

The Spoke'n Word

Volume 44, Number 5

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

October/November/December 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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508-677-0710
www.bikeworksma.com

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391 Mendon Rd
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blackstonebicycles.com

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401-438-2453
www.EastProvidenceCycle.com

LEGEND BICYCLE

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Providence, RI 02906
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www.legendbicycle.com

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

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Warwick, RI 02889
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89 Dr Marcus Wheatland Blvd
Newport, RI 02840
401-846-0773
www.newportbicycleri.com

PEDAL POWER BICYCLE SHOP

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

PROVIDENCE BICYCLE INC.

725 Branch Ave
Providence, RI 02903
401-331-6610
www.providencebicycle.com
and
150 Lambert Lind Highway,
Warwick, RI 02886
401-773-7733

SCOTTEE'S WESTPORT BICYCLE

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508-636-RIDE (7433)
www.westportbicyclema.com

Dan Ibbitson

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

SIROIS BICYCLE SHOP

893 Landry Ave
No Attleboro, MA 02760
508-695-6303
www.siroisbicycle.com

W. E. STEDMAN CO.

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

TEN SPEED SPOKES

18 Elm St
Newport, RI 02840
401-847-5609
tenspeedspokes.com

TRAVIS CYCLE INC.

1 Oak St
Taunton, MA 02780
508-822-0396
www.traviscycle.com

UNION CYCLE

77 Pleasant St
Attleboro, MA 02703
508-226-4726
unioncycle.com

VICTORY CYCLES

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

WeeBIKE.com

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

YESTER'YEAR CYCLERY

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

YOUR BIKE SHOP

459 Willett Ave
Riverside, RI 02915
401-433-4491
and
51 Cole St
Warren, RI 02885
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: Rick Schwartz, 2014 TFCE.
Rick has been an indispensable TFCE volunteer for many years; working before dawn setting up registration and after dusk breaking down. In between he manages to ride the Century!
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 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.

President's Message



One more TFCE in the history book. Yet another perfect day for riding. The feedback from riders, volunteers and the towns was all good. We just might have to do this again ... Before you laugh that last statement off, consider how much work is being done by everyone to make TFCE happen. We do TFCE because we enjoy cycling, each other's company, and that of other cyclists. My thanks to all of the NBW Volunteers at TFCE..

This year we tried something different in our communications to riders about safety. It seemed to make a difference. Anecdotally there were no complaints about riding behavior, and that's a first. I sometimes hear about riders electing not to ride with the NBW or do the TFCE because of other riders' behavior. We are not perfect, but we are very, very good for a 2000+ rider event.

I would like to single out one NBW volunteer for going above and beyond this year at TFCE. **Perky Nellisen** was involved with Little Compton on road safety issues, at PB&J, worked Registration and Adamsville, plus brought volunteers to the University of Massachusetts and Adamsville.

FYI – I met with **Kate Imbrie** yesterday and started the formal work for TFCE #44, Sunday September 13, 2015. Kate will be co-chair of next year's TFCE, and will be the volunteer coordinator. **Larry Schwartz** will be stepping down as co-chair. He has been doing a great job on this for 10 years.

We started in January of 2013 with a weekly emailing to NBW members that is focused on the upcoming Sunday NBW ride, and other items of local cycling interest to our members. If you are not receiving this email, then please consider doing so. Just send me your name and email address and I will add you to our list. FYI– you will only get one email a week, and only from the NBW. We do not share this list with anyone.

Fall brings the **Providence KMC Cyclo Cross Festival** at Roger Williams Park October 3-5. 10,000 people are expected to attend over the 3 day period. Bicycle Racing does not get any more exciting in RI than this. On Saturday evening Oct 3 there will be the **New England Bike Builder's Ball** (7 PM – 11 PM) at the Roger Williams Botanical Center. Formal wear is not required. Come see some of the planet's most beautiful bikes. Admission is \$5.

Fall riding can be spectacular with the foliage. Some of us will be in the woods and on the fire roads and single track. Please keep in mind that hunting season is here, and we need to wear our hunter safety orange. The state says 200 square inches is the minimum to be safely visible.

We are a social bicycle club first and foremost. Earlier this year I came across a posting from **Tom Kellogg** of Spectrum Cycles on group riding that was as succinct on the do's and don'ts (actually mostly the don'ts) of successful group rides. I filed it away as something to share with club members. Recently it was shared with the TFCE riders. Coincidentally there were no complaints received about bad behavior on TFCE. Please take a moment to peruse this letter: <http://tinyurl.com/TFCE14-k>. Tom Kellogg was kind enough to share this with our club.

Safe riding everyone,
Ted

NBW Officers etc.

NBW OFFICERS (Terms begin February 1)

President: Ted Schwartz, 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 Veloza, Ray Foulkes
Membership Secretary: Ted Schwartz, 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 Breaute

OTHER CLUB FUNCTIONS

TFCE Committee co-chairs: Larry Schwartz, Ted Schwartz
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breaute, Paula Raposo, Ted Schwartz
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 Schwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
Map creators: Bob Paiva, Ted Schwartz, 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

WELCOME New Members

Erin & Carlos Abrahams & Roger Audette, Warwick RI
 James E. Baker, Cumberland, RI
 Paul A. Barnes, Wareham, MA
 Stephen J. Black, Bridgewater, MA
 Martin J. Brough, East Greenwich, RI
 Kellie Buckley, North Kingstown, RI
 Todd E. Cowger, Wakefield, RI
 Henry Dalomiba, Greenville, RI
 Edward & Mary Driscoll, Milford, MA
 Joyce Ellen & Dana Pickard, Walpole, MA
 Mark Frias, Taunton, MA
 Keith D. Garland, Lakeville, MA
 John Genco, Marion, MA
 George Gessner, Coventry, RI
 William J. Goldsmith, Middleboro, MA
 Andre C. Goulet, Chepachet, RI
 Elaine L. Hardman, Warwick, RI
 Bradley C. Horst & Renee Mierzejewski, Duxbury, MA
 Donald A. Jagoe, Newport, RI
 Colby D. Jenkins, Rumford, RI
 Lori & Steven Kayan, Cranston, RI
 Albert S. Koenig, Pawtucket, RI
 Robert H. Ladino, New Bedford, MA
 Kyle S. Langdell, Providence, RI
 Sheeri Miles, Fall River, MA

