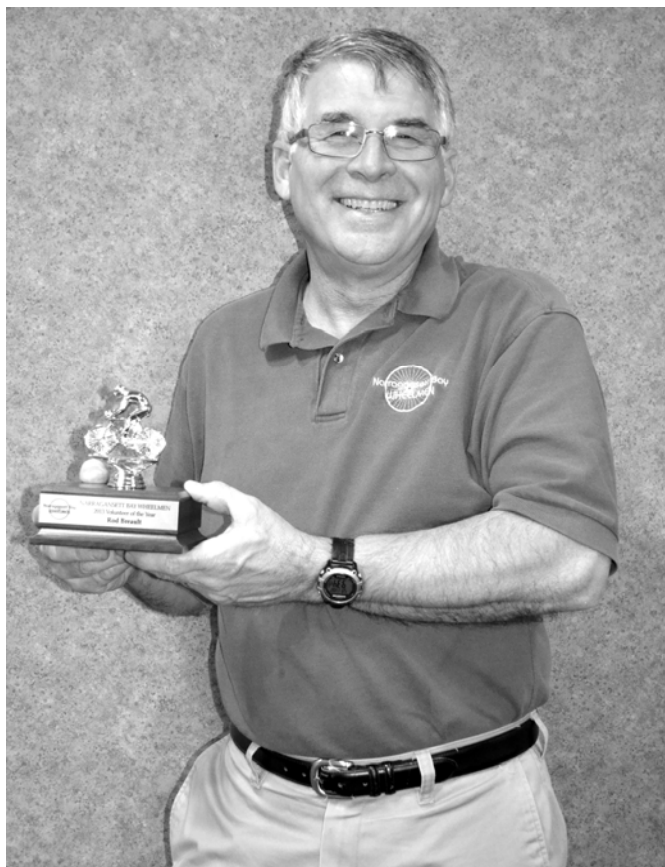
# The Spoke'n Word

Volume 44, Number 1

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

January/February/March 2014

nbwclub.org



## *NBW Annual Meeting and Volunteers' Banquet November 2, 2013*

*Left: Rod Breault  
2013 Volunteer of the Year*

*Below: Volunteers awarded blue shirts  
From left: John Darcy, Mike Emma, Jan  
Harbutiak, Kate Imbrie, Janice Velozo,  
Mark St. Amour*



President's Message ... 1  
New Members .. 3  
2014 Mileage Log ... 7  
Advocacy ... 9

Maine House Weekend ... 10  
Memorial Weekend ... 11  
TFCE Volunteers ... 12  
Cycling Sessions ... 13

Athlete's Kitchen ... 14  
Touring ... 16  
Ride Schedule ... 17

## SUPER CYCLE SHOPS

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

### BIKEWORKS

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

### BLACKSTONE BICYCLES

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

### BRUMBLE BIKES

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

### NBX NARRAGANSETT BIKES

3480 Post Rd  
Warwick, RI 02889  
401-739-0393  
www.nxbikes.com

### EAST PROVIDENCE CYCLE

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

### GREENWAY CYCLES INC.

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

### LEGEND BICYCLE

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

### NARRAGANSETT BIKES INC.

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

### NEWPORT BICYCLE

89 Dr Marcus Wheatland Blvd  
Newport, RI 02840  
401-846-0773  
www.newportbicycleri.com

### PEDAL POWER BICYCLE SHOP

879 West Main Rd  
Middletown, RI 02842  
401-846-7525  
www.pedalpowerri.com

### PROVIDENCE BICYCLE INC.

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

and

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

### SCOTTEE'S WESTPORT BICYCLE

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

Dan Ibbitson

### SHELDONVILLE BICYCLE REPAIR

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

### SIROIS BICYCLE SHOP

893 Landry Ave  
No Attleboro, MA 02760  
508-695-6303

### W. E. STEDMAN CO.

196 Main St  
Wakefield, RI 02880  
401-789-8664  
westedman.com

### TEN SPEED SPOKES

18 Elm St  
Newport, RI 02840  
401-847-5609

### TRAVIS CYCLE INC.

1 Oak St  
Taunton, MA 02780  
508-822-0396

### UNION CYCLE

77 Pleasant St  
Attleboro, MA 02703  
508-226-4726

### VICTORY CYCLES

155 Black Plain Rd  
Exeter, RI 02822  
401-539-7540

### WeeBIKE.com

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

### YESTER'YEAR CYCLERY

330 Hathaway Rd  
New Bedford, MA 02746  
508-993-2525

### YOUR BIKE SHOP

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

and

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



## MOVING?

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

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

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

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

## MEMBERS' PASSWORD HAS CHANGED

NBW website: [nbwclub.org](http://nbwclub.org)  
Members' page access (case-sensitive):  
User name: rider14  
Password: 99Arrows

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

Cover: 2013 Annual Meeting  
Photos: T. Shwartz

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

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

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

Email me your *original* JPG file.

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

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

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# President's Message

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## 2013 Year in review

2013 was another good year for the NBW. Our major activity, the weekly Sunday rides, continued in good form. We are in our second year of the revitalized social tents, thanks to Don Paiva and many others. Membership is good, and so are our finances. Most importantly we had a relatively safe year on the roads with all of our cycling activities, including TFCE. This is the first time I can say that I am more

aware of club members having surgery for normal wear and tear, then riding accidents.

There were a few hiccups throughout the year. There always are, but we moved through them. There were more changes of key positions in 2013 than in recent years. Our long time Arrowing Coordinator **Jim Berry** stepped down to be replaced by **Chip Kent**. The Touring Board had changeover too. **Gil Peel** and **Tina Hopkins** stepped down, and **Don Chiavaroli**, **Bob Paiva** and **Raul Silvia** stepped up. It's nice to see new bodies being key participants in the club.

## 2013 Arrowers

Our Sunday rides are the club's main events. Getting these rides arrowed, and arrowed well, differentiates us from many other clubs. Our arrowing coordinators are always looking for new arrowers, and lapsed arrowers, to lessen the load on our pool of arrowers. If you have any interest in becoming an arrower, then please contact **Chip Kent** at [arrows@nbwclub.org](mailto:arrows@nbwclub.org). We have a particular need for arrowers in the Mystic, Pawcatuck, Stonington, Putnam, Dayville and Thompson areas (just think Connecticut). Connecticut club riders, please step up!

Speaking of arrowing and arrowers, **Tony Rizzotti** was again the top club arrower of the year. This was the second year in a row for Tony. Rounding out the top 10 arrowers were: **Jim Berry**, **Ed Holden**, **Don Paiva**, **Bladimir Rodriguez**, **Mike Miller**, **Mark St Amour**, **Chip Kent**, **Ted Schwartz** and **Abbey Courchaine**. Paul Martens tracks the arrowers for the club.

## Election of Officers

At this year's banquet we had our club officer election. **Mark St Amour**, our secretary for the last two years, stepped down, and we welcomed **Kate Imbrie** as our secretary. **Ted Schwartz** was reelected as President, **Liz Masterson** as Vice President, and **Rick Schwartz** as Treasurer.

## Volunteers' Banquet

Don Paiva handed out the 2013 Blue Shirt awards to club volunteers who go above and beyond. This year's winners were **Jan Harbutiak**, **Kate Imbrie**, **Mike Emma**, **Janice Velozo**, **John Darcy**, **Paula Raposo** and **Mark St Amour**.

