

The Spoke'n Word

Volume 44, Number 4

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

August/September 2014

nbwclub.org



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SUPER CYCLE SHOPS

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

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181 Brook St
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www.providencebicycle.com
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Dan Ibbitson

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Exeter, RI 02822
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WeeBIKE.com

Balance Bike & Merino Wool Specialist
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NBW member discount promo code:
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330 Hathaway Rd
New Bedford, MA 02746
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401-433-4491
and
51 Cole St
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401-245-9755
yourbikeshopri.com



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

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

Cover: Larry Shwartz rides to Budapest, July 2014, on his tour of the Czech Republic, Austria, Slovakia and Hungary. You just never know where NBW members will boldly go.

Photo: Larry Shwartz

Want your photo in the Spoke'n Word?

The Editor <editor@nbwclub.org> welcomes your photos of our club's activities for the newsletter and our website. Photos selected for print by your editor, who does the conversion to black/white. Some hints for what she looks for:

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

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

See our website for membership application:
nbwclub.org

President's Message



Thoughts while arrowing on a hot day via bicycle...

The touring committee (Don, Raul, Bob, Monica & John) are doing a great job. They always do.

Chip is doing a nice job recruiting new arrowers. Jay Freitas and Dave Baldwin are nice additions

If you want to learn an area, arrow it. If you can't arrow it, then take a few club rides in the area.

Our rides evolve over time. At one time it seemed like every ride went by a dump, then it was cell towers, now its windmills. I like the progression. Our rides have gotten longer over the years. At one time we had a short and a medium ride option. Now we have a long option too, and it seems a majority of riders are opting for the long ride option. At one time our rides were focused geographically and had very distinct identities. Now the long ride option sometimes blurs ride boundaries (it's Sunday and I am in Chepachet at 44 & 102 again...), the flip side is we know our riding area in big terms better.

How do we accommodate our newer riders? Many new riders think a 10 mile ride is a challenge, yet most club riders would not consider a ride under 15 miles.

How do we accommodate our older veteran riders? They might not want to tackle all those hills. On the other hand,

they might want to punish the younger riders on those very same hills.

Safety, we don't emphasize it enough. Is a crash really worth it?

What about all those people at Sunday rides that are not members?

Some rides are complicated. Is it better to know nothing about the ride and follow the arrows blindly? Some rides are great and awful at the same time, how is that? Sometimes a route is great one day, and rotten another, how is that?

How come there is so much paint on the road from our arrows, and everybody else's? Who do these arrows belong to?

I am so hot, and brain dead, I am not moving. It's time to get off the road. The cross country riders learn this before they ride. They learn to get off the road, always, when they are not moving. If you are not on the road, then cars and cyclists can't hit you. If I could only distill that wisdom into all of our club riders? It's a habit you have to form, so it saves you on a bad day. Everybody has a bad day eventually, the trick is to make sure it's not an awful day.

I like social tents...
I like this club...

Safe riding everyone,
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 Breault

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Larry Shwartz, Ted Shwartz
Arrowers/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breault, 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

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.



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



Thursday October 9 – Monday October 13, 2014

Accommodations:

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

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

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

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

\$50.00 deposit required

Make check payable to: Narragansett Bay Wheelmen (NBW)

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

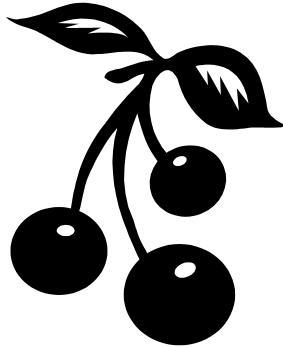
For more information contact Don Paiva at donpaiva53@cox.net, or 401-433-3463

The Athlete's Kitchen

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

Super Sports Foods: Do They Really Need to be Exotic?

Do you ever get tired of reading yet-another headline about *The 10 Best Super Sports Foods*, only be instructed to buy exotic fruits, ancient grains, and other unusual items? Do we really need chia, spelt, and quinoa? Is anything wrong with old-fashioned peanut butter, broccoli and brown rice? Doubtful! Powerful nutrients are found in standard foods that are readily available at a reasonable cost. You know, oranges, bananas, berries, oatmeal, almonds, hummus, lowfat yogurt, brown rice, tuna ... the basic, wholesome foods recommended by the government's My Plate (www.ChooseMyPlate.gov). Are those foods exotic? No. But do they still do a great job of offering super nutrition? Yes!



