

The Spoke'n Word

Volume 45, Number 3

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

June/July 2015

nbwclub.org



Reserve your chicken dinner at the annual Rhody Roundup—July 26, 2015

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MOVING?

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

membership@nbwclub.org

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

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

MEMBERS' PASSWORD

NBW website: nbwclub.org

Members' page access (case-sensitive):

User name: mem6

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: Spring riding in New England. Trees just coming into leaf make for lovely patterns of sun and shade that ease the pain of climbing the long Hill Farm Rd on Tom & Pat's Half-Century, May 10 2015. Lenny Livernois almost at the top.

Photos on this hill taken by NBW member Alfredo Sosa and his daughter Graciela. See our website photo gallery for more.

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



The heart of the riding season is upon us.

It's time to ride. Come join us at the Sunday series. When you finish your ride, come by the social tent for a cold drink and a snack. You will see the best of the NBW at the Sunday ride series and the social tent. There is nothing better than a Sunday ride.

Is our Sunday series a racing series? The simple answer is no!

We are a social riding club with a big tent. I can understand why people think we might be a racing club. After all we start the ride by having the fastest riders going out first, and then work our way back to our slowest riders. We start our rides by speed of rider to make the start of the rides safer for all riders and communities. This way we have less chaos at the beginning of rides, fewer people passing each other, near a start which is often near major traffic.

Through the years people inquire why we do not have electronic membership. Electronic renewal is convenient, but there is a cost associated with it. My rough estimate is that using BikeReg.com or active.com to handle club membership would cost the approximately 1200 members of the club an extra \$4,000 a year. I am good with numbers, but I have a tough time justifying adding \$4,000 in expense a year for club members to avoid a stamp and a check. Experienced club members have it figured out. Renew for a 2-year membership and save money, and mailings. Below is a recap of the costs.

It is with great pleasure that I announce **Alfredo Sosa** will be taking over as Membership Chair from me. Alfredo has been a great addition to the club. His new ride last year, "Border Crossers" is an absolute treasure of a ride. Ray Foulkes (past president) counts it as one his favorite rides.

Larry Shwartz stepped down as TFCE Co-Chair this year after 10 years of success. **Kate Imbrie** has stepped up, and has some big shoes to fill. Kate will be coordinating all of the volunteers.

Here are some important things to know for the summer riding season:

- 1) July & August will have 9 AM starts to beat heat and traffic (except Rhody Roundup).
- 2) Rhody Roundup will return to Yawgoo Bakes
- 3) TFCE is full

Safe riding,
Ted

	Mail	Electronic	Convenience Cost Per Year Per Person
Membership Individual Yearly	\$15.00	\$15.00	
Processing Fee		\$3.00	
Stamp/Check/Envelope/paper	\$1.00		
Cost per year	\$16.00	\$18.00	
Cost for two years	\$32.00	\$36.00	Costs \$2 more/year
Membership Individual 2 Year	\$25.00	\$15.00	
Processing Fee		\$3.00	
Stamp/Check/Envelope/paper	\$1.00		
Cost per year	\$13.00	\$18.00	
Cost for two years	\$26.00	\$36.00	Costs \$5 more/year
Membership Family 2 Year (couple)	\$30.00	\$30.00	
Processing Fee		\$6.00	
Stamp/Check/Envelope/paper	\$1.00		
Cost per year	\$15.50	\$36.00	
Cost for two years	\$31.00	\$72.00	Costs \$10.25 more/year/person

From your webmaster ...

Members' password

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

Username: mem6

Password: fixiE6

Passwords are case-sensitive.

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

WELCOME New Members

Richard E. Abbot, Jr., Andover, MA
Kevin Almeida, North Dartmouth, MA
Hany S. Aziz, West Springfield, MA
Alan J. Berrick, Hingham, MA
Ellen P. Bidlack, Dighton, MA
Joseph Bishop, Narragansett, RI
Brian Chapman, Cranston, RI
Allan Cote, Westerly, RI
Stephen Correia, Cranston, RI
Michael & Mary Counihan, Wakefield, RI
Gina Defeo, Wyoming, RI
Janice DeFrances, North Kingston, RI
George Dilworth & Sarah Clark, Yarmouth, ME
Kim Donahue & Mark Spano, Harrison, NY
Hadley A. Donaldson, Hingham, MA
Alan Edinton, Bon Aqua, TN
Susan Eliason, East Falmouth, MA
David Eisenberg, Needham, MA
Carl R. Ficks, Jr., Farmington, CT
Allen & Adrienne Frecher, Waban, MA
Walter A. Fuller, Plymouth, MA
Ann P. Gallagher, Providence, RI
Eugene D. Gallagher, New Bedford, MA
James W. Garlington, Cranston, RI
John M. Gennari, Wakefield, RI
Stephanie & Kristian Gove, Cranston, RI
Susan A. Heath, Haddam, CT
Stanley & June Heywood, North Scituate, RI
Michael Hill, Jamestown, RI
Pamela & Timothy Hogan, Foxboro, MA
John & Margaret Hugo, Bristol, RI
Paul A. Jordan, Wakefield, RI
Denise Kaplan, North Kingston, RI
Ed & Greg Kelley, Carver, MA
Mark & Marsha Kiley, Orange, CT
Marcia Kim & Ed Lyons, Newport, RI
Susan J. Kohler, Mechanicville, NY
Renee Lamontagne & George Herchenoether,
Middletown, RI