Fred C. Miller, Providence, RI
 Yvan V. Moreira, Pawtucket, RI
 Daiva Neidhardt, Boston, MA
 Charles L. Nimick, McLean, VA
 Elayne M. Oliphant, Providence, RI
 Jean Oliviera, Providence, RI
 Sherry Olson-Lusardi & Michael Lusardi, Worcester, MA
 Colleen Riley, Providence, RI
 Melissa L. Roller, Weymouth, MA
 Jennifer Rose, East Falmouth, MA
 Frederic S. Sousa, East Providence, RI
 Gerald Stanton & Patricia Walsh, Marlborough, MA



Wolfgang cooks some mean burgers at the TFCE Volunteers' after-ride party.

NBW Merchandise

NBW CYCLING JERSEY

RED, BLUE
 Short sleeve

Specify men's or women's cut

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

Women's Blue sizes: L, XL, XXL
 Women's Red sizes: S, M, L, XL, XXL



\$55, incl tax.
 Add \$3 postage
 (for 1 or 2 shirts)

NBW CYCLING SOCKS

Sizes: S, M, L, XL, XXL
\$6 per pair.

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



NBW CAP

Lightweight summer cap,
 baseball style with visor.
 One size.

Red, Pink, Green (specify color)
\$12 Add \$1.50 postage



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

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



***Narragansett Bay Wheelmen
Annual Meeting & Volunteers' Dinner
Election of Officers***

Saturday, November 1, 2014

***Pawtucket Country Club,
900 Armistice Blvd, Pawtucket, RI***

6:00 PM Happy Hour

6:45-7:15 PM Election of Officers/Meeting

7:15 PM Dinner

8:30 PM Program

All volunteers (in the last 12 months) will receive an email invitation
and must RSVP by Oct 19 to
NBWBanquet@aol.com

If you volunteered this year but did not receive an invitation, please email Margaret Vigorito at
the above email address.

Guests are \$25 ... make checks payable to "NBW" and mail to
Margaret Vigorito, 12 Lisa Drive, North Attleboro, MA 02760

All checks and RSVPs should be received no later than Saturday, October 19.

NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM

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

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

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

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that: (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Narragansett Bay Wheelmen, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered to be one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

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

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

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

MINOR RELEASE

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

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

TYPE OF MEMBERSHIP (check one box in each column)

- | | | |
|--|----------------------------------|---|
| 1) <input type="checkbox"/> Individual | 2) <input type="checkbox"/> New | 3) <input type="checkbox"/> One year (\$15 individual or \$25 family) |
| <input type="checkbox"/> Family | <input type="checkbox"/> Renewal | <input type="checkbox"/> Two year (\$25 individual or \$30 family) |

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

Membership No. _____ Amount enclosed: _____

Print Name(s): _____

Address: _____ City: _____ State: _____ Zip: _____

Tel: _____ E-mail: _____

Mail entire page and check to: NBW Membership, PO Box 41177, Providence, RI 02940-1177

Allow 6-8 weeks for processing

*NBW Holiday Party
to benefit Amos House*

Sunday, December 7, 2014, from 1:00 PM



Patricia Lang and Keith Enos are continuing the NBW tradition, started 18 years ago by Jeanne Petrarca, of a party after the Sunday Dec 7 Cranston Holiday ride to benefit Amos House.

Enjoy a holiday gathering after the ride while making a gift to someone who will appreciate your support. Amos House, in Providence, has food, shelter and social service programs that have helped thousands of people in need.

Last year NBW members contributed \$4,000 to Amos House.

Suggested donation \$10 (or more).

**Stop by Patricia and Keith's house at
62 Marion Ave, Cranston, RI 02905**

From the ride start at the Western Hills Middle School, Cranston, it's about 5 miles to Patricia's house:

- Turn right from parking lot onto Phenix Ave, within 1/4 mi Phenix joins Rt 12/Park Ave.
- Go to end of Park Ave to a T-intersection (appr 4-1/2 mi).
- Turn right onto Broad St.
- Take immediate left onto Bluff Ave.
- At second street turn left onto Birchfield Rd.
- Turn right at next corner onto Marion Ave.
- #62 is second house on right (brick wall in front).
- tel: 401-265-5700



I cannot attend the party but would like to make a donation to Amos House.

Name:

Address:

Amount: \$

Please make check out to **Amos House**, and mail to Patricia Lang, 62 Marion Ave, Cranston, RI 02905

TFCE 2014

Well, it's getting to be a habit. Again we had a perfect day—cloudy and cool the first hour or so, then sunny, dry, 70's, a little wind—for the approx. 2,000 riders on our annual century ride in the Dartmouth, Tiverton, Little Compton, Westport area. Only a couple of minor accidents reported, despite having to negotiate the newly-grooved strips (both center and side lines for heavens sake) on Rt 77 in Little Compton. We're hoping RI paves over these dangerous gouges before next year. Photos: Monica Foulkes, Louise Paiva, Geoff Allsup. More photos at website: nbwclub.org