To add to the confusion about exotic sports foods, the sports food industry touts their list of engineered super sports supplements. Ads lead you to believe you really need to buy these products to support your athletic performance. The question arises: Are there really special nutrients or components of food that can help athletes to go faster, higher or stronger? If so, can they be consumed in the form of whole foods or do we actually need special commercial supplements?

At a 2014 meeting of Professionals in Nutrition for Exercise and Sport (PINESNutrition.org), exercise researchers from around the globe discussed that topic and provided the following answers to the following thought-provoking questions.

Is there any difference between consuming pre-exercise caffeine in the form of pills, gels or coffee?

Regardless of the source of caffeine (pill, gel, coffee), it is a popular way to enhance athletic performance. Take note: High doses of caffeine (2.5 to 4 mg/lb body weight; 6 to 9 mg/kg) are no better than the amount athletes typically consume in a cup or two of coffee (1.5 mg/lb; 3 mg/kg). Hence, drinking an extra cup of coffee is unlikely to be advantageous, particularly when consumed later in the day before an afternoon workout and ends up interfering with sleep.

Do tart (Montmorency) cherries offer any benefits to sports performance? If so, what's the best way to consume them?

Tart cherries (and many other deeply colored fruits and veggies) are rich in health-protective antioxidants and polyphenols. Tart cherries can reduce inflammation, enhance post-exercise recovery, repair muscles, reduce muscle soreness, and improve sleep. Athletes who are

training hard, participating in tournaments, or traveling through time zones might be wise to enjoy generous portions. Yet, to get the recommended dose of cherries that researchers use to elicit benefits, you would need to eat 90 to 110 cherries twice a day for seven days pre-event. Most athletes prefer to swig a shot of tart cherry juice concentrate instead!

What about food polyphenols such as quercetin and resveratrol?

Polyphenols are colorful plant compounds that are linked with good health when they are consumed in whole foods. Yet, polyphenol supplements, such as quercetin or resveratrol, do not offer the same positive anti-oxidant or anti-inflammatory benefits. An explanation might be that once in the colon, where most polyphenols go, parts leak into the bloodstream during heavy exercise. These smaller compounds create the anti-inflammatory effect. Athletes who routinely eat colorful fruits during endurance training offer their gut the opportunity to distribute good health!

Does curcumin reduce chronic inflammation?

Curcumin (an active constituent of tumeric, the spice that gives the yellow color to curry and mustard) has beneficial properties that have been shown to help prevent cancer, enhance eye health, and reduce inflammation. Subjects with osteoarthritis (an inflammatory condition) who took curcumin supplements for 8 months reported less pain (due to less inflammation) and better quality of life. Unfortunately, curcumin is rapidly metabolized and therefore has low bioavailability when consumed in the diet. To increase absorption, supplements often contain curcumin combined with piperine (black pepper extract).

Does green tea help improve body composition in athletes? What is the best way to take it?

Green tea reportedly enhances fat oxidation and helps with weight loss, particularly when combined with caffeine. But the amount of additional fat burned is minimal, and the 10 to 12 cups of green tea needed to create any effect is a bit overwhelming. (Hence, most studies use a green tea extract.) Because green tea has not been studied in lean athletes, we can only guess that it is unlikely to offer a significant improvement in body composition.

Is watermelon juice a powerful stimulant for sports performance?

Watermelon juice is a source of L-citrulline, an amino acid that contributes to production of nitric oxide. Nitric oxide helps relax the blood vessels and thus enhances blood flow so more oxygen can get transported to the working muscles. One study with athletes who consumed L-citrulline supplements reports they attained a 7% higher

Continued ...

peak power output as compared to when they exercised without L-citrulline.

Yet, when athletes were given watermelon juice (contains L-citrulline) or apple juice (that has no L-citrulline), the peak power was only slightly higher and the L-citrulline gave no significant benefits. The bottom line: Watermelon is a nourishing fruit and a welcome refreshment for thirsty athletes. You would need to eat a *lot* of watermelon to get the equivalent of L-citrulline found in (expensive) supplements. Your best bet is to enjoy watermelon in standard portions as a tasty addition to your sports diet.

