

# The Spoke'n Word

Volume 45, Number 2

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

April/May 2015

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



**It's time to put those skis away and get out your bike, says Pete.**

**It's time to register for the 44th TFCE—members' early-bird registration begins April 1.**

President's Message ... 1  
New Members ... 2  
Beginners rides ... 2  
TFCE Announcement .... 3

TFCE Volunteers needed ... 4  
Advocacy ... 5  
Maine House Weekend ... 6  
Memorial Weekend ... 7

Cycling Sessions ... 8  
Athlete's Kitchen ... 9  
Choosing a Tire Pressure ... 11  
Touring ... 14  
Ride Schedule ... 15

## SUPER CYCLE SHOPS

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

### BIKEWORKS

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

### BLACKSTONE BICYCLES

391 Mendon Rd  
Cumberland, RI 02864  
401-335-3163  
blackstonebicycles.com

### BRUMBLE BIKES

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

### EAST PROVIDENCE CYCLE

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

### LEGEND BICYCLE

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

### NARRAGANSETT BIKES INC.

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

### NBX NARRAGANSETT BIKES

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

### NEWPORT BICYCLE

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

### PEDAL POWER BICYCLE SHOP

879 West Main Rd  
Middletown, RI 02842  
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www.pedalpowerri.com

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

### SCOTTEE'S WESTPORT BICYCLE

1125 State Rd  
Westport, MA 02790  
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www.westportbicyclema.com

Dan Ibbitson

### SHELDONVILLE BICYCLE REPAIR

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

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

### W. E. STEDMAN CO.

196 Main St  
Wakefield, RI 02880  
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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

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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](mailto:membership@nbwclub.org)

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

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

## MEMBERS' PASSWORD HAS CHANGED

NBW website: [nbwclub.org](http://nbwclub.org)  
Members' page access (case-sensitive):

**User name: mem8**

**Password: fixiE6**

*the old password will work until the end of February—make a note of the new one!*

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

Cover: Pete Bissell,  
2012 BikeWorks Ride  
Photo: Alfredo Sosa

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

The Editor <[editor@nbwclub.org](mailto:editor@nbwclub.org)> welcomes your photos of our club's activities for the newsletter 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.

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

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## President's Message

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### Spring - A Welcome Change

Last year's winter was the season of the "C" bike. This year, it was the season of the "no see" bike. Stalwarts like **Bob Paiva** said "enough", and put the bike away for the winter. Some de-camped for Arizona. **Larry Shwartz** saw visitors like **Margaret Hahn**, and **Rick Schwartz** (although he brought hail). **Chip**

**Kent** took off for Florida on an Adventure Cycling trip. **Wolfgang** and **Rebecca Peti** went to New Zealand with their new tandem. Others went elsewhere; most simply let their bicycles sleep for the winter.

The stalwart **Casually Employed Group** got in plenty of cross country skiing. Others got their fill of downhill skiing, skating, and of course shoveling. Our Vice-President **Liz Masterson** said it best, "I enjoy shoveling before and again after work—said no one, ever".

**Chip's** arrowing team struggled valiantly with winter conditions; **Steve Rodkey**, **Margaret Hahn**, **Chip Kent**, **Ray** and **Monica Foulkes**, **Frank Fain** and **John Satterlee** all arrowed rides. It may be that we had more arrowers than riders these last two months.

By time you read this our Spring Opener will have happened. In past years it was often the coldest ride of the season. This year I doubt that could be possible. Thanks once again to our hosts **Rob** and **Helen Foulkes** of East Providence Cycle. Perhaps our newest Volunteer of the

Year, **Bladi Rodriguez**, will have returned from his winter in Florida to ride with us again at the NBW's traditional season opener.

More than anything else, we are all looking forward to Spring. Let's say goodbye to winter nastiness, and hello to old friends, dusty bicycles, and bodies that are struggling to get back into bicycle shape. It will be more fun dodging potholes with our bicycles, than with our cars.

Safe riding, and see you on the road,  
Ted

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### FYI - it's time for a new Membership Chair.

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I am going to relinquish membership after this year's TFCE registration fills in May. Membership duties include processing weekly club mail for new and renewing memberships, the club database of members, expiration notices, and general membership questions. Skills with Microsoft Excel are needed. This year we would like to move membership online, so skills in that area would be useful.

If you would like to be more involved with the NBW, then please contact me at

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

Membership normally takes about an hour a week, and a bit more during TFCE's open registration period.

Thanks, Ted

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## NBW Officers and other functions

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### NBW OFFICERS (Terms begin February 1)

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

### NBW BOARD OF DIRECTORS

*Past Presidents:* Todd Wise, Janice Velozo, Ray Foulkes  
*Membership Secretary:* Ted Shwartz, [membership@nbwclub.org](mailto:membership@nbwclub.org),  
PO Box 41177, Providence, RI 02940-1177  
*Rides Coordinator:* Don Chiavaroli, [touring@nbwclub.org](mailto:touring@nbwclub.org)  
*Advocacy Chair/LAB representative:* Matt Moritz, [advocacy@nbwclub.org](mailto:advocacy@nbwclub.org)  
*Volunteer of the Year 2012:* Jack Williamson  
*Volunteer of the Year 2013:* Rod Breault  
*Volunteer of the Year 2014:* Bladimir Rodriguez

### OTHER CLUB FUNCTIONS

*TFCE Committee co-chairs:* Ted Shwartz, Kate Imbrie  
*Arrowers/Paint coordinator:* Chip Kent, [arrows@nbwclub.org](mailto:arrows@nbwclub.org)  
*Ride starters:* Rod Breault, Paula Raposo, Ted Shwartz  
*Maps/rides database:* Monica Foulkes, [maps@nbwclub.org](mailto:maps@nbwclub.org)  
*Ride schedulers:* Bob Paiva, Raul Silvia, Don Chiavaroli, John Satterlee  
*Ride scouts:* Bob Paiva, John Satterlee, Ted Shwartz  
*Ride liaison w/police depts:* Leah Moynihan  
*Webmaster:* Monica Foulkes, [webmaster@nbwclub.org](mailto:webmaster@nbwclub.org)  
*E-mail discussion list moderator:* Ted Shwartz  
*Special rides/events coordinator:* Don Paiva, [events@nbwclub.org](mailto:events@nbwclub.org)  
*Map creators:* Bob Paiva, Ted Shwartz, Gil Peel, Garrett LeBonte  
*NBW merchandise sales:* Mike Emma, [sales@nbwclub.org](mailto:sales@nbwclub.org)  
*Social events organizer:* Margaret Vigorito  
*Interstate liaison:* vacant  
*General information:* Bruce Masterson, [info@nbwclub.org](mailto:info@nbwclub.org)  
*Spoke'n Word editor:* Monica Foulkes, [editor@nbwclub.org](mailto:editor@nbwclub.org)  
*Contributing writer:* Gary Stafford  
*Cartoonist:* Bob Paiva

