

The Spoke'n Word

Volume 44, Number 3

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

June/July 2014

nbwclub.org



At last ... finally ... it's summer.

Time to relax after a ride, hang out under a tree, shoot the breeze.

Join us for a fine summer ride followed by a chicken barbecue ...

Rhody Roundup—July 27, 2014

see page 3

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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: **riders14**
Password: **99Arrows**

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

Cover: Rhody Roundup, July 2013
Photo: Monica 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.

Do you have any photos of early NBW rides? I will scan and return your prints.

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

President's Message



One Big Tent

The heart of the riding season is upon us. We all want to go for a ride. Our ride attendance shoots up. Each Sunday more and more riders show up, peaking at TFCE when we have 2100 riders and our loyal volunteers. We get new riders and visitors. Club members of all types show up: veteran riders, warm weather riders, occasional riders, and recently joined members.

There are as many reasons to ride as riders, and as many types of riders. We have in no particular order: social riders, riders getting ready for trips, riders who simply enjoy the outdoors, riders trying to improve their health, riders getting ready for centuries, riders getting ready for emotional charity rides, racers, tri-athletes, cross riders, mountain bike riders, riders trying to justify their next meal or last beer, boy scouts, veterans, and riders who are just trying to heal themselves.

What do all these riders have in common? They come to our Sunday rides, and ride with the community of the NBW. We have many different riders, many different types of riders, many different goals, but one club, and one Sunday ride. If our club is running well then we see lots of riders at our rides. If our club is running great, then we see riders of all types after the rides at our social tent.

There is no better way to enjoy the benefits of being a NBW member than to come to a Sunday ride, and then relax after the ride socializing with other NBW members

under The Big Tent. Sunday rides and Social tents are the Yin and Yang of the club. They complement each other and make the whole. Everybody rides at the same speed under the social tent.

As Don Paiva says, "Bring a chair, have a drink, stay for a while". Thanks to John & Pauline Nery for having our first social tent of the year. Try out the social tent, it's the real deal, and a whole lot better than trying to figure out the NBW from Social Media.

Coming up....

Rhody Roundup - July 27th this year. Mark your calendar for our 4th RR at Yawgoo Bakes and Barbecues is Slocum, RI. Relax and enjoy chicken barbecue after the rides. See Liz Masterson's announcement and sign up sheet.

July & August Start times: This July and August we will be going with our summer starts at 9:00 AM (except for the Rhody Roundup). The idea is to beat the heat, traffic and leave one more summer hour free for non-biking stuff

Hundreds....

TFCE filled up as normal. We have several other centuries this year, starting with the Plymouth Century in May, the Tri-State century in June, the South Shore Century in July, the Century of the Century in August finishing up with the TFCE.

Ray and Monica Foulkes recently celebrated Ray's mom's 100th birthday by going for a hike. If I make it that far, you will see me a Sunday NBW ride, and under the social tent.

Safe riding,
Ted

NBW Officers etc.

NBW OFFICERS (Terms begin February 1)

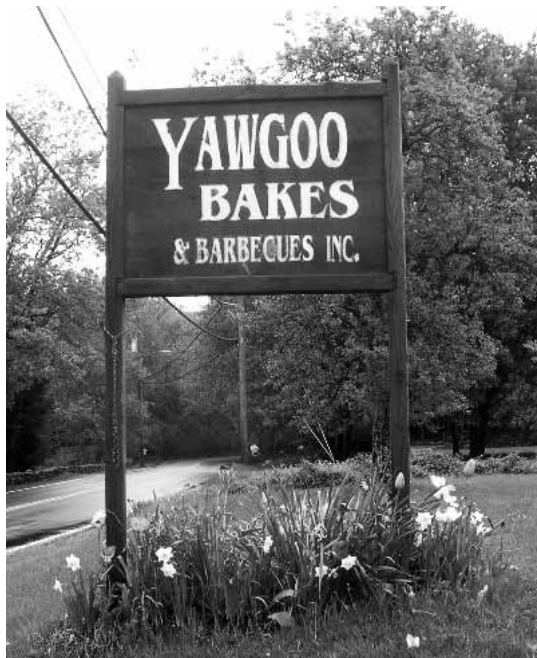
President: Ted Shwartz, president@nbwclub.org
Vice President: Elizabeth Masterson, vicepres@nbwclub.org
Treasurer: Rick Schwartz, treasurer@nbwclub.org
NBW-Treasurer, PO Box 41177, Providence, RI 02940-1177
Secretary: Kate Imbrie, secretary@nbwclub.org

NBW BOARD OF DIRECTORS

Past Presidents: Todd Wise, Janice Velozo, Ray Foulkes
Membership Secretary: Ted Shwartz, membership@nbwclub.org,
PO Box 41177, Providence, RI 02940-1177
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 Breaud

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Larry Shwartz, Ted Shwartz
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breaud, Paula Raposo, Ted Shwartz
Maps/rides database: Monica Foulkes, maps@nbwclub.org
Ride schedulers: Bob Paiva, Raul Silvia, Don Chiavaroli, John Satterlee
Ride scouts: Bob Paiva, John Satterlee
Ride liaison w/police depts: Leah Moynihan
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, Garrett LeBonte
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



Sunday, July 27th

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

~Rain or Shine~

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

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

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

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

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

Return this form by July 20th (check made payable to NBW) to:

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

Name: _____

Mailing Address: _____

Tel: _____ Email: _____

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

WELCOME New Members

Bartolomew Angelo
Ben, Pat, Allison & Ben Jr Averill
Stephen J. Baker
Diana R. Beaton
Robert G. Beaudry
Geoffrey M. Beckman
John C. Beschle
Steve Binney
Victoria L. Bocash
David Bock
Rick Boyle & Jane Blitz
Kimberly T. Breu
Gary C. Camerlin
Daniel P. Croy
Debory Debare & Cindy Emery
Alan DeCosta
Kevin E. Delaney
Thomas E. Deller
Steven C. Dorney
Kevin M. Dubois
Ian Duff
Cheryl A. Dusablon
Nicolas, Alice, John & Alice Fawzi
Lisa M. Fontaine
Christine Griswold
Steven & Brian Harrison
Christopher Hayes & Kara Sweet
Maria S. Hollenberg
Mark & Peggi Hultgren
Jeffrey & Aidan Borkan Suzanne Jacobs
Denise Kalkstein
Mary J. Kelly
Frank Kenneway
J. Patrick Koelle
Kirsten & Daniel Kossman
Konstantine Krekis
James L. Kuhr
Ronald R. Laflamme
John & Judy Lansing
Gloria Lewis
Frank D. Longmore
Robert Lyman
Ginger McCabe
Courtney J. McCracken
Sharon & Patrick McGowan
Mark Mancini
Meg Martino
Lauren Mascolo
Demetrios Metohovekis
Paul Mitchell
Sheila A. Mulderig
Nigel A. Musgrave
Gerard J. Nelson
Michael & Ryna Norigian
Manuel P. Papworth

Scott W. Petrin
Thomas Provencher
Dennis J. Raposa
Jack Rutigliano
Leonard J. Sampson
Jaime C. Shier
Janet S. Tanzi
Steven Thomas
Kathleen Tyler
Jay Vasconcellos
Kenneth Vinateiro
Jim Walsh
Fred Wilcox

NBW Merchandise

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

*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.*

HELP WANTED

*For the
43rd annual NBW-TFCE
The Flattest Century
in the East*



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.

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

I recently had the pleasure of spending an evening in conversation with our club president about some club business, some ideas for the future of some of our rides, bicycles and associated gear, and of course travel and event plans for the foreseeable future. Eventually the conversation turned to the role I try to fill for the club and for the State of Rhode Island—advocacy. Ted admitted to me that he does not find traditional advocacy a task he relishes digging into, rather preferring to ride a bike.

Unsurprisingly, many people who ride bicycles are of the same temperament as Ted and don't feel that they are called to do the type of advocacy work that I do. Going to meetings, writing letters, being interviewed by the media, and criticizing plans put forward by planners and politicians. It has its rewarding moments when a design is approved, a bill is passed, or an important new bridge is completed, but can be time consuming, tedious and daunting given the seemingly glacial pace of action. can be I call this Policy Advocacy.

Another form of advocacy that has really caught on in recent years is Encouragement Advocacy sort of bicycle gatherings. These take the form of fun rides and events that aren't charity rides, but just raise awareness and attract new people to bicycling by showing the simple pleasures our beautiful steeds can be used for. Nationally, Bike To Work Day is an example of an event like this. More locally, Boston has Bike Friday's and Circle the City in Boston. In Providence, in 2014, the City will be holding three street closure events on Sundays through the summer for Cyclovias. The weekly club ride fits into this category.

Similarly, charity bicycle rides have become quite popular over the last 20 years, and are constantly attracting people who feel that with the supportive environment of a charity ride, they can overcome the challenge of rides 30, 50 or many more miles. New riders attracted by a particular charity ride increase the visibility of riders during their training and may hook them on the activity long after the event is over, leading them to become visibility advocates..

Visibility Advocacy is the easiest advocacy for all of us, and whose value should not be underestimated, simply by getting out and riding. Going for a ride alone or with a group demonstrates to planners where we want to go when we're on bicycles, regardless of the purpose. We also demonstrate that bicycle users are by and large polite and law-abiding road users and are not impediments to traffic. We also are showing those who are thinking about riding, that a bike path isn't the only place to enjoy a bicycle ride.

All of these forms, and even others, that I haven't covered at all are required to maintain our legal access to the roads, continue investment in road designs that don't exclude or endanger bicycle users. New road and greenway developments that attract new riders cannot occur in the vacuum of apathy, but rather requires engaged policy advocates and many more get out and ride advocates.

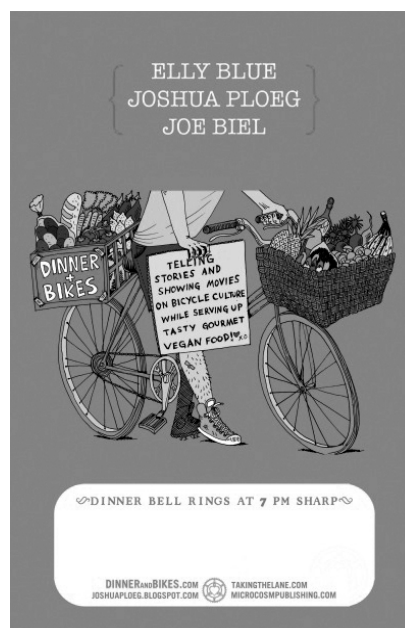
You may not want to go to planning meetings, and you need not do so, get out there and ride, be seen, but be ready, as sometimes we need the mass voice be heard to Encourage new riders or to shape Policy in ways that Visibility alone isn't sufficient.

What's a Cyclovia?

Streets of major thoroughfares are closed to vehicular traffic, and are instead dedicated to being used as parks, cycleways for a day, street festivals and other entertainments. The events are usually Sundays or holidays. Sometimes called "Open Streets", since the streets need not be exclusively used by cycling activities. They are credited as helping reconnect neighborhoods

Cyclovia originated in Bogota Columbia in the 1970s and has been adopted by cities worldwide. Providence's 2014 Ciclovias will be June 29, July 27 and September 7 at on Broad Street, Broadway and Hope Streets respectively.