Don is our club record keeper. At the Annual Meeting he read a couple of poignant letters from old issues of *The Spoke'nWord*. These letters point out that as much as the club changes, and the members change, the continuity and proud traditions of the club keep on.

No annual meeting would be complete without our Volunteer of the Year award. Our annual meeting is part club business and election, and part thank you to the club volunteers who make the club possible. Our volunteer of the year is at almost every Sunday ride, making sure the ride starts right. He is also the leader of the Thursday night "blinkie" ride. This year's volunteer of the year is **Rod Breault**; Rod will also become a member of the Board. [Ed—See page 2 for our new Board listing.]

Last year we instituted changes at the annual club meeting that were successful. We tried in July an earlier ride start of 9 AM. This year we voted to expand the 9 AM starts to both July and August. Another change in 2013 was the weekly club email. This has been a success, and will be continued.

The 2013 Annual Meeting was organized by **Margaret** and **Mike Vigorito**. This was their second time putting the meeting on, and it was done excellently.

At the end of 2013 the NBW Board has appropriated \$30,000 for the purposes of supporting bicycling and bicycling advocacy on a national, state, regional and neighborhood basis. These funds were generated from the TFCE surplus. See **Matt Moritz'** report on page X for a list of donations.

## 2014

We start 2014 with our annual New Year's Day ride, leaving from **Billy Gajda** and **Janice Velozo's** house. Please come and start your cycling year with us.

Lastly, this year I am looking forward to the completion of the Washington St Bridge, reopening bicycling between Providence and East Providence. Once this bridge has a firm reopening date, I will start the work to do the second NBW Four Bridges ride, where we ride around Narragansett Bay. This ride was last done October 1, 2000. It's time we did this ride again.

Safe riding,  
Ted

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## NBW Officers etc.

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### NBW OFFICERS (Terms begin February 1)

*President:* Ted Shwartz, president@nbwclub.org  
*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  
(incoming Secretary: Kate Imbrie)

### 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:* Don Chiavaroli, touring@nbwclub.org  
*Advocacy Chair/LAB representative:* Matt Moritz, advocacy@nbwclub.org  
*Volunteer of the Year 2011:* Bonnie Riebman  
*Volunteer of the Year 2012:* Jack Williamson  
*Volunteer of the Year 2013:* Rod Breault

### 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:* Bob Paiva, Raul Silvia, Don Chiavaroli  
*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

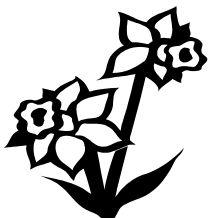


Annual Meeting—Award from Eric Weiss,  
East Coast Greenways Alliance  
Photo: T. Shwartz

Looking forward to seeing you at ....



**January 1, 2014—New Year's Day Ride.** Little Compton. Potluck after at Carleen's in Westport. See Ride Schedule for details.



**March 23, 2014—Spring Opener!** East Providence Cycle hosts their annual Bike Show and also our "ride to get your legs moving for the riding season". See Ride Schedule and EP Cycle's ads for details.



**From your webmaster ...**

**nbwclub.org**

**Members' password has changed**

To access the members' section of our website you need:

**Username: rider14**  
**Password: 99Arrows**

The old password will also work until December, but please make a note of the new one to avoid frustration next April.

Remember: the current password information is always printed on the inside front cover of this newsletter.

# WELCOME New Members

Virginia H. Adams, Seekonk, MA  
 Donald J. Boyle, East Greenwich, RI  
 Raymond Brodeur, Swansea, MA  
 David G. Cameron, Barrington, RI  
 Dorothy A. Campbell, Pawtucket, RI  
 Joseph Colantuono, West Warwick, RI  
 George L. Coleman, Providence, RI  
 David R. Costa, West Warwick, RI  
 David J. Dausco, Coventry, RI  
 Cornelius De Groot, Exeter, RI  
 Andrew Dickerman, East Providence, RI  
 Joseph J. Freitas, Jr., North Smithfield, RI  
 Jonathan L. Foster, Fairhaven, MA  
 Sam & Kathy Goldblatt, Newport, RI  
 James E. Goss, South Attleboro, MA  
 Jonathan A. Green, Providence, RI  
 William Hannigan & Paula Shannon, Taunton, MA  
 Paul M. Hughes, Bloomfield, CT  
 David Lafleur, West Warwick, RI  
 Daniel P. Landreville, Middleboro, MA  
 John A. Licciardello, Barrington, RI  
 John T. Montgomery, Little Compton, RI  
 Christiane Oudet, Norton, MA  
 George Panciera, North Stonington, CT  
 Janet A. Peters, Woonsocket, RI  
 Frank Petrulli III, Rochester, MA  
 Dwight S. Porter, Wrentham, MA  
 Randy J. Pullen, Warren, RI  
 Edward H. Raff, Providence, RI  
 Mary Anne Sedney, Westport, MA  
 Doug St. Jean, Foster, RI  
 John & Cheryl Taylor, Middleboro, MA  
 Michael Tetrault & Deborah Thomas, Barrington, RI  
 Margaret Underwood, Warwick, RI  
 Tammy King Walsh, Ashaway, RI  
 Sandra E. Warner, Newport, RI

## NBW CYCLING JERSEY

RED

Short sleeve

Specify men's or women's cut when ordering

Men's sizes: M, L, XL, XXL

Women's sizes: M, L, XL, XXL

**\$55, incl tax.**

Add \$3 postage (for 1 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 postage (for 1 or 2 shirts or vests)

## NBW CYCLING SOCKS

Sizes: S, M, L, XL

**\$6** per pair.

Add \$1.50 postage (for one or two pairs)



## NBW CAP

Lightweight summer cap, baseball style with visor.

One size.

White or Blue (specify color)

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



Make check payable to "NBW" and mail with order to:  
 NBW/Mike Emma, 33 Clifton Rd,  
 Bristol, RI 02809

Please include your email address in case Mike has a question concerning your order.

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

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



**NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM**

NOTE: This is a release form with legal consequences. Read it carefully and mail the entire page with appropriate signatures and your check, made payable to Narragansett Bay Wheelmen (NBW), to the address below.

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

IN CONSIDERATION of being permitted to participate in any way in Narragansett Bay Wheelmen Inc. sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Narragansett Bay Wheelmen, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered to be one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

Participant's Signature (only if age 18 or over): \_\_\_\_\_ I HAVE READ THIS RELEASE \_\_\_\_\_ Date: \_\_\_\_\_

Family Member's Signature (only if age 18 or over): \_\_\_\_\_ I HAVE READ THIS RELEASE \_\_\_\_\_ Date: \_\_\_\_\_

MINOR RELEASE

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS, AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST WHICH ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

Parent/guardian signature (only if participant is under the age of 18): \_\_\_\_\_ I HAVE READ THIS RELEASE \_\_\_\_\_ Date: \_\_\_\_\_

TYPE OF MEMBERSHIP (check one box in each column)

- 1)  Individual  Family
- 2)  New  Renewal
- 3)  One year (\$15 individual or \$25 family)  Two year (\$25 individual or \$30 family)

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

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

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

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

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

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

# Our Annual BEST DEALS ON 2 WHEELS CLEARANCE SALE!

Clearance Sale Prices  
*plus* Instant Rebates

for a LIMITED TIME only!  
Jan. 24 - Feb. 2

12 Month  
"Same-As-Cash"  
Financing!

# 10%-50% OFF!

Bicycle • Clothing • Accessories  
Exercisers • Treadmills • Trainers

For sale info, visit  
[www.EastProvidenceCycle.com](http://www.EastProvidenceCycle.com)

## Instant Rebate

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

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



Instant Rebate offer valid  
Jan. 24-Feb. 2 ONLY!