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# WELCOME

## New Members

Matthew & Kathleen Breede, Portsmouth, RI  
James W. Coggeshall, Jr., Dartmouth, MA  
Patricia Conn Ryan & Mary Conn, Exeter, RI  
Peter M. Doubilet, Boston, MA  
Paul J. Farrelly, East Greenwich, RI  
Robyn & Martin Furman, Providence, RI  
Kathleen A. Harper, Barrington, RI  
Francis E. Hubbard, Millis, MA  
George Jarvis, Arlington, MA

Erin Jounrey, Stonington, CT  
Richard Levy, Brookline, MA  
Scott J. Logan, Raynham, MA  
Joseph B. Markman, North Kingstown, RI  
Anne & John Mitchell, Portsmouth, RI  
Joe Sears, Centerville, MA  
Richard S. Vandekerkhoff, Braintree, MA  
Nicholas L. Walulik, Sunny Isles Beach, FL  
Nancy E. Wurth, Galway, NJ

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### Beginner/New Rider Rides Leaders: Sue and Larry Rollins

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

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

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

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

FIRST RIDE: May 31 Joe Medeiros Ride — 17 miles  
TENTATIVE (see June newsletter for confirmation of following)  
June 21 Westerly-Watch Hill — 20 miles  
July 26 Rhody Roundup — 13 miles  
August 23 Mattapoisett Ride— 15 miles  
September 20 Taunton-Sharon Ride — 15 miles  
October 25 Newport Ride — 18 miles

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### SpokesWomen 2015 Ride Schedule

Date	NBW Ride Title	Ride Start	Distance
April 11	Fish Road	Tiverton, RI	26 miles
April 25	Lakeville Tour	Lakeville, RI	25 miles
May 9	Westport	Westport, RI	25 miles
May 23	Tom & Pat's Half Century	Coventry, RI	28 miles
June 6	Great Grandma's Farm Ride	Lincoln, RI	23 miles
June 20	Ray Young's Ride	Smithfield, RI	33 miles
July 11	Tiverton 50	Tiverton, RI	30 miles
July 25	Tri-State Century	Smithfield, RI	31 miles

#### FOLLOWING RIDES TO BE DETERMINED

August 8, August 22, September 5, September 19, October 3, October 17

[spokeswomencycling.com](http://spokeswomencycling.com)





# NARRAGANSETT BAY WHEELMEN

## THE FLATTEST CENTURY IN THE EAST

### 44th Annual—September 13, 2015

2000 RIDERS • LAB SANCTIONED  
29, 53, 68, 100 MILES

The Narragansett Bay Wheelmen's annual one-day tour through the scenic coastal shoreline, forests and marshlands of southeastern Rhode Island and Massachusetts.

TFCE has become the largest century in New England. It is a social and recreational tour to be enjoyed by all cyclists.

#### SAFETY

This is a recreational ride, not a race. Obey all traffic laws, lights and signs. The police have been advised to cite any rider not following the vehicular laws. Wear a helmet and carry plenty of water and a spare tube. REMEMBER—Think safety first.

#### WHEN

Sunday, September 13, 2015 ... **RAIN OR SHINE!**  
Check in begins at 6:30 am and closes promptly at 8:00 am. The course opens at 6:45 am and riders must return by 6:00 pm

#### WHERE

Ride starts and finishes in Dartmouth, MA. Directions to the start will be sent with your confirmation e-mail.

#### REGISTRATION

TFCE is limited to 2,000 riders (usually it is filled by the first week in May). The fee for registration is \$27.50 per person for NBW members and \$40 for non-members.

All registrations will be processed on-line; a small servicing charge will be added by Active.com for on-line registration.

**Registration for NBW MEMBERS ONLY will open on April 1st.** A link to the on-line members' registration site will be available in the Members' section of our website, [nbwclub.org](http://nbwclub.org). You must begin from the Members' web page, accessed by password. For the current members' password, see the inside front cover of your *Spoke'n Word*.

**Registration for NON-MEMBERS will open May 1st.** A link to the on-line registration site will be available on the club website: [nbwclub.org](http://nbwclub.org)

Registration covers map and cue sheet, marked route, TFCE magnet, T-shirt, refreshments at three checkpoints and SAG wagons. Restroom facilities will be available at the start and the checkpoints.

**TFCE MAPS** and cue sheets will be available on-line as soon as the route has been finalized—no later than 1 week before the ride—**only at: [nbwclub.org](http://nbwclub.org)**. Maps and cue sheets will **not** be available at Active.com. All registered riders will be emailed to let them know when the maps become available. Maps and cue sheets will also be available at check-in on the day of the ride.

No refunds will be given.

#### T-SHIRTS

Registered riders will receive a T-shirt designed especially for this ride; available on the day of the ride only. XXL size is available for an additional \$3.

#### SAG WAGONS

Sag wagons are available for first aid and irreparable breakdown. Attention is given last to riders who simply wish to be transported back to the start. Both bike and rider should be in top shape.

#### SPORTS MASSAGE

Massage therapists will be available for a nominal fee from noon to 5:00 pm.

#### FOOD

Food will be available for purchase after the ride.

#### HOTELS

[www.umassd.edu/southcoast/tourism](http://www.umassd.edu/southcoast/tourism)

More information at: [nbwclub.org](http://nbwclub.org)

Questions: [tfce@nbwclub.org](mailto:tfce@nbwclub.org)

# HELP WANTED

*For the*  
**44th annual NBW-TFCE**  
*The Flattest Century*  
*in the East*

**September 13, 2015**



*Volunteers are needed for:*

- Registration
- T-shirt distribution (start late morning)
- Check points
- Parking detail
- SAG drivers
- Sales table

*Volunteers are required to work a minimum 4 hour shift.  
You can volunteer for part of a day or for the whole day.*

*Please contact:*  
**Kate Imbrie,**  
**secretary@nbwclub.org**



*We look 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 volun-  
teers attend our annual banquet free.*



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# Advocacy Column

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

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## George Redman Linear Park Update

The cold weather and accumulated snow have prevented the contractor from completing the Providence side of the bridge, but it is expected that the work will be completed in the spring. RIDOT will likely have a dedication/opening event during the summer.