[Ed—Since 1976 Cambridge, MA, has opened Memorial Drive to bicycle and pedestrian traffic only, on Sundays from April to November.]



**June 6
7PM -10PM -
Dinner and Bikes
Providence**

Rhode Island Bike Coalition is hosting Elly Blue, Joe Biel and Josh Ploeg for a night of talking about the economic impact of bicycles, short films of bicycling and a buffet meal. Tickets available via ribike.org.

NBW Beginner/New Rider Rides



Leaders: Sue and Larry Rollins

Sue and Larry are continuing in the tradition of NBW's John and Bonnie and will lead a group of beginner/new riders on the short loops of selected NBW rides this spring. They will answer any questions beginners or new members may have about the NBW, our bike routes, equipment, riding techniques, maintenance, etc. There will be occasional stops to regroup, if necessary.

You don't need to register for these rides, but you do need to wear a helmet, carry water (and bring a spare tube). Plan to arrive about 30 minutes before the 10:00 am ride start to assemble your bike and locate Sue and Larry.

See the ride schedule for directions to the start locations of these rides—schedules are also on our website at nbwclub.org/rides. Maps will be handed out at the ride start, but you can also print them from our website. Rides will be arrowed.

As long term NBW members, Sue and Larry are experienced ride leaders for the AMC and now are transferring those skills in an effort to welcome beginners and new members to NBW. They have completed recreational touring trips in the US and Canada and have a combined total of 40 years' bicycling experience between them.

June 22 Tiverton—19 miles
July 27 Rhody Roundup— 23 miles

Paula Raposa honored for charity ride

NBW member Paula Raposa received the Weiss Sahrer Community Impact Award from the LifeCycle Inc organization for her participation for the past few years in their annual Ride 'Round Rhody as the captain of the Chains of Hope team. The team, consisting of members of the SpokesWomen club, raised \$10,000 last year for cancer patients and their families.

Chains of Hope has already begun to raise funds and recruit members for this year's Ride 'Round Rhody, which will be held August 10 at Bryant University, Smithfield, RI.

To register for the event or learn about LifeCycle, see rrrhody.org

[Above information from SouthCoastToday.com]

Classified Ads

Complete listing, with photos, posted at nbwclub.org

2003 Santana Arriva SE: Fits 5'8"-6'2" captain (54-57 single frame) and 5'2"-5'6" stoker (48-51 single frame). Santana Carbon Fork. XT rear derailleur; ultegra triple front; 105 shifters. Titanium railed saddles (selle Italia flite). Like new—not used since 2007, but completely turned up in 2014. New: \$3,500. Asking \$1,750.
Contact: wolfgangpeti@gmail.com

2012 Scott Comp CR1: All-carbon fiber bike, with Scott carbon forks. Tiagra brakes, shifters, and derailleurs. Size is XL (58 cm); weight 18 pounds. Bottle cages, Shimano SPD pedals and mirror are included. Bike was bought new in 2013. Less than 250 miles on it; in like-new condition. Selling due to illness. \$1,150.
Contact: billmcinnis2@gmail.com

Lezyne high pressure/volume pump: \$45.
Contact: rjmelucci@me.com

2005 Stumpjumper: 26" MTB. Virtually brand new. Fox F80 auto sensing shock 100 mm. V brakes but disc upgradeable. XTR rear derailleur. M4 aluminum frame. Original price \$1,600. Sell price \$450 or best offer.
Contact: cyclingsessions909@gmail.com

Upcoming Spokeswomen Rides

June 7: Great Grandma's Farm Ride, Lincoln 23 miles
June 21: Mystic Metric, Ashaway 30 miles
July 5: Tristate Century, Smithfield 25 miles
July 19: Tiverton Fifty, Tiverton 30 miles
July 27: Rhody Roundup 13/23/34/42 miles - This is an annual NBW event where riding is followed by a BBQ chicken picnic

Riding in the Spring that never came Photos from Geoff Allsup, Alfredo Sosa, Monica Foulkes



Above left: Feb 2, ice on the Taunton River (Swansea-Touissett ride).
 Above right: April 6, Great Grandma's Farm ride—riders braved the cold wind (and the hills).
 Left: March 23, Spring Opener (well, actually we expect cold on that ride).
 Below right: April 27, BikeWorks Ride—it was still cold—Ted still on his "C" bike!



Left: April 13, Still cold for Diamond HillOne. "Hardman" Bladi on his fixed gear. Below: April 20-Larry back from Arizona but it was still cold on the Westport Ride.



The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD, May 2014

Athletes Staying Away From Carbs: Really?

*"I stay away from bagels and bread. They have too many carbs."
"I'm on the Paleo Diet; I don't eat wheat or other grain foods."
"I don't eat pasta dinners any more. I have a big salad instead."*

Too many of my clients are "staying away from carbs." One woman, an Ironman triathlete, was trying to train on a diet based on protein powder, almond butter, egg whites, and chicken, with a few spinach salads and apples on the side. No wonder she was struggling to complete her workouts! Her diet was short on wholesome grains that can easily fuel her muscles and help her perform at a high level.

The definition of that "enemy" carbohydrate varies from person to person. For some folks, carbs means bagels, bread, and pasta. For others, carbs means any food made with white flour and sugar. For me, carbs includes grains, fruits, vegetables and all forms of sugars and starches. These all digest into glucose, feed the brain, and get stored as glycogen in the muscles. If you eat too few carbs, your muscles will feel needlessly fatigued.