Beth Lazor-Smith & David Smith, Westerly, RI
Alex & Joanne Lebruto, North Andover, MA
Kenneth S. Lemieux, Mystic, CT
Geoffrey S. Lenk, Osterville, MA
Barbara & Doug Levine, Seekonk, MA
Michael Lilly, Marshfield Hills, MA
Christina M. Lorenson, Coventry, RI
Steven D. Lucas & Sharon Davis, Kingston, RI
Richard J. Martin, South Attleboro, MA
Robert J. Maselek, Framingham, MA
Thomas P. Meehan, Barrington, RI
Sam Mercier, Marlborough, MA
Seth D. Norlin, South Attleboro, MA
David & Denise Olson, Westport, MA
Richard L. Pace, Pawtucket, RI
Lisa J. Pacino, Braintree, MA
Michael J. Panasuk, Tewksbury, MA
Bruce Paparella, Fairhaven, MA
Kenneth, Dianna, Nicole & Kayleigh Pereira,
Cranston, RI
Keith Prue, North Providence, RI
William S. Richardson, Barrington, RI
John H. Roy, Jr., Stonington, CT
Valerie J. Riege, Middletown, RI
Paul J. Rubolotta, Warwick, RI
Jessica Sanna & Katherine Mercier, Cumberland, RI
John Serra, Newport, RI
Jacinta Simoncini, Mystic, CT
Sarah F. Spencer, Norwich, CT
Kendra Stapleton, Riverside, RI
Paul Stonefield, Providence, RI
William W. Tan, Sharon, MA
Brian Theyel & Elizabeth Sullivan, Providence, RI
Marea & Jim Tumber, Barrington, RI
Ken, Vicky, Michael & Katrine Varnum, Stoughton, MA
Barbara J. Vassallo, Lincoln, RI
Hal, Kate, Jon & Matt Walker, Wakefield, RI
Jeff & Sherise Wright, Amherst, NH

NBW Officers and other functions

NBW OFFICERS (Terms begin February 1)

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

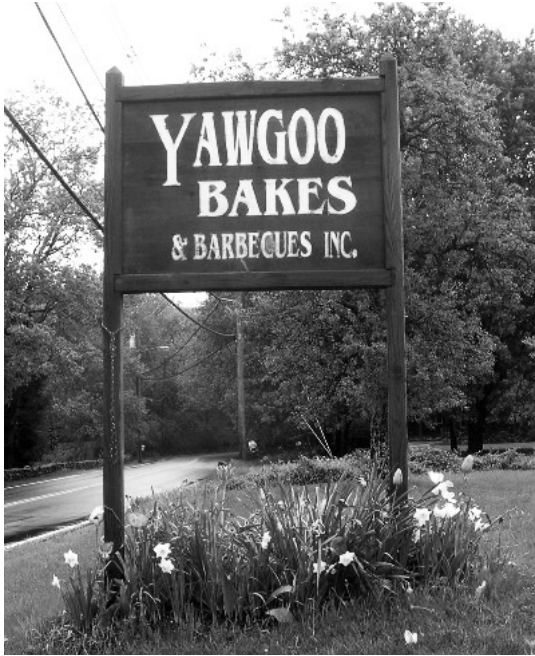
NBW BOARD OF DIRECTORS

Past Presidents: Todd Wise, Janice Velozo, Ray Foulkes
Membership Secretary: Ted Shwartz, membership@nbwclub.org,
PO Box 41177, Providence, RI 02940-1177 (incoming, Alfredo Sosa)
Rides Coordinator: Don Chiavaroli, touring@nbwclub.org
Advocacy Chair/LAB representative: Matt Moritz, 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
Arrows/Paint coordinator: Chip Kent, arrows@nbwclub.org
Ride starters: Rod Breault, Paula Raposo, Ted Shwartz
Maps/rides database: Monica Foulkes, maps@nbwclub.org
Ride schedulers: Bob Paiva, Raul Silvia, Don Chiavaroli, John Satterlee
Ride scouts: Bob Paiva, John Satterlee, Ted Shwartz
Ride liaison w/police depts: Leah Moynihan
Webmaster: Monica Foulkes, webmaster@nbwclub.org
E-mail discussion list moderator: Ted Shwartz
Special rides/events coordinator: Don Paiva, events@nbwclub.org
Map creators: Bob Paiva, Ted Shwartz, Gil Peel, Garrett LeBonte
NBW merchandise sales: Mike Emma, sales@nbwclub.org
Social events organizer: Margaret Vigorito
Interstate liaison: vacant
General information: Bruce Masterson, info@nbwclub.org
Spoke'n Word editor: Monica Foulkes, editor@nbwclub.org
Contributing writer: Gary Stafford
Cartoonist: Bob Paiva

THE ANNUAL RHODY ROUNDUP



Sunday, July 26th

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

~Rain or Shine~

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

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

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

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

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

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

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

Name: _____

Mailing Address: _____

Tel: _____ Email: _____

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

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.*



Cycling Sessions

Gary Stafford, cyclingsessions909@gmail.com

Spring is in the air, more or less. Along with the birds singing is the sound of heavy breathing on the Sunday NBW rides.