Rebate valid: Jan. 24 - Feb. 2, 2014

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

*Excludes bicycles & fitness equipment.*

Coupon valid:  
January 24 - February 2, 2014

Sale ends Sunday, February 2, 2014 at 5:00 pm.

### East Providence Cycle

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

[www.EastProvidenceCycle.com](http://www.EastProvidenceCycle.com)



# 39th ANNUAL R.I. BIKE SHOW



and **3-DAY  
BIKE SALE**

**Friday, March 21st • 9-8**

**Saturday, March 22nd • 9-5**

**Sunday, March 23rd • 11-5**

*Come Celebrate Spring!*

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

## Schedule of events

### Bike Show

Sun. March 23 11-5

### Bike Sale

Fri. March 21 • 9-8

Sat. March 22 • 9-5

Sun. March 23 • 11-5

### NBW Bike Rides

Sun. March 23 • 10 am

### Blood Drive

Sat. March 22 • 10-2:30

### Shimano and Trek Factory Demos

Sat. March 22 • 9-5

Sun. March 23 • 11-5

## BIKE SHOW EXHIBITORS



## ACCESSORY EXHIBITORS

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

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

**You're  
Invited!**

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

Come donate blood on  
Saturday, March 22  
from 10:00 to 2:00

Rhode Island  
**Blood  
Center**



**East Providence Cycle**

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

[www.EastProvidenceCycle.com](http://www.EastProvidenceCycle.com)



# Ride Mileage Record Chart 2014 - see nbwclub.org for interactive file

2014	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total for Week	Total for Year 2014
<b>January</b>				1	2	3	4		
	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	31	1		
<b>February</b>	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	1		
<b>March</b>	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	31	1	2	3	4	5		
<b>April</b>	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	1	2	3		
<b>May</b>	4	5	6	7	8	9	10		
	11	12	13	14	15	16	17		
	18	19	20	21	22	23	24		
	25	26	27	28	29	30	31		
<b>June</b>	1	2	3	4	5	6	7		
	8	9	10	11	12	13	14		
	15	16	17	18	19	20	21		
	22	23	24	25	26	27	28		

## Ride Mileage Record Chart 2014

2014	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Total for Week	Total for Year 2014
	29	30	1	2	3	4	5		
July	6	7	8	9	10	11	12		
	13	14	15	16	17	18	19		
	20	21	22	23	24	25	26		
	27	28	29	30	31	1	2		
August	3	4	5	6	7	8	9		
	10	11	12	13	14	15	16		
	17	18	19	20	21	22	23		
	24	25	26	27	28	29	30		
	31	1	2	3	4	5	6		
September	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	1	2	3	4		
October	5	6	7	8	9	10	11		
	12	13	14	15	16	17	18		
	19	20	21	22	23	24	25		
	26	27	28	29	30	31	1		
November	2	3	4	5	6	7	8		
	9	10	11	12	13	14	15		
	16	17	18	19	20	21	22		
	23	24	25	26	27	28	29		
	30	1	2	3	4	5	6		
December	7	8	9	10	11	12	13		
	14	15	16	17	18	19	20		
	21	22	23	24	25	26	27		
	28	29	30	31					

# Advocacy Column

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

As we enter 2014, it's great to be able to report that—because of the strength of our club and after another great year of rides, Rhody Roundup and TFCE—in addition to riding our bikes, we can support other organizations and help to get more people riding bicycles in our territory and nationwide.

It is with great pleasure that I get to communicate with other organizations at the end of the year to let them know that, because of our successes, NBW is able to make a donation to their programming, maintenance and project needs. For 2013, over \$24,000 will be donated, and over \$5,000 will be held in reserve to fund a small grants program to assist smaller organizations with spot projects.

Including 2013 donations, since 2010 the club has now donated and made available for small grants over \$100,000. Without our help, many local projects wouldn't have been possible. Due to Sue Barker's diligence, with a pool of \$5,550 in 2013, the Blackstone Valley

Tourism Council undertook to do what RIDOT was unwilling to do, namely put up detour signs to guide riders from the currently closed Washington Bridge to the Henderson bridge, connecting the East Bay Path and the Blackstone River Valley Path. That same grant program also enabled the Providence MET school to partner with a longtime NBW recipient, Recycle-A-Bike, to create a bicycle education/recycle-a-bike program for local high school students.



In addition, of course, we continue to support efforts at the national level to ensure that safety and funding issues of our transportation and recreation systems include bicycles. As our club's mission involves all bicycle use, we include the usual national organizations such as Adventure Cycling, a leader in the charge to encourage travel and tourism by bicycles, and the League of American Bicyclists, who create bicycle education programs and keep on top of legislation in Washington, D.C. that affects cyclists. But we also consider that our members and many riders enjoy mountain biking and riding on well maintained multi-use pathways, so we contribute to Rails-to-Trails, IMBA and NEMBA.

With so many good organizations and projects to choose from, there is inevitably some not on our list to receive funds each year. For those organizations we fund the small grants program, administered by Sue Barker. They can contact me at [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org) or any other Board member about how to partner with the NBW.

## NBW 2013 Donations

\$

Adventure Cycling Association	325
Bike Newport	825
Bike Walk Connecticut	325
Bikes Not Bombs	2800
New Bedford, Mass in Motion	1275
East Bay MET School	425
East Coast Greenway Alliance (ECGA)	675
Friends of Mattapoisett	375
International Mountain Bike Association	350
League of American Bicyclists	2150
MassBike	800
New England Mountain Bike Association	550
Fall River, Mass in Motion	2450
Providence MET School	1900
Rails-to-Trails Conservancy	225
Recycle-A-Bike	1825
Rhode Island Bike Coalition	1825
Small Grants for 2014	5550
Trips for Kids, New Bedford	600
Woonasquatucket River Watershed Council	4750

## SAVE THE DATE

- |             |   |
|-------------|---|
| January 20  | RIBIKE Midwinter Movie Night<br>"Rising from the Ashes"<br>(tentative, check <a href="http://ribike.org">ribike.org</a> for details)  |
| February 11 | RIBIKE/Flatbread Company February Party (see <a href="http://ribike.org">ribike.org</a> for details)  |
| April 26    | Earth Day Path Cleanups   |
| May 16      | Bike-to-Work Day  |
| May 17      | BikeFest RI—A festival of all things bicycle. To participate as a vendor, entertainer, or just to attend, see <a href="http://bikefestri.org">bikefestri.org</a><br>Sponsored by the MET school, RIBIKE and Recycle-a-Bike. |

# BikeFest RI

NBW Special Events Committee announces

## The 7th Annual Maine House Getaway Long Weekend



**Thursday May 15 - Monday May 19, 2014**

### **Accommodations:**

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

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

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

**Cost:** Queen size bedroom: \$170 per person  
Men or Women dorm style bedroom: \$150 per person  
(includes 4 nights stay, 4 breakfasts & 3 dinners)

**\$50.00 deposit** required

Make check payable to: **Narragansett Bay Wheelmen (NBW)**  
Mail check to: **Donald Paiva, 81 Harris Street, Riverside, RI 02915**

For more information contact Don Paiva at [donpaiva53@cox.net](mailto:donpaiva53@cox.net), or 401-433-3463



## Annual Memorial Day Weekend In Southern Vermont

Friday, May 23 to Monday, May 26, 2014

at the Blue Gentian Lodge, Magic Mountain Rd,  
Londonderry

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

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

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

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

### NBW Annual Holiday Party raises \$\$ for Amos House

After the December 8 ride members gathered at Patricia Lang's house to celebrate another great year of riding. As usual, Patricia and Keith's famous feast drew a very large crowd to enjoy wonderful food and several bottles of Keith's very own vintage wines.