Registration



Hixville volunteers



Don MacManus & Rob Price man the communications center



Tiverton 4 Corners rest stop



Adamsville water stop



Finish at Univ of Massachusetts, Dartmouth

2014 TFCE Volunteers

Adamsville Rest Stop

Billy Gajda
Carleen A McOsker*
Jeff Rizzolo Jr
Ellen Lafazia
Heidi Hallemeier
Janice Velozo
John Swyers
Jurgen Hallemeier
Larry Rollins
Lydia Macmanus
Mark St Amour
Mary McCauley
Perky Nellison
Rick Smith
Stephen Rodkey
Sue Rollins

Arrowing

Dianne M Robillard
Gilbert Peel
Michael R. Miller

Co-Chairs

Larry Schwartz
Ted Schwartz

Clean Up

Sam Schwartz
Tom Schwartz

Hixville Rest Stop

David Bojar
John Darcy
Kathryn Mahoney
Lenore Henderson
Linda Pietras
Louise Paiva*
Mark Mahoney
Scott Henderson
Sue Barker
Wendy Davis
William R. Peterson

Deluxe Restrooms

Rick Schwartz*

Parking

Bill McGrane
Bob Brown
Craig Mace
Gary Archer
Gil Mello
John Ho
Keith Enos
Kris Brown

Lee Sproul
Mike Klek
Mike Vigorito
Pat Lang
Raf Cardenas
Raul Silvia*

Registration

Dave Reynolds
Don Chiavaroli
Gayle Raposa
Jan Jankowski
Jean Hibbert
Julia Vanover
Kate Imbrie*
Kent Cameron
Leslie A. Baker
Margaret Cornell
Margaret Hahn
Paula Bissell
Perky Nellissen
Pete Bissell
Sally Schwartz
Susan Jarvis
Susan Roberts
Susan A. Baker
Susan G Mcmillan
Terry Skinkle

Rider Check In

Dave Carroll
Noel Field
Paula Bissell
Susan G Mcmillan

Sag

Dave Vitello
David Michel
David R. Fraley
Don Macmanus
Fred N. Definis
Jan D. Harbutiak
John Rohland
Luke A Brissette
Robert Price*
Sondra J Spencer

Sales

David H Carroll
Don Paiva
Mike Emma*

Signage

Frank Frain

Tiverton Four Corners

Gerri Weir
John Nery
Joyce Fontaine
Lori Lantos
Mark Dieterich
Pauline Nery
Ray Naughton
William Weir
William E. Luther

Trucking

Ed Holden

Peanut Butter & Jam Crew

Amev Blackburn
Billy Gajda
Bruce Masterson
Cheri Varney
Christine Oudet
Daiva Neidhardt
Dave Varney
Deborah R. Luhrs
Dianne M Robillard
Don Paiva
Edward Holden
Gerri Weir
Gil Mello
Graham Foulkes
Heidi Hallemeier
Janice Velozo
Jim Mumma

Karyn Mumma

John Nery
John Swyers
John M. Sullivan
Jonathan L. Foster
Jurgen Hallemeier
Larry Schwartz
Laura Silvia
Liz Masterson
Louise Schwartz
Margaret Hahn
Mark St Amour
Mary McCauley
Meg Glennon
Mike Emma
Mike Vigorito
Monica Foulkes
Pauline Nery
Pete Bissell
Raf Cardenas
Ray Foulkes
Ray Naughton
Rebecca Peti
Rick Schwartz
Robert Price
Scott Henderson
Stephen Rodkey
Sue Barker
Sue Rollins
Terry Skinkle
William E. Luther
William R. Peterson
Plus many others

Mechanical Support

Rob Foulkes and his East Providence Cycle crew



Advocacy Column

Matt Moritz, advocacy@nbwclub.org

[Ed—Matt sent along this letter from Mass in Motion-Fall River, one of the organizations that received NBW donations in 2013.]

Hello Matt,

I wanted to write with a quick report on our efforts to increase cycling in Fall River.

Thanks to the NBWM grant along with the Mass in Motion funding, we have purchased Bike Fall River T-Shirts and distributed to young riders at a variety of Bicycle Helmet giveaways (Helmets donated by Fall River Kiwanis and Boston Medical Center Health Net Plan). All of these events are collaborations with the Fall River Police Department. They include a helmet giveaway, bike repairs and bike rodeo during MA Bicycle Week on May 17 (A Wheely Fun Day!), helmet giveaway and bike repairs at Griffin Park and Kennedy Park, and helmet giveaway at Niagara Neighborhood Association's Summer Event at Pulaski Park. Over 200 helmets will be distributed by the end of the season.

In terms of creating a culture of bicycling in Fall River, Mass in Motion has assisted the Thomas Chew Boys and Girls Club in establishing a chapter of Trips for Kids. This organization, based in California, promotes bicycling as a form of transportation for youth to travel to destinations in and around their communities. The Boys and Girls Club received bicycles, helmets and other materials from Trips for Kids. Mass in Motion organized MassBike to provide training to adult staff of the program as well as members of the Fall River Police Department, school department and members of Bike Fall River.

Bike Fall River and Mass in Motion assisted in organizing the 4th Annual South Coast Bicycle Summit held in March 2014.

The Fall River Bicycle Commission, appointed by Mayor Flanagan, has been working on bicycle routes through the City, and through the grant have been able to purchase and design signs indicating the Scholarship City Bicycle Route (north to south) and the South Coast Bikeway (east to west) as well as generic signs indicating bike route and Watch Out for Bicycles. The City has also received funding through Southeastern Regional Planning and Economic Development District (SRPEDD) to purchase bicycle racks to be installed at schools, parks and other locations throughout the City.

We promote (through a brochure completed this year) the Old Bedford-Old Fall River Historic 10 Mile Ride connecting Fall River to New Bedford, and are working on a new Bike Fall River brochure with bike route map that should be completed and printed for distribution within a month.