Cabin fever has reached a pinnacle and with it lots of nervous energy. What can you do to reduce that heavy breathing and hear those birdies on the ride?

Aerobic Capacity (AC) intervals to the rescue! Most of us rely on anaerobic efforts (ACC) for almost all intense efforts because our aerobic capacity is not optimally trained. We skip the AC Zone 3 and go from Zone 2 to Zone 5.

What is the difference between AC level Zone 3 and ACC level Zone 5? The AC Zone 3 is what gets you through the long rides, the steady state efforts. It functions up to sustainable threshold and does not burn matches.

Anaerobic (ACC) efforts stress the glucose and use up the ATP in your muscles. Think of this system with a small tank like the NOS button on a rally car. Push it too much and you blow up. It takes time for the ACC system to recover as well.

Most use even lower levels of sub tempo and jump all the way up to anaerobic for those hard efforts. The trouble with that is the aerobic system never really turns on and the matches get lit.

The aerobic system is as slow shutting down as it is to start up. What makes aerobic capacity workouts so important is that your hammer rides never really allow it to get strong. Yet this is the system that will keep you fresh, allows you to adapt to surges, and keeps you from accumulating fatigue and acute toxic metabolic issues that force you to fall off the group.

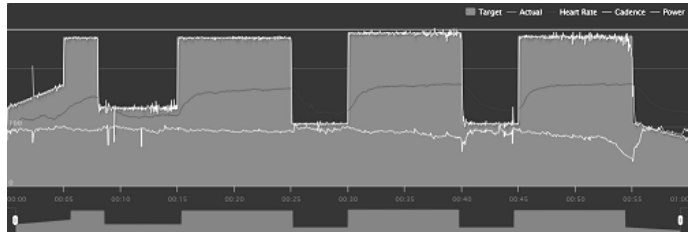


Considering the chance that this system is weaker let's focus on intervals that would build up the oxygen deficit limit which is another way of saying aerobic capacity. First a base training at low Zone 2 needs to be in place to provide the best results for us to push out the aerobic capacity engine.

Threshold (TH) and Sweet Spot (SS) workouts works best with short rest intervals as the aerobic system when once primed will

stay on. Rest intervals that are too long can modify the workout to a more anaerobic workout.

Intervals of 5 to 15 minutes at SS and TH intervals with no more than 1 to 4 minutes are optimal to ensure some recovery while limiting pushing over the oxygen deficit. It is important to achieve a cadence of at least 85 rpm and relax the upper body and get into a groove. Continue through the interval with steady breathing.



Always do a buffering warmup before the intervals. Your first interval is almost always more anaerobic so stay at your HR or power number and avoid going over on the first one.

What should you do during the recovery intervals? It is best to keep the legs spinning which will keep the aerobic system primed. Active recovery provides a good way to clear metabolic acids in the legs and processes them.

So how do you determine the Zones? A simple way for HR is to ride a 30 minute effort with no stopping as hard as you can. Take the last 20 minutes and average your HR.

This should be around your Lactate Threshold heartrate (LTHR) for the bike. This would be the top end for your threshold intervals. The range would be that number and around 8 beats below that. So if your HR was 170bpm your range would be 162-170bpm.

More to come in the next newsletter.

Remember, you can upgrade your fitness like you upgrade your bike for more fun cycling!

Gary coaches select enthusiastic cyclists who have a passion to improve themselves and are equipped with heart rate monitors and power meters.

For info email him @ cyclingsessions909@gmail.com

**Cycling Sessions
Performance**

Gary Stafford
Endurance Coach and Spin Instructor
cyclingsessions909@gmail.com
4015957078

Rhode Island

Advocacy Column

Matt Moritz, advocacy@nbwclub.org

George Redman Linear Park Update

RIDOT has revised the final completion of the bridge, named for late bike path booster George Redman, to the end of September. Beginning on May 2, the construction company responsible will leave the gates opened on weekends, and reports are that generally in the evenings the bridge is also accessible. RIDOT reminds riders that this is an active construction site and may not be accessible at all times. Advocates have also suggested that RIDOT hold a formal ribbon-cutting ceremony, which former Director was responsive to. Director Alviti has not been asked.

East Bay Bike Path Update

RIDOT is planning to have the East Bay Bike Path repaved from Bullock's Point Ave to Independence Park during the summer of 2015. RIBIKE, East Coast Greenway Alliance and others have requested that the work be delayed into the fall, when it will be less disruptive to users. RIDOT has not announced the work, but it is anticipated to take a month, during which time the path will be very rough, as the entire length will be ground down at once and then repaved in sections.