What can be done with pea, hemp, or other plant protein to make them as effective as whey for building muscle?

In general, plants (such as peas, hemp) contain less leucine than found in animal proteins. Leucine helps drive the muscle's ability to make new protein. Hence, to increase the muscle-building properties of plant proteins, you need to either eat large portions of, let's say, hemp or pea protein (to get a bigger dose of leucine), or you can combine those plant-foods with leucine-rich proteins, such as soy, egg, or dairy foods.

The bottom line: Your best bet to optimize performance is to optimize your total sports diet. No amount of any supplement will compensate for lousy eating, though a few just might enhance a proper diet.

Boston-area sports nutritionist Nancy Clark, MS, RD counsels both casual and competitive athletes. Her private practice is in Newton, MA (617-795-1875). For information about her *Sports Nutrition Guidebook* (new 5th edition) and food guides for runners, cyclists and soccer players, see www.nancyclarkrd.com. For online education, also see www.sportsnutritionworkshop.com.

Classified Ads

Complete listing, with photos, posted at nbwclub.org

Wanted: Any size road bikes and usable spare parts for donation to the Ride2Recovery Project Hero New England. For wounded, ill and injured active duty or Veterans who are referred to the project by military and VA medical personnel. Right now, there are 3 potential riders needing bikes. If you can donate bikes/spare parts contact Jay Frietas at jay@ride2recovery.com and tel: 401-766-5708. For information on the project: www.ride2recovery.com

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 \$400 or best offer. Contact: cyclingsessions909@gmail.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.

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: cathys-ride@gmail.com office: 860-928-7141

Aug 10, 2014 - 6th annual Ride 'Round Rhody Bike-a-Thon. 75, 25 mile routes. Hosted by LIFEcycle Inc. to benefit local cancer treatment. Start Bryant University, Smithfield, RI. See www.RRRhody.org for registration details.

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

Aug 23, 2014 - D2R2 Deerfield Dirt Road Randonne

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

Sep 20-21, 2014 - Tri-State Seacoast Century Ride. Granite State Wheelmen. 100, 63, 50, 25 mile routes along the New Hampshire, Massachusetts & Maine coast. Ride either day or both. See www.bikereg.com/seacoast-century or www.granitestatewheelmen.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.

Oct 4, 2014 - 5th annual Cycle Martha's Vineyard. To benefit Rotary Club of Martha's Vineyard charities. 100k and 50k ride. Post-ride pig roast with live music. See www.cyclemarthasvineyard.org or email cyclemarthasvineyard@gmail.com

Oct 5, 2014 - Buzzards Bay Coalition's Watershed Ride. Start Westport, MA. 75 & 35 mile supported rides along Buzzards Bay to Woods Hole. Rest stops, lunch and finish line party. Fundraising minimum \$300. Information at www.savebuzzardsbay.org/ride

**For membership application
and brochure
see our website
nbwclub.org**

Ride2Recovery Project HERO

Jay Freitas

Though an Improvised Explosive Device took the legs of Marine Corporal Kevin Dubois, it did not take away his love of the outdoors. These days Kevin rides around RI on a hand cycle – sometimes on the bike path but more often on the streets. In April, he won 2nd place in the hand cycle division of the Boston Marathon. Kevin is currently in training to become a US Paralympian.

Kevin began cycling while recuperating from his injuries in Afghanistan, at National Naval Medical Center San Diego. The Ride2Recovery (R2R) Naval Medical Center on site Project HERO stages rides 4-5 days a week to assist injured veterans with their physical and mental rehabilitation. As Kevin and many other servicemen and women have found, cycling is a catalyst in their healing process. Kevin rides both a hand cycle and a unique hand crank mountain bike, fabricated by R2R mechanics.

Kevin is hooked on riding -- “Ride2Recovery has been an integral part of my recovery by helping me get a bike, get out for rides and challenging myself on every ride -- which has gotten me to where now I am now -- competing at a national level.”