## East Bay Bike Path Update

Repaving work on the East Bay Bike Path is expected to be out to bid early this spring, with work to be completed over the summer. RIBIKE has asked that the work be pushed as late as possible. RIDOT is not planning any detours and expects that the project will take less than a month for the surface to be milled, root barrier installed in problem locations, and the path to be repaved. Milling will likely occur within one week for the entire 11 miles from Bristol to Riverside Square, with the remainder of the work following.

## Rumble Strips Update

Following the issues late last summer with the installation of edge-line rumble strips in Little Compton, RIDOT has temporarily ceased all new installations of this safety device while new standards are drafted, commented on, and distributed to engineers and contractors. In mid-February RIDOT asked for comment on their newly-drafted standards, which largely fall in line with USDOT guidance for the installation of this roadway safety tool.

Of principal concern were the standards for what roads would be considered eligible for such treatment and, when rumble strips are installed, ensuring that appropriate design standards are in place for permitting bicycle users to continue to safely and comfortably transition into and out of shoulders, as travel needs require.

In short, the new standards require that rumble strips may only be installed on roadways with a paved shoulder of 5 feet width or greater. This allows ample room to the right of the rumble strip line to allow for safe riding under most conditions. In addition, the strips are to have 12 foot gaps every 48 feet to allow for transitions into and out of the shoulder, as well as end well before intersections. Wider shoulders are required when center-line rumble strips are used and when center-line and edge-line rumble strips are used together (8 foot shoulder).

While first on RIDOT's list—last on mine—rumble strip treatments are only to be considered for roadways where 85-percentile speeds are greater than 40 mph. This is not based on the posted speed of the roadway, but the expected, or measured, speed at which 85 percent of all traffic travels on a particular roadway.

In all, while this doesn't remove rumble strips that have been installed in recent years on roadways that don't conform, it does set a good standard and require practices for new paving and safety projects to use a combination of the best-known roadway safety tools, without removing the ability for bicycle users to continue to enjoy the use of the same roads safely.

RIDOT has not at this time provided a map of roads that qualify under the new standards for rumble strip installation. Advocates and community members will have to continue to do their best to ensure that, as projects are designed and constructed, they conform to the standards.

## Upcoming Events

**BikeFest RI**

**BikeFest RI—Sunday, May 9**

See: [bikefestri.com](http://bikefestri.com)

**Bike to Work Day—Friday, May 15**

See: [ribike.org](http://ribike.org)

**International Ride of Silence—Wednesday, May 20**

See: [ribike.org](http://ribike.org)

**Green Drinks hosted by East Coast Greenway and Rhode Island Bike Coalition—Thursday May 21.**

See: [www.greendrinks.org/RI/Providence](http://www.greendrinks.org/RI/Providence)

## Reminder .....

Members' password info has changed

User name: mem6

Password: fixIE6

*Current password can always be found on the inside front cover of the newsletter.*

NBW Special Events Committee announces  
the 8th annual

## Maine House Getaway Long Weekend



**Thursday May 14 - Monday May 18, 2015**

### **Accommodations:**

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

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

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

**Cost:** Queen size bedroom: \$175 per person  
Men or Women dorm style bedroom: \$155 per person  
(includes 4 nights stay, 4 breakfasts & 3 dinners)

**\$50.00 deposit** required

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

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



## Annual Memorial Day Weekend In Southern Vermont

Friday, May 22 to Monday, May 25, 2015

at the Blue Gentian Lodge, Magic Mountain Rd,  
Londonderry

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

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

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

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



### New Year's Day, 2015

A deceptively mild start to 2015 for the New Year's Day ride, with no hint of what blizzard-laden storms would descend on New England a few weeks later, with no relief until mid-March!



### Update on NBW Holiday Party Donations

Patricia Lang reports that the Holiday Party raised a grand total of over \$5,000 for Amos House. Thank you, thank you all, for your generous help.

# Cycling Sessions

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

I certainly hope, as I write this buried in snow, that we are able to ride our bikes when you read this. But if the precipitation continues, perhaps we have lots of rain. So you need a way to get your strong legs again. The Sufferfest videos will add fun to the indoor trainer.



*The Downward Spiral, Blender, Revolver, Angels, A Very Dark Place, The Rookie*, and a few other really masochistic workouts for your suffering and entertainment with very high energy music that fits the efforts. At least you can't say you are bored doing these workouts on the trainer!

There is even a great workout with Pro women's racing called *Hell Hath*

*No Fury*. (a 2 x 20 minute threshold workout). Very applicable name!

Structured training is difficult to get indoors or even outdoors. When you ride outdoors, many things can change your workout plans. Wind, traffic, stoplights and hills can affect a structured workout that may focus on specific efforts for allotted times.

It is important to provide some structure to your trainer riding in order to develop certain specific areas and develop an aerobic base that will support long rides at higher intensities later on outside. From this, one can develop intensities gradually stepping them up through timed intervals with rest in between.

One of the ways to provide entertainment as well as structured hard training indoor workouts is the digital downloaded videos called "*The Sufferfest*" videos. They can be found at <http://www.thesufferfest.com>



I will beat my ass today to kick yours tomorrow.

Yes, now you can suffer just like you do on those group rides to come! For those who might not find that appealing, let me tell you why *The Sufferfest* could become your new secret training solution between outdoor rides.

What *The Sufferfest* videos do is largely very high intensity. You will work a little tempo, but mostly V02 max, anaerobic, sweet spot, and some sprinting. Most of the workouts are in the one hour timeframe. With the intensity, the one hour workout is high quality, high intensity, which will improve fitness relatively quickly.

My suggestion is to warm-up before one of these workouts as intensities are very high so perhaps 20 to 30 minutes at your Zone 1 or Zone 2 heart rate prior.

Other separate trainer workouts you should incorporate along with the videos include high cadence work (without bouncing) and intervals from 2 to 10 minutes at your lactate threshold or sweet spot (90% of FTP). FTP is your Functional Threshold Power for those of you who have power meter equipment available.

Other videos include:



*The Long Scream* is one of them at around 30 minutes. The name does justice to what you might find yourself doing by the 20 minute point. Sweet sufferama!!