New England Cycling Events

Complete listing, with photos, posted at nbwclub.org

Jun 6—Bike Walk CT. First of the Discover Connecticut Bike Tour Series, to be held in various cities and towns in CT. This inaugural ride will be held in conjunction with Celebrate West Hartford Festival. Rides of 10, 35 and 50 miles. Food and entertainment at the festival. To register see www.bikewalkct.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

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

Jun 7—American Diabetes Assoc Tour de Cure. URI, Kingston, RI. 7, 15, 30, 62, 100 mile loops in RI. Post-ride party at finish. Registration at www.diabetes.org/oceanstatetourdecure

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

Jul 10-11—Prouty Ultimate. Limited to 150 riders, a 2-day, 200 mile ride through NH & VT. Start St. Anselm College, Manchester, NH. See theprouty.org

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

Jul 19—Summer Breeze Ride for Autism. Daniel Hand High School, Madison, CT. Rides of 15, 22, 50, 62 and 100 miles on woodland and shoreline roads in CT. See www.ctcycle.org

Sep 12—10th Annual Kelly Brush Century Ride. Middlebury, VT. 25, 50, 100 mile rides through the Champlain Valley to those living with pa-

Letter to the Editor ...

Bike vs. Deer

That was the heading on my husband Art Weekley's hospital chart. An avid bicyclist who rode nearly every day, he'd ridden the length of the Blue Ridge Parkway three times and the Outer Banks of North Carolina several more; he'd covered great swaths of Maryland and Virginia, rode from Newport to the Cape, and took part in fundraising rides from Boston to New York and through the five New England states. He rode a custom-built bicycle, always wore the proper clothing and shoes, and never stepped on his bike without his top-rated helmet.

All that experience and protective gear were not enough, though, when, on a Monday morning this past June, one of a herd of deer unexpectedly barreled into him and sent him flying to the pavement on Ocean Drive in Newport. Even without a lot of obvious injuries and only a little disorientation, he was rushed to Newport Hospital's emergency room, thanks to the speedy efforts of his biking companions (both of whom were unharmed). Once there, however, the discovery of blood on his brain necessitated an immediate transfer to Rhode Island Hospital's trauma intensive care unit. There he was treated by a team of neurologists, orthopedists and other doctors for four broken ribs, a crushed clavicle and scapula, a cracked pelvis, a lot of scrapes and bruises, and what turned out to be a devastating brain stem injury.

Unfortunately, in Art's case, all that professional attention was not enough to undo the damage caused by one shy, usually gentle, brown-eyed creature. Ten days later, he was dead.

This is not just another warning to ALL bikers to wear helmets. Art was wearing his. It's also a reminder that Aquidneck Island, as well as the rest of the state, has a very large deer population and it is not confined to sanctuaries or wildlife preserves. With the coming of spring, deer are very much on the move. They can maneuver very quickly, especially when frightened or while being chased, and a full-grown deer can weigh as much as 200 to 300 pounds and often more. Riders need to be aware at all times, not just of the obvious dangers like cars and trucks and potholes. Deer, a rabbit running across the road, even a lumbering skunk or raccoon could cause one to swerve to avoid a collision. So please concentrate on where you're going, take out the earbuds, and don't text or talk on the phone (I've seen riders do both). Ride as though your life depended on your own attention and care. It just might.

Sara Chadwick
Middletown, RI

New England Events, contd.

alysis through access to sport, and to improve safety in ski racing. See www.kellybrushfoundation.org

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

Sep 27—Ride to Defeat ALS. Longfellow Club, Wayland, MA. 10, 25, 50 & 70 mile rides. Lunch after. See www.als-ma.org

Sep 27—Bike Walk CT series. This ride will showcase the city of New Britain. See www.bikewalkct.org

Lessons from my First Year of Riding

Colby Jenkins

For many riders, new and old, riding with a club as big as the NBW can be daunting. There are groups of men with shaved legs wearing spandex, and some Sunday rides even start by getting yelled at through a megaphone. As someone still in his first year with the club, I thought I'd share some of the lessons I've learned so far that have helped to make things seem less intimidating:

1) It's better to have too much than too little

Whether it's tools and spare tubes, or food for a long ride, it's always better to have more than you think you'll need. "Hitting the wall," or "bonking," is a popular term in the sport, which occurs when a rider runs out of energy. I had my first bonk this April, near the end of Great Grandma's Farm Ride. I brought food for the ride, but didn't factor in the extra energy needed for all of the climbing required.

2) There's no shame in asking for help

Maybe you're unsure of what pressure to inflate your tires to (see a great article in a past issue of *The Spoke'n Word!*), or maybe you've broken down (bike problems, or even your legs). In the NBW, others who have had the same problems are all around us, and are willing to offer their advice or support. Some may even slow to ride with you when you're struggling, or show up in their car to "SAG" you to the finish.

3) There's joy to be found in all types of cycling

While Sunday group rides are often filled with elite riders looking to set new speed records and grab Strava KOMs, it's important to note that other types of riding can be just as fun, if not more. Casual rides talking with friends, café rides (see John Nery's Saturday rides), mountain biking, cyclocross, touring, and randonneuring all offer exciting ways to ride and meet new people.