Finally, Brian Pearson and other members of Bike Fall River continue to encourage and promote bicycling and create access through weekly rides organized for various levels of experience.

Matt, this is not a formal report, but I thought I would let you know the progress we are making that NBWM funding has made possible.

Sincerely,
Julianne Kelly, Coordinator
Mass in Motion-Fall River

About those "rumble strips" in Little Compton



A week before NBW sent out 2,000 TFCE riders onto the quiet roads of Little Compton, we started hearing about Rt. 77 (West Main Rd) having suddenly been rumble-stripped. These weren't the usual annoying little grooves, they were deep horizontal gouges—not only at the side of the road

(where there is very little or no breakdown lane) but also on the center line. NBW President Ted Shwartz went to inspect and then contacted the Chief of Police to explain how dangerous these grooves were for cyclists, who now had to move further left into the traffic lane to avoid them, as vehicles moved further right to avoid the center line.

Soon it appeared that runners and pedestrians weren't happy either. Nor were the residents of Little Compton. Ted and several NBW members who live in LC attended a public meeting with the Town Council, also attended by RIDOT representatives, who explained that the work was done as part of a federal program to prevent drivers from running off the road. Residents, cyclists, runners and pedestrians testified to their opposition and RIDOT promised to examine how to pave over the gouges.

In the meantime, be very careful to avoid the lane markings on Rt 77 between Tiverton and Sakonnet.

The Athlete's Kitchen

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

To Eat—or Not to Eat: The Pre-Exercise Question

What should I eat before I exercise?

That's the question athletes of all ages and abilities most commonly ask when I'm presenting a sports nutrition workshop. While most people expect a simple response, such as "Eat a banana" or "Have a slice of toast," the answer is actually complex and depends on many factors. After all, we are each an experiment of one. The following information can help you figure out the best way to fuel your body before you exercise.

Does what you eat within 30 minutes of exercise offer performance benefits?

Your body can actually digest and use the food you eat before you exercise as long as you are exercising at a pace you can maintain for more than 30 minutes. Research also suggests that eating a snack just five minutes before moderate exercise can improve performance compared to exercising on empty. Yet, if you will be doing intense exercise—an erg test, track workout, or heavy weight lifting session, you should experiment to determine the best time to eat. You will likely feel more comfortable allowing two or three hours for your pre-exercise food to digest and empty from the stomach.



Will pre-exercise food cause heartburn or nausea?

While many people can comfortably tolerate pre-exercise food, others experience stomach distress. If the food you eat within the hour pre-exercise "talks back to you," figure out:

1. Does the discomfort happen if you allow two or more hours for the pre-exercise food to be digested?
2. Does the type of food cause the problem? That is, do a few pretzels settle well but a cup of yogurt feels acidic?
3. Did you eat too much? Would half a bagel with a skimming of peanut butter digest better than the whole bagel?
4. Are you doing very high intensity work? If so, your stomach will shut down and your body will want to get rid of the contents....

What if I exercise in the early morning, before my stomach is awake?

If you drag yourself out of bed to exercise at early o'clock, before your body and your mind are fully awake, you might not want to eat much of anything. I know of many rowers, runners, swimmers, and ice hockey players who eat their breakfast the night before. That is, in-

stead of eating a bowl of cereal at 5:30 a.m., they enjoy it at 10:00 pm, before going to bed. This food helps them wake up in the morning with a normal blood glucose (blood sugar) level, and provides energy for an enjoyable and effective workout.

What if pre-exercise food contributes to diarrhea and undesired pit stops?

Food generally takes one or two days to travel through the intestinal tract. Hence, an undesired pit-stop during a long run on Sunday might relate to food that you ate the day or two before. That is, if you ate an unusually large bowl of high-fiber bran cereal on Saturday when carbo-loading for the Sunday long run, you might end up wishing you'd carbo-loaded on low-fiber corn flakes or Rice Chex. Or maybe that bean burrito on Friday night caused the problem? You can try tracking your food and fiber intake, looking for suspicious patterns.

In general, exercise speeds up intestinal motility. With time, most bodies can adjust if you train your intestines to handle pre-exercise food. For example, one runner started by nibbling on one pre-exercise pretzel, and then two, and gradually built up his tolerance to the suggested 100 to 300 calories of carbs consumed within the hour pre-exercise. He enjoyed the benefits of feeling stronger at the end of his runs.

Should I purposefully not eat before I exercise because I want to lose weight while I exercise? One client reported she didn't eat before she went to the gym because she was exercising to burn calories. Why would she want to add calories to her diet? Wouldn't that defeat the main purpose of her workouts?

Think again: If you consume 100 to 300 calories before you workout, you will be able to exercise harder, at higher intensity and burn more calories than if you schlep through the session on fumes, with little enthusiasm or enjoyment. (Plus, you will not be as hungry afterwards and will be able to refrain from over-indulging.) Trust me, the plan to exercise-on-empty is hard to sustain; it is not fun. Just notice the drop-off in attendance at the gym between Jan. 1 and Feb. 1...

Food is fuel. As an athlete or a fitness exerciser, you need to fuel your body appropriately—including pre-exercise. Just as you put gas in your car before you take it for a drive, you want to put fuel in your body before you embark on a busy day. Be as nice to your body as you are to your car, please!

Continued ...

By eating nothing before my morning workout, won't I burn more fat?

You may have heard you can burn more fat during low-level "fat burning exercise" if you do not eat beforehand. Yes, you might burn more fat than carbohydrates, but *burning* fat differs from *losing* body fat. You lose body fat when, at the end of your day, you have created a calorie deficit. That is, you will lose body fat (weight) if you have eaten only 1,800 calories by bedtime, even though you burned off 2,200 calories during the day. By fueling pre-exercise, you can have a better workout—and perhaps burn more calories than if you were to run on fumes.