In September 2013, Kevin embarked on his first long-distance event with R2R – cycling 450 miles from Boston to Philadelphia with 200 other injured veterans and supporters in the UnitedHealthcare Minuteman Challenge. It wasn't easy – especially traveling Route 6 from Providence to Hartford - but that's the point, testing yourself on a physical and mental challenge. R2R cyclists travel in groups based on experience and ability and include road bikes, hand cycles, recumbents and tandems – many of which have been modified to accommodate injuries. They have medical, mechanical, rest stop and lunch support en route.

The non-profit Ride2Recovery helps injured veterans improve their health and wellness through individual and group cycling. The R2R long-distance, multi-day events challenge each rider individually to meet personal goals, to ride with others who have similar experiences and to find ways to cope with their “new normal” through cycling and camaraderie.

Ride2Recovery began in 2008 when a therapist at the Palo Alto VA Medical Center thought cycling could be an additional therapy in rehabilitation programs for Post Traumatic

Stress, Traumatic Brain Injury and other physical injuries, such as multiple limb loss. He reached out to professional cyclist John Wordin and they staged the first Ride2Recovery Challenge from Washington, DC to Charlotte, NC with 14 injured veterans. This year there are 5 long-distance rides scheduled around the U.S. and one in Normandy, France. Logistics dictate a 200-rider limit, resulting in waiting lists for each week-long Challenge.



Browse the R2R website at www.ride2recovery.com to learn more about R2R and browse the Media tab for lots of pictures from numerous events.

Many injured veterans require modifications to their cycles and the R2R team of mechanics have come up with some innovative solutions. For a double arm amputee, the shifting is electronic buttons mounted on the top tube and braking is done with a T-bar behind the saddle. A triple amputee has a customized handgrip on his hand cycle to accommodate a prosthetic. A blind, bilateral above the knee amputee rides a specially designed tandem hand crank/recumbent and has completed the Marine Corps Marathon several times.

For these Type A personalities, being able to get physical again is invaluable. Riding alongside other veterans who have “been there, done that” provides a safe environment where each person is not judged but accepted for who they are today. Cycling is a powerful therapeutic exercise that they can do alone or in groups for the rest of their lives.

Continued ...

Jay Freitas, a Vietnam era Veteran and recent member of the Narragansett Bay Wheelman, began a Ride2Recovery Project HERO New England this past November, working with the Providence VA Medical Center staff. Currently Project HERO New England has riders from all over New England and our own Bladi Rodriguez has volunteered on numerous rides.

If you are interested in ways to help Project HERO New England, they need bicycles.

If you would like to donate your old road bike, Project HERO New England is in need of bikes for several local Veterans interested in cycling as part of their rehabilitation. You can contact Jay via email to jayfreitas7@yahoo.com.

Jay has been working with Veterans since 2005, including 5 years as a volunteer at Walter Reed Army Medical Center. "I am inspired every day by these incredible men and women. Whether it's a hand cyclist with use of one arm who rode 500 miles or the joy you see in the face of someone who came alone and at the end of a grueling ride has a great sense of accomplishment and new friends to share the personal challenges in their mental and physical recovery.

Craig Tuchon, a Veteran from Coventry, and Jay will both ride 350 miles in the 2014 UnitedHealthcare Boston to NYC Minuteman Challenge from September 7 – 12. If you would like to ride along with Craig, Jay and 200 other amazing service men and women, you can register for a single day or the whole week, if you are up for a challenge. The UnitedHealthcare Minuteman Challenge kicks off on Sunday, September 7 for a 79-mile ride from Waltham to Providence. Day 2 is a 77-mile trek from Providence to Hartford. For route, registration and more information, please visit: <https://ride2recovery.com/event.php?ID=554>

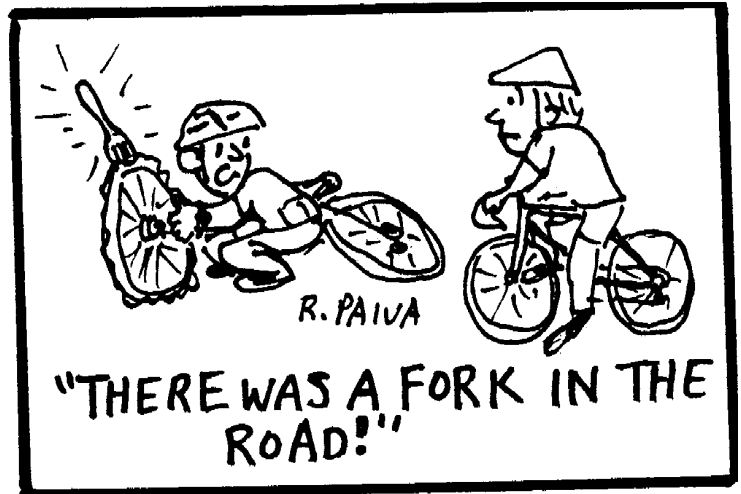
If you see a sea of red, white and blue kits traveling the roads on September 7 or 8, please give them a wave or a toot to show your support or come down to the Providence Biltmore to welcome them to Rhode Island on September 7.