Besides having a great celebration, NBW members (including those who couldn't come but who sent in donations) contributed around \$4000 to Amos House, which provides food, shelter and social service programs to help people in need in Rhode Island. Thank you to all who attended, and all who contributed to this local and worthy cause .... and most of all, many, many thanks to our wonderful hosts, Patricia Lang and Keith Enos.

*The Wine* →



← *The Food*

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# 2013 TFCE Volunteers

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## **Adamsville**

Abbey Courchaine  
Heidi Hallemeier  
Juergen Hallemeier  
Billy Gajda  
Kate Imbrie  
Ellen LaFazia  
Lydia MacManus  
Susan McCalmont  
Carleen McOsker, *captain*  
Lawrence Rollins  
Susan Rollins  
Mark St. Amour  
John Swyers  
Janice Velozo

## **Arrowing**

Mike Miller  
Gil Peel  
Dianne Robillard

## **U-Mass End-of-Ride team**

Paula Bissell  
Pete Bissell  
Connie Cameron  
Kent Cameron  
Michael Emma, *captain*  
Don Paiva, *captain*

## **Hixville**

David Bojar  
John Darcy  
Wendy Davis  
Bob Paiva  
Lenore Henderson  
Scott Henderson  
Louise Paiva, *captain*  
Linda Pietras  
Pat Stark

## **Mechanics**

Rob Foulkes and  
East Providence Cycle

## **Parking**

Gary Archer  
Bob Brown  
Norman Clavet  
Keith Enos  
John Ho  
Mike Klek  
Pat Lang  
Craig Mace  
Bill McGrane  
Gil Mello  
Bob Melucci  
Kevin Mitchell  
Ken Peloquin  
Raul Silvia, *captain*  
Lee Sproul  
Mike Vigorito  
Todd Wise

## **Peanut Butter & Jelly**

Susan Chiavaroli  
Norm Clavet  
Michael Emma  
Graham Foulkes  
Monica Foulkes  
Ray Foulkes  
Bill Gajda  
Heidi Hallemeier  
Jan Harbutiak  
Lenore Henderson  
Scott Henderson  
Ed Holden  
Kate Imbrie  
Jan Jankowski  
Deb Luhrs  
Bruce Masterson

Liz Masterson  
Carleen McOsker  
Robert Melucci  
Ray Naughton  
Perky Nellissen  
John Nery  
Phil Paige  
Don Paiva  
Louise Paiva  
Paula Raposa  
Linda Pietras  
Larry Shwartz  
Louise Shwartz, *captain*  
Ted Shwartz  
Laura Silvia  
Raul Silvia  
Sondra Spencer  
Lee Sproul  
Mark St Amour  
Cheri Varney  
Dave Varney  
Janice Velozo  
Jack Williamson

## **Registration**

Connie Cameron  
Kent Cameron  
David Carroll  
Gretchen Chipperini  
Abbey Courchaine  
Mark Gracia  
Susan Jarvis  
Susan McMillan  
Gayle Rapoza  
Susan Roberts  
Mary Shiel-L'Esperance  
Sally Shwartz  
Julia Vanover  
Margaret Vigorito  
Jack Williamson, *captain*

## **SAG**

David Fraley  
David Gilbert  
Jan Harbutiak  
Don MacManus, *captain*  
David Michel  
Rob Price  
Tony Rizzotti  
John Rohland  
Sondra Spencer  
David Vitello

## **Tiverton**

Mark Dieterich  
Ron Doane  
Joyce Fontaine  
Raymond Naughton  
John Nery, *captain*  
Pauline Nery, *captain*  
Gerri Weir

## **TFCE Committee**

Don MacManus  
Carleen McOsker  
John Nery  
Louise Paiva  
Rick Schwartz  
Larry Shwartz, *co-chair*  
Ted Shwartz, *co-chair*  
Raul Silvia  
Jack Williamson

## **Thankless Tasks**

Rick Schwartz  
Louise Shwartz

## **Trucking**

Frank Fain  
Bill Gajda  
Ed Holden  
Larry Shwartz  
Ted Shwartz



*From Mark St. Amour .....*

Mary St. Amour, 57, died on July 15th, 2013. She was a club member for about three years.

Health conditions limited her to short rides, so she wasn't able to join the rides on Sundays. She enjoyed the company of the people, though, and joined the club as a volunteer for TFCE, once co-hosted the Social Tent and a Thursday Night Ride, and attended Vermont House Weekend, Rhody Roundup, and the Volunteer Banquet. She also helped husband Mark arrow rides in 2010-2011, never asking for recognition. She will be missed by those who got to know her during that time.

*TFCE 2012 photo, Adamsville fruit display*

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# Cycling Sessions

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

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**I**t is that time of year when daylight is far too short and the chill is in the air. Many of us would love to stay as fit as we get in the summer months, but not only is this difficult due to limited time to get out and ride, it also may not be in your best interest health-wise.

Maintaining a high level of fitness takes lots of work. The body as an organism adapts to the demands over time but pays a price. Immune systems can be more prone to infection as high race fitness levels are achieved. We all wish for health and quality of life as a byproduct of our love for cycling so a balance is important.

When this time of year comes around, allow your body to detrain by lowering the high demands of long, hard efforts and look for good cross training activities to maintain some fitness while your body is allowed to heal up from the overuse aches and pains of those mega mile rides of the summer.

So the goal is to provide a transition to next season, but to maintain a level of fitness that allows you to address different systems like aerobic endurance, the key to our sport, a focus to build a strong foundation to build power, strength and killer efforts later on. The trick is to stay active during this period with cross training and high quality workouts.

Cross training can be achieved in many ways. Going back to gym more regularly in the off season or sports such as cross country skiing help to provide a stimulus through the winter months. Riding the trainer in a structured workout or taking a spin class can help hold onto fitness without losing muscle memory.



The important thing to remember is that the efforts and durations need to be at lower levels with short duration hard efforts in between. The goal is not to become a Christmas Holiday Hero only to become a Fourth of July Firecracker dud by summer. Let those holiday heros have their fun. Come late spring and summer, the Holiday

Heros will feel burned out. Whether racing or for a special goal event or personal record, plan when you want to peak to get the most out of your cycling season. As you are reading this issue you should be concentrating on your base training which focuses on building a nice base of aerobic fitness. This means staying in aerobic heart rate levels, allowing the body to gain efficiency and build capillary density. Base training not only builds aerobic efficiency, it also allows for strength training and some fun cross activities.

If you are a 40 plus athlete, weight training is even more important as muscle density is dropping and activation of the whole body is needed to keep overall tone and strength from falling off quickly.

Many cyclists think that if they start lifting in the winter that they will gain weight and get bulky. When done correctly, you will achieve strength gains, with little hypertrophy. Now I think we all would like more of that! Bone density is another area that all cyclists need to be concerned about. Weight training and cross training with impact type activities like running will keep bones strong and connective tissue from weakening as well.

Assuming that we are all considering that what we do is to have fun while staying healthy, maintaining muscle tone and stretching should be a no-brainer.