To lose body fat, I suggest you fuel adequately by day, so you will have energy to enjoy an active lifestyle, and then lose weight at night by eating a lighter dinner. Fueling by day and dieting by night (so you lose weight when you are sleeping), is far preferable to restricting by day only to over-indulge at night due to extreme hunger.

Can training on empty enhance endurance?

Some recent research suggests that highly competitive athletes might be able to enhance their performance if they train under-fueled a few times a week. These depletion workouts can alter muscle metabolism so that the muscles are able to compete better when fully fueled.

If you want to "train low," be sure to do your important high intensity workouts when you are well fueled. You cannot (enjoyably) exercise hard when you are running on fumes. Your performance will suffer unless you do some high quality hard workouts when you are well fueled.



Boston-area sports nutritionist Nancy Clark, MS, RD offers one-on-one consults with both casual and competitive athletes. Her private practice is in Newton, MA (617-795-1875). For information about her *Sports Nutrition Guidebook* (2014) and food guides for runners, cyclists and soccer players, see www.nancyclarkrd.com. For online education, see www.NutritionSportsExerciseCEUs.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.

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

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

Oct 4, 2014 - 6th Annual Miles for Megan Ride. To benefit Megan L. Cordeiro Memorial Foundation. 12, 25, 62 mile rides through Tiverton, Little Compton, Westport. Barbecue and raffles upon return. Registration info at www.milesformegan2014.kintera.org

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

Classified Ads

Complete listing, with photos, posted at nbwclub.org

2004 Specialized Allez A1 sport. All Shimano Ultegra components including PD 670 pedals. Women's specific Selle Italia Diva saddle. Well maintained. Rode once since last tune up 2012. Very good to excellent condition. Bike has been replaced and sits idle in the garage. Original cost \$1,200.00 without pedals and saddle. Asking \$350.00 Contact: Jill at jlawdesign@comcast.net

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 jayf@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: rjmecucci@me.com

Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

There are a lot of elements when riding your first group ride if you typically ride solo. The first and most important step is to ride with people who have skill if possible. The second is to get comfortable with a group and spacing between riders. This column is all about pacelines.

A single paceline is a row of cyclists where the front rider is in the wind pulling the group and the riders stay behind each other drafting by being protected from the wind by the rider in front of them. As much as 30% of your effort can be saved with a well-running paceline.

Now if you are a faster rider, the allure of riding with the front group is unmistakable. My advice is to ride with slower skilled groups before you venture in with faster riders as the reaction time is very, very fast.

So let's start with the basics; gapping between riders in a group paceline and the basics:

Always be sure that you can maintain the speed before you join in. Once again, start with a small group and practice; rotating from the back to the front one at a time with quick rotations of 30 seconds to one minute; typically going left and back to finish your pull riding back to the last rider in the column. Watch for cars coming up beforehand.

Do not fix onto the wheel in front of you. Notice the gap, try for a foot to two feet to start. Focus on the rider in front and those in front of him.

Take note of the speed before you go up front. Remember, if the speed is too high for you to hold for that time, ride at a speed you can maintain for that time nice and smoothly.

Never pull longer than you can. Remember, you are helping the group. Falling off after does not help you and takes away one helper from the group.

The key to a safe paceline is to allow a gap that will allow you some drafting, but not so close that you tense up and get nervous. Reaction times suffer with tension, and as you practice you will be able to close that gap with less stress. The key is to keep your upper body relaxed and your mind focused. It is ok to start with short pulls as well.

A typical mistake is to go too hard, in an effort to show your worth, to be accepted. There are two problems with that way of thinking when you are up front. First is that when you finish you may not be able to hook on the end

of the paceline because of fatigue, and see the train leave you like a derailed caboose!

Remember that a successful paceline is one that is constant and smooth. As a result, riders inside the paceline have the opportunity to recharge their batteries. If someone goes up front only to go harder than the rest, everyone has to work harder and the pace line itself starts to fall apart. Two good reasons not to go hard!

When you are up front of the paceline it is not just about working for the group. You become the eyes of the group, watching for traffic coming in and out of the side, calling out pot holes or turns and taking safe lines.

When a group is close together it is almost impossible for those drafting to see a hole or glass in time to do anything about it as the cyclist in front obscures the ability to see them in time. Stay alert for slower riders up ahead or parked cars and call them out to the paceline while calling out "on your left" to approaching riders. Lower your speed as you pass.

If you can go a little faster, make it very gradual and even, so the paceline can adjust to the increased pace. A paceline becomes its own alive machine, using drafting, momentum and recovered legs to keep it strong and efficient.

In the next column, I will go over double pacelines and other important factors for safe, fast, professional fun on the roads of cycling!



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



Did you ever wonder why certain rides do not make it onto the ride schedule very often and others that may have been popular 10-20 years ago are not run at all? The simple answer is rider safety.

As the population has increased in our ride areas, so has the traffic. Roads which

were once two lane are now four lane; some with no shoulder. With increasing traffic has come deteriorating road surfaces which increase the road hazards for cyclists. The touring committee considers these issues and we make decisions to make the rides as safe as possible for riders of all abilities.

Sometimes the decision is to permanently remove the ride map from the active list. Another decision is to re-route the ride around a hazard. The Cranberry Metric, which was done just a couple of weeks ago, is an example where we changed the first 10 miles to get us off busy Route 44 and to avoid a bridge expansion joint which has been known to grab an unsuspecting cyclist's tire.

A third decision is to shorten a ride to remove a dangerous section if a re-route is not possible. Sadly, this means that a ride may not be best suited for summertime riding, when the rides are typically long, and the ride will be scheduled in late fall or early spring when shorter rides are the norm. Not all members will always agree with our choices and some may argue that "the traffic is not all that bad". However, decisions are made in the best interest of all club members.