From Ted Shwartz, NBW President:

*Some of you may recognize Jay from club rides, and one of his riding buddies **Kevin Dubois**. Watching Kevin work his hand cycle up the hills of Burrillville is enough to make any one stop complaining about how much work riding hills can be.*

WELCOME New Members

- David K. Albernaz, Somerset, MA
- George J. Banville, Fall River, MA
- Bill, Maureen & Seth Camara, Tiverton, RI
- Anthony W. Chirico, Franklin, MA
- Arthur Deascentis & Elizabeth Doherty, Fall River, MA
- Rosann Diroma & Mark Gravell, Groton, CT
- Peter R. Dupuis, Middleboro, MA
- Timothy M. Eagan, Cranston, RI
- Robert E. Edgren Jr, Plymouth, MA
- Janet Emison & Marty Sinnott, East Greenwich, RI
- Mary T. Finsness, Somerset, MA
- William H. James-Rapp, Pawtucket, RI
- Demetra F. McDonald, Middleboro, MA
- Joseph T. McMahon, Walpole, MA
- Kimberly L. Mars, Coventry, RI
- Roger & Julie Maxwell, Barrington, RI
- Barbara Porter, Watertown, MA
- Victoria T. Rotkow, Providence, RI
- Robert Sandy, Providence, RI
- Linda Schieffelin, Middletown, RI
- Jorge & Lydia Schumacher, Providence, RI
- Gaylon & Jennifer Stockman, Pawtucket, RI
- Kelley Torrey, Riverside, RI
- Rebecca H. Trundy, New Bedford, MA

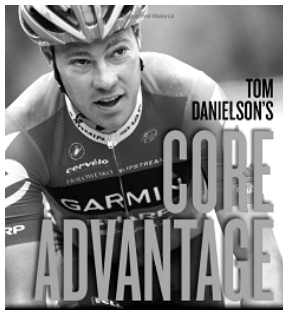


Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

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

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



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

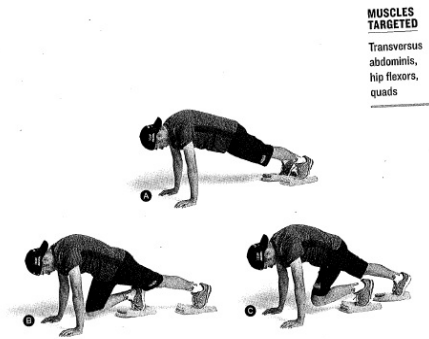
Workouts provided in the book help build stability and bike handling core strength based on the positions one finds oneself on a bicycle. Allison developed key movements that address TVA (Transversus Abdominis) and other important areas. The TVA stabilizes the lumbar and pelvis during movement on the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

Here is an excerpt from Tom Danielson on glute activation:

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

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

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



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

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

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

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

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

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



Well, here we are in the middle of the “Dog Days of Summer” and the mercury has been creeping upwards to 90 degrees since late June. Not to besmirch my four footed friends but the Dog Days of Summer have nothing to do with dogs, but rather to the proximity of the dog star, Sirius, to the sun. The ancient astronomers noted that when

the brightly shining “dog star” was coincident with the Sun, the earth seemed to get hotter. Thus, the “Dog Days of Summer” were born.

Just because the “Dog Days” are here is no excuse for not riding. The Touring Committee has selected some nice rides from now until the beginning of fall and since the ride start times are at 9:00 AM from now until the end of August, there is no excuse for not getting out.