Cycling can be an excellent activity to keep weight down and gain fitness. By itself, cycling can also be limiting and cause muscle unbalances. Muscle unbalances are primarily due to the overdevelopment of the front leg muscles, with relatively weak muscles on the back legs which can development into some chronic tightness and create chronic muscle and joint issues.

The winter months provide an excellent time to address the imbalances that are inevitable with cycling. Just like rebuilding and upgrading your aging road bike in the off season, you can do the same with yourself as well. Maybe some chiropractor adjustments, massage, yoga, or Pilates, to address muscle imbalance, tight areas and weak muscle structures.

It just takes a little patience, preparation and planning to have the best cycling season ever. Treat your body and mind like the cycles of nature all around us. You will be fresh, excited and strong when you want it the most!

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

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# The Athlete's Kitchen

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

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## Eat your Beans!

Remember this jingle: "*Beans, beans, the musical fruit. The more you eat, the more you toot*"? The embarrassment associated with tooting explains why many athletes shy away from beans (pinto, kidney, black) and also legumes (lentils, peanuts, soy, chick peas). But far more than being a musical fruit, beans can be a nutrient-rich bonus for a sports diet.

To my dismay, the popular but faddish Paleo diet advises against eating beans because:

1) they need to be cooked to be edible (the cavemen ate only raw foods),

2) they contain compounds that might influence your hormones (that is, if you were to eat them in super-human amounts), and

3) they contain phytates that can diminish the absorption of certain nutrients (insignificant in US diets where beans are not the primary food).

In this era of over-abundant processed foods, I contend that eating cooked beans enhances intake of a variety of important vitamins and minerals for athletes. But before I offer reasons why you should include beans in your sports diet, here are tips to minimize the "toots" so you'll want to even entertain this suggestion.

## Beans and gas

The average adult produces one to three pints of gas per day which is passed through the anus 14 to 23 times each day. Beans can be gas-producing because they contain raffinose, a type of carbohydrate. Humans do not possess the enzyme needed to digest raffinose, so it passes undigested through the stomach and upper intestine. In the lower intestine, it gets fermented by gas-producing bacteria which do possess the necessary enzyme. The by-product of raffinose digestion is carbon dioxide and methane (odorless) but also hydrogen sulphide (stinky). To help you blow fewer "bombs"—

1. Gradually introduce beans into your diet so your body gets used to digesting them. The jingle should actually say, "*the more often you eat beans, the less likely you will toot.*"

2. Drain the liquid from canned beans and rinse them well. This will decrease the amount of gas-producing carbs.

3. Try Beano, a product with the digestive enzyme that breaks down raffinose; it may help some people.

## Nine reasons why you want to eat more beans

Beans are a positive addition to a sports diet. Here's

why:

1. Beans are a natural protein-carbohydrate combination. As an athlete, you need carbs to fuel your muscles and protein to build and repair your muscles. A bean burrito, hummus wrap, or bowl of chili is a great way to fuel-up or refuel from a hard workout (if you don't get gas propelled, that is).

2. Beans are a good source of plant protein—but take note: you do need to consume generous portions of beans if you are a vegetarian. Athletes need at least 10 grams per meal to trigger muscular growth, and most athletes need at least 60 to 90 grams of protein per day. Half a can of refried beans offers only 10 to 12 grams of protein, the amount of protein in 1.5 eggs or a few bites of chicken. One spoonful (1/4 cup) of garbanzos on a salad offers only three grams of protein.

3. Beans have a low glycemic index, which means they are slow to digest and offer sustained energy. Low GI foods are good choices before endurance exercise if you cannot eat anything during the workout.

4. Beans are rich in vitamins and minerals, such as folate, manganese, potassium, iron, copper and magnesium. All these "spark plugs" help your body's engine run smoothly.

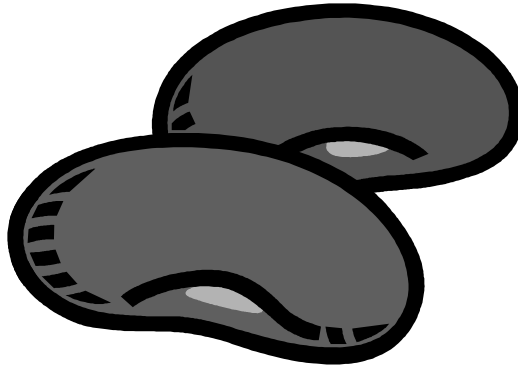
5. Beans are good for heart-health. (Remember this jingle: "*Beans, beans are good for your heart. The more you eat, the more you \_\_\_\_.*"?) Yes, the soluble fiber in beans helps protect against heart disease by lowering the cholesterol in your blood. Also, beans are naturally low in fat and dietary cholesterol, so replacing meats with beans is a heart-healthy swap.

6. Beans are high in fiber (7 to 8 grams fiber per half-cup). This sharply contrasts to the chicken or meat they replace that has no fiber. This fiber acts as a "broom" and assists with regular bowel movements. Snacking on hummus with baby carrots contributes 8 to 10 grams of fiber towards the recommended daily target of 25 to 35 g.

7. Beans are inexpensive. By enjoying bean-based meals such as chili or lentil soup, you are likely eating less animal protein and saving a lot of money.

8. Bean-based meals are better for the environment than meat-based meals. If everyone were to eat one less meat-meal a week, we'd need fewer beef cattle (major producers of greenhouse gasses) and this could assist in the war against global warming.

9. Beans are good sources of fuel for the harmless, health promoting bacteria that live in your gut. We each have about 2 to 4 pounds of gut bacteria that strongly influence our immune system. In fact, about 70% of our immune response is generated from the gut. The bacteria love to eat the undigested raffinose provided by beans (and other vegetables such as broccoli, cauliflower, cabbage, brussel sprouts, and asparagus). Having well-



Continued ...



nourished gut microbes invests in overall good health. A strong intake of prebiotics (bacteria food) helps strengthen the immune system and optimizes wellness. In contrast, antibiotics kill the good bacteria along with the bad bacteria.

### Easy ways to boost your bean intake

Here are a few ways to easily add more beans and legumes to your sports diet.

- *Hummus*—A tasty dip with carrot sticks, or an alternative to mayonnaise on a turkey sandwich.
- *Refried beans*—canned vegetarian refried beans are fat-free. Heat some beans in a microwave oven, spread them on a tortilla, spoon on some cottage cheese and salsa, and then wrap it up like a burrito. *Voila!* a tasty breakfast, lunch, snack or dinner that fits into a meager food budget.
- *Chili with beans*—make a potful and enjoy planned-overs for lunch or dinner that week.
- *Salads*—spoon on black, white, or red beans and you'll have a super sports salad that offers carbs to fuel and protein to build muscles.
- *Soups*—minestrone, lentil, black bean, and split pea soups make hearty, wholesome meals. You can also add beans to almost any soup to add substance and nutrients.
- *Baked beans*—served on toast (a popular breakfast item in England). A small can of baked beans can also be a filling snack.
- *Pasta*—toss a can of pinto or white beans into spaghetti sauce. Serve over pasta shells (they "catch" the beans).

For recipes with beans, check out the recipes in my *Sports Nutrition Guidebook* (which are also available in the app Nancy Clark's Recipes for Athletes).

### Beans? No thanks!

Some athletes get terrible intestinal distress when they eat beans (and likely some other foods as well. Think onions, garlic, and wheat). The poorly digested fiber/carbohydrate in these foods become a feast for gut bacteria. When microbes eat these undigested carbs, they create gas bombs. In some people, this fiber causes diarrhea too. Not fun.