As I mentioned in last month's *Carbohydrate Confusion* article, some popular diet books (including *The Paleo Diet*, *Grain Brain*, and *Wheat Belly*) have convinced many active people to avoid carbohydrate-rich foods. The authors paint the picture that carbs are inflammatory, fattening, and bad for you. Their hype fails to clearly explain that the anti-carb message is not appropriate for athletes who are lean, fit & healthy.

The carbs-are-bad messages are targeted to the masses of overfat, sedentary people who consume excessive amounts of calories, often from sweets and treats. For those unfit (often unhealthy) people, excess carbohydrate can contribute to elevated blood glucose, which triggers the body to secrete extra insulin. Consistently high insulin can be inflammatory and lead to nasty health problems. Yet, athletes can handle carbs with far less insulin than the average American—and without carbs causing "sugar crashes" or weight gain.

Carbs for athletes

For athletic people who routinely train hard 4 to 6 days a week, carbs enhance performance and should be the foundation of each meal. The International Olympic Committee's research-based recommendations for an optimal sports diet include far more carbs than you may realize:

Amount of exercise	Gram carb/lb body wt	Gram carb/kg
Moderate exercise (~1 hour/day)	2.5 to 3	5-7
Endurance exercise (1-3 h/day)	2.5 to 4.5	6-10
Extreme exercise (>4-5 h/day)	3.5 to 5.5	8-12

So what does this recommendation look like in terms of food? For a 150-lb person who trains hard an hour a day and remains somewhat active the rest of the day (that is, does more than just sit in front of a computer for 8 hours), this comes to 375 to 450 grams of carbohydrate per day, the equivalent of 1,500 to 1,800 calories of carbs. This is more than a few blueberries, a spinach salad, and a pile of broccoli!

While I suspect many of you are rolling your eyes right now and thinking, *"My body is different from everyone else's. I could never eat that many carbs without getting fat"*, believe it or not, this is an appropriate intake. Here's how that 150-lb athlete might want to evenly distribute carbs throughout the day. Notice how this menu sharply contrasts with the low-carb menus I commonly see: breakfast, protein shake; lunch, salad+chicken; afternoon snack, almonds; dinner, pile of veggies+protein; then evening snacks, often uncontrollable...

TIME	MEAL	CARB (g)	SAMPLE MEAL (g carb/food item)
6:30	Pre-exercise snack/	40	Clif Bar (40)
7:30	Post-exercise Breakfast	110	1 cup dry Oatmeal (55) cooked in 1 cup milk (10) extra large (9") banana (40) drizzle of honey (10) handful (22) almonds (5)
11:30	Early lunch	125	Turkey sandwich (40) fruit yogurt (30) 4 fig newtons (55)
3:30	Snack	45	Trail mix (nuts, raisins) (35) latte with lowfat milk (10)
7:30	Dinner	110	Protein +2 cups Brown Rice (90) 1.5 cup cooked carrots (20)

If these meals look "fattening" to you, please notice: no snacks before and after dinner on crackers or sweets. Nor are there food binges every three days when the athlete succumbs to devouring the whole bag of cookies. This plan offers a hefty dose of carbs and calories throughout the active part of the athlete's day, when the body needs the fuel.

Replacing grains with fruits and veggies

Grain-phobics, take note: If you have sworn off bagels for breakfast, here's what you need to put in

Continued ...

your fruit smoothie to replace the 60 grams of carbohydrates in a 300-calorie Dunkin' Donuts-size bagel:
16 medium strawberries + 1 cup blueberries + 1 medium banana

If you have nixed your lunchtime sandwich and pretzels, here's how many veggies you need in your salad to replace the 62 g carbs from 2 slices (220 calories) whole-some bread and a 100-calorie bag of pretzels:
24 cherry tomatoes (15 g carb) + 2 whole 7" cucumbers (8 g carb) + 2 whole 8" carrots (14 g carb) + 2 large green peppers (16 g carb) + 5 cups (10-ounce bag) mixed salad greens (9 g carb)

Alternatively, you could heap a whole cup of chickpeas on top of the greens. Either way, you end up with a pile of food that is time consuming to eat if you are a busy athlete.

No more pasta for dinner? To replace those two cups of happiness (1/4 of a 16-oz box dry pasta=84 g carb), you'd need to eat this many veggies to fully refuel your muscles and load them up for the next day's workout:
3 c cooked zucchini squash sautéed with 1 large onion (45 g carb) + 2 c cooked kale (15 g) + 8 spears broccoli (24 g).

The bottom line

Wholesome grains have a helpful role in a sports diet. While fruits and veggies offer some carbs, you need to eat lots of them to compensate for lack of grains. Your efforts to eat healthfully might end up contributing to a sports diet that fails to support hard training. Please, fuel wisely!

Boston-area sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes. Her office is in Newton, MA (617-795-1875). For information about her best-selling *Sports Nutrition Guidebook* (5th edition), see www.nancyclarkrd.com. For online education with CEUs, see www.sportsnutritionworkshop.com.

Local Events Calendar

Updated calendar posted at nbwclub.org

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

Jun 8, 2014 - Seven Hills Wheelmen King of the Quabbin Century. 62, 100 & 125 mile rides around the Quabbin Reservoir. Start: Naquag Elementary School, Rutland, MA. Online registration closes June 5, www.sevenhillswheelmen.org/centuries.htm

Jun 9, 2014 (mon) - Redbones 18th Annual Bike Party. 5-9 pm. \$15 incl food, a drink, raffle ticket & bike valet. Proceeds to MassBike and NEMBA.