*The Long Scream* description:

30 minute time trial simulation following the pros during the UCI Time Trial World Championships in Copenhagen.

So the next time you want to get a ride in on a rainy day or at night why not ride with the pros?

In case you think this stuff does not work, check out NBW member Peter Graeber, Sufferlandrian for sure this past winter!



Gary coaches select enthusiastic cyclists equipped with heart rate monitors and power meters. Email him @ [cyclingsessions909@gmail.com](mailto:cyclingsessions909@gmail.com)

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# The Athlete's Kitchen

Copyright: Nancy Clark, MS, RD, CSSD, March 2015

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## Should Athletes Avoid Junk Food?

*"I'm training really hard, doing double workouts, and eating only healthy foods. I feel full all the time—but I am losing too much weight. I don't think I could comfortably eat any more..."*

*"I generally eat clean—but some days I cheat and have ice cream."*

*"Fruit juice is bad; it has way too much sugar! I've stopped drinking it."*

Many athletes go to great extremes to eat healthfully. Needless to say, the definition of "eating healthfully" varies from person to person—and often takes on a religious zeal. "Healthy eating" tends to include these parameters:

- No refined sugar, gummy candy, soda pop, sweets
- No potato chips, corn chips, Cheetos, salty snacks
- No doughnuts, pastries, croissants, pancakes, Pop-Tarts
- No McDonald's, Burger King, pizza, hot dogs
- No cookies, desserts, birthday cake, holiday treats.
- No foods in wrappers—particularly among athletes who are "eating clean." (Question: Are wrapped foods actually dirty? Or is trendy terminology breeding craziness?)

While eliminating "bad" and "dirty" foods is a noble attempt to put premium nutrition into your body's engine, the questions arise:

1. Do you really need to eat a "perfect diet" to have an "excellent diet"? *No*
2. Does enjoying a hot dog or a candy bar once in a blue moon negate all of the "good stuff" you generally eat? *No*
3. Do you have to "cheat" on your birthday so you can partake in cake with your family and friends? *Heavens no!!!*

In my opinion, there is no such thing as a "bad food." There is a *bad diet*, yes, as judged by looking at the whole day's intake. That is, 50 calories from refined sugar in 8-ounces of sports drink will not ruin your health. But consuming 400 calories from a half-gallon of sports drink displaces a significant number of nutrient-dense foods—as well as can ruin your teeth. (Sipping all day on sugary, acidic fluids damages tooth enamel.)

While foods with little nutritional value fail to invest in an athlete's well-being and ability to withstand the demands of rigorous training, occasional "junk food" does not ruin health when eaten in moderation. You can indeed have an excellent diet without having a perfect diet.

### *How much "junk food" is OK to eat?*

A healthful sports diet can target 85 to 90-percent of calories from quality foods and 10 to 15-percent from "whatever." Some days "whatever" might be blueberries and other days it might be (guilt-free) blueberry pie with ice cream. Given that you can ingest the recommended intake of all the vitamins, minerals, and protein you need within 1,500 calories from a variety of wholesome foods, a hungry athlete who consumes 2,000 to 4,000 calories a day has the opportunity to consume LOTS of nutrients. For example, 8 ounces of orange juice offers 100% of the Recommended Dietary Allowance (RDA) for Vitamin C. A thirsty runner who chugs the whole quart can consume 4 times the RDA in that one snack. OJ is better than an all-natural vitamin pill!

### *But isn't fruit juice filled with sugar?*

Yes, all the calories in juice come from natural sugar. This sugar fuels muscles. Vitamin C, potassium, folate, and a multitude of health-protective, anti-inflammatory bio-active compounds also come in the juice. For athletes who want to eat "healthy" but have trouble getting in enough calories to maintain weight, I often recommend grape, pomegranate, tart cherry, orange, and blueberry juices. (In contrast, over-fat people who reduce their juice intake can easily delete some calories. For them, eating the whole fruit would be more satiating.)

### *Should athletes try to avoid refined sugar?*

Refined white sugar is a nutritional zero, void of any vitamins, minerals or protein. Yet, the calories in sugar come from carbohydrates. Muscles welcome these carbs to fuel depleted glycogen stores. Muscles don't know the difference between carbs from juice, candy, and sports drinks vs. apple, sweet potato, and banana. The difference shows up in health, immune response, and ability to fight off colds and flu.

A rule of thumb is to limit refined sugar to 10% of total calories. For most active women, that equates to 200 to 250+ calories from sugar a day. And for active men, 250 to 300+ calories. That means, an athlete could enjoy either 16-ounces of a sports drink and a gel or a few cookies—and stay within the recommended sugar-budget for the day.

Note: The "sugar is evil" message is targeted to the 66% of Americans who are over-fat and under-fit, not to athletes. The muscles of athletes easily take up sugar from the bloodstream with far less insulin than needed by unfit people. Hence, unfit people who sip on Big Slurpees all day easily consume excessive, health-erosive sugar-calories. They need to seriously think about their future and if they want to be vibrant and healthy enough to enjoy

*Continued ...*



fun times.

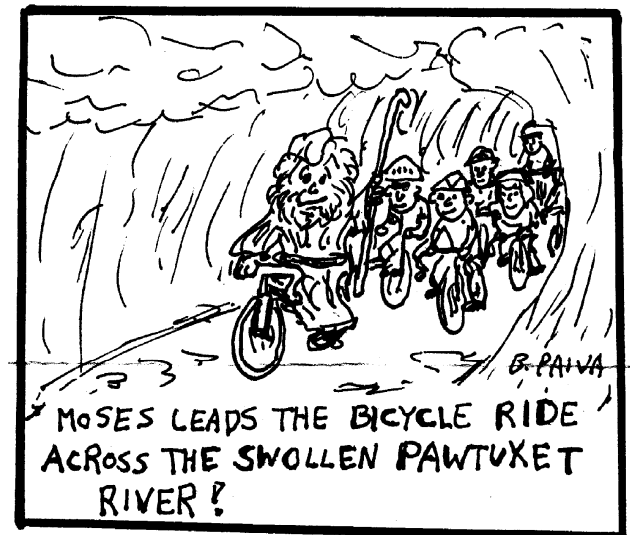
### Can you eat too healthfully?

Yes. Eating too many healthy foods can actually be bad for you. For example, fruits & veggies are healthy foods, but eating only fruits & veggies creates a bad diet. Eliminating all unhealthy foods is also needless. Enjoying birthday cake can be good for the soul!