If you fall into this category of avid bean avoiders and want to learn more, you may want to read *The Complete Idiot's Guide to IBS* by Kate Scarlata, RD ([www.karescrlata.com](http://www.karescrlata.com))

Nancy Clark, MS, RD CSSD (Board Certified Specialist in Sports Dietetics) counsels active people at her private practice in Newton, MA (617-795-1875). For more information, read her *Sports Nutrition Guidebook* and food guides for marathoners, soccer players, and cyclists. They are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). Also see [www.sportsnutritionworkshop.com](http://www.sportsnutritionworkshop.com) for online CEUs.



### George Redman Linear Park Update (received from RIDOT) Oct 2013

#### Ongoing Activities

The right lane at Exit 4 (Taunton Avenue/Veterans Memorial Parkway) on I-195 East is now open. We anticipate that the deck, arches and columns on the Washington Bridge will be completely demolished by the end of this month. Concrete placement for the new bridge deck is underway.

#### Looking Ahead

We will continue placing the new bridge deck, starting on the East Providence side and progressing west. Additional work will occur on the arches and columns west of the river.

For more information, contact RIDOT Customer Service at [customerservice@dot.ri.gov](mailto:customerservice@dot.ri.gov) or call 222-2450 weekdays from 7:30 am to 4 pm. The above activities are weather-dependent and are based on the best information available to RIDOT at the time of this update.



**From your webmaster ...**

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

**Members' password has changed—  
Please make a note.**

**Username: member  
Password: torrey9road**

Remember: you can always find the current password information on the inside front cover of your newsletter.

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# From the Touring Committee

Don Chiavaroli, [touring@nbwclub.org](mailto:touring@nbwclub.org)

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**T**he holidays are now behind us and winter is firmly entrenched. Wintertime can be a great time for a bike ride if the weather cooperates and you have suitable clothing. The NBW cannot control the weather and we cannot buy your clothing, but we can provide some short-to-moderate length Sunday rides for you to get

out, stretch your legs and take in some winter scenery. I can remember several years ago, venturing out a day or two after a late winter storm. The roads had been cleared down to blacktop and although they were a bit wet, the snow was not yet dirtied by passing traffic. The chill air and the beauty of the snow made for an exhilarating ride.

If you have looked over the schedule of rides, you will notice that the winter rides repeat twice through the end of February. So, in case the weather does not cooperate, there still may be an opportunity to ride one of them. Also, this year, we are doing the Fish Road ride earlier than last year. This was done to avoid the parking problems that occurred when this popular ride was done in 2013.

Looking ahead to the warmer weather, you may notice that we have the very popular Westport ride scheduled twice. The ride is scheduled first on Easter Sunday. However, the committee recognizes that many riders may have obligations on that day, so we have a second opportunity in the schedule three weeks later. We hope you are able to ride in this very beautiful area at least on one of those days. For those of you who desire long rides, aka centuries, you will be pleased to note that there are four planned for late spring and summer. The TFCE will make it five.

Finally, we have a change to the leaders who will be conducting beginners rides. These once per month beginners rides will now be co-led by Sue and Larry Rollins, who are taking over this role from John Ho. We thank John and Bonnie Riebman (who previously co-led) for their service. Be sure to check the April edition of *The Spoke 'n Word* to learn when these beginners rides will be held.

Don

## Want to arrow a ride?

Chip Kent is our new Arrowers/Paint Coordinator. You will see him frequently at rides and can reach him to volunteer to arrow a ride by emailing him at: [arrows@nbwclub.org](mailto:arrows@nbwclub.org)

Chip provides the paint, map and instructions



## Thanks to our most recent ARROWERS:

Oct 6	Wareham-Manomet	Garrett Labonte
Oct 13	Purgatory Chasm	Lenin Tabora, Don Rajotte, Chip Kent
Oct 20	Cape Caper	Ted Shwartz
Oct 27	NBX Halloween	Steve Rodrigues, Don Rajotte
Nov 3	For Pete's Sake	Flavio Salas, Bladimir Rodriguez
Nov 10	The "Bridge" Ride	Luke Brissette
Nov 17	Swansea Dighton	Mark St. Amour, Abbey Courchaine
Nov 24	Hope Valley South	Tony Rizzotti
Dec 1	TriState Tour	Pete Bissell
Dec 8	Cranston Holiday	Ed Holden
Dec 15	Larry & Ted Dartmouth	Mark St. Amour, Abbey Courchaine
Dec 22	Scituate Res South	Luke Brissette
Dec 29	Wickford Kingston	Tony Rizzotti
Jan 1	New Year's Day	Billy Gajda, Janice Velozo

## REMEMBER ...

- \* Use hand/voice signals when passing other riders, turning or stopping.
- \* Watch for sand on the road – especially on corners.
- \* Eat before you are hungry and drink before you are thirsty.
- \* Check your helmet for fit or damage. Take it to a "Super Cycle Shop" if you have any doubts.
- \* 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.
- \* Volunteer to arrow a ride. See Chip Kent <[arrows@nbwclub.org](mailto:arrows@nbwclub.org)>
- \* Before a ride, become familiar with the map. Check for arrows 150 ft. before an intersection.
- \* Share the road with motorists and pedestrians.
- \* Enjoy the scenery, smell the roses.

## NBW RIDE SCHEDULE

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

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**January 1, 2014**

**\*New Year's Ride**

~20/30 miles miles

**Wednesd** 11:00 AM *Map No.* *Arrower:* B. Gagda/J. Velozo

*Route* Little Compton, Westport

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

*Drive Time* 30 minutes from Providence

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

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**January 5, 2014**

**♥ Swansea Touisset Tour**

15/30 miles

**Sunday** 11:00 AM *Map No.* 101 *Arrower:* Wolfgang Peti,R Page

*Route* Swansea, Somerset, Rehoboth, Dighton

*Directions* Start at the Swansea Place plaza (Target), 631 GAR Highway (Rt 6), Swansea, MA - just after McDonald's. Take Rt. 195 E to Massachusetts exit #3 (Rt. 6) in Swansea, MA. Turn right off the exit. Plaza is 1/2 mile down on left. PARK AT THE REAR LEFT OF TARGET - near the exit onto Milford Rd which is the way we ride out. Do not park near Rt. 6 or near store entrances.

*Drive Time* 15 minutes from Providence

*Description* This is a gentle ride that follows the Taunton River, past farmland, around Touisset, and numerous Bristol County scenic and historical landmarks. The "out-and-back" to Touisset Point is optional. This ride will be repeated Feb 2.

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**January 12, 2014**

**Simple Arrow Ride**

12/27 miles

**Sunday** 11:00 AM *Map No.* 12 *Arrower:* David Baldwin,C Kent

*Route* Burrillville, Harrisville, Douglas, Uxbridge

*Directions* Start at Burrillville High School, 425 East Ave, Harrisville, RI, on Rt 107. Take Rt. 146 N. Get off on School St exit in North Smithfield (this is the exit after Pound Hill Rd exit). Bear Right onto School St. Take quick Left onto Rt 146A, Great Rd (this will become Rt 102, Victory Highway). Go 6.0 miles. Turn Right onto Rt 107, East Ave. Go 1.0 miles to Burrillville High School, 425 East Ave, Harrisville, RI, on your left. Park behind school.

*Drive Time* 35 minutes from Providence

*Description* Fascinating ride - so simple you don't need arrows. Rolling, rural terrain. This ride will be repeated Feb 9.