Jun 15, 2014 - 11th annual Tour de Natick Fathers Day. 8 am - 1 pm on the Natick Common (MA). 40, 25 and 6 mile rides. Barbecue following the ride. Funds raised by the Natick Rotary Club benefit local scholarship programs. To register www.tourdenatick.org

Jun 26, 2014 - Longest Day Ride, Ten Speed Spokes, Newport

Jun 28, 2014 - CRW Cape in a Day. Traditional ride from Boston to Provincetown, return by ferry. See www.crw.org

Jul 2-6, 2014 - CRW 6th Annual Bicycling out of Burlington VT. Choice of 4 nights or 3 nights. Riding in northern VT & NY Adirondack Mountains. Leaders: Arnold Nadler <arnadler@aol.com> and Jimmy White <jmmymail@verizon.net>

Jul 26-27, 2014 - CRW South Royalton, VT. Inexpensive camping weekend in central VT. 20-80 mile rides or walking. Hotel/BnB options. Reserve by July 6. Info: Pat Stabler & Tom Evers <everstab@verizon.net>

Jul 26, 2014 - Carl's Pool Ride. 10 AM Bocce Club Parking Lot, Diamond Hill Rd, Woonsocket, RI. 30 mile ride through MA and RI. Rain or shine. \$25 registration/donation includes Family Style Chicken Dinner at 1 pm. Proceeds to benefit New Bedford Transition House. Contact: Bob Melucci, 401-762-2921, rjmelucci@me.com
Jul 26, 2014 - Boston Brevet 600K

Jul 27, 2014 - 26th Cycle for Shelter, Northern Essex Community College. 3 fully-supported and arrowed routes of 20, 62, 100 miles, with tech support. Routes wind along beautiful Merrimack River. 91 cents of every dollar raised goes directly to life-saving programs for homeless families. More information at www.emmausinc.org/

Aug 2-3, 2014 - 35th Annual Pan-Mass Challenge. To support Dana-Farber Cancer Institute through the Jimmy Fund. 13 routes ranging from 25 to 190 miles over one or two days. Fundraising minimums range from \$500 to \$4,300. See www.pmc.org for more information.

Aug 3, 2014 - Tour of the Litchfield Hills. 12, 30, 55, 75 and 100 mile rides to benefit the Cancer Care Center of the Litchfield Hills. Also walking routes. Starts and ends in Coe Park, Torrington, CT. Free t-shirt for all riders; free picnic at the end. Additional information at www.tourofthelitchfieldhills.com - register at www.bikereg.com

Aug 9, 2014 - DKH/Deary Memorial Race, Walk and RIDE. Putnam, CT. 30 mile Team Time Trial, 15 or 30 mile Recreational Ride, as Road Race and Walk. An annual event to raise funds to financially assist people dealing with cancer. Info/Registration: www.daykimball.org/cycling, www.BikeReg.com, facebook page is Cycling for Cancer Care Cathy's Ride. Quick info: cathysride@gmail.com office: 860-928-7141

Aug 16, 2014 - North Shore Cyclists Blazing Saddles Century. See www.nscyc.org

Aug 23, 2014 - D2R2 Deerfield Dirt Road Randonnee

Sep 20, 2014 - Woony River Ride. Providence to N. Smithfield. 62, 50, 30, 10, 5 miles. To benefit Woonasquatucket River. See wrrwc.org

Sep 27, 2014 - Cystic Fibrosis Cycle For Life Ride. Sakonnet Vineyards, RI. 25 & 62 mile rides in Tiverton, Little Compton area. Registration at 8 AM. Ride starts 9 AM. Information/registration at fightcf.cff.org

Oct 3, 2014 - Bicycle Builders' Ball, Providence.

Oct 3-5, 2014 - Providence Cyclo-Cross Festival. Roger Williams Park.

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

How does the saying go, "Give a man a fish and you feed him for a day; show him how to catch fish, and you feed him for a lifetime." Time to teach you a plan to improve your time on the bike.

Teaching spin, I see a lot of people who are content to spin indoors. Crazy cars and dangerous roads, no thank you. I cannot disagree; in my opinion, our metro cities still do not cater to cyclists. Commuting by bicycle is difficult, but improving.

Perhaps cycling needs to be seen as a moment with yourself, time to just ride, facing the challenges all by yourself. Testing your body and getting away from your daily work schedule. By late summer we take cycling outdoors for granted. Lazy dog days of summer, too much riding all at once, maybe burning out.

It is important to develop a plan where you gradually increase your volume of riding as the days get longer as the urge to go out and ride tugs at your coat tails. Preparation indoors in the dead of winter will help you develop the endurance base needed to be able to increase your mileage when opportunities allow on the long sunny days.

The best way to measure this is to avoid the common mistake of measuring your rides by mileage. Mileage is a poor indicator of intensity or effort. Rather than mileage, look at hours of riding, both indoor and outdoor. Try to keep track of the total for every week. This is a good first step.

The second step is to measure the intensity of each ride in order to determine training load. There are some complex systems that will produce training stress scores or TSS. The calculation takes heart rate or wattage produced and the time of the ride to derive this score. If you do not have this available you can start by average heart rate to see how much effort you used. Once you determine your lactate threshold heart rate, you can break down your heart rate into intensity zones.