4) Sometimes the scariest looking cyclists can be the nicest

Speaking of the speed demons from Sunday rides, I've found that skintight lycra/spandex and intimidating deep-dish wheels don't make a person any less friendly. Though some of the more elite riders may seem intimidating, they are very approachable and willing to help (see point 2). Gary Stafford, for example, writes a column for *The Spoke'n Word* called "Cycling Sessions," offering great tips from a seasoned veteran.

5) Find inspiration in others

Perhaps the most important lesson I've learned during my time with the NBW is to look at other riders not with awe, fear, or jealousy, but with inspiration. Find another rider who you hope to emulate, whether for their speed, their ability to ride hundreds of miles in a single day, or anything else you hope to one day be able to do.

Ultimately, we all have our own goals when it comes to cycling. As the weather improves, we'll all hopefully have more chances to find ourselves out on our bikes, crossing paths and enjoying the summer. Use this time to make new friends, and enjoy the sport with others. And if you find yourself on Saturday or Sunday club rides, come say hi. I'll be the guy wearing the brightest colored outfits imaginable.

Classified Ads

Complete listing, with photos, posted at nbwclub.org

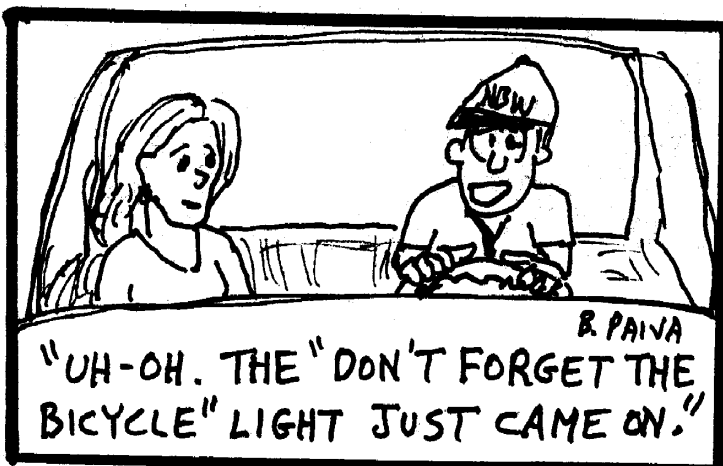
Peter Weigle touring bike. Custom built (1997) for 6'4" rider. Lugged frame, cantilever brakes, Shimano Ultegra integrated brake levers & shifters. Shimano XT rear derailleur, front & rear racks & panniers. Just had complete tuneup. Original price \$3800, asking \$900. saraechadwick@cox.net

Bianchi San Remo 1996 touring bike. Campagnolo group. Fully lugged frame, cantilever brakes, rear rack. Original price \$999, asking \$300. saraechadwick@cox.net

Trek race lite mountain bike. Size 60.5 in. 154 cm. Bontrager components. Disk brakes. All tuned up. New cogset, Bontrager race disc tires. Located in No Kingstown, RI. \$750. Contact energize@verizon.net

Trek 2200 road bike - 58 cm frame (good for riders 5'9" to 6'2"). Has aluminum frame, carbon fork, Mavic Aksium wheels, Shimano 105 components, Ritchey compact crank, and mountain bike cassette. \$1,500 new, will take \$250 negotiable. Will bring to Sunday ride if interested. Contact Andy Barry at andybarry@charter.net.

For Sale: Winter riding boots (45NRTH Wolvhammers) good to 0 degrees F. Euro size 48, US size 13. Waterproof, insulated foot bed, SPD ready (will throw in Shimano cleats if desired). Paid \$325 last fall, used twice, first \$200 takes them. Will bring to Sunday ride if interested. Contact Andy Barry at andybarry@charter.net.





NBW Social Tents

It's the season for socializing after the Sunday Rides (and we were ready for it!).

Left: May 17, after the Plymouth Century. After we lost our ride start location a few days before the ride, we scrambled to relocate to the Seekonk High School and get alerts out to members. Luckily, after a hot, sunny ride, the change of location worked in our favor, because the large bank of shady trees accommodated a large crowd that partook of Ted Shwartz' barbecue and cold drinks. We didn't need the tent. A constant flow of returning riders from the short, medium and finally the century loop headed to the shade and this must have been the longest time that a social "tent" ran. Thanks, Ted.

Right: The first social tent of the season welcomed returning riders on the May 10 Tom & Pat's Half-Century, which turned out to be a hot sunny ride. The tent provided the only spot of shade in the parking lot so was a magnet for overheated riders. Thanks to Don and Louise Paiva.



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

From the Touring Committee

Don Chiavaroli, touring@nbwclub.org



Could it possibly be true that we are just on the cusp of summer? It seems that not so long ago, we were buried in snow, and after the snow melted, piles of sand lined the roads. Potholes were left to greet us as well.

Things have turned around, roads have been swept of debris and pothole repair is happening in many communities where we ride. Unfortunately, some communities were not able to fix their

roads in time for the spring rides. A fellow touring committee member commented that the Foxboro 55 should be renamed the "Pothole 55".