The Taunton-Sharon tour is early this year, August 3. I am happy to report that the city of Taunton has repaved 3 miles of Tremont Street. This section is on the 50 mile loop and was the only really unpleasant part of the ride due to the road conditions, but it is beautifully smooth now.

New this month is Alberto Sosa’s “Border Crossers” ride. It has a fair amount of climbing; however, any ride that starts at Diamond Hill State Park is not a flat one. Alberto and his crew have worked hard to develop this ride, so get out and be adventurous and try something new.

In September, we are bringing back the Cranberry Metric to its full “metric mileage”. The start will return to Staples, but the ride has been rerouted so we do not ride at all on Route 44. Additionally, we are rerouting to avoid the bridge with the expansion joint that reaches out and grabs the front wheel of the unsuspecting cyclist!

All rides now have been scheduled through the end of the year. Check the back of *The Spoke’n Word* to see what is in store for you. Oh, and do not be afraid to step up and volunteer to arrow a ride. It is easier than you think and will give you a new-found appreciation for the work that the volunteers do to keep us “rolling along”.

Want to arrow a ride?

Chip Kent is our Arrowers/Paint Coordinator. You will see him frequently at rides and can reach him to volun-

teer to arrow a ride by emailing him at: arrows@nbwclub.org Chip provides the paint, map and instructions.

Arrowing guidelines are posted on our website at: nbwclub.org/resources/nbw_arrowing_guide.pdf

Thanks to our most recent ARROWERS:

- Jun 1 *Oneco Pond*—Don Rajotte, Steve Rodrigues
- Jun 8 *Fall River 50*—Mark St. Amour, Abbey Courchaine
- Jun 15 *TriState Century*—Bladimir Rodriguez, Jay Freitas, Chip Kent
- Jun 22 *Tiverton 50*—Mike Emma, Don Paiva
- Jun 29 *Providence Bicycle*—Bladimir Rodriguez, Jay Freitas
- Jul 6 *Purgatory Chasm*—Chip Kent, Dave Baldwin
- Jul 13 *South Shore Century*—Tony Rizzotti, Ted Shwartz
- Jul 20 *Mattapoisett*—Mike Miller, Dianne Robillard
- Jul 27 *New Rhody Roundup*—Ray & Monica Foulkes



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 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.



It's social tent season ... après ride, Westport

NBW RIDE SCHEDULE

Last minute changes are announced via our website - nbwclub.org - and our email list - <http://groups.yahoo.com/group/nbwclub/>.
Informal mid-week rides are also organized via the email list.

August 3, 2014	Taunton-Sharon Tour	15/30/50 miles
Sunday	9:00 AM	Map No. 92 Arrower: Ed Holden
<i>Route</i>	Taunton, Norton, Mansfield, Foxboro, Sharon, Easton	
<i>Directions</i>	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.	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	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	

August 10, 2014	Century of the Century	18/35/55/75/100
Sunday	8:00 AM	Map No. 41 Arrower:
<i>Route</i>	Kingston, Mystic, Hopeville, Sterling	
<i>Directions</i>	URI, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick building to the parking lot by the soccer fields.	
<i>Drive Time</i>	40 minutes from Providence	
<i>Description</i>	This ride gets its name from the League of American Bicyclists' centennial celebration held at URI in 1980. The century ride is very challenging but is well worth the effort, because it is a scenic, classic tour containing all types of terrain. 100 mile riders start at 8:00 am, others at 9:00 am.	

August 17, 2014	Wareham-Manomet Ride	22/35/47 miles
Sunday	9:00 AM	Map No. 153 Arrower:
<i>Route</i>	Wareham, Onset, Cape Cod Canal, Cedarville, Manomet	
<i>Directions</i>	Start at Town Hall/High School complex, 54 Marion Rd (Rt 6), Wareham, MA. Directions: Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.	
<i>Drive Time</i>	50 minutes from Providence	
<i>Description</i>	This flat-to-rolling ride offers many coastal and fresh water views, from the Wareham narrows to the beautiful harbor village of Onset, along the canal, and in Miles Standish State Forest. The long ride treats the rider to some of the less-explored roads along Cape Cod Bay, up to the bluffs of Manomet. Caution: Early miles are on the Cape Cod Canal bike path - so no pace lines and watch out for walkers! July/August rides start at 9 AM	