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**January 19, 2014**                      ♥ **Triboro Tour**    17/28 miles

**Sunday**      11:00 AM              *Map No.* 66                      *Arrower:* Cheryl Payne,S Bonin

*Route*              Plainville, Foxboro, Mansfield, Norton

*Directions*      NEW START: Start at the Beatrice H. Wood Elementary School, 73 Messenger St (Rt. 106), Plainville, Ma 02762. Take Rt. 95 N to Exit 5 (Rt. 152 Attleboro/No Attleboro). Turn right off the exit onto Toner Blvd. Go .1 mile and turn Left on Rt. 152. Go 3 miles. Turn Right on Rt. 106 (Messenger St) and turn left into the SECOND school.

*Drive Time*      20 minutes from Providence

*Description*      This ride is relatively flat and passes by several ponds and some lakes on old Massachusetts roads. You'll ride through the Gilbert Hills State Forest to Foxboro and past the remaining farmlands of Mansfield. Long route circles Norton Airport and the Norton Reservoir. Monica Foulkes updated this ride and found our new start east of Rt 152 that you will be happy to learn eliminates that climb back to our old start. This ride will be repeated Feb 16.

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**January 26, 2014**                      **Wickford Kingstown URI-REPEAT**    15/30 miles

**Sunday**      11:00 AM              *Map No.* 115                      *Arrower:* Tony Rizzotti

*Route*              North Kingston, Exeter, South Kingston

*Directions*      Start at North Kingstown High School, 150 Fairway Dr, North Kingstown, RI 02852. Take Rt 95 S to exit 9 (left side exit) onto Rt 4 south. LEFT at first light after the exit numbers end onto Oak Hill Road. Follow Oak Hill as it winds for 1.4 miles and ends at Route 1 (T intersection). LEFT onto Rt 1. Follow Rt 1 (Post Rd) for 0.3 miles and turn RIGHT onto Annaquatucket Road. Follow Annaquatucket for 0.8 miles to a stop sign. Turn LEFT at the stop sign onto Fairway Road. The High School is on the right immediately after the turn.

*Drive Time*      30 minutes from Providence

*Description*      This ride explores southern Rhode Island just inland from Narragansett Bay. Passing through Wickford you will see the old Narragansett Church, the oldest Episcopal Church north of Virginia. The ride passes views of the Jamestown Bridge, turf farms, and the URI campus. Food stops are the country store on Rte. 138, and the Exeter Mall on Allenton Rd. This ride will be repeated Feb 23.

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**February 2, 2014**                      ♥ **Swansea Touisset Tour-REPEAT**    15/30 miles

**Sunday**      11:00 AM              *Map No.* 101                      *Arrower:* Wolfgang Peti/R Page

*Route*              Swansea, Somerset, Rehoboth, Dighton

*Directions*      Start at the Swansea Place plaza (Target), 631 GAR Highway (Rt 6), Swansea, MA - just after McDonald's. Take Rt. 195 E to Massachusetts exit #3 (Rt. 6) in Swansea, MA. Turn right off the exit. Plaza is 1/2 mile down on left. PARK AT THE REAR LEFT OF TARGET - near the exit onto Milford Rd which is the way we ride out. Do not park near Rt. 6 or near store entrances.

*Drive Time*      15 minutes from Providence

*Description*      This is a gentle ride that follows the Taunton River, past farmland, around Touisset, and numerous Bristol County scenic and historical landmarks. The "out-and-back" to Touisset Point is optional. This ride is a repeat of the Jan 5 ride.

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**February 9, 2014**                      **Simple Arrow Ride-REPEAT**    12/27 miles

**Sunday**      11:00 AM              *Map No.* 12                      *Arrower:* David Baldwin,C Kent

*Route*              Burrillville, Harrisville, Douglas, Uxbridge

*Directions*      Start at Burrillville High School, 425 East Ave, Harrisville, RI, on Rt 107. Take Rt. 146 N. Get off on School St exit in North Smithfield (this is the exit after Pound Hill Rd exit). Bear Right onto School St. Take quick Left onto Rt 146A, Great Rd (this will become Rt 102, Victory Highway). Go 6.0 miles. Turn Right onto Rt 107, East Ave. Go 1.0 miles to Burrillville High School, 425 East Ave, Harrisville, RI, on your left. Park behind school.

*Drive Time*      35 minutes from Providence

*Description*      Fascinating ride - so simple you don't need arrows. Rolling, rural terrain. This ride is a repeat of the Jan 12 ride.

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**February 16, 2014****♥ Triboro Tour-REPEAT**

17/28 miles

**Sunday** 11:00 AM *Map No.* 66 *Arrower:* Cheryl Payne,S Bonin*Route* Plainville, Foxboro, Mansfield, Norton*Directions* NEW START: Start at the Beatrice H. Wood Elementary School, 73 Messenger St (Rt. 106), Plainville, Ma 02762. Take Rt. 95 N to Exit 5 (Rt. 152 Attleboro/No Attleboro). Turn right off the exit onto Toner Blvd. Go .1 mile and turn Left on Rt. 152. Go 3 miles. Turn Right on Rt. 106 (Messenger St) and turn left into the SECOND school.*Drive Time* 20 minutes from Providence*Description* This ride is relatively flat and passes by several ponds and some lakes on old Massachusetts roads. You'll ride through the Gilbert Hills State Forest to Foxboro and past the remaining farmlands of Mansfield. Long route circles Norton Airport and the Norton Reservoir. Monica Foulkes updated this ride and found our new start east of Rt 152 that you will be happy to learn eliminates that climb back to our old start. This ride is a repeat of the Jan 19 ride.

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**February 23, 2014****Wickford Kingstown URI-REPEAT-2**

15/30 miles

**Sunday** 11:00 AM *Map No.* 115 *Arrower:* Tony Rizzotti*Route* North Kingstown, Exeter, South Kingstown*Directions* Start at North Kingstown High School, 150 Fairway Dr, North Kingstown, RI 02852. Take Rt 95 S to exit 9 (left side exit) onto Rt 4 south. LEFT at first light after the exit numbers end onto Oak Hill Road. Follow Oak Hill as it winds for 1.4 miles and ends at Route 1 (T intersection). LEFT onto Rt 1. Follow Rt 1 (Post Rd) for 0.3 miles and turn RIGHT onto Annaquatucket Road. Follow Annaquatucket for 0.8 miles to a stop sign. Turn LEFT at the stop sign onto Fairway Road. The High School is on the right immediately after the turn.*Drive Time* 30 minutes from Providence*Description* This ride explores southern Rhode Island just inland from Narragansett Bay. Passing through Wickford you will see the old Narragansett Church, the oldest Episcopal Church north of Virginia. The ride passes views of the Jamestown Bridge, turf farms, and the URI campus. Food stops are the country store on Rte. 138, and the Exeter Mall on Allenton Rd. This ride is a repeat of the Jan 26 ride.

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**March 2, 2014****♥ Fish Road**

18/26/34 miles

**Sunday** 11:00 AM *Map No.* 149 *Arrower:* St Amour/Courchaine*Route* Tiverton, Sakonnet*Directions* Start at the commuter parking lot, 970 Fish Road, Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Road exit. Take a right turn off the exit; parking lot is on the right.*Drive Time* 35 minutes from Providence*Description* Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer (and TFCE) rides on these favorite NBW roads.