As rides get changed or deleted, we rely on members with local knowledge to develop a reroute or create new rides. This year we have had two new rides so far. A third new ride is planned for early November and a re-route of a favorite is also on the schedule.

New this fall is Don and Raul's Fall River Ride. It starts in Seekonk, travels to Fall River and best of all, you do not have to climb Presidents Ave or Weetamoe. The dedicated bike path on the Veteran's Memorial Bridge gets us back safely into Somerset and the spin along the Taunton River is the part that we always look forward to riding.

We have the Newport Ride on the schedule for November as well. This is one of the rides where we made a decision to shorten the ride to keep us off the really busy roads. Local member, Pete Rice, offered to redo

the route to keep us on the southern end of the island and also preserve some of the more scenic vistas. Pete's local knowledge of the Newport area should result in a wonderful ride that will appeal to many cyclists in the late fall or early spring.

That's it for now. Fall is now upon us and the temperatures will start to drop. Before you know it, the holidays will be here and then...you guessed it...snow. Brrr...I'm not looking forward to the cold!

Don

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



Thanks to our most recent ARROWERS:

- Aug 3 *Taunton-Sharon*—Ed Holden, John Swyers
Aug 10 *Century of the Century*—Tony Rizzotti, Bladimir Rodriguez, Jay Fietas
Aug 17 *Wareham-Manomet*—Ted Shwartz, Ray Foulkes, Rob Price
Aug 24 *Border Crossers*—Alfredo & Graciela Sosa, Flavio Salas
Aug 31 *Seekonk Southern*—Don Paiva, Mike Emma, Wendy Davis
Sep 7 *TFCE*—Mike Miller, Dianne Robillard, Gil Peel
Sep 14 *Hope Valley*—Tony Rizzotti
Sep 21 *For Pete's Sake*—Bladimir Rodriguez, Jay Fietas
Sep 28 *Cranberry Metric*—Mike Miller, Dianne Robillard

REMEMBER ...

- * Use hand/voice signals when passing other riders, turning or stopping.
- * Watch for sand on the road – especially on corners.
- * When you stop—get off the road.
- * 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.

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.

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 downhill. 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 Arrower: 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. Routes have been updated by Ed Foster, our Cape Cod representative.

October 13, 2014 *Columbus Day Show'n Go

Monday 10:00 AM Map No. 81 Arrower:

Route

Directions

Drive Time

Description Follow arrows from the Cranberry Metric Ride, map #81

October 19, 2014 Mystic Seaport 19/33/47 miles

Sunday 10:00 AM Map No. 61 Arrower: John Satterlee

Route Hopkinton, Clarks Falls, Old Mystic CT

Directions NOTE NEW START: Start at the Stop & Shop Plaza, Rt 138, Richmond (Hope Valley), RI. Take I-95 South to Exit 3-A; go left at the exit and left into the parking lot. Please park well away from the stores. (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 Ride from Hope Valley to the Mystic Seaport and back, through Hopkinton, Clarks Falls, through Old Mystic and past the seaport of Mystic. Short routes tour Hopkinton, Clark Falls and Woodville. Thanks to Gil Peel for revising the old "out-and-back" route to create a much more enjoyable ride.

October 26, 2014 **NBX Fall Ride** 15/25/32 miles

Sunday 10:00 AM *Map No.* 16 *Arrower:* D Rajotte/SRodrigues

Route Warwick, East Greenwich

Directions Start at NBX Bike Shop (formerly Caster's), 3480 Post Road (Rt.1), Warwick, RI. Take I-95 S to Rt 117E (exit 10A). Go straight down Rt 117 to Apponaug Center and take a right at the lights onto Post Road south (Rt.1). NBX is 3/4 mile down on the left. Park either at NBX or at the medical center next door.

Drive Time 20 minutes from Providence

Description This is an annual ride from Warwick through East Greenwich, with a loop through Goddard Park. NBX invite everyone to an open-house after the ride.

November 2, 2014 **The 'Bridge' Ride** 15/30/50 miles

Sunday 10:00 AM *Map No.* 131 *Arrower:* Luke Brissette

Route Burrillville, Uxbridge, Northbridge

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

Drive Time 35 minutes from Providence

Description Named for the towns along the route -- not for any bridges crossed -- this ride explores the NW corner of RI and the small towns of Sutton and Uxbridge, MA. The 50 mile ride goes past Purgatory Chasm into Northbridge. Ride through woods and farmland, with some great views.

November 9, 2014 **Don & Raul's Fall River Ride** 20/33/50 miles

Sunday 10:00 AM *Map No.* 168 *Arrower:* DChiavaroli/R Silvia

Route Seekonk, Rehoboth, Dighton, Berkley, Fall River

Directions Start at the George Martin Elementary School, Cole St. Seekonk, MA. Take I-195 East to Exit 1 in MA. Turn Left at end of exit onto Rt. 114A. Turn Right onto Cole Street, just before the old Showcase Cinema 10. Go to next intersection, bear Right and the George Martin Elementary School will be on your Right.

Drive Time 10 minutes from Providence

Description This mostly flat ride meanders through Seekonk, Rehoboth and Dighton before crossing the Taunton River into Berkley. It then heads South to Fall River, gradually climbing to the Fall River Industrial Park, where it then plummets down Wilson Rd to North Main St. A dedicated bike path takes us back across the Taunton River into Somerset on the new Veterans Memorial Bridge, and then we meander back to the start. Stop by the Rise Café in Somerset for coffee and cookies; it is one of Don and Raul's favorites! Note: there are no food/water stops on the 20/33 mile routes.