In order to be able to develop zones you need to test by doing a solo 30 minute ride following a warm-up where you can ride without stopping if possible at the fastest pace you can hold for the entire 30 minutes. The goal is to see what your average heart rate was for the last 20 minutes. This is your lactate threshold heart rate, or LTHR. Your LTHR is very important, as going above this number will probably take you over your ability to clear the lactate that builds up in your body, which means that you will basically blow up and the muscles will not be able to hold the intensity. Using Joe Friel's Heart Rate Zones, let's breakdown the Zones like this:

Zone 1: < than 81% of LTHR (Endurance)

Zone 2: 81% to 89% of LTHR (Tempo)

Zone 3: 90% to 93% of LTHR (Sweet Spot)

Zone 4: 94% to 99% of LTHR (Threshold)

Zone 5a: 100% to 102% of LTHR (V02)

Zone 5b: 103% to 106% of LTHR (V02/Anaerobic)

Zone 5c: More than 107% of LTHR (Anaerobic)



Using these Zones and determining their heart rates, you can easily see details on how hard your body was reacting to the ride you did. Scoring the intensity along while how long you rode will assist in determining volume and intensity. Zone 1 to Zone 2 is endurance where the higher zones score as Tempo, Threshold, V02 Max and Anaerobic efforts.

With high intensity efforts or rides, consider that this would equal two endurance rides of around the same time for now.

With power one can also see the actual work done or output as compared to heart rate which is your body's reaction to the work.

By tracking your efforts this way, you can manage a basic schedule that will help you enjoy your outdoor season. This information is valuable if you decide to compete and get a coach. You will have data to understand your history and basic abilities.

NBW member 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/>

Key Largo to Key West: January 2014

Bob Melucci



Not ready for prime time is an oft-used expression and it definitely is how you would describe the Florida Keys bike-way. It is a tantalizing work in progress, but too many incomplete sections restrict the route to only experienced road riders. For those unfamiliar with the Keys, there is no need for arrows or cue sheets. Route 1, or the Overseas Highway, is a north-south road (actually east-west by compass), so you cannot get lost. The irritation comes when bike lanes end or start abruptly without warning. It seems certain that completion of the road paving and signage within a year will make a huge difference in touring enjoyment.

Our tour started with five cyclists and ended with two. That was the first of three mistakes. Allowing input about the date and time of departure drew disagreement and blew the quintet apart. Mistake two was believing that information about the route from a well-intentioned East Coast Greenway/FL volunteer and non cyclist was accurate. Mistake three will come a little later.

My riding buddy, Ammos, and I sagged from Naples to Key Largo with the assistance of his sister who dropped us off. Since we were self-contained and would be sleeping in motels for the two-day trip, we planned to travel very light with just a few items of clothing and toiletries carried in panniers. Wrong. My buddy needed an apnea device, so he attached a trailer to his road bike. Naturally, I took advantage and added items I really didn't need.

We arrived mid-afternoon on a Sunday and after checking into a Key Largo motel, decided to take a short ride, which included transport for an evening meal. We took the bikes to our selected restaurant and then biked back to the motel ... in the dark.

Fortunately this section of the highway was recently paved and striped (within days). Ammos, who is a Rabbi about 30 years younger than me and is a closet velo rider. Biking on an unlighted highway doing 17/18 mph is breathtaking in the truest sense of the word. This should be called *almost* mistake three!

The next morning we set out for our day one destination, Marathon, 50 miles away. Odometers are superfluous as every mile is accurately marked from MM (mile marker) 104 in Key Largo to MM zero in Key West. The route was a potpourri of on-road, off-road, bike path, bike lane; you name it and all of them surprises. We finally saw a sign designating a bike route outside of Long Key

MM 66. I knew the area well as I had spent many winter months in the Keys, but it was a reprise of sorts, my first trip back in almost 10 years. Towing the trailer was beginning to wear on the velo candidate, so when I told him the motel was just ahead, he became rejuvenated.

Now for mistake #3. After a long shower and a little bed rest, refreshed as a 50 miler is easily done, we decided on a restaurant about 4 miles away. Now I was skittish and felt that I had dodged a bullet the night before, but Ammos pointed out that we could use the lighted sidewalk alongside the airport. The meal was fine and the trip back seemed uneventful, but halfway home, Ammos in the lead failed to navigate a curb planting and went down, and of course I sympathetically dumped too. I ended up with a nasty forearm road scrape that bled significantly. Reluctant to call 911 or go to the accident room, we both thought about a Walgreens just passed.



The Rabbi, trained as an EMT, bought the necessary first aid stuff, dressed my wounds and we set off the next day with our only concern, pulling the trailer. A couple of Advil eliminated that worry as Ammos was truly recharged and did he ever forget the fatigue of the previous day, as he took the lead cranking into a wind that developed later in the day. We crossed the 7 mile bridge, but left Big Pine Key's major attraction (besides Key Deer), No Name Pizza, for another time. Mother Nature then played a trick as the sun disappeared and the wind came from the north and west instead of the usual south/east and with rain. Adding to the difficulty that wind and rain interject was the complete lack of marked bike-lanes or in some spots, even a shoulder. The last 15 miles called for experienced road cyclists, comfortable sharing the road.

We arrived at the Ferry Dock in plenty of time, dodging an assortment of 2/3/4 wheel vehicles; and a little lucky as a tremendous thunderstorm dumped heavy rain as we sat in the terminal. The 3 1/2 hour ferry ride back from Key West to Marco Island was easily the dullest part of the tour as it was totally dark and unusually cold with rough seas. We were met at the pier and sagged home with the satisfaction of completing the short and relatively expensive tour largely self-supported.

* \$103 w/bike one way

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



Rain, Rain, go away—and stay there! This Spring seems, at least to me, to be unusually cold, raw, and rainy. It is not exactly conducive to going out for a nice bike ride. Several of my riding friends are still using their “winter” bikes since they do not want to get their “good” bikes dirty. However, there are signs that im-

proving conditions will soon be here. Street sweepers are now busy in many cities and towns, removing the sand, salt, and debris from the roadsides, which will make our journeys safer.