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**March 9, 2014****The 'Ville' Ride**

20/30 miles

**Sunday** 11:00 AM *Map No.* 11 *Arrower:* B Rodriguez/F Salas*Route* Burrillville, Harrisville, Mapleville*Directions* Start at Burrillville High School, 425 East Ave, Harrisville, RI, on Rt 107. Take Rt. 146 N. Get off on School St exit in North Smithfield (this is the exit after Pound Hill Rd exit). Bear Right onto School St. Take quick Left onto Rt 146A, Great Rd (this will become Rt 102, Victory Highway). Go 6.0 miles. Turn Right onto Rt 107, East Ave. Go 1.0 miles to Burrillville High School, 425 East Ave, Harrisville, RI, on your left. Park behind school.*Drive Time* 35 minutes from Providence*Description* Pascoag Reservoir, Wilson Reservoir and many waterfalls are visible on the ride. Some bumpy downhills.

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**March 16, 2014**                      **Westerly Ride**                      24/36/48 miles

**Sunday**    11:00 AM            *Map No.* 113            *Arrower:* Ed Holden

*Route*            Westerly, Watch Hill, Niantic, Bradford, Ashaway

*Directions*    START: Car pool commuter lot in Ashaway. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.

*Drive Time*    40 minutes from Providence

*Description*   Along the southwest shores of RI are summer resort communities, colonial estates, and cove lined estuaries. Misquamicut Beach and Watch Hill have several fine Victorian hotels, the 1871 carousel and Coast Guard Station with lighthouse. Our thanks to Tina Williams for extending this ride.

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**March 23, 2014**                      **EP Cycle/Spring Opener**                      14/18/31/43 miles

**Sunday**    10:00 AM            *Map No.* 28            *Arrower:* Tony Rizzotti

*Route*            East Providence, Seekonk, Rehoboth

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

*Drive Time*    5 minutes from Providence

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

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

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

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**March 30, 2014**                      **♥ Lakeville Tour**                      15/25/40 miles

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

*Route*            Lakeville, Freetown, Acushnet, Rochester

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

*Drive Time*    40 minutes from Providence

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

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**April 6, 2014**                      **Great Grandma's Farm Ride**                      15/23/50 miles

**Sunday**    10:00 AM            *Map No.* 49            *Arrower:* Luke Brisette

*Route*            Lincoln, Burrillville, Uxbridge, Pascoag, Chepachet, Glocester, Smithfield

*Directions*    Start at McDonalds at the Lincoln Mall on Rt 116 in Lincoln, RI. Take Rt 146 N to the exit signed Rt 116 S/Mall exit (Note: the Mall is only 1/2 mile west of this exit so don't go far on Rt 116 whichever exit you take!) Follow Rt 116 for 1/2 mile; the mall entrance is on the right at the light.

*Drive Time*    15 minutes from Providence

*Description*    This challenging, but lovely, ride, designed by Luke Brisette, was the winner of our 1998 design-a-ride contest. It's a good hilly workout (especially Burlingame Rd!). The ride is named for Luke's great grandmother, whose old farmhouse on Buxton St. still stands. The ride travels back roads, with ponds, reservoirs, farmland, and country homes. On Stone Barn Rd note the actual stone barn. Enjoy a rest stop at White Mills Community Park at E. Wallum Lake Rd. in Pascoag, the historic Smith Appleby House on Stillwater Rd, the two fascinating houses that everyone sees from Rt. 295 in Smithfield, and Monster Head Rock on Mattity Rd. on the 23 mile loop. Food stops are at Slatersville Plaza, Pacoag Center, Chepachet (Rt. 44), Smithfield (Rt. 116 and Log Rd.) and McDonalds at the end of the ride.

April 13, 2014

**Diamond Hill One**

13/32/50 miles

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

*Route* Cumberland, Wrentham, Franklin, Norfolk, Medfield

*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 ( across Nate Whipple Hwy). 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).

♥ Beginners will love these rides.

\* Holiday Show'n Go

\*\* Special Event

## ***HELP WANTED***

The Touring Committee is seeking someone to volunteer to be the **Police Liaison** for the club. Don Chiavaroli has been this liaison since 2004 and it is time for another member to step forward.

**Duties of the job:**

- Send out a letter to the police department in the starting city or town one month before the club ride.
- Communicate back to the touring committee in the event that the local PD advises of any conflicts.

**What you will need to do this job:**

- Personal computer with MS Word and a printer.
- Access to the internet and e-mail (to make sure police chief listing and address are current and to communicate to the touring committee).
- Adobe Acrobat (free download) so you can print the maps.

**How much time is involved:**

- Letters to the police departments in each community that we have done a ride in the last 10 years are already set up. All you have to do is update the dates, start times, expected number of riders, check to make sure that the address is current, print out the letter and the map, address and stuff the envelope, and put the letter into the mail one month before the ride. It will require 1.5-2 hours total time commitment once every 8 weeks or so (which is way less time than it takes to arrow many NBW rides!)

Think you can do this? Send an e-mail to Don Chiavaroli at [touring@nbwclub.org](mailto:touring@nbwclub.org) and we can get you started!

**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 Mar 5 2014

**Tentative Future Ride Schedule - subject to change - comments to Don Chiavaroli, [touring@nwclub.org](mailto:touring@nwclub.org)**

<b>Month</b>	<b>Date</b>	<b>Map#</b>	<b>Ride Title</b>	<b>Ride Start</b>	<b>Distances (miles)</b>	<b>Arrower</b>
<b>Mar</b>	Sun	30 47	Lakeville Tour	Lakeville, MA	15/25/40	Mike Miller
<b>Apr</b>	Sun	6 49	Great Grandma's Farm Ride	Lincoln	15/23/50	Luke Brissette
	Sun	13 129	Diamond Hill One	Cumberland	13/32/50	Rod Breault
	Sun	20 111	Westport	Westport, MA	13/25/44/50	Frank Frain
	Sun	27 160	BikeWorks Swansea Ride	Swansea, MA	16/26/50	TENTATIVE
<b>May</b>	Sun	4 59	Mystic Metric	Ashaway	15/30/63	
	Sun	11 111	Westport REPEAT	Westport, MA	13/25/44/50	
	Sun	18 122	Plymouth Century	Seekonk, MA	21/56/100	
	Sun	25 166	Foxboro 50 (New Don Ride)	Attleboro, MA	TBA	Don Chiavaroli
	Mon	26 111	*Memorial Day Show'n Go	Westport		
<b>Jun</b>	Sun	1 3	Oneco Pond Ride	Sterling, CT	17/31/41	D Rajotte/SRodrigues
	Sun	8 159	Fall River Fifty (aka Chourico)	Fall River, MA	19/27/47	St Amour/Courchaine
	Sun	15 95	TriState Century	Smithfield	25/55/60/70/100	
	Sun	22 105	Tiverton Fifty	Tiverton	15/30/50	Mike Emma, Don Paiva
	Sun	29 32	Providence Bicycle Ride	Providence	10/35/57	TENTATIVE
<b>Jul</b>	Fri	4 105	*July 4 Holiday Show'n Go	Tiverton, RI		
	Sun	6 117	Purgatory Chasm	Uxbridge, MA	20/30/54	Bladi, Chip & Crew
	Sun	13 54	South Shore Century	Middleboro, MA	27/54/75/100/125	
	Sun	20 164	New Rhody Roundup	Slocum, RI	13/23/34/42	TENTATIVE
	Sun	27 52	Mattapoissett Ride	Mattapoissett, MA	15/30/50	Mike Miller