Our first century, the perennial Plymouth Century, has already happened and we have one per month on the schedule (if you count the Wachusett Mountain Ride which feels like a century but it is not) through the month of September.

Speaking of centuries, the TFCE is once again full. It's a fall classic that cyclists from many states ride. I received inquiries as early as last November from riders who wanted to make sure they registered on time. If you did not get a chance to register, you can still volunteer and ride the TFCE volunteers ride.

Even though summer is here, the touring committee is now planning the ride schedule through next winter. There is still time for you to get a new winter ride into the schedule. So look for some of your favorites in upcoming issues of the *Spoke'n Word*.

In the meantime, enjoy the great weather. Ride lots, stay safe, meet new friends and if your pocketbook allows it, take a bicycle tour. A bicycle tour is a great way to improve your cycling skills, stretch your comfort zone, and see fantastic locations both here and abroad.

Don



Want to arrow a ride?

Chip Kent is our Arrows/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:

- Apr 5 *Fish Road*—Tony Rizzotti
- Apr 12 *Great Grandma's Farm*—Luke Brissette
- Apr 19 *Foxboro 55*—Don Chiavaroli
- Apr 26 *Westport*—Frank Frain
- May 3 *BikeWorks Swansea*—Wolfgang & Rebecca Petti
- May 10 *Tom & Pat's 50*—Don Rajotte, George Hayes
- May 17 *Plymouth Century*—Tony Rizzotti, Don Chiavaroli, Bob Edgren
- May 24 *Mystic Metric*—Ed Holden
- May 31 *Joe Medeiros*—Abbey Courchaine

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.

Alfredo Sosa and his daughter Graciella took some super photos of the climb up Hill Farm Rd on Tom & Pat's Half-Century, May 10 2015.

See the photo gallery on our website for more photos:
nbwclub.org/resources/gallery.html

NBW RIDE SCHEDULE

Last-minute changes to our start locations are announced by alerts in the weekly email to members from our President. Alerts are also announced on our website - nbwclub.org - and our Yahoo email discussion list.

June 7, 2015	Ray Young's Ride	11/17/23/33/53
Sunday	10:00 AM <i>Map No.</i> 120 <i>Arrover:</i> Luke Brissette	
<i>Route</i>	Greenville, Chepachet, Pascoag	
<i>Directions</i>	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.	
<i>Drive Time</i>	20 minutes from Providence	
<i>Description</i>	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.	

June 14, 2015	Wachusett Mountain	24/35/62/84 miles
Sunday	8:00 AM <i>Map No.</i> 58 <i>Arrover:</i> C Kent, L Brissette	
<i>Route</i>	Sutton, Uxbridge, Auburn, Paxton, Worcester	
<i>Directions</i>	NEW START: Start at the School Superintendent's Office, 62 Capron St, Uxbridge, MA 01569 (the former high school). Take Rt. 146 North to Uxbridge/Chocolog Rd (Rt. 146A) exit. Bear right off ramp, then left onto 146A North, for 1.5 miles. Turn left onto Rt. 122 North for 1 mile to Rt. 16 traffic light. Turn right onto Rt. 16, for 0.2 miles. Bear left onto Capron St; the school building is at the end of the street.	
<i>Drive Time</i>	45 minutes from Providence	
<i>Description</i>	Ride in an area of rugged, scenic ridge and valley country. Hilly ride with sweeping views and swift downhills (BE CAREFUL ON SOME BUMPY DOWNHILLS), travelling through small New England towns of Auburn, Paxton, Rutland, Princeton and the summit of Mt. Wachusett (2006 ft.). Return through West Boylston, Shrewsbury, Grafton and Whitinville. Mt Wachusett summit loop is optional (access via gate and a very rough service road, exit via main entrance--or you can enter and leave via the main entrance on Mountain Rd). Summit can be omitted by continuing on Mountain Rd (see map). This ride is the former Wachusett 75, given a new name because the new start has added a few miles. 84 Milers start at 8:00 AM (it rides like a century!); all others start at 10:00 AM.	

June 21, 2015	Westerly Watch Hill	20/40/64 miles
Sunday	10:00 AM <i>Map No.</i> 39 <i>Arrover:</i> Tony Rizzotti	
<i>Route</i>	Westerly, Watch Hill, Kingston, Woodville, Ashaway	
<i>Directions</i>	URI, Kingston, RI. Take the left exit off of I-95 S to Rt 4. Rt 4 eventually merges with Rt.1. Continue south on Rt 1 and turn right on Rt 138 WEST for about 4.5 miles, going through the light in Kingston. GO PAST the first entrance to the URI athletic parking (we've been asked not to park in that lot) - 1/10 mile past the electronic sign, turn right on West Independence Way (after a low red brick building and before the Hall of Fame]. Go around back of brick building to the parking lot by the soccer fields.	
<i>Drive Time</i>	45 minutes from Providence	
<i>Description</i>	This ride passes through scenic areas of South County. The long ride passes by South County coastal areas. Stop at the Watch Hill Coast Guard Station and lighthouse for a fantastic view of the ocean. Larry & Sue Rollins will lead a beginners/new riders group on the 20 mile loop.	