Of course, as many of us can attest, living this close to the ocean can have a negative effect on the true arrival of Spring. The ocean keeps things cool and Spring never seems to arrive. Then, BAM, June first arrives and it is full on into Summer. I like summer. The cool mornings and long days make it ideal for century riding and there are several on the upcoming schedule.

There are a few noteworthy updates on the riding schedule. First, the starting times for July and August rides (with the exception of the Rhody Round-up and centuries) will be at 9:00 AM (except Rhody Roundup and Centuries) so that we are not riding too much in the heat of the day. Second, the Rhody Round-up will be held again at Yawgoo Bakes, but on July 27. Lastly, we have a new ride, the “Border Crossers Ride” on August 24. This ride, developed by Alberto Sosa and friends, starts at Diamond Hill State Park and crosses the MA-RI “border” several times.

Finally, we have a new Police Liaison for the club. Leah Moynihan is taking over this responsibility to communicate with the PD’s in the ride start communities to insure that we get off to a safe start and to make sure that there are no other conflicting activities (like road races) in the start location. Thank you, Leah for stepping up.

Oh yeah, I am still on the DL from the hip replacement. However, by the time you get this Jun-July Spoke’n Word, you just might see me show up for the Sunday rides—doing the shorter loops of course!

Want to arrow a ride?

Chip Kent is our 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

Chip provides the paint, map and instructions.

Arrowing guidelines are also posted on our website—
nbwclub.org/resources/nbw_arrowing_guide.pdf



Thanks to our most recent ARROWERS:

Apr 6	Great Grandma’s Farm	Luke Brissette
Apr 13	Diamond Hill One	Rod Breault
Apr 20	Westport	Frank Frain
Apr 27	BikeWorks Swansea	Jake deWispelaere, Sarah Sutton
May 4	Mystic Metric	Tony Rizzotti
May 11	Westport (repeat)	Frank Frain
May 18	Plymouth Century	Jan Harbutiak, Lee Sproul, Kate Imbrie, Deb Luhrs
May 25	Foxboro 55	Don Chiavaroli
May 26	Memorial Day (Westport repeat)	Frank Frain

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>
- * 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 - 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.

May 25, 2014

Foxboro 55

23/36/55 miles

Sunday 10:00 AM *Map No.* 166 *Arrower:* Don Chiavaroli

Route Attleboro, No Attleboro, Wrentham, Franklin, Norfolk, Foxboro, Mansfield, Norton

Directions **LATE NEWS - NEW START**

We have had to move the start to the WAMSUTTA MIDDLE SCHOOL, Locust St, Attleboro.

Take RT95 North from Providence to Exit 3A (Route 123 East) in MA. Stay straight on Thatcher Street at the second light. Go .5 miles and bear right over the rail road bridge. Go .5 miles then turn right onto South Main at the T. Go left at the next light onto Locust Street and travel .8 miles. The Wamsutta Middle school will be on the left.

Drive Time 20 minutes from Providence

Description This ride takes us from Attleboro to Foxboro and back, through towns we often ride in but in opposite directions. Although the 36 and 55 mile loops cross busy Rt 1, all crossings are at traffic lights. These scenic loops ride the back roads of Plainville and Cumberland. The 55 miler goes north through Wrentham, Franklin, Norfolk and Foxboro, just north of Gillette Stadium. As you cross Rt 1 in Foxboro, look right to see the lights high above the stadium. On the 36 miler use caution on South St (Rt 1A) in Wrentham. On the 23 miler use caution on Kelly Blvd when turning left to the Fish Hatchery.

May 26, 2014

***Memorial Day Show'n Go**

Monday 10:00 AM *Map No.* 111 *Arrower:*

Route

Directions

Drive Time

Description Repeat Westport Ride, map #111 (use arrows from May 11 ride)

June 1, 2014

Oneco Pond Ride

17/31/41 miles

Sunday 10:00 AM *Map No.* 3 *Arrower:* D Rajotte/SRodrigues

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.

July 4, 2014

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

Friday 9:00 AM *Map No.* 105 *Arrower:*

Route

Directions

Drive Time

Description Repeat Tiverton 50 Ride (map #105). Follow arrows from June 22.

July 6, 2014

Purgatory Chasm

20/30/54 miles

Sunday 9:00 AM *Map No.* 117 *Arrower:* Bladi, Chip & Crew

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 so you can take a break to walk in the Chasm. Spring water can be found at the picnic grounds. Pete Petrocelli extended the ride to 54 miles.

July/August rides start at 9:00 AM

July 13, 2014

South Shore Century

27/54/75/100/125

Sunday 8:00 AM *Map No.* 54 *Arrower:*

Route Middleboro, Plymouth, Cohasset

Directions Start at the Middleboro High School, 71 East Grove St (Rt 28) in Middleboro, MA - on Rt 28 just past the Rt 105 Intersection. Take I-95 N to I-495 S to the Rt 105 exit (Exit 4). Turn left off the exit onto Rt 105 to the first intersection with a traffic light. Go right at the light onto Rt 28. School is about 1 mile on the right.

Drive Time 60 minutes from Providence

Description This favorite century ride is one of the easiest and loveliest of the club's centuries, travelling along Boston's south shore with its spectacular water views. We will ride to Duxbury, then wind our way along the coast up to Cohasset, turning south to Middleboro on back roads, passing numerous ponds and farms along the way. Luca Marchi updated the old route, taking the shorter rides off some roads that have become extremely busy onto quieter back roads, adding an optional detour through Wompatuck State Park on the 100 mile return, and an extension to a double metric for the adventurous.

100/125 milers leave at 8:00 am; all other riders leave at 9:00 am.