Rather than categorize a food as being "bad," please look at your whole diet to see if it is balanced. I differentiate between a diet filled with PopTarts for breakfast, Fluffernutters for lunch, candy bars for snacks, and sweet & sour chicken for dinner vs. the occasional PopTart tossed into a gym bag for a pre-exercise energy booster when traveling to an event. While not trendy, choosing a balanced sports diet based on moderate portions offers a sustainable, effective path that can help you eat well, perform well, and feel great.



Nancy Clark, MS, RD counsels active people at her private practice in Newton, MA (617-795-1875). Her *Sports Nutrition Guidebook* and food guides for marathoners, soccer players, and cyclists offer abundant tips to help you balance your sports diet. The books are available at [www.nancyclarkrd.com](http://www.nancyclarkrd.com). For online education, visit [www.NutritionSportsExerciseCEUs.com](http://www.NutritionSportsExerciseCEUs.com).



Pass other riders on their left  
**ONLY ON THEIR LEFT!**

Alert them as you approach.



A salute to these two "hard-men" who braved the first of the soon-to-be endless snow storms, to tackle the January 22 Triboro Ride on a frigid cold day. These were probably the last riders on an NBW ride until March!

Ray Foulkes took this photo (he arrowed the ride but prudently decided not to test his old bones by riding) but unfortunately he didn't get the names of the brave riders. However, we believe that's Tom Riley on his fixed. Other rider not known—but email your name to Monica at [editor@nbwclub.org](mailto:editor@nbwclub.org) as you deserve an accolade.

## New England Cycling Events

Complete listing, with photos, posted at [nbwclub.org](http://nbwclub.org)

**Jun 7—King's Tour of the Quabbin.** Seven Hills Wheelmen's challenging route around the Quabbin Reservoir. 62, 100 & 125 mile routes. Entry fees \$15—\$25. See [www.sevenhillswheelmen.org/centuries.htm](http://www.sevenhillswheelmen.org/centuries.htm)

**Jun 7—American Cancer Society's Bicycles Battling Cancer.** One-day ride of 30, 70, 100 mile loops. Marlborough, MA. Includes a post-ride party at the finish. Registration [www.bicyclesbattlingcancer.org](http://www.bicyclesbattlingcancer.org)

**Jun 13—37th Annual AMC Boston Chapter Bicycle Rally.** Verrill Farm, Concord, MA. 15 to 63 mile routes. Beautiful, rolling terrain. Dinner after. See [www.amcboston.org/bicycle/bikerally.php](http://www.amcboston.org/bicycle/bikerally.php)

**Jul 18—RIDE to end Alzheimer's.** Start Devens, MA. 25 to 100 mile routes through northern MA and southern NH. See [www.alzmass.org/ride](http://www.alzmass.org/ride)

**Sep 19—Cystic Fibrosis Cycle for Life Ride.** Westport Rivers Vineyard & Winery, Westport, MA. Ride through back roads of Tiverton, Little Compton & Westport. See [mass-ri.cff.org/ricycle](http://mass-ri.cff.org/ricycle)

**Sep 27—Ride to Defeat ALS.** Longfellow Club, Wayland, MA. 10, 25, 50 & 70 mile rides. Lunch after. See [www.als-ma.org](http://www.als-ma.org)

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# Choosing a Tire Pressure

David Baldwin

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What “choosing”? Don’t you just inflate to whatever it says on the side of the tire? Well, to quote Sheldon Brown:

While you’ll rarely get in trouble with this rote approach, you will usually not be getting the best possible performance.

It is the Code of Federal Regulations (§1512.10) that requires a “recommended inflation pressure” on the side of the tire. But the requirement is not that this pressure yield the “best possible performance”. Instead, it is that a tire inflated to 110% of this pressure and subjected to a specific load “will remain intact on the rim”. In other words, not fail. So it is more likely that this “recommended” pressure represents the highest the manufacturer is willing to go, to preserve *at least* another 10% margin before failure.

I, for one, am interested in “best possible performance”. So when Ted S. mentioned a *Bicycle Quarterly* (BQ) article (“Optimizing Your Tire Pressure for Your Weight”; Vol. 5, No. 4), on tire pressure, I went investigating. Turns out that achieving “best possible performance” involves tradeoffs between many factors like rider weight, tire width, bike style, circumstances, and objectives, and the combinations can be hard to keep straight—hence so much debate about what is “best”.

After consulting BQ and a few other sources, I arrived at the following approach to nailing these factors down one at a time: First, the two most significant factors influenced by tire pressure:

1. Rolling resistance (drag)
2. “Suspension loss”

**Rolling resistance** is just that: the amount of resistance to forward motion offered by the tire through its “contact patch” with the ground. The high water mark of low rolling resistance is the railroad train wheel. It does not deform appreciably—neither does the track—so contact is minimized, reducing rolling resistance to near zero. Therefore, the ideal would seem to be: inflate to the maximum possible pressure (which we now know is somewhere *above* the number on the sidewall). But—the train wheel is rolling on a *perfectly smooth surface*. We bicyclists are not. Certainly not in New England.

On real road surfaces, another factor comes into play before we reach maximum possible pressure. This is **suspension loss**:

Rolling resistance decreases with pressure, on perfectly smooth surfaces. But *above a certain pressure* on rough surfaces, the additional stiffness transmits more and more impact force into the bike and the rider, where it is lost to forward motion. (Slowtwitch.com, emphasis mine).

The antidote for suspension loss is the tire itself: “The great superiority of pneumatic tires...is that they simply ‘swallow’ minor bumps”—*Bicycling Science* (BS). In other words, if we let them, our tires will flex gracefully and roll over road roughness, absorbing “impact force” and conserving the maximum of forward momentum.

How to find this “certain pressure”? What is the optimum balance? This is the substance of the BQ article. According to actual testing both by BQ and Frank Berto of Australia:

“Tire drop is the amount the bicycle is lowered as the tires deform under the load of bike and rider”, and “Inflating your tires to achieve 15% tire drop will optimize your bicycle’s performance, comfort and handling.”