June 28, 2015

Providence Bicycle Ride

10/35/57 miles

Sunday 10:00 AM *Map No.* 32 *Arrover:* Bladimir Rodriguez

Route Providence-Smithfield-Glocester-N Scituate-Greenville

Directions Start at Providence Bicycle, 725 Branch Ave, Providence RI. From I-95 South: Take Exit 24 (Branch Ave). Turn right onto Branch Ave. Providence Bicycle is 1 mile down Branch Ave. From I-95 North: Take 146 North to Branch Ave exit, turn left onto Branch Ave.
Providence Bicycle is on the right, in a red brick converted mill, directly across the street from Dunkin Donuts. Don't park in the shop parking lot! Go past their entrance and turn right at the far end of the mill into the large parking lot. Overflow parking in the shopping center on the other side of Branch Ave, next to Rt 146 exits.

Drive Time 10 minutes from Providence

Description Sponsored by Providence Bicycle, this challenging ride soon leaves the city behind, heading north west. The 57 mile loop goes through Lincoln and North Scituate, crossing the Scituate Reservoir before returning through Greenville. 10 milers turn off in Lincoln to return through North Providence. 35 milers turn south in Smithfield. One of our favorite riding areas, with a new look!
Providence Bicycle invite riders to stop by the shop after the ride for drinks and nibbles, and to check out their latest gear.

July 5, 2015

Tiverton Fifty

15/30/50 miles

Sunday 9:00 AM *Map No.* 105 *Arrover:* Mike Emma/Don Paiva

Route Tiverton, Little Compton, Westport

Directions Start at the Tiverton Middle School, 10 Quintal Drive, Tiverton, RI. Take I-195 East to Rt. 24 South to the Fish Rd Exit. Turn left at the exit onto Fish Rd. At end of Fish Rd turn left onto Bulgarmarsh Road. Go 1.3 miles (keep straight across Brayton) and turn left on Quintal Drive to the middle school at the end.

Drive Time 35 minutes from Providence

Description An old "sacred" riding area -- easy tour around the salt marshes, ponds, estates, and farms in the state's prime biking area. This ride is not to be confused with September's TFCE -- they are two different rides, although we use some of the same roads.

JULY/AUGUST RIDES START TIME 9 AM.

July 12, 2015

TriState Century

31/61/100 miles

Sunday 7:00 AM *Map No.* 95 *Arrover:* Rizz, Rod, Kent

Route Northwestern Rhode Island, Connecticut, Massachusetts

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

Drive Time 20 minutes from Providence

Description This is a challenging but very scenic century that affords spectacular views from several different ridge lines.
JULY/AUGUST RIDE START: 100 milers start at 7:00 am, all others start at 9:00.

July 19, 2015

Border Crossers

18/30/63 miles

Sunday 9:00 AM *Map No.* 167 *Arrover:* A Sosa, R Breault

Route Franklin-Millville-Burrillville-North Smithfield-Lincoln

Directions Start at Diamond Hill Park, 4097 Diamond Hill Rd (Rt. 114), Cumberland, RI. Directions: Take Rt 95 North, then Rt 295 South. Take Exit #11, Rt. 114, Cumberland. At the end of the ramp, go right onto Rt. 114 North (Diamond Hill Rd). Follow Diamond Hill Rd north, going straight through the first set of lights (Nate Whipple Highway). The Park is 1-1/2 miles on the right, opposite the Ice Cream Machine.

Drive Time 20 minutes from Providence

Description This ride was created by Alfredo Sosa to use many of NBW's roads in northeastern RI. The route features a lot of rolling terrain, farms, woods, and very small roads. The idea is to avoid cars as much as possible. We travel through Franklin, Millville, Burrillville, North Smithfield, Lincoln and Cumberland. Beautiful roads also offer a challenge to the rider; each route definitely "punches above its weight."

July/August rides start at 9 AM

July 26, 2015

New Rhody Roundup

13/23/34/42 miles

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

Route Slocum-Charlestown-Narragansett-Wickford

Directions YAWGOO BAKES, 555 SLOCUM RD, SLOCUM, RI
Take Rt 95 South to Rt 4 South (a left hand exit). Stay on Rt 4 until the second traffic signal
Turn right on West Allenton Rd. Continue onto Indian Corner Rd. 4/10 mile turn left at stop sign on Indian Corner Rd.
Continue onto Slocum Rd. Stay on this road until you reach Yawgoo Bakes
Total mileage from Route 4 is 3½ miles.

Drive Time 30 minutes

Description We will be based again in southwestern RI at Yawgoo Bakes & Barbecues in Slocum (it's just north of URI) for our Rhody Roundup barbecue. Rides start at 10 AM. **The food will be served at 1:30 PM** Choose your route accordingly, so you'll be back in time.