November 16, 2014 **Newport Island Circuit Tour** 18/30 miles

Sunday 10:00 AM *Map No.* 64 *Arrower:* Pete Rice

Route Newport, Middletown

Directions Start from Fort Adams State Park, off Harrison Ave in Newport, RI. Get there by going through downtown Newport along the harbor, staying on Thames St. Turn right onto Wellington Ave and follow the signs to Fort Adams. You will go past the Ida Lewis Yacht Club. Turn Right on Harrison Ave. then Right again at the next stop to remain on Harrison Ave. Fort Adams entrance is on the right. Use the first parking lot on the left.

Drive Time 45 minutes from Providence

Description This is a new route of an old favorite, updated by Pete Rice, which is designed to keep us off busy roads and is especially suited to late fall and early spring rides. The short ride travels the famous Ocean Drive with its majestic bay and ocean views, and then continues up Bellevue Avenue past the mansions. The longer ride heads further up the island past Middletown's farmlands and beaches.

Only the 18 and 30 mile loops will be arrowed for this ride.

November 23, 2014 **Scituate Foster Ponagansett** 16/25/35 miles

Sunday 10:00 AM *Map No.* 86 *Arrower:*

Route Scituate, Foster, Ponagansett

Directions Start at the town common on Route 116 in No Scituate, RI. To get there, take Route 6 West from I295. Bear left at the fork (stay on Route 6, the business route, not the bypass). Turn right at the intersection with Route 116. The town common is about 1/4 mile up on your right.

Drive Time 20 minutes from Providence

Description This is a somewhat hilly but scenic ride that travels along winding, wooded roads. You'll cross Scituate Reservoir, the state's largest lake, and pass by at least three apple orchards on the long ride (two on the short ride). The long ride loops out along Rte.94, winding through Foster back roads.

November 30, 2014 **Larry & Ted's Dartmouth Ride** 12/17/31 miles

Sunday 10:00 AM *Map No.* 155 *Arrower:*

Route South Dartmouth, Westport

Directions Start at Dartmouth High School, 555 Bakerville Rd, Dartmouth, MA. From I-195 going east, take Exit 12 (Faunce Corner Rd, Dartmouth). Right at exit. Go 1.2 miles. Turn Left at lights onto Rt. 6 E. Go 0.2 miles. Turn Right at first light onto Tucker Rd. Go 3.3 miles to Dartmouth High School on the left (road name changes to Bakerville at 2nd stop sign).

Drive Time 30 minutes from Providence

Description Ride in one of the NBW's favorite areas, covering some familiar roads in South Dartmouth and Westport. The Horseneck beach bike path shown on the map may not be used if sand obstructs.

December 7, 2014 **Cranston Holiday Ride Winter** 9/18/28 miles

Sunday 10:00 AM *Map No.* 22 *Arrower:* Ed Holden

Route Western Cranston, Scituate

Directions Start at Western Hills Middle School, 400 Phenix Ave, Cranston RI. From Providence take I-95 S to Rt 37 W (exit 14-B) Go to end of Rt 37. Turn Right at T-junction onto Natick Ave (which runs into Phenix Ave). School is 1.7 miles on the right.

Drive Time 15 minutes from Providence

Description Enjoy a rural ride with scenic views of farms and the Scituate Reservoir that's still conveniently close to Providence. Rolling-to-hilly terrain, especially along Rt.12 south of the reservoir.

NOTE: We are staying with the 10 AM start time until Dec 14.

Stop by Patricia Lang's house - 62 Marion Ave, Cranston, RI 02905, about 5 miles from the ride start - after the ride for a holiday get-together/fund raiser for Amos House. Directions: From Western Hills Middle School turn right on Phenix Ave which joins Rt 12 (Park Ave) in 1/4 mile. Go all the way to end of Park Ave (appr 4-1/2 miles) to T-junction. Turn right on Broad St. Take immediate left onto Bluff Ave. At second street turn left onto Birchfield Rd. Turn right onto Marion Ave. #62 is second house on right (brick wall in front). Tel: 401-265-5700.

Be aware that if you search on a mapping program it will probably kick up the wrong house (there's a 62 Marion Ave in Providence with the same zip code).

December 14, 2014 **Northern Border** 14/30 miles

Sunday 11:00 AM *Map No.* 93 *Arrower:*

Route Slatersville, Uxbridge, Millville, Blackstone

Directions Start at Slatersville Plaza, junction of Rts. 5, 102, 146A in Slatersville, RI. Take Rt. 146 N to the first exit in Massachusetts, Rt. 146A (there is a McDonalds at the exit). Bear right off exit and follow Rt. 146A into Slatersville. At traffic light, Plaza is across street on the right. Please park as far away from the supermarket as possible.

Drive Time 25 minutes from Providence

Description Highlights of this ride are the Southwick Zoo, narrow, wooded lanes, rolling hills, small towns, old churches and pine groves.

NOTE: WINTER START TIME 11 AM

December 21, 2014 ♥ **Jamestown Tour** 18/24 miles

Sunday 11:00 AM *Map No.* 38 *Arrower:*

Route Jamestown

Directions Start at Beavertail State Park, Beavertail Rd, Jamestown, RI. From Providence take Rt 95 S, to Rt 4 S, runs into Rt 1 S, take Rt 138 East across the Jamestown Bridge, and take the first exit immediately after the bridge (sign says Helms St). Keep straight to the T-junction at N.Main Rd, and turn Right on N.Main. Go 3 miles, straight at light onto South West Ave for .6 mile, then bear right on Beavertail Rd for 2.8 miles (you'll go over the causeway and then up the hill) bearing right to enter the Park. Park in the first lots on the right after the entrance.

Drive Time 30 minutes from Providence

Description Ride a circuit of this lovely island around Beavertail Lighthouse, Fort Wetherill, Jamestown Harbor, beaches and marinas, with great views of Narragansett Bay from all aspects. A few sandy patches of road. This ride is adapted from our old Rhody Roundup routes; we've moved the start from Fort Getty to Beavertail since we will not, of course, have a summer barbecue after the ride.