August 24, 2014

Border Crossers

18/30/49/63 miles

Sunday 9:00 AM *Map No.* 167 *Arrower:* Alfredo Sosa & crew

Route Franklin-Millville-Burrillville-North Smithfield-Lincoln

Directions Start at Diamond Hill Park, Diamond Hill Rd (Rt. 114), Cumberland, RI. Directions: Take Rt 95 North, then Rt 295 South. Take Exit #11, Rt. 114, Cumberland. At the end of the ramp, go right onto Rt. 114 North (Diamond Hill Rd). Follow Diamond Hill Rd north, going straight through the first set of lights (Nate Whipple Highway). The Park is 1-1/2 miles on the right, opposite the Ice Cream Machine.

Drive Time 20 minutes from Providence

Description This new ride has been created by Alfredo Sosa, who says it is not an attempt to find a new route to the Indies (an Italian dude already tried that), or Woonsocket for that matter, but rather appropriates (post-modernism), or if you prefer "samples" many of NBW's roads in northeastern RI. The route features a lot of rolling terrain, farms, woods, and very small roads. The idea is to avoid cars as much as possible. We travel through Franklin, Millville, Burrillville, North Smithfield, Lincoln and Cumberland. Beautiful roads also offer a challenge to the rider; each route definitely "punches above its weight."

July/August rides start at 9 AM

August 31, 2014

♥ Seekonk Southern Ride

15/28/50 miles

Sunday 9:00 AM *Map No.* 89 *Arrower:* Don Paiva, Mike Emma

Route Seekonk, Rehoboth, Somerset

Directions Start at Seekonk High School on Arcade Avenue between Rts 44 and 152 in Seekonk, MA. Take 195E to Exit 1 (in MA) and bear left off exit onto Rt. 114A. Go past the ShowCase Cinemas, past the traffic light, and stay to the right at the fork onto Arcade Ave. Go straight through the next light and the school is about 1 mile up on your left.

Drive Time 10 minutes

Description This easy ride passes by the remaining farms of Seekonk, Rehoboth, Dighton and Somerset. Ride extended by Bob Paiva .

July/August rides start at 9 AM

September 1, 2014

***Labor Day Show'n Go**

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

Route

Directions

Drive Time

Description Repeat Taunton-Sharon ride (map #92). Follow arrows from Aug 3.

September 7, 2014

****TFCE**

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

Route

Directions

Drive Time

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

September 14, 2014 **Hope Valley Ride** 18/29/42/58 miles

Sunday 10:00 AM *Map No.* 156 *Arrower:* Tony Rizzotti

Route Hope Valley-Charlestown-Richmond

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

Drive Time 40 minutes from Providence

Description This popular ride was created by Tina Williams to include many of our favorite roads in this area. The basic ride is a scenic 18 mile loop, with the possibility of taking 3 extra loops. Choose 1, 2 or all 3 loops. Loop #3's return along Rt. 3 is one of RI's best downhills. This ride was formerly called the Hope Valley Extra, but we took out the challenging "hero" loop, so there is no extra this year.

September 21, 2014 **For Pete's Sake Ride** 20/27/52 miles

Sunday 10:00 AM *Map No.* 97 *Arrower:* B Rodriguez/F Salas

Route Greenville, Slatersville, Nasonville, Wallum Lake, Pascoag

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

Drive Time 20 minutes from Providence

Description This is a rolling-to-hilly ride, traveling through old mill towns in northern RI. Long-time member Pete Petrocelli and his wife Jennifer contributed this ride.

September 28, 2014 **Cranberry Metric** 17/35/64 miles

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

Route Lakeville, Assawompsett, Middleboro, Bridgewater

Directions NOTE: WE RETURN TO OUR OLD START
Start at the Staples plaza on Route 44 in Raynham, MA, near the junction of Routes 44 and 24. Park away from the stores.

Drive Time 25 minutes from Providence

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

October 5, 2014 **Fall Foliage Tour** 20/40/64 miles

Sunday 10:00 AM *Map No.* 74 *Arrower:* Pete & Paula Bissell

Route Gloucester, Hampton, Eastford, Putnam

Directions Start at Ponagansett High School, Anan Wade Rd, Gloucester, RI. Take Route 6 W from I-295. Stay to the right when Rt. 6A forks off from Rt. 6. Go straight through light at Famous Pizza (on your left). At the fork where Rt. 6 splits from Rt. 101, stay to the right on 101. Turn right on Anan Wade Rd, two miles past the junction of Rts. 101 and 102. School is one mile on the left.