All routes head south towards the ocean at Narragansett and will use some part of the South County Bike Path - please use caution on the bike path, and by the ocean in Narragansett where you will encounter some beach traffic. The 13 and 23 mile routes are flat; 34 and 42 mile routes have hills on the return from Narragansett. Larry & Sue Rollins will lead a beginners/new riders group on the 13 mile loop.

NOTE: Barbecue tickets must be purchased in advance - the form is online and in the newsletter - no meal tickets can be sold on the day, sorry.

August 2, 2015

Miles Standish State Forest

22/46 miles

Sunday 9:00 AM *Map No.* 57 *Arrover:* Bob Edgren

Route Wareham-Marion-Carver-Plymouth

Directions START: Town Hall/High School complex, Wareham, MA. Take 195 E to exit 21 (Rt. 28, Wareham). Bear right off ramp onto Rt 28 S. Bear right at lights (Tremont St, becomes Main St). Turn right onto Gibbs. Bear LEFT at fork onto High St. Right at lights (Rt. 6), go 1/10 mile to top of rise. Left into parking lot before Wareham Town Hall. If you miss turn, take next left, marked Middle & High Schools. Overflow parking if needed in lot west of Middle School.

Drive Time 45 minutes from Providence

Description This easy ride heads south to the waterfront town of Marion on Buzzards Bay, before turning north through cranberry bog country to Miles Standish State Forest. Long ride goes through the forest to Plymouth and the other shore. 22 miler doesn't go through the forest, but it skims close by, and you can add a couple of miles if you want to detour and check out the pond. The old route used the old bike path in the forest, which we eliminated, but left it on the map in case you really want to go off road.

Sunday 7:00 AM Map No. 118 Arrower: Ted Schwartz, Tony Rizzotti

Route Thompson, Woodstock, Sturbridge, Brimfield, Brookfield

Directions: Start at W Glocester Elementary School, Rt. 94, W Glocester, RI. Take Rt. 44 West. About 5 miles past Chepachet, turn Left on Rt. 94 (there's a lake on the right). The school is a mile up the road on the right.

Drive Time: 40 minutes from Providence.

Description: This challenging, but scenic century ride takes back roads to Sturbridge from Glocester. Then it's a hilly loop through Holland, Brimfield, Warren and Brookfield on quiet rural roads. (Note: This old map can be very confusing. Only the 58 milers may possibly have time to visit Old Sturbridge Village; they should follow the 100 mile route to Sturbridge Village then either retrace the route to pick up arrows in Southbridge, or turn right on Rt. 20, then right on Rt 131 to pick up arrows. If you don't want to visit Old Sturbridge Village, follow the 50 mile arrows, turning right onto Rt 131 in Southbridge.) Mileages may vary, depending on any detours that the arrowers had to make, so take plenty of water.

Century riders start at 7 am; others at 9 am.

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



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

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

- May 31 Joe Medeiros Ride — 17 miles
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

SpokesWomen 2015 Ride Schedule (this group uses NBW arrows, see spokeswomencycling.com)

Table with 4 columns: Date, NBW Ride Title, Ride Start, Distance. Rows include April 11 Fish Road, April 25 Lakeville Tour, May 9 Westport, May 23 Tom & Pat's Half Century, June 6 Great Grandma's Farm Ride, June 20 Ray Young's Ride, July 11 Tiverton 50, July 25 Tri-State Century, and a section for following rides to be determined.

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Deadline for the next issue is July 5

Mailing label is your valid membership card; includes your number and expiration date
 You can always check your membership number and expiration date in the Members' section of our website nbwclub.org

Tentative Future Ride Schedule—subject to change—comments to Don Chiavaroli, touring@nbwclub.org						
Month	Date	Map #	Ride Title	Ride Start	Distances	Arrows
Aug	2	57	Miles Standish State Forest	Wareham, MA	22/46	Bob Edgren
	9	118	Sturbridge Century	W Gloucester	18/38/50/58/100	T Shwartz, T Rizzot
	16	88	Scramble Metric	Seekonk, MA	17/27/53/66	M Emma, D Paiva, Paul
	23	52	Mattapoisett Ride	Mattapoisett, MA	15/30/50	M Miller, D Robillard
	30	98	North Country Fifty	Smithfield	18/22/33/49	
Sep	6	60	Connecticut Coastal & Ridges	Ashaway	20/28/43	Tony Rizzotti
	13		**TFCE			
	20	92	Taunton Sharon Tour	Taunton, MA	15/30/50	Tony Rizzotti
Oct	27	130	Cape Caper	Bourne, MA	22/48/62	Bob Edgren
	4	81	Cranberry Metric	Raynham, MA	17/35/64	M Miller, D Robillard
	11	169	Royal Mill Ride	TBA	TBA	Bob Gallo
	12	81	*Columbus Day Show'n Go	Raynham, MA		
	18	117	Purgatory Chasm	Uxbridge, MA	20/30/54	C Kent, Dave Baldwin
Nov	25	64	Newport Island Circuit Tour	Newport	18/30	
	1	16	NBX Fall Ride	Warwick	15/25/32	

* Show'n Go Ride **Registered Ride

Interested in joining our club?
See our website for a membership application
and a brochure about our club:

nbwclub.org