December 28, 2014 **N Smithfield Burrillville #1** 15/30 miles

Sunday 11:00 AM *Map No.* 67 *Arrower:*

Route North Smithfield, Uxbridge, Mapleville, Burrillville

Directions Start location is TENTATIVE as we go to press because this old NBW ride will be scouted and updated. Check our website - nbwclub.org/rides/ride-schedule.pdf - closer to the date for updates. For now, in true NBW tradition, we can say that the ride "starts at the old Mammoth Mart", which is now the Park Square Plaza/Stop & Shop, Rt 146A at the junction with Park Ave, North Smithfield, RI. Park as far away from stores as possible.

Drive Time 30 minutes from Providence

Description We're in the rolling back roads of the "ville" area - Slatersville, Nasonville, Mapleville, Harrisville, Burrillville.

January 1, 2015 ***New Year's Ride** ~20/30 miles miles

Thursday 11:00 AM *Map No.* *Arrower:* Bill Gajda

Route Little Compton, Westport

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

Drive Time 30 minutes from Providence

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

January 4, 2015 ♥ **Taunton Two Rocks Ride** 13/24 miles

Sunday 11:00 AM *Map No.* 104 *Arrower:*

Route Taunton, Berkeley, Assonet, North Dighton

Directions Start at Shaw's plaza, 280 Winthrop St (Rt 44) Taunton MA. This is at the junction of Rt. 44 and Joseph E. Warner Blvd (traffic light at corner, McDonald's at entrance). From Providence, take Rt. 44 for ~15 miles; plaza is just as you enter the Taunton area, on right after light. If using Rt. 24, take exit 13B (Rt. 44) and follow Rt. 44 through Taunton -- plaza is about 2 miles after downtown Taunton, on left. Do not park near McDonalds. Park in center of large parking lot opposite the liquor store so as not to block stores.

Drive Time 30 minutes from Providence

Description This ride goes past two notable rocks: Profile Rock, which (to some) looks like the profile of a Native American face, and Dighton Rock, which bears some unusual and mysterious inscriptions. This ride will be repeated Feb 1.

January 11, 2015

Jonnycake

15/25 miles

Sunday 11:00 AM Map No. 42 Arrows:

Route Kingston, Usquepaugh, Shannock

Directions: Start URI, Kingston, RI. Take the left exit off 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 straight at the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to use 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 the back of the brick building to the parking lot by the soccer fields.

Drive Time: 45 minutes from Providence.

Description: This ride travels through the rural countryside of southern RI, following numerous back roads through farmlands, woods, towns, and turf farms. The Kenyon Grist Mill in Usquepaugh grinds corn meal into johnnycake ("journeycake") flour.

♥ Beginners will love these rides.

* Holiday Show'n Go

** Special Event

Letter to the Editor

Dear Editor: Once again, I would like to thank the members of NBW who in Spring encouraged me to buy an Electra Towniebike for my return to cycling after breaking my hip, by passing on their favorable reviews to you. After some intensive research of neighborhood bike stores I selected the Mystic Cycle Center for my purchase. Located at 25 Stonington Rd. Mystic, Connecticut, this complete service store has been in business for over 20 years. NBW members might like to know that I chose it not only because of its gigantic selection of all sorts of bikes and accessories but also because of the exceptional friendly and knowledgeable attention I received from several of its professional staff. In addition, Rick, the owner, told me I would have 30 days to love my bike, would receive a very attractive free t-shirt if I decided to keep it, or could return it for a full refund or exchange for a different model. He also let me know that he had just set up an 80+ Club to honor anyone in that age category by enabling them to buy a bike or accessories at a 20% discount.

So far I have decided to keep my Townie and with the help of a personal trainer I have increased my daily mileage possibility from 1 mile to 10. Maybe next year I will be able to ride far and fast enough to bike with the Club! In the meantime, I would encourage other NBW members to visit the Mystic Cycle Center for themselves!

Sincerely,
Pat Grabel



Here's Pat Grabel riding her "Townie", which she bought for her rehabilitation after seeking advice from the knowledgeable NBW riders on our email discussion group. Thanks to your advice and encouragement she's riding again. The midweek "casual" group rode from her home in Westerly in late August and Pat rode the first three miles with us. Forza forza Pat!

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Deadline for the next issue is December 1

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
Jan	1		*New Year's Day Ride	Little Compton	~20/30	
	4	104	Taunton Two Rocks	Taunton, MA	13/24	
	11	42	Jonnycake	URI Kingston	15/25	
	18	12	Simple Arrow	Burrillville	12/27	
	25	66	Triboro Tour	Plainville, MA	17/28	
Feb	1	104	Taunton Two Rocks-REPEAT	Taunton, MA	13/24	
	8	42	Jonnycake-REPEAT	URI Kingston	15/25	
	15	12	Simple Arrow-REPEAT	Burrillville	12/27	
	22	66	Triboro Tour-REPEAT	Plainville, MA	17/28	



NBW initialed cupcakes! We're such a classy outfit.
 Wendy Davis went gourmet on us when she and Mike Emma hosted the Social Tent after the Seekonk Southern Ride.
 Needless to say there were none, none, left.
 Photo: Paula Raposa

Move Off the Road When You Stop

Seems a no-brainer doesn't it? It's one of the first things you're taught about riding a bike. But riders become lax about this. Recently we've encountered groups of stopped riders all over the road (worse, they're right on a turn/junction) so here's a reminder ...

When you stop, for whatever reason,

Get off the road ... so you don't obstruct traffic/cause accidents.

Do not stop on a turn/junction ... stop before or after.

Lead rider of a group should indicate he/she is stopping ... and move off the road.