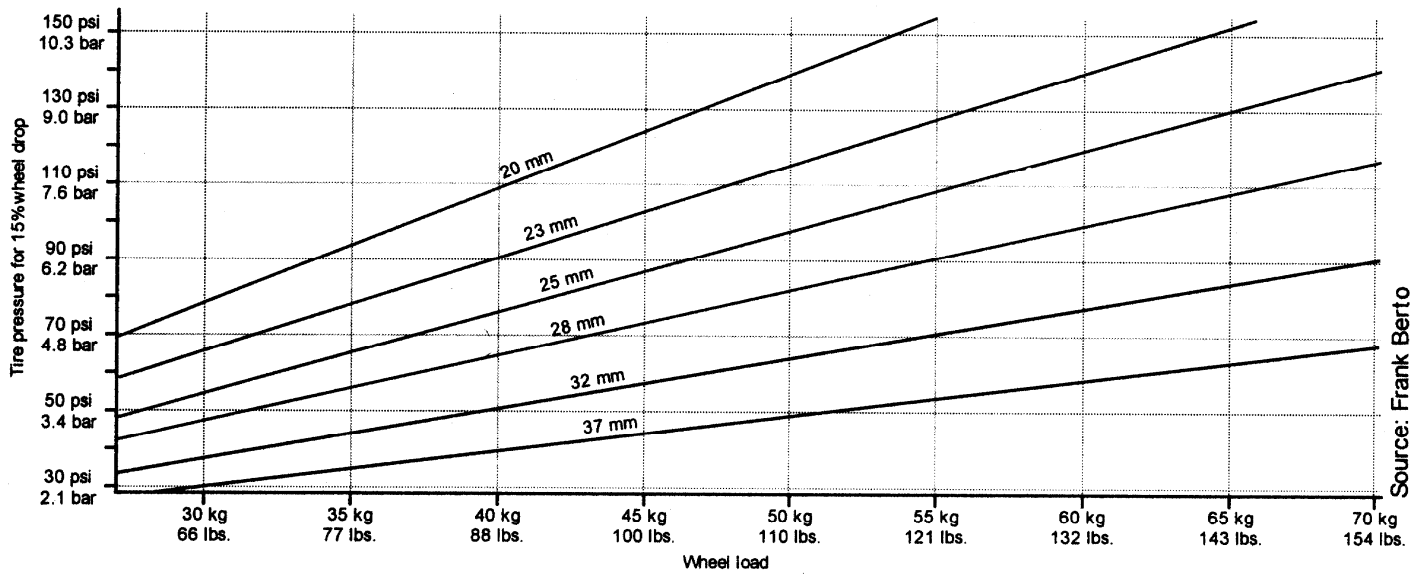
So a 15% tire squish (with rider on board) is the point where rolling resistance is minimized by inflation pressure, but the tire is still soft enough to swallow minor road imperfections. However, also according to BQ, “measuring tire drop is not easy”. Which is why the article publishes Mr. Berto’s handy graph showing the relationships between wheel load, tire width, and pressure required to maintain 15% tire drop. That graph is reproduced below and can be found at: [www.bikequarterly.com/images/TireDrop.pdf](http://www.bikequarterly.com/images/TireDrop.pdf)

To use the graph, you simply

- a) **calculate** the combined weight of your bike plus your body;
- b) **measure** (or estimate—they provide methods for both) the distribution of that weight between the front and the rear wheel;
- c) **determine** your tire width; and
- d) **look up** the required pressure for that width at that weight (for each wheel).

**How does this work in practice?** Well, I have tried it out on several rides, with different bikes. My total for one bike and rider was 207 pounds. Distributing that weight between front and rear according to their table gave me 83 lbs front and 124 lbs rear. For my 28mm tires, the graph yielded approximately 64 psi front and 93 psi rear. The resulting ride was indeed dramatically smoother—much more of a gliding sensation, as opposed to rumbling—and did not feel any slower.

*Continued .....*



Source: Frank Berto

Tire inflation for 15% wheel drop in relation to wheel load and actual tire width.<sup>4</sup> Example: Rider and bike weight: 100 kg. Weight distribution: 45%/ 55% Wheel loads: 45 kg/ 55 kg. Tire pressures for 20 mm tires: 125 psi/ 155 psi. Tire pressures for 37 mm tires: 45 psi/ 53 psi. For heavy riders/ bikes, narrow tires require very high inflation pressures, and wide tires are a better choice.

[www.bikequarterly.com/images/TireDrop.pdf](http://www.bikequarterly.com/images/TireDrop.pdf)

A few points to keep in mind if you are considering venturing down this road:

1. "Increasing the wheel's width also reduces rolling resistance" (BS), and also lowers the pressure required for 15% tire drop (BQ), so there does seem to be a case for running wider tires for comfort and traction without sacrificing speed.
2. Suspension loss is not the only negative effect of high tire pressure—by reducing the contact patch and increasing rigidity, high tire pressure also reduces tire traction and the ability of the tire to stay in contact with the road on corners.

3. BS speculates that tubeless tires would reduce rolling resistance; this has absolutely been my experience as well.
4. Lower tire pressure does increase the risk of pinch flats. Wider tires and tubeless tires would help offset this risk, but best not to get carried away when experimenting!

I intend to continue testing lower-than-sidewall tire pressures, using these guidelines. Because there is a real get-out-of-jail feeling to knowing that I can adjust my tire pressure(s) to improve speed, comfort, and safety on my rides.

### NBW Merchandise

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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  
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#### NBW CAP

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One size.

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If possible, email your request to [sales@nbwclub.org](mailto: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](mailto:sales@nbwclub.org)

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

**NARRAGANSETT BAY WHEELMEN MEMBERSHIP FORM**

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

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

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

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

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

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

MINOR RELEASE

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

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

TYPE OF MEMBERSHIP (check one box in each column)

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

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

Membership No. Amount enclosed:

Print Name(s):

Address: City: State: Zip:

Tel: E-mail:

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

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# From the Touring Committee

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

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The winter is FINALLY over. Like many of you, I thought it would never end. I was fortunate to get in 100 or so miles in January, and then some in Florida, but other than that, my bike hung forlornly in the garage, dreaming of warmer days.

After this rough winter, which resulted in all the February rides being snowed out (although I heard

there were a couple of intrepid souls who showed up for the first Triboro Winter Ride), what we are left with is a legacy of sand, salt, and potholes, lots and lots of potholes. If the roads were not in bad enough shape before, they certainly are now. This is my cue to remind all of you that sand and potholes are not your friends while on a bicycle. Take a sandy corner too fast and you will go down. Hit a pothole any you will get a pinch flat, or worse, so take it easy out there and cycle smart.