July 20, 2014

♥ Mattapoissett Ride

15/30/50 miles

Sunday 9:00 AM *Map No.* 52 *Arrower:* Mike Miller

Route Mattapoissett, Rochester

Directions Start at the Commuters' Parking Lot, North St, Mattapoissett, MA - off I-195 at the Mattapoissett 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 Mattapoissett 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.

July/August rides start at 9:00 AM

July 27, 2014

New Rhody Roundup

13/24/34/42 miles

Sunday 10:00 AM Map No. 164 Arrower: Monica & Ray Foulkes

Route Slocum-Charlestown-Narragansett-Wickford

Directions: YAWGOO BAKES, 555 SLOCUM RD, SLOCUM, RI
Take Rt 95 South to Rt 4 South (a left lane exit). Stay on Rt 4 until the second traffic signal.
Turn Right on West Allenton Rd. Continue onto Indian Corner Rd. 4/10 mile turn Left at stop sign on Indian Corner Rd. Continue onto Slocum Rd. Stay on this road until you reach Yawgoo Bakes on the right.
(It's only 3-1/2 miles from Rt 4)

Drive Time: 30 minutes from Providence.

Description: We will be based again in southwestern RI at Yawgee Bakes and Barbecues in Slocum (it's just north of URI).
Rides start at 10 AM and the food will be served at 1:30 PM (choose your route accordingly so you'll be back in time. All routes head south towards the ocean at Narragansett and will use some part of the South County Bike Path—please use caution on the bike path, also by the ocean in Narragansett you will encounter beach traffic.
13 and 24 mile routes are flat; 34 and 42 mile routes have hills on the return from Narragansett (but we *promise* that Torrey Rd is NOT on any of the routes ;-)

NOTE: Barbecue tickets must be purchased in advance—the form is online at nbwclub.org and also in this newsletter. No meal tickets can be sold on the day, sorry.

August 3, 2014

Taunton-Sharon Tour

15/30/50 miles

Sunday 9:00 AM Map No. 92 Arrower: Ed Holden

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 shops.

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.

July/August rides start at 9 AM

Alfredo Sosa contributes to the age-old
"carbon vs steel" debate



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

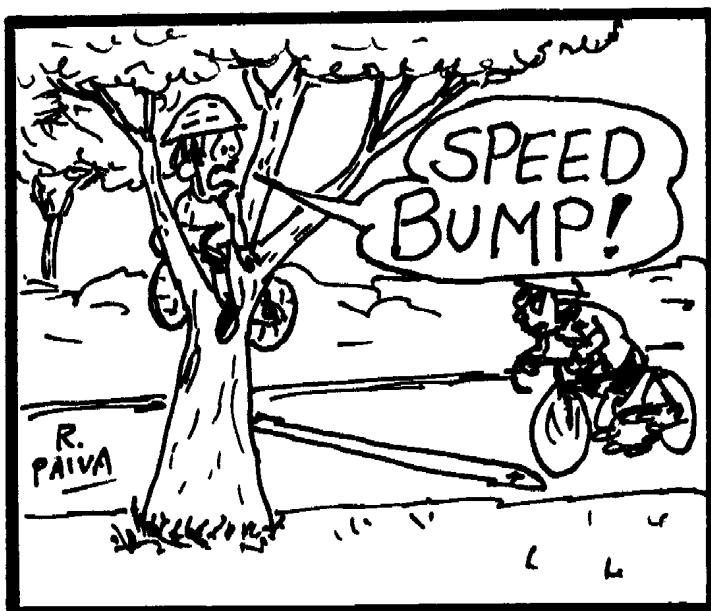
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Deadline for the next issue is July 5

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

Tentative Future Ride Schedule—subject to change—comments to Don Chiavaroli, touring@nbwclub.org						
Month	Date	Map #	Ride Title	Ride Start	Distances	Arrower
Aug	3	92	Taunton-Sharon Ride	Taunton, MA	15/30/50	Ed Holden
	10	41	Century of the Century	URI Kingston	18/35/55/75/100	
	17	153	Wareham-Manomet Ride	Wareham, MA	22/35/47	Alfredo Sosa & crew Don Paiva, Mike Emma
	24	167	Border Crosser's Ride	Cumberland		
	31	89	Seekonk Southern Ride	Seekonk, MA	15/28/50	
Sep	1	92	*Labor Day Show'n Go	Taunton, MA		TFCE crew
	7		**TFCE			
	14	156	Hope Valley Ride	Richmond	18/29/42/58	B. Rodriguez/F. Salas M. Miller/D. Robillard
	21	97	For Pete's Sake Ride	Smithfield	20/27/52	
28	81	Cranberry 55	Raynham, MA	14/28/56		
Oct	5	74	Fall Foliage Tour	Glocester	20/40/64	Ted Shwartz
	12	130	Cape Caper Ride	Bourne, MA	22/48/62	
	13	81	*Columbus Day Show'n Go	Raynham, MA	14/28/56	
	19	61	Mystic Seaport	Richmond	19/33/47	
	26	16	NBX Fall Ride	Warwick	15/25/32	John Satterlee D. Rajotte/S. Rodrigues
Nov	2	131	The "Bridge" Ride	Burrillville	15/30/50	

*Holiday Show'n Go (no maps) **TFCE-registered ride



NBW WEBSITE
 nbwclub.org
 your go-to place for the latest news, ride
 schedules, last-minute changes, photo gal-
 leries, GPS files for NBW rides — read your
 newsletter online in the Members' section.

NOTE: To access the Members' section you
 need the following information (make a
 note):
 Username: rider14
 Password: 99Arrows