Drive Time 35 minutes from Providence

Description Fall in Connecticut. One of our prettiest fall rides on quiet, lovely backroads. There are ridges, some climbs and fast downhills. Thanks to Bob Paiva for extending this ride.

October 12, 2014

Cape Caper Ride

22/48/62 miles

Sunday 10:00 AM Map No. 130 Arrows: Ted Shwartz

Route Bourne, Falmouth, Woods Hole

Directions: Start from Bourne High School, 75 Waterhouse Rd, Bourne, MA. Take I-195 E to I-25E. Cross the Bourne Bridge to the rotary on the Cape side. Go right at the rotary onto Towbridge Rd. After 3/4 mile, make a sharp left onto Waterhouse Rd (you passed the back of the school on Towbridge). The school's main entrance is on the left.

Drive Time: 50 minutes from Providence.

Description: Explore the Cape on quiet back roads. We'll follow the Buzzard's Bay shore to Woods Hole, then on to Falmouth, heading back past ponds and pine woods, finishing with a run along the Cape Cod Canal. We schedule this ride to avoid heavy summer Cape traffic, but still get some great fall riding weather. The long ride crosses railroad tracks several times—take care on the acute-angled crossings.

October 13, 2014

*Columbus Day Show'n Go

Monday 10:00 AM Map No. 81

Follow arrows from the Cranberry Metric Ride, map #81

♥ Beginners will love these rides.

* Holiday Show'n Go

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If possible, email your request to sales@nbwclub.org before mailing a check because currently several popular sizes are out of stock until our new order arrives.

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

Questions? Email to: sales@nbwclub.org

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 Deadline for the next issue of The Spoke'n Word is Sep 5 2014

Tentative Future Ride Schedule - subject to change - comments to Don Chiavaroli, touring@nwclub.org

Month	Date	Map#	Ride Title	Ride Start	Distances (miles)	Arrower
Oct	Sun	5 74	Fall Foliage Tour	Glocester	20/40/64	Pete & Paula Bissell
	Sun	12 130	Cape Caper Ride	Bourne, MA	22/48/62	Ted Shwartz
	Mon	13 81	*Columbus Day Show'n Go	Raynham, MA		
	Sun	19 61	Mystic Seaport	Richmond	19/33/47	John Satterlee
	Sun	26 16	NBX Fall Ride	Warwick	15/25/32	D Rajotte/SRodrigues
Nov	Sun	2 131	The 'Bridge' Ride	Burrillville	15/30/50	Luke Brissette
	Sun	9 168	Don & Raul's Fall River Ride	Seekonk, MA		
	Sun	16 64	Newport Island Circuit Tour	Newport	18/30	
	Sun	23 86	Scituate Foster Ponagansett	N Scituate	16/25/35	
	Sun	30 155	Larry & Ted's Dartmouth Ride	Dartmouth, MA	12/17/31	
Dec	Sun	7 22	Cranston Holiday Ride Winter	Cranston	9/18/28	
	Sun	14 93	Northern Border	Slatersville	14/30	
	Sun	21 38	Jamestown Tour	Jamestown	18/25/30	
	Sun	28 67	N Smithfield Burrillville #1	N Smithfield	15/30	
Jan	Thu	1	*New Year's Ride	Little Compton	~20/30 miles	
	Sun	4 104	Taunton Two Rocks Ride	Taunton, MA	13/24	
	Sun	11 42	Jonnycake	URI Kingston	15/25	
	Sun	18 12	Simple Arrow Ride	Burrillville	12/27	
	Sun	25 66	Triboro Tour	Plainville, MA	17/28	
Feb	Sun	1 104	Taunton Two Rocks Ride-REPEAT	Taunton, MA	13/24	
	Sun	8 42	Jonnycake-REPEAT	URI Kingston	15/25	
	Sun	15 12	Simple Arrow Ride-REPEAT	Burrillville	12/27	
	Sun	22 66	Triboro Tour-REPEAT	Plainville, MA	17/28	