The Touring Committee met on a cold and icy evening in February. Few of us had cycled much in the previous months so our brains were dulled by the lack of exhilarating exercise and it took us a while to get to the task at hand. Nevertheless, we completed scheduling the rides through October.

We now have five century rides on the schedule, one each month starting in May. The popular South Shore Century will not be run due to reconstruction of the Powder Point Bridge in Duxbury (this is the wooden plank one that takes you across the marsh to Duxbury Beach). In its place, we have slotted in the Sturbridge Century.

New rides anyone??? A couple of members have expressed an interest in creating a new ride this year. How about you?? We have left open a date in October for one new ride. However, if more than one is developed we have some time to make changes to the schedule.

In closing, it looks like a great cycling season is now upon us. Get your bike down from its winter perch, clean it, get it to the shop if needed, and prepare yourselves for another year of adventure.

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](mailto: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](http://nbwclub.org/resources/nbw_arrowing_guide.pdf)

## **Thanks to our most recent ARROWERS:**

Jan 1 *New Year's Day Ride*—Bill Gajda  
Jan 4 *Taunton Two Rocks*—Steve Rodkey  
Jan 11 *Jonnycake*—Margaret Hahn  
Jan 18 *Simple Arrow*—Chip Kent, Dave Baldwin  
Jan 25 *Triboro Tour*—Ray & Monica Foulkes  
Feb 1 *Taunton Two Rocks*—Steve Rodkey  
Feb 8 *Jonnycake*—Margaret Hahn  
Feb 15 *Simple Arrow*—Chip Kent, Dave Baldwin  
Feb 22 *Triboro Tour*—Ray & Monica Foulkes  
Mar 1 *Westport Dartmouth*—Frank Frain  
Mar 8 *Chariho Tour*—John Satterlee  
Mar 15 *Lincoln Cumberland*—Luke Brissette  
Mar 22 *EP Cycle/Spring Opener*—Tony Rizzotti  
Mar 29 *Lakeville Tour*—Mike Miller

## **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](mailto:arrows@nbwclub.org)>
- \* Before a ride, become familiar with the map. Check for arrows 150 ft. *before* an intersection.
- \* Share the road with motorists and pedestrians.
- \* Enjoy the scenery, smell the roses.

**If you get off your bike—get off the road!**

## NBW RIDE SCHEDULE

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

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**April 5, 2015**

♥ Fish Road

18/26/34 miles

**Sunday** 10:00 AM Map No. 149 Arrower: Tony Rizzotti

*Route* Tiverton, Sakonnet

*Directions* Start at the commuter parking lot, 970 Fish Road, Tiverton, RI. Take I-195 E to Rt 24 S to the Fish Road exit. Take a right turn off the exit; parking lot is on the right.

*Drive Time* 35 minutes from Providence

*Description* Gentle ride through the Tiverton area overlooking Mount Hope Bay, bringing echoes of longer summer (and TFCE) rides on these favorite NBW roads.

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**April 12, 2015**

Great Grandma's Farm Ride

15/23/50 miles

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

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

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

*Drive Time* 15 minutes from Providence

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

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**April 19, 2015**

Foxboro 55

23/36/55 miles

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

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

*Directions* Start at the Poncin-Hewitt Complex, 429 Oakhill Ave, Attleboro, MA. Take RT95 North from Providence to Exit 3A (Route 123 East) in MA. Stay straight on Thatcher Street at the second light. Go .5 miles and bear right over the railroad bridge. Go .5 miles then turn right onto South Main at the T. Go left at the next light onto Locust Street. Go to the end (about one mile) and turn right at the T onto Oakhill Avenue. The Poncin-Hewitt Complex will be .4 miles on the left.

*Drive Time* 20 minutes from Providence

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

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**April 26, 2015**

♥ **Westport**

13/25/44/50 miles

**Sunday** 10:00 AM *Map No.* 111 *Arrower:* Frank Fain

*Route* Westport, Dartmouth

*Directions* Start at WESTPORT MIDDLE SCHOOL, 400 Old County Rd, Westport, MA. Take I-195 E through Fall River to Rt 88 South (Exit 10). Head south on Rt 88 for about 4 miles to Old County Road (traffic light intersection). Turn LEFT on Old County Rd. Middle School is on your left, about 1/4 mile, as you begin to go down the hill. Park rear left of the school.

*Drive Time* 30 minutes from Providence

*Description* This ride is considered to be one of the club's best, rolling down the Westport waterway to scenic Horseneck Beach. Easy riding past rural farms. 50 mile extension by Gil Peel.

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**May 3, 2015**

**BikeWorks Swansea Ride**

16/26/50 miles

**Sunday** 10:00 AM *Map No.* 160 *Arrower:*

*Route* Swansea, Dighton, Freetown

*Directions* NEW START: Start at the SWANSEA MALL, 161 Swansea Mall Dr, Swansea, MA. Park near former Apex Store. Take Rt 195 East to Massachusetts exit #3 (Swansea Mall). Take Rt 6 East to turn left onto Rt 118 North (Swansea Mall Dr). Turn left at the first light on Rt 118 into Swansea Mall. Park near the former Apex Store. Ride will start out of the back of the Mall on Cousineau St.

*Drive Time* 15 minutes from Providence

*Description* A nice quiet ride, designed by BikeWorks and modified by NBW. The 16 mile ride is good for beginners, meandering through Swansea and Rehoboth. The 26 mile ride continues over to Dighton. The 50 mile ride crosses the Taunton River into Assonet, Lakeville and Berkley. Be sure to stop at the BikeWorks store (across Rt 118 from the Mall) after the ride for shopping and refreshments.

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**May 10, 2015**

**Tom & Pat's Half Century**

19/28/50 miles

**Sunday** 10:00 AM *Map No.* 19 *Arrower:* D Rajotte/G Hayes

*Route* Coventry, Foster, Sterling

*Directions* Start at the Coventry Plaza, 1145 Tiogue Ave (Rt. 3), Coventry, RI. Take I-95 S past the Rt. 4 split (stay on I-95) to exit 6 (not 6A) and bear right onto Rt. 3N for about 2 miles. Coventry Plaza is on the left just after Burger King.

*Drive Time* 35 minutes from Providence

*Description* A very scenic 50 miles straddling the Rhode Island/Connecticut border. The ride was designed by Tom Chabot and Pat Young, who have toured throughout the USA.

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**May 17, 2015**

♥ **Plymouth Century**

26/52/100 miles

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

*Route* Rehoboth, Taunton, Bridgewater, Plympton, Plymouth, Middleboro, Lakeville, Dighton

*Directions* Start at the Seekonk Towne Centre (Ann & Hope plaza), 140 Taunton Ave (Rt 114A), Seekonk, MA - across from Tasca Lincoln/Mercury at the intersection of Rts. 114A and 44 in Seekonk. Coming from Providence on I-195E, take the first exit after the Washington Bridge and follow Route 44 to Route 114A. (It's the first light after you cross into Seekonk.) The shopping center is on the left. Please park around the periphery of the parking lot first, then fill in towards the stores. DO NOT park in the bank lot or the Post Office lot. If we park around the periphery then fill in just 3 rows toward the stores there is near 120 parking spaces. Let's not aggravate the store owners.

*Drive Time* 10 minutes from Providence

*Description* We get to Plymouth by traveling relatively flat terrain, through farmland and past cranberry bogs. Tourists could stop in Plymouth for a look at Plymouth Harbor and the Mayflower (if they have time!). The ride back takes us through the rolling hills of Miles Standish Park.

100 mile riders start at 8:00 am, all other riders at 10:00 am



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**May 24, 2015****Mystic Metric**

19/34/66 miles

**Sunday** 10:00 AM *Map No.* 59 *Arrover:* Ed Holden*Route* Ashaway, Mystic, Stonington*Directions* NEW START: Start from the car pool commuter lot on Rt. 3 in Ashaway, RI. Take Rt 95 S to exit 1 (intersection of Rts 3 and 95; 37 mi south of Providence). Take Exit 1 then turn Left on Rt 3 North. The commuter parking lot is on the right.*Drive Time* 45 minutes from Providence*Description* This ride starts through North Stonington cow country and old farms, travelling beautiful country roads to Mystic and the Stonington coast. We are reverting to our old route (the casino has built a new road so is no longer a problem).  
NOTE: Mileages are best estimates until the map is updated - see ride schedule on nbwclub.org closer to the date for firmer numbers.

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**May 25, 2015****\*Memorial Day Show'n Go****Monday** 10:00 AM *Map No.* 19 *Arrover:* D Rajotte/G Hayes*Route**Directions**Drive Time**Description* Repeat #19 Tom & Pat's Half Century, following arrows from May 10.

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**May 31, 2015****♥ Joe Medeiros Ride**

17/25/47/62 miles

**Sunday** 10:00 AM *Map No.* 62 *Arrover:* Abbey Courchaine*Route* North Dartmouth, Freetown, New Bedford*Directions* Start at the commuter parking lot off Rt. 140 - 1062 Mt Pleasant St, New Bedford, MA. From Providence, take I-195 E to Rt. 140 N, to Exit 4 (King's Hwy). Bear R off the exit and turn right at the next T intersection. The lot is 1/4 mi ahead on the right. From the north, take Rt. 140 S to Exit 4 (Mt. Pleasant St.). Turn right at the end of the ramp; the parking lot is on your right.*Drive Time* 30 minutes from Providence*Description* This ride was nurtured by Joe Medeiros, a former club vice president. Under Joe's guidance, this gently rolling ride through the rural countryside between Fall River, New Bedford and Freetown was improved and extended to 62 miles. Larry & Sue Rollins will lead a beginners/new riders group on the 17 mile loop.

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**June 7, 2015****Ray Young's Ride**

11/17/23/33/53

**Sunday** 10:00 AM *Map No.* 120 *Arrover:* Luke Brissette*Route* Greenville, Chepachet, Pascoag*Directions* The ride will start from the 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 ride, and Ray Young, are so famous that the ride is written up in Howard Stone's book, "Short Bike Rides in Rhode Island." It's a scenic, rolling ride, with plenty of apple orchards and farmland.

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♥ Beginners will love these rides!

\* Holiday Show'n Go

\*\* Special Event

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**PO Box 41177**  
**Providence, RI 02940-1177**

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Mailing label is valid membership card - includes membership number and expiration date - is your membership about to lapse?  
 Deadline for the next issue of The Spoke'n Word is May 5 2015

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

<b>Month</b>	<b>Date</b>	<b>Map#</b>	<b>Ride Title</b>	<b>Ride Start</b>	<b>Distances (miles)</b>	<b>Arrower</b>
<b>May</b>	Sun	31 62	Joe Medeiros Ride	New Bedford, MA	17/25/47/62	Abbey Courchaine
<b>Jun</b>	Sun	7 120	Ray Young's Ride	Smithfield	11/17/23/33/53	Luke Brissette
	Sun	14 58	Wachusett Mountain	Uxbridge, MA	21/34/61/83	
	Sun	21 39	Westerly Watch Hill	URI Kingston	20/40/64	Tony Rizzotti
	Sun	28 32	Providence Bicycle Ride	Providence	10/35/57	Bladimir Rodriguez
<b>Jul</b>	Sun	5 105	Tiverton Fifty	Tiverton	15/30/50	Mike Emma/Don Paiva
	Sun	12 95	TriState Century	Smithfield	31/61/100	
	Sun	26 164	New Rhody Roundup	Slocum, RI	13/23/34/42	TENTATIVE DATE
<b>Aug</b>	Sun	2 57	Miles Standish State Forest	Wareham, MA	22/46	
	Sun	9 118	Sturbridge Century	W Gloucester	18/38/50/58/100	
	Sun	16 88	Scramble Metric	Seekonk, MA	17/27/53/66	
	Sun	23 52	Mattapoissett Ride	Mattapoissett, MA	15/30/50	
	Sun	30 98	North Country Fifty	Smithfield	18/22/33/49	
<b>Sep</b>	Sun	6 60	Connecticut Coastal & Ridges Ride	Ashaway	20/28/43	
	Sun	13	**TFCE			TFCE crew
	Sun	20 92	Taunton-Sharon Tour	Taunton, MA	15/30/50	
	Sun	27 130	Cape Caper Ride	Bourne, MA	22/48/62	
<b>Oct</b>	Sun	4 81	Cranberry Metric	Raynham, MA	17/35/64 miles	
	Sun	11 169	Bob Gallo's Ride	TBA		
	Mon	12 81	*Columbus Day Show'n Go	Raynham, MA		
	Sun	18 117	Purgatory Chasm	Uxbridge, MA	20/30/54	
	Sun	25 64	Newport Island Circuit Tour	Newport	18/30	
<b>Nov</b>	Sun	1 16	NBX Fall Ride	Warwick	15/25/32	